

St. Catherine's Primary School

Principal: Mrs. Bridget Wilders B.Ed. P.G. Dip.Ed. P.Q.H

Email: bwilders592@c2kni.net



JUNIOR SITE

Phone: (028) 7138 2272
Fax: (028) 7138 2139

Strabane
Co. Tyrone
BT82 8HT

SENIOR SITE

Phone: (028) 7138 2614
Fax: (028) 7138 2482

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



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Follow us on Instagram : St Catherine's Primary School

Monthly Newsletter : February 2020

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

BREAKING NEWS

Hand sanitizers now installed throughout our school!

We have now had Hand Sanitizers installed throughout both sites of our school both in classrooms and at various points throughout the school building. Please feel free to use these upon entry to and exit from our school! We also encourage our pupils to regularly wash their hands especially after toilet use and eating to control the spread of any viruses! Many thanks for your support.



P.T.F.A.

We have a PTFA (Parents, Teachers, Friends Association) whose members work so hard to raise funds for our school in order to best support our little children. We invite everyone that is available to come along and join our wee group. The work of the PTFA involves mainly fundraising activities for our wee pupils so that we can provide the little extras for them in school!!! Everyone is welcome! Your child's school needs you!! Our next PTFA Meeting this school year will take place on **Thursday 19th March at 7.00pm in Junior School** Assembly Hall. We look forward to seeing you there!



Collecting children early from school

We fully understand and support the fact that from time to time parents have to collect their children earlier from school due to medical appointments. Or other exceptional circumstance. We respectfully request that if appointments can be arranged out of school hours, that parents do. However if it is unavoidable please write a wee note to the class teacher in the morning to let her know that your child will be collected earlier and your child will be ready. Thank you so much in anticipation of your understanding in this matter



Safeguarding Request

We respectfully ask that parents and visitors do not use Mobile Phones while in the school building. This is for Child Protection and Safeguarding Reasons.

Many thanks!



St. Patrick's Day Break

School will be closed on Monday 16th March (Staff Training Day) and Tuesday 17th March inclusive for the St. Patrick's Day Break.

School will reopen as usual on Wednesday 18th March as usual.

Happy St. Patrick's Day to you all!

Have a fabulous day whatever you are doing!



The benefits of drinking WATER

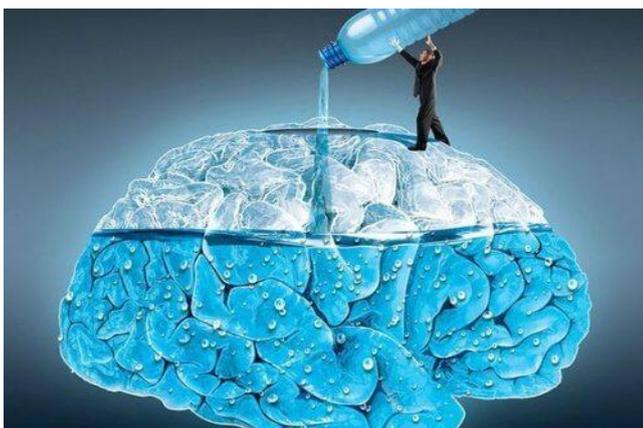


Research tells us that it is good to keep our brain hydrated at all times. The BEST hydration drink for us and our children is WATER.

In our school we promote the drinking of water for Brain Hydration purposes. We accept that children may bring water bottles to school to drink water and hydrate their brains even during class. We however, do NOT encourage any other hydration drink during class time except WATER. Children may have various juices for their lunch but for Brain Hydration during class time WATER is the one!!

The benefits of WATER are;

1. Your brain will work faster
2. It will boost your concentration
3. It helps balance your mood and emotions
4. Drinking water helps you sleep better at night
5. Your memory will improve if you drink water during the day.
6. Water is very good for your skin.



Eco Team Announcement.

ECO GREEN DAY

As part of our work to renew our Eco Flag we are holding a Green Day on Friday 13th March. On this day the children (and staff!) should come to school dressed in their green clothes. The children will also carry out lots of Eco- Based activities during the day in class, such as paper free lessons, outdoor activities and power down hours- no computers or lights. Parents are also encouraged to talk part by walking/ cycling to school and sending waste free lunch boxes. We would ask for a donation of £1.00 on this day towards our Eco resources.

Waste Free Wednesday:

Can you help us to reduce our waste by taking part in our "Waste Free Wednesdays"? Every Wednesday, earn 2 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 is 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.

What's in your waste-free lunchbox?

It's easy to pack a nutritious lunch with no throw-away packaging!

Choose a compartment lunch box or small reusable containers

Choose fruit 'wrapped' in natural skin. Food scraps can be composted

Steel or aluminium cans, juice boxes and yogurt containers can be recycled

Pack a reusable drink bottle, flask or ice pack

Wrap your sandwich in washable beeswax wrap, fabric or a paper bag

Bring a fork or spoon from home

Avoid plastic packaging...virtually every piece of plastic ever made still exists in some shape or form!

ACT
actsmart schools
make (the) change
www.actsmart.act.gov.au

Have you changed your mobile phone number and do we know about it?

It is vitally important that we have up to date contact numbers for our parents/ carers in the event that we need to contact you regarding your child. If you have not updated your mobile phone number with us please do so by letting the Clerical Staff immediately. Thank you for your cooperation in this matter.



New Gates at the Junior School

As you may be aware, new gates have been installed at our Junior School Site for Health and Safety purposes. The gates will be open in the morning for purposes of children entering the building and will be also open in the afternoon to ensure ease of collection of pupils at hometime.

They will be closed during the school day from 9.30am every morning. If anyone needs to come in to school for any purpose during the day, all access should be through the main door only.

Many thanks!



**Superhero Week –
3rd – 7th February
2020**

Well done to everyone for taking part in Superhero Autism Week.

Just to let you know we raised £321

For our local Autism Charity Support Group here in Strabane!



Prayer of the Month March

Dear Jesus

Please help us to be kind, patient and helpful to each other during Lent. Help us to follow directions the first time we are asked. Amen



PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

PATHS Quote of the Month March

Sometimes saying "I'm sorry" seems to be too hard to do. Maybe you can apologise in different ways - shake hands; share something or give a compliment.



Surestart Message of the Month March 2020

Words by **one** make talking
fun...copy my actions, sounds and words



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

HSC South Eastern Health
and Social Care Trust

HSC Public Health
Agency



SureStart

Headlice

How do you know if your child has head lice?

Head lice can make your head feel:

- Itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice.



#ADAM

How to get rid of head lice

- Treat head lice as soon as you spot them.
- You should check everyone in the house and start treating anyone who has head lice on the same day.
- There's no need to keep your child off school if they have head lice.

Wet combing

Lice and nits can be removed by wet combing. You should try this method first.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

Ask a pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice.

They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs. Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays do not work, speak to a pharmacist about other treatments.

Some treatments are not recommended because they're **unlikely to work**.

For example:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

Information:

The charity Community Health Concern has a [video about wet combing for head lice](#).

You cannot prevent head lice

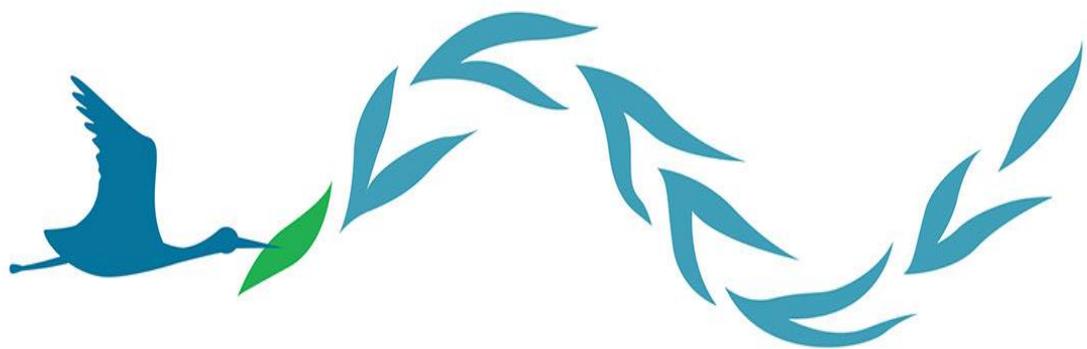
- There's nothing you can do to prevent head lice.
- You can help stop them spreading by wet or dry combing regularly to catch them early.
- Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.
- There's no need for children to stay off school or to wash laundry on a hot wash.



Introducing the SOOC Programme

New Start Date: Tuesday 3rd March in JUNIOR SCHOOL at 6.30pm

The SOOC (Shaping Ourselves and Our Children) Programme is a short course for mums, dads, grandparents, guardians and carers of young children and it's FREE. Plus you can actually get a **GENEROUS CHILDCARE** allowance for attending the course if needed! What an advantage! Please read the information below. If you would like to sign up for the 5 sessions then you can contact Sharleen directly at the number on the poster or you can complete the attached registration sheet. Please indicate if you would like to avail of the childcare allowance also!



SOOC
Lifestart

SHAPING OURSELVES AND OUR CHILDREN

Details about SOOC at St. Catherine's!



Learn how life at home shapes our children!

A short course for mums, dads, grandparents, guardians and carers of young children. And it's **FREE**



- Information on child social and emotional development
- Understand how children develop self esteem and confidence
- Supporting children's understanding of others
- Communication skills and behavioural management
- Learning through play - interactive play day with kids (Day 4)
- Diversity - understand how biases and prejudices are shaped

For parents /grandparents /guardians / carers of young children

Venue: St Catherine's Primary School, (Junior Site)
Date: Tuesday 25th Feb, 3rd, 24th, 31st March & 7th April
Time: 6:30pm-9:30pm (meal provided)
Generous Childcare allowance (if needed)
Contact school to book your place

The project is supported by the EU's
PEACE IV Programme managed by the
Special EU Community Body

Peace 
Northern Ireland - Ireland

 Special EU Programme Body
Peace for Children: Spéisialta An t-Éire
Special EU Community Body

Music Feis

Gentle reminder: Music Feis begins on Thursday 19th March and will close on Monday 23rd March. Children will receive their entry cards with all the competition details in due course. If anyone is unsure about the arrangements please have a wee word with your child's teacher who will be only too happy to clarify.

Staff will be supporting children in school by practicing the songs with them in class. Please assist them at home also!

The whole idea of participating in Music Feis is to allow children the chance to build resilience and overcome anxiety when it comes to singing/ playing music in front of others...the more they do this, the more accustomed to it they get and the more confidence they can build over time!

Past pupils have reported that as a result of entering and preparing for Feis they felt better able to perform in front of an audience and felt better equipped in life even as far as to say they could get on better with job interviews etc as they were able to overcome the "butterflies in their tummies!".

We are so proud of all their children and their talents/ strengths. Regardless of independent adjudicators, every child who has entered will receive a certificate from our school to celebrate their participation.

Well done to everyone who participated in the Speech Feis! So proud of you all!

Well done to Year 4 b and Year 5 b classes who also took part in the Choral Poem Competition. You were all just brilliant!



Pope Francis' Prayer

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.



Year 7 Confirmation

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.

Confirmation Liturgy Team

Called by Name

Sunday 1 March 2020
12.00 noon Mass

Confirmation Practice

Tuesday 10 March 2020
7.00pm

Confirmation

Thursday 12 March
5pm
Bishop Donal McKeown



Please note: Children will get out of school at 12.45pm on Thursday 12th March to prepare for Confirmation at 5pm. They will get lunch in school before they leave. Children should come in to school at the later time of 11am on Friday 13th March and wear their Confirmation Clothes!

Year 4 Do This In Memory Programme

As you are aware our Year 4 Pupils and families will be celebrating the Sacrament of First Holy Communion on Saturday 30th May at 11am in the Church of the Immaculate Conception.

Every year our pupils and parents take part in the fabulous "Do This in Memory" Programme which helps prepare the pupils and their families for the big day in May!

PLEASE NOTE:

This term the main focus in Religion for P4 will be on preparing your child for receiving the sacraments of Reconciliation and Holy Communion. Your child will be working from a workbook called Celebrate. The cost to parents of this book is £3.50. We respectfully ask that this is sent in as soon as possible so that we can begin to use them. It would be appreciated if all monies could be brought in before 14th February.

Many thanks

Year Four Team

The dates for the masses for the Do This in Memory Programme are as below. We look forward to seeing all our Year 4 Pupils and Families at these very special masses.

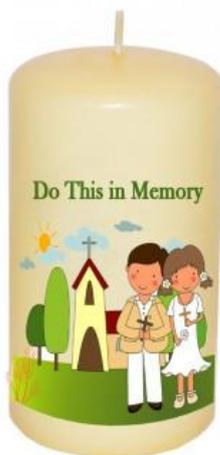
DATES OF THE SUNDAYS OF DO THIS IN MEMORY 2019-2020

Sunday, 8 March 2020
2nd Sunday of Lent
12.00pm

Sunday, 5 April 2020
Palm Sunday
10.00am

Sunday, 26 April 2020
3rd Sunday of Easter
12.00pm

Saturday, 13 June 2020
Feast of Corpus Christi
6.30pm



New Parent Cafe



Families
Together



New Parents
Group!

Come along to the Parenting Cafe!

St. Catherine's PS (Junior Site - Room 6)
Mondays 9.10 - 10.30am

Information & activities for families

Meet other parents

All welcome!





Wipe out Waste



Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?



Pack

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or backpack



Avoid

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items



Government of South Australia
Let's think it.



KESAB
environmental solutions



St. Catherine's Nursery & Primary School

March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Speech Feis Confirmation Preparation Mass: Called by Name: 12 noon	2. Chinese Celebration SS at 10am. Extended Schools. Year 1 Yoga Year 5 Soccer Club 2-3pm SS Year 6 & 7 Netball 3-4pm JS	3. Year 7 Shared Education SOOC Programme Week 1.	4. Nursery GRTL Final Celebration Extended Schools: Year 4 Irish Dancing	5. Year 6 YES Programme Year 4 Retreat: St Patrick's Hall Extended Schools: Year 7 Girls Soccer Club 3-4pm JS	6. Nursery Sunflower Programme Lesson 6	7.
8. P4 Do this in Memory Mass at 12 noon in Church of the Immaculate Conception.	9. Year 1 Theraplay Session 1 Extended Schools. Year 2 Yoga Year 5 Soccer Club 2-3pm SS Year 6 & 7 Netball 3-4pm JS	10. P7 Confirmation Practice in Church of the Immaculate Conception at 7pm.	11. Extended Schools: Year 4 Irish Dancing	12. P7 Confirmation in Church of the Immaculate Conception at 5pm. No Soccer club today.	13. Nursery Sunflower Programme Lesson 7	14.
15.	16. School Closed: Staff Training Day.	17. School Closed: St Patrick's Day	18. Extended Schools: Year 4 Irish Dancing	19. Music Feis Year 7 Girls Soccer Club 3-4pm JS	20. Nursery Sunflower Programme Lesson 8	21.
22. Music Feis	23. Year 1 Theraplay Session 2 HOPE NorthWest for Year 7. Extended Schools. Year 2 Yoga Year 5 Soccer Club 2-3pm SS Year 6 & 7 Netball 3-4pm JS	24. HOPE NorthWest for Year 7. SOOC Programme Week 2.	25. HOPE NorthWest for Year 7. Extended Schools: Year 4 Irish Dancing	26. Irish Show: 10am SS Extended Schools: Year 7 Girls Soccer Club 3-4pm JS	27. Nursery Sunflower Programme Lesson 9 Year 6 Badminton Celebration.	28.
29.	30. Year 2 Theraplay Session 1 Extended Schools. Year 2 Yoga Year 5 Soccer Club 2-3pm SS Year 6 & 7 Netball 3-4pm JS	31. SOOC Programme Week 3.				

A handshake today could be a reward tomorrow.

