

# St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Principal: Mrs Louise Quinn



Dear Parent/ Guardian,

8<sup>th</sup> September 2023

We welcome back all our children for another school year and especially our 28 new Primary 1 children who begin primary school with us in St. Mary's and our new pupils who have joined us in other classes. I welcome our new parents and hope you have a very positive experience within our school community.

The emotional health and wellbeing of all our pupils is a key priority in St. Mary's. With this in mind, we will be offering a wide range of fun activities to support the children's physical and mental health, both during school and after school. These activities will include sport, music, drama, 'Relax Kids', 'The Calm Kit' and French Club.

Please find below details of the wide range of fun activities planned for this term.

## After School Clubs

- **Multi-Sport Afterschool** will begin on Monday 11<sup>th</sup> September for Primary 6. We successfully applied for funding from the Extended School's initiative for this club so there will be no charge. The club runs from 2.45 pm- 3.45 pm. The children in P6 should bring their PE kit to school in their bag on this day. The children will be permitted to change at home-time.
- **P7 Transfer Numeracy & Literacy Club** will start on Monday 4<sup>th</sup> September and will run on Monday & Tuesday evenings from 2.45 pm – 3.45 pm.
- **Fundamentals Coaching**- This year we have secured some funding (Killeeshil GAA Club) to help us to employ AB Coaching to facilitate a Coaching Programme for P1-P7 in St. Mary's. I would like to take this opportunity to thank Killeeshil GAA Club for generously contributing towards the cost of this programme and for reducing the cost to parents. This is very much appreciated by all at St. Mary's! There will be a small charge to parents. **The cost is £15 per child, for the year. This can be paid in 3 termly instalments of £5.** Fundamentals Coaching for P1-P7 commences on Friday 8<sup>th</sup> September. The children in P1-P7 should wear their PE uniform into school on Fridays.
- **Drama Afterschool** will begin on Monday 11<sup>th</sup> September 2023 for Primary 3. (11<sup>th</sup> September, 18<sup>th</sup> September, 25<sup>th</sup> September) We look forward to welcoming Stephanie Faloon to St Mary's, to deliver the Drama Club. We successfully applied for funding from the Extended School's initiative for this club so there will be no charge. The club runs from 2.45 pm- 3.45 pm.

## REIM Coding Workshops- P6 & P7

St Mary's has secured funding for Coding workshops in P6 and P7. These workshops will be delivered by REIM on the following dates. Tuesday 26<sup>th</sup> September, Tuesday 3<sup>rd</sup> October, Tuesday 10<sup>th</sup> October and Tuesday 17<sup>th</sup> October.

This initiative is funded by Extended Schools, so there will be no charge

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## Swimming

Swimming lessons commence on Friday 15th September for Primary 6. (6- week programme). Swimming lessons are compulsory and part of our Physical Education Curriculum. **The cost of swimming lessons (including transport) for Primary 6 will be £16.** The fee can be paid on the School Money App. 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 (Friday). Your child will need to bring their swimming costume/swimming trunks, a towel, and goggles to school on each of the following Fridays. September 15th, 22nd, 29th & October 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>.

## French Club

Le Club Français will resume in St. Mary's on Monday 11th September (P1-P5) and Wednesday 13<sup>th</sup> September (P6 & P7). We look forward to welcoming Mrs Diane Daly back to St. Mary's. Diane will teach French to all children in P1-P7 during the school day. Le Club Français is a fun language club for children. The children will learn French through songs, games, plays, stories and lots of fun activities. **The cost of French Club is £15** per child for the year. This can be paid in 3 termly instalments of £5. The fee must be paid via School Money. Learning a foreign language at a young age has many benefits for children and can reinforce literacy skills and nurture enthusiasm. Studies suggest that at a cognitive and academic level, children learning an additional language are more creative, better at solving complex problems and can score higher on standardised tests.

## St Ciaran's College Afterschool Clubs- P6 & P7

We have partnered with St Ciaran's College, Ballygawley, to provide a Technology Club, Art Club and Gymnastics Club on Tuesday evenings. The children will be taken to St Ciaran's by bus after school finishes and will be returned back to school at 4.45pm, when they can be picked up by their parents at school. The Club will run for 4 weeks for the Primary 6 children in October. (Tuesday 3<sup>rd</sup> October, Tuesday 10<sup>th</sup> October, Tuesday 17<sup>th</sup> October, Tuesday 24<sup>th</sup> October) In January 2024, the Club will run for 4 weeks for the Primary 7 children. (Tuesday 9<sup>th</sup> January, Tuesday 16<sup>th</sup> January, Tuesday 23<sup>rd</sup> January, Tuesday 30<sup>th</sup> January) This initiative is funded by Extended Schools, so there will be no charge.

## Relax Kids

We look forward to welcoming Paula McGilligan from Relax Kids back to St Mary's on Thursday 14th September 2023. We are happy to let you know that P1-P4 will have the opportunity to take part in the 6 week Relax Kids programme. We have secured funding through the Extended Schools Programme, so there will be no charge.

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## What is Relax Kids?

Relax Kids supports your children's mental and emotional health and wellbeing with a range of tools and techniques to help calm their body and mind and build confidence and self-esteem. Relax Kids use a pioneering 7-step whole-brain holistic approach and fun, magical and creative techniques to help your children feel happier and healthier.

Please also see the Parent Area/ Relax Kids for resources and information about Relax Kids or visit the Relax Kids website. <https://relaxkids.com>

## **The Calm Kit- Katie Carey**

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. (Friday 8<sup>th</sup> September, 15<sup>th</sup> September, 22<sup>nd</sup> September and 29<sup>th</sup> September). 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.

## **Flu Vaccine**

The school nurse will be here on **Friday 13th October** to administer the **flu vaccine**.

## **SEAG- Information for P7 Parents**

Pupil Registration for the SEAG Entrance Assessment is closing soon.

**The deadline is 22nd September 2023.**

- Assessment Paper 1 - 11th November 2023
- Assessment Paper 2 - 25th November 2023
- Results Issued - 27th January 2024

If you want your child to have the opportunity to apply to an academically selective school, then your child will need to sit the SEAG Entrance Assessment papers. You will need to complete a Pupil Application so that SEAG has all the details it needs to be able to put arrangements in place for your child to take the Entrance Assessment on 11th November 2023 and 25th November 2023 in one of the SEAG Assessment centres. Only pupils for whom a Pupil Application has been completed are registered to sit the Entrance Assessment. All Pupil Registrations for the 2023 SEAG Entrance Assessment including all outstanding documentation must be completed and submitted by the 5pm deadline on Friday 22nd September 2023. The area on the website which parents complete to make a Pupil Application will not be open after the deadline has passed.

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**If you wish your child to sit the Entrance Assessment, please register as soon as possible so that you do not miss the deadline.** Your child's birth certificate and a passport sized photograph must be uploaded to confirm the identity of the pupil. There is an administration fee of £20 to register a child to sit the Entrance Assessment. Parents of pupils with a Free School Meals Entitlement (FSME) are exempt from the £20 fee.

## Start of Year Mass

The Start of Year Mass will take place on **Tuesday 19<sup>th</sup> September, at 10:00 am** in St Joseph's Church, Ackinduff. (Please note that this date may be subject to change)

## Primary 3 Trip to Palace Stables- Boxes in the Attic

On Monday 25<sup>th</sup> September 2023, the Primary 3 children will visit the Palace Stables as part of their World Around Us topic, "Down Memory Lane". The cost of the trip is **£10**. The trip can be paid for via School Money. Please ensure to complete and sign the consent form and return to school. The children should wear their school uniform and bring a packed lunch.

## Healthy Eating

A reminder that St Mary's Primary School promotes healthy eating at school. Schools are monitored by the Department of Education to check that they are doing everything possible to promote healthy eating. Please see the school website for healthy lunchbox ideas

<https://www.stmaryscabragh.com/parent-area/healthy-eating/>

or click on the links below for some ideas.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

## Break-time Snacks

All children have a break at 10.30am. It is important that all children bring a daily snack to school for their mid-morning break. **Children should bring a healthy snack (sandwich, wrap, crackers/cheese, fruit, carrot sticks etc.)** High fat and high sugar content foods like crisps, sweets, biscuits, buns, chocolate, sugary cereal bars and soft drinks are not permitted.

**PLEASE NOTE:-** We have a large number of children with life threatening nut allergies. Please **DO NOT** send nuts to school with your child or foods that contain nuts.

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

Kind regards,

*Louise Quinn*