



'Being the best that we can be'

'Friday Note'

Friday 10 March 2017

No.19

Looking back...

P3 celebrate their Commitment Service

On Wednesday morning Primary 3 children and their families celebrated their First Confession Commitment Service here in school. The service was excellent with the children singing and praying so reverently. Well done children ...you were great ambassadors for St. Joseph's! Thank you to Miss Clarke and Ms Kitt for preparing the children so well. Thank you to Fr Dermot for celebrating the service and thank you to parents and grandparents who came along to be with us. We look forward to First Confession on Thursday 30 March.

Environmental Youth Speak

On Thursday of this week Meabh Quinn and Enrique-Gascon from P7 represented the school at the Lisburn and Castlereagh Council heats of 'Environmental Youth Speak.' The girls performed excellently and were up against some stiff competition with 15 schools taking part...the largest number ever. Well done Meabh and Anna.

Trocaire Fundraising for Lent

Lent is a time when we concentrate on three things: fasting, prayer and almsgiving. In school each class has a Trocaire collection box. Please encourage your child to donate something, even something very small each week to Trocaire's campaign. Each class will be organising their own fundraising activity during Lent and will let you know in the coming weeks.

The Importance of Sleep

If you were watching panorama this week on BBC 1 you will have seen a documentary about the importance of sleep for children. The programme showed very clearly that sleep affects how children feel and function. Lack of sleep can hinder performance in school, can lead to depression and can even lead to weight gain. By helping children get the recommended amount of sleep, you can improve your child's health, psychological well-being, and safety. Sleep is key to your child's growth and development as well as his/her ability to learn. Here is the general guidance on the amount of sleep children need at different stages in their lives:

- **Preschool aged children 10-12 hours**
- **School-aged children At least 9 hours**
- **Adolescents (Teens) 9 hours**
- **Adults 7-8 hours**

The documentary also highlighted the detrimental effects of tablets/phones in bedrooms. The recommendations are that children should not use mobile phones/tablets/or watch TV 1 hour before bedtime. Let's try this at home.....

Library Visits

This week P4 and P6 had the opportunity to visit Lisburn Library. It was great to see that the majority of our children were already members of the library and regular borrowers too. Well done and keep reading!

Looking ahead... School Closure Reminder for Next Week

Remember the school is closed for pupils on Thursday 16 March as this is a School Development Day on which we report your child's progress to you as parents. We are also closed on Friday 17 March to celebrate St. Patrick's Day. School will reopen on Monday 20 March 2017.

Whole School Exhibition

Come see and buy your child's amazing artwork. Each pupil has had the chance to put a painting in this show. In St. Joseph's we are so proud of your child's creativity so we want to showcase and reward it. All work is for sale and proceeds are divided equally between the pupils and the school. £1000 = £1 in this exhibition. So, if a piece is £4000 then you give £2 to your young artist and £2 goes into the donation bucket in the hall. The exhibition will run from Monday to Wednesday 8am – 9am and 2pm – 4.45pm and all day Thursday.



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Fatima Pilgrim Statue visits Down and Connor Diocese

This year is the 100th anniversary of the great miracle of the sun which took place in Fatima in 1917. Our Blessed Lady appeared to three little children with important messages for the world. A Pilgrim Statue is coming to the Down and Connor Diocese this weekend (9 March – 12 March). It is one of six such statues travelling across six continents.

The itinerary of Fatima Pilgrim Statue in Down and Connor is as follows if you would like to go along:

Friday 10th March

Holy Rosary Church, Belfast, 9.30 a.m. – 11.30 a.m.
St. Malachy's Church, Belfast, 12.30 p.m. – 1.30 p.m.
St. Oliver Plunkett's Church, Toome, 2.15 p.m. – 5.30 p.m.
St. Malachy's Church, Coleraine, 7.30 p.m. – 9 p.m.
St. Oliver Plunkett's Church, Toome, 10.30 p.m. for all night adoration until 6 a.m.

Saturday 11th March

Holy Cross Church, Ardoyne, Belfast, 9 a.m. – 11.30 a.m.
St. Mary's Church, Chapel Lane, Belfast, 12.30 p.m. – 7.30 p.m.
St. Mary's on the Hill, Glengormley, 10 p.m., midnight mass and all night vigil to 6 a.m.

Sunday 12th March

St. Peter's Cathedral, Belfast, 8.45 a.m. to 12 noon
Rosary procession from St. Peter's Cathedral to St. Paul's Church, Belfast, 12 noon – 1 p.m.
St. Paul's Church, Belfast, 1 p.m. to 2 p.m.
Fatima Farewell to Our Lady as she leaves Down and Connor at 2 p.m. en route to St. Mary's Pro-Cathedral in Dublin

Praying Friends

Next week P3, P4 and P7 children will be bringing their 'Praying Friends' cards to our Mass for St. Joseph's and St. Patrick's Day. Each child will make a card and we will be asking members of the congregation to take a card and pray for that child as they are receiving a sacrament this year. We welcome all members of our school community along to St. Patrick's on Wednesday morning to celebrate with us.

Monday 13 March 2017	Tuesday 14 March 2017	Wednesday 15 March 2017	Thursday 16 March 2017	Friday 17 March 2017
ITeach training for staff in 'Garage Band' P7 at Confirmation practice in St. Patrick's Chapel from 11am Board of Governors' meeting at 6.30pm	Mrs Connolly's P4 class at Lisburn Library P7 and School Choir at Confirmation practice in St. Patrick's Chapel from 11am Professional Development Workshop for Classroom assistants with EA's Orla Hendron: Positive Behaviour Management P2 Miss McAnerney's class at pottery at Island Arts Centre P6 Mrs Gorman's class at pottery at Island Arts Centre P4 representatives at IFA's Cross community Event: Lisburn Leisureplex Girls Gaelic Match at Lamh Dearg 2pm – 4pm	Mass for St. Patrick's and St. Joseph's Day at 10 am in St. Patrick's Chapel – P3, P4 and P7 children will be bringing their Faith Friend cards. P7 and School Choir at Confirmation practice in St. Patrick's Chapel from 11am CPD Art session 3 for fellow teachers	School Development Day: Annual Reporting to Parents Day: School closed for pupils	St. Patrick's Day: School Holiday

Hopefully there'll be lots of spring like weather over the weekend for us to get out and enjoy at the weekend.

Pauline Fleming
Acting Principal

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