



Altamuskin's March News



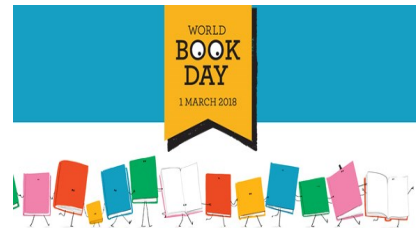
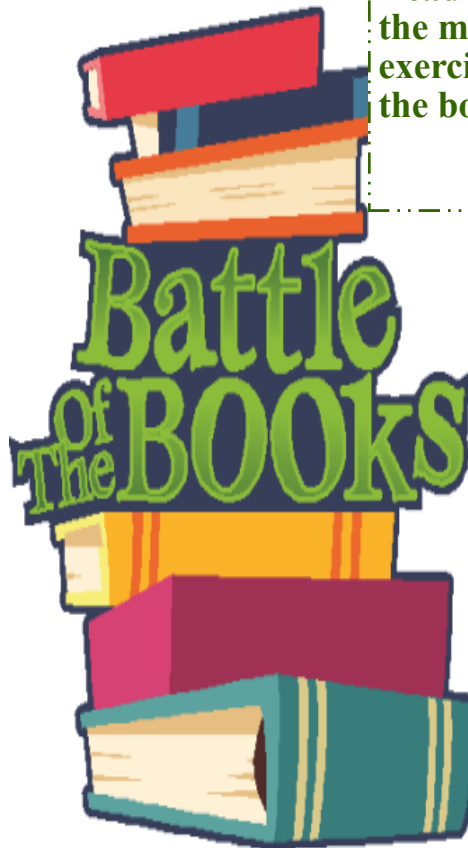
WORLD BOOK DAY fest

**HAPPY,
A BIG, BOOKY
CELEBRATION
OF READING**

To celebrate 'World book day,' **Thursday 5th of March 2020** The children are encouraged to dress up as a character from a book on **Friday 6th March 2020** 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**



The book fair is coming to school on 2nd March 2020. 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 Tuesday, Wednesday and Thursday from 2pm-3:30pm.

We get commission on books bought!!!

School Nurse



School Nurse P1 Interviews
Tuesday 30th March 2020
Information letters to follow
please sign and send back to
school as soon as possible.

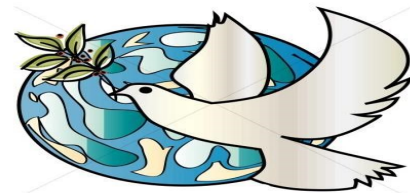


Confirmation 2020

Congratulations to our P7's who made their Confirmation on Sunday 1st of March at 11.30 in The Church of the Immaculate Conception Ballygawley, lead by Bishop Router. The Primary 7 children have been 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.

Thank you to those children who represented our school in the choir for the celebration of the sacrament. This is a great way for all the children to feel involved in their Parish.



Comprehension 2020

READING COMPREHENSION



This year our priority focus is Guided Reading and developing comprehension. We are enjoying our accelerated reader activities and we can see this programme having a real impact on the level of interest in reading. Keep up the great work as our new prize for anyone who achieves their target is a voucher for "Pete-Za"!

Library visit



Tuesday 3rd March

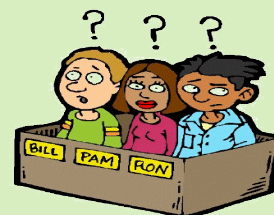
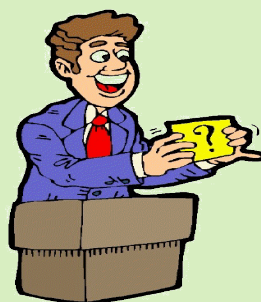
Tuesday 31st March

Feis 2020

The Feis Thír Eoghain, runs during April and May. 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.

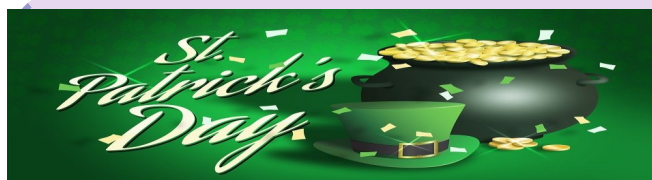
Cumann Na Bunscoil Quiz 2020

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 6th 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 16th and Tuesday 17th, returning Wednesday 18th March.2020

March 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	30	31				

Healthy Eating School

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



WELCOME

Welcome to Eugene Mc Ken-na and Sarah fox who are on Placement from St Mary's,Belfast and welcome back to Mrs Mc Nulty.

GARVAGHEY

HOME OF TYRONE GAA

Skills day!

Primary 6/7 have a skills day in the Garvaghey Centre of excellence on Thursday 19th March 2020 run by Tyrone Cumann Na mBunscol.



Lent 2020-What will you do?

This year Shrove Tuesday falls on Tuesday, 25th Feb 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.



March 2020 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 Bolognese 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
23/9, 21/10, 18/11, 16/12, 13/1, 10/2, 9/3, 6/4, 4/5, 1/6, 29/6	Chicken Curry & WG Rice Naan Bread (H) Beef Burger & Bap Peas / Gravy Mashed Potato Wholewheat Pasta Arctic Roll Jelly / Fruit	Spaghetti Bolognese Chicken Bites Mixed Veg / Broccoli Gravy Mashed Potato Wholewheat Pasta Brownie Custard / Fruit	Pizza (RMF) (H) 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

**school
food**

try something new today
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.

