

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Principal: Mrs Louise Quinn



27th October 2023

Dear Parent/Guardian,

I would like to thank you all for your support during our first half – term. It has been a busy term and the children have been working so hard. I hope everyone has a well - deserved Halloween break! Please see below for some key information and events coming up in November.

Halloween Holidays

School is closed Monday 30th October – Friday 3rd November inclusive. School will re-open on Monday 6th November 2023.

Library Van

The Library Van will be in school on **Wednesday 15th November** and **29th November**. The children in P4- P7 should bring their library books to school on these days.

Primary 5 WAU Trip

Primary 5 will travel to the Navan centre on **Thursday 9th November** for their 'Vikings' WAU trip. The cost of the trip is **£10** and can be paid for via the SchoolMoney App. The children should wear their school uniform and will require a packed lunch. The children will be home in time for the school buses.

Ulster Orchestra Visit

I am delighted to announce that the Ulster Orchestra will visit St Mary's on **Thursday 9th November** 2023 and the children from the school will get to experience a taste of the Orchestra close-up. The show is an interactive experience of images and music and will take the children on a whistle stop tour of the instruments of the orchestra - what they look and sound like, the fundamentals of sound and music creation and an exploration of the power of music on imagination and mood.

The music the children will hear is from TV and Movies accompanied by video and images on screen, and during the show, the children get to choose the tunes they wish to hear. The interactive segments will allow some of the children to play hand chimes with the players and become a conductor for the day.

Swimming P5

Swimming lessons are compulsory and part of our Physical Education Curriculum. The cost of swimming lessons (including transport) for Primary 5 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

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(Friday). Your child will need to bring their swimming costume/swimming trunks, a towel, and goggles to school on each of the following Fridays. (Friday 10th November, 17th November, 1st December, 8th December and 15th December).

P5 Art Afterschool

Art Club for Primary 5 will commence on **Tuesday 7th November** (2:45 – 3:45 pm) and will run for 4 weeks. (7th November, 14th November, 21st November, 28th November) We successfully applied for funding from the Extended School's initiative for this club so there will be no charge.

The Art Afterschool will be led by a specialist Art teacher, Mrs Karina Avene (Aveka Art). Projects will include coloured sand painting, clay painting/application, Pictures made from natural materials including dried leaves, flowers etc, and watercolour painting. Art gives children a way to communicate and develop confidence and it also encourages creativity. It will also improve fine motor skills and hand-eye coordination and helps children to develop their communication and vocabulary skills. The benefits of art and craft activities stretch from academic and educational to personal and emotional. Taking part in Art will support your child's emotional wellbeing and help them to feel more confident, calmer and happier.

Love For Life Workshops

Love For Life will visit St Mary's on **Monday 13th November**.

Love for Life will deliver the 'Wonder!' programme to our P3 and P4 pupils and the 'I-Smart' programme to our P5 pupils.

'**Wonder!**' is an exciting and interactive presentation for Key Stage 1 pupils. The 'Wonder!' programme invites our P3 and P4 pupils to wonder at how amazing and unique they are, to value and appreciate the people around them, to recognise and manage their feelings and emotions, and to understand the importance of keeping healthy and staying safe. The programme is jam packed with inspiring content to encourage self-awareness and build self-esteem, and to highlight the importance of having respect for your amazing body and that of others. Pupils will unpack what a healthy friendship looks like, as well as how to deal with conflict in a constructive way. Through fun activities and stories, the pupils will be able to celebrate being part of a diverse community made up of wonder-fully unique people!

Topics covered in this presentation include:

- Self-esteem & uniqueness
- Valuing community & diversity
- Keeping the body healthy and safe
- Exploring and managing emotions
- Friendship
- How to get help

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Love for Life will deliver the 'I-Smart' programme to our P5 pupils on **Monday 13th November**. 'I-Smart' is an interactive presentation that takes **the P5 pupils** on a journey through the digital world and helps them to make smart and safe choices online. The presentation encourages pupils to use and develop critical thinking and problem-solving skills to navigate tricky situations that they may come across online. It also helps them develop language so they can describe how they operate in the online world. Pupils will be encouraged to reflect on how digital platforms affect the rest of the world and to consider how they can make this impact a positive one in their lives.

Topics covered in the presentation include:

- Self-esteem & uniqueness
- How the internet works
- How to treat people online & cyberbullying
- Personal information & sharing
- Social Media & mental health
- Safe searching
- How to get help

REIM E-Safety Workshops (P6 & P7)

REIM will visit St Mary's on **Wednesday 22nd November** to deliver E-Safety Workshops for our Primary 6 and Primary 7 pupils. The workshops provide up to date information and advice on current technology and trends in an informal and fun way, covering topics like cyber-bullying, stranger danger, creating a positive digital footprint and the negative impact social media can have on us as internet users.

REIM Parent E-Safety Workshop

REIM will deliver a Parent E-Safety Workshop via Zoom on **Thursday 23rd November @ 7:00 pm**. More information to follow soon. The workshops educate parents and carers in the practical skills needed to set up parental controls and protect their children online while using their devices. REIM also provide knowledge on how to keep children safe while using some of the frequently used social media sites and tips on dealing with cyber-bullying.

Dairy Council Food and Fitness Team - P5 & P6

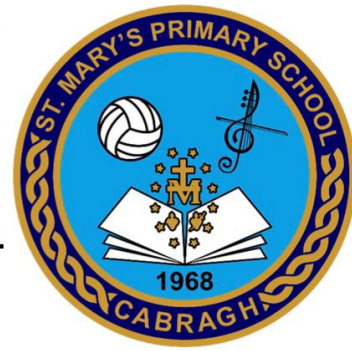
On Thursday 23rd November, P5 and P6 will attend an informative and active workshop delivered by the Dairy Council. The Dairy Council have asked that the children wear their PE shoes on this day for practical activities. The children will learn all about finding the balance between food and fitness, learning the importance of ensuring we are eating a balanced diet and getting enough exercise each day.

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Ulster Orchestra Concert

The Primary 5 and Primary 7 children will travel to The Strule Arts Centre for the Ulster Orchestra Concert on **Friday 24th November**. This can be paid for via the School Money App in November. The children will be home in time for their school dinner.

P5 Multi-Sport/Basketball Afterschool Club

This after school club is funded by the Extended School's initiative, so there will be **no charge**. The Afterschool Club runs from 2.45 pm-3.45 pm on a Monday and will be facilitated by a trained professional. The Multi-Sport Afterschool will be offered to **Primary 5 pupils** commencing Monday 6th November 2.45 pm-3.45 pm. The dates for Afterschool for **P5** are – **Monday 6th November, 13th November, 20th November, 27th November, 4th December, 11th December and 18th December**. P5 children should bring their PE gear to school in a bag on these dates. The children will be permitted to change at home-time.

Anti-Bullying Week 2023: Make A Noise About Bullying

Anti-Bullying Week 2023 will take place from **Monday 13th - Friday 17th November**. The theme is Make A Noise About Bullying. Odd Socks Day is a great way to celebrate what makes us all unique in Anti-Bullying Week! **Odd Socks Day 2023** will take place on **Monday 13th November**. We encourage all the children to wear odd socks to school on Monday 13th November.

Hip Psychology- Anti- Bullying Workshops

As part of Anti Bullying Week, we have employed Hip Psychology to deliver Anti-Bullying Workshops to our P6 & P7 pupils. (**P6- Monday 13th November** and **P7 -Thursday 16 November**) Through a fun and engaging approach Hip Psychology will cover the following topics:-

- **IMPACT**
We explore with pupils the deep impact that both bullying behaviour and false accusations of bullying behaviour can have on others.
- **CONDITIONS**
The workshop educates pupils on what exactly bullying behaviour is and what it is not. Our aim is to reduce the hurt caused and time wasted via false accusations. We also explore the differences between bullying and conflict.
- **TYPES OF BULLYING**
Pupils will recognise the different forms of bullying behaviour. 1. Emotional. 2. Verbal. 3, Cyber. 4 Physical
- **INCLUSIVITY**
We highlight the power of being inclusive and kind to others. We look at how our behaviour can impact how others deeply. Our aim is to have pupils think about the consequences of their actions on others.

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Nessy Programme for P2 and P3 Pupils

St Mary's has invested in the 'Nessy' programme for all our P2 and P3 pupils.

Nessy Reading & Spelling is an internet-based literacy program that provides structured and personalised learning plans to support children aged 6-11 years old.

Pupils start by taking the Nessy Challenge to establish their baseline reading and spelling skills. The program then automatically assigns them personalised reading and spelling target lessons. These enable students to work independently, filling in the gaps in their learning before moving on to more challenging material in a structured, incremental approach. There are 100 lessons that include a mix of video strategies, games and worksheets covering:

- ✓ Phonological awareness
- ✓ Phonics
- ✓ Fluency
- ✓ Vocabulary
- ✓ Comprehension

Teachers can monitor pupils' progress using detailed reports that allow them to see where the pupils are struggling and when they have achieved curriculum objectives.

PLEASE NOTE:- Parents SHOULD NOT help their child with the activities on Nessy as this will skew the programme and Nessy will set a level of spelling that is too difficult for your child.

How Nessy Works

Assessment: Pupils begin by taking the Nessy Challenge to establish their baseline reading and spelling skills. The program then automatically assigns personalised reading and spelling target lessons.

Reporting: Reporting allows teachers to identify areas of instruction monitor pupil use of the program and progress.

Individualised Approach: Pupils work independently through a series of lessons with videos, games and worksheets.

Rewards: Pupils collect Nessy nuggets as a reward for their effort. They can trade their nuggets for games and virtual trophies.

Accelerated Reader (P4-P7)

As you are aware, your child was set an individual AR target at the start of the school year. It is so important that your child uses this fantastic resource for reading, to improve fluency and comprehension skills. The end date for this term's target is **Friday 15th December 2023**. Please encourage your child to keep **reading at their ZPD level** and taking AR quizzes at their level to ensure he/she reaches 100% by 15th December 2023.

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Mathletics (P3-7)

Mathletics is an online learning platform that engages pupils through challenges and rewards.

Linked to the National Curriculum, Mathletics supports children as they develop confidence in mathematics and allows them to practise key skills in a wide range of areas.

It is designed to provide pupils with a captivating and safe learning experience which combines targeted and adaptive curriculum content, structured and interactive support, with engaging games and rewards.

Christmas Concert

The Christmas Concert will take place on **Wednesday 13th December 2023** in Killeeshil Community Centre at 7:00 pm.

December Dates for the Diary

- December 5th - 'Snow White' in the Grand Opera House, Belfast (**P5, P6 & P7**)
The children should return to Killeeshil at approximately 5:00 pm. **This year, to avoid traffic congestion on the Whites Road, we ask that all parents collect their child at the Community Centre, at approximately 5:00 pm.**
- December 6th - School Christmas Dinner
- December 12th - 'The Snowman' in the Navan Centre, Armagh (**P1 & P2**)
- December 13th - Christmas Concert in the Community Centre @ 7:00pm.
- December 19th - 'Aladdin' Market Place Theatre, Armagh (**P3 & P4**)
- December 21st - Half Day. Children should be collected at **11:00 am sharp.**
- Christmas Holidays- December 22nd 2023 – January 3rd 2024 inclusive.
- School re-opens Thursday 4th January 2024.

Please do not hesitate to contact me if you require further information. Thank you.

Kind Regards,

Louise Quinn