

St. Catherine's Primary School

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WEEKLY NOTE - Monday 1st April 2019

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

Download Our **FREE** School App St Catherines PS, Strabane



Facebook : StCatherines PrimarySchool



Follow us on Twitter : stcatherinesps



Follow us on Instagram : St Catherine's Primary School

Energising Drinks PARENTS ALERT

Some parents have brought to our attention the unbelievable dangers of energising drinks for our wee children.

NHS have also issued warnings over the use of Energising drinks especially for little children. Energy drinks contain high levels of caffeine which is a stimulant.

NHS have outlined potential risks associated with drink energy drinks.

1. Caffeine overdose (which can lead to a number of symptoms including palpitations, high blood pressure, nausea and vomiting, convulsions,

addiction to caffeine and in some cases even death.)

2. Type 2 Diabetes (high consumption of caffeine reduces insulin sensitivity)

3. Neurological and cardio vascular system effects in children and adolescents

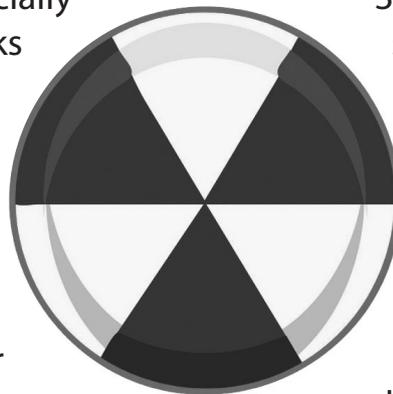
4. Sensation seeking behaviour, hyperactivity

5. Poor dental health

6. Obesity

We respectfully request that all parents consider the possible damaging effects of energising drinks especially for our little children.

Thank you.



God bless you all! Bridget Wilders, Principal

Our School Uniform

We are very proud of our school uniform. Every where our children go, people comment on how smart our children look, how classy their uniform looks and how well our jumpers look (and don't seem to fade much as the year goes on!!!), people just love the colour of our uniform the lovely shade of blue! Wow! Our little children are always delighted when people pass compliments on their uniform

To this end, we remind our children of the importance of wearing our full school uniform and looking neat and tidy at all times.

Full Uniform Reminders:

Girls

White collared shirt
Tartan tie
School jumper with school crest
Tartan kilt
Black shoes
White socks/ navy tights

Boys

White collared shirt
Tartan tie
School jumper with school crest
Navy school trousers
Black shoes
Black socks

We also encourage children to keep their top button closed in their shirt. If anyone ever loses a tie, we sell ties from our school offices on either site!

House Points on our Harry Potter Themed Award system are given to pupils who consistently take a pride in their uniform.

Many thanks also to all parents who support the work of the school in terms of both our uniform and our PE Gearyou are all stars!! #proudofourchildrenlookingsogood



Select Kids will be starting the Uniform Savings Club again shortly for next year's uniform needs. Further details will follow.

PE Gear : Health and Safety

REMINDERS

In line with guidance from the Department of Education, we have a school policy relating to the teaching of Physical Education (P.E.) in our school.

There are a few key points of the policy that we feel are important for parents to be aware of.....

1. P.E. will be taught by our teachers or external coaches in school approximately twice a week in school

2. In order for pupils to access these very highly structured lessons in school (which are very different from the classroom and indeed breaktimes in the playground), children must change into P.E. Gear for the lessons. This is primarily because P.E. gear allows more ease of movement than our uniform and also when children take part in these activities (mainly indoors in our school assembly hall) they tend to sweat quite a lot! To prevent infection due to heavy sweating and alternate cooling again, children need to change straight after their P.E. lesson. Children therefore should bring P.E.Gear to school but also **MUST** bring their uniform again to change back into.

3. Our policy also states that children should not wear any form of jewellery during PE lessons due to the fact that accidents can occur if a child is wearing jewellery for example earrings, chains, rings etc. as jewellery can get caught in others clothing when moving around.

4. Our PE Gear is as follows.....

A PLAIN WHITE T SHIRT OR A PLAIN WHITE POLO SHIRT

PLAIN NAVY jogging bottoms (NO BRANDED Bottoms)

PLAIN BLACK TRAINERS (VELCRO Trainers are great for Years 1 and 2 for ease of changing s children cannot quite often tie their own laces at this age!)

Copies of our PE Policy and Changing for PE Policies are available from the school office upon request. If you would like a copy of these policies sent to you please complete the attached slip.

PRAYER OF THE MONTH - APRIL

Prayer idea attributed to Pope Francis. Try this with your children at home during lent



Pope Francis' five finger prayer guide

1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

4. The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.



Dear Parents/Carers,

Get set... we're taking part in Sustrans Big Pedal 2019, the UK's largest inter-school cycling, walking and scooting challenge. The challenge runs from 25 March to 5 April. It's free and we would love everyone to be involved.

The details

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling, walking or scooting to school. Each day your class teacher will ask who has cycled, walked or used a scooter

It's a great way to get more of our pupils travelling actively to school and is a simple way to boost their physical and mental health.

Cycle, walk, scoot and snap to win family prizes

You and your family can also win prizes during Sustrans Big Pedal. Simply post a photo of you and your child cycling, walking or scooting to school on social media during the challenge using #BigPedalWin. To be in with a chance of winning, you'll need to follow Sustrans on Instagram [instagram.com/sustrans](https://www.instagram.com/sustrans), Twitter twitter.com/sustrans or Facebook [facebook.com/Sustrans](https://www.facebook.com/Sustrans). Be sure to check the terms and conditions found on the Big Pedal website prior to entering the competition.

What's next?

All you need to do is encourage your child(ren) to cycle, walk or scoot to school on as many days as possible during the event, and join them on their way.

To help you prepare, Sustrans has developed a handy free guide packed with advice, games and challenges to help you have hassle-free cycle, walk or scoot to school. Download your free pack [pdf].

For more information about the event go to www.bigpedal.org.uk. Enjoy the challenge!

Families Together



Time for me

Want to know more about 'Families Together' or Parenting NI?

Have you seen a programme you might be interested in?

Drop in for a chat 9am - 1pm,
Mondays at St Catherine's (Junior Site,
Room 6)



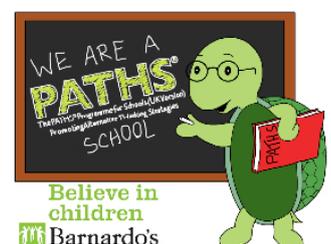
Project supported by the PHA



PATHS Programme in St. Catherine's (Promoting Alternative Thinking Strategies)

PATHS Quote of the Month - April

***Think before you speak
Are you using kind words?
How would I feel if someone said this to me?
Kind words can bring a smile
Be the reason that someone smiles today***



FREE



Families Together

Time for Parents

Confidential support with any parenting issue, helping you to find manageable solutions for your family.

- Available face to face, via phone or via Skype
- Explore and set realistic goals
- Parents can attend individually or together
- Support available over the summer as well as during term time

Interested?

Register interest online on the Families Together page at parentingni.org.
Call 0808 8010 722 or the coordinator on 078 8742 9054



ParentingNI



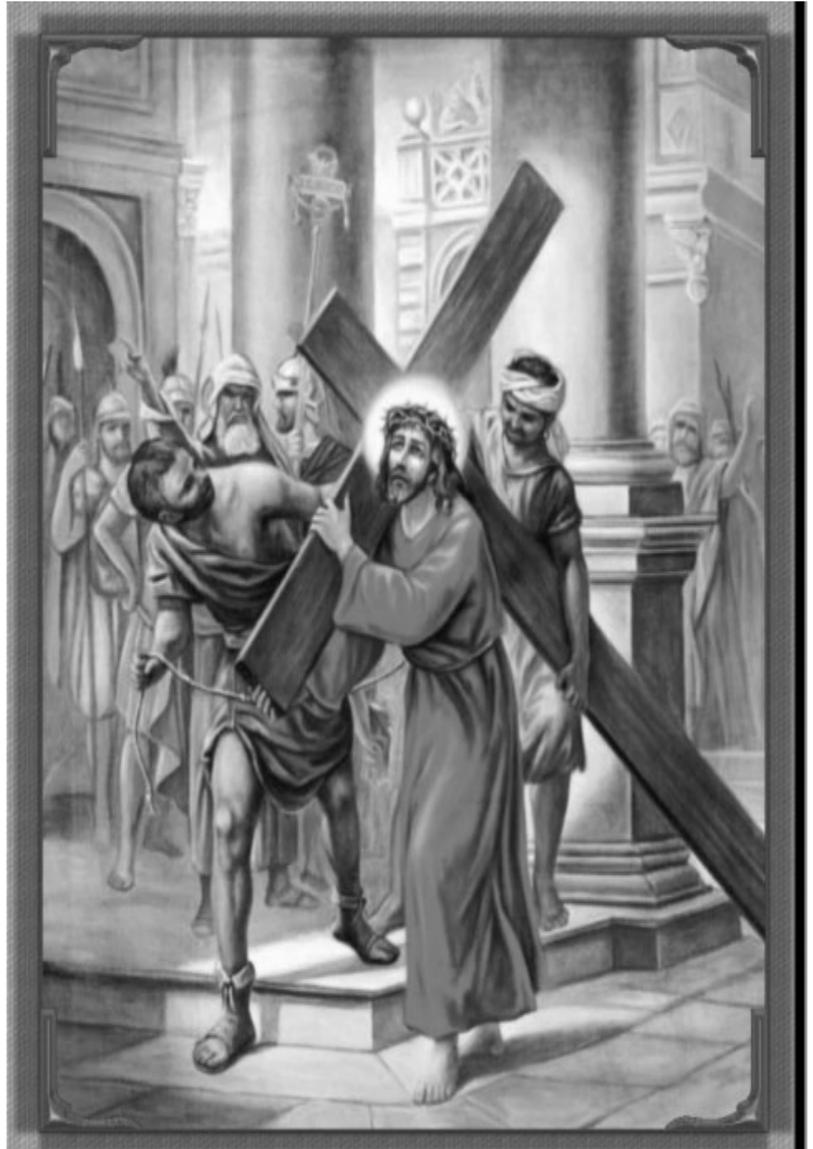
NATIONAL
LOTTERY FUNDED

Stations of the Cross Ceremony

The Stations of the Cross will take place on the Junior School, Newtownkennedy Street Site on Tuesday 16th April at 2.00pm in the playground (weather permitting). Years 3- 7 children from both sites will take part in the ceremony. School will finish at 12.30pm on Tuesday 16th April for Nursery children and Years 1 and 2 children.

Nursery children and years 1 and 2 children are very welcome to attend the Stations but they must be accompanied and supervised by an adult. We invite all parents and friends of Saint Catherine's to join us during this special, reverent ceremony.

****All P3-P7 children on both sites will dress like people from Jesus' time. Please send in a big shirt, tea-towel and a tie in a bag with your child's name on it before Monday 15th April ****



Parent, Teacher,
Friends Association
**Working together
for our children**

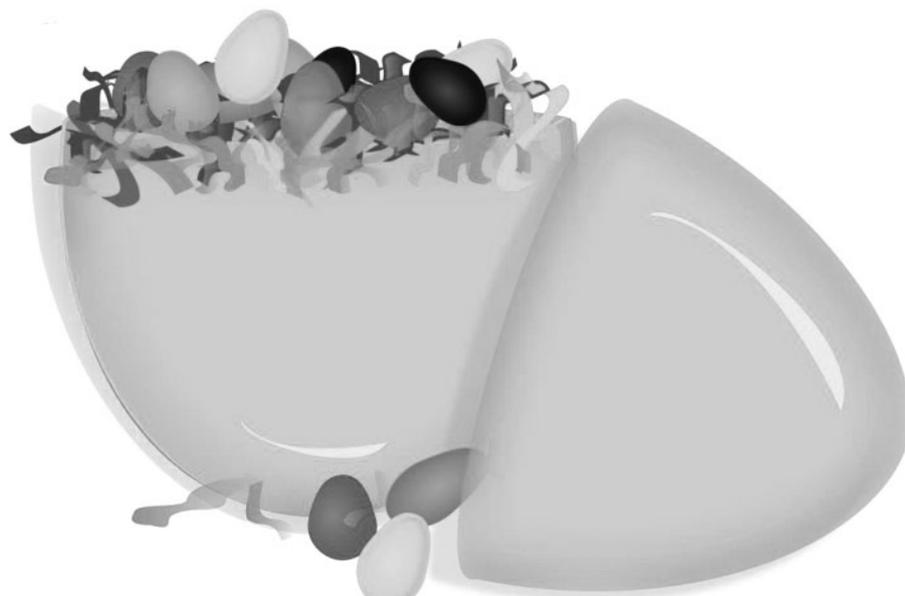
**The next meeting of our PTFA
will take place at 7pm in the
Junior School on Wednesday
2nd April.**

Everyone welcome!



School Closure for Easter Holidays

School will close at 12 Noon on Holy Thursday 18th April for the Easter Break. School will reopen again as usual on Monday 29th April. We take this opportunity to wish everyone a very Happy Easter and we hope that everyone has a lovely family break spending quality time together!



First Confession for Year 4 Pupils

First Confession will take place in the Church of the Immaculate Conception on THURSDAY 4th APRIL at 7pm. Parents should bring their Year 4 child to this lovely service to receive the sacrament....see you then!

PTFA Easter School Disco

Our PTFA is hosting a Disco for our children on Wednesday 17th April in school. Admission to the Disco is £1. There will also be a tuck shop at the disco. Children should wear their casual clothes on this day.





Physical Education and Changing for PE Policies

I would like to request a copy of the PE Policy and the Changing for PE Policy.

Signed: _____

Parent/Gaurdian of: _____

Class: _____

Teacher: _____