

# Altamuskin's February News

As part of our continual focus on developing our school we create a School Development Plan. The targets that we will be focusing on, created in consultation with you and all school stakeholders, are outlined in below.

## Target: SOLVING WORD PROBLEMS

**Literacy**  
We are going to better at retrieving information from our books during guided reading.

Data

**School Development Plan**  
At a Glance 2019/20

**Numeracy**  
We're going to get better at solving mathematical word problems.

Data

**"TOGETHER, WE GROW IN LOVE AND LEARNING"**

**Building**  
Our school environment will be improved by outdoor play equipment - ICT suite

**SEN**  
We're going to get better at supporting each other with being our social, emotional and behavioral best.

**School Development Plan**  
Available on request from the office!

**WORD PROBLEM STEPS**

**C**

**Circle** the Numbers

**U**

**Underline** the question.

**B**

**Box** the Key Words

**e**

**e**valuate and Draw

**S**

**S**olve and **C**heck!

This year at school, we have been focusing on solving word problems using this simple 5 step system. We hope that you'll be able to use the same language at home during any homework activities.

Why is this skill important?

- \* Help children apply computational skills
- \* Give opportunities to use mathematical language
- \* Help solve problems related to real life situations
- \* Develop thinking skills and active learning approaches
- \* PTM test based largely on ability to read & solve word problems

## Service of light. 2020

The service of light for the Primary 7 children will take place on Wed 26th February 2020 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.



## Confirmation 2020

Confirmation is on Sunday 1st of March at 11.30am in The Church of the Immaculate Conception Ballygawley. Lead and celebrated by Bishop Michael Router. 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.

February 2020						
Su	Mo	Tu	We	Th	Fr	Sa
						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	29

## Mid Term

The dates that the children are off for Mid Term are:  
 Monday 17th Feb until Friday 21st  
 Returning to school on Monday 24th.  
 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. Maura Montague 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 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

## Indoor Tournaments

The boys heat of the Cumann na mBunscol 5 a side indoor football takes place in the LOUGHVIEW CENTRE, DUNGANNON on Tuesday 4th 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 25th February Good luck to both teams. Bring trainers and skins to play in and a warm coat as it can be cold.

## Dinner/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.

Outstanding Irish monies are now due £10 Will be from Christmas to Easter.

## Feis 2020

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 2nd March 2020. The children will get a chance to have a look at the books during the school day. You are invited in to buy books Monday Tuesday and Wednesday 2pm-3:30pm.

We get commission on books bought!!!

## Lent 2020

This year Shrove Tuesday falls on Tuesday 25th February and Ash Wednesday on Wednesday 26th 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 re-
- port - 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 2020

Date for this year's Communion is 25th April 2020 in St Mary's Chapel, Dunmoyle.

### Confirmation 2020

Date for this years Confirmation is 1st March in Church of the Immaculate Conception Ballygawley



SAVE the DATE

Safer Internet Day

2020 | Tuesday  
11 February

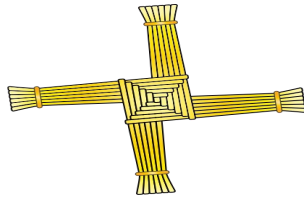
Together for a better internet

[www.saferinternetday.org](http://www.saferinternetday.org)



Safer Internet Day is celebrated across the globe on 11th 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



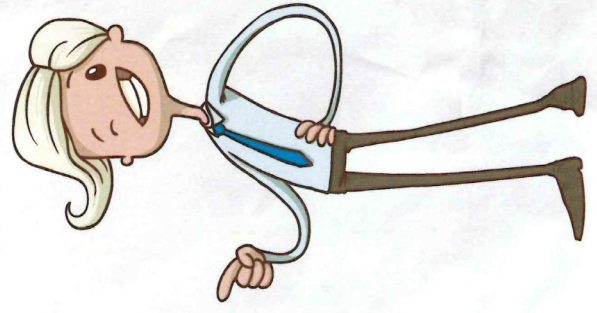
## St. Brigid's P.S. (Wendy 807 58692)

	Monday	Tuesday	Wednesday	Thursday	Friday
2/9, 30/9, 28/10, 25/11, 23/12, 20/1, 17/2, 16/3, 13/4, 11/5, 8/6,	FUN DAY (H) Homemade Soup Bread Mashed Potato Beef Burger / Bap Coleslaw Ice - Cream Tub Fruit	Pizza (H) Mexican Beef & WG Rice Mixed Veg / Sweetcorn Gravy Mashed Potato Wholewheat Pasta Ginger Biscuit Custard / Fruit	Hot - Dog (RMF) Oven Baked Fish Peas / Gravy White Sauce Mashed Potato / Chips Fruit Muffin Custard / Fruit	Chicken Goujons Pasta Bake (RMF) Baked Beans / Broccoli Mashed Potato Wholewheat Pasta Shortbread Biscuit Custard / Fruit	Baked Gammon/Stuffing Lasagne Peas / Carrots / Gravy Dry Oven Roast & Mashed Potato Wholewheat Pasta Chocolate Cracknel Custard / Fruit
9/9, 7/10, 4/11, 2/12, 30/12, 27/1, 24/2, 23/3, 20/4, 18/5, 15/6,	Pizza (RMF) Macaroni Cheese Peas / Carrots / Gravy Mashed Potato Wholewheat Pasta Iced Sponge Custard / Fruit	Oven Baked Sausage Salmon (RMF) Baked Beans / Sweetcorn Mashed Potato / Chips Wholewheat Pasta Flakemeal Biscuit Milkshake / Fruit	Roast of the Day/ Stuffing Assorted Wraps (H) Cauliflower / Carrots White Sauce / Gravy Dry Oven Roast & Mashed Potato Wholewheat Pasta Fruit Cookie Custard / Fruit	Chicken Curry & WG Rice Naan Bread (H) Beef Burger & Bap Peas / Gravy Mashed Potato Wholewheat Pasta Arctic Roll Jelly / Fruit	Spaghetti Bolognise Chicken Bites Mixed Veg / Broccoli Gravy Mashed Potato Wholewheat Pasta Brownie Custard / Fruit
16/9, 14/10, 11/11, 9/12, 6/1, 3/2, 2/3, 30/3, 27/4, 25/5, 22/6,	Hot - Dog (RMF) Oven Baked Fish Peas / Gravy White Sauce Mashed Potato / Chips Fruit Muffin Custard / Fruit	Baked Gammon/Stuffing Lasagne Peas / Carrots / Gravy Dry Oven Roast & Mashed Potato Wholewheat Pasta Chocolate Cracknel Custard / Fruit	FUN DAY (H) Homemade Soup Bread Mashed Potato Beef Burger / Bap Coleslaw Ice - Cream Tub Fruit	Pizza (H) Mexican Beef & WG Rice Mixed Veg / Sweetcorn Gravy Mashed Potato Wholewheat Pasta Ginger Biscuit Custard / Fruit	Chicken Goujons Pasta Bake (RMF) Baked Beans / Broccoli Mashed Potato Wholewheat Pasta Shortbread Biscuit Custard / Fruit
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**school food**  
try something new today  
[www.schoolfoodni.com](http://www.schoolfoodni.com)

WM Bread, Fresh Fruit,  
Salad, Yoghurt, Milk &  
Water are available daily.

If you require any additional  
information on allergens or  
special diets please contact  
the school in the first instance.



Dear God,  
Help me spend today  
with a *Smile* on my face,  
Love in my heart,  
Joy in His grace,  
and my *thinking cap* on all day.

Amen