



Glencull's March News



WORLD BOOK DAY fest

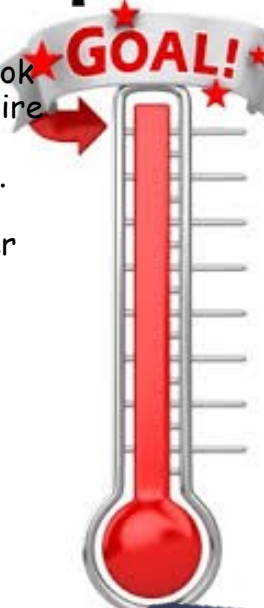
A BIG, HAPPY, BOOKY
CELEBRATION
OF READING

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 Thursday 2nd 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 tomorrow to save money on your next book purchases. Tokens expire by 26th 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!

THURSDAY
2nd MARCH
SAVE THE DATE



"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

Céilí na mBunscoileanna

Céilí na mBunscoileanna/Primary School Céilí

The Burnavon, An Chorr Chríochach/Cookstown

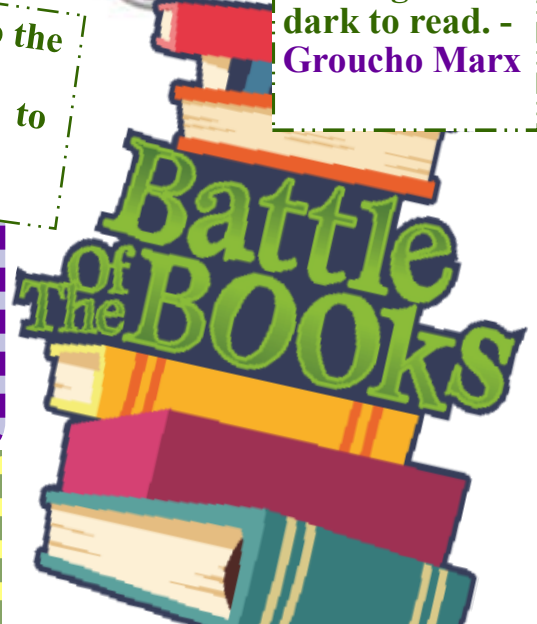
Dé Máirt an 14 Márta/Tuesday 14th Marc

P4/5 pupils will get the opportunity to travel to Cookstown to who off what they've learned during their Irish lessons.

Green Day

As part of our St. Patrick's Day celebrations we will be having a Green day on Thursday 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 Thursday 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!

Finals Days



In a first for St Malachy's, the boys and girls teams have both made it through to the indoor county finals of the Allianz Cumann na mBunscoil Tir Eoghain indoor football tournament.

Both events take place in MUSA in Cookstown on the 7th and 14th March. The children have to bring lunch on the day as the day can run over with extra time etc. Dress warm and wear Errigal gear with a Glencull jersey if possible.



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 dur-

ing 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. The social skills developed during these activities with peers, teams mates and opposition, will be transferable into lots of other parts of your life.

Opportunities to Participate

Donaghmore Basketball tournament 15th March

Big news about Errigal Blitz' on the next page!

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

Augher Central Primary school Monday 6th

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.

You may wish to collect your P3-5 child from school and bring them to Augher so they can participate. If so please email bgormley892@C2ken.net so we can arrange medals etc with the 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 2023							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9			1	2	3	4	5
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19
12	20	21	22	23	24	25	26
13	27	28	29	30	31		

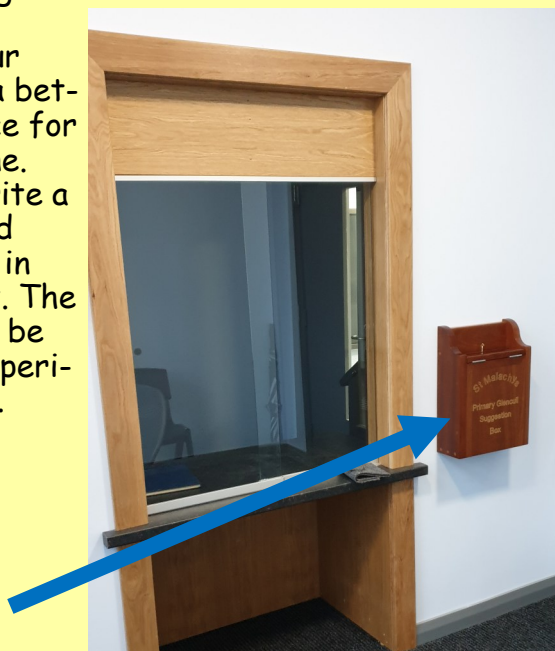
Holidays

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



Dates for p4/5 children -	Monday 3rd April
	Monday 14th April
	Monday 16th May
Dates for p6/7 children	Tuesday 4th April
	Tuesday 10th April
	Tuesday 23rd May

Errigal Ciaran are helping our schools to run a series of blitzes for p4-7 children.

Eoghain Murray (AB Coaching coach) will assist on the day. This would mean that Eoghain won't be in school to coach that day - instead he'd be with the above classes running the blitz.

We hope to get funding/sponsorship from local businesses for the buses to transport the children to and from Dunmoyle or Ballygawley playing feilds from 10-12.30. If you or a local business are able to support us with this please email bgormley892@c2ken.net.

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 1 1 Mar 13 th	Spaghetti Bolognese Or Ham & Cheese Melt Garden Peas Salad Selection Pasta Salad Mashed Potato Gravy Sponge with Jam Topping & Custard	Homemade Breaded Chicken Goujons & Dip Or Chicken Wrap Diced Carrots Salad Selection Chips or Mashed Potato Jelly & Ice-Cream Slice with Orange Segments	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Breaded Fish Fingers Sweetcorn, Broccoli Florets Mashed Potato Fresh Fruit Or Fresh Yoghurt	Roast Turkey Or Roast Pork Traditional Stuffing Fresh Diced Carrots, Broccoli Florets Oven Roast Potato Mashed Potato, Gravy Rice Krispie Square & Custard	
WEEK 2 2 Mar 20 th	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Steak Burger Broccoli Florets Carrots Mashed Potato, Gravy Muffin Cake & Custard	Homemade Margherita Pizza Ham & Cheese Pizza Or Chicken Panini Garden Peas Tossed Salad Chips or Mashed Potato Flakemeal Biscuit & Water Melon Slice	Italian Pasta Bake Or Fresh Breaded Fish Goujons Baked Beans Sweetcorn / Garden Peas Mashed Potato Jelly & Ice-Cream Slice Or Fresh Fruit	Roast Breast of Chicken Or Chicken Crumble Traditional Stuffing Fresh Diced Carrots / Parsnip Oven Roast Potato Mashed Potato, Gravy Fruit Sponge & Custard	Chicken Nuggets Or Beef Lasagne Sweetcorn Salad Selection Mashed Potato Chips Frozen Yoghurt & Fruit Pieces
WEEK 3 3 Mar 27 th	Oven Baked Breaded Fish Fingers Or Savoury Mince Carrots Garden Peas Mashed Potato Fresh Fruit Or Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread Or Chicken Panini / Wrap Sweetcorn Broccoli Florets Chips or Mashed Potato Jelly & Fruit Pieces	Homemade Breaded Chicken Goujons & Dip Or Cottage Pie Salad Selection Baked Beans, Diced Turnip Mashed Potato, Gravy Rice Pudding Or Fresh Yoghurt Or Fresh Fruit	Roast Gammon Or Chicken & Pasta Bake Traditional Stuffing Fresh Baton Carrots Cauliflower Florets, Mashed Potato, Oven Roast Potato Gravy Ginger Biscuit & Custard	Oven Baked Sausages Or Macaroni Cheese Garden Peas Coleslaw Mashed Potato Chips Ice Cream & Fruit Pieces
WEEK 4 4 Mar 6 th	Steak Burger Or Stuffed Bacon Roll Baked Beans Sweetcorn Broccoli Florets Mashed Potato, Gravy Fresh Fruit Or Fresh Yoghurt	Pasta Bolognese Or Fresh Breaded Fish Goujons Fresh Baton Carrot Garden Peas Chips or Mashed Potato Eton Mess (Meringue, Fruit & Yoghurt)	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausage Garden Peas Diced Carrots Mashed Potato, Gravy Fresh Fruit salad Jelly	Roast Breast of Chicken Or Flaked Salmon Wrap Traditional Stuffing Broccoli Floret Tossed Green Salad Oven Roast Potatoes Mashed Potato, Gravy Chocolate Brownie & Custard	Homemade Margherita Pizza Or Chicken Pasta Bake Mashed Potato Sweetcorn, Salad Selection Chips Ice Cream & Fruit Pieces

Menu Subject to Deliveries

First Confessions

Sacrament of reconciliation, First Confessions

Thursday 23rd March at 11am
St Malachy's Church Ballymacilroy
Parents and Grandparents are invited

to join the P4s for a relaxed service which should last an hour. Children will wear uniform and walk down the 'pad' from school and return to school after.
Why not practice what going to confes-

sions is like with your P4 child at home.

Act of Sorrow

O my God, I thank you for loving me.
I am sorry for all my sins,
For not loving others,
And not loving you.
Help me to live like Jesus,
And not sin again.
Amen