



## Week beginning Monday 3<sup>rd</sup> January 2022 Newsletter

[www.stmaryspsportaferry.com](http://www.stmaryspsportaferry.com)

### HAPPY NEW YEAR

We hope and trust that everyone had an enjoyable break and we wish all of our schooling community a happy and peaceful New Year.

While we are looking forward to welcoming all of our pupils and staff back to school on Wednesday 5<sup>th</sup> January 2022, it is important to acknowledge that the current high levels of transmission of Covid-19 may have some impact on school life over the next couple of days and weeks. We will, as ever, try to keep any impact or potential disruption to an absolute minimum, however, there may be circumstances beyond our control that may impact upon our ability to safely and effectively keep services operating and functioning as normal.

We will continue to communicate any changes via our school website and text service.

If your child is absent from school, for whatever reason, it is important that you contact the school and that a note of explanation for your child's absence is brought into school upon their return.

We thank you, in advance, for your continued support and co-operation, it is very much appreciated.

### CONTACTING THE SCHOOL OFFICE

Should you need to make contact with the school, you can telephone on 028427 28278 and please leave a message on the school telephone answering service should your call not be answered or contact our school email account at [info@stmarysps.portaferry.ni.sch.uk](mailto:info@stmarysps.portaferry.ni.sch.uk) and we will endeavour to get back to you as soon as we can.

### AFTER SCHOOLS CLUB

We are delighted to be able to announce a re-start of our After School programme for 2022. It is our intention to run a consistent after school's programme from Monday through to Thursday each week. The cost of each hour is £2.00 per hour attending and this can be paid weekly. Further

details are below

In conjunction with the After School's room we also intend to run other After School activities for any interested pupils. During this coming term we hope to be able to offer Judo and Irish Dancing. More details on this will be announced next week.

### **Saint Mary's Primary School After Schools Clubs**

Week beginning Monday 10th January 2022

#### **Monday - Thursday**



**P2/3 Pupils  
2.00pm - 3.00pm**



**P2/3/4/5/6/7 Pupils  
3.00pm-4.00pm**



Primary 2/3 pupils can stay on until 4.00pm



Activities will vary each day  
**Cost: £2 per hour  
attending**



This can be paid weekly

Our After School Club will be held in a room at the "old end" of the school building. All pupils will exit the building via the "old end" entrance facing the chapel car park at their allocated time.

All weekly bookings must be made in advance and confirmed at the beginning of each week with name, days attending and money included stated clearly at the front of a sealed envelope.

### SCHOOL DINNERS

School Dinners will be served as normal during this incoming week.

Wednesday	Roast Loin of Pork, Apple Sauce Herb Stuffing, Gravy, Fresh Baton Carrots Broccoli Florets, Dry Oven Roasted Potato Mashed Potatoes Swiss Roll & Custard
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Thursday	Breast of Chicken Curry with boiled rice, naan bread, Fresh Carrots & Medley of Fresh Vegetables Strawberry milkshake, fresh fruit & jelly
Friday	Salmon Fishcake or Chicken Nuggets, Sweetcorn, Crunchy Coleslaw, Pasta Salad, Tossed Salad, Chips Chilli Baby Boiled Potato Flake meal Biscuit, Melon Boat with Yoghurt
<b>BREAK</b>	
<b>Wednesday</b> Toast 30p or buttered bagel 50p <b>Thursday</b> Toast 30p <b>Friday</b> Toast 30p or homemade buttered scone 50p  Also available daily! Apple/ Orange juice 40p; Milkshake 40p; water 50p; Selection of fresh fruit 25p	

## STEP IT UP



Looking for something to keep you motivated and moving over these next few weeks?

Our Parents Support Group (PSG) are pleased to announce details of their "Step It Up" challenge. Over the next six weeks you will be challenged to complete a weekly target of steps with the target for each week increasing. If you cannot meet the challenge for that particular week a self-imposed fine of £5 is requested.

Participation in the 6-week challenge is £25 per person and the challenge begins on Tuesday 11th January. Thereafter each weekly challenge will also commence each Tuesday with all steps recorded for that week to be sent in by 9pm the previous Monday evening.

There will be weekly prizes for the most steps completed and we hope to also offer a range of

online courses to members ranging from physical to health and wellbeing. A separate online members community page will be created to share pictures, updates, fun and motivation.

For those within the school a registration form will be issued to each family upon our return to school on Wednesday 5th January and we ask for all those interested in participating to return their form to the school by Friday 7th January 2022. There will also be a registration day on Thursday 6th January from 2-4.00 pm in school and some members of our PSG will be on hand to answer any questions or queries in relation to the challenges.

This challenge is also open to those outside of our school and registration forms can be obtained by contacting the school or any member of our Parents Support group.

Watch our school Facebook and website pages over the next few days and weeks for further updates and information. Good luck everyone.



PSG Presents

## STEP IT UP!

"Making a happier, healthier you"

**TUESDAY 11<sup>TH</sup> JANUARY – 21<sup>ST</sup> FEBRUARY 2022**

**6 WEEKS - £25**

*The aim – increase your steps weekly*

*(2,000 steps is about 1 mile)*

Date	Weekly Steps	Approx. miles per day
11 – 17 January	50,000 – 60,000	3.5 – 4.3
18 – 24 January	60,000 – 70,000	4.3 – 5.0
25 – 31 January	70,000 – 80,000	5.0 – 5.7
1 – 7 February	80,000 – 90,000	5.7 – 6.4
8 – 14 February	90,000 – 100,000	6.4 – 7.1
15 – 21 February	100,000 – 110,000	7.1 – 7.8

**ALSO: Weekly online Fitness Class ~ Weekly Recipes ~ Health and Wellbeing Tips**

**Registration Thursday 6<sup>th</sup> January – 2pm – 4pm**

**St Mary's Primary School & Nursery Unit**

**Or see a member of PSG/School Office for registration form.**

*\*Prize each week for Most Steps*

*\*Overall prize for Most Steps & Most Improved*

