



Scoil Mhuire, Clontibret

Tullybuck, Clontibret, Co. Monaghan. Roll No. 18539A

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17th January 2024

January 2024 Newsletter

Dear Parent/Guardian,

Important Dates

22 nd – 26 th Jan	Catholic Schools Week
Fri. 26 th Jan	Credit Union Schools Quiz in Sean McDermott's GAA Complex
Sun. 4 th Feb	Fifth & Sixth Class perform at the Peace Proms in the RDS
Mon. 5 th Feb	School Closure Bank holiday
Mon. 12 th Feb	School photographer
15 th & 16 th Feb	School Closure Mid-Term Break

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 2024

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 2024 is open from **Tuesday 6th February** until **Friday 23rd 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.

Healthy Eating

As you are aware, we have a Healthy Eating Policy in school and as we begin this New Year, we are actively encouraging healthy lunches.

We ask for your support with this and 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.

An information leaflet on Healthy Lunches is being sent home to every family today.

Credit Union Quiz

The annual Credit Union Quiz will take place on Friday 26th January @ 7pm in the Sean Mc Dermott's GAA Complex, Threemilehouse. Every best wish to the pupils representing our school.

Annual League Fundraising

This week marks the beginning of our National League Forecast fundraising initiative.

Your support is crucial as the Forecast has become critically important in raising funds for the day to day running costs of the school. An information letter and the first week's forecast sheets will be sent home with your child tomorrow, Thursday. Your support would be very much appreciated.

Catholic Schools Week & Grandparents Day

Monday 22nd to Friday 26th January has been dedicated as Catholic Schools Week.

Each class will acknowledge this by having a prayer service daily.

An integral part of Catholic Schools Week is Grandparents Day. It is hoped that we will celebrate Grandparents Day later on in the year by inviting the grandparents of Second Class and Sixth Class to a prayer service and celebration in Halla Mac Giolla Eoin.

Further details with arrangements to follow.

Peace Proms

The pupils in fifth & sixth class are looking forward to participating in the Peace Proms in the RDS, Dublin on Sunday 4th February at 1pm. The pupils have been rehearsing weekly after school with Ms. Arlene Brennan since the beginning of November.

This music education programme is culminating in a large scale performance of over 2500 children and a live orchestra. It will be a super experience for the children and a musical extravaganza for parents or family in the audience.

Photographer – Monday 12th February

The school photographer has been booked for Monday 12th February.

A group photograph will be taken of Junior Infants & Sixth Class.

A Proof copy of the photographs taken will be sent home to each family with details of packs available, however, there is absolutely no obligation on anybody to purchase.

I thank you for your ongoing support and I wish you all continued health and happiness for 2024.

Yours sincerely,

Elizabeth Moorehead

Principal