



St. Mary's on the Hill November Information 2025

Welcome to November's St. Mary's on the Hill P.S. Information Sway!

It's hard to believe we have already reached November. This month is traditionally a time of reflection and remembrance. At St. Mary's on the Hill, we take this opportunity to honor and pray for those who have passed away—whether they are members of our own families or part of our school community. Throughout November, during our assemblies, we will hold these loved ones in our thoughts and prayers, reminding ourselves of the importance of faith, family, and community.

November also brings Anti-Bullying Week, an important time for us to reinforce the values of kindness, respect, and inclusion. In this edition of Sway, you'll find details about how we will be marking this week and the activities planned to help children understand the impact of bullying and the importance of standing together against it.

We hope you continue to find this platform easy to navigate and helpful for keeping up to date with school news—especially if you're viewing on your phone. Your feedback is always welcome! If there's anything you would like us to include in future editions, please let us know by emailing info@stmarys.newtownabbey.ni.sch.uk. Together, we can make this a valuable resource for all our families.

As we move through this month of remembrance and reflection, we wish all our families peace, comfort, and moments of joy. Thank you for your continued support and for being such an important part of our school community.

Kind regards

Mr. Matthew O'Brien

Principal

Open Day 2025



Prospective P1 parents/carers we are delighted to invite you, to our Open Day on Friday 5th December.

Come and experience, first hand, life in St. Mary's on the Hill Primary School, including our

- *Centre of pastoral excellence*
- *Child centred learning and provision*
- *Amazing school choir and orchestra*
- *Engaging interactive activities*
- *Enthusiastic and approachable staff*

Mr Matthew O'Brien (Principal) will host an information session at 9:30am in the school's assembly hall

We look forward to meeting you all

Anti-Bullying Week 2025 - Power for Good



Over the course of the year at St. Mary's on the Hill, we have worked hard to deliver a proactive and supportive curriculum designed to reduce the number of bullying incidents in our school. Through the pupils' PDMU programme, regular circle time activities, our religion programme, and ICT lessons, we aim to equip children with the skills they need to build positive relationships and resolve conflicts before they escalate into bullying. These lessons help promote empathy, respect, and understanding among pupils, creating a safer and more inclusive environment for everyone.

In addition to our in-school initiatives, we value the support of external agencies such as the NSPCC, who help us deliver assemblies and workshops that reinforce these important messages. Their expertise provides pupils with practical strategies for staying safe and speaking out if they ever experience or witness bullying.

This year's Anti-Bullying Week will focus on the theme "Power for Good", which encourages children to use their influence positively and make a difference in the lives of others. The theme reminds us that everyone has the power to help, support, and stand up for what is right. Throughout the week, pupils will take part in a variety of activities designed to explore this idea—through discussions, creative projects, and collaborative tasks that highlight how kindness and respect can transform relationships and school life.

Together, we are committed to ensuring that St. Mary's on the Hill remains a place where every child feels valued, supported, and safe.

More information on Anti-Bullying Week can be found for Parents/Carers in the link below

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2025/parents-and-carers>

SEAG Entrance Assessments



Good Luck to Our P7 Pupils

We want to extend our warmest wishes to all our P7 pupils who will be sitting their entrance exams this month. We know how much effort and preparation you have put in, and we are so proud of your hard work and determination. These assessments are an important step, but remember—they do not define who you are. You are already valued and cherished members of our school community.

Please keep our P7 pupils in your thoughts and prayers as they approach these important dates:

-
- ***SEAG 1 – Saturday, 15th November***
 - ***SEAG 2 – Saturday, 22nd November***
-

To all our pupils: take a deep breath, believe in yourselves, and do your best. We are behind you every step of the way!

Developing World Group 2025- Christmas Appeal



Christmas Charity Donation – Supporting the Developing World Group

This Christmas, our school community will come together to support the Developing World Group (DWG). The DWG works to provide financial assistance to projects in some of the poorest regions of the developing world. These projects are locally identified and managed to avoid creating dependency, focusing instead on empowering communities through primary education, enterprise development, and self-sufficiency.

Mr. Michael Walker from the parish's DWG will visit our school over the coming weeks to give a presentation to the children about the incredible work the local DWG does to improve lives around the world. This will help our pupils understand the importance of compassion and global responsibility.

*We invite families to make **donations in lieu of gifts for teachers** and during our **Christmas Jumper Day on Friday, 12th December 2025**. By contributing, we show that Christmas is not only about celebration but also about caring for those who face real challenges every day. Together, we can make a meaningful difference and remind our children that kindness and generosity are at the heart of this season.*

Pupils of the Month October



Congratulations to all our wonderful Pupils of the Month. They have worked so hard and we are very proud of them all.

Class	Name	Name
P1GB	Ronan Dowds	Sophia Devlin
P1SK	Tierna Doran	Shay Strutt
P2PMcl	Darragh Kelly	Mikayla ShamuS]
P2MM	Cormac McMullan	Freddie Rainey
P3KR	Jenny Lim	James McGarry
P3EL	Darragh Doherty	Aoife Corry
P4MMcM	Max McMenamy	Sophia O'Neill
P4AOB	Liam Hamill	Aidan McAvinney
P5MD	Faye Campbell	Anthony McAlorum
P5EC	Nellie Collins	Jack Conway
P6SMCC	Enda Mc Cann	Tara Mc Philips, Bonnie Mc Kenna-Amos
P6SR	Caleb Callow	Charlotte Brady Jakub Tarnowski
P7JP	Grace Kelly	Seth Wright
P7JOK	Lauryn O'Kane	Aidan Donnelly
DMcE	Thomas Ward	
EMcE	Iasonas Tsalmis	

Our School Values - Kindness



Our Target for November: Kindness

*This month at St. Mary's on the Hill, our focus is on **Kindness**—one of our core school values. Kindness is something we can show in small ways every single day, whether through a smile, a helping hand, or a thoughtful word. Throughout November, we will encourage pupils to look for opportunities to be kind to others, both in and out of the classroom. By making kindness a priority, we help create a caring and respectful school community where everyone feels valued.*

Here are some simple ways pupils can show kindness every day:

-
- ***Offer to help a friend*** who is finding something difficult.
 - ***Invite someone to join in*** a game or activity.
 - ***Say something positive*** to brighten someone's day.
 - ***Listen carefully*** when someone is speaking.
 - ***Share resources*** like pencils or books without being asked.
-

Together, these small acts make a big difference!

School Lunch Menu – November 2025

EAT SMART WITH THE LUNCH BUNCH

STARTS 6th OCTOBER 2025



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th October, 3rd November, 1st December, 5th January, 2nd February	Oven-baked Fish Fingers Garden Peas & Steamed Sweetcorn Chipped Potatoes & Baked Potato Chocolate Mousse & Mandarin Oranges	Beef Bolognese Steamed Broccoli & Coleslaw Pasta Spirals & Baby Potatoes Apple Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Baton Carrots & Garden Peas Steamed Rice & Mashed Potatoes Vanilla Ice Cream & Pear Chunks	Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Salmon with a Creamy Dill & Cheese Sauce Fresh Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Carrot Cake Slice	Hot Dog with Tomato Ketchup Mini Corn on the Cob & Baked Beans Chipped Potatoes & Baked Potato Yoghurt & Chopped Fruit
13th October, 10th November, 8th December, 12th January, 9th February	Oven-baked Fish Goujons with Lemon Mayo Diced Carrots & Garden Peas Crispy Herb Diced Potatoes & Mashed Potatoes Flake Meal Biscuits & Melon Wedge	Traditional Savoury Mince Broccoli & Roasted Butternut Squash Mashed Potatoes & Roasted Potato Wedges Chocolate & Pear Sponge Cake & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Garden Peas & Sweetcorn Steamed Rice & Baby Potatoes Date Krispie & Orange Wedge	Roast Chicken with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Vanilla Ice Cream Roll & Peaches	Beef Burger with Tomato Ketchup Baked Beans, Coleslaw & Salad Chipped Potatoes & Baked Potato Strawberry Yoghurt & Chopped Fruit
20th October, 17th November, 16th December, 19th January	Oven-baked Fish Fingers Roasted Peppers & Sweetcorn Chipped Potatoes & Steamed Fluffy Rice Apple and Winter Berry Crumble & Custard	Beef Bolognese Steamed Broccoli & Coleslaw Oven- roasted Potato Wedges & Pasta Spirals Strawberry Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Garden Peas & Baton Carrots Steamed Rice & Mashed Potatoes Homemade Chocolate Brownie & Custard	Roast Gammon with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Popcorn Biscuits & Melon Wedge	Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce Mini Corn on the Cob & Baked Beans Chipped Potatoes & Baked Potato Frozen Fruit Smoothie & Fruit Tub
27th October, 24th November, 22nd December, 26th January	Cod Fish Bites with Mayo Dip Garden Peas, Coleslaw & Carrot Sticks Chipped Potatoes & Mashed Potatoes Strawberry Mousse & Two Fruits	Traditional Irish Stew with Wheaten Bread Broccoli & Baked Beans Mashed Potatoes & Baked Potato Steamed Chocolate Pudding & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Sweetcorn & Ratatouille Steamed Rice & Champ Homemade Cookie & Orange Wedge	Roast Turkey with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Chocolate Cracknel & Fruit Tub	Homemade Margherita or Mini Meatball Pizza Sweetcorn, Coleslaw & Salad Chipped Potatoes & Baked Potato Frozen Yoghurt Pot & Melon Wedge

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU SUBJECT TO
PRODUCT AVAILABILITY

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL

Parents can now select and pay for dinners for the first term, up until w/b Monday 15th December 2025, by logging on to School Money using your unique username and password. Your child's dinner should be ordered before midnight prior to the day it is required. Please contact the school if you have any problems. We require every parent to use this facility. A copy of the menu can be found on our website.

Dates for Diary



Anti Bullying Week 2022- 10th November - 14th November

Mass in the Class /Prayers in the Class - Tuesday 11th November @ 2pm - Mass for those who have Died

Tuesday 9th December @ 2pm - Advent Mass

Parent Teacher Consultations - Week Beginning 24th November

*Parent Teacher Consultations - Friday 28th November- **Children are not in school***

Open Day - Friday 5th December

Promoting Healthy Eating November 2024



Here at St. Mary's on the Hill we promote Healthy Eating across the school. We encourage children to make healthy choices in what they eat and drink. During Breaktime we ask the pupils to make a healthy choice in regard to the type of snack they have mid-morning, this might include fruit, vegetables, crackers etc. Your support to help your child make a healthy choice for breaktime snack is much appreciated.

Free School Meals



The application process for free school meals/uniform has commenced. Parents who are currently eligible to apply for free meals/uniform should now complete their application.

***Please note that entitlement to free school meals will attract funding to the school's budget.** Whether your child wishes to partake of a meal or not is down to individual choice.*

*We would really encourage parents who fall into this category to **please make an application** as soon as possible for the incoming academic year. Application forms may be obtained via the Education Authority website – www.eani.org.uk or alternatively by contacting Free School Meals Section on 02825661350. Should you have any further queries regarding this, please contact the school office.*

Car Parking



CHURCH CAR PARK: I would like to gently remind everyone of the difficulties and dangers around drop-off and collection of your child/ren. I am asking that all parents exercise extreme caution. To alleviate the difficulty of congestion we are asking all parents to make a **LEFT TURN** when exiting the car park. **Please use the designated parking spaces or drop off zone.**

WAITING AT THE GATE: Thank you all for your support and cooperation in the mornings whilst leaving your children to school. **We would ask parents not to wait at the gate once they have left their child to school.** By leaving your child off and moving off-site you are freeing up limited parking spaces. It can be difficult for children to enter through the gate when parents are gathered there. As the gate is in close proximity to the entrance of the car park we want to make every effort to ensure no accidents occur. We would appreciate your cooperation in this matter as the safety of our children is our primary concern. Please pass this information on to anyone who will be responsible for leaving or collecting your child.

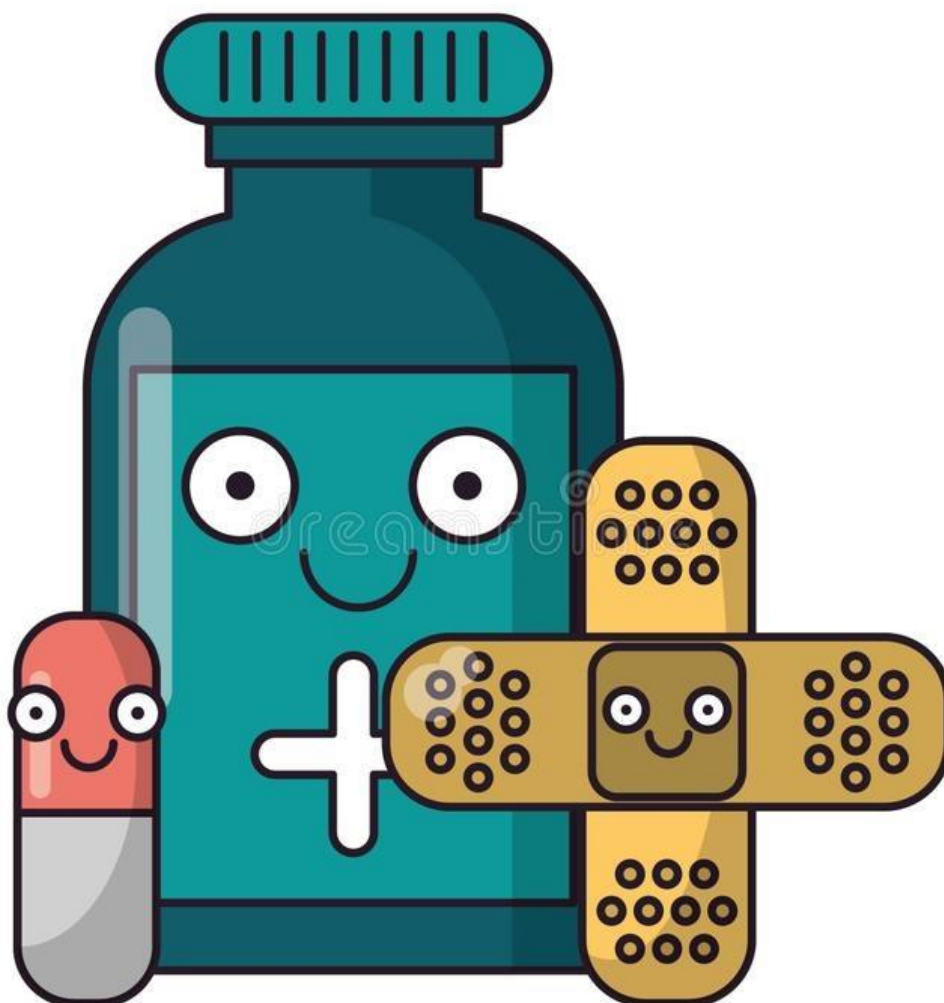


We have a number of children who suffer from allergies, which can result in potentially serious consequences. I would therefore ask that these children are not exposed to danger and that you are mindful of any children in your child's class who may have an allergy. We continue to be a Nut Free School, please do not send in anything which contains nuts.

Parents of children with diagnosed allergies are asked to provide the school with 2 EpiPens (with valid dates) and any other necessary medication as soon as possible.

Please continue to support our 'Healthy Eating Policy' and provide your child with a piece of fruit and water or milk for break.

Administration of Medicine



Please visit the school office if your child requires medication to be administered whilst at school. Parents need to sign and complete an 'Administration of Medication' form (available from the school office) before the school will administer the medicine. All medication should have the child's name on it and the dosage clearly labelled. Please do not send in any medication with your child – it must be handed into the school office by an adult. Thank You.

Contact Details



There are some contacts in school which do not appear to be working, perhaps due to change of number or email address. If your address, telephone number or email address has changed please inform Mrs Mason in the office to ensure we have up to date information should we have a need to contact you.
