

St. Catherine's Primary School

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

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BT82 8HT

SENIOR SITE

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Follow us on Twitter : stcatherinesps



Follow us on Instagram : St Catherine's Primary School

Monthly Note: Monday 5th October 2020

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

Keeping in Touch!

Communication has never been more important than it is at this very time. We are only sending out essential paper communications to you that may require your signature; all other communications are being sent in the following key ways;

1. Text messages
2. Text messages with links to letters
3. Emails

Occasionally we will reinforce messages via facebook but important messages will be sent in one of the three main ways above.

To that end, please ensure that we have your correct mobile number and email address. If you wish to change these please let Mrs Kelly (Clerical officer) know by emailing her at ckelly452@c2kni.net . If you do not update us you may not receive VITAL INFORMATION going forward.

You can also email your child's teacher or a Senior Member of staff and we will endeavour to respond to you as soon as possible during the working day. Email addresses have already been sent to you in the welcome Pack and other text letter link messages.

We also request that you update us if your child has symptoms of COVID 19 or if your child or a close contact tests positive. It is very important that we know this in order to minimise infection risk.

Thank you all so much for your support to date!



Year 5 SHOEBOX APPEAL

Attention Year 5 children

We are asking you and your family to help us with our shoebox appeal this year. Families around the world need more help than ever this year. Look out for the leaflets that will be sent home to plan and prepare your shoebox this year. Every shoebox donated touches the life of a person in need.



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.



School Photographer

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

Monday 19th October, Tuesday 20th October and Wednesday 21st October.

All children will have their photos taken in Nursery, Year 1 and Year 7. All classes will be taken in their class bubble groups. If any parent of a child from Years 2-6 would like individual photos of their child you will be asked to sign a Photograph Expression of Interest Slip. This will be sent out from each class and should be returned **NO LATER than WEDNESDAY 14th OCTOBER.** Due to current restrictions we will not be able to facilitate family group photos at present.

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

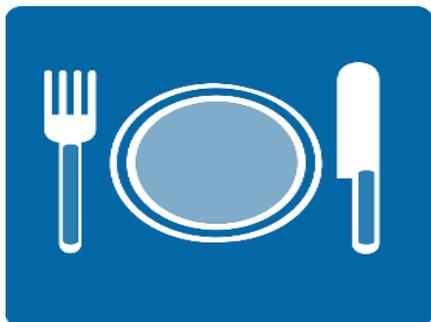


School Dinners

As you are aware, in order to enhance safety in school, children are receiving meals in their classrooms prepared on site by our Kitchen Staff and delivered to our little children in their classes. It is kind of like “St. Catherine’s Meals on Wheels” Service!

We started with a slightly restricted menu (One hot main option) with other cold food extras to give our staff a little time to adjust to the new service.

At the end of September now, we have become much better adjusted and we have a new ONE WEEK ONLY menu for you all which will operate for one week from MONDAY 5th OCTOBER. This has been text linked out to you at the weekend past. Then a FINAL WINTER MENU will be in operation from MONDAY 12th OCTOBER which is attached to this newsletter. If you think you may be eligible for Free School Meals and have not yet applied, please contact the Education Authority on 028 82 411411.



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



Hallowe’en Break

School Closure

School will be closed for the Hallowe’en Break from MONDAY 26th October until Friday 30th October (inclusive). School will reopen again on Monday 2nd November as usual. Have a lovely break.



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.

Complaints Policy and Procedures

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

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

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

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

Thank you!



StopCOVID NI
DOWNLOAD THE APP NOW

Download on the App Store | GET IT ON Google Play

Learn more at nidirect.gov.uk/coronavirus

WE ALL MUST DO IT TO GET THROUGH IT | STAY SAFE SAVE LIVES | Northern Ireland Executive

The COVID-19 contact tracing app for Northern Ireland

You can close this app and it will keep working

Share with contact | Testing active | Add test result | Alert this app

HSC

A message from our Literacy Leader Mrs Connolly.....

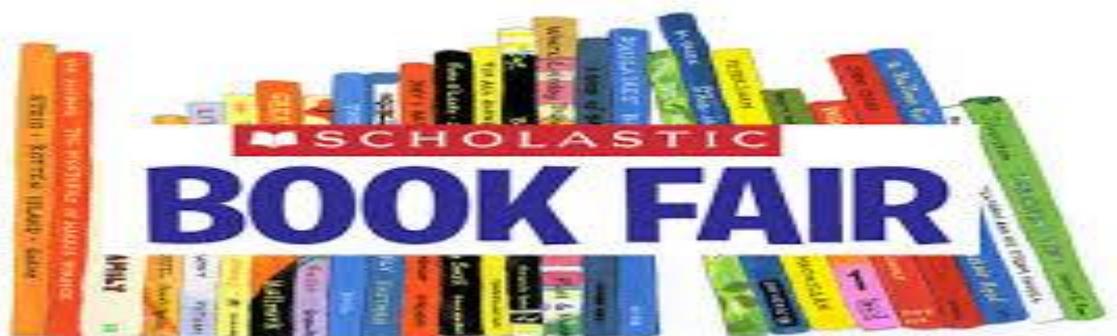
Book Character Day Friday 9th October 2020

We are delighted to be celebrating Book Week next week! A much needed little boost to our children in the midst of these challenging times! Children throughout the years have loved dressing up for Book Character Day and with many fun things being cancelled these days, we felt it was important to try our best to make it a fun day for the children, but to do it safely in our own little bubbles. We understand that these are very challenging times for everyone; physically, emotionally and financially and we would remind parents that simple, homemade costumes are very often the best! Children can come to school dressed as a character from a fairy tale, book or a Nursery Rhyme. Every child will go home with a little token of appreciation for their efforts. They will have a fun filled day in their own bubbles! Keep an eye on social media for some photos of their day.



Book Fair Monday 5th October-Friday 9th October

Our annual book fair will be here next week! To try to minimise the spread of the virus we are unable to invite parents in to browse the books as we usually would. However, your child will still have the opportunity to purchase a book, during the school day if they wish! If you would like your child to purchase a book, simply send their money to school with them in an envelope with their name marked on it. They will have an opportunity to browse the book fair and bring the book home with them the day. We would like to thank you for your continued support as every purchase made provides funding towards books for the children in school!



Message from the Derry Diocesan Catechetical Centre



Season of Creation - Growing Hope Week

Sunday, 27th September to Sunday, 4th October

Since this year's Season of Creation started on 1st September many schools and parishes have been really active online sharing their exiting and creative projects on the wonders of nature and the message of how important it is for each one of us to do at least one small thing to care for all of God's creation.

The Diocese of Derry is helping and encouraging schools, parishes and families to reflect on what each one of us can do to protect our environment around us - in our homes, in our town, in our parish, in our diocese and beyond.

From Sunday, 27th September to Sunday, 4th October the Diocese will mark the week as 'Growing Hope Week'.

During 'Growing Hope Week' we will share on our website, Zoom and social media channels, a daily programme of prayer, live Mass, school projects, film clips, live interviews and guests speakers from parishes and schools across the diocese on the theme, Season of Creation. We are encouraging everyone, young and old to get involved.

To be part of this:

Families are encouraged to allocate time each day of that week to sit and eat together, to pray together and reflect on the the Season and make one small change to help nature.

Be part of 'Growing Hope Week'. Encourage others to be part of it.

Follow and share at:

Web: derrydiocese.org

Facebook/[derrydiocese](https://www.facebook.com/derrydiocese)

Instagram/[dioceseofderry](https://www.instagram.com/dioceseofderry)

Twitter: [@dioceseofderry](https://twitter.com/dioceseofderry)

Prayer of the Month October

The Prayer of the Month for October is the “Children Helping Children” Mission Prayer

**May all the children in the world
share love, share friendship
and live in the peace of God's love
now and forever**

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 October's quote...

Kindness is Free
Sprinkle that stuff everywhere



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

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 in the Junior School, Mrs D Doherty (Acting Senior Leader) or any of the Middle Leadership Team will become available for consultation.



Local Residents Respectful Request

We are aware that some parents/ carers use the car parking opposite the Junior School behind Doran's Shop. Residents have respectfully requested that Parents/ carers / visitors are respectful of their need to park their vehicles and have access to their homes especially during peak times. Many thanks in advance for consideration shown.



REMINDER:Curriculum Update for Parents

Dear Parents,

Now that we have started back to school full time and are gradually easing back in and settling well, it is now time for a few more updates regarding the actual curriculum. This update may answer a few questions that you may have. We hope that you find it helpful. Please read carefully as your support in your child's education, as always, is vital to success.

Literacy Programme:

Reading Books and Spellings

Reading for the year began on Monday 28th September. (P2-P7)

Reading Books will be sent home with the children on a Monday. Books should be read/reading prepared at home and returned to school on a Friday to be heard in class by the teacher the following week. This pattern will continue each week. Your child's teacher will provide your child with further details as appropriate.

Spellings for the year began on Monday 28th September. (P3-P7)

Spellings will be sent home with your child in a 6 week block. Children should practice their spellings each night for their spelling test on a Friday. **Parents will also receive a copy of the 6 week block of spellings by email.** If you have not yet provided your email address to the school, please do so as soon as possible.

Literacy Homework

Literacy written homework will begin on Monday 5th October.

Your child will take home the homework for the week in Book A. This book should be returned on a Friday for correction by the class teacher the following week.

Book B will be sent home the following Monday and will contain the homework for the week. Completed work should be returned on the Friday for correction by the class teacher the following week. This cycle will then continue.

This is a Covid friendly alternative to how homework has been completed in the past. Your child's teacher will provide more details to your child nearer the time. If you have any queries do not hesitate to email / contact your child's teacher.

Accelerated Reader

We are delighted to announce that we have purchased MyON for our children for this coming year! This provides access to thousands of reading books and story books online! Children can then complete Accelerated Reader quizzes on the books they have read. More details on how you can avail of this wonderful opportunity for your child, will follow soon! 😊

Numeracy Programme

Numeracy Facts (P3), Numeracy Facts and Multiplication Tables (P4, & 5) Numeracy Facts and Multiplication/ Division Tables (P6 & 7) began Monday 28th September 2020.

Number Facts and Tables will be sent home in a 6 week block. Children should practise their set tables and Numeracy Facts each night for their test on Friday. **Parents will receive a copy of the weekly number Facts and Tables by email.** If you have not yet provided your email address to the school, please do so as soon as possible.

Numeracy Homework:

Numeracy written homework (P2-P7) will begin on Monday 5th October.

Homework will be covered in a 2 week Homework Book Cycle: Book A (for a week) and Book B (for the next week). This is to minimise infection risk.

P1 Homework Information will be introduced at a later date. The Class Teachers will give more detailed information to parents about this, closer to the time.

P2 & P3 will have one Numeracy Homework Activity Sheet per week.

P4 – 7 will work from their Schofield & Sims Mental Arithmetic Book. They will have their own workbook but complete their answers, including working out, into their Homework Exercise Book.

Your child will take home the homework for the week in Book A. This book should be returned on a Friday for correction by the class teacher the following week.

Book B will be sent home the following Monday and will contain the homework for the week. Completed work should be returned on the Friday for correction by the class teacher the following week. This cycle will then continue.

This is a covid friendly alternative to how homework has been completed in the past. Your child's teacher will provide more details to your child nearer the time. If you have any queries do not hesitate to email / contact your child's teacher.

As per our Homework Policy, we feel that Homework is important in order to reinforce learning completed at school. It also keeps parents in touch with what their child is learning at school and promotes better home school communication. If you have any queries or concerns about your child's learning at home or school please contact the class teacher.

We appreciate that things are a little different than they were before, but our children's learning, happiness, safety and well being remain paramount.

If you have changed your email address or mobile phone number please email Mrs Clare Kelly (Clerical Officer) to let her know your name/ your child's name and the updated information. Her email address is ckelly452@c2kni.net . You can also ring the school on 02871 382614 between 9am and 3pm to update information.

If you have any queries about this update do not hesitate to contact your child's teacher or Miss J. Doherty (Vice Principal/ Learning Support Leader/ Acting Numeracy Leader) jdoherty742@c2kni.net

Mrs. C. Connolly (Literacy Leader) cconnolly309@c2kni.net

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

God bless you all,

IMPORTANT CHANGE TO SCHOOL COLLECTION TIMES ON FRIDAYS

5-10-20

Dear Parent/ Carer/ Guardian,

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

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

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

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

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

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

We will keep this arrangement under review.

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

Kind Regards

Mrs. B. Wilders
Principal

Year Group	Drop off / Collection Point	Start Time	Finish Time (Monday – Thursday)	Finish Time (FRIDAYS ONLY)
Nursery Room 1	Nursery Room 1 External Door	9am-9.30am	1.30pm	1pm
Nursery Room 2	Nursery Room 2 External Door	9am-9.30am	1.35pm	1.05pm
Year 1A (Mrs Doherty)	Front door nearest to Mrs Hamilton's classroom in Junior School Site	8.50am	2pm	1.35pm
Year 1B (Miss Hutton)	Back Door nearest to Mrs Mc Glynn's classroom	8.55am	2.05pm	1.40pm
Year 2 A (Mrs Mc Glynn)	Back Door nearest to Mrs Mc Glynn's classroom	9.05am	2.10pm	1.50pm
Year 2 B (Mrs Hamilton)	Front door nearest to Mrs Hamilton's classroom in Junior School Site	9.10am	2.15pm	1.55pm
Year 3 A (Ms Mc Gowan)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.50am	2.50pm	1.35pm
Year 3 B (Mrs Mc Brien)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	8.55am	2.55pm	1.40pm
Year 4 A (Mrs Kelly)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	9am	3pm	1.45pm
Year 4 B (Mrs Vaughan)	Pedestrian Gate to the right of the Main Gate at the Junior School Site	9.05am	3.05pm	1.50pm
Year 5 A (Mrs Gormley)	Gate at the right hand side of the Senior School	9.10am	3.10pm	1.55pm
Year 5 B (Mrs Connolly)	Gate at the right hand side of the Senior School	9.15am	3.15pm	2pm
Year 5 C (Mrs O'Kane)	Gate at the right hand side of the Senior School	9.20am	3.20pm	2.05pm
Year 6 A (Mr Mc Guigan)	Gate at the right hand side of the Senior School	9am	3pm	1.45pm
Year 6 B (Mrs Daly)	Gate at the right hand side of the Senior School	9.05am	3.05pm	1.50pm
Year 7 A (Miss Mc Granaghan)	Gate at the right hand side of the Senior School	8.50am	2.50pm	1.35pm

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



BLENDED LEARNING

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 / Dairylea 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

COVID 19 Top Tip Reminders for Parents/ Carers:

1. Every possible precaution will be taken to keep our little children and their staff safe in school.
2. Temperatures of children will be taken upon arrival to school and if a child's temperature is 38 degrees centigrade or above, parents will be called to take child home from school until they feel better. See Quick Guidance on COVID 19 Absences below.
3. Children will be encouraged to handwash/ sanitise regularly as per DE/ PHA Guidance. (If a child develops a skin irritation due to increased levels of handwashing/ sanitising, please talk to the class teacher so that an appropriate course of action can be taken). It is to be noted that all soaps and sanitisers are provided in school and have been procured through the Education Authority.
4. Children are organised in Class Bubble groups which will not mix with other Bubble Groups so as to control any spread of infection.
5. There are no gatherings of pupils/ staff for morning prayers, assemblies or canteen lunchtimes. Meals are delivered to the class rooms. There are currently no after school clubs/ breakfast club/ family clubs for the foreseeable future. We will let you know if this changes.
6. Children will have their own exercise books, text books and stationery packs in school and will not be required to share resources with each other. Parents should prepare stationery packs at home for their children with little exercise books so that if they need to self isolate they can continue work at home.
7. If children do have to isolate due to a positive case or if their class bubble has been shut down, school staff will be in contact with you in order to access Blended Learning Opportunities at home via MICROSOFT TEAMS. If you have any queries on this at all please contact the class teacher via email or Miss J. Doherty (Vice Principal) jdoherty742@c2kni.net
8. Children should have wipeable lunch boxes with NO CLOTH ideally. Children may bring a bottle of water to school and should take it home to be sterilised at the end of each day.
9. Parents are asked to regularly wash uniforms for their children to control the spread of infection.
10. Communication between home and school has never been more important than it is now. If your child is sick or has COVID 19 Symptoms or if someone in the family has symptoms or has tested positive....**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.

11. Every effort is being made to ensure safety in school. Parents/ carers have a responsibility for their own safety outside of the school gates. We ask you to wear face coverings if you can and adhere to Social Distancing measures to protect yourselves and your children. For parents of Nursery, Year 1 and Year 2 Pupils who are ACTUALLY ACCESSING OUR SCHOOL GROUNDS to leave children to the designated school door, we respectfully request that you wear a face covering in the interests of the safety of all unless of course you are exempt.

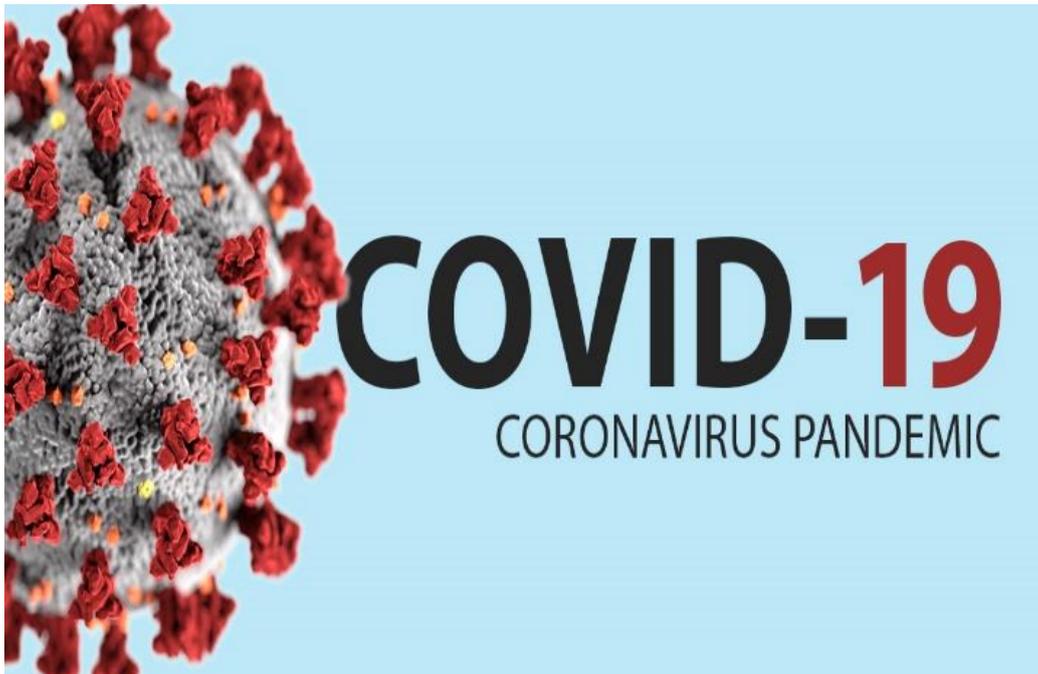
12. You can communicate with your child's teacher, Vice Principal or Principal by email and we will endeavor to respond to these within the working day. You can also ring the school and seek to make a socially distanced appointment. Unfortunately all parent meetings can no longer be handled by just "popping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

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

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

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

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



A PARENTS QUICK GUIDE TO CORONAVIRUS RELATED ABSENCES

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



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 our 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
- Using hand sanitiser



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

October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2.	3.
4.	5. BOOK WEEK Written Homework begins. Book A	6.	7.	8.	9. Book Character Day	10.
11.	12. Written Homework. Book B	13.	14.	15. National Poetry Day	16. Early Friday Collection	17.
18.	19. Written Homework. Book A	20.	21.	22.	23. Early Friday Collection	24.
25.	26. Hallowe'en MidTerm Break.	27.	28.	29.	30.	31.

Don't put off until tomorrow what you can do today.



Winter Menu October 2020

St Catherine's

**school
food**

try something new today

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
2nd Nov 30th Nov	Oven roasted sausages Baked Beans/peas Mashed Potato Frozen yoghurt	Home-made Lean Beef lasagne sweetcorn Herb diced Potatoes Flakemeal Biscuit	Roast turkey crown roast/mashed potatoes Cauliflower stuffing/roast gravy Frozen yoghurt	Breaded oven baked fish steamed mixed vegetables Mashed Potato Home-made fruit muffin	100% NI beef burger in a sesame roll sweetcorn Chipped potatoes Ice cream tub
Week Two	Packed Lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
12th Oct 9th Nov 7th Dec	Breaded oven baked fish Oven roasted dice potato potatoes/mixed vegetables Homemade shortbread	Homemade pasta bologanise crusty roll sweetcorn/salad Fruit Jelly	Roast NI chicken roast/mashed potatoes Carrots stuffing/roast gravy Artic Roll	Traditional Cottage pie Mashed potatoes steamed mixed vegetables & beans Flakemeal biscuit	NI pork sausage served in a soft finger roll topped with saute onions Chipped potatoes Ice cream tub
Week Three	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
19th Oct 16th Nov 14th Dec	Savoury pizza with fresh toppings Baby baked potatoes green beans Frozen yoghurt	Golden Fish fingers or Salmon fish cakes Baby baked potatoes broccoli & beans Home-made fruit muffin	Roast loin of NI pork roast/mashed potatoes peas stuffing/roast gravy Creamy rice pudding	Succulent home-made chicken goujons/garlic dip Oven roasted herb dice potatoes & peas Fruit Jelly	100% NI beef burger in a sesame roll sweetcorn Chipped potatoes Ice cream & Fruit
Week Four	Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch
26th Oct 23rd Nov 21st Dec	Golden Fish fingers or Oven roasted dice potato green beans baked beans Flakemeal biscuit	Hearty home-made Irish stew made with fresh N.I. produce Fresh fruit pot	Roast NI chicken roast/mashed potatoes Carrots stuffing/roast gravy Artic Roll	Homemade chicken bake smothered in Creamy mash carrots Homemade shortbread	NI pork sausage served in a soft finger roll topped with saute onions 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)

try something new today