



St Patrick's CBC

ECD Centre • Primary School • High School

Published - 17 February 2023

WEEKLY INFORMATION SHEET 06 / 2023

WE ARE PREPARING TO ENTER THE IMPORTANT PERIOD OF LENT!

The three main things people often focus on during Lent are prayer, fasting (abstaining from something to reduce distractions and focus more on God) and giving, or charity. Watch Mr Neave's Video for more ideas on how you can observe this sacred time

CLICK HERE TO LEARN MORE ABOUT THE SEASON ON LENT



ECD Centre Thank you

Thank you to all the Little Leprechaun's ECD Centre loved ones who joined us for this week's Garden Parties. Your support of your little one, and our school, means a tremendous amount to us!



Primary School Update

Our Grade 4-7 pupils are preparing for their upcoming Test Week. Click on this block for more details, as well as other details all Grade 1-7 parents need to take note of



High School Update

We are excited to be celebrating Shrove Tuesday this coming week. Click on this block for the important details to take note of including uniform arrangements for the day.

SPORTS REPORT

It has been a busy week out on the sports fields. Click on the purple block on the left for an exciting update, including the fixtures for the coming week.

Quilted Jacket Orders

In preparation for the winter months, orders for the quilted tracksuit jackets can now be placed with our Finance Office at a cost of R450.00 (for sizes 24-32) or R500.00 (for sizes 34-44). **ORDERS MUST BE PLACED BY TUESDAY, 28 FEBRUARY 2023.** The uniform shop does not carry stock of these jackets and these orders work on a 'payment upfront' basis. Please bear in mind that there is an 8-week production time for these jackets.

125 and Counting Hoodie Orders

If you would like to order a *125 Years and Counting* Hoodie, click on this block. Orders can only be placed via the St Patrick's CBC Online Store, available via our website. No orders can be placed via EFT or the Finance Office. Please bear in mind that there is an 8-week production period when ordering.

Is breakfast the most important meal of the day?

When mornings are a rush and we urgently need to get ready to leave the house, the first thing we tend to neglect is eating breakfast.

BUT IS BREAKFAST REALLY THAT IMPORTANT AND WHY?

Eating a healthy breakfast before starting the school day is linked to improved concentration, better test scores, increased energy, a higher intake of vitamins and minerals, and even a healthier body weight. Breakfast is especially important for young students whose brains use up about half of the body's energy.

Click on this block for an important look at just how important breakfast is to your child's development, as prepared by our Pupil Support Department

THIS WEEK IN FOCUS

MONDAY, 20 FEBRUARY 2023

SP GREEN WEEK | HS DAY 5

HS H&C Nominations to Portfolio Managers
09h30 – HS Assembly - McManus Hall

TUESDAY, 21 FEBRUARY 2023

SP GREEN WEEK | HS DAY 6

Shrove Tuesday

07h30 – SP Assembly - Main Chapel

19h00-21h00 – Grade 12 Mathematics Support Class - Lab 14

WEDNESDAY, 22 FEBRUARY 2023

SP GREEN WEEK | HS DAY 7

07h30 – Ash Wednesday Masses (SP in Main Chapel, HS in the Hall)

07h30 – FP Paraliturgie - Cenotaph Area

THURSDAY, 23 FEBRUARY 2023

SP GREEN WEEK | HS DAY 8

19h00 – Online Prayer Evening

19h00-21h00 – Grade 12 Mathematics Support Class - Lab 14

FRIDAY, 24 FEBRUARY 2023

SP GREEN WEEK | HS DAY 9

No Foundation Phase Choir

07h30-13h00 – FP Inter-House Cricket Day - Back Field

19h00 – HS Esports Event

SATURDAY, 25 FEBRUARY 2023

Grade 12 Life Sciences Outing

SUNDAY, 26 FEBRUARY 2023