



Altamuskin's February News

Celebrating Success!

Our Under 11 team won their section of the Credit Union Quiz on Friday evening. This means that they are now through to the Tyrone Final which will be held in Kelly's Inn on Sunday 5th March at 2pm. Keep the date free and come along to support our school team!

Well done to EVERYONE who went along and represented our school. It was a fun filled evening and the children thoroughly enjoyed competing against the other primary schools in our parish.

Bee Safe Initiative.

Our P6/7 will travel to Omagh leisure centre on 22nd February to the bee safe initiative programme. Bee Safe is an imaginative way of teaching Primary 7 pupils how to prevent everyday accidents and dangerous situations and how to deal with them safely and effectively should they occur. Children move around 7 accident themed scenarios in small groups over either a morning or afternoon session. The initiative is delivered by agencies including the PSNI, Northern Ireland Electricity, Fermanagh District Council, NI Fire and Rescue Service, Health and Safety Executive NI, Translink and Red Cross.



School Photographs

School Photographer will be in school on Monday 19th February. Neat and tidy uniforms for some beautiful pictures



Literacy Evening.

Literacy evening has been rescheduled for Wednesday 21st February 7pm
Everyone is welcome.

FEBRUARY						
S	M	T	W	T	F	S
				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			
APRIL						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14

PTA Meeting:

Next meeting: Monday 19th Feb at 8:30pm.

Mid Term

The dates that the children are off for Mid Term are:
Monday 12th Feb until Friday 16th
Returning to school on Monday 19th.
Enjoy your well earned break!

Who do I talk to if I'm feeling worried?

Encourage your child to talk to their teacher whenever something is worrying them, either at home, or in school. We have given each of them one of these posters for their homework books so they remember who they can talk to when they are feeling worried about something. Mrs Gormley is the Designated teacher for safeguarding and Miss Mc Nulty is the Deputy. Kevin Conroy is the Designated Governor for safeguarding and Fr O Dwyer is the chair of governors.



Concussion Awareness

The benefits of exercise and sport for children and young people are well known. Children who are active have stronger muscles and bones, are less likely to become overweight, have a

lower risk of developing some illnesses and have a better outlook on life.

Taking Part

Taking part in sport has additional benefits such as improving co-ordination, flexibility and stamina while being part of

a sports team provides a great sense of belonging and encourages life skills such as teamwork, goal-setting and self-control. Accidents Happen

However accidents happen from time to time, on the sports pitch, in the school grounds or even at home and injury can occur. This month we will be explaining a type of injury called a concussion to the children.

Our message to them is to report to an adult whenever someone receives a blow to the head or is displaying any of the signs of concussion show below.



headache



dazed or confused



drowsy or sleepy



Sick



irritable or "in a fog"



difficulty remembering things



any other change in normal behaviour

Indoor Tournaments

The boys heat of the Cumann na mBunscol 5 a side indoor football takes place in the LOUGHVIEW CENTRE, DUNGANNON on Wednesday 7th February @ 10.00am. We will be competing against Cabragh, Roan, Augher, Clogher, Aughadarragh, Caledon, Aughnacloy and Glencull amongst others.

The girls heat of the Cumann na mBunscol 5 a side indoor football takes place in the LOUGHVIEW CENTRE, DUNGANNON on 28th February Good luck to both teams. Bring trainers to play in and a warm coat as it can be cold.

Dinner/Milk/Irish Money

Dinner is £2.60per day. Money is collected on a Monday or Tuesday by Julianne. This job is made much easier if the correct change is given in an envelope marked with the pupil's names and what the money is for.

Milk money for this term is £18, and will cover the cost of milk per child until Easter. If you want to take milk let Julianne know asap as we need to order it monthly. Outstanding Irish monies are now due £10 Will be from Christmas to Easter.

Feis 2018

The Feis runs during April and May. For those that have entered, it is another chance to perform for an audience. Not only does it develop their confidence, but they are increasing their awareness of pace and tone in their speech. Please ask them to perform their poem at home after they receive it this month. Just do your best!

Book Fair



The book fair is coming to school on 1st March 2018. It is the beginning of World Book Week. The children will get a chance to have a look at the books during the school day. You are invited in to buy books Friday Monday and Tuesday 2pm-3:30pm.

Lent 2018

This year Shrove Tuesday falls on Tuesday, February 13th and Ash Wednesday on Wednesday, 14th February. It marks the beginning of six and a half weeks of repentance, fasting and abstinence in preparation for Easter. The ashes from the palms (which have been blessed), that have been kept from last year's Palm Sunday, are mixed with holy water to make a greyish paste. When people go to church on Ash Wednesday, the priest dips his thumb in the paste and uses it to make the sign of the cross on each person's forehead.



Top tips for Safer Internet

1. Talk to your child about their favourite websites. Starting a conversation on a positive foot can lead nicely into a chat about online safety.
2. If your child loves to use social networking sites, teach them about protecting their personal information by thinking about what they are sharing and who they are sharing it with. Show them how to use privacy settings, and how to block and report - and advise them to only accept friend requests from people they know in real life.
3. Remind your child that showing respect for others online is just as important as showing it offline. Encourage them to think before they post and encourage them to show positive behaviour online.
4. There are lots of ways you can advise your child about cyberbullying, if they are worried remind them to save the evidence and to always tell an adult they trust if something upsets them online.
5. There are ways in which you can help to prevent your child from seeing inappropriate content online. Have you considered parental controls and filtering in your home and also on your children's portable internet enabled devices?



Communion 2018

Date for this year's Communion is 28th April 2018 in St Mary's Chapel.

Confirmation 2018

Date for this years Confirmation is 18th March in Church of the Immaculate conception Ballygawley



SAVE the DATE

Safer Internet Day

2018 | Tuesday
6 February

www.saferinternetday.org



Safer Internet Day is celebrated across the globe on 6th February. Schools, companies, governments are all getting involved to help encourage the safe, responsible and positive use of technology. For parents, Safer Internet Day is a great time to have a conversation with their child about staying safe online. The children will be carrying out planned activities to raise awareness of how to be safe on line.



February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 Aug, 26 Sept, 24 Oct, 28 Nov, 2 Jan, 30 Jan, 27 Feb, 27 Mar, 1 May, 29 May, 26 Jun</p> <p>Beef Burger / Bun Oven Baked Crumbed Fish Peas / Gravy Mashed Potato / Pasta Chocolate Brownie Fruit / Custard</p>	<p>H/M Chicken Goulash Pasta Carbonara (DMF) Sweetcorn & Peas Mashed Potato / Pasta Gravy Strawberry Pancakes Fruit Salad</p>	<p>Baked Goulash & Stuffing (H) Chicken Carbonara Curried / Gravy Dry Oven Roast & Mashed Potato / Pasta Ice Cream Fruit / Jelly</p>	<p>Chicken Curry & Rice Naan Bread Chicken & Tomato Pizza Broccoli / Gravy Mashed Potato / Pasta (DMF) (H) Apple Crumble or Fruit Sponge / Fruit / Custard</p>	<p>Oven Baked Sausages Pasta Bolognese Baked Beans & Corned Mashed Potatoes & Chips Pasta Fruit Muffin Fruit / Custard</p>
<p>5 Sept, 3 Oct, 7 Nov, 5 Dec, 9 Jan, 6 Feb, 6 Mar, 3 Apr, 8 May, 5 June</p> <p>Chicken Curry & Rice Naan Bread Bacon Roll Peas / Gravy Mashed Potato / Pasta Fruit Cracked Run Fruit / Custard</p>	<p>Chicken Wrap (DMF) Chicken & Tomato Pizza Baked Beans & Mashed Veg Mashed Potato & Chips Pasta Shortbread Biscuits Fruit / Custard</p>	<p>FUN DAY H/M Soup Mashed Potato / Bread Hot-Dog Chicken Roll Ice-Cream & Waffle Fruit Salad</p>	<p>Roast Chicken & Stuffing Salmon Finger (H) Pasta & Corned / Gravy Dry Oven Roast & Mashed Potato / Pasta Orange & Chocolate Cake Fruit / Custard</p>	<p>Spaghetti Bolognese Assorted Pastries (H) Curried & Broccoli Gravy Mashed Potatoes & Baked Beans / Pasta Fruit Sponge Fruit / Custard</p>
<p>12 Sept, 10 Oct, 14 Nov, 12 Dec, 16 Jan, 13 Feb, 13 Mar, 10 Apr, 15 May, 12 Jun</p> <p>Cheese & Tomato Pizza Chicken Broccoli Bake Curried & Cauliflower Gravy (DMF) Mashed Potato / Pasta Chocolate Brownie Fruit / Custard</p>	<p>Baked Goulash & Stuffing (H) Beef Lasagne Turnips & Peas / Gravy Dry Oven Roast & Mashed Potato / Pasta Fruit Porridge or Lemon Meringue & Custard</p>	<p>Oven Baked Crumbed Fish H/M Beef Burger Sweetcorn & Broccoli Gravy Mashed Potato / Pasta Vietnamese Biscuits Fruit / Custard</p>	<p>Oven Baked Sausages Chicken Wrap (DMF) Baked Beans & Peas Mashed Potato & Chips Pasta H/M Cookies Fruit / Custard</p>	<p>Chicken Curry & Rice (H) Naan Bread Spanish Meatball Peas & Sweetcorn Gravy Mashed Potatoes / Pasta Ice-Cream Tube Fruit Salad</p>
<p>19 Sept, 17 Oct, 21 Nov, 19 Dec, 23 Jan, 20 Feb, 20 Mar, 24 Apr, 22 May, 19 Jun</p> <p>Spaghetti Bolognese (H) Pork Chop Curried & Broccoli Mashed Potato / Pasta Gravy Fudgemal Biscuits Fruit / Custard</p>	<p>Cheese & Tomato Pizza Chicken-a-Ju King & Rice Baked Beans & Peas Mashed Potato & Chips Pasta Apple Roll (DMF) Fruit</p>	<p>Roast Chicken & Stuffing Tomato Pasta Bake Curried & Peas / Gravy Dry Oven Roast & Mashed Potato / Pasta (DMF) (H) Fruit Muffin Milkshake or Fruit Juice</p>	<p>Baked Steak Oven Baked Fish Fingers Sweetcorn & Turnips Gravy Mashed Potato / Pasta Fruit Biscuits Fruit Salad</p>	<p>H/M Chicken Goulash Savory Mince Curried & Turnips Gravy Mashed Potatoes / Pasta Cornflake Biscuits Fruit / Custard</p>



ERRIGAL CIARAN SPRING AFTER SCHOOL

Club Coach
Mark Kavanagh



Bus will collect p7 children at all three primary schools before the end of the school day. Bring them to St Ciaran's for an hour of games and fun. Finishing at 4.20pm

Please arrange collection of your child at 4.20 at St Ciaran's front door—Please confirm this with your child's teacher.



P7

	29 Mon	30 Tue	31 Wed	1st Thur	2nd Fri	3 Sat	4 Sun
Feb	5	6	7	8	9	10	11
Feb	12	13	14 Week Off	15	16	17	18
Feb	19	20	21	22	23	24	25
Feb	26	27	28	1st March	2	3	4
Mar	5	6	7	8	9	10	11

