

FEBRUARY NEWSLETTER 2025



PLEASE NOTE FOR ANY QUERIES - PRINCIPAL ON DUTY -

Mrs Cunningham (Co-Principal) - MONDAYS / TUESDAYS

Mrs Grugan (Principal) - WEDNESDAYS, THURSDAYS & FRIDAYS

CATHOLIC EDUCATION WEEK

Catholic Education Week began on Sunday 19th January. The theme this year was "**Alive in Christ.**" The week began with a virtual Mass from Derry Cathedral. All pupils took part in a variety of activities during this week which hopefully pupils shared with you. As part of Catholic Education Week, pupils celebrated Grandparent's Day with a special homework which will be on display in the porch and shared with grandparents during our **St. Patrick's Grandparent Coffee Morning.**

P6/7 CATHOLIC EDUCATION WEEK

We had a lovely week looking at how important our Catholic faith is. The theme this year was 'Alive in Christ' and so we did activities each day:

Monday was all about friendship so we learned about the importance of feeling connected to others and having friends who are there to help and listen. We sang the 'Circle of Friends' song which has a lovely meaning to it.

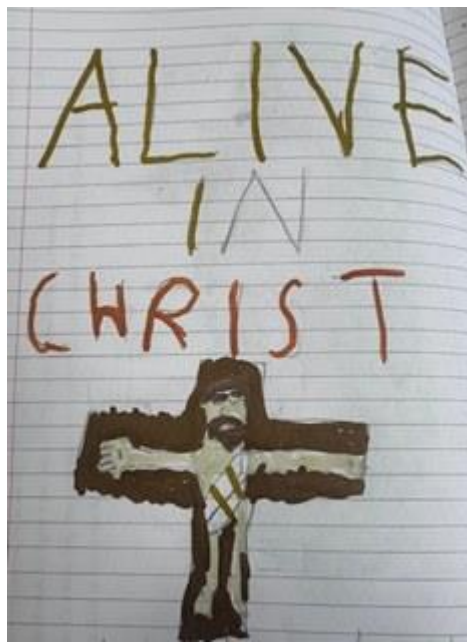
On the Tuesday, we were looking at the importance of faith in our lives. We talked about how we trust God. It is important to know that sometimes things we pray don't always happen and so we must have faith that God has another path for us. We read the Parable of the Mustard Seed. If we have faith, we will grow strong and well.

On Wednesday we wrote and drew about our Grandparents and looked at how important our families are. On Thursday we looked at how we are part of God's community and how we take part in so many activities and clubs, including our school, to feel connected and a part of something which is great for mental health.

On Friday we looked at living life to the full for the common good of all and realised the importance of working together to keep our world a healthy, safe and well kept place for the good of everyone.

The overall message we got throughout the week's lessons was the importance of the

3 Fs: live life to the full with friends, family and faith!






Monday

Live life to the full as commanded of Jesus.

What is a friend?

A friend is someone who gives you a place you feel comfortable who loves how you are.

Someone who is loyal, encouraging and not someone who suggests you withdraw in life. Someone who welcomes you when they see you and have fun.



Catholic School

ALIVE in CHRIST!



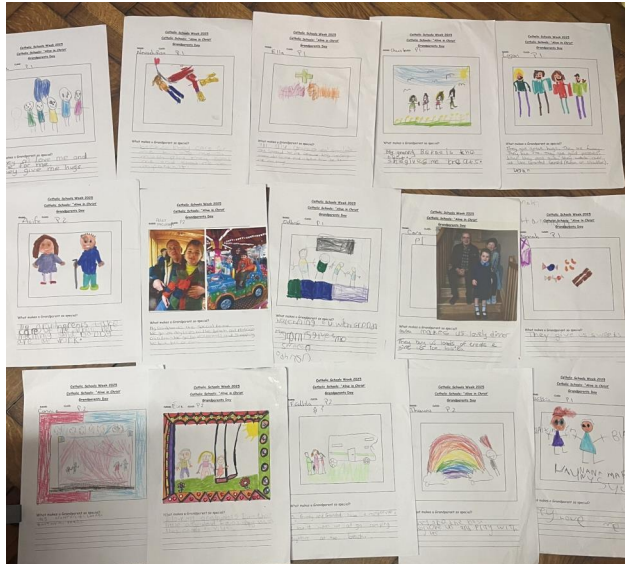
Living Life to the FULL!

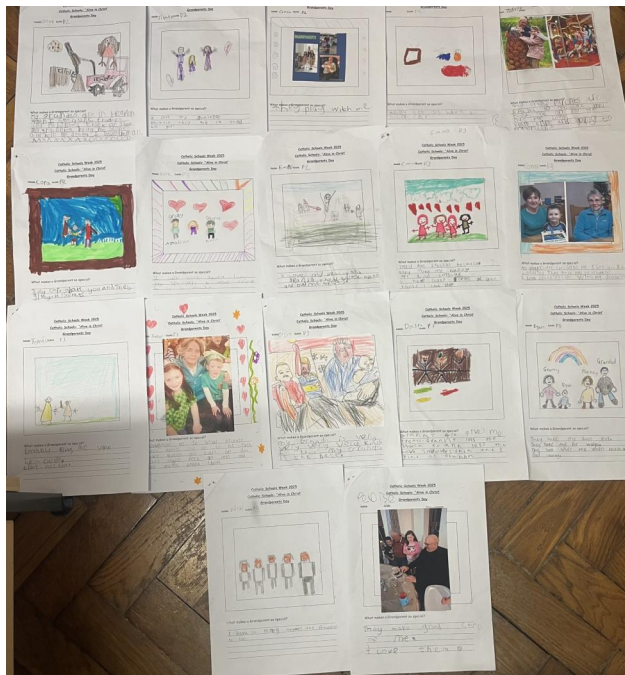
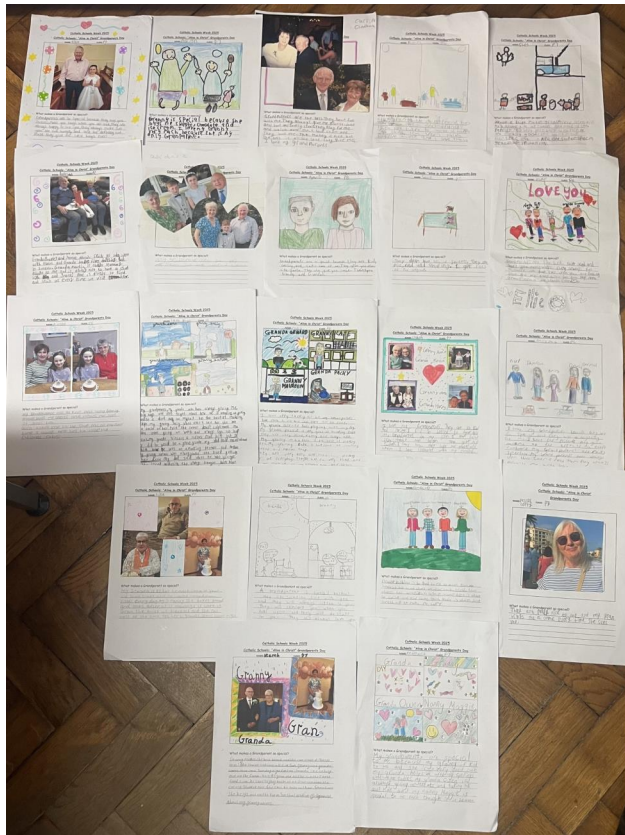


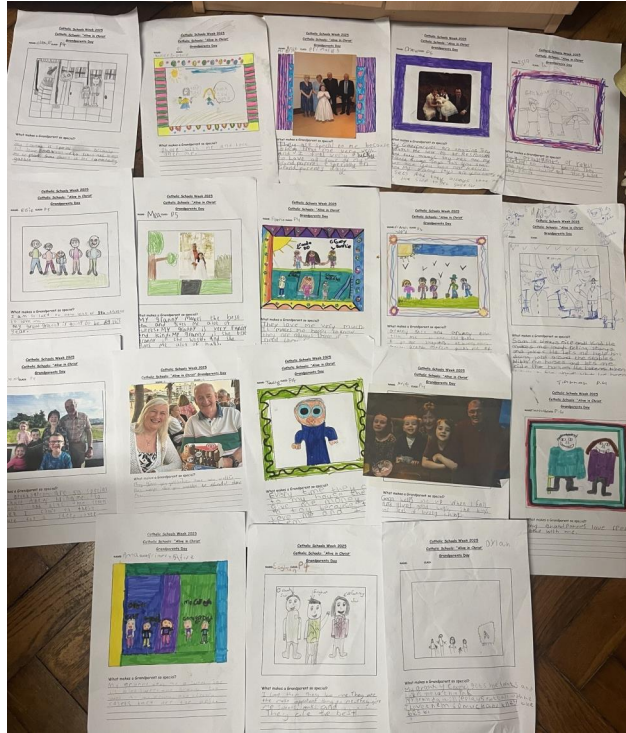




GRANDPARENTS ARE SPECIAL







CHILDRENS MENTAL HEALTH WEEK - BEGINNING MONDAY 3RD FEBRUARY

During Mental Health Week, each class will be continuing with our Building Resilience Program & PATHS Program. We are freeing up this week's homework for chat and exercise to give parents and pupils free time to chat together and discuss any worries the pupils might have. (Hopefully none!) We also plan to incorporate daily PE sessions into the school timetable during Mental Health Week so pupils can wear PE uniform each day this week!

We also have several Mental Health Programs running during this term and in term 3 led by HIP Psychology, including an "Emotional Detectives" workshop for P4/5 & P6/7. On Friday 7th February, P7 will also take part in an activity day in Loughmacrory as part of the Extended Schools Cluster.

FOOTBALL KIT SPONSORS

A massive thanks to parents Justine McCrory (An Doris Bui) & Cathal McCrory (Sperrin Paws) for their very kind and generous offer to sponsor a new football kit for the school! We are delighted! Design plans have kicked in and we will keep you all updated!

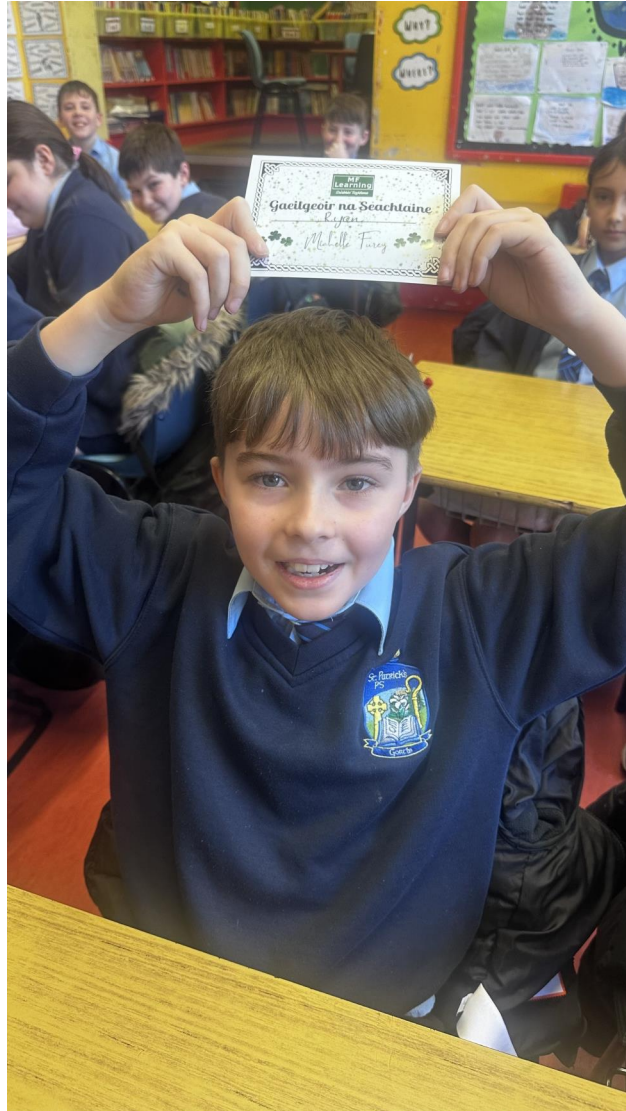
MICHELLE FUREY 10 WEEK IRISH PROGRAMME

"We started a 10 week Irish Language Programme with Michelle Furey. I love it every week because she is so lively and great fun. We have already learned a song - Simon Says, as well as loads of conversation phrases. She plays games with us and we did a Kahoot quiz about all the things we have done so far and I came 3rd in the whole class. Michelle is great at teaching us using hand movements to remember the words. I love a Wednesday because I know we have Irish with Michelle."

By Amy McCullagh P6













OWENKILLEW PARENT & TODDLER 25 YEAR ANNIVERSARY

Laura McCullagh is organising a fun-filled community fun day on Saturday 8th February to celebrate the 25 year anniversary of the Owenkillew Parent & Toddler group. This is sure to be a wonderful family day. Everyone is welcome!



P6/7 ECO FAST FASHION WORKSHOP

"We had a great workshop with Bronagh Kearney who told us all about how clothes are made and where they come from. We had a fun time learning about clothing. There are 700,000 microfibres that comes out of clothes after they are washed. We learned that we can help the environment by giving our old clothes to charity or cash 4 clobber or sell online. This way we are saving chemicals. 18000 people were asked whether or not they wear their clothes instead of wasting them and only 20% said yes. That means people are buying and buying and not even using them. If we don't waste materials, the environment will be better off."

By Ryan Donnelly P6



SCHOOL DEVELOPMENT PLAN 2025 - 2028

Thank you to all those who took the time to complete our recent parent questionnaire. Your opinions are very important to us and will consequently feed into the next 3 year plan.

MENTAL HEALTH FOR CHILDREN

Play together:
Play helps develop our curiosity, learn new things, solve problems and express feelings without words. Here are some examples:

- Build an obstacle course in the garden for your family to complete in a set time.
- Teach your children games from your childhood.
- Make up target games using tin cans and a soft ball.

Be Creative, through art, music, writing, poetry, dance, drama, photography and film

- Listen to your favourite songs and music, sing together and dance together.
- Use recycled materials to make a sculpture.
- Draw or paint a picture inspired by nature, your family or your aspirations and dreams.

Physical / Outdoor Activity Ideas:

- Fresh air, natural light and exercise is great for our well-being.
- Take a daily walk. Walk a daily Mile.
- Enjoy a forest walk, a nature walk, a hill or mountain walk or drive.

Enjoyment: Do something that you really like doing together.

Bake or cook together: Learn a new recipe together or share a recipe from when you were younger. Ring your grandparents and ask them to show a recipe for you to try out.

BOOKS:

- Get lost in the world of a book.
- Set up a family book club or
- Make time to read together everyday.
- Make time to listen to each other talk about your books.

Playing card games.
Games of chance or strategy can be great family fun. Learn or play:

- Old Maid.
- Jack changes.
- Go fish.
- Bunny.
- Snip.

Okay
Connect. Find time to talk, 'check-in' with each other while you're doing things together, so everyone gets time to talk about their ideas and feelings.

HA-HA!

#MindUrSelf, Learning Through Play.

Watch films together that the whole family would enjoy.

- Making popcorn together.

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



CAMHS

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

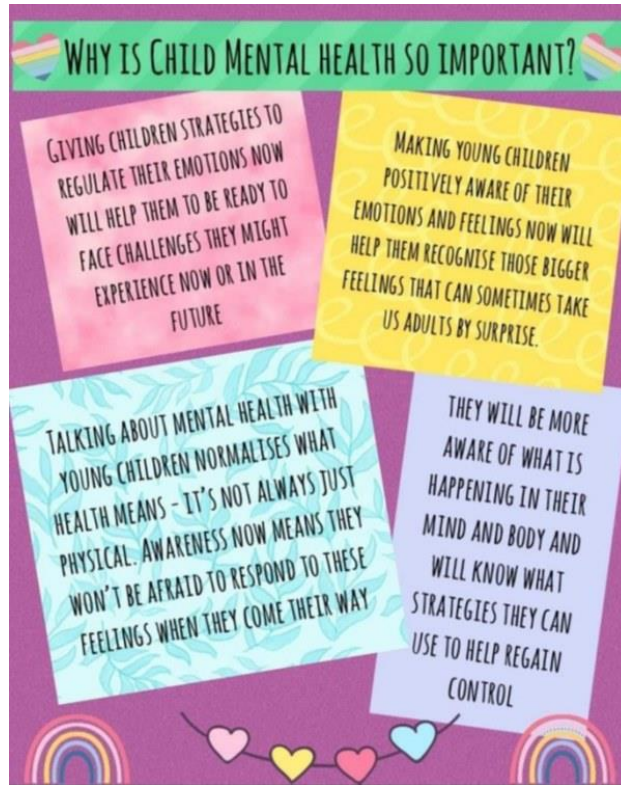
Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



What Are Some of the Signs That Children Might Be Struggling with Their Mental Health?

Sometimes, children find it hard to cope with and manage uncomfortable thoughts, feelings and emotions; this can affect their mental health.

Some of the signs that a child might be struggling with their mental health could include:

- constant anxiety which interferes with daily life;
- loss of interest with engaging in life;
- feeling sad and irritable for a long time;
- sudden and dramatic changes of mood;
- extreme distress and anger;
- persistent changes in sleeping patterns;
- feeling worthless;
- becoming quiet and withdrawn including regular self-isolation;
- ongoing and extreme appetite changes.

Children don't choose to have difficulties with their mental health, just like they don't choose to have difficulties with their physical health. Just like with any physical health issues, it is important for anyone struggling with the thoughts and feelings they are having to get help to feel better, and for those around them to support them the best they can.

How Can I Support My Child If They Are Struggling with Their Mental Health?

Sometimes children hide how they are really feeling. This can be because they don't know how to express their feelings and can mean that they feel increasingly hopeless and unable to ask for help.

It is important that we share with children the message that it is OK to experience times of difficulty with mental health, that it is nothing to be ashamed about and of the necessity of getting help to feel better.

If a child you know is struggling with their mental health, there are people who can help.

- Talk to someone you trust at school.
- Talk to your doctor.
- Call the NSPCC on 0808 800 5000.
- Visit www.youngminds.org.uk.
- Call 999 if the child is in immediate danger.



Daily Kind Acts



Tell someone how much you love them. Help make dinner. Feed the birds.

Leave a happy note somewhere for someone to find. Teach someone something new.

Give someone a hug to show how much you care. Smile at everybody.

Make a get-well card for someone. Tidy your bedroom without being asked.

Give someone a compliment. Write a list of things you are grateful for.

Make someone else's bed (as well as your own). Pick up some litter.

Tell someone three things you love about them. Do something nice for a neighbour.

Drink lots of water. It's much easier to be kind when you feel healthy and energetic.

Write and send a letter to someone. Complain less (or not at all)!

Leave something on the doorstep for a next-door neighbour. Make a positivity poster.

Remember to say please and thank you. Use less energy to be kind to our planet.

Draw a picture for a friend, neighbour or family member.

Tell a joke, watch a silly video or do something that makes you and others laugh!

Recycle paper. Try to be as inventive and creative as you can with it!

Share something you love with a friend or family member.

Say good morning and goodnight to everyone in your household.

Hide little messages around the house for others to find.

Offer to help a family member with something.

Practice self-kindness by doing something you enjoy.



Supporting Children's Mental Health Information for Parents and Carers

What Is Mental Health?

Being healthy means that our body and our mind are in good condition and that we feel well. It is important that we help children to make healthy choices so that their bodies work as well as possible. Doing all we can to help keep children's bodies healthy can help them to feel happy too. Mental health is all about how we are feeling and the thoughts we are having. It can affect how we behave and the choices we make.

Just like with their bodies, it is important that we do things to help children's minds to be healthy, stay in good condition and feel well. Having a healthy mind can help children feel good on the inside and can help them to do well in lots of different situations.

Sometimes, just like our body, our mind doesn't feel well. We might feel very worried, frightened or extremely sad. We might have thoughts which feel uncomfortable and which make us behave in a way that hurts ourselves or others.

Positive mental health is not about being happy all of the time. It is about feeling well, being able to enjoy life and knowing what to do if we have troubling thoughts and feelings.

How Can I Help My Child to Develop Positive Mental Health?

There is a lot we can do to help keep children's minds healthy and help them to cope when they have uncomfortable feelings.

We can help children by encouraging them to:

- talk about how they are feeling;
- be physically active each day;
- eat healthily;
- drink enough water;
- ask for help if something is troubling them;
- feel safe;
- have time each day when they can be calm and quiet;
- spend time each day doing something they love;
- spend time outside;
- be creative;
- spend time with people who make them smile;
- get enough sleep;
- limit their time watching TV and on social media, the Internet or other electronic devices;
- only view, use or play age-appropriate material;
- help others;
- remember they are special just the way they are!

E-SAFETY & SAFER INTERNET DAY - 11th FEBRUARY 2025

Our pupils will be taking part in a number of Internet Safety Awareness activities and workshops during this week. Please refer to the information below regarding e-safety in the home and the top tips for parents regarding various social media sites. Please also refer to the social media letter sent out at the start of the school year to KS1 & KS2 pupils. Please also monitor the apps your child is accessing at home and talk to your child about the importance of telling them if someone's online behaviour makes them scared or uncomfortable. When your child is using the internet to search for images for topic work, please encourage them to use "Kiddie" instead of "Google." This is a child friendly research engine.

CYBERBULLYING

Cyber-bullying can be really difficult to deal with, as it can seem like there is no escaping it, and it can happen anywhere online, from social media, to games and forums. Make sure your children know they can come to you about anything that upsets them or makes them feel bad. Talk to them about how our words, either spoken or written, can have a massive impact on people, whether they are our friends or total strangers on the internet.

If your child is being harassed, take screenshots of messages and then block the senders. If it continues, don't hesitate to go to the authorities. Don't underestimate the toll bullying can take on a person's mental health, no matter what age.

GAMING

Video gaming can be a great way to unwind and even socialise, as so many video games now have an online element that allows us to play with or against other people. As with any other website or app that allows you to connect with others, there is a risk of bullying and grooming with online gaming, so you should always be aware of who your children are playing with, and talk to them about what's ok to talk about and what's not.

Video games can also be addictive, so set limits for your children as to when and how long they are allowed to play. Video games are age rated, just like apps or movies, so a rating of 16 or 18 means it contains harmful or inappropriate language or images. Check out the parental control settings on your consoles and visit www.pegi.info for more information on the games your kids are playing or requesting.

CHECKLIST

Do you have any rules in place around the technology that your children use? Here are some tips to get you started:

Who are they allowed to talk to or play with online?

Children and young teens should only be communicating with people they already know in real life.

Where and when are they allowed to use their devices?

We recommend games consoles and tablets are in public areas of the house, and you should agree time restrictions on how long and how often they get to use their device.

Do you check their messages?

If they're under 13 you should, and even after that if you have concerns. Parents should have full access to children's devices and apps.

Have you talked to them about what's ok to share?

Discuss inappropriate images and what to do if they feel uncomfortable with something that has been said to them or they've seen.

FURTHER INFORMATION & ADVICE

Childline: www.childline.org.uk 0800 1111

NSPCC: www.nspcc.co.uk

PSNI: www.psnipolice.uk

Saferschoolsni.co.uk

Common Sense Media: www.commonsensemedia.org

Pan European Game Information: www.pegi.info

www.thinkyounow.co.uk

www.webwise.ie

Visit our website or social media pages for more information and additional guidance on social media settings or to find out more about our workshops

www.reimtrainingsolutions.com



Internet Safety It's Child's Play!

A world of possibility

The internet is an amazing place for information, entertainment, creativity and making connections.

Alongside all of that there are also risks, and we've provided the following information to help you keep your family safer while exploring the world wide web.



REIM Training Solutions

SOCIAL MEDIA

Whether we love it or loathe it, social media is a big part of modern life, so making sure our children know how to use it safely and responsibly is vital.

Educating and communicating with our young people is the most effective way of keeping them safe online. Below are some things you should be talking to your children about.

What apps are they using?

All social media apps have a minimum age rating of 13, many are 16 or 18. This means that at least some content on the app is not suitable for children younger than that age. If you choose to allow your child to access the apps before they are the correct age you need to be preparing them for what to do if they see something inappropriate or upsetting. Also ensure that their date of birth is set to 13.

Who are their friends/followers/fans/subscribers?

Each app has its own way to describe the people you connect with, but you should be checking in with your child about who they've been speaking to and who can see the content they share. Check out the guides on our website to find out how to restrict access and block users on individual social media apps.

What are they sharing?

Children & teens want to fit in, and sometimes they will make bad decisions in order to feel like they belong. Young people can be manipulated into sending too much private information or inappropriate pictures of themselves or others in an effort to be liked. **Sexting** is a big problem, and many of our young people get into situations they can't handle. Talk to them about appropriate sharing and check their messages if you're concerned. Don't over-react if something goes wrong, remember that telling you was a really big step for your child. Check out our website for steps to take if an image gets shared.

DEVICE & CONTENT MONITORING

Parental control settings and apps allow parents to monitor and control what content and apps their children access online and through the app stores.

Apple devices

Family sharing:

Children will not be able to purchase apps without your permission - this also has the benefit of being able to buy apps once and share them across up to 6 devices.

Go to Settings > [your name] > Family Sharing > Add Family Member > Create a Child Account > Next. You will be asked to complete information about your child and to create an apple ID for them which they can then use on other devices. Turn on 'Ask to buy' so that your child cannot download apps from the app store without your permission.

Screen Time:

Go to Settings > Screen Time > Turn On Screen Time > Tap Continue > This is My Child's [device]. Follow the on screen prompts to add time limits and content restrictions on this device.

Microsoft Devices

Microsoft Family:

Allows you to set up an account for your child which they can then use across any Microsoft device, including Xbox. You can then put time and buying limits on their account and monitor what content they can access.

Go to Settings > Accounts > Family & other people > Manage family settings online > add an account.

You will then be taken through a process to create a Microsoft account for each child. Please note that you will only be able to monitor and control child accounts, so make sure you select the correct account type.

Android devices

Google Family Link:

Up to 6 accounts can be linked and monitored by the family manager. Accounts can be used across many devices.

Go to the Google Play store & download the Family Link App > follow the onscreen prompts to add your child > add limits for apps, TV, movies etc.

Play Store Restrictions:

Open the Google Play Store > select the menu icon > settings > turn Parental Controls on > set restrictions for each type of content > turn on 'Require authentication for purchases'

Parental Monitoring Apps

There are many great parental control apps available that you can use on different devices. These are apps that you download onto your child's device which allow you to set up restrictions on content, time limits and some even allow you to access their messages and track their location. Many offer a free version to monitor one device, with additional features and multi device monitoring incurring a cost. Some of the best examples out there include:

Qustodio, Mspy,

ISP Controls

Your Internet Service Provider (whoever you pay for your internet) will also have in-built controls that means you can stop unwanted content getting to any device using your Wi-Fi connection. Visit your ISP's website with your account details and search for 'parental controls'.

Safe Searching

These are alternative search engines which have stringent filters to ensure no inappropriate content gets through to your child's device. Check out Kiddle, Swiggle and fact monster. You will be given instruction on how to use the search engines on their websites.

www.reimtrainingsolutions.com

On Tuesday 11th February, P4-P7 pupils will take part in the REIM e-safety workshops during the school day & parents are invited to a Zoom REIM e-safety workshop at 8pm that same evening, entitled "Fundamentals of Internet Safety."

SAFER SCHOOLS NI APP



The school is now registered for the **SAFER SCHOOLS NI App**. Please see details below regarding uploading the App and accessing information regarding internet safety. When you have downloaded the app and are setting up the account, you will be asked to search for the name of our school. At this stage, please type in the word "Gortin" first, and you should then see the option for "St. Patrick's P.S. Gortin" appearing as an option.

The ACCESS CODE FOR PARENTS IS - **9728**

Another useful source of e-safety information including a helpline for parents is the SBNI Hub...

Dear Parents and Carers,

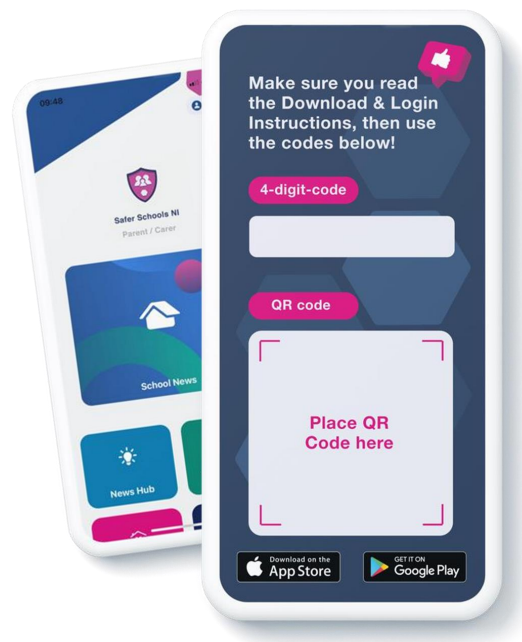
We are delighted to invite you to download our new Safer Schools NI App, provided to your school by the Department of Education and INEQE Safeguarding Group. (Downloaded Safer Schools last year? This new and updated App replaces it!)

Did you know?

92% of children in Northern Ireland use video sharing platforms, with 53% using social media and 65% accessing messaging apps (Ofcom, 2020). If your child hasn't already been using these platforms, they soon will be! Therefore, it's more important than ever to be aware of how to keep your child safe.

How will the Safer Schools NI App help you?

It provides you with easy-to-follow steps on how to make your home and devices safer in the 'Need -to-Know' section. It's a great place to start!



It keeps you up to date with the current online trends, threats, and risks to your child. This information is sent directly to your device!

It delivers the information you need to know on social media and gaming platforms, helping you understand the latest buzzwords and how to set privacy and parental settings on platforms - like Among Us, Minecraft and TikTok.

It offers expert guidance to help you navigate important issues such as bullying, mental health and healthy relationships. Giving you practical tips on how to approach these conversations with your children.

It gives you access to your school's latest news, updated policies, and calendar all within your App.

The Online Safety section will signpost you to help and support where you need it when you need it – it's in your pocket!

To download and login to your Safer Schools NI App, follow the steps below! Make sure to enable your push notifications when prompted to keep up to date with the latest safeguarding alerts and your school news.

Downloading your App;

STEP 1 - If you are using an iOS device, go to the Apple App Store and search 'Safer Schools NI'. If you are using an Android device, go to the Google Play Store and search 'Safer Schools NI'.

STEP 2 - Select '**Download**'.

Logging In

Please follow the below instructions.

Creating An Account:

Step 1

If you haven't already, please create an account by clicking 'Parent/Carer' on the login screen of your App.

Step 2

To create an account, click 'Register here' and input your full name, email and password you wish to use. You'll also be asked to confirm your password. Once you're ready, click 'Register' and this will create your account.

Step 3

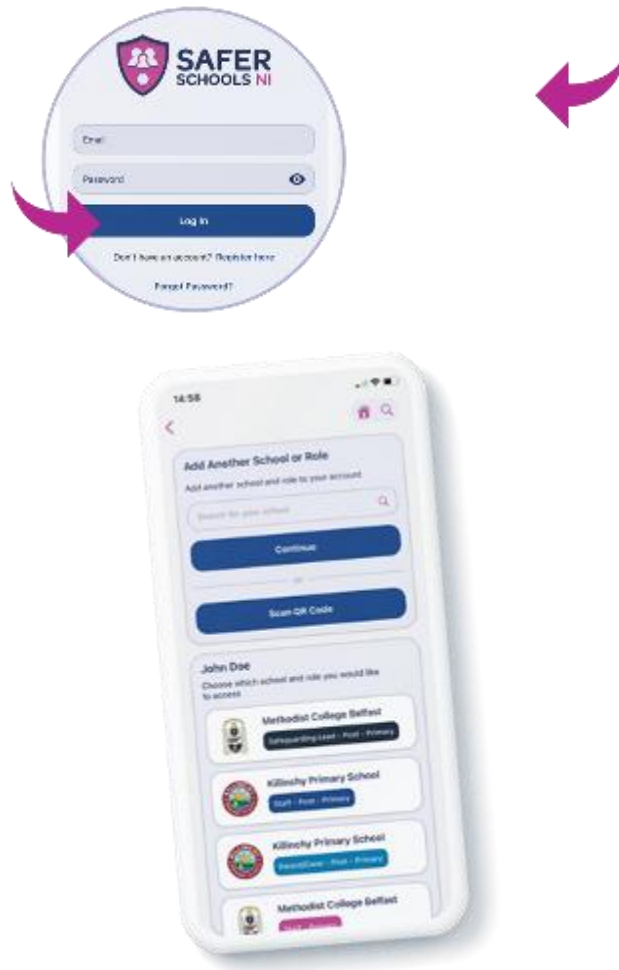
After you register, you will be asked to read and agree to the Terms and Conditions. After reading and scrolling to the bottom, the 'I agree' button will be available to select.

Step 4 Time to pick your school! To add your school, simply type "Gortin" within the search bar and click 'Continue'. You will then be asked to input the Entry Code that you have received from your school - **9728**. Type in your code and click 'Submit'. You'll be asked to confirm this by clicking 'Continue'. To scan a QR Code instead of your Entry Code, click 'Scan QR Code'.

Top Tip: Did you know that your App features Multi-School Login? This means that you are a Staff member in one school with a child in another, or if you are a **Parent/Carer of children in different schools**, you have access to multiple schools without having to log in and out of the App.

Step 5

To add another School, simply repeat Step 3! You can also view all of your added schools under your name.



LOGGING INTO YOUR APP

Step 1

When you have opened the App, you should input your email address and password that you used to create your account. Once you're ready, click 'Log In'.

Step 2

When you log in, you will see your chosen school(s) that you have added to your account. Simply click the school that you would like to view!

SCIENTIFIC INVESTIGATIONS

P1/2

P1 and P2 have been very busy in January learning all about winter. We have been investigating how long it takes ice to melt. While playing outdoors we found ice, we brought it into our classroom to see how long it would take to melt. We discovered that the ice melted quicker when it came into the classroom because of the heat of the classroom. We felt the cold ice with our hands and when we kept the ice in our hands it melted quicker. One of the P2's suggested that we should put the ice into the oven so it would melt super quick in the heat. We are not finished with our ice investigations, but we are really enjoying exploring with the ice in winter!!









P2/3

Primary 2 and 3 Science Investigation: The Effects of Salt and Sugar on Ice Melting.

In our recent science investigation, the children engaged in an experiment to explore how salt and sugar affect the melting rate of ice. We placed ice cubes on two plates and sprinkled salt on top of one and sugar on top of the other. We observed the melting process over time, noting how quickly the ice melted with each substance. Through this hands-on experience, we learned about the scientific method, made predictions, and recorded our observations. We discovered that salt caused the ice to melt faster than sugar, prompting discussions about why we use salt to make our roads safer during frosty and snowy weather.



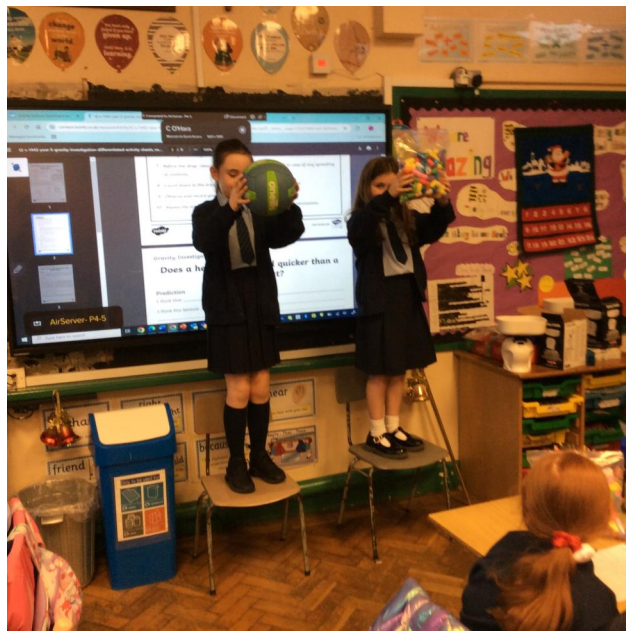
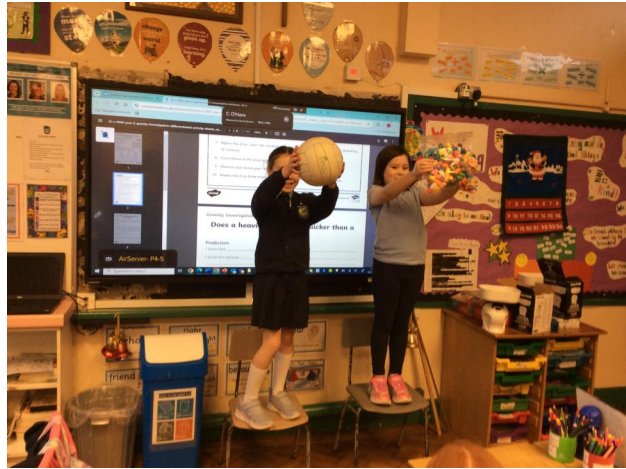


P4/5

Exploring Gravity Experiment

As part of our Space and the Solar System topic we performed a fun and interesting experiment on Gravity and how it works. Our aim was to determine if a heavier object would fall quicker than a lighter object. Firstly, we had to make a prediction on what we thought would happen and why we thought this. Next we had to think of how we could ensure that our test was fair and we decided both objects would have to fall from the same height and that they must be dropped at the exact same down so we counted down from 3 before we let go of our objects. We then had to stand on chairs and measure the distance to the floor making sure it was the same for each person and then we dropped our object after the count of three. Mostly, we predicted that the heavier object would fall quicker and our experiment proved our prediction was correct. It was fun learning about gravity and how to carry out a fair experiment correctly.





P6 & P7 Scientific Investigations

Primary 6 and 7 are doing the topic of 'Unsinkable' and learning about the Titanic. As well as looking at the History and Geography, we are looking at the water cycle, states of matter as well as materials and their properties.

The children are enjoying the topic co far but it is always fun when we do an experiment. We did an experiment called 'The raincloud in a jar!' It was very interesting how it worked out.



















STUDENT COUNCIL UPDATE - TERM 2

Student Council Meeting Tuesday 14th January 2025

In attendance: Mrs Cunningham, Aoife Ward, Ceállach Gormley, Cassie O'Neill, Orlaith Finlay, Enda Ward, Katie Pearson and Dáire Ward.

Overall the children are loving the new seating in the dinner hall. They said the noise levels are getting higher. Orlaith said her table were very noisy and that Mr O'Hara had spoken to one of the boys about banging his fork and knife on the table. Some shouting across table at others.

P2/3 STARS: Everyone working well in class. Love our dinner seats. Love the porch displays.

WISH: Break the Rules day again and put money towards our new board. Heat in the canteen.

P4/5 STARS: Happy about AR, the quiet reading time and the rewards. Love outside times with the rotating basketball and football and playing with friends.

WISH: Break the rules day again! Sponsored run to raise money.

P6/7 STARS: The new ipads are great. New dinner seating is great.

WISH: Wear own jersey and shorts for PE.

Overall, the children are happy with things. A good discussion was had by all.

ECO COUNCIL UPDATE - TERM 2

Eco Council up-date - January 2025.

The Eco Council had their first meeting of term two on Tuesday the 14th January at 2.30pm. We had a recap and review of all the Eco targets we set ourselves for term 1.

We will be submitting our green flag application again this year. We will be very busy over the next few months with our application. Our Major topic is healthy living, while our minor topics are waste and global perspective.

Waste - The Eco Council have carried out spot checks of the bins in all classrooms and whilst we found it is mostly good in all classes, there is room for improvement.

Key stage 2 completed the Big Wheely Challenge which was very interesting. We carried out an audit of the bins and learnt a lot about how important it is to put the rubbish in the correct bin. P6 and 7 repeated the audit with Miss Coyle on Tuesday the 21st of January. Unfortunately we found there was a reduction in the amount of waste in the bins and that key stage two are using their bins correctly.

As a result of the Big Wheely Challenge we are asking all classes to have a paper chain in their room. A paper chain is a box which will be placed beside the bin for everyone to place paper or card in that can be reused again. Instead of just binning the paper you have to stop and think! Could I use this paper for anything else?

Energy conservation - all eco council are continuing to be responsible for energy conservation in the classrooms. It will be Conall and Emma's responsibility to ensure the main door is closed at playtime to keep heat in the school building. "Keep the doors closed and Keep the heat in."

Battery challenge Well done to everyone who brought in batteries to our recycle bank before Christmas. We collected more than 25kg of used batteries. The battery bank is always open in the porch for anyone wishing to dispose of their batteries safely.

Christmas Jumper swap We would like to thank all the children who took part in the Christmas jumper swap, especially Clíodhna and Clodagh. About 10 children took part. It was very worthwhile and hopefully next year more children will become involved.

Eco-code competition – In the month of February we will be running our Eco Code competition again. All classes will be asked to submit a recording of their class saying our school Eco code. Recordings should be forwarded to the Eco-council by Wednesday the 26th of February. Teachers will judge the best entry and the winners will get 20 minutes free play outside on Wednesday the 5th of March.

Fast fashion workshop: We would like to thank Bronagh Kearney, our Eco Field Officer for coming into our school on Wednesday the 29th of January and delivering a fast fashion workshop to our P6 and P7 class. The P6 & P7's found the workshop extremely interesting and learnt a lot about how we can help to stop this fast fashion industry.







AFTERSCHOOLS TERM 2

New After schools with Ryan

"We started this term with Ryan for Afterschools on a Thursday. During this hour we play basketball for 2 weeks then we do boxercise for 2 weeks. Both are great fun but I prefer the basketball. I like getting to wear my jersey and he picks a player of the week – I am bound to be due one soon!!!"

By Daithí O'Neill



PRINCIPAL AWARDS FEBRUARY - "Resilience"

P1/2 - Nevaeh-Rose McCullagh, Logan Smith, Fódhla McNamee & Thomas Kelly.

P2/3 - Emma Hamilton, Thomás McCullagh, Cillian Conway & Pearse McBride.

P4/5 - Mea Corrigan, Elsie Morris, Isla McGovern & Niamh Ward.

P6/7 - Clíodhna Daly, Cara Pearson, Ellie O'Kane & Saoirse Morris.

Reading Awards

Congratulations also to;

Evie O'Neill, Conall McCullagh, Katie Pearson & Junior McGuigan who also got certificates for "Reading with expression!"

Well done all!

DATES FOR THE DIARY

CONFIRMATION - Saturday 29th March at 3pm in St. Mary's Church Rouskey.

FIRST COMMUNION - Saturday 31st May at 11am in St. Patrick's Church Gortin.

MID-TERM BREAK - Wednesday 12th, Thursday 13th & Friday 14th February.

THOUGHT FOR TODAY

