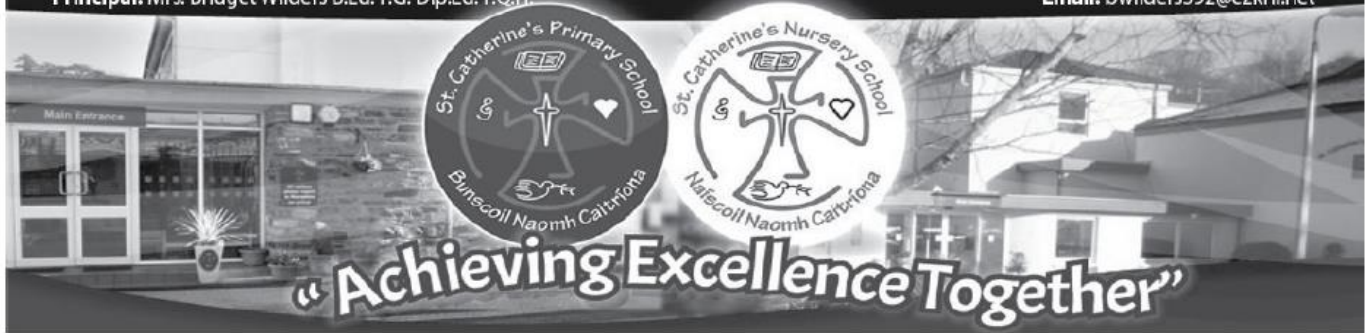


# St. Catherine's Primary School

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

Email: bwilders592@c2kni.net



## JUNIOR SITE

Phone: (028) 7138 2272

Strabane  
Co. Tyrone

## SENIOR SITE

Phone: (028) 7138 2614

Download Our **FREE** School App

St. Catherine's PS, Strabane



Facebook : StCatherines PrimarySchool



Follow us on Twitter : stcatherinesps



Follow us on Instagram : St Catherine's Primary School

Monthly Newsletter : May 2020

Check us out on our website: [www.stcatherinesps.co.uk](http://www.stcatherinesps.co.uk)

## BREAKING NEWS

Our New Home Learning Area has been launched on our Website!

The password has been texted to you. If you have any queries at all please email your child's class teacher. You will find your teacher's email address in the Parent Instructions in the Year Group Bar of the website !



### 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!



### Holy Communion

As you are all aware, our little Year 4 Children were due to receive TWO of their Sacraments this month

1. Reconciliation (First Confession)
2. Eucharist (First Holy Communion; Saturday 30<sup>th</sup> May)

Due to the COVID19 Pandemic this has had to be postponed. There are no further details yet on when a new date might be.

However as soon as we know more we will let you know.

In the meantime, we are thinking of and praying for our Year 4 Children during May on what would have been a very special month for them. We have included little prayers below for our Year 4 Sacrament Children to practice in the meantime until we know the new date and we will post a special message to the school facebook page closer to the time.

### Act of Sorrow (For First Confession)

O my God, I am very sorry for all my sins,

For not loving others and not loving you,

Help me to live like Jesus

Ant not sin again

Amen



### *My First Communion Prayer*



I clasp my hands, then kneel and pray  
on this, my first Communion Day.

I ask you, Jesus, to watch me grow,  
and teach me all that I need to know.

Protect me, daily, from all things bad,  
and fill my heart with all things glad.

And if I ever lose my way,  
please guide me back  
when I kneel and pray.

## Big News about "The Wonder Gallery" .....

A big hello to all you fantastic home-schooling parents and guardians!

I have been blown away, not only by the commitment to their work, but also by the beautiful artwork and crafts that our wonderful children have created over the past few weeks!

Therefore, I am very excited to tell you about the launch of a new digital art exhibition space from BBC N.I. called "The Wonder Gallery" to inspire creativity in young people aged between 4 and 18!

There is a different theme set each week by an artist on BBC Radio Ulster's 'The Culture Café'. All you need to do is submit a new piece of Art connected to the topic, that has been created at home. It can be drawn on paper using crayons, on canvas or drawn digitally on a tablet or computer. Then send it in and it will be uploaded and displayed in the gallery for all to see! All you need to do is click on the link and you will find out all the information you need to submit your child's masterpiece to be shared in the exhibition.

This is an opportunity for our brilliant young artists to show their talent and creativity and to receive recognition for their sterling efforts, of which they so rightly deserve!

All the information can be found on the website:

[www.bbc.co.uk/wondergallery](http://www.bbc.co.uk/wondergallery) or  
[wondergallery@bbc.co.uk](mailto:wondergallery@bbc.co.uk)

Take care and have fun!

Mrs. D. Doherty: Arts Leader

## Nursery / Year 1 Admissions Information

As you may be aware Placement letters of offers were sent by the Education Authority (EA) on Wednesday 29<sup>th</sup> April. If your child was offered a place in either our Nursery or Year 1 then please email : [bwilders592@c2kni.net](mailto:bwilders592@c2kni.net) to either accept or not accept the place stating your child's name and date of birth. This is very important to secure your child's place.

We will be in touch in the future to explain the Induction Process.





# 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

## PATHS Programme in St. Catherine's

(Promoting Alternative Thinking  
Strategies)

### PATHS Quote of the Month May

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

## 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

Listening is  
one of the most  
loudest forms  
of Kindness.

VistaMundo.info

**PATHS**

Promoting Alternative Thinking Strategies Program

Believe in  
children



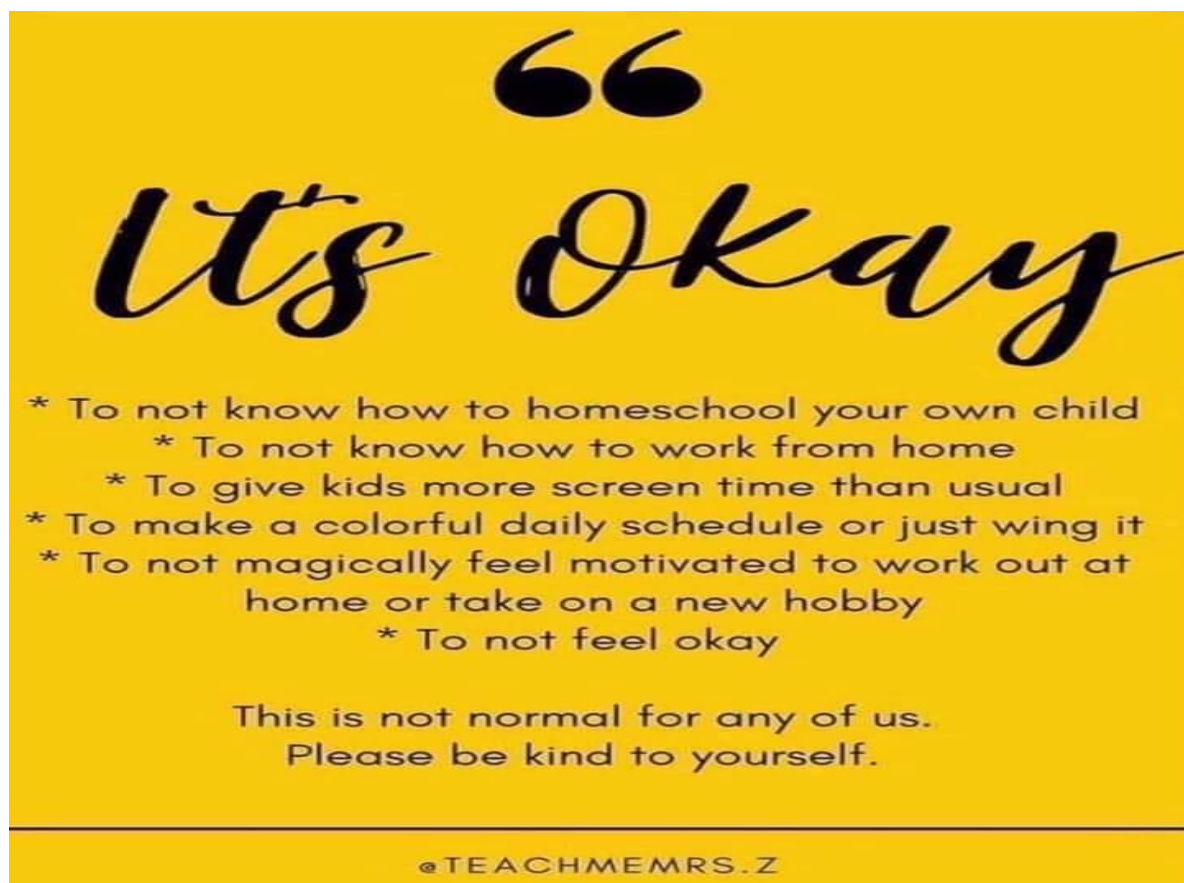
Barnardo's



## Home Schooling Challenges and our Well Being

Home Schooling and working from home is something that (in our school family) we have had to adapt to since the COVID19 Pandemic and Government Lockdown to contain the spread of the virus. At the beginning it was a novelty but as time wears on, the impact of this new way of life can be even more challenging than originally thought. That is why it is so important that we follow the following 5 STEPS to looking after our Mental Health whilst at home....

1. Connect....keep in touch with friends, family and colleagues. Use phone calls, texts or video calling apps such as facetime or whatsapp.
2. Be Active....play games with the kids, join an online yoga class or take a walk outside (keep a 2 metre distance)
3. Give....Caring for others can help our own mental health. Offer support to a friend or neighbor in isolation.
4. Keep Learning...read up on something that interests you. Read books, watch documentaries or learn a new craft.
5. Take Notice....Notice the beauty around you. Feel the sun on your skin. Listen to the birds. Breathe....



## Prayers for the Month of May- Fifty Acts of Love Prayer which is especially relevant in our world today

### Fifty Days-Fifty Acts of Love!! Prayer of the Month

God our Father, your Son Jesus loves us and asks us to love each other in the same way. As we celebrate Easter for fifty days, help me to love as Jesus loves, care as Jesus cares, help as Jesus helps, and pray to you as Jesus taught us. We ask the help of your Holy Spirit as we do this. Amen



The Easter Season lasts for fifty days, from Easter Sunday, when we celebrate Jesus rising from the dead, until the coming of the Holy Spirit on the Feast of Pentecost. Have a look at the Resource in the Re section of our online learning hub to access some lovely resources. You can email your children's photos of any activities they complete to

<http://www.catecehticalcentre.org/>

# 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](http://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](#)





# Making the Most of our New Home

## Learning Area

[www.stcatherinesps.co.uk](http://www.stcatherinesps.co.uk)

Our Parent Home Learning Support Area has gone live on the website since Wednesday 22<sup>nd</sup> April. We hope that you will find this useful both for yourselves and ultimately your 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. Not everything has to be printed off!!

In each Year Group, Staff have prepared a little plan for learning (for the next 6 weeks) 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 resources in conjunction with the other links to websites and apps to continue with Home Learning. Remember nothing can replace the teacher or school environment so Home Learning is never going to be the same as school...this is a new way because of the emergency situation we find ourselves in. We must try to adapt to this as best as we can.

You are also 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.

Points to note;

These links to learning sites/apps can be just a different way of learning and practising some things.

Videos/podcasts can be fun to watch.

Worksheets can be downloaded, printed off and completed for practice at home only if you can however these worksheets **DO NOT HAVE TO BE PRINTED**, but can also be used as the children would use text books/ whiteboard in school to read through or copy down.

Some activities, eg wordsearches, comprehensions can be read through and answered orally rather than having to write them down or if you wish to copy down from the screen, this will give your child **HANDWRITING PRACTICE!**

There are links to PowerPoints, You-tube links and videos to help teach the topics as well.

Online educational games can be fun and can be used to help teach the topic.

When the children are working off the screen on their ipad/ laptop etc. there is no better way to develop their Computer Skills , Digital Technology Awareness, IT Skills and keyboard skills.

Practical Activity suggestions can be tried at home with an idea for learning but most of all just for fun.

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

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

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!



# Looking after your mental health whilst home-schooling



**TRY NOT TO STRESS** - You don't have to take on the teacher's role. Focus on activities that will help stimulate the brain but also enable you and your kids to have fun in the process like reading, puzzles and arts and crafts.



**ESTABLISH A ROUTINE** - Studies show young people work better when they are in a routine. Why not create a simple timetable for the week? Take regular breaks and make time for exercise even from the comfort of your living room.



**EAT A BALANCED DIET** - This is essential for healthy brain function so try to include a variety of healthy foods in your family's diet. Get the kids involved by making a new recipe or baking some healthy treats!



**GET CREATIVE** - This is a great opportunity for you and your little ones to get creative. Create a poster about your favourite book, write a poem or use those extra loo roll tubes to make an art masterpiece!!



**TAKE TIME FOR YOU!** - Take time to look after yourself. Lead by example by eating healthily, taking part in physical exercise and relax by doing something that makes you happy.

**AWARE**  
OVERCOMING DEPRESSION,  
CHANGING LIVES.

# 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!

# Keeping close to God during these times



<https://www.drawing-god.com/draw-near-to-god>

## **Drawing Near to God-Drawing a Prayer**

Karen Kiefer has developed another wonderful resource based on her book Drawing God. The link above allows you to access her wonderful resource -Draw Near to God-National Day of Prayer (U.S.A) on 7<sup>th</sup> May- we can join in and make it an International Drawing God Day!!!

*"The global pandemic and our National Day of Prayer got me thinking about the power of prayer and the way we pray. Some recite prayers that they know. Others sing prayers. But the opportunity to write and draw a prayer seemed creative and limitless. If prayer is a conversation with God, what would you like to say? How can you express those thoughts in a drawing? As usual, kids do that best. The new drawing prayer kit helps to start conversations with kids and helps them draw their prayers. We are opening a virtual prayer wall in the museum to post intentions and art. The new Kit, Draw Near to God is here- and will live long past May 7<sup>th</sup>"*

**Karen Kiefer**

May resources for Religion are available at [www.catecheticalcentre.org](http://www.catecheticalcentre.org)

As you may have seen Bishop McKeown is asking the Diocese to join him in any way as he conducts a virtual pilgrimage of Lough Derg -he is doing this to pray for end to the Coronavirus, to pray for those who have been deeply impacted by it-those suffering, those who have died, families grieving loved ones etc and thirdly to ask the Holy Spirit to guide us as to how we live through this time and after this time. <https://www.derrydiocese.org/news/a-day-of-prayer-and-penance>

Perhaps you might ask your children to join with him on Friday by making a May Altar, praying the Rosary or Stations of the Cross at home with your family or giving up something like sweets for the day, a favourite electronic gadget, a T.V. Programme.

<https://catecheticalcentre.org/primary-school-resources/how-to-pray-the-rosary/> <https://catecheticalcentre.org/holy-week-2020/the-stations-of-the-cross-for-children-and-families-during-the-coronavirus/>

Please send any photos of your activities to school Facebook page so we can share your wonderful activities.



# *Celebrating our May Birthdays .....*

*Happy birthday to you...Happy Birthday to you...Happy Birthday, Happy Birthday....Happy Birthday to you!*

Forename	Surname	Year	DOB
Ryan	Boyce	Year 6	01 May
Callum	Gallagher	Year 5	01 May
Ollie	McCossan	Year 1	01 May
Hannah Mary	McFadden	Year 6	01 May
Michael	Farrell	Year 1	03 May
Jacob	Moore	Year 5	03 May
Megan	Skeffington	Year 4	03 May
Brody	Ryan	Year 5	06 May
Amelia	Scarlett	Year 4	07 May
Beth	Kennedy	Year 7	11 May
Oisin	Quigley	Year 2	11 May
Jacob	McGonigle	Year 5	12 May
Conall	Menzies	Year N	12 May
Kayla-Marie	Moore	Year 7	12 May
Eoin	Reyes	Year 5	14 May
William	McFadden	Year 7	15 May
Jonah	McNulty	Year 2	15 May
Martin	Porter	Year 4	15 May
Zack	Brown	Year N	16 May
Adam	Clarke	Year 1	18 May
Shakeera	Connolly	Year 6	18 May
James	Duffy	Year 6	20 May
Jack	Gallagher-Conwell	Year 1	20 May
Adam	Healy	Year N	20 May
Justine	Judge-McAnenny	Year 2	20 May
Amber	Gallagher	Year 1	21 May
Jodi	Gibbons	Year 4	22 May
Rebecca	McAdams	Year 7	22 May
Jenna	Boyle	Year 2	23 May
Mikey	McNamee	Year 2	23 May
Simon	Glenn	Year 4	26 May
Emily	Barr	Year N	27 May
Socorro	Patton	Year 5	27 May
Patrick	McElwee	Year 3	28 May
Ryan	O'Kane	Year 5	28 May
Koran	Wilders	Year 1	28 May
Michael	Boyce	Year 4	31 May



*Surestart Message of the Month*  
*May 2020*

**Talk to me before I'm born**  
...Think of the bond we will form



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



**HSC** South Eastern Health  
and Social Care Trust



**f** **SureStart**



# St. Catherine's Nursery & Primary School

## May 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Home Learning Tasks. <b>Being kind is never wasted.</b>	2.
3.	4. Home Learning Tasks. <b>Make each day your masterpiece.</b>	5. Home Learning Tasks. <b>Anything is possible, anything can be.</b>	6. Home Learning Tasks. <i>Children are our most valuable resource.</i>	7. Home Learning Tasks. <i>If you can dream it, you can do it.</i>	8. <b>May Bank Holiday</b> Home Learning Tasks. <i>Life itself is the most wonderful fairytale.</i>	9.
10.	11. Home Learning Tasks. <i>Everyone's a teacher, if you listen.</i>	12. Home Learning Tasks. <i>Believe in yourself.</i>	13. Home Learning Tasks. <b>Never give up.</b>	14. Home Learning Tasks. <b>Don't let what you cannot do interfere with what you can do.</b>	15. Home Learning Tasks. <b>Everywhere you go leave a glitter trail of kindness behind you.</b>	16.
17.	18. Home Learning Tasks. <b>No one is perfect, that is why pencils have erasers.</b>	19. Home Learning Tasks. <b>Try to be a rainbow in someone's cloud.</b>	20. Home Learning Tasks. <b>Don't be afraid of life's challenges.</b>	21. Home Learning Tasks. <b>All students can learn and succeed, but not on the same day in the same way</b>	22. Home Learning Tasks. <b>If you see someone without a smile, give them one of yours.</b>	23.
24.	25. <b>Staff Development Day</b> Home Learning Tasks. <b>Give the world the best you have, and the best will come to you.</b>	26. Home Learning Tasks. <b>We can all dance when we find music we love.</b>	27. Home Learning Tasks. <b>Today is a gift. That is why we call it "the present".</b>	28. Home Learning Tasks. <b>It always seems impossible until it's done.</b>	29. Home Learning Tasks. <b>Make yourself proud.</b>	30.
31.	 <b>May the love of Jesus shine in your heart on your First Holy Communion Day and always.</b> 					

No - one is ever too old to learn, enjoy the opportunities.

