

St. Catherine's Nursery School

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St Catherines PS, Strabane



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Monthly Newsletter : April 2020

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

BREAKING NEWS

School is closed until further notice due to COVID 19 Virus.

We ask that during this very challenging time that families DO SELF ISOLATE so that the spread of this virus can be kept under control.



P.T.F.A.

All P.T.F.A. Meetings are postponed until further notice. We take this opportunity to sincerely thank the P.T.F.A. for all they have done for our school to date. Your efforts, dedication and hard work is so much appreciated but we also know that you have a different workload at home at the minute and we wish you and indeed all the parents the very best of luck with this. Stay safe, God bless you all!



Home School Learning Packs

Staff worked very hard at breakneck speed to prepare a Home Learning Pack for each child from Nursery to Year 7 for mainly Literacy and Numeracy activities to do while learning at home. The contents of this pack are designed to last for ONE MONTH. Some children may complete it well and others may find challenges. We can only STRESS to you that you and your children can only do your best in what is a really unprecedented situation that has been thrust upon us. Do not worry if you have good days and bad days, this is perfectly normal just go with the flow, take everyday as it comes and do what is best for you and your child.



Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either ♡
mellow doodles

“

It's Okay

- * To not know how to homeschool your own child
- * To not know how to work from home
- * To give kids more screen time than usual
- * To make a colorful daily schedule or just wing it
- * To not magically feel motivated to work out at home or take on a new hobby
- * To not feel okay

This is not normal for any of us.
Please be kind to yourself.

Confirmation

Many thanks to Bishop Donal Mc Keown for Confirming our children on Thursday 12th March in our wonderful Church. It was an absolutely lovely occasion and we feel blessed (in the current climate) to have been able to have gone ahead with this. Thanks to Fr Boland for assisting with this

Many thanks to our amazing parents for supporting this so well as you always do, to our staff for preparing our children so well and lastly to our little pupils who were just amazing! We are so proud of you! Some photos have been available from Charlie Mc Cosker (Mobile No: 07999332395)

Photos to be taken with the Bishop are now on hold as we await furth



Eco Team Announcement.

Our recent GREEN DAY held on Friday 13th March raised £265.10 for the ECO TEAM.

Many thanks for this. We will put this money to good use in the future to buy valuable ECO Resources for school.



CONTROL SIGNALS

STOP Take one long, deep breath.
Say the problem and how you feel.

MAKE A PLAN Think—what could I do?
Think—would it work?

GO Try your best idea.
How did it work?

PATHS

3 Steps for Calming Down

STOP!
Tell Yourself to **STOP**

Take One Long, Deep Breath

The problem is...
Say the Problem and How You Feel

PATHS

PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

PATHS Quote of the Month April

There are comfortable and uncomfortable feelings.

Remember all feelings are okay
Now is a good time to use your Control Signals and Three Steps for Calming Down if you have uncomfortable feelings

Be kind

Listen to your Parents/Guardians

Show love



Believe in children
Barnardo's



Prayer of the Month April

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



Corona Virus Prayer

Dear God I pray for healing for all those affected by this deadly virus. We pray that all negative outcomes to be resolved in your healing hands.

Amen!

fb/BeHumanBeKind



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.



How to find our Website, School App and Social Media Platforms

Our WEBSITE will be our main area for you to connect regarding FUTURE HOME SCHOOL LEARNING WHILST IN ISOLATION.

Our website address is www.stcatherinesps.co.uk



We also put notifications on our free school app

[St Catherine's PS, Strabane](#) feel free to download to your phone!



Please like/follow us on the following technologies we would like more followers!!

Facebook page called: [StCatherines PrimarySchool](#)

We share loads of links to resources and Learning Areas on here VERY REGULARLY. We also share pupils work here!

We have a Twitter Account called : [@StCatherinesPS](#)



We have an Instagram Account also : [St Catherine's Primary School](#)



NEW Parent Home Learning Support Area **on our WEBSITE**

www.stcatherinesps.co.uk

Dear Parent/ Guardian,

News about our NEW Parent Home Learning Support Area on our website. We hope that you will find this useful both for yourselves and ultimately your little children. Please feel free to explore the range of links here to various learning sites for ideas for Home Learning, support while Home Learning, games that can be played by and with children and some simple lesson ideas that can be taught.

You are not expected to use all of the resources here at all. These are only ideas and because we are all such individual learners, some of these will work for us and some will not. It is so important to stress that you can only try to do your best. This is a form of Distance Learning and is therefore far from perfect and cannot replace a teacher in the classroom with all the differentiation and support that school provides on a daily ongoing basis. In addition (most of our staff who had the resources available) made a little video/podcast message for the children to let them know they are thinking of them!

I have been in contact with them all and they asked me to convey this to you in this letter, they do miss our little children and eagerly await the chance to be reunited with them again. We posted a special little facebook message to our Year 7 pupils (attached in this newsletter also) who we know are experiencing anxiety at the minute as it is their last year of school. I urge you not to worry as we will bring everyone back for a farewell party even if it means doing this in September!

Points to note;

1. These links to learning sites/apps can be just a different way of learning and practicing some things.
2. Videos/podcasts can be fun to watch.
3. Worksheets can be downloaded, printed off and completed for practice at home only if you can!
4. Online educational games can be fun.
5. Practical Activity suggestions can be tried at home with an idea for learning but most of all just for fun.

6. Reading- keep your child reading as much as possible as this is invaluable!

7. Free Play and independent imaginative play is crucial especially for younger children.

8. Meditation links and links to our Grow in Love Spiritual Religious Programme can soothe our children and help them make sense of the world especially when they are anxious....do not be afraid to use them. This is very important for well being.

Remember you cannot do it all- you should not even attempt that. You know your child best; simply do your best together!

On Thursday 19th March Home Learning Packs were sent to you. There was enough learning in this pack for one month. At the end of April, you may effectively have exhausted all the resources in this pack. (Do not worry if you have not completed everything!)

You may wish to have access to further learning opportunities.

You will see here a link for every year group in our school from Nursery – Year 7 with a link also to additional Learning Support Resources for Years 4-7 Pupils/ Parents.

When you click on any link below from Wednesday 22nd April onwards (all being well) you will see various resources for continued learning prepared by your teachers in each Year Group Team coupled. Staff will have also prepared a little plan for learning for you too in this exceptional circumstance to try to guide Home Learning in the absence of your child being at school to have it explained directly to them.

Use these in conjunction with the other links to websites and apps to continue with Home Learning if needed and if you and your family are well enough to do so.

Our staff have prepared these resources now even though they too have health concerns for themselves and their families. They have done their best for you and your child, please keep them too in your prayers.

We will seek to keep in touch with you via text message, website, school app and social media.

In the meantime stay safe, value family, value health, value the simple things;

Look after each other,

God bless,

Mrs. Wilders and the Entire Staff Team and Governance Team of St. Catherine's Nursery and Primary School.

Programmes/Events postponed until further notice so far

Dear Parents:

Please find a list below of the following programmes and/or events that have had to be postponed until further notice due to COVID19 unless otherwise directed.

1. SOOC Programme (For parents)
2. Music Feis
3. Year 4 Do This in Memory Masses
4. Holy Communion/ First Confession
5. Surestart Grove Stay and Play (On Tuesdays in the Junior School)
6. Parenting NI (New Parent Café)
7. Senior School Musical Mary Poppins
8. Irish Language and Culture Show
9. Nursery Sunflower Programme/ Nursery Five to Thrive Programme
10. Year 7 Growing Up Talk
11. Annual Stations of the Cross Ceremony/ Children's Last Supper Mass on Holy Thursday
12. Year 5 Practical Maths Night
13. Shared Education Events
14. Extended Schools Activities
15. Rotary Club Choir Competition
16. Shared Prayer Assemblies
17. Musical Pathways Programme
18. Sports Days
19. Prizegiving Ceremonies
20. Graduations/ Year 7 Leavers Mass



Please note that if our situation in school changes anytime soon many of the above will be reviewed and may well go ahead depending on the length of the closure as directed by DE. If this happens we will let you know at the earliest opportunity.

We can only express our heartfelt sorrow that this has to happen at present but such is the need for health and safety for all in the face of this world wide pandemic. Your understanding and continued support is much appreciated. Stay safe everyone, God bless.....this will pass and we will meet again with new plans and a new way forward for our little children!

Message to Year 7 Pupils

We, at St. Catherine's know that this is such a worrying time for you and totally unbelievable for us too. We know that although you were all confirmed by Bishop Mc Keown on 12th March, there are so many other things that you were looking forward to in St. Catherine's in your final year which may not now happen at the time they were planned for, but please try not to be too disheartened that your years at Primary School will end in such a way.

We will make sure that you will be brought back to have a final send off and enable you to say your proper farewells! This is not goodbye at the minute , you are just having an unplanned but necessary break and we will see you again and we will party...as only we can! We have much to celebrate. The Year 7 Group of 2020 will party together when this time passes even if it means partying in September!

In the meantime, stay safe, help your families, dream and plan for better days ahead,

God bless you all,

Mrs Wilders, Year 7 Team and all your family at St. Catherine's

Let No One Steal Your Dreams

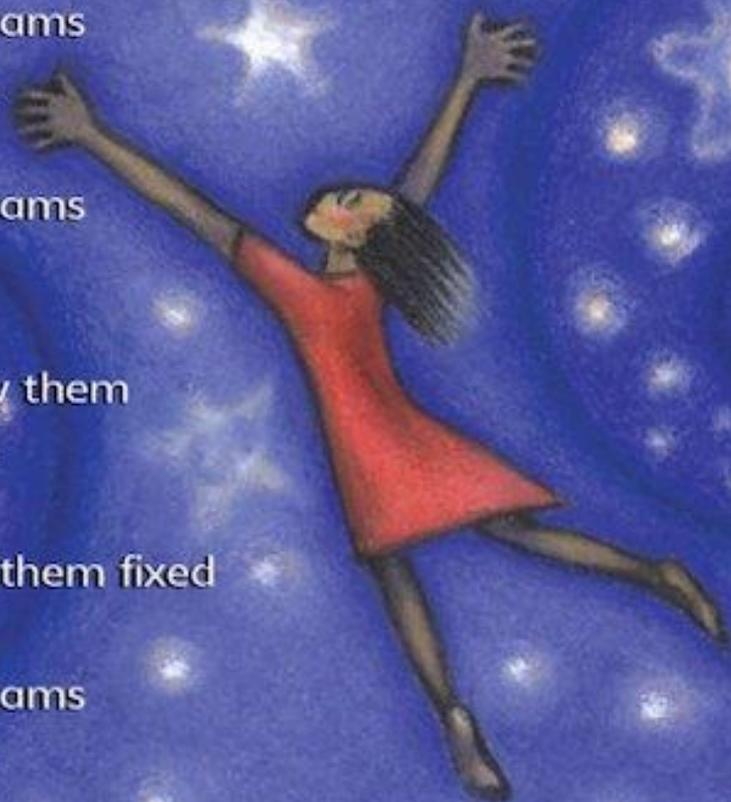
Let no one steal your dreams
Let no one tear apart
The burning of ambition
That fires the drive inside your heart.

Let no one steal your dreams
Let no one tell you that you can't
Let no one hold you back
Let no one tell you that you won't.

Set your sights and keep them fixed
Set your sights on high
Let no one steal your dreams
Your only limit is the sky.

Let no one steal your dreams
Follow your heart
Follow your soul
For only when you follow them
Will you feel truly whole.

Set your sights and keep them fixed
Set your sights on high
Let no one steal your dreams
Your only limit is the sky.





St. Catherine's Nursery & Primary School

April 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Home Learning Tasks.	Home Learning Tasks.	1. Home Learning Tasks. <i>I believe in myself.</i>	2. Home Learning Tasks. <i>I am healthy and happy.</i>	3. Home Learning Tasks. <i>I am full of great ideas and thoughts.</i>	4.
5.	6. Home Learning Tasks. <i>I am playful, fun and creative.</i>	7. Home Learning Tasks. <i>I am unique and special.</i>	8. Home Learning Tasks. <i>I have the confidence to be myself.</i>	9. Holy Thursday <i>My life is fun and filled with joy.</i>	10. Good Friday <i>I am safe, protected and loved.</i>	11.
12. Easter Sunday Easter Holidays	13.	14.	15.	16.	17.	18. →
19.	20. Home Learning Tasks. <i>I am a fast learner.</i>	21. Home Learning Tasks. <i>I love to learn new things.</i>	22. Parent Home Learning Support area on School Website goes LIVE!! You can access this using the password sent to you by text.	23. Home Learning Tasks. <i>I make learning fun and creative.</i>	24. Home Learning Tasks. <i>I can do anything I set my mind to.</i>	25.
26.	27. Home Learning Tasks. <i>I have many talents.</i>	28. Home Learning Tasks. <i>I have amazing abilities.</i>	29. Home Learning Tasks. <i>I am grateful for my family.</i>	20. Home Learning Tasks. <i>I am strong..</i>		

A worry shared is a worry halved.

