



Altamuskin's March News

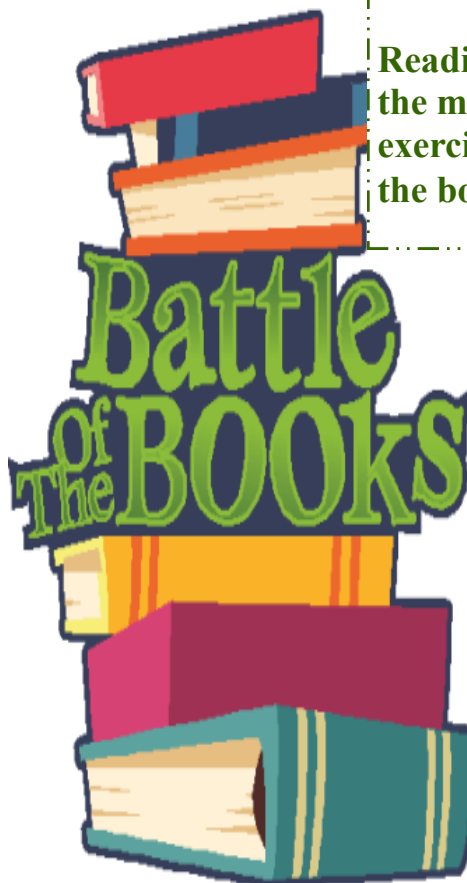


WORLD BOOK DAY fest

HAPPY,
A BIG, BOOKY
CELEBRATION
OF READING

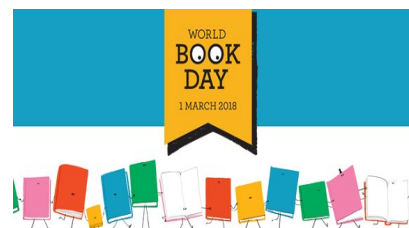
To celebrate 'World book day,' **Thursday 1st of March** The children are encouraged to dress up as a character from a book on **Friday 9th March**. Planned World Book Day activities will take place.

Our **book fair** will be open on Monday, Tuesday and Wednesday of next week between 2pm-3:30pm. Please come in and browse through the books with your children. Every book you purchase gives our school commission!



Reading is to the mind what exercise is to the body.

"Clearly one must read every good book at least once every ten years."
— C.S. Lewis



Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read. -
Groucho Marx



Skills day!

Primary 6/7 have a skills day in the Garvaghy Centre of excellence on Tuesday 20th March run by Cumann Na mBunscol.



School Nurse



School Nurse P1 Interviews
Tuesday 27th March 2018



Swimming

Our final swimming session is on 6th March. The children will be assessed for the gala which will be coming up.



Confirmation

Confirmation is on Sunday 18th of March at 11.30 in The Church of the Immaculate Conception Ballygawley, lead by Very Rev Fr Sweeney VG. The Primary 7 children are currently working through a scheme of work that explains the significance of this

sacrament and will have a scrap book of their work when they are finished.

All Primary 4-6 children are encouraged to join the choir for the celebration of the sacrament. This is a great way for all the children to feel involved in their Parish. More details to follow.

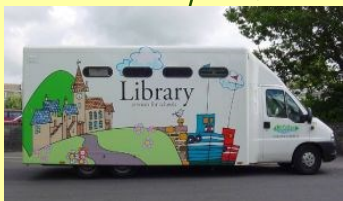


Service of Light

The service of light for the Primary 7 children will take place on Wed 14th March in the chapel in Ballygawley at 7pm. Parents of primary 7 children are invited to participate in the service. Here the children will be taking

their confirmation pledge. Fr O'Dwyer has asked that parents bring along a candle that can be lit at the service. Preferably the baptismal candle, if possible. Uniforms must be worn. School will organise a pledge card for each child.

Library visit



Tuesday 6th March

Tuesday 20th March

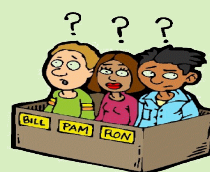
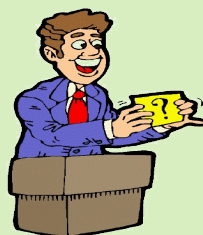
Feis

The Feis Thír Eoghain, runs during March and April. For those that have entered, it is another chance to perform for an audience. Please ask your child to perform their poem at home after they receive it this month. We will also be giving the children an opportunity to learn their poem during school time. Each class will be doing the poem as part of the curriculum even though they may not have signed up to compete.

Credit Union Quiz 2018

We are delighted to announce that our school team has made it through to the next stage of the Credit Union Quiz. What an achievement! It takes place in Kelly's Inn on Sunday 4th March. The children who are representing our school should come dressed in their school uniforms at 1:45pm. Best of luck to you all and enjoy the

experience! Please come along to support our school quiz team!



Penance

The P.4's make their First Confession on Tuesday 20th March at 7pm in Ballygawley.

Punctuality

Punctuality is an important discipline to learn for all the children at Altamuskin. We ask that children arrive before 9.15am so that they don't miss any part of lessons that start promptly at this time. Children arriving after 9.15 am are marked as absent from the morning session. Reminder: All absences should be followed up with a note for the class teacher. Please record the date and reason for the absence.

Healthy Eating

In St Brigid's P.S, we aim to ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

All recent studies show that obesity is increasingly prevalent among children.

The school is a key setting in which to improve both health and educational achievement. Good health and effective learning go hand in hand, and schools have the potential to play an active part in shaping attitudes to health. Central to this is the importance of investing in a healthy school.

This focuses on both the organisation and the taught curriculum by adopting a 'whole school' approach.

It brings together and promotes all aspects of health, while giving schools the flexibility to focus on their particular local needs.

You can help by ensuring that you send fruit/ vegetables/ yoghurt with your child for break and a healthy lunchbox option for lunch time.



Holidays



The date that the children are off for St. Patrick's day: Monday 19th March returning Tuesday 20th march. We finish 1/2 day on Wednesday 28th March for Easter holidays children return Monday 9th April 2018.

26	27	28	
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APRIL				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Cumann na mbunscoil

Good Luck to our Boy's 5 a side team who are through to the county final!!! Thursday 1st March they will travel to MUSA Cookstown. Bring the Cup home to Altamuskin!!!

**Good luck
for tomorrow's
game, boys!**

YOU GUYS CAN DO IT!

Lent 2018

This year Shrove Tuesday falls on Tuesday, 13th Feb 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.



March Menu



Student Council

Our student council have suggested having a "Celebration Show and Tell Assembly" on the last Friday of every month. The first one will be on 16th March. They will be selling cream egg chicks at break time every Friday. £1 per egg. All proceeds go to the Northern Ireland Alzheimer's Society 2018.

	Monday	Tuesday	Wednesday	Thursday	Friday
29 Aug, 26 Sept, 24 Oct, 28 Nov, 2 Jan, 30 Jan, 27 Feb 27 Mar, 4 May, 29 May, 26 Jun	Beef Burger / Bap Oven Baked Crumbed Fish Pasta / Gravy Mashed Potato / Pasta Chocolate Brownie Fruit / Custard	H/M Chicken Goulash Pasta Casserole (RMF) Sweetcorn & Pasta Mashed Potato / Pasta Gravy Strawberry Pancetta Fruit Salad	Baked Gammon & (H) Stuffing Chicken Carbonara Carrrots / Gravy Dry Oven Roast & Mashed Potato / Pasta Ice Cream Fruit / Jelly	Chicken Curry & Rice Naan Bread Cheese & Tomato Pizza Broccoli / Gravy Mashed Potato / Pasta (RMF) (H) Apple Crumble or Fruit Sponges / Fruit / Custard	Oven Baked Sausage Pasta Bolognese Baked Beans & Carrots Mashed Potato & Chips Pasta Fruit Muffin Fruit / Custard
5 Sept, 3 Oct, 7 Nov, 5 Dec, 9 Jan, 6 Feb, 6 Mar, 3 Apr, 8 May, 5 June,	Chicken Curry & Rice Naan Bread Bacon Roll Pasta / Gravy Mashed Potato / Pasta Fruit Cuddled Bun Fruit / Custard	Chicken Wrap (RMF) Cheese & Tomato Pizza Baked Beans & Mixed Veg Mashed Potato & Chips Pasta Shortbread Biscuit Fruit / Custard	FUN DAY H/M Soup Mashed Potato / Bread Hot-Dog (RMF) Chicken Roll Ice-Cream & Wafer Fruit Salad	Roast Chicken & Stuffing Salmon Finger (H) Pasta & Carrots / Gravy Dry Oven Roast & Mashed Potato / Pasta Orange & Chocolate Cake Fruit / Custard	Spaghetti Bolognese Assorted Pudding (H) Carrots & Broccoli Gravy Mashed Potato & Baby Beets / Pasta Fruit Sponges Fruit / Custard
12 Sept, 10 Oct, 14 Nov, 12 Dec, 16 Jan, 13 Feb, 13 Mar, 10 Apr, 15 May, 12 Jun	Cheese & Tomato Pizza Chicken Broccoli Bake Carrots & Cauliflower Gravy (RMF) Mashed Potato / Pasta Chocolate Brownie Fruit / Custard	Baked Gammon & Stuffing (H) Beef Lasagne Turnips & Pasta / Gravy Dry Oven Roast & Mashed Potato / Pasta Fruit Pudding or Lemon Meringue & Custard	Oven Baked Crumbed Fish H/M Beef Burger Sweetcorn & Broccoli Gravy Mashed Potato / Pasta Vitamin Biscuits Fruit / Custard	Oven Baked Sausage Chicken Wrap (RMF) Baked Beans & Pasta Mashed Potato & Chips Pasta H/M Cookies Fruit / Custard	Chicken Curry & Rice (H) Naan Bread Spaghetti Bolognese Pasta & Sweetcorn Gravy Mashed Potato / Pasta Ice-Cream Tubs Fruit Salad
19 Sept, 17 Oct, 21 Nov, 19 Dec, 23 Jan, 20 Feb, 20 Mar, 24 Apr, 22 May, 19 Jun	Spaghetti Bolognese (H) Pork Chop Carrots & Broccoli Mashed Potato / Pasta Gravy Pakemal Biscuit Fruit / Custard	Cheese & Tomato Pizza Chicken-a-la-King & Rice Baked Beans & Pasta Mashed Potato & Chips Pasta Artic Roll (RMF) Fruit	Roast Chicken & Stuffing Tomato Pasta Bake Carrots & Pasta / Gravy Dry Oven Roast & Mashed Potato / Pasta (RMF) (H) Fruit Muffin Milkshake or Fruit Juice	Baked Steak Oven Baked Fish Fingers Sweetcorn & Turnips Gravy Mashed Potato / Pasta Fruit Pudding Fruit Salad	H/M Chicken Goulash Savory Mince Carrots & Pumpkin Gravy Mashed Potato / Pasta Cornflake Biscuit Fruit / Custard

Cumann na mbunscoil Quiz

The Cumann na mBunscoil quiz takes place on Tuesday 6th of March. 4 representatives will be chosen from the school to participate. Good Luck to all!