

Gortnahoe N.S.

Parents Key Information



Phone: 056 8834390

E Mail: info@gortnaoens.ie or
principal@gortnaoens.ie

Website: www.gortnaoens.ie

Teaching Staff

David O'Dwyer	Class Teacher/ Principal	5 th & 6 th
Therese Meehan	SET/ Deputy Principal	Special Ed.
Mary Gallagher-Cooke	Class Teacher	1 st & 2 nd Class
Ruth O'Dwyer	Class Teacher	Junior Infants
Ciara Lannigan	Class Teacher	3 rd & 4 th Class
Sarah Kelly	Class Teacher	Senior Infants
Mary Hurley	SET	Special Ed.

Board of Management

Chairperson	Breda Manton
-------------	--------------

Support Staff

Imelda Broderick	School Secretary
Mary Kenny	School Caretaker
John Corbett	School Grounds Keeper

Parent Association

Chairperson	PJ Ryan
Secretary	Karen Gleeson
Treasurer	Clement Gleeson

School Day Key Times

Time	
9.10 am	Supervision Starts in School
9.20 am	Class Starts – Morning Prayer
11.00 – 11.10 am	Morning Break
11.10 – 12.30 pm	Classes Resume
12.30 – 1.00 pm	Lunch Break (Children have lunch in class from 12.30 – 12.40)
1.00 pm	Classes Resume
2.00 pm	Infants Finish
3.00 pm	1 st – 6 th Class finish

Please note that Junior Infants finish at 12.30 for their first week in school.

GAA Coaching

Term 1 (15 weeks)

3 rd & 4 th Class	Friday 1.00 – 1.30 pm
5 th & 6 th Class	Friday 2.00 – 3.00 pm

Term 2/3 (15 Weeks)

Junior Infants	Friday 1.00 – 1.30 pm
Senior Infants	Friday 1.30 – 2.00 pm
1 st & 2 nd Class	Friday 2.00 – 3.00 pm

Running

1st – 6th class every Thursday 2.40 – 2.55 pm from October to Jun

Uniform

Our school uniform and tracksuit are as follows

Girl's Uniform <ul style="list-style-type: none">➤ Navy Pinafore/ Skirt/ Trousers➤ Light Blue Shirt➤ Navy & Blue Striped Tie➤ Royal Blue Cardigan/ Jumper➤ Navy/ White Socks/ Tights➤ Black Shoes	Boy's Uniform <ul style="list-style-type: none">➤ Navy Trousers➤ Light Blue Shirt➤ Navy & Blue Striped Tie➤ Royal Blue Jumper➤ Black Shoes
Boy's & Girl's Tracksuits <p>White t-shirt with our school tracksuit (navy with white stripe and crest) which is available from Meehan's Drapers in Mullinahone.</p> <p>White or coloured runners can be worn only on Tracksuit Days – Wednesday, Thursday and Friday</p>	

Uniform Days = Monday and Tuesday

Tracksuit Day = Wednesday, Thursday and Friday

Our school uniform is generic and can be purchased from Meehan's Drapers in Mullinahone or any other retailer.

Meehan's Drapers

Tel: 052 9153146 / 087 7716192/ 087 9736656

E Mail: meehansdas@gmail.com

Parents are requested to write a note in the journal if their child is not in the correct uniform. They are also asked to properly **label** their child's entire belongings e.g. coat, jumper, bag, lunchbox, tracksuit etc. Not wearing the proper school uniform is a breach of our Code of Behaviour and appropriate sanctions shall follow.

Lost Property

Please ensure names are on all clothing, lunch boxes and books. Lost property will be displayed inside the Infant Door on the link corridor to the hall and if not claimed by the end of the school term, it will be sent to a charity.

Please Note:

- No make-up, nail varnish, jewellery or wristbands are allowed in school.
- ONLY stud earrings are allowed.
- Long hair must be tied back.
- No Distracting hairstyles are allowed (e.g. lines or tight cuts on boys hair)

Chewing Gum

Chewing gum is strictly prohibited inside the school, on the school grounds or on any school outings.

BOOKS - BOOK RENTAL

Our school is making every effort to reduce the costs of school books and we make a conscious effort to ensure that textbooks are not changed too often.

The 2017/2018 book lists are enclosed.

The Parent Association will be operating a Book Rental Scheme for 2017/2018 for 3rd to 6th class and all classes can purchase the workbooks etc. required through the Parent Association. Please see detailed form from Parent Association.

PARENTAL CONTRIBUTION

Every September, the school asks for a parental contribution for the academic year. The school would appreciate the following payments.

€50 for one child

€65 for two children

€75 for three children or more

Where does the money go?

The following are some examples

- Personalised School journal (First to Sixth) (To be introduced for September 2017)
- Art and crafts materials.
- Photocopying expenses
- Online Teaching Resources (Irish Programme Bua na Cainte)
- Information Technology & Maintenance.
- Class Room Resources/ New Programmes
- Reading Books

How can parents pay?

- By putting cash or a cheque in an envelope marked with the name and given to the class teacher. To help us with administrative duties we would be grateful if we could collect money (cash/ cheques) in school on whatever date is specified.

Once money is received from a teacher they will issue a receipt in your child's diary. From September 2017, parents will be able to make payments for any school related activities online. More details will follow on this service.

Example of Yearly School Costs

Item	Time	J. I.	S.I.	1st	2nd	3rd	4th	5th	6th
Insurance	Sept.	€8	€8	€8	€8	€8	€8	€8	€8
Parental Contribution	Sept.	€50	€50	€50	€50	€50	€50	€50	€50
Cross Country	Sept.					€7	€7	€7	€7
School Tour	May	€20	€20	€25	€25	€25	€40	€40	€40
Swimming	Mar.	N/A	N/A	N/A	N/A	€50	€50	€50	€50
Field Trips	Sept.	€10	€10	€10	€10	€10	€10	€10	€10
Bus/ Matches	Aprx.	N/A	N/A	N/A	N/A	€15	€15	€15	€15
Book Rental	May								
RSE Talk (Every 2 nd year - subsidised)	Nov							€7	€7
Active Schools Week	Apr	€15	€15	€15	€15	€15	€15	€15	€15
Various Tours e.g. Musicals								€10	€10

Code of Behaviour

Our Code of Behaviour clearly states what is expected of teachers, parents and children in our school. Clear breaches of the code are explained and the sanctions that follow for each misdemeanour. A detailed copy of our Code of Behaviour is available on our school website.

School Rules:

Each class operates a set of 7 basic rules.

1. Always be on time and be prepared for class.
2. Do as you are asked immediately.
3. Raise your hand and wait quietly for attention.
4. Work quietly in your place and do your best.
5. Stay seated and be quiet when the teacher is out of the room.
6. Listen attentively and in silence to the person speaking.
7. Be honest. Respect everyone and their property.

Rewards/ Sanctions

A balance will be maintained between rewards and sanctions in such a way that pupils will learn that the choices they make will have consequences.

Mobile Phones

Mobile Phones should not be brought to school by pupils. If a child needs to make contact with a parent, the school phone is available. Any mobile phone brought to school will be confiscated and will have to be collected by a parent from the Principal three days after it is confiscated.

Diaries/School Journal

1st to 6th class are provided with school journals. This is the main method of home-school communication. Ensure the diary is dated and that parents sign regularly. Notes re absences, dental appointments, missing uniform or inability to partake in certain events like PE should also be noted in the school diary. As per our code of behaviour, notes can be written in the child's diary by the class teacher, deputy principal or principal. Notes on improved behaviour by children can also be mentioned in the diary.

Junior & Senior Infants do not have a school diary, so if you need to communicate with the teacher you can send in a note. If your child is absent the teacher will send home an absence slip for you to explain the absence.

Healthy lunches

The following procedure has been put in place to ensure that the ‘Healthy Lunchboxes’ guidelines as outlined by ‘Safe Food’ are implemented. Parents have a duty and responsibility, with the assistance of the board of management, to ensure that children:

1. Come to school having had a healthy breakfast.
2. Are provided with healthy lunches as provided for from the table below:

The following list is a useful guideline for parents and children and it is important to understand why this list of ‘Can’ and ‘Can’t’ have is so relevant to their current and future development:

YES	NO
<ol style="list-style-type: none">1. Bread, bread rolls2. Tortilla rolls3. Pitta bread4. Wholemeal/plain scones5. Crackers/breadsticks6. Cooked rice or pasta7. Plain, unsalted rice cakes8. Cooked meat9. Cheddar cheese10. Cheese slices11. All fruit- apples, oranges, kiwi, grapes etc.12. Small amount of raisins/sultanas13. Small salads14. Carrot sticks/slices15. Water16. Milk	<ol style="list-style-type: none">1. Fizzy drinks or energy aid drinks2. Fast foods of any kind- sausages rolls etc. hot or cold3. Crisps/popcorn/peanuts4. Buns/cakes/biscuits5. Sweets6. Dessert type yoghurt

School Meals Programme

From September 2017, our school will receive funding from the Department of Social Protection for the operation of a “Breakfast Club”. Carambola will provide this service to the school. Each morning boxes containing the food for each class are dropped to school. These consist of two snacks for the children to be eaten at break time (11am) These snacks will vary each month. Please Note: This is only for the 11am break. We do not have funding at present to provide food for lunch break at 12.30 pm.

Nut Allergy

Please note that there are children in our school with a nut allergy and therefore we operate a strict policy of NO NUTS in the school by children or staff.

Arrival and dismissal of pupils

- School begins at 9:20 a.m. Junior Infant children should not be dropped off to school before 9:10 a.m. Children are supervised from 9.10 am. Notice to this effect is communicated to the parents annually.
- Children are supervised by their own class teacher in their classroom between 9.10am and 9.20 am
- Junior and Senior Infant children will be brought out to the front gate of the school by the class teacher for collection by the parents/minders. Infant classes finish at 2pm.
- 1st – 6th class are also brought to the front gate by their class teacher. 1st – 6th finish school at 3pm.
- Parents of children travelling by bus should inform the school.
- Names of people authorised to collect a child should be made known to the class teacher.

Early Collection/ Late Arrival

- All parents/guardians must collect their child from class if he/ she are taken from the school outside of normal hours. The parents must also drop the child back to the classroom. A note of the time and who is collecting is made on our school reporting system “Aladdin” by the class teacher.

Roll Call / Collection of Money

Every morning the roll call is taken by the class teacher and any absences, late arrivals and reasons for absences are recorded. The class teacher also collects any money the children may have for various activities e.g. swimming, record and pass the monies on to the school secretary.

Education Welfare Office – Returns

Absences - 20 Day Attendance Rule

By Government Law, under the Education Welfare Act 2002 every Primary School is obliged to report any child who is absent for 20 days or more to the School Attendance Officer, who will investigate the situation by contacting parents.

A note is required from parents to explain any children’s absences. This note can be written in the homework diary or on a note to the class teacher. The teacher then records the reason on “Aladdin”

You can also email the school (principal@gortnaheens.ie) to explain any absences.

Child Protection

We have a detailed Child Protection Policy available in the school plan folder and in each individual teacher's planning folder. Our child protection policy clearly outlines the key practices and procedures that are in place in relation to the protection and safety of children in our school.

Designated Liaison Person – David O'Dwyer

Deputy Designated Liaison Person – Therse Meehan

We ensure that anyone who comes into our school to work or help out has the appropriate **Garda vetting**.

Transport - Buses

Two buses transport children to and from the school each day. These buses are organised by CIE.

Buses will be organised for all events e.g. school matches, blitzes, shows etc. For insurance and garda vetting purposes no parents or teachers will transport children to such events. For blitzes and matches children pay €5 to travel on the bus and the school subsidise the balance.

Head Lice

If a parent informs the school that their child has head lice, a message will be sent to all families of children in that class. Parents are to inform the school immediately if they do become aware of a problem. If a child is in school with head lice, the school reserves the right to ask that child to be treated as "sick" and kept/ sent home until correctly treated. If an ongoing problem occurs, the school may contact the local Health Nurse to offer advice to families on how best to treat the problem. Please see details on how to deal with head lice on our school website.

Communication

- An annual Parent / Teacher meeting takes place in the hall in October.
- Parents can request a meeting with a teacher by making an appointment
- End of year reports for each child are sent home in June.
- A familiarisation night for parents is organised by the class teachers in September/October
- Newsletters/ circulars are distributed regularly to the pupils. Please check your child's bag or log on to our website www.gortnaohoens.ie.
- A text messaging service also operates in the school where key information can be shared.

- Parents are asked to discuss their concerns with the class teacher initially, by making an appointment and, if necessary to proceed further with the complaint, to contact the Principal by making an appointment.
- We intend to use email more frequently in 2017 to communicate with parents to cut down on administrative costs.
- When we wish to communicate with parents regarding their child, the parent who is contacted (i.e. the parent with whom the child principally resides) will inform the other parent of meetings, arrangements etc. Special requests for separate communication can be accommodated.

Parent Teacher meetings – October PT meetings.

School finishes at 1.45 on the days of parent teacher meetings and appointments start from 2.00pm. Special arrangements can be made to offer the option of separate parent/teacher meetings, if necessary.

Familiarisation Nights

Every year a familiarisation night is held for Junior and Senior Infant parents in early October. At this meeting general school information is shared with parents as well as a talk on the importance of reading to your child and details about Maths and English programmes taught in school and how parents can assist their child's learning at home.

Pupil Report Cards

Pupil report cards are sent out in June allowing the parents 10 days to make an appointment with the teacher to discuss any information regarding their child's progress if they so wish.

School Website/ Twitter

The school has a website www.gortnaoens.ie. Key information on school life is detailed on our website as well as key policies. Forms and notes are also uploaded to our website. We also have a twitter account @gortnaoens where key information is also shared

Holidays – Games/ Phones

No computer games, phones or I-pads are allowed for half days on Christmas or summer holidays.

End of Year Mass - Pupil of the Year Awards

At the end of June we have an end of year school mass for the whole school. After the mass the children and parents come to the school hall where awards are presented to the student who the teacher feels has made the greatest progress during the year. Awards are presented to 1st, 2nd, 3rd, 4th, 5th and 6th class. An overall "Student of the Year" award is presented to a child in 6th who has been an "outstanding student" over the course of the 8 years in Gortnahoe NS.

Consent

Consent forms are signed on enrolment in our school. Should you wish to withdraw your child from any activity during their time in school, please make an appointment with the principal to discuss.

Pupil Illness/ “Head Bangs”

Parents of any child who is feeling unwell during the school day or gets hurt in the class or yard will be called to inform them of same. For any “head bangs” in the yard it is essential that the principal, teacher or secretary calls the child’s parent to inform them of the “head bang”.

Féile Gaeilge

At the end of every month we have Féile Gaeilge in the hall from 12.00 to 12.30 pm for all classes from Junior Infants to 6th class. Each class performs a poem or a song and a certificate is presented to a child in each class who has made a particularly good effort to speak Irish over the course of the month. The themes we focus on in Irish each month are:

September	Mé Féin
October	Bia
November	Siopadóireacht
December	Éadaí
January	Sa Bhaile
February	An Aimsir
March	An Scoil
April	An Teilifís
May	Caitheamh Aimsire
June	Ócáidí Speisialta

Assembly

At the beginning of each month we will hold assembly in the school hall for all classes.

Arts Week

In 2017 we will be holding our first Art’s Week. This will comprise of various activities for the children to experience e.g. Drumming, Yoga, Drama, Art etc. to experience over the course of the week.

Book Fair

Every second year we hold a “Book Fair” in our school hall, where children and parents get an opportunity to purchase books.

Library

We encourage reading throughout the school as much as possible and we have invested heavily in material for all children. Our main library is located in Múinteoir Therese's room and there are smaller library corners in each classroom. There is a great selection of books for all class levels. This is regularly added to by the Tipperary County Library Van. All children in our school are given the chance to become members of Thurles library. Children will only become good readers by reading and it is essential that parents promote a love of reading and books from an early age.

Reading Aloud Programme

Junior and Senior Infants pick out two library books every Friday that they bring home for their parents to read to them. Please Note: the child is NOT to read.

Reading Records

Reading records are made up by the school secretary for every child in the school and every book a child reads from Junior Infants to Senior Infants is recorded in this book.

D.E.A.R.

Children are encouraged to regularly engage in DEAR (Drop Everything and Read) activities throughout the week.

Handwriting

In 2017 a new handwriting scheme was introduced for all children. This is "script style" handwriting with specific workbooks for each class level detailing correct letter formation and the "joining" process which officially starts in 3rd class, if the child is ready.

Assessment – Standardised Testing

In May and June every year 1st – 6th class do standardised tests in Maths and English and spelling. Each October 2nd and 5th class do the N.N.R.I.T. test.

School Photos

Every second year Billy White comes to our school in April to take school photographs. Parents are given the opportunity to purchase these photos, if they wish.

Contacts

A detailed list of contacts is kept in the office. If you change your number, please provide the school with your updated contact information.

Administration of Medication

Some children suffer from illnesses which require the taking of medication either at regular or irregular intervals during school hours. Other children suffer from conditions such as asthma which may require the use of inhalers. Teachers do not have the authority to administer medication of any kind, regardless of circumstances. However, should parents request that their child be allowed to take any form of medication this can be done, providing written consent is given by parents.

Special Educational Needs

Gortnahoe NS prides itself on its holistic approach to Special education. Our aim is to help every child reach his/her potential. Through continuous assessment and observation, the needs of each child in the school is monitored and then the necessary interventions are organised and implemented by the Special Ed. Team. This may involve teaching in an individual or group situation or team teaching in the classroom with the class teacher.

Parking/ Road Crossing

Please do not park in the designated bus spaces, or yellow box at the school gate at ANY time of the day. It is vital for safety reasons to use the pedestrian crossing when crossing the road as with 120+ children being dropped and collected, we want to ensure maximum safety to avoid any unnecessary accidents.

School Policies

Our most important school policies are available on our school website and copies of the school's policies and practices are available on request from the principal.

Building Bridges of Understanding

Building Bridges of Understanding is a programme running in school from Junior Infants to 6th class. This programme was originally introduced as part of our School Self Evaluation to help improve literacy standards and in particular focus on teaching the children key comprehension skills.

United We Run

Every Thursday from 2.40 to 2.55 children from 1st – 6th class run for 15 mins.

Cross Country

Every year at the end of September, all children from 3rd to 6th compete in the Tipperary Schools Cross Country in Thurles.

Active School Week

Spring Into Action will run again in March 2017, following on from the success of last year. During this programme children will be exposed to various activities with outside coaches/ tutors coming into the school to give classes on dance, taekwondo, ABC (Paudie Butler) etc. We hope to get our Active School Flag in 2017.

RSE

The Relationships & Sexuality Education programme is compulsory and taught from Junior Infants to 6th class in a structured manner each year.

Walk Tall

Walk Tall is a programme to support the provision of educational programmes in primary schools for the prevention of substance misuse. It is used in our school as part of the SPHE programme.

Stay Safe

The Stay Safe programme is compulsory and taught from Junior Infants to 6th class in a structured manner each year.

Webwise

Webwise is an important resource used through SPHE for informing children on the care needed when using the internet and social media.

RSE Talk

Every second year in November the school arrange for a talk on RSE to the parents of children in 5th and 6th class. The children then do an RSE workshop two days after the parents talk. The boys and girls are taken in separate groups and then the two groups combine to finish. Parents can remove their children from this workshop if they wish. Marguerite Costello facilitates this talk and workshop.

Educational Field Trips

As part of the curriculum the children will be going on various field trips over the course of their eight years in school. Some of the places we intend to visit are:

Famine Museum Lár na Páirce Semple Stadium Cabragh Wetlands Holycross Abbey	Derrynaflan Rock of Cashel Kilcooley – Boulick Wellington Monument Famine Warhouse Thurles Historical Walk
---	---

Literacy Lift Off

In September 2017 we will be introducing Literacy Lift Off in 1st and 2nd class and if possible for 3rd and 4th in the second term. This is an intensive programme of reading and writing, which gives children lots of opportunities to read books at their own level of competency and gradually lift the complexity of what they can do in both reading and writing. The whole special education team and the class teacher will deliver the programme in the classroom for 6 to 8 weeks.

Aistear

In September 2017, we will be introducing the Aistear programme. Aistear is a guide for planning exciting, engaging and fun learning experiences for young children. Our aim is to teach the new Primary Language Curriculum and other aspects of the curriculum through Aistear in the infant classes.

Problem Solving

As part of our School Improvement Plan for Maths we will be focusing on problem solving in Maths at every class level. Problem solving work-cards have been purchased to assist this focus. The Special Ed. team will be involved in implementing this new initiative.

Mental Maths

Mental maths is an important aspect of the maths curriculum and is an area parents can support their child at home. e.g questions relating to time, months, seasons, money, shape, measures (weight, capacity, length)

Religious Education

Alive O and Grow In Love series are in use in our school. Children are prepared for the **Sacraments** – First Penance, Holy Communion, Confirmation. This includes the Enrolment Ceremony for 2nd and the Ceremony of Light for 5th & 6th

Transition to Secondary School

In June, 6th class take part in a workshop to help with the transition process from primary school to secondary school.

Calendar

The school calendar is decided upon collectively in April after consultation with staff and the principal. This calendar is then sent out to each household and published on the school website.

Yoga & Meditation

Each class from 1st to 6th will receive a class of yoga and meditation for a period of 6 weeks. In these classes the children will be taught;

- physical postures to improve posture, flexibility and balance,
- breathing techniques to improve focus and memory
- relaxation techniques to reduce physical and mental stress and tensions

Cards/Invitations

It has been agreed that pupils are not allowed distribute cards or invitations in school. For Communion and Confirmation, the Parent Association organise a collection of €10 from each child and then distribute these €10's to each child in a card signed by their whole class. This takes pressure off parents giving countless cards and gifts.

Students Council - Green Schools - Active Schools

From Sept. 2017 there will be a Student Council in Gortnahoe NS who will also make up our Green Schools and Active Schools committee. The make-up of this committee will be one child from 1st, one from 2nd, two from 3rd (1 boy & 1 girl), two from 4th (1 boy & 1 girl), two from 5th (1 boy & 1 girl), two from 6th (1 boy & 1 girl). The principal and Múinteoir Ruth will also sit on this committee. Each class will decide who represents them by voting anonymously, after in-class discussion.

Green Flag

We have registered for the Green Schools programme and will commence in early September working towards our first Green Flag for Litter & Waste.

Active School Flag

We have registered as an Active School and hope to receive a flag for our efforts in physical exercise in 2017/2018.

Christmas Concerts

A whole school Christmas concert is held every second year in the Parish Hall. Our next one is Christmas 2017.

Exceptional closures –

"Exceptional cause" may include the following closures:

- Inclement weather
- Heating breakdown
- Death of a teacher in the school
- Death of a President/Bishop
- Essential repairs

In consultation with the chairperson and other schools in the area, a decision is made on whether to close the school. If a decision to close is taken, the principal sends a message to all parents through “Aladdin” and Tipp FM are also informed.

Health and Safety

A very detailed Health and Safety statement is in operation in the school, which is available on the school website.

Participation in competitions/festivals

Participation in competitions is usually at the discretion of the class teacher in consultation with the principal. Regular competitions entered include the Credit Union Art Competition, Credit Union Quiz, Mid Tipperary GAA Quiz, Parish Annual Poetry Competition, Parish Sale of Work Art Competition.

Participation in PE/Sports

Participation in PE is compulsory. All children participate unless they have a note from the parent/guardian explaining why they cannot.

School tours

School tours are organised by the class teachers. School tracksuits are to be worn on all school tours. No valuables (ipods, phones camera etc. are)allowed on tours nor money for shops etc.

Infants	First/Second/ Third	Fourth/ Fifth/Sixth
---------	---------------------	---------------------

Interschool Blitz

A hurling blitz is arranged between the three schools in the parish every June. The GAA club provide refreshments for the kids at the blitz.

Sports Day

In June we will hold a fun Sports Day for all the children in the school.

Swimming

3rd class to 6th class attend Thurles Swimming Pool for a 6 week swimming block in Term 3. Money for swimming is to be paid in full before swimming commences.

When swimming children are expected:

- to wear a coat when walking to the swimming pool except on dry, sunny days during May and June;
- to walk in line behind the teacher to the swimming pool. No running allowed;
- to never shout or run in the dressing rooms or pool area;
- to listen and obey the instructor and life guard;
- to wear a swimming cap.
- to never leave the pool side - unless under the instructor's directions;
- to never push or play roughly in the pool, pool area or dressing rooms;
- to dress quickly after each session;
- not to bring hairsprays, gels, spray deodorants to the pool; Roll-on deodorants are allowed for 3rd - 6th class pupils.
- not to buy drinks/sweets at the pool.

Homework

- Homework is assigned Monday to Thursday with the children being excused homework on weekends provided that their work has been conscientiously and satisfactorily completed on the other nights. Extra homework may be given to groups or individuals as a consequence to breaking school rules. Homework is never given on unfamiliar subjects and is merely for reinforcement of material covered in class. Homework is not given on the first day back at school or special occasions as decided upon by the principal. If a child's birthday falls on a school day there will be no homework given to this pupil. If a birthday falls on a non-school day, unfortunately homework will be as normal. We encourage children to get out and play as much as possible and to limit screen time.
- Suggested timeframe for homework:
 - a) Infants: 10 – 15 mins.
 - b) 1st/ 2nd: 20 – 30 mins
 - c) 3rd/4th: 30 – 45 mins
 - d) 5th/6th: 1 hour.
- If homework is not done a note to the teacher should be written in the homework notebook.
- Please Note: It is important that your child has somewhere quiet to study away from noise and distraction – a busy kitchen or a room near a television are not recommended!
- It is VITAL that your child or you the parent does not become stressed or anxious about completing homework. All teachers can be approached for the purpose of adjusting homework to suit the individual child. If a problem arises at homework, please speak to the teacher, sooner rather than later. Your relationship with your child is more important than any homework.
- Written homework in June is at the discretion of the class teacher, however we would encourage that reading continues regardless.

School Bag Weight

Tips to reduce the weight of school bags.

- Get the right bag. Bags with two straps are better than single strapped as the weight distribution is more even.
- Check that books brought to school are required.
- Don't bring home school books that are not needed that evening.
- Don't bring library books in and out of school each day if there is not an opportunity to read them in school.
- When workbooks and copybooks are completed, bring them home and store them in a designated place.
- Organise the bag so that heavier books are placed towards the back of the bag. Make use of compartments within the bag as this not only distributes the weight but it also makes things easier to find.
- Declutter the bag once a week. Get rid of excess paper, lunch packages, broken pencils etc.
- Don't carry unnecessary things in your bag.

Hurling Training for 3rd to 6th Class

Month	Days
September	Wednesday & Thursday 12.40 – 1.00
October	Wednesday & Thursday 12.40 – 1.00
November	Wednesday 12.40 – 1.00
December	Wednesday 12.40 – 1.00
January	Wednesday 12.40 – 1.00
February	Wednesday & Thursday 12.40 – 1.00
March	Wednesday & Thursday 12.40 – 1.00
April	Wednesday & Thursday 12.40 – 1.00
May	Wednesday & Thursday 12.40 – 1.00
Children from 3 rd to 6 th can hurl every break and lunchtime provided the grass is dry and they have appropriate gear.	

Gymnastics

Múinteoir Therese holds a gymnastics club for girls from 1st class to 6th class at lunchtime, every Thursday.

