



St. Clare's Newsletter

January 2023



World Champions Again!!!

The accolades just keep coming for our amazing lyrical dancers. With uncontrollable pride, it is great announce that our Aideen has only gone and won the World Championships this year!!! This is following on from Caelan's World Championship win previously.

And just look at the trophy hall for our wonderful team of dancers including Meabh and Eva. We could not be more proud of our pupils who represent our City on the world map. Congratulations to one and all.



Well done Caelan, Meabh, Eva and Aideen. We are so proud of you

GAA Sports taking off at St Clare's PS.

What an amazing start of the year it has been for the hurlers at St Clare's PS. Our indoor Hurling Team under the watchful gaze of Mr Birt and ably assisted by Oran have only gone and won the @AontroimCnamB Belfast indoor Championships. What are impressed with most, apart from Mr Birt not trying to fit into the kit to play himself, is the sporting manner in which our pupils represented our school. Ambassadors every one of them. This is just the encouragement we need to take our Hurlers through the winter months and give us confidence for the outdoor season ahead. A special thanks to Cumann namBunscoil for the organization of the week of competition. So many do so much behind the scenes to enable our children to access great facilities and great competitions.

Congratulations to Our Belfast Championship Winning Hurlers



Sacraments

The year does not be long running away with itself and 2023 is no different. No sooner has Christmas concluded and our pupils are straight into preparing for their important sacraments.

First Confession- The ceremony for enrolment for parents and P3 pupils for First Confession will take place next Tuesday 7th February at 9.15am in the school Assembly Hall. Grandparents and other relatives are also more than welcome to join us for this most beautiful of ceremonies. First confession itself will take place on Tuesday 21st March at 11.00am in the Church for all our P3 pupils who wish to be receive the sacrament.

Confirmation- Our P7 pupils will be receiving the sacrament of Confirmation on **Tuesday 7th March at 11.00am**. In advance of this, there will be a service of Light and retreat for the pupils and this date will be set in the coming days.

Don't Forget the school will finish for Half Term on Friday 10th February at the end of the school day. School will be closed to all pupils the following week from 13th- 17th February. Classes will resume as normal on Monday 20th February at 9.00am.

JANUARY 2023 AWARD WINNERS



Pupils of the Month Award Winners



Rights Respecting Pupils of the month



Eco Council



Rights Respecting Council 2023

Accelerated Reading

In St Clare's we know that reading not only improves children's focus, memory and communication skills, it also plays a positive role with encouraging good mental health. Our P5 to P7 pupils have been working hard to improve their use of the Accelerated Reading Programme and we are proud to celebrate their excellent success! A big shout out to Jason in P7, our multi-millionaire whiz kid, who recently hit a word count jackpot by reading over 4.5 million words! Hot on Jason's heels are Miss Casey's P5B class, who topped the Key Stage Two Reading Leadership Board, reading the biggest range of books in a week! Well done kids and a massive thank you to our parents for supporting the

use of AR at home. P1 to P4 are also making wonderful progress with their use of our online reading platform, Bug Club in school and at home. Make sure to visit our Facebook Page to keep up to date with the ongoing celebrations of reading success in our school!



Mental Health Awareness Week

Monday 6th February marks the start of Children's Mental Health Week. The theme of this year's week is **Let's Connect!** To mark this special week, we will cancel all homework to help children have more time to making connections with family and friends. Instead, we are encouraging lots of fun and healthy activities as an alternative, to encourage a positive mindset and good mental health.

Children's Mental Health Week 2022
Growing Together

Monday Funday Do something fun! You could play a game or watch a movie but treat yourself to something fun!	Tunes on Tuesday Put on your favourite song. Turn it up loud! Dance, smile, laugh and sing along.
Well-Being Wednesday Time to look after your brain and mind. Sit in a comfortable position. Put on some relaxing music. Breathe in through your nose, out through your nose. Repeat.	Thankful Thursday Think of someone you are thankful for. Think of reasons why you are thankful for this person. Tell them or draw them a colourful picture and tell them how much you appreciate them.
Self-Portrait Saturday Draw a picture of yourself! Celebrate what makes you feel special and recognise all your beautiful features.	Fitness Friday Time to look after your body. Take part in today's gymnastics or go for a walk or bike ride.
	Spiritual Sunday Time to reflect and pray. You are a child of God. God is everywhere. In happy times and sad times. Tune into mass at 12noon

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