



We care

We share

We learn

Week beginning Monday 29th January 2018: Catholic Schools' Week 2018

Mon 29 th Jan	<ul style="list-style-type: none"> Y7 Credit Union Quiz 9.15-12.30pm Swimming for Y7 – remember £2, swim gear and goggles (& hat for girls)
Tues 30 th Jan	<ul style="list-style-type: none"> Y6 Assembly 9.30 in school hall – parents/family welcome. Over by 10am Y7 St Pius X College basketball tournament (am only) £2 for bus Y5 Sports for life (Leona Brown UU) 11am
Wed 31 st Jan	<ul style="list-style-type: none"> Grandparents' Afternoon Eoin McNicholl (Ulster GAA) fundamentals Y2: 9.15 & Y1 9.50am Y3: 10.45am Violin lessons Y5 & 6 Gaelic Football (in school – afternoon) <i>postponed for Grandparents' afternoon</i>
Thurs 1 st Feb	<ul style="list-style-type: none"> Catholic Schools' Week: Class visits to St Patrick's Church Y5 All Set Shared Education session with Castledawson PS Flute & Clarinet lessons Y6&7 Gaelic Football & Camogie session & (in school – afternoon) Golf afterschools club 3-4pm. Bring PE gear to change into (bottoms & t-shirt)
Fri 2 nd Feb	<ul style="list-style-type: none"> NUMBER DAY. See overleaf for more info. Remember £1 for NSPCC charity collection Mass 9.45am – Led by Y7. Everyone very welcome. Guitar lessons
Mon 5 th Feb	<ul style="list-style-type: none"> <u>Break money due: £4.50</u>. Pay canteen directly. Milk £4 for Feb – payable to office. Y7 transfer meetings from 1.15-4pm. Please ring to book a time if desired.
Tues 6 th Feb	<ul style="list-style-type: none"> Indoor Gaelic football (boys) & camogie South Derry championships
Wed 7 th Feb	<ul style="list-style-type: none"> Y6&7 Peace Proms practice in Belfast (back by 3pm)
Thurs 8 th Feb	<ul style="list-style-type: none"> Y4 Fit for Life Road Safety Quiz (Y7 team) Y7 transfer meetings from 1.15-4pm. Please ring to book a time if desired. All Y7 Transfer Forms to be returned no later than 3pm.
Fri 9 th Feb	<ul style="list-style-type: none"> School closes at 1pm for all pupils. No afterschools club.
Mon 12 th -Fri 16 th February: SCHOOL CLOSED (Mid Term Break)	
Mon 5 th – Fri 9 th March	<ul style="list-style-type: none"> Parent & Teacher interviews. School will close for all pupils at 1pm

- Huge thanks to all the parents, friends and staff of New Row who donated prizes for the interval raffle at Saturday's **St Mungo's Show** hosted by St Malachy's. Thanks to everyone who came along and to all who bought tickets. Friends of New Row raised a superb £717 which is a great boost to our class refurbishment programme. We are hugely grateful to St Malachy's GAC for the opportunity.
- Our 3rd **Bridge Mass** yesterday was lovely! Future First Communicants had an opportunity to renew their Baptismal promises. Special word to thanks to the parents for organising the different parts of the mass.
- **Indoor Hurling & ladies' football championship**: Well done to our two teams who travelled to Meadowbank last week. They played brilliantly against tough opposition. Well done also to Conn McAllister who played during HT at Derry Senior footballers game v Westmeath in Celtic Park yesterday
- **Peace proms**: tickets are selling out so get yours soon if you intend to travel to see the children perform.
- **Clothes Recycling**: Now that we have a little more room, we are arranging a collection after half-term in February. Get filling those bags and we will let you know when to bring them in!
- **Healthy break & lunchboxes**: see overleaf for an update & information. Your support is appreciated.

Many thanks for your continued support

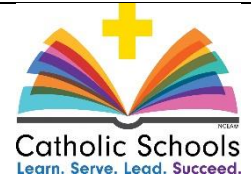
THE IRISH NEWS

**WIN ONE OF 5
GAA SCHOOL
COACHING DAYS**

**Please give tokens to
any Year 7 pupil.**

Catholic Schools' Week 2018

Sunday: Y4 Bridge Mass
Tues: Y6 Assembly 9.30am
(school)
Wed: Grandparents' Afternoon
1.15pm (school)
Thurs: Class visits to chapel
Fri: CSW mass: All welcome 9.45am (chapel)



Health Eating: Improving what we eat at break and lunch

Our school promotes a healthy eating policy. Recently there has been an increase in the number of breaks and lunches where children are eating crisps, chocolate bars and sugary drinks. These are often put in as treats and parents may think the children are eating these *after* their sandwiches. The reality is they are eating these first – or even instead of – sandwiches, despite reminders and staff supervision. We ask that such treats are limited to one item once a week or in the evening and at the weekend.

Break time snack:

The canteen can provide a break time snack for all pupils. We strongly encourage parents of all Y1 & 2 pupils to purchase the toast supplied to their classes. Any alternative should be a healthy (and not too big) option – definitely not crisps or chocolate bars. This is also the case for all Y3-7 pupils who do not take canteen break.

4 key items in every lunchbox (as recommended by NHS).

(Lunchboxes should contain one from each group.)

Remember: Crisps & chocolate bars should not be included as break items or in lunch boxes.

Main	Fruit	Side	Drink
Sandwiches, bagel or wrap	Banana, apple, grapes	Lower sugar/fat yoghurt	Water
Fillings should include protein e.g. eggs, fish, meat, cheese	Chopped fruit	Sugar free jelly	
	Portion of pasta	Carrot sticks	Tea cake, malt or fruit bread
	Cherry tomatoes	Rice cake or Plain popcorn	

We appreciate your support in educating your children in making healthy choices – now and in the future.

NSPCC

**Number
Day
2018**

NSPCC Number Day 2018

This Friday 2nd Feb we are supporting NSPCC by taking part in their Number Day 2018. Number day is a great way to make maths fun and bring about a positive 'can do' attitude. We will be taking part in 'Dress Up for Digits' and pupils will be asked to wear an item of clothing with a number on it (football cap, shirt, onesie) or you could be creative! Here are some examples from last year! The School Council are busy organising an exciting number day with lots of competitions and challenges. Children will receive an NSPCC homework on Thursday to complete.

Children are asked to bring in a £1 donation on Friday with all proceeds going to NSPCC.

What could I wear on Number Day? Examples include:

Some ideas...		
Dominoes	Lottery Ball	Calculator
Fantastic 4	Deck of Cards	Dice
U2	Tape Measure	Ruler
118 118	Money Bank	Goldilocks & the Three Bears
Footballer	Twins	2 Peas in a Pod
Cheerleader	Mobile Phone	Pizza
Snow White & Seven Dwarfs	Number Plate	Maths Test
	Clock	Incy Wincy Spider (8 legs)

We are looking forward to all the fun of Number Day, and we thank you in advance for your support.