

St. Multose National School

Newsletter February 2020



Spring has arrived! The evenings are getting brighter and we are really looking forward to getting out in the school garden.

Wellness Week

As part of the Amber Flag initiative, we are celebrating 'Wellness Week' from the 10th – 14th February. As part of this initiative, we will be participating in a series of different wellness activities. We will start off with 'Mindful Monday' by meditating or taking some quiet moments during class to switch off and focus on ourselves.

On Tuesday, we will be encouraging our pupils to have a conversation with someone they normally wouldn't speak to, combined with a slipper day.

On Wednesday, we will be trying out some yoga and doing some 'Mindful Walks' or our 'Multose Mile'.

We will be celebrating 'Thankful Thursday' with a 'Thankful Moments Jar'.

On 'Feel Good Friday' we are holding a Bake Sale Fundraiser in aid of Pieta House. There will be a baking competition too. The categories are:

1. Best bun
2. Most imaginative bun
3. Most creative bun

Throughout the week, our pupils will also have 'Mindful Homework'.

Policies

The annual review of the school's Child Safeguarding Statement was completed by the Board of Management. This is available to view on the school website and on the main noticeboard, just inside the front door. We have updated our ICT

Acceptable Usage Policy. This is also available to view on the school website along with other policies.

Plastic Free Cork

'Ann Foulds from 'Plastic Free Cork' visited us last week. We learned that you can't recycle black or brown plastic even if it is hard. If a seal finds a bit of plastic and it thinks that it is food, it eats it. The plastic is not very good for our sea creatures as it fills up their tummies with plastic and makes them very sick'
Naomi, Olivia, Daniel and Naomi, 2nd Class pupils.

'Fish eat plastic and we eat fish. This can cause harm to us. If you have paper straws, you should rip them up and put them in the compost bin rather than throwing them out. There is a layer of plastic in most coffee cups which makes them non-recyclable.'

Billy and Sophie, 5th and 6th Class pupils.



Pirates of Penzantes

'On Wednesday, 22nd of January, 5th and 6th class went to Ashton secondary school to watch the transition year students perform 'The Pirates of Penzantes'. The actors had very good costumes. It was very enjoyable.'

Billy and Sophie, 5th and 6th Class.

RSA Talk

Paul from the Road Safety Authority visited our school to talk to us about road safety. He told us that we need to have bells, helmets and lights on our bikes. He told us about the visual effects of colour, that we should never wear white because you still cannot be seen in the dark. You must always wear a hi-visibility vest or reflective clothing even during daytime. He reminded us to always wear our seatbelts in the car or on the bus and not to be afraid to tell others to wear theirs. His final reminder was to never distract the driver!

Maria, 6th Class.

Painters!

Thank you very much to our wonderful painting parents! We really appreciate the time you gave up to make our classrooms look fabulous!

'Only One You Path'

Please keep collecting large smooth stones and bring them in. We hope to complete a colourful stone path in our school garden.



Sticks and Stones Anti-bullying Workshop for Pupils, parents and teachers

We have organised the Sticks and Stones Anti-bullying workshop programme for our school. On Wednesday 18th March, there will be a workshop for all parents at 7:30pm.

On Thursday 19th March, pupils from 3rd class to 5th class will also be attending two separate workshops. Every child will be benefiting from these workshops as the teachers will also be attending a workshop. For further details, please see: www.sticksandstones.ie

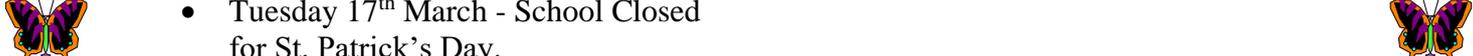
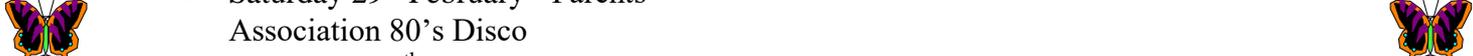
Parents, please make a huge effort to attend. 'Sticks and Stones' promises to be very interactive, and will leave parents and carers better equipped to support their children to have a more positive school experience.

Parents' Association News

80's Disco

We really hope that everyone can come along and support this year's 80's Disco at The White Lady on Saturday 29th February.

If last year is anything to go by we can promise a night full of craic, dodgy outfits, some epic nostalgia and the odd slow set thrown in for good measure! Tickets are just €15 and this includes entry to an amazing raffle. The raffle will be drawn on the Monday after the disco so as not to distract you from enjoying your favourite tunes on the night. This is once more a collaborative effort with our friends in Summercove N.S so proceeds from tickets sold prior to the disco will go directly to each school. We would love once more to sell as many tickets in advance as possible. Already there's a bit of a buzz surrounding the event so please, please, please spread the word. Don't forget to bring your ticket on the night for entry into the raffle. There are some great



prizes to be won that include 2 night's B&B and one evening meal for 2 people at The Rochestown Park Hotel. Tickets will be available to buy very soon. Your class reps will keep you updated, see you there.

Dates for your diary:

- Monday 10th February – Cyber Talk with Garda Damien for 4th – 6th Class.
- Tuesday 11th February – Safety Talk with Garda Dave for Junior Infants – 3rd Class.
- Friday 14th February – St. Valentine’s Bake Sale Fundraiser.
- Friday 14th February – school closes at 12pm to facilitate teachers’ in-service training day.
- Monday 17th – Friday 21st February Midterm Break.
- Saturday 29th February - Parents’ Association 80’s Disco
- Wednesday 4th March – Swimming begins for Junior Infants, Senior Infants and 1st Class.
- Tuesday 17th March - School Closed for St. Patrick’s Day.
- Thursday 19th March at 7:30pm – Sticks and Stones Anti-bullying talk for parents.
- Saturday 21st March – Hockey Blitz.
- Tuesday 24th March – Open Day.