

Newsletter for September 2015



Welcome back to all our pupils and a special welcome to all the new junior infants. We hope that you will be very happy in Scoil Mhuire. **This week we are celebrating Lucky to be me fortnight.** This celebrates the uniqueness and individuality of every child and focuses on positive self esteem. You will hear the pupils talking about Marvellous Monday, Terrific Tuesday, Wonderful Wednesday, Thoughtful Thursday and Fantastic Friday.



We are tracking attendance again this year so it is important for all pupils to be in school each day unless they are ill. If pupils are ill we expect a note when the pupils return to school. The slips to return are sent home for junior and senior infants and from 1st to 6th classes they are in the homework journal. I thank you for your co-operation in this. It is also important that pupils are in school on time.

Junior infants will be starting full days on Monday 14th September at 8.50 until 1.30. Pupils will line up in the junior yard each morning and this will start **on Monday 7th September**. We will also have a special welcoming ceremony for junior

infants in the school early in October. We will update you on date and time.

Our beginning of year school Mass will be on **Thursday 24th September at 10am**.

The forms for **Allianz insurance** are also being sent to parents. Please fill in and return to the class teacher



Can I remind you of our healthy lunch policy in Scoil Mhuire. Please send a healthy lunch with your child on the days that school lunches are not provided. School lunches will begin later in September and your child will be informed the day they will receive lunches. **Chocolate biscuits/bars/cakes do not constitute a healthy lunch. The following are some ideas for healthy lunches.** Get the children involved in making their own lunches with you and ask them to choose something from the four food groups in order to get essential nutrients for example:

- ✚ Carbohydrates: bread, wraps, pitta bread, rice cakes, bread sticks, crackers, rolls or baps.
- ✚ Protein: Ham, turkey, chicken, tuna.ect
- ✚ Vitamins and minerals: Fresh fruit, raisins, carrot sticks, salad or dried fruit.
- ✚ Calcium: cheese cubes/strings.
- ✚ The possibilities are endless but it is important to establish healthy eating habits when children are young. **Mol an óige agus tiocfaidh si.**



Due to nut allergies, Scoil Mhuire has become a nut free zone. **All nuts and nut products are now excluded from school.**

If you have changed address or phone number please inform the secretary as this information is needed if your child is ill or for sending text a parent information.

Please return section B of the booklists. This can be given to your child's class teacher. This is not a voluntary contribution but covers book rental, reading programmes, art and craft and computers. I thank you for your co-operation in this.



Our annual school walk will take place on Thursday 8th October (weather permitting) Sponsor cards will be sent out the week before can be returned to the school after the walk. We will have a special raffle with prizes for each class for all the pupils who return cards. This year the funds collected will be used to purchase laptops for use in the classrooms and resources for the interactive whiteboards. Our pupils will be going out into a computer literate world so we need to equip them with the necessary skills. We thank you for your support in this venture.

Le gach dea ghui

Ms Burke-Heneghan and staff of Scoil Mhuire