



Scoil Mhuire, Clontibret

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

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23rd April 2024

April 2024 Newsletter

Dear Parent/Guardian,

Dates for the Diary

Saturday 27 th April	Confirmation in St. Michael's Church Annyalla @ 11am
Mon 29 th April – Fri 3 rd May	Wellbeing Week Autism Awareness Week
Friday 3 rd May	Favourite Colour Friday – Autism Awareness
Monday 6 th May	May Bank Holiday
Saturday 11 th May	First Holy Communion in St. Mary's Church Clontibret @ 11am
Friday 31 st May	School Holiday
Monday 3 rd June	June Bank Holiday

Child Safeguarding

In accordance with the requirements of the Children First Act 2015, Children First: National Guidance for the Protection and Welfare of Children 2017, the Addendum to Children First (2019), the Child Protection Procedures for Primary and Post Primary Schools 2017 and Tusla Guidance on the preparation of Child Safeguarding Statements, the Board of Management of Scoil Mhuire has adopted the Child Safeguarding Statement which is available on our school website, www.scoilmhuireclontibret.ie.

- The Board of Management has adopted and will implement fully and without modification the Department's Child Protection Procedures for Primary and Post Primary Schools 2017 as part of this overall Child Safeguarding Statement.
- The child Safeguarding Statement is reviewed annually and the Patron, and Parents' Association are notified of this review.

As a reminder, if you have any concerns in relation to Child Protection and Child Safeguarding please contact the **Designated Liaison Person (DLP)** in the school who is **Elizabeth Moorehead**.

In the absence of the DLP, the Deputy the **Deputy Designated Liaison Person (Deputy DLP)**, **Caroline Reid** should be contacted.

Lots of Socks Day – Tuesday 21st March

Many thanks for all your support and generosity on Thursday 21st March, World Down Syndrome Day. An amazing €800 was raised on the day. The presentation of this money will be made to the local branch of Down Syndrome in the coming weeks.

Thank you sincerely for your kindness and generosity.

Wellbeing Week

We are very excited to be hosting our first ever Wellbeing Week here in Scoil Mhuire! Wellbeing Week will take place from the 29th April- 3rd May. This is one of the initiatives that we are taking part in as we work towards our Amber Flag.

The Amber Flag is awarded by Pieta House in recognition of the promotion of positive mental health and wellbeing.

The Student Council and staff Wellbeing Committee have been working very hard to plan and prepare for this week. Below are some activities that will be happening as part of Wellbeing Week:

- **Homework** - During Wellbeing Week, we will not be setting any homework other than a Wellbeing Challenge. This challenge will consist of a number of wellbeing focused activities which the children should aim to complete throughout the week.
- **Poster Competition** - We will be holding a Wellbeing Week Poster Competition. There will be a winner from each class and an overall winner.
- **Theme of the Day** – At 9:30am every morning, Student Council members will visit classrooms to explain the theme for the day. They will also give the daily quote. This provides opportunities to discuss the theme and the quote at the start of the school day.
- **9:45am Shake Up to Wake Up** - Every class will participate in a daily movement break.
- **Stop & Drop** - Before Am Sosa daily, there will be a Stop and Drop (5/10 minutes of mindfulness).
- **Mindful Colouring** - 10 minutes of mindful colouring after Am Lóin
- **End of day:** Reflection on 3 good things which happened during the day.
- **Whole school dance routine:** The Chicken Dance

There will be a theme for each day during the week. Daily activities will focus on the particular theme. The following are the themes for the week:

- **Mindful Monday**- Children will need to bring something to lie on with them today. This can be a towel, a yoga mat or a blanket. Siblings can share this item as each class will be using them at a different timetabled slot.
- **Thankful Tuesday**
- **Workout Wednesday**
- **Thoughtful Thursday**
- **Friendly Friday**

We are looking forward to welcoming some visitors to our school during Wellbeing Week. On Thursday 2nd May, we will have Fiona Forman who is an author, speaker, trainer, facilitator and former teacher in the areas of wellbeing and Positive Psychology. Fiona is the author of the 'Weaving Wellbeing' programme. She will be delivering a workshop to pupils from 3rd- 6th Classes. The workshop will focus on building resilience.

On Friday 3rd May, we will welcome Elaine Keogh to deliver a 'Jungle Body' class for all pupils. This is a high energy exercise class which is done to music. We had Elaine in school earlier this year to complete a class with the staff and we all really enjoyed it- we are looking very forward to having her back again to work with the children!

To help cover the costs of our Wellbeing Week, we are asking for **€5 per pupil**. This can be paid through the Aladdin App, details of which will be sent tomorrow, Wednesday 24th April. We look forward to a fun and activity filled Wellbeing Week.

Autism Awareness

This year, we will celebrate our Autism Awareness Week from Mon. 29th April to Fri. 3rd May which coincides with our Wellbeing Week.

During the week the children will be engaging in various activities in their classrooms to promote Autism Awareness. On Monday 29th April, each child will be given an Autism Awareness Badge and will be encouraged to wear it throughout the week.

I would like to thank Anna and Janis Ozola most sincerely for very kindly donating these badges for all the pupils in our school. It is a very kind, thoughtful and generous donation.

Autism Awareness Week will finish with our third annual:

Favourite Colour Friday 3rd May

We would ask that all children dress in their favourite colours on Friday 3rd May and on this occasion ***brighter is most definitely better!*** Further details to follow.

Summer Provision 2024 for Pupils in the Cairde Classes

Just a reminder to please indicate on your Aladdin app **on or before Friday 26th April** if you wish your child to participate in the Summer Provision programme or not.

As always, please do not hesitate to contact us if we can be of any assistance to you or if you wish any further clarification regarding the information above at office@scoilmhuireclontibret.ie.

In conclusion, I wish to thank you all for your continuing support of our school.

Yours sincerely,
Elizabeth Moorehead
Principal.