

# MARCH NEWSLETTER 2025



**PLEASE NOTE FOR ANY QUERIES - PRINCIPAL ON DUTY -**

**Mrs Cunningham (Co-Principal) - MONDAYS / TUESDAYS**

**Mrs Grugan (Principal) - WEDNESDAYS, THURSDAYS & FRIDAYS**

## CARE FOR CANCER CHEQUE PRESENTATION

A donation of £350 from proceeds raised from our Christmas raffle was recently presented to Susan Smyth from Omagh Care for Cancer branch.



## BREAK THE RULES DAY

Our break the rules fundraising day was a great success, raising a total of **£772** on the day. This money will pay for 6 weeks cross country coaching & the remainder will go towards replacing the outdoor play resources shed, which was damaged by the storm. Thank you all so much!





"We had great fun on break the rules day. We were allowed to break lots of rules like wear our own clothes, eat an unhealthy snack and get extra-time outside. I wish we could have break the rules day everyday. It was great fun!"

***By Dylan Moore P5***

## EXTENDED SCHOOLS ACTIVITY DAY AT LOUGHMACRORY

### **P7 Extended Schools Day at Loughmacrory**

"On Friday 7th February, the P7s went to Loughmacrory for a transition day with the Dean Maguirc College pupils. There were P7s from Greencastle and Loughmacrory too. When we arrived and got ready, we were split into groups. I was with Ellie. We then went around each of the stations that were set up: Gaelic, Olympic handball, Volleyball, Hip-hop, Rugby, fun games and some inflatables. It was a great day out. Everyone enjoyed it!"

***By Cara Pearson P7***











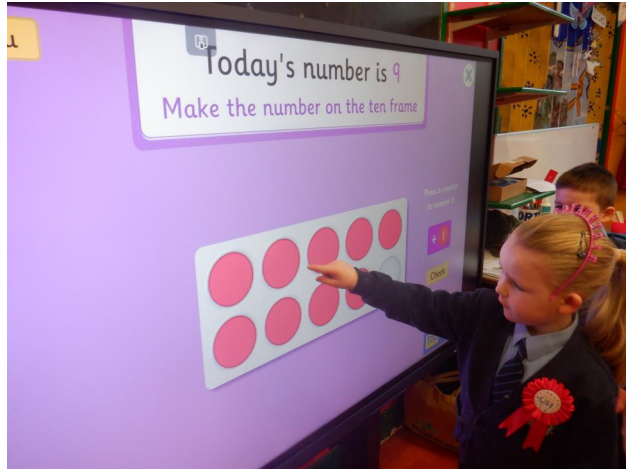


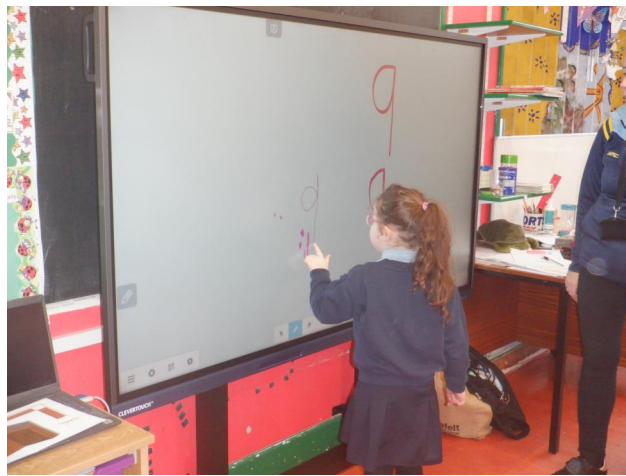


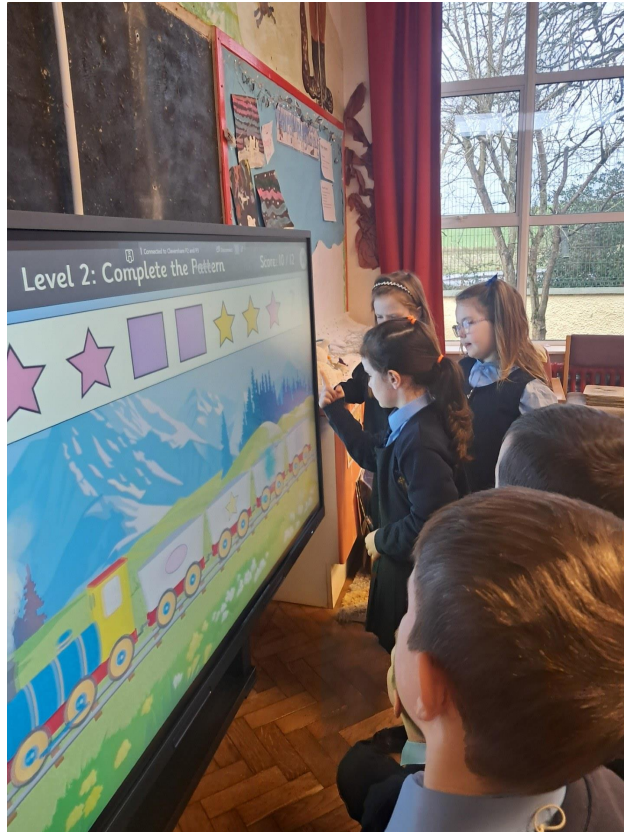
## NEW FOUNDATION STAGE SMART BOARDS

**We are indebted to our parents for helping to fund 2 new smart boards for the school, which were installed in February in the P1/2 & P2/3 classrooms. The money was raised from 2 fundraisers at Christmas - our Christmas Raffle & our Christmas Show.**

On Tuesday the 18th of February a new Smart Board was installed into the P1 & P2 classroom. We all went to the hall to allow the men into our classroom to install the board. We were so excited we couldn't wait to get back into our classroom to see our board. Our New board is unbelievable, it has really changed our classroom. We are able to move it down when we are working on it and when we are doing whole class activities we can put it back up so everyone can see it clearly. P1 and P2 would all like to thank all the people who bought tickets for our Christmas draw it was so good to raise the money for our new board. We are very grateful for your generosity we are loving our new board and we have been enjoying working on it every day in school since.







## GIRLS INDOOR BLITZ - P6/7

Another heat of the annual Allianz Cumann na mBunscol 5-a-side Girls' Indoor Gaelic Football competition for primary schools was held on Wednesday 26th February in the Station Centre, Omagh. The competition got underway with seven local schools competing for the honour of winning this heat:

- Knocknagor PS, Trillick

- Roscavey PS, Beragh
- Sacred Heart PS, Tattyreagh
- St Oliver Plunkett PS, Beragh
- St Patrick's PS, Gortin
- St Peter's PS, Plumbridge
- Tummery PS, Dromore

All the schools had arrived to do battle and there could be only one winner. An extremely high level of skill and sporting behaviour was exhibited from all involved.

The seven schools competed for a coveted place in the Tyrone County Final and the format of the day's play was 2 sections, where the top 2 in each section would make the semi-finals. The first game set the tone for the rest of the day's play, with a Niamh McCullagh inspired St Patrick's PS Gortin powering their way over a gallant Roscavey PS, from whom Annie Rodgers tried really hard. The second game in Round 1 saw Bella Mc Caffrey help Knocknagor gain a win over Caitlin Devlin's Tattyreagh, in a game which really could have gone to either team. The final Round 1 game also saw Plumbridge lay down a marker that they would have a big say in the heat, when they defeated a plucky Tummery team, for whom Maddie Quinn tried her very best to stem the Plumbridge tide.

The opening game in Round 2 saw Sarah McBride help Plumbridge to another big win, this time over Roscavey, for whom Maeve Donnelly tried hard. Old rivals Tattyreagh and Beragh then locked horns, with the honours even on this occasion. Cara Donnell was the standout player for the Sacred Heart team, whilst Orla Teague pulled out all the stops to keep Beragh in the game and salvage a valuable point. The final Round 2 fixture saw Aoife Ward help Gortin to an impressive victory over Tummery.

Round 3 opened with a real 'ding-dong' battle between Plumbridge and Gortin, both of whom had been unbeaten at this point. Plumbridge had Rose Kearney in top form, whilst Gortin benefitted from the influence of Ellie McGuigan. It certainly wasn't a game for the faint hearted, and in the end, Plumbridge secured a narrow 2-1 victory. However, there was a feeling all around that both teams would have a big say in the knock-out stages of the competition.

Knocknagor and Beragh were next up, and despite the gallant efforts of Charlotte Crawford leading Knocknagor, it was the Hannah Meenagh inspired Beragh girls who held on for victory and ensuring they topped their group. The final Round 3 game saw Roscavey and Tummery showcase all that is good about girls' football, putting on a great display. The Roscavey girls

battled hard, with Katie Mullin to the fore, but it was a Tierna O' Neill inspired Tummery who took the points at the end.

It was knock-out football after that, with Plumbridge v Knocknagor and Beragh v Gortin being the semi-final matchups. Plumbridge picked up where they left off in the group stages and powered to victory over a fantastic Knocknagor team who certainly will have more big days ahead.

The second semi-final was a tighter affair, but in the end, an ability to take goal chances proved to be the difference, with Gortin winning on a score-line of 2-1. The game could well have been an even bigger result for the Gortin girls, had it not been for the bravery of Erin Owens in the Beragh goals, a player who certainly put her body on the line on more than one occasion.

The scene was set then for the Plumbridge v Gortin final – 2 schools which were certainly the 2 best teams on display at the heat. In a very competitive game, it was always going to come down to small margins, and in the end, the Gortin girls' ability to take more of their chances which proved vital and saw them win on a 3-1 scoreline. It was certainly hard on a Plumbridge team who had lit up the heat with their power packed running and taking of scoring opportunities.

**We congratulate St Patrick's PS Gortin and wish them well as they go forward to the County Final which is due to be held in Cookstown on Wednesday 12th March.**





### **Cumann na Bunscoil Girls' Indoor Blitz**

"On Wednesday 26th February, the school was closed because of a burst pipe but Mrs Cunningham met us at school and took us into the Station Centre in Omagh for the Cumann na Bunscoil Indoor Blitz. We played against 6 teams: Beragh, Tattyreagh, Roscavey, Tummery, Plumbridge and Knocknagor. We won most of our games and ended up getting through to the final against Plumbridge. We played really well and we ended up beating them. I was playing goals and made some great saves. We are now through to the County Final in Cookstown on March 12th. We are excited about that! Mrs Cunningham treated us to a McFlurry! It was a great morning out."

***By Kerri McCullagh P7***

### **BOYS INDOOR BLITZ - P6/7**

#### **Cumann na Bunscoil Boys' Indoor Blitz**

"On Wednesday 19th February, Mrs Cunningham took 6 of the boys into the Station Centre in Omagh for the Cumann na Bunscoil Indoor Blitz. We played against Beragh, Tattyreagh, Roscavey, and Knocknagor. Although we won a few games, we didn't get through to the final but it was a great day out. We all enjoyed it and played well overall. Daithí scored lots of goals and I made 3 super saves in goals!"

***By Harry McCorkell P7***







## SHARED EDUCATION

We are delighted to have received funding from ASPIRE Shared Education Project. This is a 4 year fully funded project and we will be working with Gortin Controlled PS & St. Peter's PS in Plumbridge. The main purposes of Shared Education include delivering educational benefits to children and young people, promoting good relations and promoting respect for identity, diversity and community cohesion. Our focus for this year will be on outdoor learning. We will be participating in outdoor play sessions in all 3 schools as well as having a few educational trips focusing on outdoor learning. We trust that you will be supportive of your child's learning experiences.

## CROSS-COUNTRY

On Friday past, P4/5 & P6/7 started our six-week cross country program. Our coach is Ryan Pritchard from Omagh Harriers. We had great fun during session one and we are looking forward to the rest of the sessions. It will be great to help improve fitness, speed and agility skills.

"On Friday 28th February, we started Cross Country training with Ryan Pritchard from Omagh Harriers. We went to the 3G pitch and we started with a warm up. We did lots of drills to get our bodies moving. We did laps of the pitch but we had to run for 15 seconds then walk for 15, run for 30 seconds then walk for 30, run for 45 seconds then walk for 45 and run for 1 minute then walk for 1 minute. We did this a few times. We finished with sprints. I won the sprint so hopefully I can keep that up! I enjoyed the session and I'm looking forward to more!"

***By Daithí O'Neill P6***

## MENTAL HEALTH WEEK

**How to be a nurturing parent**

## **A FOLLOW-UP TO CHILDRENS' MENTAL HEALTH WEEK**

A child who is nurtured from the start, grows into a healthy, well-balanced individual, and being a nurturing parent can help him or her lead a better life. Here are some qualities of a nurturing parent that you can incorporate;

**1.** It is vital to spend quality time with your child. Being around your child but not being involved with them fruitfully is not productive - you should do things where both you and your child can be fully involved. You can play games, read books, cook, or do any such kind of activity that requires interacting with the child on a one-to-one level.

### **2. Express Warmth and Love**

Some parents feel that it is ok not to express love and affection towards babies because they may not understand such emotions but this is not true as children can develop an understanding of love and affection from a very young age. Start expressing your affection towards your child from a young age and let them know you are always there for them. Soothe your little munchkin when he cries. It will send a positive signal to his mind.

### **3. Make a Routine**

Getting your child into a set routine is also an important part of nurturing. When a child is told what is expected of him, he knows what to do and when to do it. This offers a sense of discipline and clarity in a child's life.

### **4. Listen to Your Child**

Whenever your child comes to you with doubts, worries or things that he wishes to discuss with you, listen to him. The things that affect a child may look or sound trivial to you, but they may be of great importance to your child. Lending an ear to your child is a great way of telling him that you care for whatever is going on in his life.

### **5. Practise Positive Touch**

It is very important for a parent to bond with the child, and physical touch is one of the best ways to bond. Whether it is a pat, a peck on the cheek, or a warm hug, make sure you indulge in these small physical reassurances with your child.

### **6. Appreciate and Reward**

No matter how small the achievement or how little the effort, make sure you appreciate your child for all his endeavours. This encourages the child to undertake bigger challenges in life.

### **7. Every Child is Different**

No two parents are the same, and the same goes for the children. Even when you have two children, what may work for one may not work for another. Children have special emotional and physical needs, and as parents, you have to understand and fulfill those.

### **8. Encourage Your Child To Interact**

Human beings are social beings, and therefore, in order to help our children grow into better social beings, it is important that they learn social skills from a young age. Take your child to parks, libraries, hobby classes. etc. and help nurture their extrovert side.

### **9. Keep Your Child Safe**

Provide a safe and secure environment for your child. Also, take measures to include safety habits in your child. Try and avoid potential hazards and educate your child about the same too.

### **10. Take Care of Yourself**

Before you offer your best to your child, it is important that you pay heed to your needs too. Therefore, before you nurture your child, it is important to indulge in some self-nurturing too. Go for a walk, talk to your friends, watch a movie or do anything that helps you relax, rejuvenate and recharge yourself.

## **MENTAL HEALTH WEEK ACTIVITIES**

P1/2

Children's Mental Health week was another busy week in P1 and P2. We learnt that mental health is the health of our mind. We also learnt that health of our mind is just as important as health of our body. Our mental health is as important as our physical health. We explored our feelings through circle time activities. We talked about things that make us happy and things that make us sad. We drew pictures and made a class book of, 'Things that make us happy' and 'Things that make us sad'. We also talked about things that make us angry and things that worry us. We learnt that it is ok to have all these feelings and that if we are sad or worried we can always talk to an adult. We met turtle, turtle taught us what we should do if we are angry. Count to 10 and do our deep breathing exercises. We had mindfulness breathing activities during the week, fun exercise activities, we even did kids yoga exercises. We all really

enjoyed children's mental health week and we loved having no written homework!!! Here are some photos of what we got up to!!







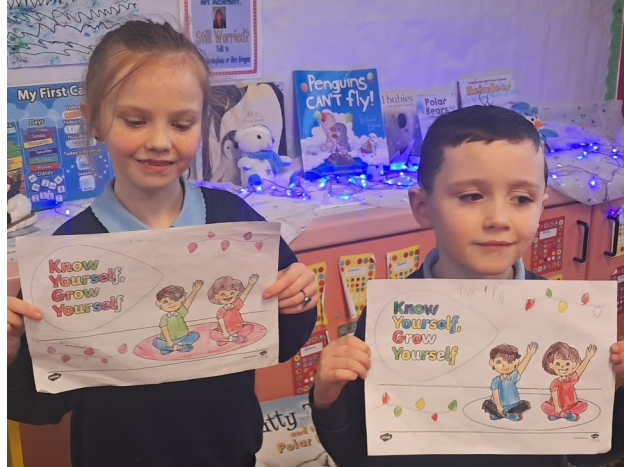


P2/3









P4/5

"In mental health week we had an online zoom workshop with Carlos from Hip Psychology. We learnt about our emotions and we looked at things that make us happy but also how sometimes we can be sad or angry too. We learned about how to cope and things we can do if we are feeling sad or angry such as telling someone we trust things we enjoy. We also got to do a Kahoot quiz with a partner to test us on what Carlos talked to us about during our mental health week zoom. It was fun and we learned lots of useful ways to help us cope when we get overwhelmed."

***By Khalessi-Grace McCorkell P5***

P6/7

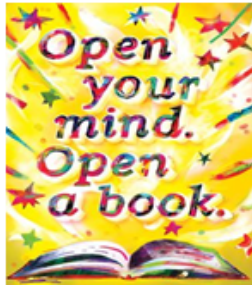
"We did many activities during mental health week that will help us build resilience and know how to cope with many feelings. We looked at how fresh air, walking, reading, drawing etc can help us stay calm. Carlos was great during our HIPP workshop and we learned all about taking care of our emotions. He told us it is normal to have so many feelings but it is important to know how to deal with these. He talked about famous people and how they manage stress etc. He did a Kahoot quiz with us and that was fun! We did a lovely display of our artwork for the Mental Health Week theme, 'Know yourself, grow yourself'."

***By Avá Clarke P6***





# Encourage a love for reading...



## READING in the Foundation Stage (P1 and P2)

Children develop an interest to read as stories and books are read to them. They also discuss how texts are structured, how to use book language and learn about the rhythm and expression needed for reading aloud. They should see the reader as a role model of reading behaviours. When young children play at reading they imitate what they have seen - turning the pages, looking at the pictures, 'reading' the words in that special 'tone'.

As role models, we need to build on and extend this language play so that children develop a love of books and early reading skills. While the central purpose of reading is to gain meaning from print, children also need to be encouraged to develop a curiosity about words, their sounds, patterns and how they are composed. We need to establish a language-rich environment and model and share reading with the children, demonstrating

## READING in Key Stage 1 (P3 and P4)

In Key Stage 1, the children will be enabled to:

- \* participate in many reading activities;
- \* read, and be read to from a wide selection of poetry and prose;
- \* read with some independence for enjoyment and information;
- \* read, explore, understand and make use of a range of texts;
- \* re-tell, re-read and act out a range of texts, representing ideas through drama, pictures, diagrams and ICT;
- \* begin to locate, select and use texts for specific purposes;
- \* research and manage information relevant to specific purposes, using traditional and digital sources, and present their findings in many ways;
- \* use a range of comprehension skills, both oral and written, to interpret and discuss texts;
- \* explore and interpret a range of visual texts;
- \* express opinions and give reasons based on what they have read;
- \* begin to use evidence from text to support their views;
- \* read and share their own books of stories and poems including the use of digital resources;
- \* build up a sight vocabulary;
- \* use a range of strategies to identify unfamiliar words;
- \* recognise and notice how words are constructed and spelt.



## READING in Key Stage 2 (P5, P6 and P7)

Children will be enabled to:

- \* participate in a variety of reading experiences;
- \* read, explore, understand and make use of a wide range of texts;
- \* engage in sustained, independent and silent reading for enjoyment and information;
- \* extend the range of their reading and develop their own preferences;
- \* use traditional and digital sources to locate, select, evaluate and communicate information relevant for a particular task;
- \* represent their understanding of texts in a range of ways, including visual, oral, dramatic and digital;
- \* consider, interpret and discuss texts, exploring the ways in which language can be manipulated in order to affect the reader or engage attention;
- \* begin to be aware of how different media present information, ideas and events in different ways;
- \* justify their responses logically, by inference, deduction and/or reference to evidence within the text;
- \* reconsider their initial response to texts in the light of insight and information which emerge subsequently from their reading;
- \* read aloud to the class or teacher from prepared texts, including those composed by themselves, using inflection to assist meaning;
- \* use a range of cross-checking strategies to read unfamiliar words in texts;
- \* use a variety of reading skills for different reading purposes.



"The more you **read**  
the more **things** you know.  
The more that you **learn**  
the more **places** you'll go."  
-Dr. Seuss

## SWIMMING PROGRAMME

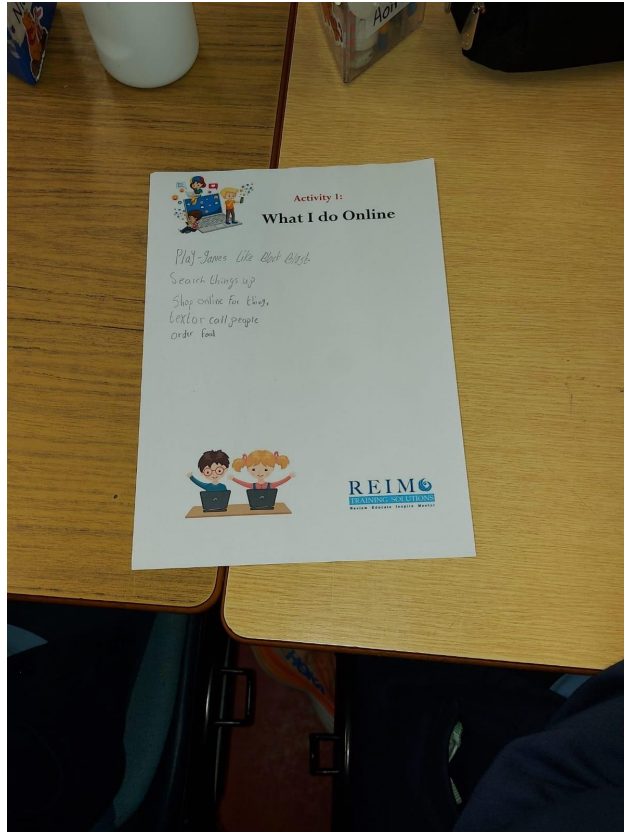
"Every Thursday, P6/7 go swimming to Omagh Leisure Centre. I like it because I am learning the front crawl, breast stroke, & back stroke. I can hold my breath for a long time now under water. I am looking forward to the last session, because we will get to use extra floats in the pool and use the vending machine in the foyer!"

***By Naomhan Ellis P7***

## E-SAFETY WEEK WORKSHOPS

"For Internet Safety Day, a lady called Amanda came to speak to us about being safe online. She told us that someone's username might not always be the person they say they are. They could be fake and up to badness. Make sure you play appropriate games that are for your age as there are so many dangers. She told us all about cyberbullying and what we can do to keep safe online by keeping our profiles private and have our real friends only. The internet is a great thing if you use it right but it can be a very dangerous place if it is not used correctly."

***By Niamh McCullagh P7***





## P.I.N. Programme - (Parental Involvement In Numeracy) & Paired Reading Programme

Our PIN / Paired Reading Programmes were launched on Monday 3rd March. Thanks to all the parents who took the time out to come to the meetings in school.







## GRANDPARENT / ST PATRICK'S DAY SHOW FRIDAY 14TH MARCH AT 10.30AM

We can't wait to once again invite our lovely grandparents back into the school for our Grandparent Coffee Morning & St. Patrick's Day Show, where they can relax with coffee & scones and will be entertained by their very talented grandchildren. There will also be a cake sale afterwards in the porch to raise money for Trócaire.

## EASY-FUNDRAISING APP

Thank you to any parents who have shopped recently through the easyfunding app. Remember to log onto [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) to help our school benefit from your shopping.

## LENT

We would appreciate during the season of Lent, if pupils would make a big effort to follow our recommendations regarding lunches. We will not be awarding any sweet treats. It is important that pupils understand the importance of Lent.

## DO I NEED TO KEEP MY CHILD OFF SCHOOL?

**HSC** Public Health Agency

### Do I need to keep my child off school?

*(Illustration of a child with a rash)*

<b>Chicken Pox</b> At least 5 days from onset of rash and until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhea &amp; /or Vomiting</b> 48 hours from last episode	<b>Respiratory Illness</b> (e.g colds & flu) Can return when no longer have a high temperature and well enough	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	
<b>Hand, foot &amp; mouth</b> No need to stay off if well enough, but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 hours after commencing antibiotics	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>German Measles (Rubella)</b> 5 days from onset of rash
<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Scabies</b> Until after first treatment	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> Can return when no longer have a temperature and well enough, school or nursery should be informed	<b>Whooping Cough</b> 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

## MARCH / APRIL DATES FOR THE DIARY

**ST PATRICK'S DAY HOLIDAY** - Monday 17th March.

**CONFIRMATION** - Saturday 29th March at 3pm in Rouskey.

**FIRST CONFESSION** - Tuesday 8th April in school.

**EASTER HOLIDAYS** - Friday 18th April - Monday 28th April (inclusive.)

## THOUGHT FOR TODAY

# DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.

