

# St. Catherine's Primary School

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**Monthly Note: Monday 6<sup>th</sup> September 2021**

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

*It is with great excitement and joy that I, coupled with the entire staff and Governors, welcome you and your child(ren) to St. Catherine's Primary School. We value your child and we will work so hard to ensure that your child's educational experience at St. Catherine's will indeed be a valuable and beneficial one preparing them for the future. Thank you for entrusting your child to us. We are very proud of all our children and look forward to this year with much excitement, hope and enthusiasm. Thank you for your support to date and we appreciate your continued patience, understanding and dedication as we embark on this year! The impact of Covid 19 has meant that we continue to have to make some adjustments at school however we continue to do our very best to ensure your child's safety at all times. We really appreciate your support, understanding and patience when we are directed by the Department of Education and the Public Health Agency to pass on their advice in the event of Covid Cases. Communication with each other therefore remains vital going forward so please keep in touch!*

*God bless you all!*

**Please note:** Our monthly newsletter will give you all the school information that you require for each month ahead. There is a calendar will give you an overview of the MAIN events happening in school in the month ahead. If arrangements change during the month we will text you to update you regarding this. This newsletter will be emailed out to parents instead of sending home a paper copy. It will also be uploaded and available to our parents on our website and also available on our FREE School APP which you can download to your phone. (Details of these are on the letter head above). It is vital that we hold your current email address and mobile phone number or you may not receive vital school updates.

## After School Clubs Term 1

We will send out an Extended Schools Update Letter at the end of September detailing any after school clubs that we can offer to pupils going forward. It is to be noted that we are still operating using the Bubble Class Principle therefore clubs will be offered to bubble groups only.

## School Photographer

At present, our school photographer is booked to be in school to take our children's photographs on ....

Monday 4<sup>th</sup> October, Tuesday 5<sup>th</sup> October and Wednesday 6<sup>th</sup> October.

More details will follow in the October's Monthly note.

All children will have their photos taken in Nursery, Year 1 and Year 7. All classes will be taken in their class groups. If any parent of a child from Years 2-6 would like individual photos of their child or indeed a family group you will be asked to sign a Photograph Expression of Interest Slip.

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.

## Nut Allergy/ Healthy Breaks

In the interests of Health & Safety we ask our parents/ carers/ pupils not to allow any break/ lunch items that may contain nuts or kiwi.

We do have children in the school who has a nut allergy and as you may be aware if there are any foods with nuts at all, this may prove very serious for this child. Therefore any food item which has a chocolate trace to it is unacceptable as there can often be nut traces contained therein. Children should only bring a healthy break to school eg. Sandwich, cheese strings, fruit, yoghurt. No crisps/chocolate bars allowed as we are a Healthy Eating School.

All children from Year 2-7 should bring their own healthy breaks.

For their first year in school our Year 1 children will be provided with Free Fruit to encourage and promote Healthy Eating.

We really appreciate your cooperation and support in this matter.



## Updating our School Records

As I am sure you will appreciate, it is vitally important that we hold accurate records, contact numbers and details of any health issues about all our pupils in the event of an emergency, Therefore we ask you to complete a "Data Capture Form" for each child so that the information we hold about our pupils is correct. Please complete and return this form immediately. Sometimes parents do not receive text messages and this can be because parents mobile numbers may have been changed. If your mobile phone number, address or any of your contact details have changed please let us know immediately. Sometimes parents do not receive written notifications as they may have moved house and forgotten to let us know their new address! Please keep us up to date.

## Photo Permissions and Medical Information

Every year we ask for parental permission with regard to photography of your children and we also ask to be made aware of your child's medical needs. Your child will receive forms today for you to complete and send back into school via their class teacher. We ask for you to complete these forms and return to school by Monday 13<sup>th</sup> September. Your support in this matter is greatly appreciated.

### Milk Money

Years 1-7: Milk starts on Monday 20<sup>th</sup> September. The cost of milk from Monday 20<sup>th</sup> September until 21<sup>st</sup> December is £9.92. Milk money is due by Wednesday 15<sup>th</sup> September so that orders can be placed to the dairy. Milk money should be placed in an envelope with the child's name and teacher clearly marked on it.

### School Dinners

Children may bring their own lunch or they may have a school dinner prepared by our kitchen staff in the two sites of St. Catherine's. Meals will be served in the canteen with only two class bubbles in the canteen at any given time. Both canteens have acquired 5 Star status and we are very proud of them indeed. The cost of school dinner this year will be £ 2.60 per day. For any child who is entitled to Free School Meals ... parents should apply to the Education Authority (EA), Omagh. Phone 02882 411411. If you haven't applied or your application has not yet been processed please ring EA immediately.

**The Education Authority has advised us that it should be noted that if you have not applied for Free School Meals yet the application if approved will NOT be backdated. If your child's application has not been approved yet parents can either send a wee packed lunch with your child or alternatively pay for school dinner until the application has been approved.**



### School Lunches

As mentioned earlier we are a "Healthy Eating School" and in keeping with our Food in Schools Policy we would ask you to provide a healthy break for your child and a healthy lunchbox. A list of acceptable foods are listed at the back of this note



### Physical Education

**It is crucial that our children have opportunities for physical fitness and learning more about their bodies and having a healthy lifestyle.**

**Our children will have opportunities to play at breaktime and lunchtime in their bubble groups(Weather permitting)**

**As soon as our little children settle in at school, we will begin PE lessons also.**

**Staff in each bubble class will let you know when PE will begin and on which days it will take place. Children may wear their PE Gear to school on PE Days instead of their full uniform. The purpose of this is to minimise changing in school and help control the spread of infection.**

**If in doubt regarding PE time, you can email your child's teacher and they will be happy to give clarity.**



### P.T.F.A.

We have a P.T.F.A. (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 first PTFA Meeting this school year will take place on **Tuesday 14<sup>th</sup> September at 7.00pm in Junior School Assembly Hall**. We look forward to seeing you there! All are welcome!



## School Rules and Guides to making school life a happy experience for everyone!

We have three simple school rules in St. Catherine's which everyone should adhere to and they are .....

1. WORK HARD.
2. ALWAYS DO YOUR BEST.
3. TREAT EVERYONE AND EVERYTHING WITH RESPECT.

## Staff Training Day

School will be closed on Friday 24<sup>th</sup> September due to a staff training day.



## Bike To School Week

27<sup>th</sup> September – 1<sup>st</sup> October

Bike to School Week is a week-long event across the UK to encourage families to cycle and scoot to school. It's a great way to celebrate the huge benefits an active school run brings. This year it takes place from 27 September to 1 October 2021 and we would love as many pupils and parents as possible to get involved .

It is a great opportunity to celebrate cycling and scooting and the positive impact it has on children's health and well-being as well as the environment.

21:08 Fri 3 Sep sustrans.org.uk 66%



# Bike to School Week 2021

27 September – 1 October

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Improve local air quality and reduce congestion

Let Sustrans know your family is cycling or scooting to school to be in with the chance of winning a Frog bike.

Visit [www.sustrans.org.uk/biketoschoolweek/pledge](https://www.sustrans.org.uk/biketoschoolweek/pledge)



#BikeToSchoolWeek

[www.sustrans.org.uk/biketoschoolweek](https://www.sustrans.org.uk/biketoschoolweek)

Registered charity no. 100911 (England and Wales) 1020800 (Scotland) Companies 7624 apply: www.sustrans.org.uk/biketoschoolweek/pledge

sustrans





## **Isolation Guidance from the Public Health Agency for your Information.**

We have attached a flowchart (at the end of this newsletter) from the Public Health Agency for parents to try to understand the latest isolation guidance regarding Covid 19, if your child is identified as a close contact. This is what we are being directed to follow in school if there is a report of a positive covid case in our school community.

Please support us and understand that all schools must follow this going forward. Your support, patience and understanding is much appreciated.



### **PRIMARY ONE SOUVENIR ISSUE**

Dear Parent/Guardian

The Strabane Weekly News is delighted to announce that it is publishing a special primary one souvenir edition due to be published late September/early October, marking your son or daughter's all-important first days at school.

This special supplement will feature full colour pictures of primary one classes from schools across the area. I am sure you will agree that this will be popular and we are delighted to be able to offer you the chance to pre-order the paper through your child's school for only £1 each.

**For every copy ordered we will donate 20p to the School Fund.**

These copies will be delivered direct to the school for your child to bring home.

We would be grateful if you would return the attached order form, complete with the number of copies required and your payment, to your child's teacher **no later than Friday 10<sup>th</sup> September 2021**

**Your child's teacher will give you a note this week about this!**

**We are looking for babies for our**  
**Upcoming Roots of Empathy Programme....**  
**read below to find out more!**

Have you a baby aged 2-4 months? Would you be interested in your baby becoming our 'Tiny Teacher' this year? As part of our Roots of Empathy programme which runs in our Primary 5 classes a baby or 'Tiny Teacher' visits our classes, with his/ her parent, once a month during the school year for around 30 minutes. The children observe how the baby grows, develops and the bond between baby and parent. It is an exciting programme for the children and the Roots of Empathy Family. If interested or would like more information, contact Mrs C. Gormley (Year 5 B Teacher) by emailing her at her address [cgormley833@c2kni.net](mailto:cgormley833@c2kni.net) or contact Mrs C. Gillespie (Year 5 A Teacher) by emailing her at her address [cmcgranaghan274@c2kni.net](mailto:cmcgranaghan274@c2kni.net) on the Senior Site. Alternatively you can ring the school.



## **Breakfast Club**

Unfortunately we are unable to provide a Breakfast Club facility for the foreseeable future due to the fact that we will not be mixing children from different class bubbles in the canteens in the morning.

We hope that you can understand the health and safety reasons behind this decision at this time. We will keep this under review and will update you re any changes.



## School Start Times and Collection Times

All families have been given start times/ drop off points and collection times/ points for their children in their class bubbles. This has been given based on guidance from DE in order to minimise the amount of adults and children outside the school gates at any given time and hence support social distancing and control the spread of infection. All children's start times range between 8.50am-9.05am. By that time all pupils will be settled in class. As a result of parent and pupil consultation last year, all parents and pupils (who responded to the survey) preferred the early Friday collection time so we will adhere to this again this year. It is to be noted that staff will remain in school but use the time to prepare for possible ONLINE learning for any children who need to isolate as a result of the ongoing Covid challenges. Please be assured that as there are no morning assemblies in the assembly hall at present, so children commence their learning as soon as they arrive in school and are receiving the maximum learning and teaching experience in their classrooms from their staff.

We respectfully request that you support us on adhering to all these times ....thereby continuing to help us to ensure safety for all.

Only parents of children in Nursery, Year 1 and Year 2 should enter the school grounds to take our littlest children to the school doors.....all other Year Groups (3-7) should wait at the school gate drop off point with their parents/ carers and they will be collected by staff and taken into school.

**Please note: If we need to change any of the above drop off/ collection arrangements we will let you know as soon as possible.**

**If your child is in Year 3-7 and you wish them to walk home by themselves then please indicate this to the class teacher via a little note. If you wish your child to be collected by taxi then you should send a note to the class teacher indicating this. Please note that the taxi driver must wait at the child's collection point. For Child Protection and Safeguarding purposes we cannot release a child to any adult without parental consent. If a parent changes the usual method of collecting their child/children please contact the school to inform the relevant teacher(s) of the change. Thank you!**



## **First Confession and Holy Communion**

**First Holy Communion Masses for our current Year 5 Pupils will be as follows:**

**Year 5 A (Mrs Gillespie's Class) : Saturday 18<sup>th</sup> September @11am in the Church of the Immaculate Conception.**

**Year 5 B (Mrs Gormley's Class) : Saturday 18<sup>th</sup> September @2pm in the Church of the Immaculate Conception.**

### **Some Points to Note:**

- 1. Each child for Holy Communion will sit at the end of the seat facing the altar. Their family members (up to a maximum of 8 including the child for First Holy Communion) will sit with them in the seat in the middle aisle.**
- 2. Seats will be organised in alphabetical order. Each seat will have each family name on it. (Similar to the organisation of Confirmation).**
- 3. Adults should wear face coverings at the mass (as per guidance). Children should not wear face coverings.**
- 4. There will be no processions to the altar this year for safety reasons.**
- 5. Fr Boland has organised that one official photographer (Mr Charlie Mc Cosker) will be in the church on the day as parents will be asked to remain in their seats during the mass. Parents can take as many photographs as they wish outside the church.**

**We eagerly await our little pupils First Holy Communion Mass  
and look forward to a special day shared with family.**

**Although long awaited, we are so excited to celebrate the  
First Holy Communion of our children.**

**God bless you all.**





## **Nursery Settling In Plan Times of School**

**Week 1-3 : Wednesday 1<sup>st</sup>-Friday 17<sup>th</sup> September 9.00am-11.30am**

**Week 4 : Monday 20<sup>th</sup> -Friday 24<sup>th</sup> September 9.00am-12.30pm.**

**Lunch/Dinner will commence this week**

**Week 5 : Monday 27<sup>th</sup> September-Full Nursery Day commences.**

**Pick-up time 1.30pm**

## **Year 1 Settling In Plan Times of School**

### **Year 1A (Mrs. Doherty's Class) Settling in Plan Times of School**

**Week 1 (1<sup>st</sup>-3<sup>rd</sup> September) - 8:50 am-12 Noon**

**Week 2 (6<sup>th</sup>-10<sup>th</sup> September) – 8:50am-12 Noon**

**Week 3 (Monday 13<sup>th</sup> September – Tuesday 14<sup>th</sup> September ) – 8:50am- 12 Noon**

**(Wednesday 15<sup>th</sup> September -Friday 17<sup>th</sup> September )- 8.50am-12.45pm  
(Year 1 A Stay for Dinner/lunch)**

**Week 4 (20<sup>th</sup> September onwards ) – 8:50am- 2:00 pm ( full day)**

### **Year 1B (Miss Hutton's Class) Settling in Plan Times of School**

**Week 1 (1<sup>st</sup>-3<sup>rd</sup> September) - 8:55 am-12:00 noon**

**Week 2 (6<sup>th</sup>-10<sup>th</sup> September) – 8:55am-12:00 noon**

**Week 3 (Monday 13<sup>th</sup> September – Tuesday 14<sup>th</sup> September ) – 8:55am- 12 Noon**

**(Wednesday 15<sup>th</sup> September -Friday 17<sup>th</sup> September )- 8.55am-12.45pm  
(Year 1 B Stay for Dinner/lunch)**

**Week 4 (20<sup>th</sup> September onwards ) – 8:50am- 2:05 pm ( full day)**

**Please note that all pupils are off school on**

**Friday 24<sup>th</sup> September due to a Staff Training Day**



### Child Protection and Safeguarding

We will be sending out our Child Protection and Safeguarding Policy this week .Please read this policy and return the parent form that comes with it [to the class teacher by Wednesday 15<sup>th</sup> September] to let us know that you have received the policy. We thank you for your support and understanding in this matter.

### School Closures

We have attached a list of school closures for this year.

### Complaints Policy and Procedures

We welcome comments, suggestions and compliments at any time! You can also contact the Principal or Senior Member of staff by phoning the school and making a socially distanced appointment at any time. You may also email the principal at the email address stipulated on the front of this weekly note.

Thank you!

## Prayer of the Month for September

### Prayer for Return to School

God our Father, we thank you that our children can now return to their school community. We entrust them to the tender care of your son Jesus, their brother and their friend. May they know that he is with them each day- in their joy, in their learning, in their friendships, and in the times when they are unsure or afraid. We ask your blessing on all who will support and encourage them throughout the year and pray that we will always be open to the gift of the Holy Spirit, to guide us in the ways of Jesus.

Amen.



## PATHS Quote of the Month September



We are delighted that our school is a PATHS Model School and that PATHS is taught in all classes from Nursery right through to Primary 7. The PATHS programme involves lots of fun activities dealing with important issues such as Feelings, Behaviours, Solving Problems, Making Friends and Self-Esteem. It links directly with our Personal Development and Mutual Understanding curriculum and aims to help children develop the fundamental skills needed for life. From time to time your child will have fun home activities to complete relating to the programme. Get involved! Ask your child in the coming weeks about our fantastic PATHS programme and help prepare them with the essential skills they need for their life ahead. There will be an inspirational PATHS quote each month in our newsletter highlighting key PATHS ideas.

### **Check out September's quote...The Golden Rule.....**

"Wouldn't it be a wonderful world if everyone followed the Golden Rule? Let's show the world how to do it by treating others the way we want to be treated. "

Always treat people the way you want to be treated.



Talk to people the way you want to be talked to.



Respect is earned  
not given.



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# St. Catherine's Primary School

## Holiday List for 2021/2022

The school will be closed on:

Five Allocated Staff Training Days which have been allocated throughout the Year.

Friday 24<sup>th</sup> September 2021 (Staff Training Day 1 )

### Hallowe'en – Mid Term Break

Monday 25<sup>th</sup> October 2021 – Friday 29<sup>th</sup> October 2021 (Reopens on Monday 1<sup>st</sup> November 2021)

### Christmas Break

School closes on Wednesday 22<sup>nd</sup> December 2021 at 12 Noon – Wednesday 5<sup>th</sup> January 2022

(School Reopens for our everyone on Thursday 6<sup>th</sup> January 2022 )

### Spring Term Break

Monday 14<sup>th</sup> February 2022 until Friday 18<sup>th</sup> February 2022

(School Reopens for our pupils on Monday 21<sup>st</sup> February 2022 )

### St. Patrick's Day Break

Thursday 17<sup>th</sup> March 2022 and Friday 18<sup>th</sup> March (St. Patrick's Day Public Holiday) (School Reopens for our pupils on Monday 21<sup>st</sup> March 2022)

### Easter Break

School closes on Holy Thursday 14<sup>th</sup> April 2022 at 12 Noon School Reopens on Monday 25<sup>th</sup> April 2022

Monday 2<sup>nd</sup> May 2022 ( Bank Holiday )

Thursday 2<sup>nd</sup> June and Friday 3<sup>rd</sup> June 2022 (Bank Holiday and Platinum Jubilee Holiday)

School Closes on Thursday 30<sup>th</sup> June 2022 at 12 Noon.

Please note other Staff Training Days that teachers will complete during the year are incorporated into the pupil holidays. If there is any change to this we will let parents know as soon as possible.

### Site Leadership Rota

**Junior School : Monday, Wednesday, Friday – Mrs Wilders**

**Tuesday, Thursday - Miss J Doherty**

**Senior School: Monday, Wednesday, Friday – Miss J Doherty**

**Tuesday, Thursday – Mrs Wilders**



**In the event that the Principal or Vice Principal are not available Senior Leaders or any of the Middle Leadership Team will become available for consultation.**



### Staff Parking

**There is a Car Park on each site for STAFF. Staff arrive at school from 8.20am approx. every morning right up to 9am. To this end, we respectfully request that the entrances to the STAFF Car Parks on each site are always kept clear so that staff can gain access to each site and get ready to start the day with our wee children!!**

**Parents/carers/ child minders/ taxi drivers etc may NOT enter the school car park for Health and Safety Reasons unless this has been prearranged with school management for a specific reason.**





# We are a Healthy Eating School in St. Catherine's.

Below are the list of foods that are acceptable / not acceptable for Healthy Eating Purposes.

If you have any concerns please consult your child's teacher.

<b><i>Foods we consider acceptable:</i></b>	<b><i>Foods that are not acceptable:</i></b>
Fruit (except kiwi)	Nuts or any other products with a nut content / trace
Fruit pots	Crisps
Rice pots	Sweets
Custard pots (not chocolate flavour)	Chocolate Bars
Jelly pots	Chocolate yoghurts
Vegetables (eg. carrot sticks / celery sticks)	Chocolate Muller Corners
Sandwiches (no chocolate spreads or no peanut butter)	Chocolate biscuits
Scones	Chocolate chip cookies
Wheaten bread	All cereal bars
Pitta bread	Square Bars
Tortilla Bread	Lunchables
Pancakes	Iced Buns
Croissants (no chocolate brioche)	Pepperami
Plain buns	Fruit Winders
Ryvita / crispbreads	
Yoghurts	
Plain biscuits: Rich Tea, Digestives, Plain Crackers and Belvita Plain Biscuits	
Cheese / Dairy Lea Triangles / Cheese Slices / Baby Bel / Cheese Strings	
Breadsticks / Pretzels	
Rice Cakes	
Snack a Jacks	

<b><i>Foods that are not acceptable:</i></b>	<b><i>Reason Why:</i></b>
Nuts or any other products with a nut content / trace	We have children with a nut allergy
Crisps	High fat and salt content
Sweets	High sugar content
Chocolate Bars, chocolate yoghurts, chocolate Muller Corners, chocolate biscuits and chocolate chip cookies	High sugar content and many brands of chocolate contain traces of nuts
All cereal bars and Square Bars	High in sugar and fat content
Lunchables	High sugar content
Iced Buns	High sugar content
Pepperami	High fat content
Fruit Winders	High sugar content

Healthy  
Habits

## 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 no longer be taken upon arrival to school but if a child seems unwell or appears to have a high temperature, staff will take the temperature 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 regularly. Children do not have to use sanitiser but it is available if they wish too. Children may also bring their own sanitiser.
4. Children will be organised in Class Bubble groups which will not mix with other Bubble Groups so as to control any spread of infection. In the canteen there will only ever be two bubble groups at any given time and each class will be seated at a distance from each other so as to allow safe social distancing
5. There will be no gatherings of pupils/ staff for morning prayers, assemblies or canteen lunchtimes. Teaching and learning will begin immediately upon entry to class. There will be no breakfast club/ family clubs for the foreseeable future. We will let you know if this changes. After school clubs for bubble class groups will begin in October. A note with more details will be sent to you during September.
6. Children may bring their school bags.
7. Reading Books, spellings and tables will be given out on Monday 13<sup>th</sup> September. Homework will begin on Monday 20<sup>th</sup> September. Parent/ pupil surveys indicated that homework issued at the start of the week and returned on a Friday was a preferred method of working as it gave our little children and their families greater freedom during the week to complete it, so we will continue with this idea this year.
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....**PLEASE INFORM THE SCHOOL IMMEDIATELY** 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. **If your child has Covid Symptoms do not send them to school. Keep them at home and seek to get a PCR COVID TEST. Note that there is a difference between a PCR Test and a Lateral Flow Test . A Lateral Flow Test is only an INDICATOR of possible Covid 19 and if a lateral flow test is positive we are asked to then go to carry out a PCR test. The Public Health Agency only deals with PCR Test results. Please keep the school informed at all times. It is to be noted that all advice that school give to parents has been directed by the Department of Education and The Public Health Agency. It is NOT singularly the policy of the school. School must follow directives from the Public Health Agency regarding positive cases of Covid 19. Your understanding, patience and support is greatly appreciated regarding this.**

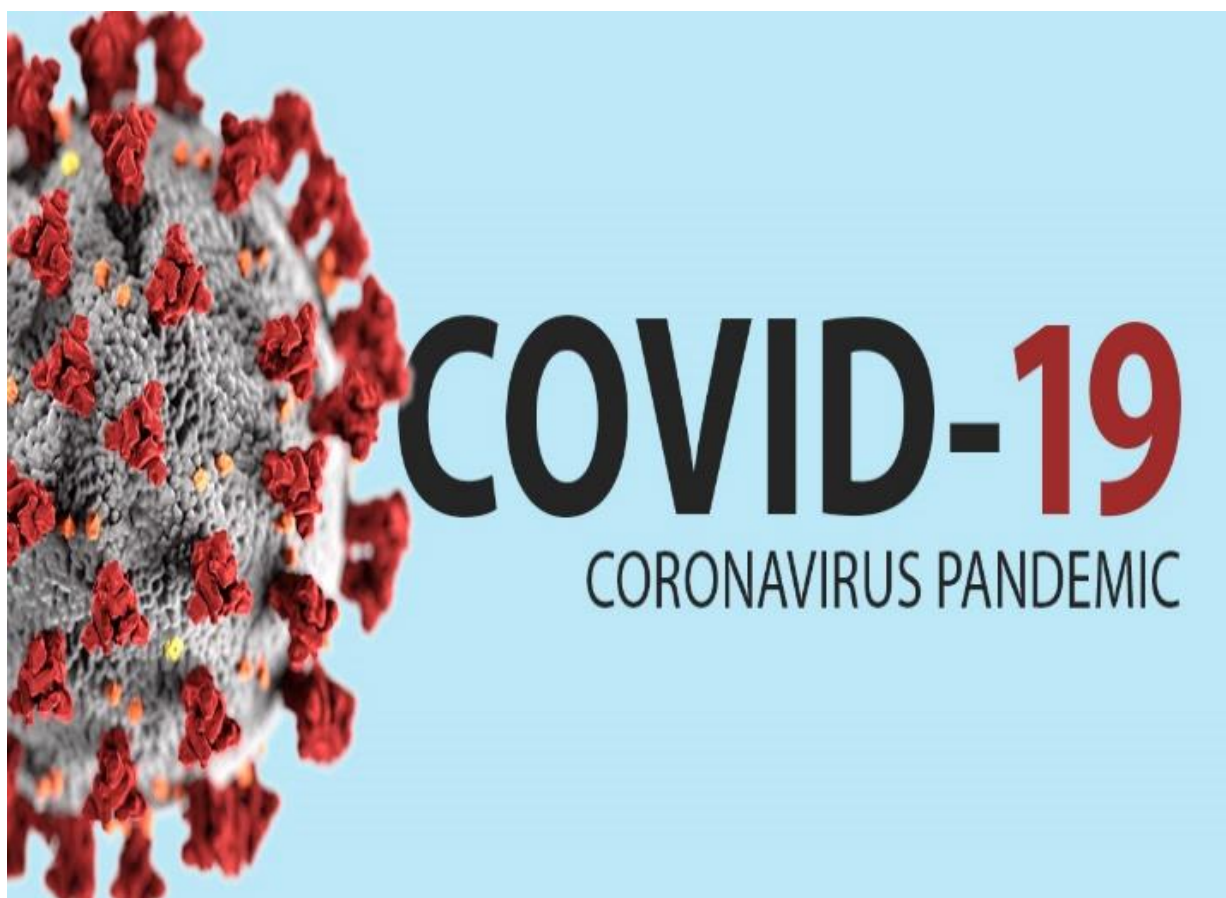
11. Every effort is being made to ensure safety in school. Parents/ carers have a responsibility for their own safety outside of the school gates. We encourage you to wear face coverings if you can and adhere to Social Distancing measures to protect yourselves and your children.

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. 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.

14. Welcome Packs have been emailed to every parent. Clear guidance is included in this pack for you with accompanying resources. Please read it carefully. Contact details for staff are also included in the pack and in previous school letters to you.

15. This continues to be 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 any school 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 as soon as possible). We will respond to you and will be only too happy to clarify.





# Come on Tyrone!

Huge congratulations to Tyrone on reaching The All Ireland Final on Saturday 11<sup>th</sup> September! We are so proud of our County and we wish them all the best as they make their way to Croke Park!!! To show our support, we are going to hold a Tyrone Day on Friday 10<sup>th</sup> September! Pupils are encouraged to wear a Tyrone jersey or red and white clothing to celebrate. HOW EXCITING!!!!

Whilst doing this, we are not only supporting Tyrone, we are also showing our support for Hayden's Appeal. Hayden is a local 12 year old boy who has Scoliosis, and is awaiting a lifechanging operation. To help contribute to this fundraiser, a donation of £1 per child would be greatly appreciated.



# Coronavirus Advice

## Super Safe Superheroes

- 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 my hands in soap:

- ✓ After preparing food
- ✓ After sneezing or blowing your nose
- ✓ Before eating
- ✓ 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



I can keep others healthy by:

- ✓ Coughing and sneezing into my elbow
- ✓ 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.





# St. Catherine's Nursery & Primary School

## September 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	.	.	1. Back to School	2.	3.	4.
5.	6. Monthly Newsletter sent out.	7.	8.	9.	10.	11.
12.	13. Reading/ Spellings/ Tables begin.	14.	15.	16.	17.	18. First Holy Communion: Church of the Immaculate Conception. P5A @ 11am P5B @ 2pm
19.	20. Good Relations Week. Theme: Brighter Days Ahead!  Written homework begins	21.	22.	23.	24. Staff Development Day 1 School closed for pupils	25.
26.	27. Bike to School Week	28.	29.	30.		

**FIRSTS ARE BEST BECAUSE THEY ARE BEGINNINGS**



# School Dinner Menu – September 2021 onwards

## Menu for september 2021.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
06/09/2021					
04-Oct-21	Oven roasted sausages	Home-made	Roast turkey crown	Breaded oven baked fish	100% NI beef burger
01-Nov-21	Baked Beans/peas	chicken goujons	roast/mashed potatoes	steamed mixed vegetables	in a sesame roll
29-Nov-21	Mashed Potato	sweetcorn	cauliflower	Mashed Potato	sweetcorn
	Frozen yoghurt	Herb diced Potatoes	stuffing/roast gravy	Home-made fruit muffin	Chipped potatoes
		Flakemeal Biscuit	Home made cookie		Ice cream tub
<b>Week Two</b>	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
13-Sep-21					
11-Oct-21	Breaded oven baked fish	Homemade	Roast NI chicken	plain beef burger	NI pork sausage
08-Nov-21	Oven roasted dice potato	pasta bologanise	roast/mashed potatoes	Mashed potatoes	served in a soft finger roll
06-Dec-21	potatoes/mixed vegetables	crusty roll	Carrots	steamed mixed vegetables	topped with
	Homemade shortbread	sweetcorn/salad	stuffing/roast gravy	+ beans	saute onions
		Fruit Jelly	Artic Roll	Flakemeal biscuit	Chipped potatoes
<b>Week Three</b>	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
20-Sep-21					
18-Oct-21	Savoury pizza with	fish cakes	Roast loin of NI pork	Succulent home-made	100% NI beef burger
15-Nov-21	fresh toppings	Salmon fish cakes	roast/mashed potatoes	chicken goujons/garlic dip	in a sesame roll
13/12/2021	Baby baked potatoes	Baby baked potatoes	peas	Oven roasted herb dice	sweetcorn
	green beans	broccoli & beans	stuffing/roast gravy	potatoes & peas	Chipped potatoes
	Frozen yoghurt	Home-made fruit muffin	Decorated sponge & custard	Fruit Jelly	Ice cream & Fruit
<b>Week Four</b>	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
27-Sep-21					
25-Oct-21	Golden Fish fingers or	Hearty home-made	Roast Gammon	chicken bites	NI pork sausage
22-Nov-21	Oven roasted dice potato	chicken curry & rice	roast/mashed potatoes	tossed salad.	served in a soft finger roll
20/12/21.	green beans	made with fresh	Carrots	creamy mash	topped with
	baked beans	N.I. produce	stuffing/roast gravy	Carrots	saute onions
	Flakemeal biscuit	Fresh fruit pot	Artic Roll	Homemade shortbread	Chipped potatoes
					Ice cream tub

**Packed Lunch:**

1. Freshly cut sandwiches/baguette/flour tortilla
2. Whole milk or spring water
3. Salad tub or vegetable sticks
4. Vanilla rice pot/jelly pot/whole fresh fruit/homemade biscuit or chose from desserts above

(packed lunch includes one item from each group)

**school  
food**

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www.schoolfoodni.com

**Fresh bread, cheese & crackers, seasonal salads, fresh fruit, chilled yoghurt, water & milk available daily**

**If you require any additional information on allergens or special diet please contact the school in the first instance**



try something new today

## Flowchart for PARENTS based on NI Direct website guidance

Only use for **pupils** in a school setting 03/09/2021

