



Scoil Mhuire, Clontibret

Tullybuck, Clontibret, Co. Monaghan.
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17th January 2022

January Newsletter

Dear Parent/Guardian,

Well done to all our pupils on their return to school for a New Year, 2022. The children have been super, have settled in well to school and are continuing to adhere to all practices we have in place to reduce the risk of the transmission of Covid-19. Sincere thanks to you the parents for your co-operation and support. With hope, we look forward to an improving situation.

Covid-19

Please find attached to this email, the following documents that take into consideration the changes to the guidelines regarding Isolation and Restriction of Movement:

- Isolation quick guide for parents and guardians of children older than 3months and up to 13 years of age
- Isolation quick guide - Adults and children from their 13th birthday

I hope that these documents will be of help to you if you have any queries regarding Covid positive cases or being a close contact.

These documents are dated 14.01.22 and are subject to change in these ever-evolving times.

Stay Safe Programme

As a whole school approach, we deliver the Stay Safe Programme to all classes during the months of January and February. The aim of the Stay Safe programme is to teach children personal safety skills so that they can look after themselves in situations that could be upsetting or dangerous.

This programme is an integral part of the Social, Personal and Health Education curriculum that all primary schools are required to implement. It is based on the following core elements:

- Nurturing children's self-esteem / Building children's confidence
- Enabling children to be assertive / Helping children to identify and express their feelings

The children are taught age appropriate personal safety skills in the context of developing their independence.

Over the next few weeks, your child may bring home activity sheets that will inform you on the topics being covered in class and how you can reinforce the message at home. These worksheets are to be signed by you. This will be an opportunity to have a chat with your child about what they are learning in school. Additional information on the Stay Safe programme can be found at:

<http://www.staysafe.ie/parents.htm>

Enrolment for September 2022

Children who have reached the age of four by 30th September of the year of enrolment are eligible to be enrolled. Children cannot start school prior to their fourth birthday. Only pupils newly resident in the school catchment area will be enrolled during the school year.

Enrolment for September 2022 is open from **Monday 7th February** until **Monday 28th February**.

Enrolment packs will be available by contacting the school at office@scoilmhuireclontibret.ie.

A copy of your child's Birth Certificate and your child's PPS Number will be required.

Pre-School Survey

As we need to plan ahead regarding future potential enrolments and being in a position to provide for them, please ensure that the pre-school survey is returned on or before Friday 21st January.

Sacrament of First Penance, First Communion & Confirmation

Enrolment Forms issued from the parish office in Castleblayney have been distributed to the parents of children in Second Class, Cairde2, Sixth Class and Cairde 3.

Please ensure that if you wish your child to receive the above named sacraments that the forms are returned to the school on or before Friday 21st January.

Attendance

In the event of a pupil being absent through illness or for any other reason, the class teacher must be informed **in writing** of the reason for absence on the pupil's return to school. If it is anticipated that the absence will be of a lengthy duration, the class teacher should be informed in writing as soon as possible. This is required by the Child and Family Agency TUSLA.

Parents of pupils who have a Homework Diary can use the Absence Notes section at the back of the diary. For pupils in classes who do not have a Homework Diary, a written note must also be sent in for the file.

Healthy Eating

We have a Healthy Eating Policy in school and we actively encourage healthy lunches. We ask you to encourage a healthy lunch right from the start, which should include fruit, bread, a dairy product and a drink of milk, water or juice (no fizzy drinks or cans allowed).

A selection of the following can be included in lunch boxes: bread, scones, sandwiches, fruit (except nuts), see note on Nut Allergy, natural or fruit yogurts (as opposed to those with 'chocolate corners'), vegetables, pasta, cous-cous, water, milk or diluted fruit juice. Where senior pupils prepare their own lunches, the same recommendations apply.

Inclusion of the following is unacceptable: chocolate, sweets, cake, buns, snack bars, crisps, cereal bars, nuts, fizzy drinks or fruit drinks with a high sugar or saccharin content.

Working together, we can make a positive and lasting difference to lifelong eating habits.

I wish you all continued health and happiness for 2022.

Yours sincerely,
Elizabeth Moorehead
Principal.