

St. Mary's Primary School Cabragh

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

Telephone: (028) 87767356

Principal: Mrs Helen Lavery



29th September 2025

Dear Parent/Guardian,

It's hard to believe we're already entering October! My first month at St Mary's has flown by and it has been a real pleasure getting to know the children, staff and families in our school community.

The children have settled into school life wonderfully and are working hard across all areas. There is a lovely atmosphere of learning, positivity and care throughout the school.

*At St Mary's, we are proud to promote our **HEART Values—Honesty, Equality, Ambition, Respect and Teamwork**—which guide everything we do. These values are woven into daily school life and help our pupils grow not only academically but also socially and emotionally.*

Please find below some important information about upcoming events and key dates for your calendar.

Halloween Holidays

School will be closed **Monday 27th October 2025 – Friday 31st November 2025** inclusive.

First Holy Communion- Primary 4

First Holy Communion will take place on **Saturday 9th 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 Miss Donnelly, so that we can ensure your child gets on the correct bus in

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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.

Phonics Workshop

We're hosting a Phonics Workshop for P1 and P2 parents on **Wednesday 1st October at 1.00pm** in the P1 classroom. Children of attending parents will be supervised until the workshop ends around 2.00pm.

The session will give an overview of how we teach phonics and support early reading. We value our partnership with families and hope you can join us.

Paddy Mc Intosh Cup Blitz- Eglish

Primary 5 will travel to Eglish on **Thursday 9th October 2025**, to take part in the Paddy Mc Intosh Cup Blitz. Please complete the online consent form and return to school.

P4 WAU Trip to the Palace Stables

P4 will visit the Palace Stables in Armagh on **Wednesday 15th October 2025** to take part in the "Source to Supermarket" Apple Week Programme. Children will learn about the history of apples, how they're grown, harvested and used in cooking. Activities may include making apple juice, apple potato bread and a souvenir craft.

Cost: £13.50 (payable via School Money)

Uniform: Full school uniform

Bring: Snack and packed lunch

Return to school: 1:45pm

Primary 5- My Mind & Me Workshop

P5 will take part in the 'My Mind and Me' interactive Mental Health Awareness workshop, delivered by AWARE (NI) on **Wednesday 15th October 2025**.

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.

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- 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.

Flu Vaccine

The School nurse will be in school on **Thursday 16th October 2025** to administer the flu vaccine.

Pomeroy Forest

P1 and P2 children will visit the forest on **Wednesday 22nd October 2025** for an autumn walk to follow the Nursery land Trial.

Traditional Music

Tuition continues on a **Monday afternoon** with Mrs McCormack, our music tutor. This is a fantastic opportunity for our P6 and P7 pupils to learn a traditional musical instrument and experience the joy of playing together as a group. The sessions not only nurture musical skills but also foster teamwork and cultural appreciation.

Parent Teacher Meetings

The **Primary 7** Parent Teacher Meetings will take place on **Friday 24th October 2025**. 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.

P1-P6 Parent Teacher Meetings will take place on **Friday 21st November 2025** during the Baker Day.

Fundamentals Coaching

AB Coaching continue to deliver a coaching programme for pupils in P1–P7 here in St Mary's. We would like to extend our sincere thanks to Killeeshil GAA for their continued generous support in helping to cover costs. Their contribution plays a key role in reducing the fee for families and is very much appreciated!

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A small annual fee per child will apply and we will inform you of the amount in due course via School Money.

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. (**29th September, 6th October, 13th October & 20th 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 – **Thursday 3rd November, 10th November, 17th November, 24th November, 31st November, 1st December, 8th December and 15th 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.

Ulster Orchestra Concert

The P6 & P7 children will travel to The Strule Arts Centre for the Ulster Orchestra Concert on **Tuesday 11th November**. The cost of this trip is **£12.50**. 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 start the Relax Kids programme in November. (**6th November, 13th November, 20th November, 27th November, 4th December & 11th December**). 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. Please also see the Parent Area -> Relax Kids for resources and information about Relax Kids or visit the Relax Kids website. <https://relaxkids.com>

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'Be You Yoga and Wellbeing Programme' continues for P5, P6 & P7

The "Be You" Programme continues for P5, P6 & P7 in October (7th & 14th). This unique programme gives children a chance to explore and connect with who they are through Yoga Therapy.

Swimming P5 & P6

Swimming lessons continue for **Primary 6 in October. (3rd, 10th & 17th).**

The dates for **swimming lessons for P5 are Friday 7th, 14th, 21st, 28th November & 5th and 12th 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 **must** wear a **swimming cap**. All children **must** wear **goggles**. The children should wear their PE uniform into school on swimming days (Friday).

Please note the fee for swimming is £25 and can be paid via School Money.

French Club

Le Club Français resumed in St. Mary's in September. 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 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 early boosts literacy, sparks enthusiasm and supports cognitive development. Research shows it can enhance creativity, problem-solving skills and even improve test scores.

Spooktacular Day

We will celebrate 'Spooktacular Day' on **Friday 24th October 2025** to celebrate Halloween! The children will take part in lots of Halloween themed activities and are encouraged to dress up in their Halloween costumes. (The traditional raffle for school funds will take place.)

Love For Life Workshops

Love For Life will visit P1 – P4 on **Wednesday 19th November 2025**.

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

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'Treasured' is a fun and interactive presentation for Foundation Stage pupils. It encourages children to celebrate their uniqueness, value others, understand and manage emotions and learn about staying healthy and safe. The session includes singing and storytelling.

Key themes:

- Empathy
- Respect
- Kindness
- Choices
- Emotions
- Community
- Valuing Diversity
- Keeping healthy and safe

'Wonder!' is a fun, interactive presentation for P3 and P4 pupils that celebrates uniqueness, emotions and healthy living. Through engaging stories and activities, children explore self-esteem, friendships, diversity and how to stay safe and well. The programme encourages respect for themselves and others and teaches how to manage emotions and handle conflict positively.

- Topics include:
- Self-esteem & uniqueness
- Community & diversity
- Healthy bodies & safety
- Emotions & wellbeing
- Friendship & conflict resolution
- Knowing how to get help

REIM E-Safety Workshops (P6 & P7)

REIM have started their coding workshops visit on **Wednesday 1st, 8 & 15th** 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.

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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 reading, to improve fluency and comprehension skills. The end date for this term's target is **Friday 12th December 2025**. Please encourage your child to keep reading and taking AR quizzes to ensure s/he reaches 100% by **12th December 2025**.

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,

Helen Lavery