



St. Mary's Primary School



PROSPECTUS

CONTENTS

• WELCOME ADDRESS	PAGE 1
• OUR ETHOS	PAGE 2
• MISSION STATEMENT	PAGE 3
• AIMS OF THE SCHOOL	PAGE 4
• ADMISSIONS POLICY	PAGE 5 - 6
• WORKING IN PARTNERSHIP WITH FAMILY	PAGE 7
• SCHOOL STAFF/BOARD OF GOVERNORS	PAGE 8 -10
• CURRICULUM	PAGE 11-12
• LANGUAGE AND LITERACY	PAGE 13
• MATHEMATICS AND NUMERACY	PAGE 14
• WORLD AROUND US	PAGE 15
• THE ARTS	PAGE 16
• PHYSICAL EDUCATION	PAGE 17
• PERSONAL DEVELOPMENT AND MUTUAL UNDERSTANDING	PAGE 18
• RELIGIOUS EDUCATION	PAGE 19
• ASSESSING YOUR CHILD'S PROGRESS	PAGE 20
• MEETING INDIVIDUAL NEEDS	PAGE 21
• PASTORAL CARE	PAGE 22
• PARENTAL AND COMMUNITY INVOLVEMENT	PAGE 23
• SCHOOL POLICIES, CHILD PROTECTION & SAFEGUARDING, CONCERNS AND COMPLAINTS	PAGE 24-25
• HOW A PARENT CAN RAISE A CONCERN	PAGE 25
• AFTER-SCHOOL CLUBS AND ENRICHED PROVISION	PAGE 26
• ATTENDANCE	PAGE 27
• POSITIVE BEHAVIOUR	PAGE 28
• SCHOOL CALENDAR	PAGE 29
• SCHOOL UNIFORM	PAGE 30
• SCHOOL HOURS	PAGE 31
• VISITORS TO SCHOOL	PAGE 32
• SCHOOL MEALS AND HEALTHY BREAKS / LUNCH	PAGE 33-34
• HOMEWORK	PAGE 35

WELCOME

Dear Parent / Guardian,

I extend a warm welcome to you and your child. St. Mary's is in the Parish of Killeeshil and as a Catholic school our overriding aim is to establish and foster Christian values for life.

St Mary's is a caring school where the whole school community shares a common goal - to do the very best for all the children in our care. At St. Mary's Primary School, Cabragh, we aim to serve the families in our school community by providing an outstanding education of the highest possible quality.

Our primary school setting strives to offer pupils a curriculum that develops the whole child in a safe, secure, happy, caring and stimulating environment. In St. Mary's we are proud of how the teachers, parents and pupils work together in partnership in the best interests of each child.

Starting primary school can be a big step for your child but, be assured, all the teachers and staff in St. Mary's will do everything to make school a happy place for your child to be and make the transition as smooth as possible. We operate an 'open door' policy and so, with good communication between home and school, any matters can be addressed in good time for the benefit of your child.

I hope this prospectus gives you a feel for the child-centred provision we offer. A visit to our school will give you an even better appreciation of our ethos and excellent facilities. Should you have any other questions, please do not hesitate to contact me. You are most welcome to our Open Afternoon, and I look forward to meeting and getting to know you and your child. I trust they will have much happiness in our school.

With sincere good wishes,

Louise Quinn
(Principal)

OUR ETHOS



Our school's distinctive Catholic ethos creates a happy, caring and stimulating environment in which all children can achieve their potential and experience success in their learning and development. At St. Mary's Primary School, we are proud of our child-centred education. We believe that children learn best when they are happy. While striving for academic excellence, we also recognise each child as a unique individual with not only academic but also spiritual, moral, physical, social and emotional needs. We aim to develop each child's full potential and recognise that an active and meaningful partnership between school, parents and parish is essential to our school's success, as well as your child's development.



MISSION STATEMENT

The Board of Governors and staff of St Mary's Primary School Cabragh believe the school to be a vital part of our Catholic Community. We nurture all individuals in their school life to achieve their potential by:

- ❖ Celebrating self-worth and understanding individual talents and achievements.
- ❖ Understanding and empathising with others.
- ❖ Embracing diversity and having respect for all.
- ❖ Developing their role as citizens of the local and global community.
- ❖ Developing a spirit of charity, justice and concern for others.

We at St. Mary's believe that each child will be inspired and experience success through:

- ❖ An ethos that upholds Catholic Christian values.
- ❖ An environment where Catholic values are embedded in the life of the school and wider community.
- ❖ An enriched, inclusive learning environment.
- ❖ Stimulating, challenging learning experiences that motivates learners.
- ❖ A skills-based curriculum promoting independent thinking, creativity and a positive approach to life - long learning.

St. Mary's primary school aims to empower our young people to achieve their potential, to make informed and responsible decisions throughout their Christian lives and to show respect and concern for others. We at St. Mary's demonstrate our commitment to working together as a learning community by embracing new initiatives, working as a team and striving towards success for all.

AIMS OF THE SCHOOL

St Mary's Primary School aims:

- To provide a Catholic ethos based on Gospel values.
- To celebrate diversity and promote respect for other cultures and traditions.
- To provide a stimulating, caring environment which celebrates achievement.
- To nurture pupil development through quality teaching and learning and pastoral care.
- To engage in partnership with family, the parish and the wider community.
- To foster a positive attitude towards our environment and encourage a healthy lifestyle.



ADMISSIONS POLICY

When considering which children of school age, should be selected for admission, the Board of Governors will only take into account information which is detailed on the application or provided directly to the school. Parents should therefore ensure that all information pertaining to their child and relevant to the school's admissions criteria is stated on the application or provided directly to the school, example – eldest child.

Criteria will be applied in the order set down to all applications prior to enrolment and before any other transfer from another school:

1. Children from Killeeshil Parish.
2. Children who will have a brother/sister, half-brother/half-sister in attendance in the current school year.
3. Children whose brother/sister, half-brother/half-sister previously completed at least 3 academic years in St Mary's Primary School Cabragh (name(s) and dates attended must be stated on the application form).
4. Children who are the eldest in the family, whose parent(s) grandparent(s) previously completed at least 3 academic years in a primary school in Killeeshil Parish, school, name(s) and dates attended must be stated on the application form).
5. Children of employees of St Mary's Primary School, Cabragh.
6. Children who are the eldest in the family or the first child in the family eligible for mainstream education or an only child.
7. Children of compulsory school age from other areas.

Tie Breaker

If St Mary's is still oversubscribed after applying the last criteria, remaining places will be allotted on the basis of the proximity of the child's home to the school based on the closeness of home to school as measured by Google Maps UK, using the A to B tool.

ADMISSIONS POLICY

Duty To Verify

The Board of Governors reserves the right to require such supplementary evidence as it may determine to support or verify information on any application. If the requested evidence is not provided to the Board of Governors by the deadline given, this will result in the withdrawal of an offer of a place. Similarly, if information is supplied which appears to be false or misleading in any material way, the offer of a place will be withdrawn.

Waiting List Policy

The school does not operate a Waiting List Policy.

Admission to Primary 2 - Primary 7

Admission to these classes will be based on the above criteria provided that such an admission does not prejudice or threaten the efficient use of school's resources and subject to a reasonable and manageable upper limit on the number of pupils any one teacher has to cater for.

Applications and Admissions to Primary 1

<u>Year</u>	<u>Total Applications</u>	<u>Total Admissions</u>
2020/2021	32	32
2021/2022	28	28
2022/2023	32	30
2023/2024	28	28

WORKING IN PARTNERSHIP WITH FAMILY

St Mary's Primary School strives to maintain close liaison with parents.

We enable parents to participate in the education of their children by:

- Making available information about teaching and learning through verbal and written communication. (Google Classroom, School Texting Service, School Website, School Facebook etc)
- Friends Of Cabragh- Parent Support Group
- Hosting school events (Grandparents Day, St Brigid's Day Cross-Making, Carol Service, Christmas Concert, School Assemblies, P7 Leaver's Day)
- Providing an Information Session for parents of new pupils.
- Providing Parent Workshops (Linguistic Phonics, Paired Reading, E-Safety, Birds and the Bees, Boundaries and Transitions etc.)
- Holding face-to-face meetings with parents where necessary.
- Reporting to parents on their child's progress at the Parent-Teacher Meetings.
- Providing parents with a written report on their child's progress in June.
- Implementing the school's Homework Policy.



SCHOOL STAFF

Senior Leadership Team

Mrs Louise Quinn - Principal

Mrs Eilís Kelly - Senior Teacher

Mrs Marie Poacher - Senior Teacher

Teaching Staff

Miss Lauren Cush - Primary One

Mrs Eilís Kelly - Primary Two

Mrs Marie Poacher - Primary Three

Mrs Donna Quinn - Primary Four

Miss Claire Canavan - Primary Five

Mrs Michelle McCann - Primary Six

Mr Dermot Morrow - Primary Seven

Classroom Assistants

Mrs Kathryn Tierney

Mrs Michelle Wallace

Mrs Margaret Rafferty

Mrs Catherine Mc Elvogue

Mrs Una Bloomer

Mrs Claire Mc Killion

Mrs Jenna Quinn

Miss Caoimhe Kelly

Mrs Sheila Donaghy

SCHOOL STAFF

Ancillary Staff

Mrs Paula O'Neill - Secretary / Senior Clerical Officer

Mr Damian Hamill - Building Supervisor

Mrs Katrina Lasyk - Cleaner

Catering

Mrs Melissa Pike - Head Cook

Mrs Maureen Kelly - Catering Assistant

Mrs Rita Mc Glinchey - Catering Assistant

BOARD OF GOVERNORS

Chairperson

Reverend Father Patrick Hannigan

Vice Chairperson

Mrs Rosina O'Neill

Trustees

Mr Anthony Mc Gonnell

Mr Desmond Kelly

Principal

Mrs Louise Quinn

EA Representatives

Mrs Geraldine Scullion

Mrs Siobhan Canning

DE Representative

Dr Clare Quinn

Parent Representative

Mrs Ann-Marie Crudden

Teacher Representative

Mrs Eilís Kelly

CURRICULUM

It is the policy of the Board of Governors, that the school will implement and deliver the Northern Ireland Curriculum, having regard to the needs, experience, interests, aptitudes and stage of development of the pupils together with the resources both human and physical, available to the school.

The Northern Ireland Curriculum aims to empower young people to develop their potential and to make informed and responsible choices and decisions throughout their lives. The learning opportunities provided through the Northern Ireland Curriculum should help young people to develop as individuals, contributors to society and contributors to the economy and the environment. At the heart of the curriculum is the development of skills and capabilities for lifelong learning and for operating effectively in society.

There are now three distinct stages covered from 4-11 years:

- **Foundation Stage: P1 & P2**
- **Key Stage One: P3 & P4**
- **Key Stage Two: P5, P6 & P7**



Northern Ireland
Curriculum

CURRICULUM

The curriculum for the three stages is set out in 'Areas of Learning.'

These areas are:

1. Language and Literacy (including Talking and Listening, Reading and Writing)
2. Mathematics and Numeracy (focusing on the development of mathematical concepts and numeracy across the curriculum)
3. The Arts (including Art and Design, Drama and Music)
4. The World Around Us (focusing on the development of knowledge, skills and understanding in Geography, History and Science and Technology)
5. Personal Development and Mutual Understanding (focusing on emotional development, social skills, learning to learn, health, relationships and mutual understanding in the local and global community)
6. Physical Education (focusing on the development of knowledge, skills and understanding through play and a range of physical activities)
7. Religious Education (focusing on faith development, including biblical stories)



LANGUAGE AND LITERACY

Language and Literacy is taught through the three main areas of talking and listening, reading and writing. Literacy is key to learning and so we focus on developing your child's ability to understand and use language appropriately. We strive to ensure that each pupil can express themselves creatively, communicate confidently and interact effectively with others.

We employ a range of approaches and strategies to develop and support our pupils' literacy skills. We use Linguistic Phonics to help pupils learn about and use their knowledge of sounds in words.



MATHEMATICS AND NUMERACY

In St. Mary's, mathematical ideas are developed by making use of practical materials and electronic resources and by exploring various mathematical processes. Stimulating activities are provided for your child in the areas of 'Number', 'Measures', 'Shape and Space' and 'Handling Data'. Our pupils also engage in a wide range of purposeful, problem-solving activities which involve them in different modes of mathematical learning, including playing, exploring and investigating, doing and observing, talking and listening, asking questions, reflecting, drafting, reading and recording.



WORLD AROUND US

We believe that children are innately imaginative and creative and so these dispositions are valued and nurtured in St. Mary's by providing your child with exciting and relevant contexts for their learning. Children learn about how things work and about the characteristics of the natural world, through investigation and discovery. We provide pupils with opportunities to ask questions about themselves and the nature of the world around them.



THE ARTS

In St. Mary's, creativity is developed through every area of the curriculum and is closely linked with all aspects of learning.

Art and Design, Drama and Music - known as 'The Arts' - provide many opportunities for developing this creativity. Pupils are encouraged to express their ideas and feelings in a variety of ways with the aim that their individuality, imagination and creativity develop during their years in primary school.



PHYSICAL EDUCATION

The purpose of Physical Education is to provide the opportunity for specific attention to be given to the physical development, health and well-being of your child. Children experience a sense of fun, enjoyment and achievement through a variety of progressively challenging activities in P.E. Children develop a variety of physical skills and are encouraged to participate in many individual and team sports including Dance, Gymnastics, Athletics, Games and Swimming.



PERSONAL DEVELOPMENT AND MUTUAL UNDERSTANDING

Through our outstanding level of pastoral care and through a variety of learning experiences, pupils are encouraged to develop their self-confidence and self-esteem, to think about moral values and to develop their personal and interpersonal skills. 'Personal Development and Mutual Understanding', as a distinct Area of Learning, focuses on encouraging your child to become personally, emotionally, and socially effective, to lead healthy, safe, and fulfilled lives and to become confident, independent, and responsible citizens.



RELIGIOUS EDUCATION

We aim to develop the distinctive Catholic ethos of our school, to enrich the spiritual and moral development of your child and to foster links with the Parish of Killeeshil. We assist parents in preparing children for the Sacraments of Penance, Eucharist and Confirmation, recognising that parents are key educators of their children – particularly in the areas of faith and religion. We endeavour to develop each child's sense of confidence in his/her own identity and an understanding and respect for traditions other than his/her own. Catholic Education is the centre point of the entire child's personal and intellectual development. The Religious Education of the pupils is accomplished in two equally important and complementary ways:

- Through the totality of experience in the school.
- Through the Grow in Love Religious Education Programme.

The staff are aware of the spiritual needs of the children and of the important role Religious Education plays in a child's upbringing. With assistance and encouragement from our Parish Priest, Fr. Hannigan, we ensure that these needs are catered for. Parents have a right of withdrawal from all of RE or part of RE.



ASSESSING YOUR CHILD'S PROGRESS

Assessment is an integral part of the learning process. The school will monitor your child's progress carefully through a range of assessment techniques and strategies.

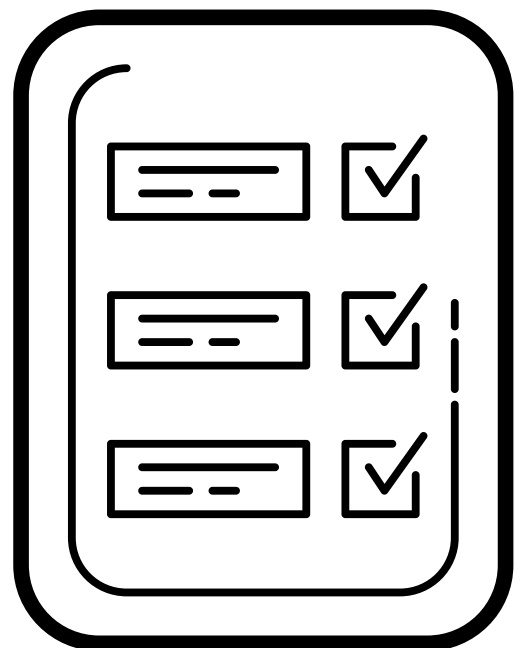
For children with special needs, a comprehensive programme of class-based teacher support and/or input from external agencies/professionals is available.

As parents, you will be kept fully informed of your child's progress. The school will assess and report annually on your child's progress in:

- Areas of Learning;
- Cross-Curricular Skills; and
- Thinking Skills and Personal Capabilities.

Mid-way during the first term parents are invited to a consultation with their child's class teacher to discuss their child's progress. A written report is issued in June of each year in which the performance of the child in each of the curricular areas is reported.

Parents are very welcome to contact the school to arrange additional meetings.



MEETING INDIVIDUAL NEEDS

We believe that every child should have the opportunity to succeed. Teachers, therefore, provide a programme of work for all children which is appropriate to their age and stage of development. We aim to identify specific learning difficulties or special talents as early as possible and cater for them. Annual screening takes place to ensure children are performing according to their ability. The school liaises closely with external agencies to support each child's individual needs and involves parents at all stages. Every effort will be made to provide maximum access to the curriculum for children with Special Educational Needs. Teachers will liaise closely with the pupil and parent in drawing up Personal Learning Plans (PLP) for their child and regular reviews of progress will be initiated. The school's Special Needs Policy is in line with the Education (NI) Order 1996. This enables the staff to fully implement the requirements of the Code of Practice on the Identification and Assessment of Special Educational Needs published by DENI



PASTORAL CARE

The Pastoral Care of the children in St. Mary's Primary School is of paramount importance. We aim to provide a happy, safe environment where each child will be given the opportunity to reach his/her true academic, social, emotional and spiritual potential. The primary objective of the school ethos is to ensure that pupils are shown consideration and respect and are encouraged and expected to treat others in the same way.

In St. Mary's we:

- Promote the children's self-esteem through praise and reward.
- Ensure each child feels that he/she is appreciated for their contribution to the life of the school.
- Provide children with a secure and happy environment where they feel safe and encouraged to learn.
- Ensure that each child is given the opportunity to experience success.
- Establish good partnerships with the parents and guardians and to work positively with other agencies including Health and Social Services, Clergy, Education Welfare Officer, RISE N.I, CAMHS and other educational bodies.

Class teachers strive to know each child in their care and to form positive and worthwhile links with parents and carers. Classroom assistants and ancillary staff help to ensure the safety and well-being of each child and to enhance their learning. Children are always encouraged to do their best and are regularly nominated for recognition of effort in the many areas of school life. Parents are welcome to discuss their children's progress and any other significant matters at any time.



PARENTAL AND COMMUNITY INVOLVEMENT

Our school encourages a partnership approach between home, school and parish for the benefit of our pupils. St. Mary's benefits from a pro-active Board of Governors and an enthusiastic supportive Parent Support Group which organises fundraising events during each school year and supports the school in practical ways when requested. The school is an integral part of the community and Parish.



SCHOOL POLICIES

The Principal, Teaching Staff and Board of Governors of St. Mary's Primary School determine school policies in accordance with the guidance provided by the Department of Education. We have a range of policies and procedures in place which are made available to parents routinely and on request. Key policies are available to view in the parent area on the school website.



CHILD PROTECTION AND SAFEGUARDING

We in St. Mary's Cabragh have a responsibility for the Pastoral Care, general welfare and safety of the children in our care and we will carry out this duty by providing a caring, supportive and safe environment, where each child is valued for his or her unique talents and abilities, and in which all our young people can learn and develop to their full potential. All staff, teaching and non-teaching are alert to the signs of possible abuse and know the procedures to be followed.

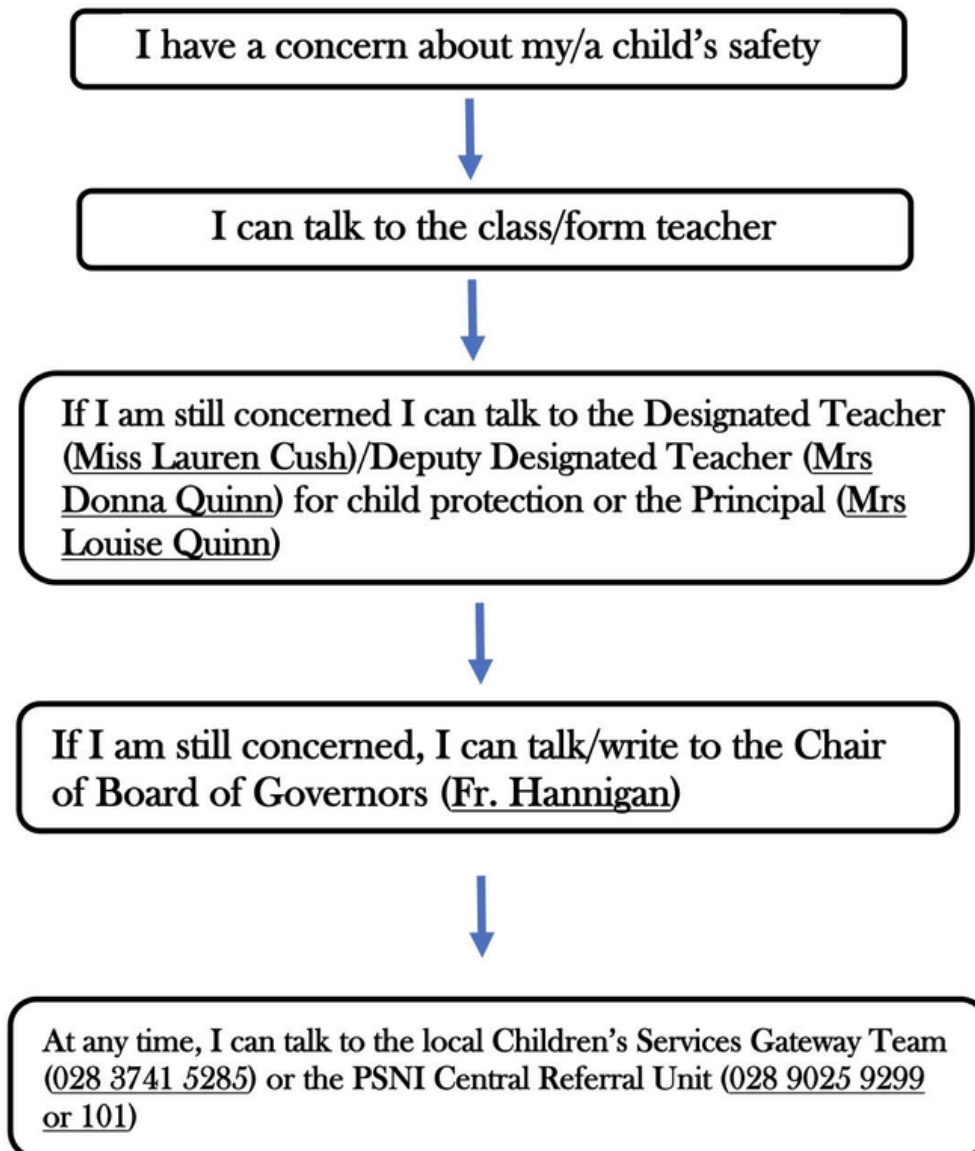
The following are members of the schools Safeguarding Team:

- Designated Teacher: Miss Lauren Cush
- Deputy Designated Teacher: Mrs Donna Quinn
- School Principal: Mrs Louise Quinn
- Designated Governor for Child Protection: Mrs Geraldine Scullion
- Chair of the Board of Governors: Rev. Fr. Patrick Hannigan

CONCERNS AND COMPLAINTS

The school prides itself on close partnership working with parents. Should any concern or query arise, parents are encouraged to contact the Class Teacher or Principal at the earliest opportunity so that matters can be discussed, resolved or dealt with. The Principal, Teaching Staff and Board of Governors of St. Mary's Primary School seek to maintain positive relationships at all times, in the best interests of each pupil. A copy of the school's Complaints Policy is available on request.

HOW A PARENT CAN RAISE A CONCERN



AFTER-SCHOOL CLUBS

Pupils from P1-P7 may avail of a broad range of Afterschool activities in each term throughout the year. Visiting tutors, alongside existing staff, deliver and support activities such as Music, Basketball, Gardening, Coding, Arts & Crafts and Drama. All those who work with our pupils are vetted in line with Department of Education guidelines.



ENRICHED PROVISION

Our pupils have the opportunity to experience a range of extra-curricular activities. Le Club Français is a fun language club for children led by our French teacher, Mrs Diane Daly. The children learn French through songs, games, plays, stories and lots of fun activities. We also maximise the expertise and skills of individual teachers to extend children's experiences in STEM, ICT, Sport, Art, Drama and Mindfulness (The 'Relax Kids', programme is delivered by Mrs Paula Mc Gilligan and 'The Calm Kit', is delivered by Mrs Katie Carey). EA music tutors deliver weekly music lessons (strings, brass, drums and woodwind). Mrs Marina Mohan also delivers weekly traditional music lessons to Key Stage 2 pupils.



ATTENDANCE

Rates of attendance at St. Mary's Primary School are high and are felt to contribute greatly to pupils' academic performance. It is essential that your child attends school regularly and maintains a pattern of good attendance throughout their school career. Excellent attendance at school is important to allow a child or young person to fulfil their potential. The Absence Notification Form must be completed for each period of pupil absence and returned to the class teacher or school secretary on the child's return to school. In the interests of safety, parents should telephone the school if their child is going to be absent or late before 9:00 am. We deem this to be a most important safety procedure. The Education Welfare Officer regularly visits school to monitor attendance and punctuality



SCHOOL CALENDAR

The dates of school terms and holidays are published and shared with parents at the start of each academic year. The school calendar is also published on the school website.



JANUARY		2024				
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



SCHOOL UNIFORM

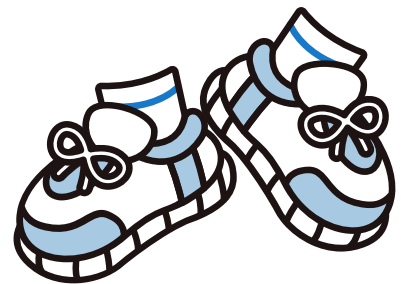


BOY	GIRL
<p>Navy jumper with school crest Pale blue shirt Grey trousers Navy stripe tie Grey socks</p>	<p>Navy cardigan/ jumper with school crest Pale blue blouse Grey pinafore/skirt Navy stripe tie Grey socks/tights</p>
<p style="text-align: center;"><u>Summer Uniform</u></p> <p>Plain knee length grey shorts (no sports shorts) and pale blue polo shirt.</p>	<p style="text-align: center;"><u>Summer Uniform</u></p> <p>Blue gingham summer dress and white socks.</p>

The school jumper with the school logo and the striped tie can be purchased in Kelly's Drapery, Irish Street, Dungannon.

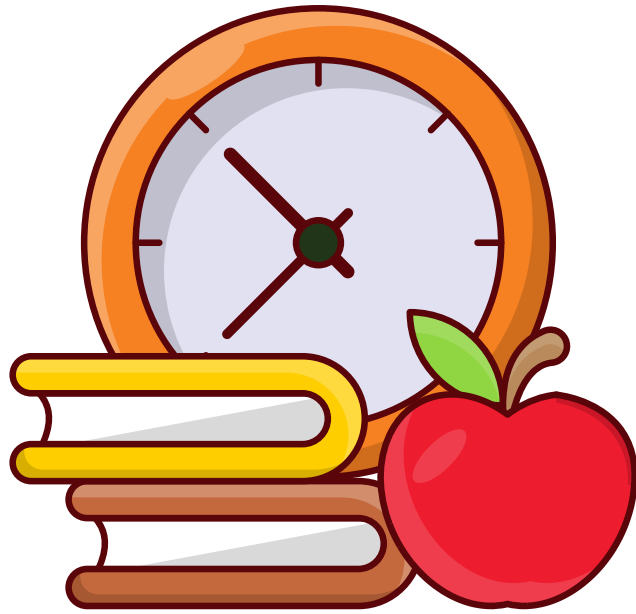
P.E. UNIFORM

- Navy sweatshirt with school crest
- Pale blue polo shirt
- Plain navy tracksuit bottoms/leggings
- Trainers



The school PE kit should be worn to school on PE days only. In the summertime, the track suit bottoms can be replaced with NAVY shorts (not branded), trainers and pale blue polo shirt.

SCHOOL HOURS



School begins at 8:45 am.

Children may be dropped off at school from 8.30 am onwards.

It is very important for children to be on time for morning assembly and prayers at 8:45 am.

School finishes at:

1:30 pm for pupils in Primary 1;

1:40 pm for pupils in Primary 2 and

2:45 pm for pupils in Primary 3-7.

An After School Programme operates from 1:30 pm – 2:45 pm each day for pupils in Primary 1 and Primary 2. Information on charges is available from school. Prompt collection of pupils at home-time is very much appreciated, as this allows staff to continue with planned school development work or meetings promptly.

VISITORS TO SCHOOL

All visitors to the school – including parents – are required to report to the Main Office if needing to pass on a message or to see or collect a child during the school day. This monitoring helps the school maintain Child Protection requirements by enabling us to know who is on the premises at any given time. All who work in school appreciate your co-operation with this important matter. All visitors including parents should not go beyond the school entrance foyer unless accompanied by a member of staff.



SCHOOL MEALS

School meals are cooked in the school kitchen and the canteen staff are committed to providing healthy and nutritious meals. School dinners can be booked and paid for via the School Money App. Prices are shared at the start of each school year and updated when needed. Menus are sent home at the start of each term and can be viewed on the school website.



EAT SMART WITH THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 August 25 September 23 October 20 November 18 December 22 January	Chicken Nuggets Or Homemade Lasagne Steamed Broccoli & Garden Peas Chipped Potato, Mashed Potato Ice Cream, Chocolate Sauce & Sliced Pears	Spaghetti Bolognese Or BBQ Chicken Pizza Sweetcorn & Baked Beans Diced Potatoes, Pasta, Salad Fruit & Rice Pudding	Lunch Bunch Chicken Curry & Naan Bread Or Golden Crumbed Fish Fingers Garden Peas, Rice, Salad, Mashed Potato Rice Krispie Square & Fruit	Roast Turkey, Stuffing & Rich Gravy Or Salmon Fishcake Cauliflower & Baton Carrots Mashed Potato or Oven Roast Potato Fruit Muffin Slab	Steak Burger & Tomato Ketchup Or Chicken Crumble Sweetcorn & Salad Or Chipped Potato, Pasta FlakeMeal Biscuit & Fruit
4 September 2 October 30 October 27 November 1 January 29 January	Golden Crumbed Fish Fingers Or Mighty Mac 'n' Cheese with Garlic Bread Slice Baked Beans & Broccoli & Coleslaw Mashed Potatoes Artic Roll with Peaches	Beef Meatballs with Italian Tomato & Basil Sauce Or Margherita Pizza Garden Peas & Salad Oven Baked Potato Wedges, Pasta Shortbread, Custard & Fruit	Lunch Bunch Chicken Curry & Naan Bread Or Bacon Slice Mini Corn on the Cob Steamed Rice, Chipped Potatoes Strawberry Jelly & Fruit	Roast Chicken, Stuffing & Rich Gravy Or Mexican Chili with Nachos Baton Carrots & Tossed Salad Mashed Potato & Roast Potato Jam & Coconut Sponge & Custard	Tasty Pork Sausages with Tomato Ketchup or Gravy Or Chicken Panini & Coleslaw Sweetcorn & Spaghetti Hoops Chipped Pot & Mashed Pot, Salad Melon Wedge
11 September 9 October 6 November 4 December 8 January 5 February	Beef Bolognese with Garlic Bread Or Stuffed Bacon Roll/Bacon Slice Garden Peas & Cabbage Oven Baked Potato Wedges, Spaghetti Chocolate Cake & Custard	Golden Crumbed Fish Fingers Or Tex-Mex Enchilada Mini Corn on the Cob & Spaghetti Hoops or Coleslaw Chipped Potatoes, Pasta Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry & Naan Bread Or Steak Burger & Gravy Garden Beans & Sweetcorn Mashed Potato, Rice Comflake Biscuit & Custard	Roast of the Day, Stuffing & Rich Gravy Or Stuffed Chicken Cauliflower Cheese & Baton Carrots Mashed Potato Ice Cream with Wafer & Fruit	Oven Baked Chicken Nuggets Or Admiral's Ocean Pie Garden Peas & Baked Beans Chipped Potatoes & Baked Potato Homemade Ginger Biscuit & Fruit
18 September 16 October 13 November 11 December 15 January 12 February	Spaghetti Bolognese Or Cod Fishcake with Tomato Ketchup Baton Carrots & Baked Beans Mashed Potato, Salad Homemade Ginger Biscuit & Custard	Classic Margherita Pizza Or Italian Chicken & Tomato Pasta Bake & Garlic Bread Garden Peas & Coleslaw Chipped Potato, Mashed Potato Strawberry Jelly, Ice Cream & Fruit	Lunch Bunch Chicken Curry & Naan Bread Or Chicken Panini & Coleslaw Steamed Broccoli & Sweetcorn Oven Roasted Potato Wedges, Rice Banana Yoghurt Pot	Roast Chicken, Stuffing & Rich Gravy Or Beef Olive Baton Carrots & Savoy Cabbage Mashed Potato Chocolate Sponge & Custard	Hot Dog Or Chicken Wrap & Sweet Chili Sauce Garden Peas & Spaghetti Hoops Chipped Potato, Mashed Potato Fresh Fruit & Yoghurt

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

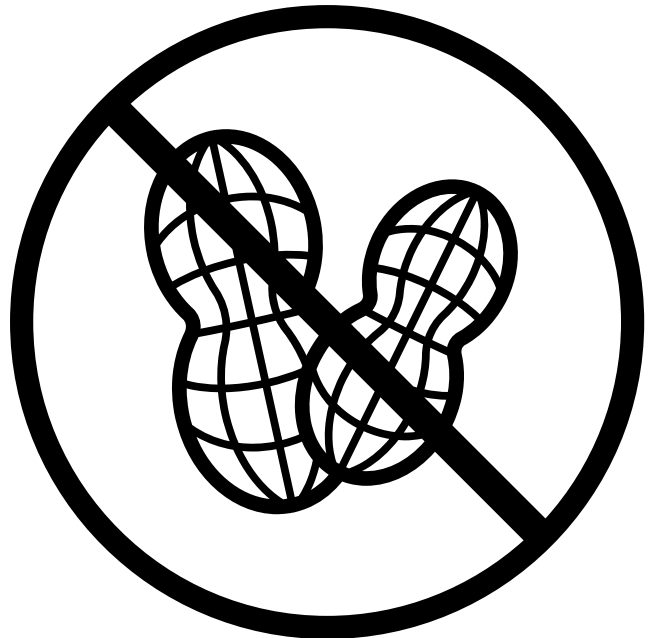
MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL

HEALTHY BREAK/LUNCH

St Mary's Primary School promotes healthy eating at school. Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre. Convenience foods like crisps, sweets, biscuits, chocolate and soft drinks are not permitted. Children should bring a water bottle or milk to school. A healthy packed lunch should contain bread or an alternative, a savoury filling which provides protein and some fruit and/or vegetables. Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink milk at lunch, encourage him or her to have a carton of yoghurt or a small helping of cheese. Packed lunches should be sent into school in a plastic lunch box, clearly labelled with your child's name.

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.



HOMEWORK

Parents have a wide range of responsibilities in relation to their children and success depends greatly on liaison between home and school. In St. Mary's, we value co-operation with the parent or guardian. You, the parent, have an important part to play, especially in the area of homework. Homework is not only an essential part of our pupils' learning but is an opportunity for parents to become involved in their children's learning and progress.

Homework is reinforcement of work/learning done in school and is an excellent home/school link. Working together, with the pupil's best interest at heart, proves to be a most successful method of helping to educate your child. Parents are encouraged to sign all homework and reading records.

Children's homework will cover the full range of subjects as laid down in the N.I. Curriculum but will vary according to the needs and abilities of the children. The homework will include written, mental and oral work – children will be asked to read, learn tables and spellings, complete, set exercises in Maths and English as well as practising musical instruments.

If at any time your child is having difficulty with their homework, please inform the class teacher as soon as possible so that the matter may be addressed.

