

St. Catherine's Primary School

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

Email: bwilders592@c2kni.net



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Strabane

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Download Our **FREE** School App

St Catherines PS, Strabane



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Follow us on Twitter : stcatherinesps



Follow us on Instagram : St Catherine's Primary School

Monthly Note: Monday 9th January 2023

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

Happy New Year 2023!

We take this opportunity to wish all our little pupils, parents, families and friends of St. Catherine's a very happy, healthy, positive, peaceful and prosperous New Year 2023. We hope that this year brings many blessings for everyone!



School Money Appenabling ONLINE Payments for Milk and Dinners



Dear Parents,

We are delighted to inform you that we have recently signed up to the online payment system **SchoolMoney**. This means that you will now have the facility to make payments for school expenses, such as trips, online with your debit or credit card. Initially, as this is a pilot at present, it has been set up to facilitate payments for **SCHOOL DINNERS and MILK MONEY only**. All being well, we will increase the facility to include payments for all events that occur in school.

This new payment system will benefit both us as a school and you as a parent. Not only will you be able to pay for items from the comfort of your own home but you will also be able to access your account at any time to see if there is anything you need to pay for. **SchoolMoney** will enable us to experience a more streamlined, cost-effective and efficient payment system in a secure and safe environment.

You won't need to sign up to this system as this is done automatically through the school and as long as you have provided us with up to date contact details we will send you a password within the next few days. This password will give you access to your **SchoolMoney** account where you can pay for any items we have requested from you.

To log into **SchoolMoney**, visit the website www.eduspot.co.uk and click on the sign in button in the top right hand corner. In the drop down, select the **SchoolMoney Parent Login** option and this will send you through to a page where you need to enter your mobile number, email address, the password we have sent to you, and your child's first name.

If for any reason you are struggling to log in, it may be because you have not provided us with the correct contact details. Please let us know immediately if either your mobile number or email address changes.

We appreciate your cooperation in the early stages of rolling this system out to you.

Prayer of the Month January: New Year Prayer

We remember
For all that has been
We give thanks.

We look forward
For all that will be
We say yes.

All time is God's time.
We let go of the past and
We welcome what is to come.

And all the time we pray in the name of
Jesus, who is the same yesterday, today
and forever. Amen

PATHS Programme in St. Catherine's

(Promoting Alternative Thinking
Strategies)

PATHS Quote of the Month January

A good friend knows how to
take turns, to encourage, to give
compliments, to share and to
allow their friends to have other
friends. Be a good friend today
and your friendships will grow.

A New Year's
Prayer



featurePics

FeaturePics.com - 124530



Believe in
children
Barnardo's



PATHS Believe in children Barnardo's

Attention Year 7 Parents:

Year 7 Post Primary Applications

If you are the parent of a pupil in Year 7, you will be required to make an application for their new Post Primary School using an ONLINE system this year (just like the one that the parents of Nursery and Year 1 Pupils use). The Online Portal will open for applications on Tuesday 1st February 2022 at 12 Noon until Wednesday 23rd February. Further information on the process will be available from the EA Website in due course.

As we get more information in school we will share this with you.

If your child has a statement of Special Educational Needs you will go to school in the usual way to complete a Transfer Review and you do not have to apply online.

If any parent would like to meet with Principal / Year 7 Staff ahead of the Online admissions process please email Principal Mrs B Wilders at bwilders592@c2kni.net and an appointment can be arranged.



Milk Money.....

Milk money from Monday 16th January until 5th April costs £10.40. Parents should pay between 9th and 12th January.

Please note that parents can now pay using the SCHOOL MONEY APP online.



Open Days for Year 7 Pupils and their Parents in Post Primary Schools

We encourage our Year 7 Pupils and their parents to visit Post Primary Schools before applying ONLINE for a Post Primary School Place for next year. Attending the Open Days/ Evenings gives our little children a chance to see the school and what is on offer so that they and their parents can make an informed choice as to which Post Primary School suits best. We have listed below **some** open day dates that we are aware of. Good luck and enjoy the visits!

Holy Cross College: Saturday 14th January at 10am and 1pm

Strabane Academy: Thursday 26th January at 7pm

Christian Brothers Grammar School Omagh: Saturday 14th January at 10am

St. Columbs Boys College Derry: Saturday 21st January (all morning)

Thornhill Girls College Derry: Saturday 14th January

Paired Maths Programme for Year 5 Pupils

We will return this year to hosting our Annual Paired Maths Programme for our Year 5 Pupils and their parents. The purpose of the programme is promote a greater love of Maths and enthusiasm for the subject through playing practical Maths Games at home. This is always a very enjoyable programme which pupils love.

We would like to explain more to you by warmly inviting parents and pupils to a short meeting on MONDAY 16TH JANUARY in the Senior School at 7pm. A note will go home with each Year 5 child to get a little idea of numbers on the night. Exciting learning times!



“ The Importance of Speech, Language and Communication in the Early Years- Practical Ways to Help Parents”

Parents of pupils in NURSERY, Year 1 and Year 2 are warmly invited to a special workshop on Speech, Language and Communication facilitated by Ms Jessica Wright (Speech and Language Therapist from RISE NI).

We have noticed that our little children’s Speech, Language and Communication had suffered during Covid Pandemic and so we have organized this special workshop to support parents with practical strategies to help promote better Speech, Language and Communication.

Date: Tuesday 17th January

Time: 6.30pm

Place: Junior School

We hope to see as many parents as possible!



Young Enterprise

Year 6 and 7 Programme

This month will see staff from Young Enterprise in school to deliver programmes to our Year 6 and 7 Pupils under the following themes:

Year 6 : Our World


Year 7 : Business Beginnings.

These programmes prepare our little children for the Business World and promote creativity, life skills and entrepreneurialism. We are very excited to have this facility in our school to continue to promote a broad and varied curriculum for our children.



Draw and Talk Therapy Starts

AS part of our commitment to promoting emotional well being our Draw and Talk Therapy programme will start this term. We thank Ms Pamela Capriglione for facilitating this valuable programme in our school.



Drawing and
Talking Therapy

Grandparents Day Assembly Given by Year 5 Pupils

Our Annual Grandparents Assembly will be given by our Year 5 Pupils. It will take place on WEDNESDAY 25th January at 2pm in the Senior School Assembly Hall . All welcome!



New Canteen Menu Term 2 **January onwards.**

There is a New Menu for Canteen Dinners for Term 2. This menu will take effect from Monday 9th January 2023. See last page of this newsletter for this new menu.

Please note that parents can now pay for school dinners online using the School Money App.



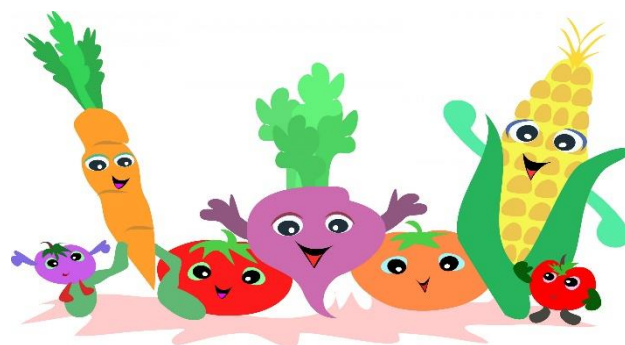
Promoting the importance and **benefits of eating vegetables in** **our diet.**

Our school canteens will be promoting and encouraging our children to TRY vegetables as part of a healthy diet. We will be taking part in a programme called EAT THEM TO DEFEAT THEM. Canteen staff will have little fun activities for our little children to take part in. More details to follow. Below is a link to a short video promoting eating vegetables.

Please click on the link below



<https://vegpower.org.uk/eat-them-to-defeat-them/>



Confirmation Dates

Fr Boland will celebrate Confirmation with our Year 7 Pupils this year. Dates are as follows:

Year 7 A (Mrs Deery's Class) : Saturday 11th March at 11am

Year 7 C (Miss Kerr's Class) : Saturday 11th March at 2pm

Year 7 B (Miss Keyes' Class) : Saturday 25th March at 11am

More details will follow closer to the time.



First Holy Communion Dates

Fr Boland will celebrate First Holy Communion with our Year 4 Pupils this year. Dates are as follows:

Year 4 A (Ms Carlin's Class) : Saturday 22nd April at 11am

Year 4 B (Mrs Connolly's Class) : Saturday 22nd April at 2pm

More details will follow closer to the time.



Encouraging School Attendance!

We are delighted that we have no further challenges to our little children attending face to face teaching and learning in school like we suffered during Covid. To this end, we ask for parents support by encouraging school attendance every day. We understand that from time to time a child may be ill and if this happens please email the teacher or ring the school so that the correct absence code can be recorded for your child to explain the absence. Our school policy aims for at least 90% school attendance for every child. Help us to achieve this. To this end we will be giving out termly **BREAKFAST CLUB VOUCHERS** for any child who achieves 90% and more attendance. (Previously we gave for 100% but in order to support and encourage our children trying so hard we will give these vouchers now for any child who achieves between 90-100%). Thank you for your continued support!



Starting Nursery or Primary School in September 2023?

Do you have or do you know anyone who has a little child who is ready to start Nursery or Year 1 in September 2023 and would very much like to join our family here at St. Catherine's?

The Education Authority's EA Online Applications portal opens at 12 Noon on Tuesday 10th January and closes at 12 Noon on Friday 27th January. Please note these very important dates.

A School Prospectus has been 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 (from previous years) which is on our website which you can watch to learn a little more about our Nursery and Primary School in the meantime. See links below.

Nursery: <https://www.stcatherinesps.co.uk/admissions/open-day-films/nursery-421/>

Primary One: <https://www.stcatherinesps.co.uk/admissions/open-day-films/primary-1/>



Just some of the fabulous resource facilities in our School: Our school is a split site campus with many benefits indeed, some of which are listed below;

1. A highly qualified and dedicated teaching and non-teaching staff team who work so hard to give the absolute best provision for all children in their care
2. Two FIVE STAR Canteens (one on each site) where fresh food is made in each one on a daily basis. They host a breakfast club also which is open from 8.15am until 8.50am each day. We serve HOT FOOD FULL BREAKFASTS on FRIDAYS also!
3. Two ICT Suites (one on each site) with a full range of state-of-the-art Hard drive Computers
4. Well-resourced classrooms with Ipads and Clever Touch Interactive Whiteboards in every class
5. Two SENSORY ROOMS (one on each site) to give an additional facility for children with sensory needs. We also have a NURSERY SENSORY Facility for our littlest learners.
6. NURTURE Facility for children who benefit from additional specialist nurture support
7. Two LEARNING SUPPORT Rooms (one on each site) so that specialist support can be given to children who need help with Literacy and Numeracy
8. NEW EDUCATION AUTHORITY SPECIALIST LEARNING CENTRE Provision (Junior School Site) (the only one in the locality) for children who experience Learning Needs and can avail of specialist support in a very small class setting as opposed to full larger mainstream classes. Children are referred into this class by Educational Psychologist.
9. Two LIBRARIES (one on each site) for class use to promote a love of reading
10. FIVE OUTDOOR PLAY AREAS (across both sites including Nursery) to promote a love of outdoor play
11. Two OUTDOOR CLASSROOMS (one on each site) to promote a love of learning outdoors
12. Two OUTDOOR Polytunnels (one on each site) to promote a love of nature and the importance of plant growth and its food importance
13. Two SPORTS HALLS (one on each site) marked out for sports games with well stocked PE Stores full of sports equipment.
14. After school Family Club for pupils of Year 1 and 2 with older siblings in the school to facilitate one home time at 3pm per family
15. A variety of AFTER SCHOOLS CLUBS across each site
16. After School Literacy / Numeracy Booster Clubs for Year 6 and 7 Pupils
17. Modern Language Provision Chinese Language and Culture (Years 1-7) and Irish Language and Culture (Year 7)
18. Extensive Opportunities for Music Development (Brass, Strings, Vocals, Musical Pathways)
19. Extensive Opportunities for Drama Development Christmas Nativities (Nursery – Year 4), KS2 Musical Productions
20. A CATHOLIC MAINTAINED ALL INCLUSIVE SCHOOL that embraces all children/ families and focuses on developing each child as an individual
21. A school that values learning in school and out of school....a modern approach to learning!

All of this and more!!



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 TUESDAY 10th JANUARY 2023 and will close at 12 Noon on Friday 27th JANUARY 2023.

The ONLINE link is below www.eani.org.uk (Click on admissions)

Although in operation for three years now, we appreciate that this applications process can be still 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
Tuesday 10 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm
Wednesday 11 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm
Thursday 12 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm
Friday 13 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm
Monday 16 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm
Tuesday 17 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm
Wednesday 18 th January	Senior School (Barrack Street Site)	9am-10am	1pm-2pm

It should be noted that even though Parents make their applications for places ONLINE, they must also **UPLOAD** a copy of their **PROOF OF ADDRESS** and their **CHILD's BIRTH CERTIFICATE** to EA WEBSITE no later than 12 Noon on Tuesday 31st January 2023.



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 ckelly452@c2kni.net 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, UPLOAD ONLINE the following documents

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

No later than 12 NOON on TUESDAY 31st JANUARY 2023.



Community Support Notice

If your family or any family that you know needs any emergency help for Christmas

Help can be sought by contacting the Society of St. Vincent De Paul.

The helpline number is 02871 384488.

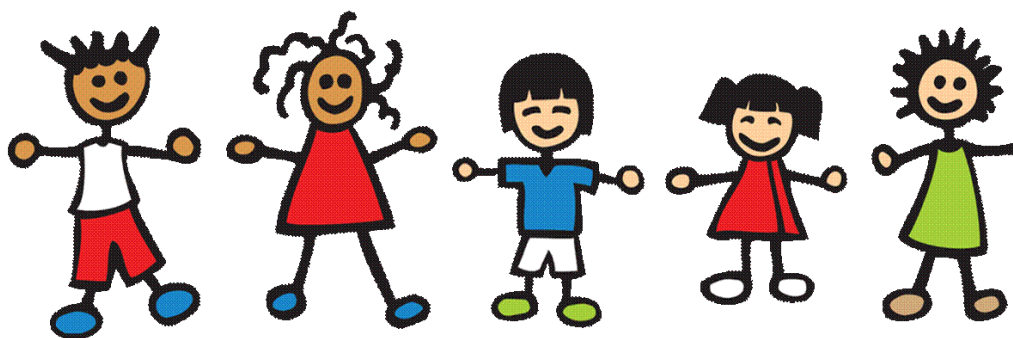
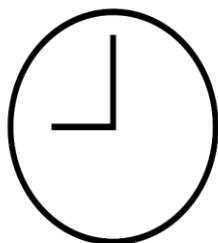
When the helpline number is rung; please leave the name, address and telephone number in a message seeking help and the type of assistance needed. (For example food vouchers, oil vouchers etc).



School Start Times and Collection Times

Year Group	Drop off / Collection Point	Start Time	Finish Time
Nursery Room 1	Nursery Room 1 External Door	9am-9.30am	1.30pm- 1.40pm
Nursery Room 2	Nursery Room 2 External Door	9am-9.30am	1.30pm- 1.40pm
Year 1A (Mrs Doherty)	Pupil Front door facing school gate	8.50am-9am	2.10pm
Year 1B (Miss Hutton)	Back Door opposite the Play Trail	8.50am-9am	2.10pm
Year 2 A (Mrs Mc Glynn)	Back Door opposite the Play Trail	8.50am-9am	2.15pm
Year 2 B (Ms Y Mc Gowan)	Pupil Front door facing school gate nearest to Mrs Doherty's classroom in Junior School Site	8.50am-9am	2.15pm
Learning Centre (Mrs Hamilton)	Middle Floor Door near mobile classroom at the back of the Junior School	8.50am-9am	2.10pm (Year 1) 2.15pm (Year 2) 3pm (Year 3 Pupils except Feel Good Friday)
Year 3 A (Mrs M Mc Brien/ Miss E Mc Kane)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 3 B (Mrs S Vaughan)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 4 A (Ms K Carlin)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 4 B (Mrs Connolly)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 5 A (Mrs C Gormley)	Enter Gate at the right hand side of the Senior School and line up at Year 5A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 5 B (Miss B Kelly)	Enter Gate at the right hand side of the Senior School and line up at Year 5B	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)

	Meeting Point where teacher will collect the class		
Year 6 A (Mrs S.O'Kane)	Enter Gate at the right hand side of the Senior School and line up at Year 6A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 6 B (Mrs B Daly)	Enter Gate at the right hand side of the Senior School and line up at Year 6B Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 A (Mrs C Deery)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 7A Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 B (Miss E Keyes)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 7B Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)
Year 7 C (Mrs C Gillespie/ Miss A Kerr)	Enter Double Gate at front of Senior School site nearest to the Main Front Door and line up at Year 7C Meeting Point where teacher will collect the class	8.50am-9am	Mon – Thursday 3.00pm (2.30pm On Feel Good Friday)



Staff roles and Email addresses.

Staff Member	Class / Role	Email Address
Mrs Bridget Wilders	Principal	bwilders592@c2kni.net
Miss Jennifer Doherty	Vice Principal	jdoherty742@c2kni.net
Mrs B. Porter	Nursery Room 1	bporter544@c2kni.net
Ms E Mathers	Nursery Room 2	emathers571@c2kni.net
Mrs D. Doherty	Year 1 A	ddoherty115@c2kni.net
Miss C. Hutton	Year 1 B	chutton763@c2kni.net
Mrs A.M. Mc Glynn/ Mrs J Mc Laughlin	Year 2 A	amcglynn388@c2kni.net jmclaughlin485@c2kni.net
Ms Y Mc Gowan	Year 2 B	ymcgowan609@c2kni.net
Mrs M Mc Brien/ Miss E Mc Kane	Year 3 A	emckane477@c2kni.net
Mrs S Vaughan	Year 3 B	svaughan325@c2kni.net
Ms K Carlin	Year 4 A	kcarlin208@c2kni.net
Mrs C. Connolly	Year 4 B	cconnolly309@c2kni.net
Mrs C. Gormley	Year 5 A	cgormley833@c2kni.net
Miss B Kelly	Year 5 B	bkelly663@c2kni.net
Mrs S O’Kane	Year 6 A	sokane510@c2kni.net
Mrs B Daly	Year 6 B	bdaly611@c2kni.net
Mrs C. Deery	Year 7 A	cdeery318@c2kni.net
Miss E. Keyes	Year 7 B	ekeyes746@c2kni.net
Mrs C Gillespie/ Miss A Kerr	Year 7 C	akerr341@c2kni.net
Mrs. C. Hamilton	Learning Centre	chamilton290@c2kni.net



Do this in Memory First Holy Communion Programme 2022 2023 for Year 4 Pupils and their families.

Fr Boland warmly invites you all.....

DATES AND TIMES OF THE MASSES OF DO THIS IN MEMORY 2022 2023

*Enrolment Sunday
Sunday, 23 October at 10am*

Saturday, 26 November 2022 at 6.30pm

Sunday, 8 January 2023 at 12 Noon

Sunday, 29 January 2023 at 10am

Saturday , 25 February 2023 at 6.30pm

Sunday, 2 April 2023 at 12 Noon

*Saturday, 22 April at 11am (Year 4 A) & 2pm (Year 4 B)
First Holy Communion*

*Sunday, 21 May 2022
Feast of Ascension*

*Procession from Grotto to Church of the Immaculate Conception for 12 Noon Mass in Holy
Communion Outfits*



Confirmation Preparation Masses 2022 2023 for our Year 7 Pupils and their families.

Preparing children for the sacrament of Confirmation is a shared responsibility and we feel that it is vitally important that you are invited to become involved from the very beginning. Confirmation marks a time for children when they are preparing to move from one stage of their lives to the next. You as parents will have many fears and concerns about how your children will cope in the coming years with the choices they will have to make. Through your involvement in your child's Confirmation, you are being offered the chance to discuss with them their values, attitudes and beliefs. We want to reassure you of the important role you play in developing your child's faith.

Here are some practical ways to get involved:

- Bring your child to Mass on a Saturday evening/Sunday morning with the rest of your family.
- Help your child to learn the prayers which are being taught in school and discuss the Confirmation work they are doing in class.
- As a family light a candle and say a prayer each day with your child in preparation for Confirmation.
- Read together the story of Pentecost and talk about how the Apostles felt before and after receiving the Holy Spirit.
- Talk about your child's Baptism and Holy Communion – when and where they took place, who was there etc.
- Attend Masses and any special liturgies which are organised in connection with Confirmation.
- Help your child choose a suitable Confirmation name. If he or she chooses the name of a saint or family member, talk about the person whose name they have taken.

Confirmation Liturgy Team



Enkindling the Spirit
Saturday 10 December 2022
6.30pm Mass

Moved by the Spirit
Sunday 15 January 2022
10.00am Mass

Called by Name
Sunday 5 February 2022
12.00 noon Mass

Confirmation Retreat
Wednesday 1 March 2022
9.30am – 12.00 noon

Confirmation Practice
Thursday 9 March 2022
(For Year 7 A and C Families)
7.00pm in Church

Thursday 23 March 2022
(For Year 7 B Families)
7.00pm in Church

Confirmation
Saturday 11 March 2022
(For Year 7 A @11am and Year 7 C @2pm)

Saturday 25 March 2022
(For Year 7 B @11am)



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.





January 2023 Updates :

MESSAGE FROM PTFA RE Grand Christmas Draw 2022

Many thanks to everyone for their incredible support for our Annual Grand Christmas Draw in our school which raised an amazing £3984.10. This has been donated to our fundraising pot to pay for the Christmas Panto Trip. Winners of the draw were emailed and text linked out before Christmas. Congratulations to all.

Funds Raised from Nativity Play Donations and Raffles

We are delighted to share that £870.10 was raised from donations from parents for Nativity Plays and PTFA Raffles at the plays. Many thanks for your generosity. This has been donated to our fundraising pot to pay for the Christmas Panto Trip.

NEXT MEETING: TUESDAY 17th JANUARY @6.30pm JS

If anyone would like to join our P.T.F.A. to give a little time to helping raise much needed funds for our little children in school, you are more than welcome....always happy to have more in the team!

Sincerely Yours in Community Spirit,

St. Catherine's Primary and Nursery School P.T.F.A.

Surestart Message of the Month

January 2023

Kind words and gentle touch
.....help me explore and learn so much



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

15th Year of Catholic Schools Week 2023

Derry Diocese Events take place between Monday
30th January - Friday 3rd February

The theme for Catholic Schools Week this year is

Catholic Schools : Walking Together in Faith and Love

We are reminded of the importance of our Catholic/ Christian Schools.

This week we reflect upon how Catholic/ Christian schools are communities where we live life to the full. Every Catholic school fosters the holistic development of its students, promotes their wellbeing and encourages them to learn and nurture their talent and skills. Each child has the potential to change the world for the better, making it a kinder, more inclusive and more welcoming place.

There is a different topic for each day of Catholic Schools Week...

Monday : Walking Together in Faith

Tuesday: Walking Together in Love

Wednesday: Walking Together to Celebrate

Thursday : Walking Together To Transform our World

Friday: Walking Together in Hope

Children will complete activities in school based on this important theme during this week

Talk to your children at home about the importance of our of school and the very special family atmosphere we have in our wee school, which makes it so special.

Grandparents Day Assembly will take place on WEDNESDAY
25th JANUARY at 2pm in Senior School Assembly Hall



Catholic Schools Week 2023

Catholic Schools: Walking Together in Faith & Love

Catholic Schools: Walking Together in Faith and Love

22 JANUARY–29 JANUARY

MONDAY

Walking Together in Faith



TUESDAY

Walking Together in Love



WEDNESDAY

**Walking Together to Celebrate
(Grandparents Day)**



THURSDAY

Walking Together to Transform our World



FRIDAY

Walking Together in Hope





Catholic Schools Week 2023

Thoughts for Each Day

These reflections can be read out loud every day in each classroom or over an intercom system to the whole school community. They can be read by pupils or staff.

The spoken reflections might be followed by a short period of Christian meditation.



MONDAY:

Today is the first day of Catholic Schools Week 2023. Today's theme is 'Walking Together in Faith'. Our Catholic school is a place where we learn to have faith in ourselves, in each other and in God. May we learn to have hearts of compassion, trust and love in everything we do, as we journey together in faith.

Lord, help us to live like you taught us to. Together we pray the prayer that Jesus taught us: *Our Father ...*



TUESDAY:

Today we are asked to think walking together in love in our Catholic school. We learn many things in school. We learn things like reading, PE, science, music and art. We learn spellings and tables. But we also learn how to be a good friend. Jesus teaches us how to love one another. His Golden Rule is to treat others as you would like to be treated. Today we will remember to show kindness and love to ourselves, to those around us and to God.

Lord, help us to live like you taught us to. Together we pray the prayer that Jesus taught us: *Our Father ...*



#CSW2023

PRIMARY

#catholicschoolsweek



WEDNESDAY:

Today our Catholic school is called to celebrate our grandparents. Grandparents love us very much; they want us to be the best we can be and are proud of all that we do. They teach us wisdom, lessons that we might not learn in school and about faith. Grandparents can teach us how to pray and to trust in God that all will be well. We give thanks to God for our grandparents and celebrate their contribution to our lives.

Lord, help us to live like you taught us to. Together we pray the prayer that Jesus taught us: *Our Father* ...

THURSDAY:

Today we are asked to think about walking together to transform our world. We often hear in the news about how many people are very worried about our climate and how we need to change the way we live our lives. In our Catholic school, we learn that our environment is sacred, and that God's creation must be taken care of and protected. May we learn to be responsible stewards in our world for the common good of all.

Lord, help us to live like you taught us to. Together we pray the prayer that Jesus taught us: *Our Father* ...

FRIDAY:

As Catholic Schools Week comes to a close, we are asked to think about how we walk together in hope. The world can be a scary place sometimes. We might feel afraid or worried for the future. In our Catholic school, we learn that we are never truly alone, that God loves us and that our friends and teachers are there for us. Together, as a school community that is kind and cares for each other, we look to the future with the hope and the joy of the resurrection.

Lord, help us to live like you taught us to. Together we pray the prayer that Jesus taught us: *Our Father* ...

Promoting Internet Safety Awareness with Your Child

Although we appreciate that the Internet is a wonderful technological invention and a source of great knowledge for us all, we also appreciate that for our young people, internet and the world of social media can be a more dangerous place unless children are very aware of what is appropriate behaviour and what is safe for them. To support our parents we have included a Safety Help Poster for parents so that you, with us, can educate our little children better regarding safety on the internet and social media. Thank you for your continued support.

National Online Safety **7 questions to help you start a conversation with your child about online safety** **#WakeUpWednesday**

1 Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2 Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3 How does this game/app work? Can I play?

PLAY AGAIN? YES NO

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4 Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER, YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5 Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT, BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER, HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6 Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED, HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT, IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7 Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES, YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /nationalonlinesafety Phone - 0800 368 8061

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.

<i>Foods we consider acceptable:</i>	<i>Foods that are not acceptable:</i>
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	

<i>Foods that are not acceptable:</i>	<i>Reason Why:</i>
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



SUPERHERO WEEK

6TH - 10TH FEBRUARY 2023

Get your school's superheroes to assemble for Autism NI's **SUPERHERO WEEK** and help raise autism awareness in your school and at home!

Wow!

FUN

BAM!

POW!

BOOM!

cool!

- Each pupil will be given five superhero tasks to do at home.
- Once all pupils complete their superhero tasks, they will receive their Superhero Status from Autism NI and hold a dress up day.



Superhero Week: 6th – 10th February 2023

Help us join primary schools across Northern Ireland and get our school's Superheroes to assemble for Autism NI's Superhero Week running from 6th – 10th February 2023, to help raise awareness of Autism in school and at home and earn points for your House!

To take part, each pupil will be given five Superhero Tasks to do at home. Then, on day five, our school will hold a Superhero Dress-Up Day with each pupil coming to school dressed as their favourite Superhero! They will bring in £1.00 to donate to Autism NI.

They will earn 10 points for their TEAM Houses for each completed task!!

They can earn up to 50 House points by Friday!!!



St. Catherine's Nursery & Primary School

January 2023




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Christmas Holidays	2. Christmas Holidays	3. Christmas Holidays	4. Back to school	5.	6.	7.
8. 12 noon P4 Do This in Memory Mass in Church of the Immaculate Conception.	9.	10. EA Online Admissions Portal for Nursery & Year 1 <u>opens</u> at 12 noon	11. Draw and Talk Therapy Parents Day Nursery Programme: GRTL Stay and Play 1pm Young Enterprise Business Beginnings: P7A & P7B at 9am, P7C at 12.50pm	12. Draw and Talk Therapy Parents Day	13.	14.
15. 10am P7 Confirmation Preparation Mass Moved by the Spirit Mass in Church of the Immaculate Conception.	16. Year 7 Online Confirmation Preparation. 7pm Year 5 Paired Maths Programme in Senior School	17. Year 7 Online Confirmation Preparation. 9.30am Nursery Sharing from the Start Programme. 6.30pm RISENI Speech & language Workshop: Talk to	18. Year 7 Online Confirmation Preparation. Nursery Programme: GRTL Speech & Language. 1pm Draw and Talk Therapy Junior School	19. Year 7 Online Confirmation Preparation. Draw and Talk Therapy Senior School 10am Young Enterprise Year 6A & Year 6B	20. Year 7 Online Confirmation Preparation.	21.
22.	23. Nursery – Year 4 Curriculum Newsletters to be sent out to Parents.	24.	25. Nursery Programme: GRTL Story Telling 1pm Draw and Talk Therapy Junior School Grandparents Assembly (P5) at 2pm Senior	26. Draw and Talk Therapy Senior School 10am Catholic Schools Week Mass, Derry	27. EA Online Admissions Portal for Nursery & Year 1 <u>closes</u> at 12 noon	28.
29. 10am P4 Do This in Memory Mass in Church of the Immaculate Conception.	30. Catholic Schools Week Theme: Walking Together in Faith and Love.	31.	01.02.23 Year 7 Parents note: EA Online Admissions Portal for Post Primary <u>opens</u> at 12 noon			

A smile will light up the day.



School Dinner Menu – January 2023 onwards (Please note that soup/ sandwiches are also available daily upon request if pupils do not wish to avail of the hot food choices)

St Catherine's Nursery Dinner Menu						
	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 1 9 th Jan 6 th Feb 6 th Mar 3 rd April 1 st May 29 th May 26 th June	Breast of Chicken Curry with Boiled Rice & Naan Bread <i>or</i> Mashed Potatoes Gravy Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard	Margherita Pizza Potato Wedges Sweetcorn Potato Salad Raspberry Ripple Ice Cream & Watermelon	Roast Loin of Pork Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato Cookies with Custard Fruit	Chicken Goujons Potatoes/Noodles Sweetcorn & Red Peppers Baked Beans/Gravy Frozen Smoothies & Fresh Fruit	Fish Fingers Tossed Salad Mixed Vegetables Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts	<div>Breads Milk, Water A Choice of Fresh Fruit & Yoghurt Available Daily</div> <div>If you require any additional information on Allergens or Special Diets, please contact the school to complete a Special Diets Application Form</div> <div>Potatoes/Gravy/ Pasta Available Daily</div>
WEEK 2 16 th Jan 13 th Feb 13 th Mar 10 th April 8 th May 5 th June	Margherita Pizza Potato Wedges Garden Peas, Baked Potato Tossed Salad Apple Sponge & Custard	Breaded Fish Fillets Sweetcorn & Peas/Coleslaw Mashed Potato Pineapple Chunks Frozen Yoghurt	Roast Breast of Chicken Traditional Stuffing/Gravy Savoy Cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Custard	Oven Baked Sausages Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches	Steak Burger & Bap Chipped/Baked Potato Tossed Salad Coleslaw Flake meal Biscuit & Fruit & Custard	
WEEK 3 23 rd Jan 20 th Feb 20 th Mar 17 th April 15 th May 12 th June	Oven Baked Beef Burger Baby Boiled/Mashed Potatoes, Peas Rice or Pasta Salad Frozen Yoghurt & Fresh Fruit Selection	Fish Fingers Carrots/Sweetcorn Mashed Potato Tossed Salad Fruit Sponge & Custard	Roast Gammon Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Date Square & Custard	Breaded Chicken Goujons Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce	Hot Dog Baked Beans Tossed Salad Chips Baked Potato Shortbread Biscuits & Fresh Fruit	
WEEK 4 30 th Jan 27 th Feb 27 th Mar 24 th April 22 nd May 19 th June	Spaghetti Bolognaise Crusty Bread Wedges/Mashed Potatoes Gravy ½ Baked Potato with filling Sweetcorn Honey Dew Melon Wedges and Cookie	Breast of Chicken Curry with Boiled Rice & Naan Bread, <i>or</i> Fish Fingers Garden Peas Mashed Potato Fruit Sponge & Custard	Roast Turkey Traditional Stuffing/Gravy Cabbage Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Fresh Fruit	Oven Baked Sausages Broccoli Mashed Potatoes Vegetables & Gravy Fruit Muffin & Milkshake	HM Breaded Chicken Bites Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw Jelly, Ice Cream & Fresh Fruit	



St Catherine's Primary School Dinner Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Breast of Chicken Curry with Boiled Rice & Naan Bread or Chicken & Cheese Panini Mashed Potatoes Gravy Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard	Margherita Pizza or Spaghetti Bolognese Crusty bread Potato Wedges Sweetcorn Potato Salad Raspberry Ripple Ice Cream & Watermelon	Roast Loin of Pork or Salmon Fish Cake Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato Cookies with Custard Fruit	Chicken Goujons or Chicken Stir Fry Potatoes/Noodles Sweetcorn & Red Peppers Baked Beans/Gravy Frozen Smoothies & Fresh Fruit	Fish Fingers or Cheese/Burger in a Bap Tossed Salad Mixed Vegetables Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts
WEEK 2	Chicken Tikka with Boiled Rice & Naan Bread or Margherita Pizza Potato Wedges Garden Peas, Baked Potato Tossed Salad Apple Sponge & Custard	Breaded Fish Fillets or Lasagne & Crusty Bread Sweetcorn & Peas/Coleslaw Mashed Potato Pineapple Chunks Frozen Yoghurt	Roast Breast of Chicken or Fish Bites Traditional Stuffing/Gravy Savoy Cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Custard	Oven Baked Sausages or Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches	Steak Burger & Bap or Chicken & Cheese Panini Chipped/Baked Potato Tossed Salad Coleslaw Flake Meal Biscuit & Fruit & Custard
WEEK 3	Breast of Chicken Curry & Rice, Naan Bread, or Oven Baked Beef Burger Baby Boiled/Mashed Potatoes, Peas Rice or Pasta Salad Frozen Yoghurt & Fresh Fruit Selection	Fish Fingers or Irish Stew & Wheaten Bread Carrots/Sweetcorn Mashed Potato Tossed Salad Fruit Sponge & Custard	Roast Gammon or Salmon Fish Cake Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Date Square & Custard	Breaded Chicken Goujons or Arabitata Chicken in a Warm Tortilla Wrap Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce	Hot Dog or Pasta Bake Baked Beans Tossed Salad Chips Baked Potato Shortbread Biscuits & Fresh Fruit
WEEK 4	Spaghetti Bolognese Crusty Bread or Cheese & Tomato Pizza Wedges/Mashed Potatoes Gravy ½ Baked Potato with filling Sweetcorn Honey Dew Melon Wedges and Cookie	Breast of Chicken Curry with Boiled Rice & Naan Bread, or Fish Fingers Garden Peas Mashed Potato Fruit Sponge & Custard	Roast Turkey or Soup & Sandwiches Traditional Stuffing/Gravy Cabbage Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Fresh Fruit	Oven Baked Sausages or Cottage Pie Broccoli Mashed Potatoes Vegetables & Gravy Fruit Muffin & Milkshake	HIM Breaded Chicken Bites or Chicken and Cheese Panini Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw Jelly, Ice Cream & Fresh Fruit

Breads
Milk, Water
A Choice of Fresh
Fruit & Yoghurt
Available Daily

If you require any
additional
information on
Allergens or
Special Diets,
please contact the
school to
complete a
Special Diets
Application Form

Potatoes/Gravy/
Pasta
Available Daily

