

St. Catherine's Primary School

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St Catherine's PS, Strabane



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Monthly Note: Monday 6th March 2023

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



St Patrick's Day Parade



Streetwise are running a section for Schools in the Strabane St Patrick's Day Parade on Friday 17th March 2023.

Our school will be taking part in this Parade. It will involve groups of children from Year 5 and Year 6. There have been two workshops so the pupils could make a prop as part of the event. These were "craft" style workshops where children had a full morning to create the structure of their prop and then an afternoon to decorate the prop.

These craft activities took place in school on the week beginning 27th February 2023 and are now ready for use by each child! Excitement is building!

On St Patrick's day, the Parade will begin at Holy Cross College at 2pm approximately. The children will stay in their school groups throughout the event, with each group being led by a designated member of the Streetwise team. The parade will finish at Dock Street (behind the Alley Theatre). This should be approximately 3.00pm.

Further information will be sent out with regards to drop off and collection details in the next week. Parents may accompany the children as they parade down through the town with a view to collecting them at the Alley Theatre at 3.00pm when it is finished. We invite everyone in our school family to support this fabulous community event!! Happy St. Patrick's Day to all!



Prayer of the Month
March :

Dear Jesus

Please help us to be kind,
patient and helpful to
each other during Lent.
Help us to follow
directions the first time
we are asked.

Amen

PATHS Programme in
St. Catherine's

(Promoting Alternative Thinking
Strategies)

PATHS Quote of the Month March

Sometimes you have to
struggle to succeed.
Remember you get stronger
and grow through effort,
making mistakes and
trying hard



Prayer idea attributed to Pope Francis. Try this with your children at home during lent.

Pope Francis' five finger prayer guide.

1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

4. The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

POPE FRANCIS' FIVE FINGER PRAYER

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

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Several sources say that this "Five Finger Prayer Guide" was written by Cardinal Bergoglio and has been attributed to him long before he became Pope Francis.

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Traffic

We are aware of the ongoing Traffic Concerns and congestion that can occur at our two sites during drop off and collection times. We are actively liaising with agencies to undertake a traffic management review and to try to improve the issue. We appreciate your patience and support while this matter is ongoing. To that end, keeping the flow of traffic in Newtownkenedy Street and Barrack Street is crucial. We respectfully request that parents do not park on double yellow lines or double park in the road to cause congestion so that traffic flow can be sustained. We are fortunate to have School Crossing Patrol People at both sites who are actively doing their best to keep our little children safe however double parking can cause vision obstructions for our children who need to cross the road. We thank you once again for your patience, support, understanding and tolerance.



Family Club

(For pupils in Year 1 or 2 who have older siblings at our school)

Gentle Reminder:

Fee for Family Club is £2 per week to be made payable on the MONDAY of the week. Please send £2 in with your child in an envelope with their name and FAMILY CLUB clearly marked on it so that this can be passed to our Family Club Team. This very small fee is to cover costs of snacks in the club. School subsidizes the cost of staffing so that minimal expense is incurred to our parents.



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/>



St Patrick's Day

Gentle reminder: School will be closed on Friday 17th March for St. Patrick's Day. Happy St. Patrick's Day to everyone!



Mary Poppins

As you may be aware our Key Stage 2 Pupils will stage the Mary Poppins Musical this year in St. Patrick's Hall on the following dates :

Tuesday 23rd May

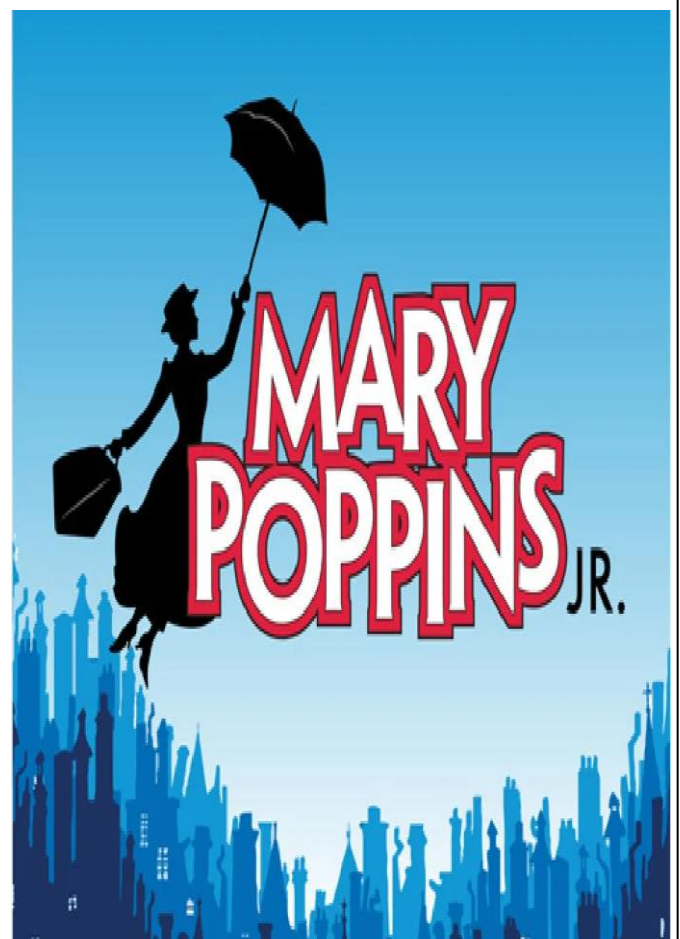
Wednesday 24th May

Friday 26th May.

We are delighted to welcome back Mrs Nuala Kerr as Director of the Musical and of course our own Mrs Ciara Deery as Musical Director with our Arts Leader Mrs Doherty in charge of costumes. Ms Finola Kerr will aid and assist Mrs Kerr and Mr Emmet Stewart will also be choreographing the show. There is a full team of staff dedicated to making sure that this is a wonderful experience for our pupils and a guaranteed show NOT TO BE MISSED by the community!! More details will follow in the coming weeks!

Superhero Autism Week

Many thanks to all our little pupils who took part in our Annual Superhero Autism Awareness Week this year and thanks so much to everyone who dressed up on Superhero Friday. We raised £387.58 for Autism Charity. This money will now be presented to our local Autism Group. Thanks again.



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!



Learning Centre Opening

We were delighted to officially open our New Specialist Provision Learning Centre in school on Friday 3rd March. The ribbon was cut by our Lady Mayor Ms Sandra Duffy and the Centre was blessed by our own Fr Boland. This facility is much needed in the area of Strabane and we feel proud and privileged to host it! Thanks so much to Mrs Hamilton and her Team (Miss Friel, Mrs Kennedy and Ms Porter) for all you do to make the quality of provision excellent for our children. Thanks to our parents who have supported this very forward thinking initiative. A proud day for everyone!



Message from Miss Hutton (World Around Us Leader)

Sustrans Big Walk and Wheel Event March 2023

Get set... we're taking part in Sustrans Big Walk and Wheel week 2023, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 20th March to 31st March 2023. It's free and we would love everyone to be involved.

Encourage your child(ren) to take active journeys to school on as many days as possible during the event and join them on their way.

Please let us know if other family members (including parents and siblings not at the school) have joined the walk to school, as supporter activity counts in the competition too.

Plus there are some great prizes to be won every day if we get enough children taking part! Let's do this!!



Call for Blood/ Bone Marrow / Stem Cell Donation

As you may be aware we have a little pupil who needs a Bone Marrow Transplant, our wee Holly. The family are appealing to our parents and wider community to help with

1. Blood donations
2. Bone Marrow Donors

Please give blood if you can to help Holly and children like her. If you request a stem cell swab kit you can also be tested for being able to donate stem cells and bone marrow which could help Holly and others.

Many thanks to anyone who can help. We continue to keep wee Holly in our thoughts and prayers and wish for a speedy recovery. We also keep her mummy, daddy and little brother in our prayers too. God bless
If you would like to request a STEM CELL SWAB KIT just click on the email link below.

[\(donor@engage.dkms.org.uk\)](mailto:donor@engage.dkms.org.uk)

Please see also below the link to The Anthony Nolan Trust who support children like Holly by building a STEM Cell Register with donors aged between 16-30 as research shows that younger donors improve outcomes.

Please support if you can.

<https://www.anthonynolan.org/>



Shoebox Certificate

Many Thanks to all pupils and families in Year 5 and others who donated Shoeboxes to the Christmas Shoebox Appeal bringing joy to many other children in the world.



CERTIFICATE OF ACHIEVEMENT

**Presented to
St Catherine's Primary School**

Thank you for your donation of 53 filled shoeboxes. Blythwood Ireland wants to recognise your fantastic support and your valuable contribution to the 2022 Shoe Box Appeal.



Thank you for helping us make a real difference in the lives of so many people!

Date: *January 2023*

Charity number: NIC 104515

Christian care for body and soul

Community Support Notice

If your family or any family that you know needs any emergency help now in the New Year

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

The helpline number is 02871 384488.

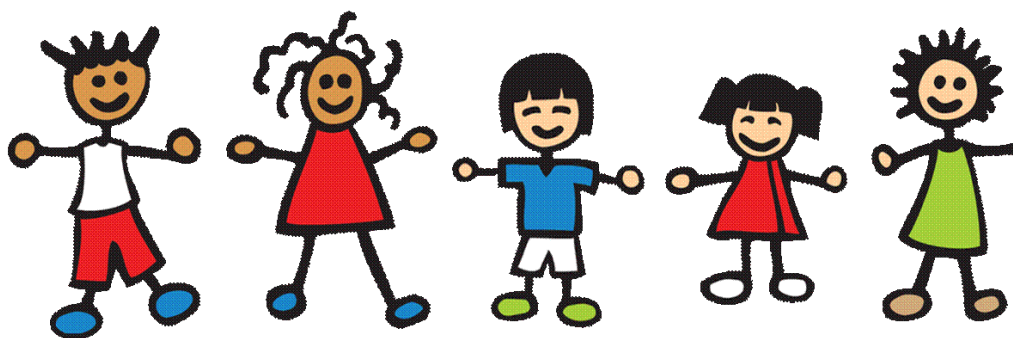
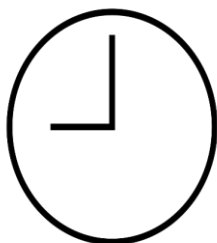
When the helpline number is rung; please leave the name, address and telephone number in a message seeking help and the type of assistance needed. (For example food vouchers, oil vouchers etc).



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	jdoherthy742@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 J Mc Laughlin / Miss E Conlan	Year 2 A	jmclaughlin485@c2kni.net econlan529@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/ Miss C Gallagher	Year 5 A	cgallagher328@c2kni.net
Mrs C Gillespie	Year 5 B	cgillespie221@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
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.

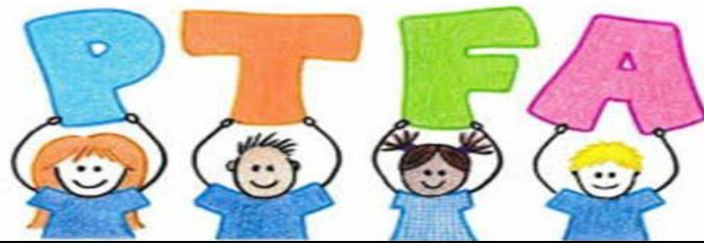


Staff Parking

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.





February 2023 Updates :



NEXT MEETING: Wednesday 15th March @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

March 2023

Words by **one** make talking
fun...copy my actions, sounds and words



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

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



St. Catherine's Nursery & Primary School

March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Nursery Programme: GRTL: Speech & Language 1pm Draw and Talk Therapy Senior School St Patrick's Day Parade workshops SS Slimming World JS: 5.30pm – 7.30pm	2. World Book Day Draw and Talk Therapy Junior School P7B Robotics 11am – 12.30pm Talent Show Holy Cross College Year 6:9.10am – 11.30am Year 5. Teach .Breathe with RISENI P5A: 10.15am – 11am P5B: 11.15am - 12pm	3. Official Opening of Learning Support Centre at 1.30pm. All children go home at 12.30pm. Nursery Schools for Hope Session 6 - Review Hope. P7A Robotics 9.30am - 11am	4.
5.	6. Young Enterprise Programme: Year 2 11:30am- 12:15pm (Ourselves) Year 3 9am - 10am (Our Families) Year 4 10:15am- 11:15am (Our Community) Year 5 1pm- 2pm (Our City)	7. Year 5 Fire Talk Kieran Doherty P5A: 9.30am – 10.30am	8. World Maths Day Year 7 Confirmation Retreat in St Pat's Hall 9.30am – 12.00pm Nursery Programme: GRTL: Celebration Day at 1pm Senior Site. Draw and Talk Therapy Senior School ParentingNI ASD Senior School at 9.30am Slimming World JS: 5.30pm – 7.30pm	9. Draw and Talk Therapy Junior School P7B Robotics 11am – 12.30pm Year 5. Teach .Breathe with RISENI P5A: 10.15am – 11am P5B: 11.15am - 12pm	10. Hopeful Goals and Pathways. P7A Robotics 9.30am - 11am P7C Robotics 11.15am – 1.30pm	11. Confirmation in Church of the Immaculate Conception P7A at 11am P7C at 2pm
12.	13. Young Enterprise Programme: Year 2 11:30am- 12:15pm (Ourselves) Year 3 9am - 10am (Our Families) Year 4 10:15am- 11:15am (Our Community) Year 5 1pm- 2pm (Our City)	14.	15. Draw and Talk Therapy Senior School Slimming World JS: 5.30pm – 7.30pm	16. Draw and Talk Therapy Junior School Nursery Schools for Hope: Session 7 Parent Obstacle Course Hopeful Goals and Pathways. NR1 at 10am, NR2 at 11am P7B Robotics 11am – 12.30pm Year 5. Teach .Breathe with RISENI P5A: 10.15am – 11am P5B: 11.15am - 12pm	17. St Patrick's Day School Closed. St Patrick's Day Parade for Year 5 & 6	18..
19.	20. Young Enterprise Programme: Yr 2 11:30am- 12:15pm (Ourselves) Yr 3 9am - 10am (Our Families) Yr 4 10:15am- 11:15am(Our Community) Yr 5 1pm- 2pm (Our City)	21.	22. Draw and Talk Therapy Senior School Slimming World JS: 5.30pm – 7.30pm	23. Draw and Talk Therapy Junior School Nursery Schools for Hope:Session 8 SteppingStones. NR1 10am, NR2 11am P7B Robotics 11am – 12.30pm Year 6: YES Programme	24. Nursery Schools For Hope Session 9: Challenging Hope. P7A Robotics 9.30am - 11am P7C Robotics 11.15am – 1.30pm	25. P7B Confirmation in Church of the Immaculate Conception at 11am
26.	27.	28.	29. Draw and Talk Therapy Senior School Slimming World JS: 5.30pm – 7.30pm	30. Draw and Talk Therapy Junior School P7B Robotics 11am – 12.30pm Year 5. Teach .Breathe with RISENI P5A: 10.15am – 11am P5B: 11.15am - 12pm	31. Growing Up Talk (for boys) P7B & ½ P7C 10am – 12pm P7A & ½ P7C 12.45 pm– 2.30pm Nursery Schools For Hope Graduation: NR1 at 10.30am, NR2 at 11.30am P7A Robotics 9.30am - 11am P7C Robotics 11.15am – 1.30pm	

A handshake today could be a reward tomorrow.



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	Breast of Chicken Curry with Boiled Rice & Naan Bread or	Margherita Pizza	Roast Loin of Pork	Chicken Goujons	Fish Fingers
9 th Jan 6 th Feb 6 th Mar 3 rd April 1 st May 29 th May 26 th June	Mashed Potatoes Gravy Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard	Potato Wedges Sweetcorn Potato Salad Raspberry Ripple Ice Cream & Watermelon	Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato Cookies with Custard Fruit	Potatoes/Noodles Sweetcorn & Red Peppers Baked Beans/Gravy Frozen Smoothies & Fresh Fruit	Tossed Salad Mixed Vegetables Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts
WEEK 2	Margherita Pizza	Breaded Fish Fillets	Roast Breast of Chicken	Oven Baked Sausages	Steak Burger & Bap
16 th Jan 13 th Feb 13 th Mar 10 th April 8 th May 5 th June	Potato Wedges Garden Peas, Baked Potato Tossed Salad Apple Sponge & Custard	Sweetcorn & Peas/Coleslaw Mashed Potato Pineapple Chunks Frozen Yoghurt	Traditional Stuffing/Gravy Savoy Cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Custard	Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches	Chipped/Baked Potato Tossed Salad Coleslaw Flake Meal Biscuit & Fruit & Custard
WEEK 3	Oven Baked Beef Burger	Fish Fingers	Roast Gammon	Breaded Chicken Goujons	Hot Dog
23 rd Jan 20 th Feb 20 th Mar 17 th April 15 th May 12 th June	Baby Boiled/Mashed Potatoes, Peas Rice or Pasta Salad Frozen Yoghurt & Fresh Fruit Selection	Carrots/Sweetcorn Mashed Potato Tossed Salad Fruit Sponge & Custard	Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Date Square & Custard	Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce	Baked Beans Tossed Salad Chips Baked Potato Shortbread Biscuits & Fresh Fruit
WEEK 4	Spaghetti Bolognaise Crusty Bread	Breast of Chicken Curry with Boiled Rice & Naan Bread, or Fish Fingers	Roast Turkey	Oven Baked Sausages	HM Breaded Chicken Bites
30 th Jan 27 th Feb 27 th Mar 24 th April 22 nd May 19 th June	Wedges/Mashed Potatoes Gravy ½ Baked Potato with filling Sweetcorn Honey Dew Melon Wedges and Cookie	Garden Peas Mashed Potato Fruit Sponge & Custard	Traditional Stuffing/Gravy Cabbage Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Fresh Fruit	Broccoli Mashed Potatoes Vegetables & Gravy Fruit Muffin & Milkshake	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



St Catherine's Primary School 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> Chicken & Cheese Panini Mashed Potatoes Gravy Tossed Salad & Coleslaw Garden Peas Chocolate & Pear Sponge with Custard	Margherita Pizza <i>or</i> Spaghetti Bolognese Crusty bread Potato Wedges Sweetcorn Potato Salad Raspberry Ripple Ice Cream & Watermelon	Roast Loin of Pork <i>or</i> Salmon Fish Cake Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Florets Oven Dry Roast & Mashed Potato Cookies with Custard Fruit	Chicken Goujons <i>or</i> Chicken Stir Fry Potatoes/Noodles Sweetcorn & Red Peppers Baked Beans/Gravy Frozen Smoothies & Fresh Fruit	Fish Fingers <i>or</i> Cheese/Burger in a Bap Tossed Salad Mixed Vegetables Chipped Potato/Baked Potato Fresh Fruit Selection & Yoghurts
WEEK 2 16 th Jan 13 th Feb 13 th Mar 10 th April 8 th May 5 th June	Chicken Tikka with Boiled Rice & Naan Bread <i>or</i> Margherita Pizza Potato Wedges Garden Peas, Baked Potato Tossed Salad Apple Sponge & Custard	Breaded Fish Fillets <i>or</i> Lasagne & Crusty Bread Sweetcorn & Peas/Coleslaw Mashed Potato Pineapple Chunks Frozen Yoghurt	Roast Breast of Chicken <i>or</i> Fish Bites Traditional Stuffing/Gravy Savoy Cabbage/Diced Carrots Oven Roast Dry & Mashed Potato Chocolate Brownie with Custard	Oven Baked Sausages <i>or</i> Homemade Chilli Chicken Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes Arctic Roll with Sliced Peaches	Steak Burger & Bap <i>or</i> Chicken & Cheese Panini Chipped/Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit & Custard
WEEK 3 23 rd Jan 20 th Feb 20 th Mar 17 th April 15 th May 12 th June	Breast of Chicken Curry & Rice, Naan Bread, <i>or</i> Oven Baked Beef Burger Baby Boiled/Mashed Potatoes, Peas Rice or Pasta Salad Frozen Yoghurt & Fresh Fruit Selection	Fish Fingers <i>or</i> Irish Stew & Wheaten Bread Carrots/Sweetcorn Mashed Potato Tossed Salad Fruit Sponge & Custard	Roast Gammon <i>or</i> Salmon Fish Cake Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes Date Square & Custard	Breaded Chicken Goujons <i>or</i> Arabata Chicken in a Warm Tortilla Wrap Pasta Salad Sweetcorn, Homemade Chilli Wedges Vanilla Ice Cream, Pears, & Chocolate Sauce	Hot Dog <i>or</i> Pasta Bake 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 Bolognese Crusty Bread <i>or</i> 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, <i>or</i> Fish Fingers Garden Peas Mashed Potato Fruit Sponge & Custard	Roast Turkey <i>or</i> Soup & Sandwiches Traditional Stuffing/Gravy Cabbage Fresh Diced Carrots Oven Dry Roast & Mashed Potato Chocolate Brownie and Fresh Fruit	Oven Baked Sausages <i>or</i> Cottage Pie Broccoli Mashed Potatoes Vegetables & Gravy Fruit Muffin & Milkshake	HM Breaded Chicken Bites <i>or</i> Chicken and Cheese Panini Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw Jelly, Ice Cream & Fresh Fruit

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