



Altamuskin's March News

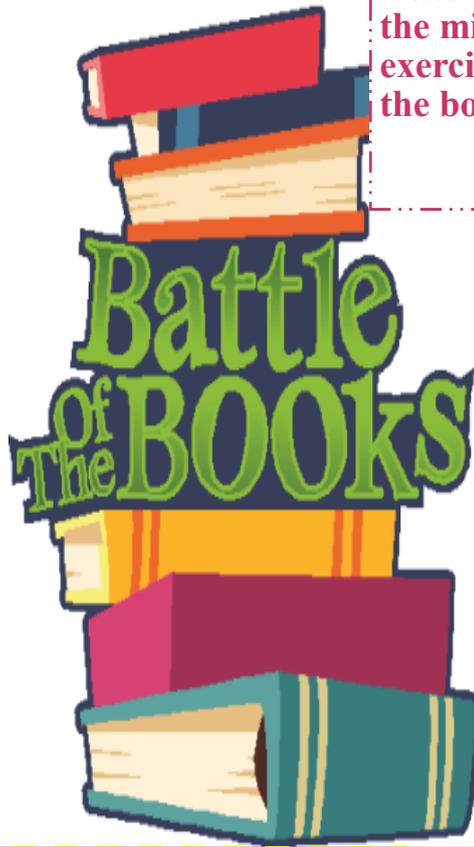


WORLD BOOK DAY fest

HAPPY, A BIG, BOOKY CELEBRATION OF READING

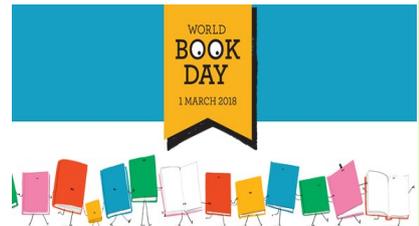
To celebrate 'World book day,' **Thursday 7th of March 2024** The children are encouraged to dress up as a character from a book on **Friday 15th March 2024** Planned World Book Day activities will take place. We will have a World Book Day parade as it was such a success last year!

Throughout the whole school, fifteen minutes, everyday, for a week will be dedicated to the children reading or listening to some of their favorite stories. Encourage your child to do some extra reading this week at home too!



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



School Dentist.
The school dental team are visiting our school Thursday 21st March 2024 to see our Primary 1's. we hope they have a pleasant visit.



Poetry "Feis for FUN"



This year Omagh Feis is running week beginning 8th April and will run all week. We will send home poems with your children. So encourage your child to participate-This is a great opportunity to develop confidence and presentation skills. Get practising!

The judge's top tips:

1. Speak slowly, loudly and clearly,
2. Pause for 2 seconds after a full stop
3. Use lots of facial expressions
4. Use intonation in your voice
5. Smile and enjoy the experience!



Comprehension 2024

READING COMPREHENSION



This year our priority focus is 'Complex Inference and Spelling.' We would encourage you to discuss the story read by your child. Ask them to predict what could happen or might happen next. Revise spellings every night. Keep up the great work!

Credit Union Quiz 24

We are delighted to announce that our school team has made it through to the next stage of the Credit Union Quiz. It takes place in Kelly's Inn on Sunday 3rd-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!

Library visit



05th March 2024

26th March 2024

Feis 2024

The Feis Thír Eoghain, runs during week beginning 8th 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.

Cumann Na Bunscoil Quiz 2024

We are delighted to announce that our school team has made it through to the next stage of the Cumann Na Bunscoil Quiz. It takes place in St Mary's Primary School Ballygawley on Friday 1st March. The children who are representing our school should come dressed in their school uniforms. Best of luck to you all and enjoy the experience! Good luck to our school quiz team!



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.



The dates that the children are off for St. Patrick's day: Monday 18th March return Tuesday 19th March.
Easter holidays begins on 27th March 1/2day finishing at 11am. Returning to school on Monday 8th April 2024

March 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9					1	2	3
10	4	5	6	7	8	9	10
11	11	12	13	14	15	16	17
12	18	19	20	21	22	23	24
13	25	26	27	28	29	30	31

April 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14	1	2	3	4	5	6	7
15	8	9	10	11	12	13	14

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. This month we will be reviewing our Healthy eating Policy. You can help by ensuring that you send fruit/vegetables/ yoghurt with your child for break and a healthy lunchbox option for lunch time.

Afterschool Multisports.

Exciting news...after the success of the last Multi Sports Club, Mr Lynch has decided to restart his Multi-Sports After School Club for P4-7's starting on Friday 23rd February until end of June. The Club will run from 3pm until 4.15pm. Please arrange for your children to be collected promptly. Encourage your child to come along to learn lots of new games basketball, gaelic, soccer etc price is £45 total or £3.00 per week.

Payable to Julianne or Mr Lynch.

First Confession

First confessions will take place on Tuesday 12th of March 2024 The service will take place in school. All Primary 5-7 children are encouraged to join in the choir for the celebration of the sacrament. This is a great way for all the children to feel involved.



EAT SMART WITH THE LUNCH BUNCH



WEEKS SERVED MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

19 February 18 March 15 April 13 May 10 June 2 September 30 September	Golden Crumbed Fish Fingers - Or - Freshly Baked Ham & Cheese Panini Baked Beans & Garden Peas Chipped / Baked Potato Homemade Flakemeal Biscuit	Beef Ragu Italia - Or - Homemade Margherita Pizza Sweetcorn / Diced Carrots / Coleslaw Oven Roasted Potato / Wedges / Rice / Salad Mandarin Orange Sponge & Custard	Chicken Curry & Naan Bread - Or - Baked Pork Sausages & Gravy Garden Peas / Baton Carrots Boiled Rice / Mashed Potato Rice Pudding & Fruit	Roast of the Day, Stuffing & Gravy - Or - Quorn Dippers Fresh Vegetables in Season Mashed / Oven Roast Potato Homemade Brownie & Orange Wedges	Chicken Goujons & Sweet Chilli Dip - Or - Roast Mediterranean Vegetable Pasta Bake Spaghetti Hoops / Corn on the Cob Chipped / Baby New Potatoes Fruit Muffin & Apple / Orange Juice
26 February 25 March 22 April 20 May 17 June 9 September	Golden Crumbed Fish Fingers - Or - Creamy Chicken & Broccoli Pasta with Garlic Bread Sweetcorn & Roasted Peppers Chipped / Baked Potato / Coleslaw Ice-Cream, Pears & Chocolate Sauce	Homemade Cottage Pie - Or - Homemade Margherita Pizza Spring Greens / Butternut Squash Oven Baked Potato Wedges / Baked Potato Summer Fruit Cheesecake	Chicken Curry & Naan Bread - Or - Beef Meatballs with Tomato & Basil Sauce Green Beans / Baton Carrots Steamed Rice / Pasta Spirals Sticky Date Pudding & Custard	Roast of the Day, Stuffing & Gravy - Or - Chicken & Pepper Fajita Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Golden Krispie Square	School "Chippy Day" Chicken or Fish Goujons / Sausages - Or - Baked Potato with Tuna & Sweetcorn / Salad Beans / Mushy Peas Chipped / Baby New Potatoes Frozen Fruit Yoghurt
4 March 1 April 29 April 27 May 24 June 16 September	Baked Pork Sausages & Gravy - Or - Jerk Chicken & Caribbean Rice with Flatbread Baked Beans / Garden Peas Chipped / Baked Potato Ice-Cream & Two Fruits	Chicken Curry & Naan Bread - Or - BBQ Pulled Pork Pizza Wrap Sweetcorn / Baton Carrots Boiled Rice / Oven Roasted Garlic & Paprika Wedges Jaffa Cake Pots	Breaded Fish & Lemon Mayo - Or - Beef Lasagne, Garlic Bread & Coleslaw Garden Peas / Diced Carrots Mashed / Baby Potato Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Fresh Fruit Salad & Yoghurt	Beef Burger / Bean Burger in Bap with Onions - Or - Salt & Chilli Chicken Corn on the Cob / Pasta Salad Chipped Potato / Steamed Rice Lemon Shortbread & Melon Wedge
11 March 8 April 6 May 3 June 26 August 23 September	Beef Bolognaise - Or - Chicken Goujon Wrap with choice of dip Sweetcorn / Broccoli Pasta Spirals / Mashed Potato Chocolate & Orange Cookie	Breaded Fish & Lemon Mayo - Or - Homemade Margherita Pizza Mushy or Garden Peas / Baked Beans Chipped Potato / Baked Potato Raspberry Jelly & Two Fruits	Chicken Curry & Naan Bread - Or - Chinese-style Beef & Vegetables Diced Carrots & Green Beans Noodles / Rice Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Salmon & Creamy Tomato Pasta Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Pineapple Delight	Hot Dog / Veggie Dog with Tomato Ketchup - Or - Chicken & Summer Veg Pie Spaghetti Hoops / Corn on the Cob Chipped / Mashed Potatoes Ice-Cream & Mandarin Oranges

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL
DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO
PRODUCT AVAILABILITY

