

# St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Principal: Mrs Louise Quinn



28<sup>th</sup> April 2023

Dear Parent/Guardian,  
Please find below some information for your attention.

## School Holidays

**Bank Holiday -1st May 2023** (School Closed)

**Additional Bank Holiday- Monday 8th May 2023** (School Closed)

**Bank Holiday- Monday 29th May 2023** (School Closed)

## School Closures

**Staff Baker Day -Friday 5th May 2023** (School Closed)

The school will be used as a polling station in the upcoming May Election.  
The school will be closed on **Thursday 18th May 2023**.

## Confirmation- Primary 7

Confirmation will take place on **Thursday 11<sup>th</sup> May 2023** at 5.00 pm in Church of the Assumption, Tullyallen. **School will close at 12 NOON on Thursday 11<sup>th</sup> May 2023**

## Confirmation Choir Practices

We kindly request that P5 and P6 choir members attend the practices on the dates below.

Wednesday 3rd May (6:30 pm -7:30 pm)

Wednesday 10<sup>th</sup> May (6:30 pm -7:30 pm)

## First Holy Communion- Primary 4

First Holy Communion will take place on **Saturday 20<sup>th</sup> May 2023** at 11.00 am in Church of the Assumption, Tullyallen.

The "Friends of Cabragh", Parent Support Group, warmly invite all our P4 children and their families to a special celebration in the Community Centre after First Holy Communion, where refreshments will be served.

A photographer has been booked. The photographer will take a class photo in the chapel and then individual/family photos back in the Community Centre after the ceremony.

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## Whole School Photo

It has been a while since a whole school photo has been taken in St Mary's. Jim Hamill, our school photographer will visit St Mary's on **Tuesday 30<sup>th</sup> May** to take a whole school photograph. We kindly request that the children wear **full school uniform** (Not PE uniform) on this date (school shirt/blouse, school tie, school jumper/cardigan, school trousers/skirt/pinafore).

## Chester's Challenge

Chester's Challenge is a fun, interactive health promotion and education programme for Primary 5 pupils. Chester's Challenge is adapted to tie in with the curriculum, with workshops focusing on healthy eating, keeping active, screen time and sleep. Jessica from NI Chest, Heart and Stroke will visit St Mary's on the following dates to deliver the programme. (Wednesday 10<sup>th</sup> May, Wednesday 17<sup>th</sup> May, Wednesday 24<sup>th</sup> May)

**Chester's Challenge comprises of:** Three 60-minute fun and interactive workshops delivered over three weeks for our Primary 5 class:

Week 1 – Ten Gems of Knowledge (Healthy eating/Eatwell Guide quiz/Importance of breakfast/Packing a healthy lunch box)

Week 2 – The Jungle (Physical activity guidelines – aerobic/strength/Hydration/Movement flow exercises)

Week 3 – Evening Time at the Tree House (Screen time/Fast food though food labels/Relaxation & sleep)

## Love For Life- Choices & Changes (Primary 6)

As part of our ongoing commitment to the personal development of our pupils, St. Mary's PS has invited

**Love for Life** to deliver the '**Choices and Changes**' programme to our Primary 6 pupils on Thursday 25<sup>th</sup> May 2023. This external input enhances what we already deliver in relation to Personal Development and Mutual Understanding (PDMU). Love for Life has a long-standing reputation for engaging effectively in the specific area of Personal Development and Mutual Understanding (PDMU). All of Love for Life's programmes are age-appropriate, offering accurate information in an engaging manner, helping children and young people to learn, reflect and develop in their knowledge, skills and attitudes in this important area. Outside organisations, like Love for Life, support us in our delivery of Personal Development and Mutual Understanding (PDMU).

The experienced and professional Love for Life team will create a safe and secure environment in which your child can have, engaging and respectful conversations about strong healthy relationships.

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## Love For Life- 'What's Inside' (Primary 7)

As part of our ongoing commitment to the Personal Development of our Primary 7 pupils, the children will be attending a workshop delivered by **Love for Life**, called '**What's Inside**' on Thursday 25<sup>th</sup> May. Love for Life has a long-standing reputation for engaging effectively in the specific area of Personal Development and Mutual Understanding (PDMU). All of Love for Life's programmes are age-appropriate, offering accurate information in an engaging manner, helping children and young people to learn, reflect and develop in their knowledge, skills and attitudes in this important area.

This interactive programme aims to equip pupils in P7 to deal with the changes that so often cause concern and anxiety at their age. We remind pupils that they are all unique by looking at the process of conception, the amazing construction of our bodies and the continuing process of growing up. The gender-specific puberty talk is often the most reassuring part of the day for pupils who are worried about changes in their bodies. Target setting, friendship and assertive behaviour skills are also addressed in the presentation.

The fun and interactive 'What's Inside' programme aims to equip the Primary 7 pupils to make healthy choices and is a vital part of their learning before their transition into secondary school. The workshop includes a separate boys and girls puberty talk, positive qualities in friendships, bullying and how to make good decisions. The main focus of the programme is to affirm the uniqueness of the individual and to encourage respect for themselves and others.

## P1 & P2 Creative Music Showcase

As part of our extended schools cluster with St. Mary's PS Ballygawley, our Primary 1 and Primary 2 children have been involved in weekly creative music lessons with Mr. Donal Gormley. It is now time for the children to showcase their learning!

**Primary One** - On **Wednesday 17<sup>th</sup> May** our Primary One children will travel to St Mary's PS Ballygawley, by bus, to perform alongside the P1& 2 Ballygawley pupils. Parents from both schools are welcome to attend from 11:00 -11:30am. St Mary's PS Ballygawley extend an invitation to our Primary 1 parents to attend the **Creative Music Showcase in St Mary's Primary School, Ballygawley on Wednesday 17<sup>th</sup> May 11:00 -11:30am**.

**Primary Two** - Then in the **afternoon, on Wednesday 17<sup>th</sup> May**, it will be the turn of the P3 pupils in St Mary's PS Ballygawley to travel to Cabragh to perform with our P2 children. Parents from both schools are welcome to attend from 1:30 -2:00 pm. We extend an invitation to our **Primary 2 parents to attend the Creative Music Showcase in St Mary's Primary School Cabragh, between 1:30 - 2:00 pm on Wednesday 17<sup>th</sup> May**.

We wish all the children taking part every success and thank Mr. Gormley for his work with the children this year. They have really enjoyed it. The children should wear full school uniform for the performance. Thank you.

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## Swimming Lessons

The dates for swimming lessons for P4 this month are **Friday May 12<sup>th</sup>, Friday May 26<sup>th</sup>, Friday June 2<sup>nd</sup>.**

Swimming lessons are compulsory and part of our Physical Education Curriculum. 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.

## Boundaries and Transitions Programme – Primary 7

To help support our Primary 7 pupils as they prepare to transition to Post-Primary, we have booked REIM to deliver a Pupil Workshop 10:30-12:30 on **Tuesday 2<sup>nd</sup> May 2023** and in the afternoon a Pupil and **Parent Workshop 1:15- 2:45 on Tuesday 2<sup>nd</sup> May 2023.**

The 'Boundaries and Transitions' programme is aimed at children in their final year of primary education and their parents. The programme will provide a space where the experience of making the transition to second-level education can be explored. The workshops will provide both parents and pupils with the skills and knowledge to communicate effectively with each other throughout the transition period, focusing on both offline and online activity, at a time when children are exploring their independence.

The 'Boundaries and Transitions' programme promotes communication, resilience and positive mental health for young people who are transitioning to post primary education. The interactive workshop will help to prepare our P7 pupils for transitioning to Post Primary and give them the tools and skills to deal with any stress or anxiety that this may bring.

We invite our P7 parents to this very worthwhile **Pupil/Parent workshop on Tuesday 2nd May 2023 (1:15pm- 2:45pm)** in St Mary's Primary School. The workshop will help you to support your child as they transition to Post – Primary and will explore the changing dynamic in families as pre-teens gain independence and responsibility. We kindly request that you complete the reply slip and indicate if you will be joining your child for the Parent/Pupil Workshop.

## SEAG- Information for P6 Parents

The assessment being used by all selective post primary schools in N Ireland is changing. Every one of the 62 schools that use academic selection within their admissions process will now use the outcomes from an assessment provided by the Schools' Entrance Assessment Group (SEAG). If your child is transferring to post-primary education in 2024 and you would like your child to sit the SEAG Entrance Assessment in November 2023 then the following information may be helpful:

- You will need to register on the SEAG website
- Having registered you will be able to complete an online Pupil Application for your child to sit the Assessment.
- The Parent Registration and **Pupil Application period will run from 9am Wednesday 3 May 2023 until 5pm Friday 22 September 2023.**
- No Pupil Applications can be accepted after 5pm Friday 22 September 2023.
- The 2023 SEAG Entrance Assessment consists of two papers. The first will be held on Saturday 11 November and the second on Saturday 25 November.
- Each paper has 28 English and 28 Maths questions.



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For more detailed information about SEAG and the Entrance Assessment please go to:

<https://seagni.co.uk>

## Key Stage 2 Gardening Club

We are delighted to announce that we will be running a Gardening Club for our P6/P7 pupils. Mr Mc Erlean (P6) will run the sessions and we are delighted to be able to offer this club free of charge through the Extended Schools Programme. Gardening is not only healthy, fun, and fulfilling but it will also help our pupils develop new skills and expand their knowledge about the science of growing. The club will take place after school from 2:45-3:45pm on the dates below. **(Please note that some dates have been changed since the April Newsletter, due to Confirmation on 11<sup>th</sup> May and the Elections on 18<sup>th</sup> May.)**

**P6 & 7-** (Wednesday 17<sup>th</sup> May, Thursday 25<sup>th</sup> May, Thursday 1<sup>st</sup> June, Wednesday 7<sup>th</sup> June)

***There are only 12 places per class available for this after school. You will receive notification if your child has been selected for the P6/7 Gardening Afterschool.***

## Katie Carey- The Calm Kit

We are delighted to announce that Katie Carey from "The Calm Kit" will be working with our Key Stage 2 pupils this term! The children will take part in well-being workshops on the following dates in Term 3. (21<sup>st</sup> April, 28<sup>th</sup> April and 12<sup>th</sup> May).

The children will take part in lots of fun activities including yoga, arts, crafts and music to promote positivity and healthy, happy minds. The workshops will help the children to become more confident and resilient. The children will have opportunities to express themselves, develop emotional resilience and relax.

## Multi-Sport/Basketball Afterschool Club

**Primary 6** children will have their final session on **Monday 15<sup>th</sup> May**.

**Primary 7** commence the Multi-Sport/Basketball Afterschool Club on **Monday 22<sup>nd</sup> May 2023**. P7 children should bring their PE gear to school in a bag on the dates below. The children will be permitted to change at home-time. The children should be **collected at 3:45 pm sharp**.

Multi-Sport/Basketball Afterschool Dates for Primary 7.

- Monday 22<sup>nd</sup> May
- Monday 5<sup>th</sup> June
- Monday 12<sup>th</sup> June
- Monday 19<sup>th</sup> June
- Monday 26<sup>th</sup> June

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## Post-Primary - Notification of outcome of applications (Saturday 20<sup>th</sup> May 2023)

You do not need to log in to EA Connect on Saturday 20<sup>th</sup> May to find out the outcome of your application. If you submitted an application through EA Connect **an email will be issued to you on the morning of Saturday, 20<sup>th</sup> May 2023 notifying you of the outcome of your child's application.**

If you submitted a paper application by the closing date of 4pm 23<sup>rd</sup> February you will receive notification by email, where an email address was provided, or by post where an email address was not provided. Applications received in exceptional circumstances up until 4pm 9<sup>th</sup> March will receive notification of placement by email (or by letter, where an email address was not provided) on Saturday 20<sup>th</sup> May 2023. Applications received after 4pm 9<sup>th</sup> March will not be considered by the school(s) until after 20<sup>th</sup> May 2023. Where a school is able to offer a place it will contact you directly.

you on the same date and you will be asked to add additional preferences from a list of schools which still have places remaining available.

## Primary 7 - St Ciaran's College Induction Day

All those pupils who will be transferring to St Ciaran's College, Ballygawley, in September 2023, will be attending St Ciaran's on **Thursday 8<sup>th</sup> June** for their Induction Day.

## Primary One Induction

We invite our new Primary 1 Entrants to an Induction Morning on **Thursday 8<sup>th</sup> June 2023.**

The children will have the opportunity to meet their new teacher, Miss Cush, view their classroom and play with their friends. (More information to follow)

## End of Year Mass

The End of Year Mass will take place on **Monday 12<sup>th</sup> June.** (Please note that this date may be subject to change)

## The Cabragh Cup

The Cabragh Cup will take place on **Tuesday 13<sup>th</sup> June 2023.**

Please do not hesitate to contact the school if you have any questions regarding any of the above.

Kind regards,

*Louise Quinn*