St. Catherine's Primary School



everyone knows what is happening in school despite COVID 19 restrictions!

Let's stay in touch...we don't want you to miss anything!

Year 5 SHOEBOX APPEAL

Attention Year 5 children

Have you got your shoeboxes ready yet? We will be arranging a collection time shortly!

We are asking you and your family to help us with our shoebox appeal this year. Families around the world need more help than ever this year. Every shoebox donated touches the life of a person in need.



School Photographer

At present, due to the school closure before Hallowe'en, our school photographer has been rescheduled to be in school to take our children's photographs on

Monday 16th November , Tuesday 17th November and Wednesday 18th November.

All children will have their photos taken in Nursery, Year 1 and Year 7. All classes will be taken in their class bubble groups. If any parent of a child from Years 2-6 would like individual photos of their child you have already been asked to sign a Photograph Expression of Interest Slip. If you did not return this slip before Hallowe'en but would now like your child's photograph taken, please EMAIL the class teacher immediately.

Due to current restrictions we will not be able to facilitate family group photos at present.

Parents will have a proof sent to them and you may purchase if you wish to but you are under no obligation to purchase photos for your child.

Parent Teacher Meetings

Due to the present restrictions we will not be able to host Parent / Teacher Meetings for the whole school in November (as we usually do). We will however review this and make arrangements in Term 2. We will be carrying out valuable baseline assessments now in Term 1 (Years 2-7) before Christmas to baseline our children's attainment post lockdown. We will keep in touch with you about the outcomes of these assessments in due course. It is to be noted that parents may email staff at any time to find out about the progress that your child is making at school and to ask any questions or raise any concerns that you might have. Many thanks in anticipation of your understanding in this matter.







Prayer of the Month November

During November we remember and pray for the dead

Eternal Rest Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

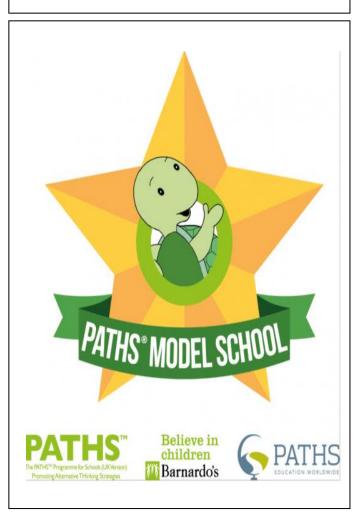
(If you are offering the prayer for a particular person, you can substitute "him" or "her" for "them.")





PATHS Programme in St. Catherine's (Promoting Alternative Thinking Strategies) <u>PATHS Quote of the Month November</u>

Refuse to fight! People fight with words as well as with their hands. Walk away when you are teased or someone dares you to do something you know is wrong. Find an adult to help you solve your problem. Refuse to fight!!



Free School Meals Applications

If your child is not in receipt of Free School Meals and you are eligible to apply; it's not too late. Just apply online to the Education Authority <u>www.eani.org.uk</u> and make your application or alternatively you can ring 028 82 411411 for more information.

Don't miss out!



Complaints Policy and Procedures

Our school seeks to be a **'listening school**' and will do its best to enable parents/guardians to feel confident to raise issues and concerns with appropriate staff in a timely/appropriate manner.

Comments/Complaints will be considered following a clear set of procedures based on Education Authority / CCMS guidance. These procedures will be made clear to any parent/guardian or member of the public making a complaint. Complaints can be shared either verbally or in writing.

Our school will try to resolve a parent/guardian's concern as informally and quickly as possible and always make clear what action is being taken. It is to be noted that the correct procedure for making complaints is outlined in our **Complaints Policy and Procedure** which is available upon request from either School Office. If you have any further queries / concerns about this procedure, please do not hesitate to contact the Principal.

We respectfully request that you address all concerns with the school in the first instance so that your concerns can be addressed as soon as possible and as effectively as possible.

Complaints

Thank you!

StopCOVID NI DOWNLOAD THE APP NOW



Learn more at nidirect.gov.uk/coronavirus





Our INTERIM School Development Plan (Year 3)

Every three years we design a new three year school development plan which plans out the priorities and actions that we want to complete for the greater good of our pupils, staff and parents in our wee school. We will also update this every year just to check that we are on target! We started our current plan in September 2018. We are in an interim year of our plan (due to COVID 19), we will be due to finish the Plan at the end of next year.

We NEED YOUR HELP!

Have you any ideas/ suggestions for what types of activities that you would like to see on the interim school development plan for this year only?

Your ideas and opinions are very valued indeed and if we can make changes to improve ...then we will! You may have concerns that you wish to address due to the challenges that COVID 19 presents for our children.

The plan also includes ideas and suggestions from pupils, staff and governors.

When the plan has been completed we will email a summary the plan to all parents to keep you updated. A response slip will be sent home with your child this week to invite your ideas for the plan for this year at our wee school. Please return this form by MONDAY 9th November 2020. The form can be given to your child who will in turn give it to the class teacher.

Thank you in advance!



Celebrating Pupil Achievement

We have always felt that it is so important that we celebrate the achievements of our little pupils. We do this informally on a daily basis through conversations with them and class celebrations but we also celebrate success on a weekly/ monthly basis to share with each other on our school site. We feel that praise and recognition for work effort is crucial to our little children feeling happy, confident and proud of themselves and proud of their learning in school. Below is just a little reminder of some of the main achievements that we celebrate.

Weekly : Pupil of the Week

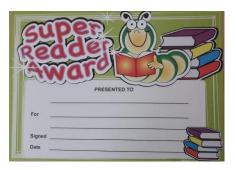
Every Friday we recognize that although all the pupils in the class work very hard, one little pupil may have shone a little brighter on that particular week and the teacher saw this and was duly impressed. It can be because they tried/ persevered so hard with their school work or it may be because they have been such a good friend, shown lovely manners or just displayed a lovely act of kindness...either way they have just shone!

Throughout the year every pupil in the class will have shone brightly and will have had this award given to them! Well done! Please celebrate this award with your children at home!



Monthly: Reader of the Month

We value the importance of reading in our school. We celebrate our children's efforts with reading as often as we can. On a monthly basis each class celebrates a special effort made by a child who has committed to reading and has shown dedication and exceptional reading work. The work completed by the child is displayed in school for the next month and then they receive their certificate to take home after it has been displayed and celebrated in school. Please support us by encouraging reading at home and celebrating the importance of this achievement with your child!



Monthly: Mathematician of the Month

We value the importance of Maths in our school. We celebrate our children's efforts with maths and mental maths as often as we can. On a monthly basis each class celebrates a special effort made by a child who has committed to maths, mental maths and problem solving maths plus has shown dedication and exceptional mathematical work. The work completed by the child is displayed in school for the next month and then they receive their certificate to take home after it has been displayed and celebrated in school. Please support us by encouraging mathematics, mental maths and problem solving at home and celebrating the importance of this achievement with your child!



Monthly: I.C.T Pupil of the Month

We value the importance of I.C.T. and digital technology in our school. We celebrate our children's efforts with digital technology as often as we can. On a monthly basis each class celebrates a special effort made by a child who has committed to I.C.T. and digital technology and has shown dedication and exceptional work and enthusiasm in this area. The work completed by the child is displayed in school for the next month and then they receive their certificate to take home after it has been displayed and celebrated in school. Please support us by encouraging I.C.T. and Digital Technology at home and celebrating the importance of this achievement with your child!



Daily / Weekly/ Monthly/ Termly/ Annually; Harry Potter House Award System

Each child in our school is a member of a HOUSE TEAM. We operate under the Harry Potter Hourse Awards System so each child is either in the house of...

- 1. Hufflepuff
- 2. Slytherin
- 3. Gryffindor
- 4. Ravenclaw

Each day of each week our little pupils have opportunities to gain points for their HOUSE TEAM by for example; showing kindness, completing homework, showing pride in their uniform, completing classwork to a high standard, healthy eating, sports endeavours, musical endeavours, good manners in/ out of school, recognition in / out of school etc. These points are accumulated in every class at the end of the week and tallied at the end of the month. The House Team in the lead at the end of every month has their points announced and receive a HOMEWORK PASS. At the end of the year the WINNING HOUSE TEAM receive a plaque for their team on each site, a medal and a school trip away together. The other HOUSE TEAMS receive a lovely certificate for having participated and given their best! Every child has an opportunity here to shine and gain points for each other in their HOUSE TEAM. This is to promote and enhance a sense of school family spirit for all pupils! Please support us by encouraging participation in the school house points system at home and celebrating the importance of this achievement and teamship with your child!



Our PATHS (Promoting Alternative Thinking Strategies) Programme

Pupil of the Day

We are a school who embrace the PATHS Programme as part of our teaching in Personal Development and Mutual Understanding. This programme helps our little children understand themselves, their emotions, develop empathy and deal with conflicts and conflict resolution. It also helps our little children's emotional well being and helps them to not only understand themselves better but to understand each other better. Each child in the class will get a turn to be the PUPIL OF THE DAY in each class. The Pupil of the Day is made to feel very special and important in the class for all of that given day in school. Everyone both at school and at home pays compliments to this child and helps them to more special than they already are! What a lovely event in each class. You can support your child by paying them compliments at home every day but especially when they are PUPIL OF THE DAY in school!

Look out for our Pupil/Child of the Day badges. If your child is Pupil/Child of the Day remember to tell your child a compliment at home and we can write it on their compliment sheet which is displayed in school.



PATHS Playground Vouchers

Every day on the playground our Lunchtime Supervisors/ Staff see our little children at play. They notice really special little acts of kindness that our children show each other when on the playground during playtime. They notice when our children are exceptional at following the PATHS Playground Rules. When this happens they reward our little children with a playground voucher which is then presented to the class teacher for a little treat for the child who receives it!





REMINDER: SCHOOL COLLECTION TIMES ON FRIDAYS

Dear Parent/ Carer/ Guardian,

As you are aware we reopened our school with FULL Teaching Days, five days per week at the start of this academic year. Although we had to implement staggered start times and collection times (as per Department of Education (DE) Guidance), the length of our child's day at school has not been altered in any way to date.

However, due to the rise in COVID 19 Infection Levels in the Strabane/Lifford Locality areas, we are now experiencing greater increases in the number of children who are needing to self isolate as a result of a positive COVID 19 case among their close family contacts or pupils may have to self isolate if their class bubble has to shut down due to a positive case in the class. This self isolation requirement is in line with Public Health Agency (PHA) Guidance.

If/When this happens, work will be provided for any child who has to self isolate as per Public Health Agency (PHA) guidance. A considerable length of time is needed in order to prepare work for individual pupils who find themselves self isolating and indeed in the event of the whole class needing work prepared.

To this end, we will now be altering the collection time for our pupils EVERY FRIDAY only. (See Revised times attached to this letter)

Staff will remain in school during that time to prepare for Home Learning Requests.

We appreciate that this will cause an adjustment to Friday Collection Times. We apologise for any inconvenience caused but feel that this course of action is necessary for the foreseeable future to allow for five days per week face to face teaching and combining home learning activities as well. The new collection times will take effect on **FRIDAY 16th October and every FRIDAY thereafter.**

We will keep this arrangement under review.

We thank you for your continued support and patience as we seek to go forward together in these unprecedented, very challenging times.

Kind Regards

Mrs. B. Wilders Principal

Year Group	Drop off / Collection Point	Start Time	Finish Time (Monday – Thursday)	Finish Time (FRIDAYS ONLY)	
Nursery Room 1	Nursery Room 1 External Door	9am-9.30am	1.30pm	1pm	
Nursery Room 2	Nursery Room 2External Door	9am-9.30am	1.35pm	1.05pm	
Year 1A (Mrs Doherty)	Front door nearest to Mrs Hamilton's classroom in Junior School Site	8.50am	2pm	1.35pm	
Year 1B (Miss Hutton)	Back Door nearest to Mrs Mc Glynn's classroom	8.55am	2.05pm	1.40pm	
Year 2 A (Mrs Mc Glynn)	Back Door nearest to Mrs Mc Glynn's classroom	9.05am	2.10pm	1.50pm	
Year 2 B (Mrs Hamilton)	Front door nearest to Mrs Hamilton's classroom in Junior School Site	9.10am	2.15pm	1.55pm	
Year 3 A (Ms Mc Gowan)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am	2.50pm	1.35pm	
Year 3 B (Mrs Mc Brien)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.55am	2.55pm	1.40pm	
Year 4 A (Mrs Kelly)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	9am	3pm	1.45pm	
Year 4 B (Mrs Vaughan)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	9.05am	3.05pm	1.50pm	
Year 5 A (Mrs Gormley)	Gate at the right hand side of the Senior School	9.10am	3.10pm	1.55pm	
Year 5 B (Mrs Connolly)	nolly) Gate at the right hand side of the Senior School		3.15pm	2pm	
Year 5 C (Mrs O'Kane)	Gate at the right hand side of the Senior School	9.20am	3.20pm	2.05pm	
Year 6 A (Mr Mc Guigan)	Gate at the right hand side of the Senior School	9am	3pm	1.45pm	
Year 6 B (Mrs Daly)	Gate at the right hand side of the Senior School	9.05am	3.05pm	1.50pm	
Year 7 A (Miss Mc Granaghan)	Gate at the right hand side of the Senior School	8.50am	2.50pm	1.35pm	

Year 7 B (Mrs Deery)	Double Gate at front of Senior School site nearest to the Main Front Door	8.50am	2.50pm	1.35pm
Year 7 C (Miss Keyes)	Double Gate at front of Senior School site nearest to the Main Front Door	8.50am	2.50pm	1.35pm





What happens if my child has to self isolate?

As you are aware, we are living in very strange times indeed in our community. COVID 19 infections have been on the rise in our locality and as a result we are being extra vigilant in adhering to all safety measures that we can.

Despite our best efforts, some children/ families may have to self isolate due to positive COVID test result in their families or as a school family, we may have to shut down a bubble class if we are made aware of a member of our school family testing positive for COVID.

To this end we understand, that some parents may need to keep their children home to self isolate as per PHA Guidance.

We have arranged for some school work to be made available for our children on line using a Microsoft Office APP called.....MICROSOFT TEAMS. This app is available to us all using our school computer system called C2K and therefore provides additional internet safety measures for our parents/ carers/ children going forward.

In the event that you or we have to self isolate our children we want you to be aware of this additional school work that will be made available to you.

We will email you the following to help you access this work for your children at home (if you choose to)

- 1. Isolation ...What it means for you...a flowchart to explain
- 2. How to Download the Microsoft Teams App
- 3. Microsoft Teams Downloading...A Help Video
- 4. How to use Microsoft Teams

If you follow this guidance carefully, you / your child will be able to access the relevant work that you can complete while in isolation. Please note that you will need your child's C2K Username and Password which will be emailed to you by the class teacher. It must be stressed again that if you have not supplied the school with your active email address, you and your child will miss out on this valuable home learning facility. If you wish to have your mail address placed on our system or have a new email address please send an email to Mrs Clare Kelly (Clerical Officer) <u>ckelly452@c2kni.net</u> detailing your name, your child's name and class teacher.

It is important to note that this is being sent to you in order to help you prepare <u>INCASE</u> of needing to self isolate. "Forewarned is forearmed"!!

If you have any queries at all please do not hesitate to email your child's class teacher or Mrs. C. Deery (ICT Leader) cdeery308@c2kni.net

Or Miss J. Doherty (Vice Principal/ Learning Support Leader) jdoherty742@c2kni.net

Or Mrs. B. Wilders (Principal) bwilders592@c2kni.net .

We hope that we do not have to use this facility too much but we must ensure that if children have to self isolate as per PHA Guidance, that the school can provide BLENDED LEARNING, that is learning between

classroom and home.

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Starting Nursery or Primary School in September 2021?

Do you have or do you know anyone who has a little child who is ready to start Nursery or Year 1 in September 2021 and would very much like to join our family here at St. Catherine's?

Normally we would have Open Afternoons in November/ December but due to the present COVID 19 Restrictions we have to make slight adjustments.

If anyone would like to have a tour of the school (either Nursery or Primary)and a talk with the Principal about the arrangements for starting school in September 2021, we will arrange a SOCIALLY DISTANCED APPOINTMENT and TOUR for you!! To arrange this your should just drop a little email to Mrs B. Wilders (Principal) at her email address <u>bwilders592@c2kni.net</u> and this can be arranged asap. A School Prospectus will also be emailed to all parents of our school currently to let you know more about our little school (so spread the word!!) or alternatively can be posted upon request if you email the Principal at the email address above or ring the school office on 02871 382614.

We have a little Nursery Video and Year 1 Video which is on our website which you can watch to learn a little more about our Nursery and Primary School. See links below.

Nursery: <u>https://www.stcatherinesps.co.uk/welcome-new-pupils/nursery/</u> Primary One: <u>https://www.stcatherinesps.co.uk/welcome-new-pupils/year-1/</u>

See our next page for Guidance on how to apply for a place in our little school.



ONLINE DIGITAL Admission Process

Every year the application process for both NURSERY and YEAR ONE Places must be completed online by parents.

The ONLINE system will open at 12 NOON on Thursday 7th JANUARY 2021 and will close at 12 Noon on Friday 29th JANUARY 2021.

The ONLINE link is below <u>www.eani.org.uk</u> (Click on admissions)

We appreciate that this is new to some parents and some parents might find this process a little unnerving. Some parents may apply online with ease, however for any that would like a little extra support and guidance, we have arranged for little "Drop in Sessions" in school so that parents can come in and apply for a place for their child with staff there ready to help and guide in the process.

The times that staff will be available to help are in the table below.

Day /Date	Location	Morning Session	Afternoon Session	Evening Session (If applicable)
Thursday 7 th January	Senior School (Barrack Street	9am-10am	1pm-2pm	N/A
	Site)			
Friday 8 th	Senior School	9am-10am	1pm-2pm	N/A
January	(Barrack Street Site)			
Monday 11 th	Senior School	9am-10am	1pm-2pm	6.30pm-7.30pm
January	(Barrack Street Site)			
Tuesday 12 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	N/A
Wednesday 13 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	N/A
Thursday 14 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	N/A
Friday 15 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	N/A
Monday 18 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	6.30pm-7.30pm
Tuesday 19 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	N/A
Wednesday 20 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm	N/A

It should be noted that even though Parents make their applications for places ONLINE, they must also bring a paper copy of their PROOF OF ADDRESS and their CHILD's BIRTH CERTIFICATE to their first preference school by 12 Noon on Friday 5th FEBRUARY at the latest.

What should I do now?

- Parents need to set up an email account if you do not already have one
- Check out the Education Authority (EA) website regarding Guidance on applications..... www.eani.org.uk/digitaladmissions
- Plan for how to complete the application ...perhaps plan to attend a drop in session in school. You can book today by emailing Mrs C Kelly (Admissions Officer on <u>ckelly452@c2kni.net</u> or ring the school to get booked in on 02871 382614 and asking for Mrs Clare Kelly!)

It should be noted that even though Parents make their applications for places ONLINE, they must also bring

- 1. A paper copy of their PROOF OF ADDRESS,
- 2. CHILD'S BIRTH CERTIFICATE
- 3. DSS (Confirmation of Income Support)

to their first preference school by 5th FEBRUARY 2021 before 12 Noon at the latest.

COVID 19 Top Tip Reminders for Parents/ Carers:

1. Every possible precaution will be taken to keep our little children and their staff safe in school.

2.Temperatures of children will be taken upon arrival to school and if a child's temperature is 38 degrees centigrade or above, parents will be called to take child home from school until they feel better. See Quick Guidance on COVID 19 Absences below.

3.Children will be encouraged to handwash/ sanitise regularly as per DE/ PHA Guidance. (If a child develops a skin irritation due to increased levels of handwashing/ sanitising, please talk to the class teacher so that an appropriate course of action can be taken). It is to be noted that all soaps and sanitisers are provided in school and have been procured through the Education Authority.

4. Children are organised in Class Bubble groups which will not mix with other Bubble Groups so as to control any spread of infection.

5. There are no gatherings of pupils/ staff for morning prayers, assemblies or canteen lunchtimes. Meals are delivered to the class rooms. There are currently no after school clubs/ breakfast club/ family clubs for the foreseeable future. We will let you know if this changes.

6. Children will have their own exercise books, text books and stationery packs in school and will not be required to share resources with each other. Parents should prepare stationery packs at home for their children with little exercise books so that if they need to self isolate they can continue work at home.

7. If children do have to isolate due to a positive case or if their class bubble has been shut down, school staff will be in contact with you in order to access Blended Learning Opportunities at home via MICROSOFT TEAMS. If you have any queries on this at all please contact the class teacher via email or Miss J. Doherty (Vice Principal) <u>jdoherty742@c2kni.net</u>

8. Children should have wipeable lunch boxes with NO CLOTH ideally. Children may bring a bottle of water to school and should take it home to be sterilised at the end of each day.

9. Parents are asked to regularly wash uniforms for their children to control the spread of infection.

10. Communication between home and school has never been more important than it is now. If your child is sick or has COVID 19 Symptoms or if someone in the family has symptoms or has tested positive....<u>PLEASE INFORM THE SCHOOL IMMEDIATELY</u> and keep your child at home for the correct isolation period as guided by Medical Staff. In order to control the spread of COVID 19 it is crucial that the school know what is happening. 11. Every effort is being made to ensure safety in school. Parents/ carers have a responsibility for their own safety outside of the school gates. We ask you to wear face coverings if you can and adhere to Social Distancing measures to protect yourselves and your children. For parents of Nursery, Year 1 and Year 2 Pupils who are ACTUALLY ACCESSING OUR SCHOOL GROUNDS to leave children to the designated school door, we respectfully request that you wear a face covering in the interests of the safety of all unless of course you are exempt.

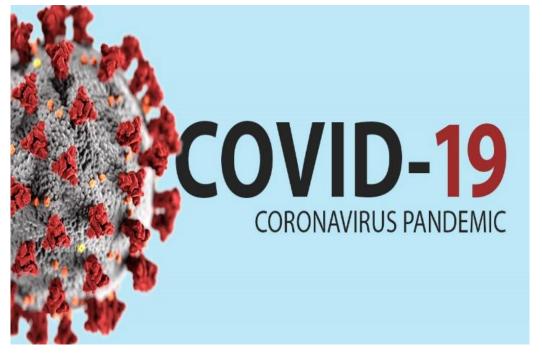
12. You can communicate with your child's teacher, Vice Principal or Principal by email and we will endeavor to respond to these within the working day. You can also ring the school and seek to make a socially distanced appointment. Unfortunately all parent meetings can no longer be handled by just "popping in" to school. All meetings must be by appointment only.

13. All visitors to school will have a temperature check upon arrival and will be asked to wear a face covering while in school adhering to PHA / DE Guidance.

14.Various update documents are emailed to every parent on a regular basis. Texts are also sent very regularly. Please ensure that you keep the school informed of your most up to date mobile number and email address. Clear guidance is included in these updates. Please read them carefully. Contact details for staff are also included in the Welcome pack that you received at the start of the year and in previous school letters to you.

15. It is to be noted that we are following at all times, guidance issued by the Department of Education (DE), Education Authority (EA) and Public Health Agency (PHA) as are all schools in NI.

16. This is a time of great change and adjustment for us all! We understand and appreciate this but if we work together and communicate regularly, we will get there! We need your support, patience and understanding. If you are unsure of something or have important questions to ask about the New Arrangements or any other queries , please approach us by phoning or email in order to gain clear answers. (Queries will also be addressed by **PRIVATE MESSAGE** to the School Facebook Page).We will respond to you and will be only too happy to clarify.



What to do if	Action needed	Return to school when	
My child has Coronavirus symptoms.	DO NOT COME TO SCHOOL Contact school daily Self-isolate Get a test Inform school immediately about test result	The test comes back negative and they are fever free for 48 hours.	
My child tests positive for Coronavirus.	DO NOT COME TO SCHOOL Inform the school immediately about the test result Contact school daily Self-isolate for at least 10 days	They can return to school after 10 days even if they have a cough or loss of taste or smell/ taste. These symptoms can last for several weeks once infection is gone. If they continue to have a high temperature they should stay at home.	
Somebody in my household has Coronavirus symptoms.	DO NOT COME TO SCHOOL for 14 days Contact school daily Household member to get a test Inform the school immediately about the test result	Stay at home for 14 days after the first person in your home started having symptoms.	
Somebody in my household has tested positive with Coronavirus.	DO NOT COME TO SCHOOL Inform the school immediately about the test result Contact school daily	The child has completed 14 days of self-isolation.	
The 'Track and Trace' scheme has identified my child as a close contact of somebody with symptoms of confirmed Coronavirus.	DO NOT COME TO SCHOOL Contact school daily Self-isolate for 14 days	The child has completed 14 days of self-isolation.	
My child has travelled abroad and has to self-isolate as part of the quarantine process.	Returning from a destination where quarantine is needed DO NOT COME TO SCHOOL Contact school daily Self-isolate for 14 days Provide information to the school as per attendance policy	When the quarantine period of 14 days has been completed.	
Staff or pupil in my child's bubble have tested positive	DO NOT COME TO SCHOOL Inform the school Everyone in the bubble must self-isolate and take a test.	When a negative test is confirmed or the necessary isolation period has been completed.	

A PARENTS QUICK GUIDE TO CORONAVIRUS RELATED ABSENCES





<u>Coronavirus Advice</u>

<u>Super Safe Superheroes</u>

• People are talking about Coronavirus because it is a new type of flu.



 Just like with other colds and flu, it is important to look after ourselves and keep healthy.



- Children and adults are very good at fighting flu
- Just like all colds and flus, it can be harder for older people or people with illnesses to stay healthy from the flu

I can stay healthy by:

- Washing our hands in soap:
- ✓ After preparing food
- \checkmark After sneezing or blowing your nose
- \checkmark Before eating
- \checkmark After using the bathroom
- ✓ After playtime

I can stay healthy by:





- Not touching my face
- Not biting by nails
- Not touching outside door handles and railings
- Using hand sanitiser

I can keep others healthy by:

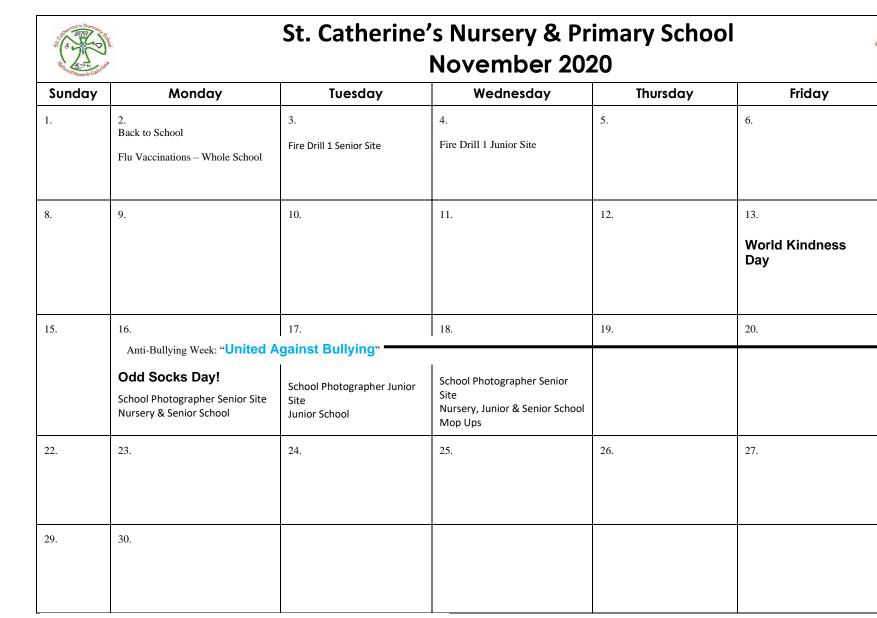
- ✓ Coughing and sneezing into my elbow
- \checkmark Putting used tissues in the bin
- ✓ Staying at home if I feel sick





- Just like all colds and flu it will go away, we have to be patient and safe until it goes away.
- I do not need to worry as adults will look after me
- If I am unsure about anything I can talk to my parents and teachers.





There is an opportunity to be found in every difficulty.



Saturday

7.

14.

21.

28.

Winter Menu October 2020 St Catherine's

school

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	Monday	Tuesday	Wednesday	Thursday	Friday	IOOC	
Week One	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch	try something New today	
2nd Nov	Oven roasted sausages	Home-made	Roast turkey Crown	Breaded oven baked fish	100% NI beef burger	www.schoolfoodni.com	
30th Nov	Baked Beans/peas	Lean Beef lasagne	roast/mashed potatoes	steamed mixed vegetables	in a sesame roll	Fresh bread, cheese &	
	Mashed Potato	sweetCorn	Cauliflower	Mashed Potato	sweetCorn	crackers, seasonal	
		Herb diced Potatoes	stuffing/roast gravy		Chipped potatoes	salads, fresh fruit,	
	Frozen yoghurt			Home-made fruit muffin		chilled yoghurt, water & milk available daily	
		Flakemeal Biscuit	Frozen yoghurt		Ice cream tub	& milk available daily	
Week Two	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch		
12th Oct					NI pork sausage	lf vou require anv	
9th Nov	Breaded oven baked fish	Homemade	Roast NI chicken	Traditional Cottage pie	served in a soft finger roll	If you require any additional information on allergens or special	
7th Dec	Oven roasted dice potato	pasta bologanise	roast/mashed potatoes	Mashed potatoes	topped with	diet please contact the	
	potatoes/mixed vegetable	Crusty roll	Carrots	steamed mixed vegetables	saute onions	school in the first instance	
		sweetcorn/salad	stuffing/roast gravy	↓ beans	Chipped potatoes	~	
	Homemade shortbread						
		Fruit Jelly	Artic Roll	Flakemeal biscuit	Ice cream tub		
Week Three	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch		
19th Oct						7-13	
16th Nov	Savoury pizza with	Golden Fish fingers or	Roast loin of NI pork	Succulent home-made	100% NI beef burger	10)	
14th Dec	fresh toppings	Salmon fish Cakes	roast/mashed potatoes	Chicken goujons/garlic dip		7	
	Baby baked potatoes	Baby baked potatoes	peas	Oven roasted herb dice	sweetCorn		
	green beans	brocolli & beans	stuffing/roast gravy	potatoes & peas	Chipped potatoes		
	Frozen yoghurt	Home-made fruit muffin	Creamy rice pudding	Fruit Jelly]Ce Cream ∳ Fruit		
Week Four	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch		
26th Oct					NI pork sausage		
23rd Nov	Golden Fish fingers or	Hearty home-made	Roast NI chicken	Homemade Chicken bake	served in a soft finger roll		
21st Dec	Oven roasted dice potato	-	roast/mashed potatoes	smoothered in	topped with		
	green beans	made with fresh	Carrots	Creamy mash	saute onions		
	baked beans	N.I. produce	stuffing/roast gravy	Carrots	Chipped potatoes		
	Flakemeal biscuit	Fresh fruit pot	Artic Roll	Homemade shortbread	Ice Cream tub		
Packed Lunch:	1. Freshly cut sandwiche	· •		L. O.L.	Him Way to	day	
	2. Whole milk or spring water Try Something New Today						
	3. Salad tub or vegetable sticks						
	A Vanilla rice not/ielly n	ot/whole fresh fruit/hor	nemade hiscuit or chose	from desserts above			

4. Vanilla rice pot/jelly pot/whole fresh fruit/homemade biscuit or chose from desserts above

(packed lunch includes one item from each group)