

St. Catherine's Primary School

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St Catherines PS, Strabane



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Monthly Note: Monday 5th February 2024

Check us out on our website: www.stcatherinesps.co.uk

Safer Internet Day This year's theme

'Inspiring change? Making a difference, managing influence and navigating change online'.





Dear **Parents and Carers**,

On **Tuesday 6th February** we will be joining schools and youth organisations across the UK in celebrating **Safer Internet Day 2024**. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

This year the campaign will be focusing on change online, this includes covering:

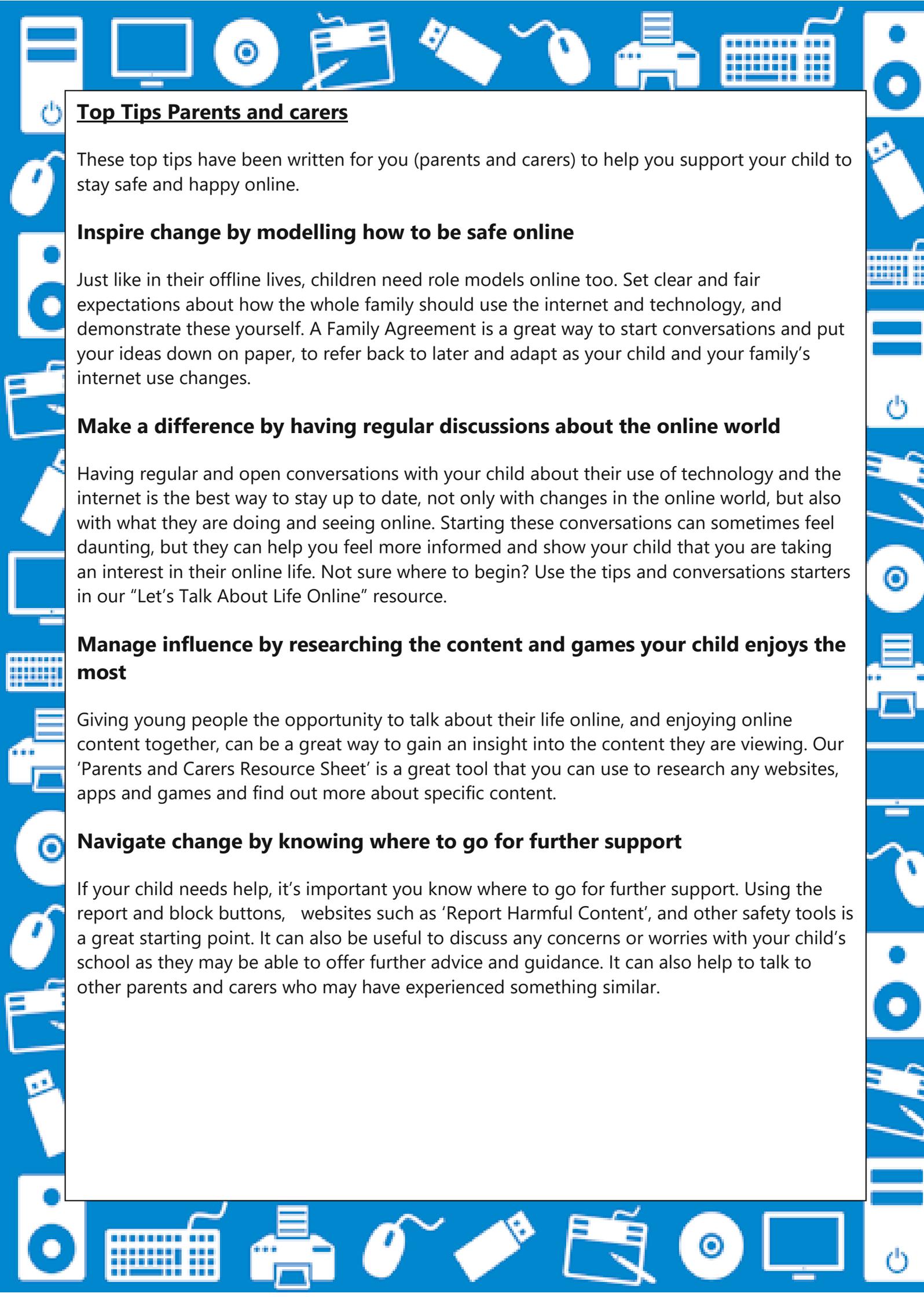
- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Using the internet safely and positively is a key message that we promote in **St. Catherine's Primary School**, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, for the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at: [safer-internet-day-2023/parents-and-carers](https://www.saferinternet.org.uk/safer-internet-day-2023/parents-and-carers)

Whether you have 5 minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child.

Kind regards,
Mrs Deery (ICT Senior Leader)



Top Tips Parents and carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

Inspire change by modelling how to be safe online

Just like in their offline lives, children need role models online too. Set clear and fair expectations about how the whole family should use the internet and technology, and demonstrate these yourself. A Family Agreement is a great way to start conversations and put your ideas down on paper, to refer back to later and adapt as your child and your family's internet use changes.

Make a difference by having regular discussions about the online world

Having regular and open conversations with your child about their use of technology and the internet is the best way to stay up to date, not only with changes in the online world, but also with what they are doing and seeing online. Starting these conversations can sometimes feel daunting, but they can help you feel more informed and show your child that you are taking an interest in their online life. Not sure where to begin? Use the tips and conversations starters in our "Let's Talk About Life Online" resource.

Manage influence by researching the content and games your child enjoys the most

Giving young people the opportunity to talk about their life online, and enjoying online content together, can be a great way to gain an insight into the content they are viewing. Our 'Parents and Carers Resource Sheet' is a great tool that you can use to research any websites, apps and games and find out more about specific content.

Navigate change by knowing where to go for further support

If your child needs help, it's important you know where to go for further support. Using the report and block buttons, websites such as 'Report Harmful Content', and other safety tools is a great starting point. It can also be useful to discuss any concerns or worries with your child's school as they may be able to offer further advice and guidance. It can also help to talk to other parents and carers who may have experienced something similar.



Top Tips parents and carers of under 7s

These top tips have been written for you (parents and carers) to share, and talk about, with your children. It's never too early to talk about life online!

Inspire change by spending time online together

As your child starts to spend more time online and on devices, there will be opportunities for them to interact with others, make decisions and see a wide variety of content. Spending time with your child online together is an important part of them learning how they should behave and what to do if they are ever worried, upset or unsure about something on the internet.

Make a difference by having regular discussions about the online world

As your child learns about the internet, they will likely have lots of thoughts and questions. Having regular discussions with your child gives them opportunities to tell you about the things they like doing online, as well as any concerns and worries they may have. A great time to have these conversations is whilst you are spending time online as a family.

Manage influence by being aware of the different things which engage your child online

Your child might be influenced by a range of different things when online, such as exciting adverts, their favourite characters, and even by their friends. Not all influence online is negative, but it is important to be aware of what is engaging your child online and the impact this could have on them as they get older. Balance online influences with your own and your child's thoughts by talking about what they see and hear.

Navigate change by having a clear picture of your child's developing interests

As your child grows up, their interests and hobbies will constantly change, and the things they are doing online are no different. Something they liked yesterday may be something they've lost interest in today. It is important to be curious and stay up to date with the games, apps and sites they are using and the safety settings available, so that you can help keep them safe as they start to explore the online world more.

Prayer of the Month

February:

Prayer For the Family

Lord, we thank you for
our family
For the talents and good
things that you have given
each of us
Please guide us, protect us
and equip us
This day and every day
As we grow together in
Your love
Amen.

PATHS Programme in St. Catherine's

(Promoting Alternative Thinking
Strategies)

PATHS Quote of the Month February

Remember to compliment yourself, you are awesome. By being yourself you put something beautiful and unique into the world.

Think of all your lovely qualities and give yourself a compliment today.

For valentine's Day this year we want you to show kindness and love to yourself by designing a heart that is full of all your lovely qualities, talents and positive attributes.

Family Prayer



Nursery News

In partnership with the Oral Health Foundation, our Nursery will be involved in a tooth brushing programme aimed at improving the children's dental health. They will have their own special toothbrush which will be kept in the classroom and they will use fluoride toothpaste to clean their teeth. This activity will be supervised by Nursery staff. This programme will not take the place of brushing teeth at home. Further information will be distributed to you this month.

Please bring in a pair of wellies which can be kept for your child to use at Nursery until the end of June. The wellies should be clearly labelled with your child's name. More fun in Nursery!!!



NURSERY: Get Ready to Learn Programme

Please see below details of our upcoming “Getting Ready to Learn” Programme for our parents / pupils in Nursery which will be hosted in the Senior School Site. This is one of the very important education programmes we offer in Nursery. This programme has 4 main components

- **Education Works:** Parents are provided with information about the Nursery Curriculum with a focus on the importance of Play Based Learning and Speech and Language.
- **Happy, Healthy Kids:** Parents are encouraged with staff to focus on Healthy Eating and the promotion of the importance of Physical Development...thereby enabling safe/healthy physical play at home and in school
- **Ages and Stages:** Parents are provided with more information about the stages of development of their child and how best to enhance their learning including the promotion of social skills such as turn taking, cooperating and negotiating.
- **Big Bedtime Read:** This component has a focus on storytelling, nursery rhymes and including these in the very important bedtime routine for their child.

Wednesday	10/01/24 11am	Session 1: Stay and Play Information with Parents
Tuesday	20/02/24 11am (Rescheduled Date)	Session 2: Speech and Language Information with Parents
Wednesday	24/01/24 11am	Session 3: Story Telling Session with Parents Session 4: Big Bedtime Read Information with Parents
Wednesday	31/01/24 11am SS Assembly Hall	Session 5: Happy Healthy Kids Information with Parents
Wednesday	7/02/24 11am	Session 6: Ages and Stages Information with Parents
Wednesday	6/03/24 (Rescheduled Date) 11am SS Assembly Hall	Session 7: Celebration Day with Parents



Superhero Week: 5th – 9th February 2024

Help us join primary schools across Northern Ireland and get our school's Superheroes to assemble for Autism NI's Superhero Week running from 5th – 9th February 2024, to help raise awareness of Autism in school and at home and earn points for your House!

To take part each pupil will be given five Superhero Tasks to do at home. Then, on day five, our school will hold a Superhero Dress-Up Day with each pupil coming to school dressed as their favourite Superhero! They will bring in £1.00 to donate to Autism NI.

They will earn 10 points for their TEAM Houses for each completed task!!

They can earn up to 50 House points by Friday!!!



SUPERHERO TASKS

Task 1 Be as **STRONG** as **SUPERMAN**

- help carry the shopping

Signed:.....

Task 2 BE as **SMART** as **IRONMAN**

- Do your homework

Signed:.....

Task 3 Be as **KIND** as **WONDERWOMAN**

- Share your toys

Signed:.....

Task 4 Be as **GENEROUS** as **BLACK PANTHER**

- Give a compliment

Signed:.....

Task 5 BE **AMAZING** like **SUPERMAN**

- Tidy your room

Signed:.....

Your Super Parent/Carer will sign to say you have completed your Superhero tasks.

Attention Year 7 Parents:

Year 7 Post Primary Applications

If you are the parent of a pupil in Year 7, you will be required to make an application for their new Post Primary School using an ONLINE system this year (just like the one that the parents of Nursery and Year 1 Pupils use). The Online Portal has opened for applications on Tuesday 30th January 2024 at 12 Noon until Thursday 22nd February 2024. Further information on the process is available from the EA Website.

If your child has a statement of Special Educational Needs you will go to school in the usual way to complete a Transfer Review and you do not have to apply online.

If any parent would like to meet with Principal / Year 7 Staff ahead of the Online admissions process please email Principal Mrs B Wilders at bwilders592@c2kni.net and an appointment can be arranged.



School Closure for Mid Term Break

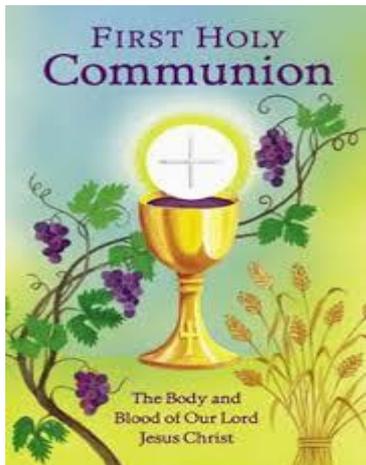
Gentle reminder: School will be closed from Monday 13th February to Friday 17th February inclusive for the Spring Mid Term Break. School will reopen as usual on Monday 20th February. Have a great Spring Break everyone.



Year 4 Online Holy Communion Preparation

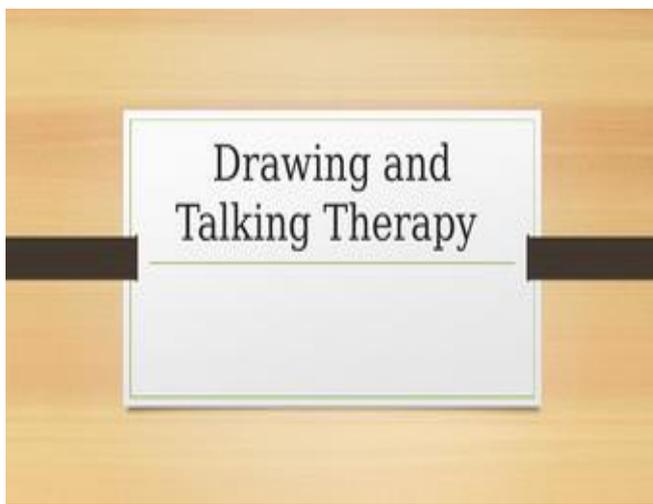
In addition to the Do This in Memory Programme Year 4 pupils will have the opportunity to partake in ONLINE Holy Communion Preparation sessions with Derry Diocesan Team. These will take place during school time in school on Monday 26th and Tuesday 27th February.

Year 7 have engaged in these for their sacrament preparation and have found them very beneficial and enjoyable indeed. Now for Year 4 Pupils' turn!!



Draw and Talk Therapy Starts

AS part of our commitment to promoting emotional well being our Draw and Talk Therapy programme will start this term. We thank Ms Pamela Capriglione for facilitating this valuable programme in our school for our little children.



Young Enterprise

Years 2,3,4,5, 6 and 7 Programme

This term will see staff from Young Enterprise in school to deliver programmes to our Year 4,5, 6 and 7 Pupils under the following themes:

Year 2: Ourselves

Year 3: Our Family

Year 4: Our Community

Year 5: Our City

Year 6 : Our World

Year 7 : Business Beginnings.

These programmes prepare our little children for the Business World and promote creativity, life skills and entrepreneurialism. We are very excited to have this facility in our school to continue to promote a broad and varied curriculum for our children.



“Seed to Pot” Programme facilitated by SHIP

(Strabane Health Improvement Project).

We are excited, this term also, to launch a new Grow Your Own Programme for pupils in Year 3 and in Year 5 which will be facilitated by Strabane Health Improvement Project staff. The programme will explore growing in three different phases;

1. Seeding
2. Podding
3. Potting

We will be making use of the fabulous polytunnels that we have in each school site to develop this programme.



St Catherine's Eco News

Recycling News

This year we have purchased new 'paper Recycling Bins' for each classroom. The waste monitors in each class ensure that the bins are being used correctly and the senior members of the Eco Team on each site empty the recycling bins on a weekly basis.



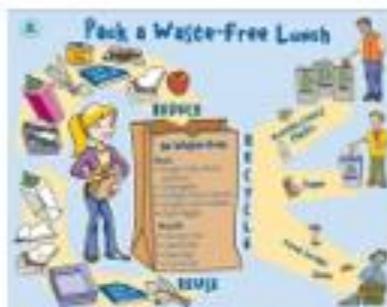
Waste Free Lunch:

Can you help us to reduce our waste by taking part in our "Waste Free Wednesdays"? Every Wednesday, earn 10 house points by bringing a Waste free lunch to school.

You could use a **lunchbox with compartments, small reusable plastic containers and reusable drinks bottles.**

The benefits to a plastic-free lunchbox includes a reduction in the amount of waste sent to the landfill. Plastic takes up to 1,000 years to decompose.

Together we can make a difference to our environment.



St Patricks Day

**Gentle reminder:
School will be closed
on Monday 18th
March for St.
Patrick's Day
Holiday. Happy St.
Patrick's Day to
everyone!**



Chinese Competition Winners!

Super news! Our little children entered a Chinese Poster Competition to celebrate the Chinese New Year ...The Year of the Dragon....and St Catherine's have THREE winners!!!

The competition attracted 5582 entries (KS1 (Years 3 &4) =2150, KS2(Years 5,6 &7)=3011 & Post Primary=421) from across Northern Ireland! The prize-winning posters will be used for Chinese New Year celebrations across Northern Ireland and prizes will be awarded (to the individual and school) together with a printed copy of their poster at CINIUU's Chinese New Year event on Friday 23 February 2024 in The Great Hall, Belfast City Hall

Our Winners are;

Key Stage 1 Competition:

2nd Place : Alicia Mc Crossan (Year 4B)

Highly Commended : Eimear Brookes (Year 3B)

Key Stage 2 Competition:

Highly Commended : Farrah Logue (Year 7B)

Well done to every child who took part and special congratulations to our winners! We look forward now to the presentation ceremony in Belfast!

**Happy Chinese New
Year 2024.....the
Chinese Year of the
Dragon.**



Happy New Year!!!

Confirmation Dates

Fr Boland will celebrate Confirmation with our Year 7 Pupils this year. Dates are as follows:

Year 7 A (Mrs Gillespie's Class) :
Saturday 9th March at 11am

Year 7 B (Mrs Daly's Class) :
Saturday 9th March at 2pm

More details will follow closer to the time.



First Holy Communion Dates

Fr Boland will celebrate First Holy Communion with our Year 4 Pupils this year. Dates are as follows:

Year 4 A (Ms Mather's Class) :
Saturday 20th April at 11am

Year 4 B (Ms Kelly's Class) :
Saturday 20th April at 2pm

More details will follow closer to the time.



Encouraging School Attendance!

We are delighted that we have no further challenges to our little children attending face to face teaching and learning in school like we suffered during Covid. To this end, we ask for parents support by encouraging school attendance every day. We understand that from time to time a child may be ill and if this happens please email the teacher or ring the school so that the correct absence code can be recorded for your child to explain the absence. Our school policy aims for at least 90% school attendance for every child. Help us to achieve this. To this end we will be giving out termly **BREAKFAST CLUB VOUCHERS** for any child who achieves 90% and more attendance. (Previously we gave for 100% but in order to support and encourage our children trying so hard we will give these vouchers now for any child who achieves between 90-100%). Thank you for your continued support!



Do this in Memory First Holy Communion Programme 2023 2024 for Year 4 Pupils and their Families.

Fr Boland warmly invites you all.....

PARENTS INDUCTION MEETING about Holy Communion Preparation this year on

MONDAY 13th November in the JUNIOR SCHOOL Assembly Hall at 7pm.

And then to the following Family Masses.....



DATES AND TIMES OF THE MASSES OF DO THIS IN MEMORY 2023 2024

*Enrolment Sunday (Feast of Christ the King)
Sunday, 26 November 2023 at 12 Noon*

Saturday, 13 January 2024 at 6.30pm

Sunday, 3 March 2024 at 10am

Saturday, 23 March 2024 at 6.30pm

*Saturday, 20 April 2024 at 11am (Year 4 A) & 2pm (Year 4 B)
First Holy Communion*

*Sunday, 2 June 2024
Feast of Ascension*

*Procession from Grotto to Church of the Immaculate Conception for 12 Noon Mass in Holy
Communion Outfits*



Confirmation Preparation Masses 2023 2024 for our Year 7 Pupils and their families.

Preparing children for the sacrament of Confirmation is a shared responsibility and we feel that it is vitally important that you are invited to become involved from the very beginning. Confirmation marks a time for children when they are preparing to move from one stage of their lives to the next. You as parents will have many fears and concerns about how your children will cope in the coming years with the choices they will have to make. Through your involvement in your child's Confirmation, you are being offered the chance to discuss with them their values, attitudes and beliefs. We want to reassure you of the important role you play in developing your child's faith.

Here are some practical ways to get involved:

- Bring your child to Mass on a Saturday evening/Sunday morning with the rest of your family.
- Help your child to learn the prayers which are being taught in school and discuss the Confirmation work they are doing in class.
- As a family light a candle and say a prayer each day with your child in preparation for Confirmation.
- Read together the story of Pentecost and talk about how the Apostles felt before and after receiving the Holy Spirit.
- Talk about your child's Baptism and Holy Communion – when and where they took place, who was there etc.
- Attend Masses and any special liturgies which are organised in connection with Confirmation.
- Help your child choose a suitable Confirmation name. If he or she chooses the name of a saint or family member, talk about the person whose name they have taken.

Enkindling the Spirit

Saturday 2nd December 2023

6.30pm Mass

Moved by the Spirit

Sunday 28th January 2024

10.00am Mass

Called by Name

Sunday 4th February 2024

12.00 noon Mass

Confirmation Retreat

Wednesday 6th March 2024

9.30am – 12.00 noon

Confirmation Practice

Thursday 7th March 2024

7.00pm in Church

Confirmation

Saturday 9th March 2024

Year 7 A @11am

Year 7 B @2pm)

Confirmation Liturgy Team



Community Support Notice

If your family or any family that you know needs any emergency help for Christmas

Help can be sought by contacting the Society of St. Vincent De Paul.

The helpline number is 07784037066.

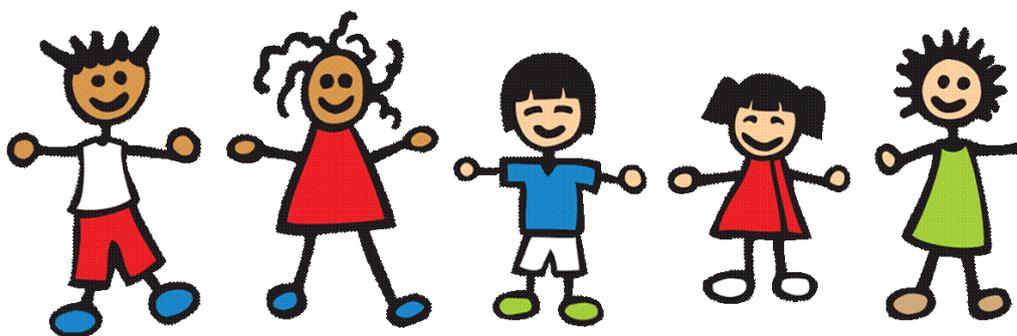
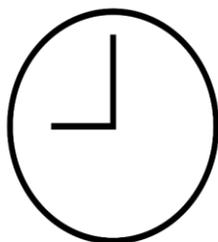
When the helpline number is rung; please leave the name, address and telephone number in a message seeking help and the type of assistance needed. (For example food vouchers, oil vouchers etc).



School Start Times and Collection Times

Year Group	Drop off / Collection Point	Start Time	Finish Time
Nursery Room 1	Nursery Room 1 External Door	9am-9.30am	1.30pm- 1.40pm
Nursery Room 2	Nursery Room 2 External Door	9am-9.30am	1.30pm- 1.40pm
Year 1A (Mrs Doherty)	Pupil Front door facing school gate	8.50am-9am	2.10pm
Year 1B (Miss Hutton)	Back Door opposite the Play Trail	8.50am-9am	2.10pm
Year 2 A (Mrs Mc Glynn)	Back Door opposite the Play Trail	8.50am-9am	2.15pm
Year 2 B (Ms Y Mc Gowan)	Pupil Front door facing school gate nearest to Mrs Doherty's classroom in Junior School Site	8.50am-9am	2.15pm
Learning Centre (Junior School) (Mrs Hamilton)	Middle Floor Door near mobile classroom at the back of the Junior School	8.50am-9am	2.10pm (Year 1) 2.15pm (Year 2) 3pm (Year 3 & 4 Pupils except Feel Good Friday)
Year 3 A (Miss M Maguire)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 3 B (Mrs S Vaughan/ Mrs L Downey)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 4 A (Miss E Mathers)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 4 B (Ms B Kelly)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 5 A (Ms C Gallagher/ Mrs C Gormley)	Enter Gate at the right hand side of the Senior School and line up at Year 5A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 5 B (Miss A Kerr/ Mrs S O'Kane)	Enter Gate at the right hand side of the Senior School and line up at Year 5B	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)

	Meeting Point where teacher will collect the class		
Year 6 A (Miss E Keyes)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 6A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 6 B (Mrs C Deery)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 6B Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 A (Mrs C Gillespie)	Enter Gate at the right hand side of the Senior School and line up at Year 7A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 B (Mrs B Daly)	Enter Gate at the right hand side of the Senior School and line up at Year 7B Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Learning Centre (Senior School)	Enter Gate at the right hand side of the Senior School and line up at Learning Centre Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)



Staff roles and Email addresses.

Staff receive quite a volume of emails. They endeavour to respond within the working day as soon as possible however their class teaching all day every day takes ultimate priority. We thank you for your patience and understanding. If you have an urgent concern please telephone the school clerical staff who will be happy to help.

Staff Member	Class / Role	Email Address
Mrs Bridget Wilders	Principal	bwilders592@c2kni.net
Miss Jennifer Doherty	Vice Principal	jdoherty742@c2kni.net
Mrs B. Porter	Nursery Room 1	bporter544@c2kni.net
Ms K Carlin	Nursery Room 2	kcarlin208@c2kni.net
Mrs D. Doherty	Year 1 A	ddoherty115@c2kni.net
Miss C. Hutton	Year 1 B	chutton763@c2kni.net
Mrs A.M. Mc Glynn	Year 2 A	amcglynn388@c2kni.net
Ms Y Mc Gowan	Year 2 B	ymcgowan609@c2kni.net
Miss M Maguire	Year 3 A	mmaguire497@c2kni.net
Mrs S Vaughan/ Mrs L Downey	Year 3 B	svaughan325@c2kni.net ldowney759@c2kni.net
Miss E Mathers	Year 4 A	emathers571@c2kni.net
Ms B Kelly	Year 4 B	bkelly663@c2kni.net
Ms C Gallagher	Year 5 A	cgallagher328@c2kni.net
Miss A Kerr	Year 5 B	akerr341@c2kni.net
Miss E Keyes	Year 6 A	ekeyes746@c2kni.net
Mrs C Deery	Year 6 B	cdeery318@c2kni.net
Mrs C. Gillespie	Year 7 A	cgillespie221@c2kni.net
Mrs B Daly	Year 7 B	bdaly611@c2kni.net
Mrs C Connolly	Learning Centre (Senior School)	cconnolly309@c2kni.net
Mrs. C. Hamilton	Learning Centre (Junior School)	chamilton290@c2kni.net



Debutots Update

We are simply delighted to share that we are continuing our exciting programme within our school called "Debutots". This programme is designed to offer interactive storytelling and dramatic play sessions with our children. The classes will help develop children's language skills and also promote confidence and ability. Please see attached information letter from Debutots.

We have been offering this programme to all our little learners in Nursery, Year 1 and in our Learning Centre.

Lessons will be carried out by facilitators in the classrooms with our staff during the school day.

Mondays : Nursery Room 1 and Nursery Room 2 Pupils

Fridays : Year 1A Pupils, Year 1 B Pupils and Learning Centre Pupils

The programme will continue until Easter. Parents can sign up for updates from DEBUTOTS.



School Money App

We have made the app available to parents to pay school dinners, school trip costs, milk money etc online through the use of the School Money App. This means that you should not have to send money in to school with your child, as payments can be made securely online. If you have any issues/problems with using the school money app please contact the Clerical Staff on any of the school sites between 9.30am-3pm on any day at all.



Site Leadership Rota

Junior School : Monday, Wednesday, Friday – Mrs Wilders

Tuesday, Thursday - Miss J Doherty

Senior School: Monday, Wednesday, Friday – Miss J Doherty

Tuesday, Thursday – Mrs Wilders



In the event that the Principal or Vice Principal are not available Senior Leaders or any of the Middle Leadership Team will become available for consultation.



Staff Parking

There is a Car Park on each site for STAFF. Staff arrive at school from 8.20am approx. every morning right up to 9am. To this end, we respectfully request that the entrances to the STAFF Car Parks on each site are always kept clear so that staff can gain access to each site and get ready to start the day with our wee children!!

Parents/carers/ child minders/ taxi drivers etc may NOT enter the school car park for Health and Safety Reasons unless this has been prearranged with school management for a specific reason.





MESSAGE FROM PTFA

February Updates :

If anyone would like to join our P.T.F.A. to give a little time to helping raise much needed funds for our little children in school, you are more than welcome....always happy to have more in the team!

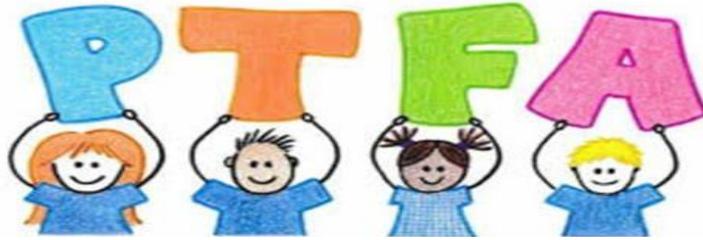
Next Meeting :

WEDNESDAY 21st February at 6.30pm in Junior School

Sincerely Yours in Community Spirit,

St. Catherine's Primary and Nursery School

P.T.F.A.



Meet the Officers as voted in at our Annual AGM :

Heartfelt thanks to all the PTFA for giving of your time and energy to raise funds for our little children.



Mrs Noeleen Mc Crossan
(Treasurer)



Ms Maria Mc Grath
(Secretary)



Mrs Berni Allen
(Vice Chairperson)



Miss Jennifer Doherty
(Chairperson)

Surestart Message of the Month

February 2024

Crawlers to walkers babblers
to talkers... talking is as important as
walking



Sing a rhyme anytime
Start your child learning
for a lifetime!

We are a Healthy Eating School in St. Catherine's.

Below are the list of foods that are acceptable / not acceptable for Healthy Eating Purposes.

If you have any concerns please consult your child's teacher.

<i>Foods we consider acceptable:</i>	<i>Foods that are not acceptable:</i>
Fruit (except kiwi)	Nuts or any other products with a nut content / trace
Fruit pots	Crisps
Rice pots	Sweets
Custard pots (not chocolate flavour)	Chocolate Bars
Jelly pots	Chocolate yoghurts
Vegetables (eg. carrot sticks / celery sticks)	Chocolate Muller Corners
Sandwiches (no chocolate spreads or no peanut butter)	Chocolate biscuits
Scones	Chocolate chip cookies
Wheaten bread	All cereal bars
Pitta bread	Square Bars
Tortilla Bread	Lunchables
Pancakes	Iced Buns
Croissants (no chocolate brioche)	Pepperami
Plain buns	Fruit Winders
Ryvita / crispbreads	
Yoghurts	
Plain biscuits: Rich Tea, Digestives, Plain Crackers and Belvita Plain Biscuits	
Cheese / Dairylea Triangles / Cheese Slices / Baby Bel / Cheese Strings	
Breadsticks / Pretzels	
Rice Cakes	
Snack a Jacks	

<i>Foods that are not acceptable:</i>	<i>Reason Why:</i>
Nuts or any other products with a nut content / trace	We have children with a nut allergy
Crisps	High fat and salt content
Sweets	High sugar content
Chocolate Bars, chocolate yoghurts, chocolate Muller Corners, chocolate biscuits and chocolate chip cookies	High sugar content and many brands of chocolate contain traces of nuts
All cereal bars and Square Bars	High in sugar and fat content
Lunchables	High sugar content
Iced Buns	High sugar content
Pepperami	High fat content
Fruit Winders	High sugar content

Healthy Habits



St. Catherine's Nursery & Primary School

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Feast of St. Brigid Year 2A RugbyTots 2.15pm – 3.15pm Year 6 Netball SS 3pm-4pm	2. Girls Gaelic Blitz, Omagh 10am – 12.30pm	3.
4. 12pm P7 Confirmation Preparation Mass Called by Name Mass in Church of the Immaculate Conception.	5. AutismNI Superhero Week Children's Mental Health Week Year 6 Young Enterprise "Our World" Year 4A Junior Football Skills Session JS 3pm-4pm Year 6 Soccer SS 3-4pm	6. AutismNI Superhero Week Children's Mental Health Week Safer Internet Day: <i>'Inspiring change? Making a difference, managing influence and navigating change online.'</i> Seed to Pot: Year 3 & Year 5 Early Bird Athletics Club SS 8.15am-8.45am KS2 Beginners Golf Starts in SS for Pupils who enrolled in Group [1] 3pm-4pm	7. AutismNI Superhero Week Children's Mental Health Week Nursery Programme: GRTL Ages & Stages 11am SS Draw and Talk Therapy Senior Site Year 1A Yoga 2.15pm – 3pm Year 3A Yoga 3pm-3.45pm	8. AutismNI Superhero Week Children's Mental Health Week Draw and Talk Therapy Junior site (am)/ Senior Site (pm) Year 6 Netball SS 3pm-4pm	9. AutismNI Superhero Week Children's Mental Health Week Superhero Dress-Up Day Cross Country St Mary's PS.	10.
11. Midterm Break	12. Midterm Break	13. Midterm Break	14. Midterm Break	15. Midterm Break	16. Midterm Break	17..
18..	19. Young Enterprise: Year 3A: "My Family" Year 2: "Myself" Year 4B Junior Football Skills Session JS 3pm-4pm Year 5 Soccer SS 3-4pm	20. P1 Screening Early Bird Athletics Club SS 8.15am-8.45am Nursery Programme: GRTL Speech and Language: Aileen Duffy (SLT Core Services) KS2 Beginners Golf Starts in SS for Pupils who enrolled in Group [1] 3pm-4pm Year 6 After Schools Booster Club 3pm-4pm	21. P1 Screening Draw and Talk Therapy Senior Site Year 1B Yoga 2.15pm – 3pm Year 3B Yoga 3pm-3.45pm	22. Year 7 Parents note: EA Online Admissions Portal for Post Primary closes at 12 noon. Year 6 YES Programme, Derry Draw and Talk Therapy Junior site (am)/ Senior Site (pm) Year 2A RugbyTots 2.15pm-3.15pm Year 5 Netball SS 3pm-4pm	23. Chinese Celebration event, Belfast for Competition winners.	24.
25.	26. Year 4 Online Diocesan Holy Communion Preparation St Patrick's Day Parade workshops Year 4B Junior Football Skills Session JS 3pm-4pm Year 6 Soccer SS 3-4pm	27. Year 4 Online Diocesan Holy Communion Preparation P1 Screening Year 3B: "My Family" Young Enterprise: Year 2: "Myself" Early Bird Athletics Club SS 8.15am-8.45am St Patrick's Day Parade workshops KS2 Beginners Golf Starts in SS for Pupils who enrolled in Group [1] 3pm-4pm Year 6 After Schools Booster Club 3pm-4pm	28. O1 Screening Draw and Talk Therapy Senior Site Year 1B Yoga 2.15pm – 3pm Year 3B Yoga 3pm-3.45pm	29. P1 Screening Draw and Talk Therapy Junior site (am)/ Senior Site (pm) St Patrick's Day Parade workshops Year 2A RugbyTots 2.15pm-3.15pm Year 5 Netball SS 3pm-4pm		

Happiness is being among friends.



School Dinner Menu – 19th FEBRUARY 2024 onwards (Please note that soup/ sandwiches are also available daily upon request if pupils do not wish to avail of the hot food choices)

EAT SMART WITH THE LUNCH BUNCH



WEEKS SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 February 18 March 15 April 13 May 10 June 2 September 30 September	Beef Bolognaise - Or - Chicken Goujon Wrap with choice of dip Sweetcorn / Broccoli Pasta Spirals / Mashed Potato Chocolate & Orange Cookie	Breaded Fish & Lemon Mayo - Or - Homemade Margherita Pizza Mushy or Garden Peas / Baked Beans Chipped Potato / Baked Potato Raspberry Jelly & Two Fruits	Chicken Curry & Naan Bread - Or - Chinese-style Beef & Vegetables Diced Carrots & Green Beans Noodles / Rice Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Salmon & Creamy Tomato Pasta Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Pineapple Delight	Hot Dog / Veggie Dog with Tomato Ketchup - Or - Chicken & Summer Veg Pie Spaghetti Hoops / Corn on the Cob Chipped / Mashed Potatoes Ice-Cream & Mandarin Oranges
26 February 25 March 22 April 20 May 17 June 9 September	Golden Crumbed Fish Fingers - Or - Freshly Baked Ham & Cheese Panini Baked Beans & Garden Peas Chipped / Baked Potato Homemade Flakemeal Biscuit	Beef Ragu Italia - Or - Homemade Margherita Pizza Sweetcorn / Diced Carrots / Coleslaw Oven Roasted Potato / Wedges / Rice / Salad Mandarin Orange Sponge & Custard	Chicken Curry & Naan Bread - Or - Baked Pork Sausages & Gravy Garden Peas / Baton Carrots Boiled Rice / Mashed Potato Arctic Roll and Peaches	Roast of the Day, Stuffing & Gravy - Or - Quorn Dippers Fresh Vegetables in Season Mashed / Oven Roast Potato Homemade Brownie & Orange Wedges	Chicken Goujons & Sweet Chilli Dip - Or - Roast Mediterranean Vegetable Pasta Bake Spaghetti Hoops / Corn on the Cob Chipped / Baby New Potatoes Fruit Muffin & Apple / Orange Juice
4 March 1 April 29 April 27 May 24 June 16 September	Golden Crumbed Fish Fingers - Or - Creamy Chicken & Broccoli Pasta with Garlic Bread Sweetcorn & Roasted Peppers Chipped / Baked Potato / Coleslaw Ice-Cream, Pears & Chocolate Sauce	Homemade Cottage Pie - Or - Homemade Margherita Pizza Spring Greens / Butternut Squash Oven Baked Potato Wedges / Baked Potato Summer Fruit Cheesecake	Chicken Curry & Naan Bread - Or - Beef Meatballs with Tomato & Basil Sauce Green Beans / Baton Carrots Steamed Rice / Pasta Spirals Sticky Date Pudding & Custard	Roast of the Day, Stuffing & Gravy - Or - Chicken & Pepper Fajita Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Golden Krispie Square	School "Chippy Day" Chicken or Fish Goujons / Sausages - Or - Baked Potato with Tuna & Sweetcorn / Salad Beans / Mushy Peas Chipped / Baby New Potatoes Frozen Fruit Yoghurt
11 March 8 April 6 May 3 June 26 August 23 September	Baked Pork Sausages & Gravy - Or - Jerk Chicken & Caribbean Rice with Flatbread Baked Beans / Garden Peas Chipped / Baked Potato Ice-Cream & Two Fruits	Chicken Curry & Naan Bread - Or - BBQ Pulled Pork Pizza Wrap Sweetcorn / Baton Carrots Boiled Rice / Oven Roasted Garlic & Paprika Wedges Jaffa Cake Pots	Breaded Fish & Lemon Mayo - Or - Beef Lasagne, Garlic Bread & Coleslaw Garden Peas / Diced Carrots Mashed / Baby Potato Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Fresh Fruit Salad & Yoghurt	Beef Burger / Bean Burger in Bap with Onions - Or - Salt & Chilli Chicken Corn on the Cob / Pasta Salad Chipped Potato / Steamed Rice Lemon Shortbread & Melon Wedge

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL
DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO
PRODUCT AVAILABILITY