



# Glencull's March News



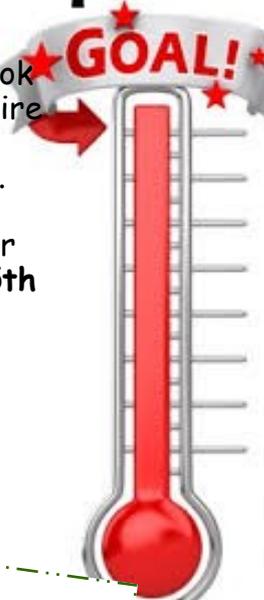
## WORLD BOOK DAY fest

HAPPY, A BIG, BOOKY CELEBRATION OF READING

To celebrate 'World book day,' the children are encouraged to continue to take on the challenge of reading lots of books as part of the 'Battle of the Books!'

The finish date for the project is Thursday 7th March. They have to read books and write book reviews, after which they are awarded stars. They are challenged to collect 1100 stars across the whole school (or 10 each). You can use the book token

sent tomorrow to save money on your next book purchases. Tokens expire by 26th of March, so please use them ASAP. Children are asked to dress up as a character from a book on **Tues 5th March!**



"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

### Dentist Visits 5 yr olds!

To allow the Health Service in Northern Ireland to plan dental services and understand how the oral health of each generation of children is changing, it is periodically necessary to conduct a country-wide dental survey. 5 year olds in St Malachy's have been selected to participate in the survey this year on Tuesday 5th March. The survey is carried out by dental staff from the Community Dental Services. To see what happens during the visit, click this video [www.youtube.com/watch?v=BzriK8HRpD8](http://www.youtube.com/watch?v=BzriK8HRpD8)

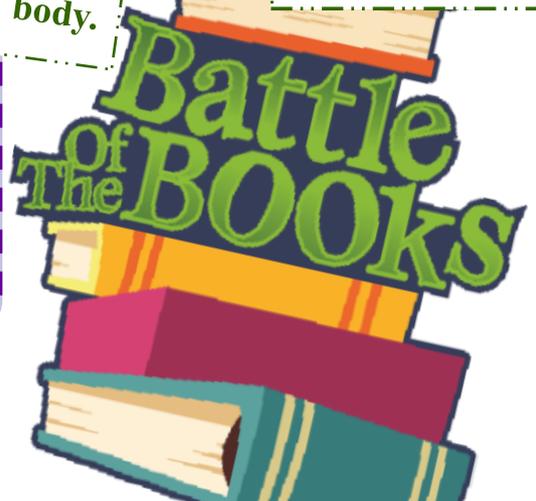


Reading is to the mind what exercise is to the body.

### Green Day

As part of our St. Patrick's Day celebrations we will be having a Green day on Friday 15th of March. Children are encouraged to take part in the celebrations by coming to school wearing green. There will be a prize for the best dressed! There will be a voluntary donation of £1

if the children wish to take part. Please bring in the £1 donation on Friday 15th and give it to the class teacher. All money raised will go toward Fr Leo's fund.



GreenDay in years gone by!

# Finals Days

The girls team have made it through to the indoor county finals of the Allianz Cumann na mBunscoil Tir Eoghan indoor football tournament. The event takes place in MUSA in Cookstown on the Thursday 7th March. The children have to bring lunch on the day as the day can run over with extra time etc. Dress warm and wear Errigal gear with a Glencull jersey if possible.



## Trying a Variety of Sports

There are a wide number of benefits to participating in a variety of sports and activities. Here are just a few of them:

### Avoid Injury

By playing the same sport, all year round, for years on end, you are at a much higher risk of experiencing overuse injuries. Endlessly training the same muscles and movements without a break can really wear on certain parts of your body. By pursuing a variety of sports, you will learn different movements and train different muscle groups in new ways, which can help to avoid injury and burnout.

### Develop New Interests

Rather than just playing one sport during the summer season, trying different sports during the part of the year they are happening can create a better balance of activity throughout the year e.g. winter soccer/rubgy/gymnastics. Obviously if you

love a certain sport and only want to do that one, there's no sense in forcing yourself into other things.

### Build a Wider Skill Set

Trying other sports can actually help you to improve their skill set overall. By playing a variety of sports you'll develop a wider range of motor skills while building strength and endurance. Doing something new can help you to use muscles and techniques that they wouldn't otherwise use. This is especially true of sports that utilise one limb or muscle group over the others. The social skills developed during these activities with peers, teams and opposition, will be transferable into lots of other parts of your life.

After School Multi Sport for P6/7 starts Tues 5th along side P4/5s Games club for 4 weeks. Payment is accepted on School Money.



# Opportunities to Participate

Donaghmore Basketball tournament 13th March

Tri County netball Aghnacloy College -Friday 1st March—P7 Girls

### P6-7 Primary Schools cross country event run by Knockmany Running Club

Augher Central Primary school Friday 8th March

Separate boys and girls races ranging from 600metres - 1800 metres

Bring a packed lunch and drink in case the event runs past 12.30 with a change of clothes if it is a wet day - football boots recommended for running.

You may wish to collect your P3-5 child from school and bring them to Augher so they can

participate. If so please email [bgormley892@c2ken.net](mailto:bgormley892@c2ken.net) so we can arrange medals etc with the running club.

- St Malachy's are thinking of entering an equestrian team into an event in March. If your child participates in equestrian events outside school please contact [bgormley892@c2ken.net](mailto:bgormley892@c2ken.net)
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# Punctuality

Punctuality is an important discipline to learn for all the children at Glencull. We ask that children arrive before 9.15am (Not before 8.45, unless using breakfast club) 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 on the same day with an email for the class teacher. Please record the date and reason for the absence.

March 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
					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
April 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
	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					

# Holidays

The date that the children are off for St. Patrick's day: Monday 18th March. Easter is the following week with Holy Thursday the first day of holidays 28th March returning to school on Monday 8th April.



# Suggestion Box

A huge thank you Farrell Joinery who helped us install our suggestion box. Farrell Joinery used some mahogany from the old cloakroom benches to create this beautiful piece for the front foyer of the new wing of our school. The suggestion box is there for pupils and adults to make any suggestions they might have to make our school a better place for everyone. Just write a note and place it in the box. The box will be opened periodically.



# Election of Parent Governor

TO ALL PARENTS OF ST. MALACHY'S PRIMARY GLENCULL

Notice of Election of Parent Governor to St Malachy's Board of Governors

1. A Parent Governor is elected by parents of pupils attending the school amongst the parents of such pupils.
2. Parents include a guardian and any person who has actual custody of the child.
3. The date of election is 15th March.
4. The Clerk for election is Mrs Celine Mc Girr.
5. Nomination forms signed by two parents (copy below), should be collected from the office and returned to Mrs Celine Mc Girr, C/O Mr Gormley Principal of St. Malachy's on or before 12 noon Wednesday 6th March.
6. If more than one nomination is received by the clerk for election a Ballot will be held to decide who the Parent Governor is. Ballot paper will be available in either school week beginning 11th-15th March.
7. Completed ballot papers in a sealed envelope should be placed in the box provided in the General Offices between 9.00 am - 3.00 pm.
8. The box will be opened by the clerk at 4.45 pm on 15th March and votes counted. A single majority will decide the election.

Nomination Form for the Election of a Parent Governor

School \_\_\_\_\_

I, \_\_\_\_\_ agree to stand for election to the position of Parent Governor on the Board of Governors of St. Malachy's Primary Schools.

Signed: \_\_\_\_\_

Proposer: \_\_\_\_\_

Seconder: \_\_\_\_\_

The Proposer and Seconder must be parents at the school. Return when completed to the Clerk of Elections, Mrs Celine Mc Girr, C/O Mr Gormley Principal of St. Malachy's on or before Date to be confirmed.

# Build Up Your Organisational Skills/Habits

Good organisation is a key component to being successful; Here's some tips and tricks to follow that will help you build up a child's organisational skills. Introduce checklists; This is an easy way to help encourage your children to be organised and get things done in a systematic way. Remember, checklists don't have to be complex they can be simple. Start with easy lists such as '2 things to do before bed' or eventually make them more complex as your child grows older. Referring to lists will help

develop their ability to strategize tasks and organise their time. Assign chores that involve sorting Tasks such as food shopping, sorting, and tidying are great ways to help test your child's organisation abilities. Encouraging your child to get organised the night before school or a big event is great practice. The more they do it, the more they will develop their skills and get into the habit. Start encouraging your child to keep their homework, notes in an organ-

ised way. Establishing a homework routine and setting up a study schedule will enable your child to plan and organise their time efficiently and effectively. In class and around the school we'll be asking the children to keep their own and shared areas tidy, e.g. the cloak room.

# Operation Tidy Up!



# March Menu

## EAT SMART WITH THE LUNCH BUNCH

WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

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



Join us for a **Coffee Morning** in support of **SENAN AND JACK'S TRIP TO ZAMBIA WITH ST CIARAN'S PEREGRINI** Saturday 2nd March 10am-12noon At St.Malachy's PS, Glencull. Drinks, treats, music and dance. All donations welcome.

## First Confessions

\*Sacrament of reconciliation, First Confessions\*  
Thursday 7th March at 11am  
St Malachy's Church Ballymacilroy  
Parents and Grandparents are invited

to join the P4s for a relaxed service which should last an hour. Children will wear uniform and walk down the 'pad' from school and return to school after.  
Why not practice what going to confes-

sions is like with your P4 child at home.

## Act of Sorrow

O my God, I thank you for loving me.  
I am sorry for all my sins,  
For not loving others,  
And not loving you.  
Help me to live like Jesus,  
And not sin again.  
Amen

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