



# **Extended Schools Newsletter**

## **St Catherine's Primary School**

### **Term One 2019**



# **After School Clubs**



This year in St Catherine's we have some exciting and wonderful after school clubs planned for our school. These clubs will be planned for all year groups from Primary 1- Primary 7 throughout the year.

Every term there will be a newsletter sent out that will detail the exact clubs that will run for that term and what year groups they are available for.

Our aim is to provide quality after school's activities for all our pupils in every year group. To this end, during term one, we have secured coaching and facilitators for years 4 – 7. We feel that our younger pupils from Year 1 to Year 3 benefit most from a period of settling in during the first term. We aim to facilitate quality after school's activities for these year groups during term two. Keep an eye out for our Extended Schools newsletter at the beginning of term two for all the information regarding after school's activities for our younger pupils from Year 1 to Year 3!!

We really do hope to see all the children take advantage of these fantastic after school's clubs throughout the year.

**In Term 1 the clubs are;**

- Netball for Year 6 + 7 Girls (Mondays 3-4pm on Junior Site)
- Lego club for Year 4 (Mondays 3-4pm on Junior Site)
- Soccer Club for Years 5 and 6 Boys (Mondays 2-3pm Senior Site)
- Soccer Club for Years 7 Boys and Girls (Thursdays 3-4pm Junior Site)
- Mindfulness (RelaxKids) for Year 6 – during school
- Booster Club for Year 7

Attached to this newsletter is each club's permission slip. The permission slips detail the exact date the club starts and the length of time that they run for. If you wish your child to take part in any of these clubs please fill in the permission slip and return it to the school.

Thank you for your continued support

Mrs C. Gormley

Extended Schools Leader

### **Year 5 and 6 Boys Soccer Club**

Soccer club will run for our Years 5 and 6 boys beginning Monday 23rd September. This club will be run by Mr M. Gormley. This club will take place from 2.00 – 3.00pm. This club will be rotated on a 6 week cycle beginning with Year 6 in the first 6 week block. Year 5 will begin Monday 11<sup>th</sup> November for 6 weeks. This is a wonderful and worthwhile club, where the children will learn and develop new skills and take part in soccer matches.

### **Year 5 and 6 Boys Soccer Club**

I would like/ not like my child to gain a place in the Soccer Club starting with Year 6 on Monday 23<sup>rd</sup> September and Year 5 on Monday 11<sup>th</sup> November. I understand that places are being allocated on a first come first served basis.

Signed: .....

Parent/Guardian of :.....

Class:.....

**Please let us know which class your child is in by putting a circle around it below**

**Year 5 class Mrs Connolly**

**Year 5 class Mrs Gormley**

**Year 6 class Miss Keyes**

**Year 6 class Mr McGuigan**

**Year 6 class Mrs Deery**

**Year 7 Boys and Girls Soccer Club**

Soccer club will run for our Year 7 boys and girls beginning Thursday 26<sup>th</sup> September. This club will be run by Mr M. Gormley. This club will take place from 3.00 – 4.00pm on the Junior Site. This is a wonderful and worthwhile club, where the children will learn and develop new skills and take part in soccer matches.

**Year 7 Boys and Girls Soccer Club**

I would like/ not like my child to gain a place in the Year 7 boys and girls Soccer Club beginning on Thursday 26<sup>th</sup> September from 3.00 – 4.00 pm. I understand that places are being allocated on a first come first served basis.

Signed: .....

Parent/Guardian of :.....

Class:.....

**Please let us know which class your child is in by putting a circle around it below**

**Year 7 Mrs O’Kane**

**Year 7 Mrs Daly**

**Year 7 Miss McGranaghan**

### **Year 6 and 7 Netball Club**

Netball club will run for our Year 6 and Year 7 pupils on Mondays beginning Monday 23<sup>rd</sup> September. This club will be run by Mr M. Gormley. This club will take place from 3.00 – 4.00 pm on the Junior Site. It is a wonderful and worthwhile after school club, where the children we learn and develop new skills and take part in netball matches. The children should be picked up at this site at 4.00pm.

### **Year 6 and 7 Netball Club**

I would like/ not like my child to gain a place in the Netball Club starting on Monday 23<sup>rd</sup> September. I understand that places are being allocated on a first come first served basis.

Signed: .....

Parent/Guardian of :.....

Class:.....

**Please let us know which class your child is in by putting a circle around it below**

**Year 6 class Mrs Deery**

**Year 6 class Miss Keyes**

**Year 6 class Mr McGuigan**

**Year 7 class Mrs Daly**

**Year 7 class Mrs O’Kane**

**Year 7 class Miss McGranaghan**

### **Year 7 Literacy/Numeracy Booster Club**

Literacy/Numeracy Booster Club will begin for Year 7 on Monday 30<sup>th</sup> September for 6 weeks. This club will be run from 3.15pm – 4.15 pm. This club will be facilitated by Mrs B. Daly, Mrs. S.O’Kane and Miss C McGranaghan. It is a wonderful and worthwhile after school club, where the children have the opportunity to consolidate learning and improve their literacy and numeracy skills. We really hope this club will be of benefit for your child.

### **Year 7 Literacy/Numeracy Booster Club**

I would like / not like my child to gain a place in the Literacy/Numeracy Booster Club starting on Monday 30<sup>th</sup> September. I understand that places are being allocated on a first come first served basis.

Signed: .....

Parent/ Guardian of: .....

Class: .....

**Please let us know which class your child is in by putting a circle around it below.**

**Year 7 class Mrs B.Daly**

**Year 7 class Mrs. S.O’Kane**

**Year 7 class Miss C McGranaghan**

### **Year 4 Lego Club**

Lego club will begin for Year 4 on Monday 30<sup>th</sup> September for 4 weeks. This club will be run from 3.00 – 4.00 pm. This club will be facilitated by Mrs M. McNamee. Experimenting with Lego has been proven to....

- promote fine motor skills. ...
- encourage team work. ...
- improve creativity. ...
- develop problem solving and mathematical thinking. ...

- improve communication skills. ...
- develop persistence. ...
- improve self-esteem. ...
- develop lateral thinking and planning skills.

We really hope this club will be of benefit for your child.

### **Year 4 Lego Club**

I would like / not like my child to gain a place in the Lego Club starting on Monday 30<sup>th</sup> September. I understand that places are being allocated on a first come first served basis.

Signed: .....

Parent/ Guardian of: .....

Class: .....

**Please let us know which class your child is in by putting a circle around it below.**

**Year 4 class Mrs S.Vaughan**

**Year 4 class Mrs P.Kelly**

### **Year 6 RelaxKids Mindfulness**

Mindfulness sessions will be available for Year 6 children in Term 1 (dates to be confirmed). This club will be facilitated during class time.

The benefits of mindfulness for children include..

- Strengthening of self control
- Lowers anxiety and stress
- Increases positive moods
- Better decision making
- Improves emotional regulation skills
- Increases self esteem
- Improves social skills and communication

We really hope this club will be of benefit for your child.

I would like / not like my child to gain a place in RelaxKids Mindfulness sessions.

Signed: .....

Parent/ Guardian of: .....

Class: .....

**Please let us know which class your child is in by putting a circle around it below.**

**Year 6 class Mrs C Deery**

**Year 6 class Miss E Keyes**

**Year 6 class Mr A McGuigan**