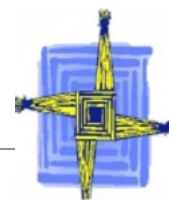


ST BRIDE'S BUZZ!



News & Celebrations | @StBridesPS1 | www.stbridesps.org.uk

Keeping everyone safe...

I understand that it is a stressful time for families as we navigate the changing health landscape. The news of late has been difficult for us all to hear and process and our thoughts and prayers are with the family and school who has lost a beautiful child. Whilst undoubtedly tragic, loss in these circumstances is thankfully rare but serves as a timely reminder that we must all be extra vigilant to children's health and wellness.

As per my latest letter, please monitor your children's symptoms, seek medical help where needed, follow good hand hygiene practices, keep any sick child off school to recover and prevent spread and keep school informed. St Bride's whole school community want our staff, children and families to be able to stay safe and well - **so we need your help!**

Health Guidance...

HSC Public Health Agency

What is a Group A Strep?

Group A Strep is a common bacteria that can live harmlessly in our throats and on our skin. Some Group A Strep can cause mild illnesses like sore throats or more serious illnesses like scarlet fever. These illnesses can be easily treated with antibiotics.

How is Group A Strep spread?

Group A Strep spreads through coughing, sneezing and direct skin contact. It's important to remember that most sore throats and rashes are caused by viruses and will get better by themselves.

What are the symptoms of Group A Strep?

Mild Group A Strep can cause:

- a sore, red throat,
- a rash,
- a white coating on the tongue.

Scarlet fever develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture.

HSC Public Health Agency

Scarlet fever Signs & symptoms

The symptoms of scarlet fever are non-specific in early illness and may include:

- sore throat,
- headache,
- high temperature,
- nausea and vomiting.

After 12 to 48 hours the characteristic red, generalised pinhead rash develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture.

In **December**, we turn our attention to **CARING**. Thinking of others and showing our love, kindness and appreciation for all the people in our lives who look after us, care for us and those who need our help at this challenging time of year.

Mission Together Advent Calendar 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Sunday of Advent What is the promise the prophet Isaiah speaks of in today's first reading? Isaiah 27:5	27 An Advent wreath's candles are a symbol of Christ's light. Think of ways you can be a light for others today.*	28 Learn our Advent Carol We are waiting and sing it as a class. Why not film your singing and share it with us @MissioUK	29 Today is the feast of St Nicholas. Find out what St Nicholas did to bring hope to poor people.*	30 Today is the feast of St Andrew, one of the twelve disciples. Find out which country he is the patron saint of.	1 Make a Star of Hope and think about how you can bring hope to others this Advent.*	2 Tomorrow is the feast of St Francis Xavier. Find out why he is the patron saint of mission.*
2nd Sunday of Advent In today's Gospel reading, John the Baptist tells the people to prepare for Jesus. How can we do this too? Matthew 3:1-12	4 One way we can prepare for Jesus is by building peace. Make a peace paper-chain and think about how you can build peace in school this week.*	5 Yesterday was Gaudete Sunday. Find out what Gaudete means.	6 Find out how Advent & Christmas are celebrated in another country.*	7 Make a Joyful Angel and think about how you can share the joy of Jesus today.*	8 Joy is easy to pass on! Look out for people who are lonely today and invite them to play.	9 As a class sing Joy to the World! Why not film your singing and share it with us @MissioUK
3rd Sunday of Advent The prophet Isaiah predicts great joy in today's first reading. How can we share God's joy this week? Isaiah 25:1-10	11 Imagine you are the donkey carrying Mary to Bethlehem. Write a poem or carol about your special task.	12 Sing your favourite carol to a family member today. Think about the words or carol someone what they mean.	13 Create a Gift for the World decoration and think about the gifts God has given you to share.*	14 Be an Advent light today: make a Christmas card for an elderly relative or neighbour.*	15 Today pray for people who have no home. Ask God to keep them safe this Christmas, and for us to find ways to help them.	16 Rejoice! Jesus is born! Remember to thank God and your family for all the gifts they love bring.
4th Sunday of Advent In today's Gospel, an angel visits Joseph and says, "Do not be afraid. Ask God to help you with your worries." Matthew 1:18-24	18 Imagine you are the donkey carrying Mary to Bethlehem. Write a poem or carol about your special task.	19 Sing your favourite carol to a family member today. Think about the words or carol someone what they mean.	20 Create a Gift for the World decoration and think about the gifts God has given you to share.*	21 Be an Advent light today: make a Christmas card for an elderly relative or neighbour.*	22 Today pray for people who have no home. Ask God to keep them safe this Christmas, and for us to find ways to help them.	23 Rejoice! Jesus is born! Remember to thank God and your family for all the gifts they love bring.
18	19	20	21	22	23	24 & 25

Who will be enjoying a Christmas hot chocolate and cookies this month?

caring

1. Saying nice things and sharing compliments with others
2. Being considerate, kind, and respectful in all your actions
3. Lending a helping hand to those around you
4. Being the person others can count on

caring

1. Saying nice things and sharing compliments with others
2. Being considerate, kind, and respectful in all your actions
3. Lending a helping hand to those around you
4. Being the person others can count on

Open Enrolment Information Sessions for prospective parents to apply for Nursery and Primary One places for September 2023 will be held as follows;

Nursery Applicants - Wed 14th December 1.15pm on our **Derryvolgie** Site. Enter via main front doors.





Birthdays so far...

Happy birthday with love from everyone at **St Bride's PS, Belfast**



Birthdays (5th Dec - 11th Dec) 🎂

- Adedamola (P5LW). Aimee (P4McI).
- Luke (P5MMcK). Charlotte (P3McD)
- Arthur (P4McI) Sarah (P2OP)
- Holly (P3McD). Luke (P7BM).
- Sarah (P7MC). Finn (P4McM)
- Hugo (P3ML). Colleen (P7MC)
- Katie (P4KG). Katherine (P4McL)

Let's Cook TOGETHER

Christmas Edition

Recipes inside

- Ham & Cheese Pinwheels
- Turkey Curry
- Eton mess



The EA are encouraging families out some of these delicious

Primary One Applicants - Fri 16th December 2.15pm
on our **Ashleigh** Site on Windsor Avenue.

P5-7 families are cordially invited to our annual Carol Service on Fri 16th Dec at 11am in St Brigid's Church. Two adult seats per child available.



Turkey Curry

- 1 tablespoon Olive Oil
- 1 Medium Onion (sliced)
- 1 Red Pepper (sliced)
- 1 Green Pepper (sliced)
- 1 teaspoon Chilli Flakes
- 3 cloves Garlic (crushed or grated)
- 3 cm Fresh Ginger (grated) or 1/2 Teaspoon of powdered Ginger
- 3 teaspoons Garam Masala
- 2 teaspoons Turmeric (optional)
- 500g Turkey Leftover cooked, shredded or cubed
- 350 ml Passata (or chopped tinned tomatoes)
- 200 ml Coconut Milk
- Salt and Pepper to taste.

Method

This easy leftover Turkey Curry is great with brown or white rice & naan bread. What better way to use up leftover Turkey than with this kids favourite.

Place the oil, onions and peppers in a wide, deep pan and cook over a gentle heat (lid on) for about 5 minutes, or until softened but not brown.

Add the chilli, garlic, ginger, garam masala and turmeric and fry gently for 2 more minutes (add a very small splash of water if it gets to dry)

Add the turkey, passata, coconut milk, salt and pepper and bring to the boil. Turn down low and simmer for 10 minutes until the sauce has thickened slightly and the turkey is piping hot all the way through.

Serve with rice & naan bread.



Share your pictures
#eacatering



Ham & Cheese Pinwheels

- Ingredients - Serves 12
- 350g (approx.) Pre-Rolled Puff Pastry Sheet - thawed
 - 100g Sliced Ham
 - 100g Cheddar Cheese grated
 - 1 tsp Dried Oregano
 - Salt & Pepper to taste
 - 1 Egg - beaten



Method

This simple and easy starter for kids to make only has a few ingredients and is perfect for little hands. You can also change the filling to Sun-Dried Tomato & Basil Pesto so make sure you have fun with your own ideas too.

Pre-heat the oven to 180°C. Place parchment paper onto an oven proof tray.

Place the puff pastry sheet on a chopping board then layer on the ham and grated cheese. Season with oregano, salt and pepper.

Roll into a tight roll and slice into 12 even pieces. Pop in the freezer for 5mins to firm up. Place the pinwheels into a prepared oven tray, brush lightly with beaten egg and place into the oven.

Allow to bake for 15-20 minutes or until golden brown and cooked through.

Remove from the oven, gently lift from the oven tray and serve.

Share your pictures
#eacatering

to cook healthy, low-cost meals this Christmas. Why not try recipes and send your photos to #eacatering... delicious! 😊

Traditional Irish Music 🎵.... Families, such as has been the success of our Irish dancing, Gaelic games and Irish language classes that, after Christmas, I am delighted to be able to offer small group and 1:1 private tuition with All Ireland Champion fiddler and multi-instrumentalist, Niall McClean.

Niall is a music graduate of Queens and has a wealth of experience teaching and performing both nationally and worldwide. Niall organised the first ever Irish music concert to be held and televised for then, Prince Charles, at Hillsborough Castle. He leads Ards Comhaltas and has taken groups of students to perform for the Pope in Rome, to the White House, USA and for the Irish President in Dublin. Niall is currently lead tutor and organiser of the bid to bring the All Ireland Fleadh to Belfast in 2024. As my former Trad tutor in Bangor, he led my school Trad Group to win the prestigious Fox Robert's Cup 14 years in a row.

Niall is pleased to be able to offer lessons in fiddle, tin whistle and bodhran with the opportunity to complete London College Grade Exams. We are seeking interest from pupils from P3-7 to participate in lessons which will be facilitated within the course of the school day with the idea of later forming a school Traditional Music Group. This is a brilliant opportunity for any child wishing to learn an instrument, share interests with others and broaden their skills set. Half-hour lessons for individuals cost £19 with a shared group lesson costing £7. Payable per term. To register your interest, please contact Niall directly on **07960072218** as soon as possible so that classes can be organised asap.

I'm so pleased to be bringing this wonderful opportunity to St Bride's. 💙💜💛🎵🎸🎹

👁️👁️ Looking ahead... Dates for your diaries



P3 Sacrament of First Penance:

Tuesday 7th March 4pm:

P3 McNamee & Lynn

Wednesday 8th March 4pm:

P3 McDermott & Leggett



P7 Sacrament of Confirmation

Tuesday 21st March 4pm: P7 Maguire & Cunningham

Tuesday 21st March 6pm: P7 Marttila & Montague



P4 Sacrament of First Holy Communion

Sat 13th May 10am: P4 Gray & McIlroy

Sat 13th May 12noon: P4 McCloskey & McMahon





Congratulations to these Magic Mathematicians who each gained over 200 points in our recent Maths Week Ireland Challenge. A fantastic effort from these girls. Mr Doran and I are so proud of you all! Well done! 🙌🌟

Huge congratulations to all of P1-3 who have now completed their fantastic Nativity plays! Such talented children! Thank you to the staff who prepared them and to all the families who came along to support them, it was great to have you back with us in person. Next week, we look forward to our P4 shows and of course, our very special P5-7 Carol Service.



A Message from the Principal

Dear Parents at Christmas,

I know at this time of year there is a pressure to create a perfect magical Christmas. I know that you want to give them the magic of Santa and ensure he brings the best gifts and sometimes that means a bit of stress for you, but I'm writing to tell you a secret. I'm writing to tell you that every January when your child comes back to school, they tell me all about the Christmas holidays. They tell me about the days when everyone stayed indoors and watched TV. They tell me about staying at Grandma's and being excited when you came home from work. They tell me about the walk in the freezing cold to get a McDonald's. They tell me about how you let them snuggle in your bed and how you played a game of cards. They tell me about staying up until midnight on New Year's Eve and spending a whole day in their pyjamas. They mention their gifts, but for them Christmas is you and your love and time and routines and feeling safe. You are their favourite thing. Merry Christmas x

Charitable Works & Social Justice... CARING

Thank you to all those who have supported our St Vincent DePaul Appeal so far. Thank you also for your support and generosity for our PTA Christmas Ballot, the prizes are simply AMAZING! Good luck everybody!



The Parish GIFT Association has asked that I draw your attention to the following:

Bring Baby Jesus from your Nativity Crib for a special blessing on Sunday 18 December at Noon Mass

At 12 Mass on Sunday 18th December, we are having our very own Baminelli Sunday at St. Brigid's. Father O'Donnell along with the Gift Group are inviting all our wonderful children and young people with their families to bring their figures of Baby Jesus to Mass from their home crib for a very special blessing.

Baminelli Sunday was a tradition started by St John Paul II. Baminelli is the Italian word that means, "Little Baby Jesus". Pope John Paul II invited all the Romans to come to St Peter's Square with the Christ Jesus from their home crib, everyone held up their baby Jesus and he blessed them. The children especially enjoy this tradition, which both Pope Benedict XVI and Pope Francis have continued.

During 12 Mass, Father O'Donnell will bless the Baminelli that you have brought from your home. Following the blessing, take your Baminelli home, gift wrap it, place it under your tree and save it for Christmas Day. Let this be the first gift your family opens on Christmas, then you place your Baby Jesus in the crib. A gift of the presence of Christ in your home this Christmas. The celebration will be especially enjoyable for the children of the Parish, young and old!

We hope that you can join us for this beautiful tradition.

DON'T FORGET YOUR BABY JESUS ON 18th DECEMBER!

A limited number of baby Jesus figurines will be available to buy from the GIFT group before all Masses at £5.00 each



St Bride's PS staff are always **here to help and support** all families.

If you, or a family you know, are in need of our support, please get in touch to

speak to us in confidence. The local Conference of St Vincent dePaul have been in contact with school to offer support to any family at St Bride's that may be in need of their support. In confidence, and with the promise of our discretion and sensitivity, if you, or any family you know, may be struggling and could benefit from some financial or resource support, please get in touch with Miss Joyce or Ms Hunter via the school office. Tel: 02890 381700 or contact SVdP directly.

Need to chat to us or raise a concern... We will always be happy to help! Most often **class teachers** are the best person to speak to. They can be contacted via the school email address or landline. Email: info@stbrides.belfast.ni.sch.uk or Telephone 02890 381700. If, after speaking with class teachers, the matter remains unresolved, it may be further raised to the Head of Key Stage, SENCo, Senior Leadership Team, VPs and then the Principal.

Keeping up with St Bride's... I'd encourage all adults to follow St Bride's PS on **Twitter** to get a glimpse into all that goes on in our school. Check us out [@StBridesPS1](https://twitter.com/StBridesPS1).



We are now also on **Instagram** [@stbridesps](https://www.instagram.com/stbridesps)... please give us a follow if you can!



Have you moved house, changed telephone number or email address?

Please ensure that you update the School Office Team with any change of details to ensure that you have continued access to our SchoolComms & Gateway App for important information and payments. **Thank you!**



Safeguarding our premises...

Families, unfortunately adults are still 'hanging around' on our school premises between school pickups, despite our pleas to vacate the areas. We cannot facilitate parent, grandparent or childminding waiting areas. Anyone arriving before 1.50pm or

remaining on site after 2.10pm and before 2.50pm will be asked to leave in adherence with safeguarding procedures. Respectfully families, once you have collected your children, you are politely requested to leave school premises. **Thank you for your co-operation.**

Other Reminders:

- **Parking:** I appreciate and have witnessed the difficulties associated to traffic management, however, I respectfully request that parents adhere to road markings, **avoid using staff carpark areas, refrain from blocking school or residents' gates**, zigzag crossing lines etc and instead park **responsibly**, with **respect** for local residents and of course, children's safety.
- We will call the **police** in respect of any **illegal parking or dangerous driving**.
- **Our only concern is the safety of our school community.** Parking convenience is not a priority.
- **Abuse towards school staff will also not be tolerated** and could result in further action taking place.
- **Safer School Premises:**

- Families, you may be aware that we have a number of children with severe, often life-threatening, allergies, others with mobility issues and many who have experienced trauma which can be easily triggered. With that in mind, as the children's safety and well-being is my paramount concern, I respectfully ask that ALL food coming into school is nut-free, adults refrain from smoking on school premises and that dogs are not brought on to our school sites.



School Lunch Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Breast of Chicken Curry & Rice Naan Bread Garden peas Jam & Coconut sponge & Custard	Breaded Fish Fingers Baked Beans Mixed Vegetables Mashed Potato Fresh fruit selection & yoghurt	Breaded Chicken Goujons Sweetcorn, Mashed potatoes Salad Selection Vanilla Ice cream, Oranges, and chocolate sauce	Roast Beef Traditional Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Oven Dry Roast & Mashed Potatoes Frozen yoghurt & Fresh Fruit Selection	Steak burger with bap Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks
WEEK 2	Spaghetti Bolognese Crusty bread Tossed salad Melon, cheese, and crackers	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Chocolate Sponge & Custard	Breaded Fish Goujons Sweetcorn Mashed Potato Flakemeal Biscuits and fresh fruit	Roast Pork Traditional Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Fresh fruit selection & yoghurt	Breaded Chicken Bites Beans Chips Baked Potato Coleslaw Jelly, Ice Cream and Fresh Fruit
WEEK 3	Pasta Bolognese Crusty bread Sweetcorn Raspberry ripple ice cream & Fresh fruit Chunks	Roast Breast of Chicken Traditional stuffing Gravy Carrot & Parsnip Oven Dry Roast & Mashed Potato Popcorn cookies and watermelon chunks	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Fruit sponge & custard	Salmon Fishcakes Baked Beans Mashed Potato Frozen smoothies & fresh fruit	Burger in a Bap Coleslaw Tossed Salad Chips Baked Potato Fresh fruit selection & yoghurts
WEEK 4	Oven Baked Sausages Baked Beans Mashed potatoes Arctic roll & selection of fresh fruit	Breaded Fish Fillets Sweetcorn & Peas Mashed Potato Melon, cheese, and crackers	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Baked Potato Fruit sponge & custard	Roast Gammon Traditional stuffing Gravy Savory cabbage Oven Roast Dry & Mashed potato Fresh Fruit Selection and yoghurt	Margarita Pizza Chips Baked Potato Tossed Salad Coleslaw Flakemeal biscuit & Fruit Chunks

Menu choices subject to deliveries



Fresh Fish May Contain Bones

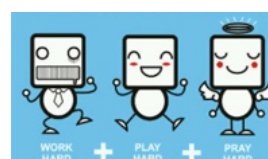


Breads
Milk, Water
A Choice of Fresh
Fruit & Yoghurt
Available Daily

If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form

- **School Meals Menu - 12th - 16th December is Week Four**

- **Now for a summary of what's on next week...**



Day & Date 📅	Events 👤👤	Points to note 📌📌
Monday 12th December	<p>🕒 Early Morning Drop-off 8.30am</p> <p>👤 Mandarin Lessons</p> <p>🎵 Clarinet Lessons</p> <p>🎄 P4 McM/Mcl Nativity 2.15pm DV Hall</p> <p>👤 Miniversity - Ashleigh Site</p> <p>👤 Drama (Many Faces)</p>	<p>📌 Remember to book school meals by Sunday for the week ahead.</p>
Tuesday 13th December	<p>🕒 Early Morning Drop-off 8.30am</p> <p>🙏 Mass P5BY & LW</p> <p>🎵 Brass & Cello Lessons</p> <p>🎄 Nursery Christmas Plays 9.30am</p> <p>🎄 P4 McL/G Nativity 2.15pm DV Hall</p> <p>👤 Arts & Crafts Club - DV Site</p> <p>🇫🇷 French (Derryvolgie Front Entrance)</p> <p>👤 Gymnastics MR Sports - DV Hall</p> <p>🏐 Playball After-School Club - Ashleigh</p> <p>👤 Brass Ensemble 🎺🎺</p>	<div>  <p>Follow us on twitter</p> <p>@StBridesPS1</p> <p>to keep up with all that goes on in our school!</p> <p>INSTAGRAM</p> <p>@stbridesps</p> </div>
Wednesday 14th December	<p>🕒 Early Morning Drop-off 8.30am</p> <p>🎵 Violin Lessons</p> <p>🕒 Nursery closes to pupils 11.45am</p> <p>💖 Prospective Nursery Parents Information Session 1.15pm DV Hall</p> <p>⚽ Soccer MR Sports - DV Hall</p> <p>👤 P4-7 Yoga Club</p> <p>🇫🇷 French (Derryvolgie Front Entrance)</p>	<p>📌 As the weather changes, please ensure that all pupils have coats for outdoor play in all weathers and that all items of uniform are clearly labelled with names. 🌧️☁️</p>
Thursday 15th December	<p>🕒 Early Morning Drop-off 8.30am</p> <p>🎵 Viola & Percussion lessons</p> <p>👤 Cross-Country Heats</p>	<div>  <p>REMEMBER ONCE A WEEK, TAKE A PEEK</p> </div>
Friday 16th December	<p>🕒 Early Morning Drop-off 8.30am</p> <p>🎵 Flute lessons</p> <p>🎄 P5-7 Carol Service 11am - Church</p> <p>🚌 Nursery Trip to W5</p> <p>💖 Prospective P1 Parent Information Session 2.15pm Ashleigh Hall</p> <p>👤 Yoga (Ashleigh Site)</p> <p>🇮🇪 Irish Lessons (DV Front Entrance)</p>	<div>  </div>