



Glencull's March News

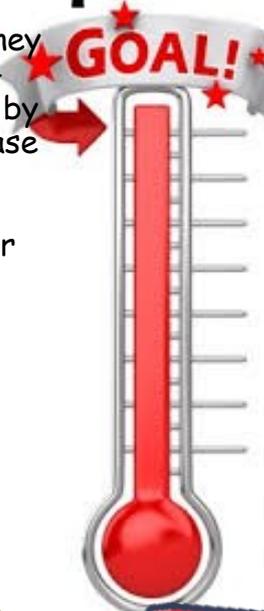


WORLD BOOK DAY fest

HAPPY, A BIG, BOOKY CELEBRATION OF READING

To celebrate 'World book day,' the children are encouraged to continue to take on the challenge of reading lots of books as part of the 'Battle of the Books!'. The finish date for the project is Wednesday 16th March. They have to read books and write book reviews, after which they are awarded stars. They are challenged to collect 1000 stars across the whole school (or 10 each). You can use the book token

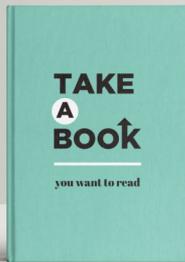
sent today to save money on your next book purchases. Tokens expire by 27th of March, so please use them ASAP. Children are asked to dress up as a character from a book on 3rd March for world book day!



"Clearly one must read every good book at least once every ten years."
— C.S. Lewis

Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read. - Groucho Marx

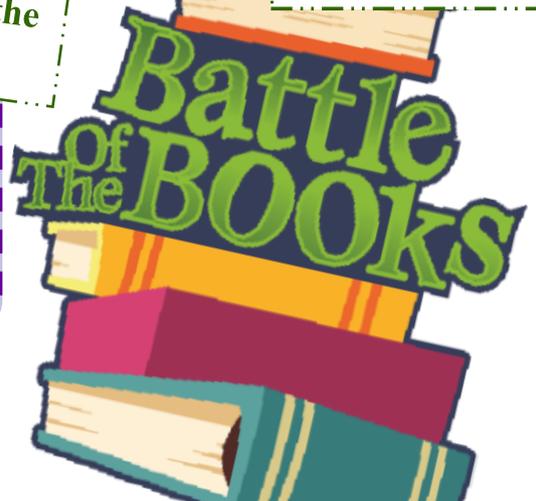
The Great Book Exchange



Monday 7th March

Bring a Book and Take a Book— Write your name on the inside!

Reading is to the mind what exercise is to the body.



Green Day

As part of our St. Patrick's Day celebrations we will be having a Green day on Wednesday 16th of March. Children are encouraged to take part in the celebrations by coming to school wearing green. There will be a prize for the best dressed! There will be a voluntary donation of £1

if the children wish to take part. Please bring in the £1 donation on Wednesday 16th and give it to the class teacher. All money raised will go toward the work of St. Ciaran's Peregrini.



GreenDay in years gone by!

Lent 2022

This year Shrove Tuesday falls on Tuesday, 1st March and Ash Wednesday on Wednesday 2nd. It marks the beginning of six and a half weeks of repentance, fasting and abstinence in preparation for Easter. The ashes from the palms (which have been blessed), that have been kept from last year's Palm Sunday, are mixed with holy water to make a greyish paste. When people go to church on Ash Wednesday, the priest dips his thumb in the paste and uses it to make the sign of the cross on each person's fore-

head.

Children at St Malachy's work on creating their Lenten promises and will discuss them through out lent. The 40 days of lent replicate the time that Jesus Christ spent in the desert and wilderness in solitude, prayer, and fasting. Jesus showed incredible restraint during the 40 days and so many Christians use Lent as a period to strengthen their own self-discipline and take part in giving up certain foods or habits.



Trying a Variety of Sports

There are a wide number of benefits to participating in a variety of sports and activities. Here are just a few of them:

Avoid Injury

By playing the same sport, all year round, for years on end, you are at a much higher risk of experiencing overuse injuries. Endlessly training the same muscles and movements without a break can really wear on certain parts of your body. By pursuing a variety of sports, you will learn different movements and train different muscle groups in new ways, which can help to avoid injury and burn-out.

Develop New Interests

Rather than just playing one sport during the

summer season, trying different sports during the part of the year they are happening can create a better balance of activity throughout the year e.g. winter soccer/rugby/gymnastics. Obviously if you love a certain sport and only want to do that one, there's no sense in forcing yourself into other things.

Build a Wider Skill Set

Trying other sports can actually help you to improve their skill set overall. By playing a variety of sports you'll develop a wider range of motor skills while building strength and endurance. Doing something new can help you to use muscles and techniques that they wouldn't otherwise use. This is especially true of sports that utilise one limb or muscle group over the others.

Opportunities to Participate

Beginning this week:

After Schools Basketball :

6 weeks for Primary 5, 6, 7

Time: 3:15 - 4:15pm

GIRLS : Wednesday 2nd

BOYS: Thursday 3rd

£2 per week

Pay in one installment via School Money app

Glencull will be hoping to put a team into a school basketball tournament later in the school year.

P4-5 Blitz v Altamuskin

In St. Ciaran's College 3G Friday 4th

Wear Errigal Gear into school Weather appropriate

P6-7 Primary Schools cross country event run by Knockmany Running Club

Augher Central Primary school Friday 4th

Separate boys and girls races ranging from 600metres - 1800 metres

Bring a packed lunch and drink in case the event runs past 12.30 with a change of clothes if it is a wet day - football boots recommended for running.

P5-7 Tyrone Blitz

Thursday 10th

March - Tyrone Centre of Excellence, Garvaghy, Wear Errigal Gear into school

**KNOCKMANY
RUNNING CLUB**



Punctuality

Punctuality is an important discipline to learn for all the children at Glencull. We ask that children arrive before 9.15am so that they don't miss any part of lessons that start promptly at this time. Children arriving after 9.15 am are marked as absent from the morning session. Reminder: All absences should be followed up with an email for the class teacher. Please record the date and reason for the absence.

March 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Holidays

The date that the children are off for St. Patrick's day: Thursday 17th and Friday 18th March.



Suggestion Box

A huge thank you Farrell Joinery who helped us install our suggestion box. Farrell Joinery used some mahogany from the old cloakroom benches to create this beautiful piece for the front foyer of the new wing of our school. The suggestion box is there for pupils and adults to make any suggestions they might have to make our school a better place for everyone. Just write a note and place it in the box. The box will be opened periodically.



HELP FOR UKRAINE



Hilltop Flying Club is organising 3-4 lorries (depending on donations) to travel to Poland to provide Ukrainian evacuees with basic living essentials.

Drop off location:

Hilltop Flying Club

Altamuskin, Sixmilecross, BT79 9JA

Times:

Mon-Fri

10am-1pm & 6:30pm-9pm

Sat-Sun

12pm-4pm



Essentials required:

- Blankets, sleeping bags, towels, toiletries, nappies, first aid items
- Men, women, and children clothing
- Non-perishable food - tinned & long-life products
- Children's toys, colouring books, crayons, board games etc
- **Any Help would be Appreciated**

Contact details -

Michael: 07787560005

Donal: 07720416150

Build Up Your Organisational Skills/Habits

Good organisation is a key component to being successful; Here's some tips and tricks to follow that will help you build up a child's organisational skills.

Introduce checklists; This is an easy way to help encourage your children to be organised and get things done in a systematic way. Remember, checklists don't have to be complex they can be simple. Start with easy lists such as '2 things to do before bed' or eventually make them more complex as your child grows older. Referring to lists will help

develop their ability to strategize tasks and organise their time. Assign chores that involve sorting. Tasks such as food shopping, sorting, and tidying are great ways to help test your child's organisation abilities.

Encouraging your child to get organised the night before school or a big event is great practice. The more they do it, the more they will develop their skills and get into the habit. Start encouraging your child to keep their homework, notes in an organ-

ised way. Establishing a homework routine and setting up a study schedule will enable your child to plan and organise their time efficiently and effectively.

In class and around the school we'll be asking the children to keep their own and shared areas tidy, e.g. the cloak room.

Operation Tidy Up!



March Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 28/2	Breaded Fish Fingers Or Spaghetti Bolognese	Breast of Chicken Curry & Rice, Naan Bread Or Steak Burger	Homemade Breaded Chicken Goujons Or Spicy Chicken in a Warm Tortilla wrap	Roast Chicken Or Roast Beef	Hot Dog Or Homemade Margherita Pizza
28/3	Baked Beans Medley of Fresh Vegetables Mashed Potato Vanilla Ice Cream, Oranges & Chocolate Sauce	Baton Carrots Gravy Mashed Potato Salad Selection Sponge with Jam Topping & Custard	Sweetcorn, Hot Pasta Twists Mashed Potato Salad Selection Fresh Fruit Selection and Yoghurt	Traditional Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Mashed Potato Rice Krispie Square & Custard	Peas Tossed Salad Chips Mashed Potato Oat Biscuits & Fresh Fruit Chunks
WEEK 7/3	Steak Burger Or Pasta Twists with homemade Tomato sauce and Sliced Chicken	Homemade Margherita Pizza Or Breast of Chicken Curry with Boiled Rice & Naan Bread	Fresh Breaded Fish Goujons Or Chicken Crumble	Roast Breast of Chicken Or Savoury Mince	Chicken Nuggets Or Baked Potato with Chicken & Cheese
	Gravy, Broccoli Florets Fresh Baton Carrots Mashed Potato Chocolate Cracknel & Custard	Sweetcorn Pasta Twists Salad Selection Fresh Fruit Selection and Yoghurt	Baked Beans Garden Peas Mashed Potato Salad Selection Strawberry Jelly & Fruit or Yoghurt	Traditional Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots / Parsnip, Mashed Potato Vanilla Cake & Custard	Sweetcorn Chips Baked Potato Salad Selection Ice Cream with Fresh Fruit
WEEK 14/3	Breaded Fish Fingers Or Pasta Bolognese	Homemade Salt & Chilli Or Traditional Chicken Goujons Or Mac & Cheese	Oven Baked Sausage Or Sweet & Sour Chicken with Rice		
	Baked Beans Sweetcorn Garden Peas Mashed Potato Flakemeal Biscuit, Fruit & Custard	Broccoli Florets Mashed Potato Salad Selection Raspberry ripple Ice Cream Slice Fresh Fruit Chunks	Garden Peas Baton Carrots, Mashed Potato Baby Boiled Potatoes Fresh Fruit Selection and Yoghurt		
WEEK 21/3	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausage	Spaghetti Bolognese Or Fresh Breaded Fish Fillets	Roast Breast Chicken Or Brown Stew	Homemade Salt & Chilli Or Traditional Chicken Goujons	Homemade Margherita Pizza Or Fish finger
	Baton Carrots Garden Peas Gravy Mashed Potato Fresh Fruit Selection and Yoghurt	Broccoli & Cauliflower Florets Mashed Potato Jelly & Fruit & Ice Cream	Traditional Stuffing Gravy, Diced Turnip Fresh Baton Carrots Mashed Potato Chocolate Muffin Cake & Custard	Baked Beans Sweetcorn, Salad Selection Mashed Potato Flakemeal Biscuit Fingers, Fruit & Custard	Sweetcorn Traditional Champ Chips Salad Selection Artic Roll & Fruit Chunks

Menu Subject to Deliveries

Forest School

P2-3 will be travelling to Round Lake in Fivemiletown to participate in Forest School on Wednesday 30th March. Bring a packed *lunch*. No uniform- wear *warm* clothes.

Where possible children should bring their own waterproofs and wellies in a separate bag. Examples of activities: den building, shelter building, tree measuring, tree identification, mud art and

lighting a fire.

All activities are linked to the National Curriculum and children are encouraged to develop their curiosity and motivation to learn.