



Altamuskin's February News



St. Brigid's Day
1st February
Patron Saint of our School.



Thank you for sending rushes into school. We had great fun learning how to make the St. Brigid's Crosses today and sharing stories about the life of St. Brigid.



After School Multisports 2024

Afterschool football with Mr Lynch will begin on Friday 23rd February and it will run until Friday 21st June 24. The cost will be £45 to be paid to Julianne in the office. She will supply money envelopes for payment.

February 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5				1	2	3	4
6	5	6	7	8	9	10	11
7	12	13	14	15	16	17	18
8	19	20	21	22	23	24	25
9	26	27	28	29			

Mid-Term Break

The dates that the children are off for Mid Term are:
Monday 12th February until Friday 16th February.
All children return 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 an adult at school if something is worrying them, either at home, or in school.

Miss McNulty is the Designated teacher for safeguarding and Mr Lynch is the Deputy. Maura Montague is the Designated Governor for Safeguarding and Fr O Dwyer is the Chair of The Board of Governors.



COME AND TALK TO ME. I AM HERE TO LISTEN.



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 encour-

ages 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



Lent begins on Wednesday 14th February this year. This is a great opportunity to give up a bad habit or maybe to begin doing something like making your bed every morning, saying an extra prayer or paying someone a compliment every day. The season of Lent lasts for 6 weeks.



Healthy Lunch

Remember to only send one treat to school in your child's lunch box. Please send a piece of fruit every day for break time.



Post-Primary Admissions



Swimming Lessons

Swimming Lessons begin 29th January for Primary 5-7. These lessons will run for eight weeks. Pupils should not bring money.



Cumann na mBunscol football tournament.

The boys heat of the Cumann na mBunscol 5 a side indoor football takes place in the LOUGHVIEW CENTRE, DUNGANNON on Monday 5th 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 19th February Good luck to both teams. Bring trainers and skins to play in and a warm coat as it can be a very cold place.



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 2024

Date for this year's Communion is 11th May 2024 in St Mary's Chapel, Dunmoyle at 11am.

Confirmation 2024

Date for this year's Confirmation is 9th June in Church of the Immaculate Conception Ballygawley at 11am.



SAVE the DATE

Safer Internet Day

2024 | 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.

