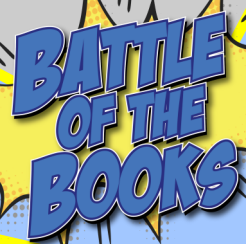


# Glencull's February News

Fill out one of the pages in your 'Book Battle Diary' and give it to your teacher on a Friday (you can do more than 1 per week)! You'll get 20 minutes in class to help you write this.



Pick a library book to read and show it to your teacher; to be sure it's challenging enough!



The School is split into teams.

Read the book alone or with an adult.

Your teacher will give your team one star !!



If the whole school manages to reach 1100 stars by world book day we will give all pupils a reward of a...



When you reach 5 stars in your diary you get a prize of a night off homework!  
 10 stars gets you a pizza voucher!  
 .The last day for handing in book reviews is 6th March  
 .Only those with 10 stars participate in the day of play



DAY OF PLAY

Prize for team with best average!

WORLD BOOK DAY

6 MARCH 2025

IT'S WORLD BOOK DAY!

READ

20 MINUTES A DAY

STUDENT A reads at home	20 min/day	1,800,000	THEY WILL HEAR	8,000	THEY WILL HAVE READ FOR	851	HOURS BY 6TH GRADE	90%	AND ON STANDARDIZED TESTS, THEY WILL LIKELY SCORE BETTER THAN	10%	OF THEIR PEERS
STUDENT B reads at home	5 min/day	282,000	WORDS PER YEAR	8,000	THEY WILL HAVE READ FOR	212	HOURS BY 6TH GRADE	50%	AND ON STANDARDIZED TESTS, THEY WILL LIKELY SCORE BETTER THAN	10%	OF THEIR PEERS
STUDENT C reads at home	1 min/day	8,000	WORDS PER YEAR	8,000	THEY WILL HAVE READ FOR	42	HOURS BY 6TH GRADE	10%	AND ON STANDARDIZED TESTS, THEY WILL LIKELY SCORE BETTER THAN	10%	OF THEIR PEERS

Source: <http://read4us.org> 2014/11/19 read 20 minutes a day

# A Safe Car Park

Some rules for safe use of the new pick up and collection area

1. Enter school grounds from the A5. Do not leave the waiting box unless the school entrance is clear
2. Turn left and travel up to the Parochial house to the temporary round.
3. Drive slowly back down this private road and wait at the stop logo on the road until the collection point becomes available.
4. After you collect your children use the middle of the car park to execute a 3 point turn and then drive back out onto the A5
5. Do Not Stop behind the school bus as it reverses out. Drive up the private road instead.

Any waiting will create a back log so please move swiftly

**Word of the Week**

**MOVE**



**Caution**  
Moving vehicles

Times	P1/2 children	P3-7 +TUI club
Drop Off	8.45-9.15am	8.45-9.15am
Pick Up	2pm	3.00-3.15 pm



**Car park speed limit**

Please distribute this message to all those collecting children at St Malachy's.

When a child is in your care in the car park, please hold their hand until they enter the car.



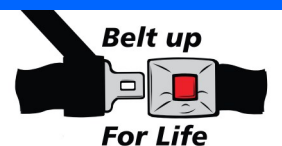
**Do Not Stop behind the school bus**



**Seatbelts Are For Everyone**

We remind the children in school that wearing a seatbelt, even in the carpark, is a must. Drivers and passengers who fail to wear seatbelts in the front and back of vehicles are breaking the law. There is evidence that people are less likely to use seatbelts on short or familiar journeys -

this puts them at serious risk of injury in a crash. Please belt up before you leave the carpark.



## Who do I talk to if I'm feeling worried?

Encourage your child to talk to their teacher, or any member of staff whenever something is worrying them. We have given each of them one of these newsletters so they remember who they can talk to when they are feeling worried about something. Mrs Mc Kenna is the Designated teacher for safeguarding and Mr Gormley is the Deputy. Pauline Turbitt is the Designated Governor for safeguarding and Michael Mc Rory is the chair of governors.

Who else can help me?

Board of Governors: Safeguarding Team

Mrs Pauline Mc Ginley Safeguarding

Mr Michael Mc Rory Chairperson

Mr Gormley Deputy Designated Teacher For Safeguarding

Talk to:

Mrs Mc Kenna Designated Teacher For Safeguarding

What do you do if you are worried about something?

## Concussion Awareness



The benefits of exercise and sport for children and young people are well known. Children who are active have stronger muscles and bones, are less likely to become overweight, have a lower risk of developing some illnesses and have a better outlook on life. Taking part in sport has additional benefits such as improving co-ordination, flexibility and stamina while being part of

a sports team provides a great sense of belonging and encourages life skills such as teamwork, goal-setting and self-control. Accidents happen from time to time, on the sports pitch, in the school grounds or even at home and injury can occur. This month we will be explaining a type of injury called a concussion to the children. Our message to them is to report to an adult whenever someone receives a blow to the head or is displaying any of the signs of concussion shown below.

- headache
- dazed or confused
- drowsy or sleepy
- Sick
- irritable or "in a fog"
- difficulty remembering things
- any other change in normal behaviour

## Safer Internet Day

Safer Internet Day is celebrated across the globe on 11th February. Schools, companies, governments are all getting involved to help encourage the safe, responsible and positive use of technology. For parents, Safer Internet Day is a great time to have a conversation with their child about staying safe online. The children will be carrying out planned activities to raise awareness of how to be safe on line across the month of Feb.

Safer Internet Day 2025 Tuesday 11 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

## Big Litter Pick

On Friday 21st Feb The pupil of St Malachy's will be taking care of their immediate environment by taking charge of 'The Big Spring Clean'! Each class will be given an area of the school to carry out a litter pick. We'll be surveying how the litter is created and we'll put measures in place to make an improvement of how litter is treated at St Malachy's.



## How Are You Getting Home?

If there is any change to how your child is being lifted after school please inform the child's teacher. The best way to inform the teacher is via email. If a child is lucky enough to be going to a friend's house for the afternoon it's important that the school knows who is collecting your child.



## Mid Term

The dates that the children are off for Mid Term are: Monday 10<sup>th</sup> until Friday 14<sup>th</sup> Feb. Returning to school on Monday 17<sup>th</sup>. Enjoy your break! Thank you again for all your support over the first half term of 2025.

## February 2025

Wk	Mo	Tu	We	Th	Fr	Sa	Su
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

# Children's Mental Health Week 2025

Children's Mental Health Week will take place from 3-9 February 2025. The theme this year is 'know yourself, grow yourself.' Annette Kelly from Little Penny thoughts will call in to speak to P6 and 7 about 'Kind Words for myself and others'. Some things we'll discuss with the children this week.

## Reflect on emotions, especially after challenging situations

We create a safe spaces for children and young people who are experiencing difficult emotions and thoughts. It can give them the chance to share what is going on inside of them and develop healthy ways to navigate life.

## Setting goals

Setting goals for our future helps us get to know ourselves and each other. It helps us focus on our hopes, dreams, and what we believe we can achieve.



## EAT SMART WITH THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 February 17 March 14 April 12 May 9 June	Homemade Beef Bolognese - Or - Home-Baked Margherita Pizza & Coleslaw  Green Beans & Diced Carrots  Penne Pasta or Baby Potatoes with Herbs  Iced Lemon Sponge Finger	Baked Breaded Whiting & Tartare Mayo - Or - Creamy Mac 'n' Cheese & Garlic Bread  Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato  Forest Fruits Flavoured Jelly with Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Fillet with Creamy Pepper Sauce  Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges  Cheesecake with Strawberry Sauce	Cook's Gammon with Stuffing & Gravy - Or - Penne Pasta with Tomato & Basil Sauce  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Belgian Waffle with Fruit Salad & Chocolate Sauce	Oven Baked Chicken Goujons with choice of Dip - Or - Baked Potato with Cheesy Beans & Salad  Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato  Artic Roll with Summer Berry Sauce
24 February 24 March 21 April 19 May 16 June	Golden Crumbed Fish Fingers & Mayo Dip - Or - Roasted Garlic & Pesto Chicken Pasta  Garden Peas & Baked Beans Mashed Potato or Pasta Salad  Homebaked Chocolate & Raspberry Brownie	Homemade Beef Lasagne with Garlic Bread Slice - Or - Home-Baked Margherita Pizza with Salad in Season  Baton Carrots & Broccoli Chipped Potato & Baby Potato Salad  Assorted Yoghurt Pots & Fresh Fruit Salad	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Oven-Baked Pork Sausages with Gravy or Ketchup  Sweetcorn & Spaghetti Hoops Steamed Fluffy Rice or Mashed Potato  Caramel Apple Crumble & Custard	Cook's Roast Turkey with Stuffing & Gravy - Or - Salmon Fishcake with Mayo  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Ice Cream with Two Fruits	Cheeseburger with Burger Sauce in Bun - Or - Tex-Mex Chicken Fajita  Mini Corn on the Cob & Coleslaw Chipped Potatoes or Baked Jacket Potato  Homebaked Oaty Biscuit with Fresh Fruit
3 March 31 March 28 April 26 May 23 June	Oven Baked Cod Goujons with Mayo Dip - Or - Veggie Dog with Crispy Onions & Ketchup  Garden Peas & Potato Salad Chipped Potatoes or Baked Jacket Potato  Ice-Cream Slider & Orange Wedges	Homemade Spaghetti Bolognese - Or - Chicken Tikka Mayo Wrap with Salad & Ketchup  Baton Carrots & Broccoli Spaghetti & Parsley Baby Potatoes  Homemade Jam & Coconut Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Home Baked Margherita or BBQ Chicken Pizza  Mini Corn on the Cob & Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes  Summer Fruit Salad & Yoghurt	Cook's Roast Pork with Stuffing & Gravy - Or - Homemade Savoury Mince with Crusty Bread  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Strawberry Jelly & Sliced Pears	Oven Baked Chicken Nuggets with Choice of Dip - Or - Ham & Mushroom Carbonara & Garlic Bread Slice  Sweetcorn & Baked Beans Chipped Potatoes or Baked Jacket Potato  Homemade Shortbread & Watermelon Wedge
10 March 7 April 5 May 2 June 30 June	Baked Cod Bites with mayo Dip - Or - Sweet Chilli Chicken Panini & Salad in Season  Mushy Peas & Coleslaw Chipped Potatoes or Baked Jacket Potato  Chocolate Krispie Square & Orange Wedges	Home-Baked Margherita or Tex-Mex Spicy Beef Pizza - Or - Penne Pasta & Roasted Mediterranean Vegetables  Baton Carrots & Broccoli Oven Baked Paprika Wedges & Baby Potato Salad  Cola Jelly & Chopped Fruit	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - BBQ Pulled Pork with Cheese in Brioche Bun  Sweetcorn & Roasted Butternut Squash Steamed Fluffy Rice & Pasta Salad  Angel Cake & Custard	Cook's Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Quorn Dippers with Choice of Dip  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Ice-Cream Sliced Pears & Caramel Sauce	Hot Dog with Ketchup - Or - BBQ Chicken Wrap with Salad in Season  Mini Corn on the Cob & Baked Beans Skinny "French Fries" or Baked Jacket Potato  Chocolate Cookie & Milkshake

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS, OR HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO PRODUCT AVAILABILITY

## CnmB Indoor Competitions

Both girls and boys select teams visit Loughview to participate in CnmB indoor gaelic heats over the month of Feb.