

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Acting Principal: Mrs Louise Quinn



14th April 2021

Dear Parent/Guardian,

I hope you and your family had an enjoyable and restful Easter break. We are so happy to have all the children back to school and we are delighted to see how well they are settling into the school routine again.

To date our school has remained a safe environment for children, staff and visitors. I would like to thank you for your support and commitment shown to our school procedures. To ensure the continued safety of our school community it is important that you do not send your child to school;

1. If they are displaying symptoms such as a new continuous cough, a high temperature or a loss of taste or smell.
2. If anyone in the household is waiting for the result of a COVID-19 test.
3. If anyone in the household has had a positive test and is self-isolating.
4. If you have been notified that your child has been in close contact with someone who has received a positive COVID-19 test.

I would also encourage parents to wear face masks while dropping off or collecting children from school and to continue to follow social distancing regulations at the school gate to ensure the health and well-being of all our school community.

REIM

St. Mary's has employed REIM Training Solutions to deliver an Internet Safety Workshop to parents via Zoom on Tuesday 20th April at 7.00 pm. The workshop will educate parents in the practical skills needed to set up parental controls and protect their children online while using electronic devices. The workshop will also educate parents how to keep children safe while using social media sites and tips on dealing with cyber-bullying. If you would like to attend the Internet Safety Workshop please complete and return the reply slip sent home with your child. A link will be sent to all parents wishing to attend.

E-Safety Workshops

REIM will deliver e-safety workshops to **Primary 6 and Primary 7** children on Tuesday 20th April.

The Workshop will cover important topics including;

- ✓ Recognise the positive and negative aspects of Internet Use
- ✓ Know what personal Information is and the importance of keeping this private
- ✓ Understand the importance of password protection
- ✓ Recognise who is a trusted adult
- ✓ Understand the dangers of chatting to strangers online

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Acting Principal: Mrs Louise Quinn



Small Talk NI (Primary 1-3)

St. Mary's has secured the expert help of Small Talk NI to deliver a Language and Communication Programme to P1-3 pupils. A qualified Speech Therapist will be working with the children to help them become more confident communicators. The programme will help develop the children's receptive/expressive language skills and attention/listening skills. The Speech Therapist will work with the whole class at times and also with smaller groups. Workshops will be delivered every Tuesday and Thursday during Term 3.

Accelerated Reader P4-P7

Your child has been set an individual AR (Accelerated Reader) target for this term. 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 18th June 2021. Please encourage your child to keep reading and taking AR quizzes to ensure he/she reaches 100% by 18th June 2021.

House System

St. Mary's is introducing a new 'House System' All pupils in St. Mary's will be grouped into houses. Pupils may earn house points for a range of contributions to school life, including academic, sports, arts, behaviour and attitude. Each Friday the house with the most points will be announced and rewarded. Rewards are linked to positive behaviour and excellent learning. The House System will be featured on the school website so that pupils can keep an eye on the points awarded to each house and become motivated to work as a team and promote positive behaviour.

Fundamentals

We are delighted to have David our Sports Coach back to deliver the Fundamentals Programme. Children in Primary 1-4 will have Fundamentals on Wednesdays and should come into school in PE gear.

Fundamentals Dates (P1-P4)

Wednesday 24th March

Wednesday 31st March

Wednesday 14th April

Wednesday 21st April

Wednesday 28th April

Wednesday 5th May

Wednesday 12th May

Wednesday 19th May

Wednesday 26th May

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Acting Principal: Mrs Louise Quinn



Relax Kids

Primary 1-7 children will continue their Relax Kids Programme this term. Relax Kids uses research-based mindful and relaxation techniques alongside values and positive psychology (positivity, strength-building, gratitude, resilience and compassion) to help support children's emotional health and wellbeing. The children should come into school in **PE gear** on the dates outlined below. The cost of the programme is covered by the Extended Schools initiative.

Relax Kids Dates (P1-P7)

Thursday 15th April

Thursday 22nd April

Thursday 29th April

Thursday 13th May

Thursday 20th May

Thursday 27th May

P7 Multi-Sports Afterschool (Mr Ball)

This Afterschool programme will be facilitated by Mr Ball for the month of April and offered to Primary 7 pupils on the dates below(3-4pm)

Friday 16th April

Friday 23rd April

Friday 30th April

Mr Ball will deliver the afterschool programme with P7 only to maintain the integrity of the "Class Bubble" and to keep all pupils safe.

Funding has been secured through the Extended Schools Programme for the **Afterschool** Basketball Programme for Key Stage 2 classes. We at St Mary's Cabragh, feel all our pupils should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation. Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier and more resilient. We think this is so important for our children at this unprecedented time.

This afterschool will be facilitated by Aidan a trained professional and Sports Coach.

We are restarting the afterschool programme with each individual class to maintain the integrity of the "Class Bubble" and to keep all pupils safe.

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Acting Principal: Mrs Louise Quinn



P6 Monday During School - Multi- sports Programme

We look forward to welcoming back Aidan our Sports Coach, who will deliver a 4- week programme for **Primary 6**. The children should wear PE gear and suitable footwear into school.

Monday 10th May

Monday 17th May

Monday 24th May

Monday 7th June

P7 After School Programme (Basketball)

We look forward to welcoming back Aidan our Sports Coach, who will deliver a 4- week programme for **Primary 7**. The children should wear PE gear and suitable footwear into school.

Monday 10th May (2.45-3.45pm)

Monday 17th May (2.45-3.45pm)

Monday 24th May (2.45-3.45pm)

Monday 7th June (2.45-3.45pm)

P7 Friday During School - Multi- sports Programme

We look forward to welcoming back Aidan our Sports Coach, who will deliver a 4 - week programme for **Primary 7**. The children should wear PE gear and suitable footwear into school.

Friday 7th May

Friday 14th May

Friday 21st May

Friday 4th June

Friday After School Basketball

Primary 6

Friday 7th May (2.45-3.45pm)

Friday 14th May(2.45-3.45pm)

Friday 21st May(2.45-3.45pm)

Friday 4th June(2.45-3.45pm)

Primary 5

Friday 14th June(2.45-3.45pm)

Friday 21st June(2.45-3.45pm)

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Acting Principal: Mrs Louise Quinn



Hurling P4- P7

Damhlaic Rush, the Tyrone hurling development officer will be in school every Tuesday during Term 3 to coach P4-P7 children. Children should wear their PE gear to school on the following dates.

Tuesday 20th April

Tuesday 27th April

Tuesday 4th May

Tuesday 11th May

Tuesday 18th May

Tuesday 25th May

Tuesday 1st June

Tuesday 8th June

Tuesday 15th June

Tuesday 22nd June

Tuesday 29th June

Damhnaic will deliver the afterschool programme with each individual class to maintain the integrity of the "Class Bubble" and to keep all pupils safe.

Mindfulness Programme

St. Mary's has secured funding to employ a professional coach to deliver a mindfulness programme to all children P1-P7. Protecting and supporting the mental health of our children is absolutely essential and a key priority for St. Mary's. The children will take part in a range of practical, fun and interactive activities, with a meaningful, mindful message. The workshops will deliver weekly themes, including;

- ✓ Worry
- ✓ Anger
- ✓ Positive Thinking
- ✓ Frustration
- ✓ Gratitude
- ✓ Kindness.

The workshops will include;

- ✓ Ice breakers
- ✓ Creative activities
- ✓ Health & Well-being
- ✓ Breathing & Relaxation

Mindfulness Programme Dates- P1 - P4

Friday 16th April

Friday 23rd April

Friday 30th April

Friday 7th May

Friday 14th May

Mindfulness Programme Dates- P5 – P7

Friday 21st May

Friday 4th June

Friday 11th June

Friday 18th June

Friday 25th June

St. Mary's Primary School Cabragh

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

Telephone: (028) 8776 7356

Acting Principal: Mrs Louise Quinn



EA Music Service

The EA Music Service have been instructed by the Public Health Agency to delay the resumption of face to face tuition in school which was due to re-commence week beginning 12th April. The decision has been based on emerging data regarding the new COVID variant. This will be reviewed by the PHA on a weekly basis.

Confirmation

Confirmation will take place in the Church of the Assumption on Saturday 22nd May at 11am.

First Holy Communion

First Holy Communion will take place in the Church of the Assumption on Saturday 12th June at 11.00 am – The Feast of the Immaculate Heart of the Blessed Virgin Mary.

This term will be very busy indeed but many of the planned activities outlined above will help to support the children's physical and emotional well-being which is a key priority in St. Mary's.

Thank you once again for your continued support and please do not hesitate to contact me if you have any queries.

Kind Regards,

Louise Quinn