



St. Mary's Newsletter



January 2025

'Star of the Week' Winners this month:

P3-P4 (KS1 Class)

- Breacan
- Lukas
- Lily
- Lukas

P5- P7 (KS2 Class)

- Nyree
- Cabhan
- Saorlaith
- Conan

'Golden Tie' Winner for the Months:

P5-P7 Class:
December- Nyree
January- Oscar

P3-P4 Class:
December-Lily
January- June



News and Infor- mation

Our 'x' and Facebook pages will keep you up to date on what's happening in school.

Follow us

@StMarysRathlin

Website:

www.stmarysprischat
hinisland.co.uk

facebook



As we welcome the New Year, I extend my wishes for a year filled with growth, learning, and success. May this year bring new opportunities, challenges to overcome, and moments of joy. Let's continue to strive for excellence and make this year memorable living out our RATHLIN values.

Thank you for your patience and support during the recent storm. Your understanding and cooperation helped ensure the safety of everyone as once again we had to make difficult decisions in short notice.

Wellbeing Day

We held our first wellbeing day of 2025 on the 7th January. The theme of the day was 'Healthy Minds: Happy Hearts'. Photographs of the activities the pupils took part in are available on the school website.

Catholic Schools Week 2025

Catholic Schools Week 2025 in Ireland took place from Sunday 19 January, to Saturday, 25 January 2025. The theme for this year was "Alive in Christ," inspired by Pope Francis's exhortation in Christus Vivit: "Christ is alive! He is our hope, and in a wonderful way he brings youth to our world, and everything he touches becomes young, new, full of life."

During the week we got opportunities to reflect on what it means to live fully in Christ, emphasizing individual well-being, community engagement, and spiritual growth. A huge thank you to all our grandparents who came to the grandparents' day on Thursday 30th January- there was a great buzz in the hall.

Parenting Focus Programs

Please see the school website for more information about the six week program being held online in conjunction with the Northern and Western Trusts and also from Parent Line NI.

Healthy Lunch Boxes

January is always a good month to think about our health and wellbeing and one important aspect of that is our diet. A balanced and healthy lunch plays a crucial role in your child's physical development, energy levels, and ability to focus in class. Foods rich in nutrients like fruits, vegetables, whole grains, lean proteins, and healthy fats can enhance learning and provide sustained energy throughout the school day. Please try to:

- **Incorporate variety:** Include items from different food groups for a balanced meal.
- **Include fresh fruits and vegetables:** These provide essential vitamins, minerals, and fibre.
- **Choose whole grains:** Options like whole-grain bread, wraps, or pasta are healthier than refined grains.
- **Add a protein source:** Lean meats, eggs, beans, or nuts are great choices.



School Improvement Suggestion

Parents can give feedback on any views you have on a particular issue here .

Please cut this box out and hand your idea or suggestion to the school.



Cúpla Focal

Am béile- **Mealtime**



Ar mhaith leat?- **Would you like?**

Ar mhaith leat anlann tráta?- **Would you like tomato sauce?**

Ar mhaith leat glasraí?- **Would you like vegetables?**

Ar mhaith leat deoch?- **Would you like a drink?**

Ar mhaith leat bainne? - **Would you like milk?**

Cash for Clobber

We are delighted to have won the "Small Primary School" award for 2024 in the Cash for Clobber competition.

A huge thanks goes to Marianne and Seamus Mc Mullan who oversee the collection and transportation of all the "clobber bags", and have been doing so for the past 16 years.

We would also like to extend a big thank you to the people of Rathlin who have helped the school achieve this target by donating to the scheme. 124.09 kilos per child was collected and has earned us the £500 first prize. The total tonnage was 1.365 tonnes from Rathlin!!

Well done to all involved and once again thank you for all the support given to the school.

There is currently no competition for 2025 as yet however, collections will still be undertaken.

Jubilee 2025

A Jubilee – or a Jubilee Year - is traditionally proclaimed by the Catholic Church every 25 years. It is a year set aside to encourage the faithful to embark on pilgrimages, to repent of their sins and forgive the sins of others, and to renew a focus on the spiritual life.

What is the theme of the Jubilee 2025?

The theme is PILGRIMS OF HOPE. Pope Francis has invited Catholics to renew our hope; "We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision." Pope Francis also wants us to rediscover a spirituality of God's creation in which we understand ourselves as 'pilgrims on the earth' rather than 'masters of the world'.



The **Daily Mile** initiative is a school-based physical activity program encouraging children to run, jog, or walk for 10 minutes each day during school hours. It was founded in 2012 in Scotland and has since expanded globally. All our pupils are taking part in this at 1pm every day.

February 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1- St. Brigid's Day	2-
3- Mental Health week	4- Mental Health week	5-KSI Skills Day	6-Mental Health week	7-Mental Health week	8-	9-
10-	11- Internet Safety day	12-	13-	14- HT Holi-days	15- HT Holi-days	16-HT Holi-days
17- HT Holi-days	18-	19-	20-	21-	22-	23-
24-	25-	26-	27-	28-		