



# St. Mary's Primary School

## Parents' Newsletter

MARCH 2019 Issue 103



### IMPORTANT DATES



#### Primary 7 Pupils

Ceremony of Light in preparation for their Confirmation: **Tuesday 2<sup>nd</sup> April @7:30pm**

Confirmation Ceremony: **Thursday 2<sup>nd</sup> May** in Church of the Holy Family, Coalisland @ 5pm

#### Primary 4 Pupils

First Confession : **Wednesday 13<sup>th</sup> March** in St Mary's Church, Stewartstown

First Holy Communion. will be celebrated on **Saturday 18<sup>th</sup> May at 11 am** in St Mary's Church, Stewartstown  
@11am

### Coalisland Feis

Thank you for your returns for Coalisland Feis. It is lovely to see this tradition alive and well in school and a great confidence booster for the children.

Don't forget the feis takes place on **Saturday 9<sup>th</sup> March** in St Joseph's College Coalisland. Most children wear their school uniform to this event.

We will support the children in their preparation for their story and also you can log on to

<http://www.cairdeuineill.org>

### SCHOOL HOLIDAYS

School will be closed on

**Monday 18<sup>th</sup> March**

School closes for Easter on **Thursday 18<sup>th</sup> April** at 11am and reopens for third term on **Monday 29<sup>th</sup> April**



### The Soft Project

St Mary's and Stewartstown P.S. are delighted that the SOFT project 'Supporting Our Families Together' are working with us this year.

They will be working in both schools providing practical workshops for children, staff and parents. Examples of support that they will offer include: Health and wellbeing, developing good routines and school transition.

To start with they are running a **4-week positive parenting programme**. This is open to all parents. The aim of this programme is to support parents to develop practical skills to help at home when behaviour can get a bit challenging.

**Week 1: 6<sup>th</sup> March: Understanding Behaviour**

**Week 2: 13<sup>th</sup> March: Praise, Guidance & Criticism**

**Week 3: 20<sup>th</sup> March: Time out/Time to Calm Down**

**Week 4: 27<sup>th</sup> March: Choices & Consequences**

Each session starts at 1:45pm at Stewartstown P.S. – children at the 2pm collection can remain in school each Wednesday if you are attending- please let us know.

This is a super programme and we'd love to see as many parents from St Mary's attending. Thanks to Mrs Bolton from Stewartstown PS who has kindly agreed to host the programme. More information at

<http://softprojectcookstown.org/>

### Congratulations to Mr Reilly on the birth

of his baby son Michael. We are delighted to hear that Mum and baby are doing well!

### Birthdays Celebrations in March

Amelia Wylie  
Katie McElhatton  
Emer Hamill  
Rosa McIlhatton  
Amy Louise Glackin  
Holly McElhatton  
Jane Martin  
Oisín Bleeks  
Sinead Devlin  
Patricia Coyle  
Patricia Kells

## TROCAIRE

This year our fundraising effort for Trocaire will again be in conjunction with our 'Break Time Healthy Snack' costing....20p per day, commencing **Wednesday 20<sup>th</sup> March.**

Every pupil in each class will be asked to contribute to the sale. Further details will be sent home when their actual turn comes around.

Week 1: Mr Reilly's class  
Week 2: Mrs Hamill's class  
Week 3: Mrs Duffy's class  
Week 4: Mrs Hamill's class

A big **thank you** in advance for your support and generosity for this very worthwhile charity.

## Healthy Lifestyle from Cancer Focus

A workshop will be held in school on Tuesday 14<sup>th</sup> March for KS2 pupils helping them to be more aware of the impact of healthy food and lifestyle choices.

## St Patrick's Celebrations

Wear your green in style at St Mary's on **Friday 15<sup>th</sup> March.** School will celebrate with Irish dancing, language and music. Calling all Irish dancers have a routine ready!

## DATES FOR THE DIARY: MARCH

Date	Event
1 <sup>st</sup>	Mid Ulster Council Irish Language classes P5,6 & 7
4	School welcomes Fr Ryan McAleer Religious Adviser Visit
6 <sup>th</sup>	School Mass – Ash Wednesday
6 <sup>th</sup>	SOFT Parent Programme starts Week 1
7 <sup>th</sup>	World Book Day – bring your slippers to school and curl up with a book
8 <sup>th</sup>	Cancer Focus Health Promotion all classes
9 <sup>th</sup>	Irish Language Feis at Coalisland Parish Hall
13 <sup>th</sup>	SOFT Parent Programme starts Week 2
15 <sup>th</sup>	St Patrick's Green Day – Irish dancing, language and music
18 <sup>th</sup>	School Closed
20 <sup>th</sup>	SOFT Parent Programme starts Week 3
27 <sup>th</sup>	SOFT Parent Programme starts Week 4

## Swimming School Gala

Congratulations to the boys and girls who represented the school at the recent swimming school gala in Cookstown Leisure Centre.

# MARCH SCHOOL MEALS

Milk, Water, Bread, Fruit and Yoghurt available daily

If a child has an allergy please contact the Unit Catering Supervisor Menu subject to deliveries

Week Commencing	4 <sup>th</sup> March	11 <sup>th</sup> March	18 <sup>th</sup> March	25 <sup>th</sup> March
Monday	Savoury Mince Grilled Bacon Peas and Carrots Mashed Pots/Gravy Shortbread and Custard	Pasta Bologanise Butchers Burgers Peas/Carrots Mashed Pots/Pasta/Gravy Fruit Sponge Cake and Custard	<b>SCHOOL HOLIDAY</b>	Savoury Mince Butchers Burger Peas and Carrots Mashed Pots/Gravy/Pasta  Semolina and Fruit
Tuesday	<b>PANCAKE TUESDAY</b> Roast Chicken and Stuffing Broccoli /Carrots/Pasta Mashed Pots and Gravy  Pancakes and Fruit	Chicken Curry and Rice Fish Fingers Chips/Mashed Pots/Gravy Beans/Sweetcorn/Gravy  Swiss Roll and Chocolate Sauce	Chicken Nuggets Oven Baked Chicken Wrap/Savoury Rice Chips/Mashed Potato Sweetcorn/Savoury /Rice  Apple Crumble and Custard	Cheese and Tomato Pizza Chicken Pasta Bake Chips/Mashed Pots Beans /Sweetcorn Pasta/Gravy  Shortbread/Fruit and
Wednesday	Fish Fingers Tuna Wraps,, Peas/Beans Chips/Mashed Pots/Pasta/Gravy Chocolate Sponge and Custard	Roast Chicken/Stuffing Carrots /Broccoli/Pasta Mashed Pots/Gravy  Krispie Square and Custard	Roast Turkey and Stuffing Carrots and Broccoli Mashed Pots/Pasta/Gravy  Shortbread/Fruit/Custard	Roast Chicken/Stuffing Carrots/Peas/Gravy Pasta/Mashed Pots  Jelly and Fruit
Thursday	<b>WORLD BOOK DAY</b> Cocktail Sausages Mini Pizza/Mini Chicken Wraps/Pasta/Salad Diced Fries Ice-Cream Tub/Fruit	Home-made Veg and Chicken Soup Selection of Bread Butchers Burger and Bap Salad/Onions/Sauce/Cheese Chocolate Cookie and Fruit	Barbecued Chicken Wraps Cheese n tomato Pizza Beans/Peas/Pasta Chips/Mashed Pots/Gravy Jelly and Fruit/Custard	Chicken Curry and Rice Fish Fingers Peas/Corn/Pasta Mashed Pots/Gravy Chocolate Sponge and Custard
Friday	Home-Made Vegetable and Chicken Soup Butchers Burgers and Baps Salad/Onions/Sauce/Cheese Frozen Mousse and Fruit	<b>ST. PATRICKS BRUNCH</b> Cocktail Sausage and Bacon Scrambled Eggs/Beans/Toast Diced Fries  Artic Roll and Fruit	Home-made Veg or Chicken Soup Steak Burger and Bap Mixed Salad Cheese/Onions/Salad Chocolate Cookie Milk	Hot Dog/Tuna Rolls Mixed Salad/Mashed Pots Gravy/Pasta Artic Roll/Fruit