

St. Mary's Primary School Cabragh

10 Whites Road, Cabragh, Dungannon, Co. Tyrone, BT70 3AN

Telephone: (028) 8776 7356

Principal: Mrs Louise Quinn



27th September 2024

Dear Parent/Guardian,

It's hard to believe that we are already entering the month of October! We have been so busy in St Mary's and the children have settled into school well and have been working so hard! Please find below some information about upcoming events:

Halloween Holidays

School will be closed Monday 28th October 2024 – Friday 1st November 2024 inclusive.

First Holy Communion- Primary 4

First Holy Communion will take place on **Saturday 17th May 2025** at 11.00 am in Church of the Assumption, Tullyallen.

Primary 1 & 2 Afterschool

Parents will have the option of using the After-School Club which runs from 1.30pm-2.45pm. The cost is £5 per day and this includes a snack. If there are two children from the one family, the cost is £6 per day. If there are three children from the one family the cost is £8 per day. To book a place for your child go to the school website, click on the **Afterschool Tab** and then click on **Login/Register**. <https://www.stmaryscabragh.com/login/>

If you have applied for school transport, your P1/P2 child may take the bus home after Afterschool at 2.45pm. If this is the case, please inform Miss Cush or Mrs Kelly, so that we can ensure your child gets on the correct bus in the afternoon. We kindly request that payment is made on a WEEKLY basis. It is the responsibility of parents to keep a note of the dates your child attends P1/P2 Afterschool. Please mark your child's name on an envelope, indicate the days your child attended and enclose payment for the days attended that week. Payment **MUST** be made to the school office on a weekly basis. The school is dependent on prompt payment so we can employ and pay the Afterschool Leader. Thank you for your support with this matter.

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School Photographs

Our school photographer, Jim Hamill, will be in school on **Monday 7th October** to take **P1** photos (and family groups), new children to St Mary's, **P7 photos** and any other class requests. Please see the letter and reply slip sent home with your child. Please ensure your child is in **full school uniform** on **Monday 7th October**.

Flu Vaccine

The School nurse will be in school on **Thursday 17th October 2024** to administer the flu vaccine.

Phonics Workshop

St Mary's will be hosting a **Phonics Workshop** intended for parents of children in Primary 1 and Primary 2 on **Thursday 3rd October 2024 at 1.00 pm in the Primary 1 Classroom**. The Primary 1 and 2 children (of those parents attending) will be supervised until the end of the workshop at approximately 2pm. At St Mary's we recognise the importance of building a strong relationship with our children's parents and families. This workshop will help parents understand the place and purpose of teaching phonics as a starting point for teaching reading. Please complete the reply slip sent home and return to school.

Parent Teacher Meetings

The **Primary 7** Parent Teacher Meetings will take place on **Friday 25th October 2024**. Parents will be notified in due course about their time slots. We ask, where possible, that parents try to attend at the given time. When you receive notification, please return the reply slip immediately. Parent Teacher Meetings for P1-P6 will take place week beginning 18th November – 22nd November. Parents will be notified in due course about their time slots.

Paddy Mc Intosh Cup Blitz- Eglis

Primary 5 will travel to Eglis on **Thursday 3rd October 2024**, to take part in the Paddy Mc Intosh Cup Blitz. Please complete the consent form and return to school.

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P4 WAU Trip to the Palace Stables

Primary 4 will be travelling to the Palace Stables in Armagh on **Monday 7th October 2024** to take part in their Source to Supermarket Apple Week Programme. The programme will educate the children about apples and their history. The children will learn about apple varieties, how apples are picked and transported, and how apple juice is made. They may also make apple potato bread and apple juice and create a souvenir apple craft. The children will also learn how apples have been grown in Armagh for hundreds of years, and how they were used in cooking in the 18th century. They may also learn about the journey of an apple from the farm to the fork. **The cost of the trip is £12.** The fee for the P4 trip can be paid for via School Money. The children should wear **full school uniform** and bring a snack and a packed lunch. The children will return to school at 1:45 pm.

Fundamentals Coaching

AB Coaching will facilitate a Coaching Programme for P1-P7 in St. Mary's. I would like to take this opportunity to thank Killeeshil GAA who will be contributing towards the cost of this programme and for reducing the cost to parents. This is very much appreciated by all at St. Mary's! There will be a small charge to parents. The **cost is £15** per child for the year and this can be paid in **3 termly instalments of £5.**

Multi-Sport/Basketball Afterschool Club (Primary 5)

This after school club is funded by the Extended School's initiative, so there will be **no charge**. The Afterschool Club runs from 2.45 pm-3.45 pm on a Monday and will be facilitated by a trained professional. This afterschool will continue during the month of October for **P5 pupils**, on the following dates. (**30th September, 7th October, 9th October, 14th October & 21st October**)

Multi-Sport/Basketball Afterschool Club (Primary 6)

The P6 Multi-Sport/Basketball Afterschool will commence after the Halloween holidays. The dates for Afterschool for **P6** are – **Monday 4th November, 11th November, 18th November, 25th November, 2nd December, 9th December and 16th December**. P6 children should bring their PE gear to school in a bag on these dates. The children will be permitted to change at home-time.

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Ulster Orchestra Concert

The Primary 6 and Primary 7 children will travel to The Strule Arts Centre for the Ulster Orchestra Concert on **Monday 25th November**. The cost of this trip is **£10**. This can be paid for via the School Money App. The children will be home in time for their school dinner.

Relax Kids

The children in P1, P2, P3 and P4 will continue with the Relax Kids programme this month. (3rd October, 10th October and 17th October). The Relax Kids programme will also be delivered in Term 2 also for P1-4 children. There will be **no charge** for the Relax Kids programme. Relax Kids supports your children's mental and emotional health and wellbeing with a range of tools and techniques to help calm their body and mind and build confidence and self-esteem. Relax Kids use a pioneering 7-step whole-brain holistic approach and fun, magical and creative techniques to help your children feel happier and healthier. Please also see the Parent Area/ Relax Kids for resources and information about Relax Kids or visit the Relax Kids website. <https://relaxkids.com>

Swimming P5 & P6

Swimming lessons continue for **Primary 5 in October. (4th, 11th & 18th)**. Swimming lessons are compulsory and part of our Physical Education Curriculum. **The cost of swimming will be confirmed as soon as the Transport Department in EA give a price for bus transport. Unfortunately, EA have advised that they are short - staffed and we are still awaiting confirmation of a price.** The fee for swimming can be paid for via School Money in due course. Parents will be notified of the cost as soon as possible. Children with long hair must wear a swimming cap. All children must wear goggles. The children should wear their PE uniform into school on swimming days (Friday). Your P5 child will need to bring their swimming costume/swimming trunks, a towel, and goggles to school on each of the following Fridays. (4th, 11th & 18th).

The dates for **swimming lessons for P6** are Friday 8th November, 15th November, 22nd November, 29th November, 6th December and 13th December. Swimming lessons are compulsory and part of our Physical Education Curriculum. More details will be provided in early November for P6 pupils. Children with long hair

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must wear a **swimming cap**. All children must wear **goggles**. The children should wear their PE uniform into school on swimming days (Friday).

Primary 5- My Mind & Me Workshop

Primary 5 will take part in the '**My Mind and Me**' interactive Mental Health Awareness workshop, delivered by AWARE (NI) on **Tuesday 26th November 2024**.

The aims of the programme are:

- To teach children about the 5 ways to Wellbeing and how they can use these to stay well.
- To help children understand when they might need support.
- To promote mental health and wellbeing amongst children.
- To develop language and understanding around thoughts, feelings, emotions and healthy behaviours.
- To signpost pupils to those equipped to help if needed.

P5 WAU Trip to the Navan Centre

Primary 5 will be travelling to the Navan Centre in Armagh on **Tuesday 5th November 2024**. This educational visit 'The Vikings' involves an exploration of Early Christian Ireland by examining the impact of Viking cultures. The pupils will encounter real life Vikings in the person of Living History interpreters and visit a Viking trading post, look at Viking weaponry and way of life. Pupils will have the opportunity to act out a Viking shield wall. **The cost of the P5 trip will be confirmed as soon as the Transport Department in EA give a price for bus transport. Unfortunately, EA have advised that they are short - staffed and we are still awaiting confirmation of a price.** The fee for swimming can be paid for via School Money in due course. Parents will be notified of the cost as soon as possible. The children should wear full school uniform and bring a snack and a packed lunch. The children will return to school at 1:45 pm.

French Club

Le Club Français resumed in St. Mary's on Monday 9th September (P1-P5) and Wednesday 11th September (P6&P7). Diane will teach French to all children in P1-P7 during the school day. Le Club Français is a fun language club for children. The children will learn French through songs, games, plays, stories and lots of

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fun activities. The cost of French Club is **£16.50** per child for the year. This can be paid in **3 termly instalments of £5.50**. The fee must be paid via School Money. Learning a foreign language at a young age has many benefits for children and can reinforce literacy skills and nurture enthusiasm. Studies suggest that at a cognitive and academic level, children learning an additional language are more creative, better at solving complex problems and can score higher on standardised tests.

Spooktacular Day

We will celebrate 'Spooktacular Day' on **Friday 25th October 2024** to celebrate Halloween! The children will take part in lots of Halloween themed activities and are encouraged to dress up in their Halloween costumes.

Love For Life Workshops

Love For Life will visit P1 – P5 on **Wednesday 13th November 2024**.

Love for Life will deliver the '**Wonder!**' programme to our **P3 and P4 pupils** and the '**I-Smart**' programme to our **P5 pupils** and the '**Treasured**' programme to our **P1 and P2 pupils**.

'**Wonder!**' is an exciting and interactive presentation for Key Stage 1 pupils. The 'Wonder!' programme invites our P3 and P4 pupils to wonder at how amazing and unique they are, to value and appreciate the people around them, to recognise and manage their feelings and emotions, and to understand the importance of keeping healthy and staying safe. The programme is jam packed with inspiring content to encourage self-awareness and build self-esteem, and to highlight the importance of having respect for your amazing body and that of others. Pupils will unpack what a healthy friendship looks like, as well as how to deal with conflict in a constructive way. Through fun activities and stories, the pupils will be able to celebrate being part of a diverse community made up of wonder-fully unique people!

Topics covered in this presentation include:

- Self-esteem & uniqueness
- Valuing community & diversity
- Keeping the body healthy and safe
- Exploring and managing emotions

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- Friendship
- How to get help

Love for Life will deliver the **'I-Smart'** programme to our **P5** pupils on **Wednesday 13th November**. 'I-Smart' is an interactive presentation that takes the P5 pupils on a journey through the digital world and helps them to make smart and safe choices online. The presentation encourages pupils to use and develop critical thinking and problem-solving skills to navigate tricky situations that they may come across online. It also helps them develop language so they can describe how they operate in the online world. Pupils will be encouraged to reflect on how digital platforms affect the rest of the world and to consider how they can make this impact a positive one in their lives.

Topics covered in the presentation include:

- Self-esteem & uniqueness
- How the internet works
- How to treat people online & cyberbullying
- Personal information & sharing
- Social Media & mental health
- Safe searching
- How to get help

Love for Life will deliver the **'Treasured'** programme to our **P1 & P2** pupils on **Wednesday 13th November**. 'Treasured' is an exciting and interactive presentation for Foundation Stage pupils. The 'Treasured' programme invites our P1 & P2 pupils to wonder at how amazing and unique they are, to value and appreciate the people around them, to recognise and manage their feelings and emotions, and to understand the importance of keeping healthy and staying safe. The interactive programme includes singing and story-telling.

Themes covered in the presentation include:

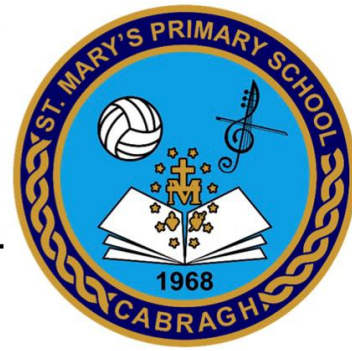
- Empathy
- Respect
- Kindness
- Choices
- Exploring and managing emotions
- Valuing Community

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- Valuing Diversity
- Keeping healthy and safe

REIM E-Safety Workshops (P6 & P7)

REIM will visit St Mary's on **Thursday 7th November 2024** to deliver E-Safety Workshops for our Primary 6 and Primary 7 pupils. The workshops provide up to date information and advice on current technology and trends in an informal and fun way, covering topics like cyber-bullying, stranger danger, creating a positive digital footprint and the negative impact social media can have on us as internet users.

Love For Life- 'Choices and Changes' (Primary 6)

As part of our ongoing commitment to the personal development of our pupils, St. Mary's PS has invited Love for Life to deliver the 'Choices and Changes' programme to our Primary 6 pupils on **Wednesday 27th November 2024**. This external input enhances what we already deliver in relation to Personal Development and Mutual Understanding (PDMU). Love for Life has a long-standing reputation for engaging effectively in the specific area of Personal Development and Mutual Understanding (PDMU). All of Love for Life's programmes are age-appropriate, offering accurate information in an engaging manner, helping children and young people to learn, reflect and develop in their knowledge, skills and attitudes in this important area. The experienced and professional Love for Life team will create a safe and secure environment in which your child can have, engaging and respectful conversations about strong healthy relationships. Below is a short description of the programme, 'Choices & Changes'

Choices & Changes - An introduction for 9-10 year olds to the physical and emotional changes they can expect during puberty, offering support as they explore and develop an understanding about the choices and changes in their lives. Designed for P6 pupils, Choices & Changes aims to introduce pupils to the changes they will face as they go through the process of puberty. This will be the focus throughout the 1 hour presentation and will include a reassuring gender-specific puberty talk. The presentation will also remind pupils of their uniqueness, value and worth as well as highlighting

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the importance of thinking through decisions on the basis of what is best for them personally.

Topics covered in this presentation:

- Self-esteem & uniqueness
- Coping with pressure
- Making healthy choices
- Preparing for change (school, friends, body, etc.)
- Puberty: what to expect
- Kindness & supporting others
- How to get help (helping them identify their trusted adults, from whom they can seek help)

'What's Inside' – Primary 7

As part of our ongoing commitment to the Personal Development of our Primary 7 pupils, the children will be attending a workshop delivered by Love for Life, called 'What's Inside' on **Wednesday 27th November 2024**. This interactive programme aims to equip pupils in P7 to deal with the changes that so often cause concern and anxiety at their age. We remind pupils that they are all unique by looking at the process of conception, the amazing construction of our bodies and the continuing process of growing up. The gender-specific puberty talk is often the most reassuring part of the day for pupils who are worried about changes in their bodies. Target setting, friendship and assertive behaviour skills are also addressed in the presentation. The fun and interactive 'What's Inside' programme aims to equip the Primary 7 pupils to make healthy choices and is a vital part of their learning before their transition into secondary school. The workshop includes a separate boys and girls puberty talk, positive qualities in friendships, bullying and how to make good decisions. The main focus of the programme is to affirm the uniqueness of the individual and to encourage respect for themselves and others.

Accelerated Reader (P4-P7)

As you are aware, your child was set an individual AR target at the start of the school year. It is so important that your child uses this fantastic resource for

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reading, to improve fluency and comprehension skills. The end date for this term's target is **Friday 13th December 2024**. Please encourage your child to keep reading and taking AR quizzes to ensure he/she reaches 100% by **13th December 2024**.

Mathletics (P3-7)

Mathletics is an online learning platform that engages pupils through challenges and rewards. Linked to the National Curriculum, Mathletics supports children as they develop confidence in mathematics and allows them to practise key skills in a wide range of areas. It is designed to provide pupils with a captivating and safe learning experience which combines targeted and adaptive curriculum content, structured and interactive support, with engaging games and rewards.

If you require any further information, please do not hesitate to contact the school.

Kind Regards,

Louise Quinn