

News and Updates from the Principal

Feb. 7, 2020



Dear parents/guardians,

Children's wellbeing: At our school we continually try to meet the personal, social and academic needs of students and staff. This is done in a variety of ways, through quality teaching and learning, nurturing relationships and through specific pastoral support. Below I have highlighted two main components of our pastoral care plan: MindUP and our Care Team.

MindUP: It was great to see so many parents at our MindUP workshop earlier this week. For those unable to attend we have posted notes from the workshop on the Principal's Desk on our school web site. As a reminder, to access the Principal's Desk:

- Go to www.knocknacarrans.ie
- Click the Parents section, then Principal's Desk
- The password is: stjohntheapostle

In the MindUP notes are practical advice for parents on helping their children to build emotional resilience. It offers parenting tips on:

- Self-management and handling stress
- Social awareness and empathising with others
- Managing conflicts with other people
- Making responsible decisions

I encourage parents to have a look at these tips and implement them at home, reinforcing the MindUP techniques we use in school, which contribute to a calm atmosphere.

Care Team: Our teachers have developed a "Care Team" in school. The Care Team is made up of different teachers who are available on Wednesday afternoons from 1:35 to 2:20 in Rooms 19 and 23. Children are welcome to have a chat about things that are going well at school or things that are a challenge.

The Care Team provides a listening ear in a quiet space away from the busy classroom.

The Care Team aims to help our students develop self-esteem, positive relationships, healthy risk assessment and goal setting.

Noreen Healy, Principal

New Afterschool Choir

Children from Third to Sixth Class are invited to join our new Afterschool Choir, to be held Mondays after school starting on Monday, Feb. 24th (after midterm break). The choir will be led by experienced singing coach Lisa Seary, who is a Special Needs Assistant at our school.



The cost is €60, which can be paid in two instalments. We will email a flyer with full details on Monday.

Dates for Your Diary

• **Valentine's Day, Friday, Feb. 14th**—Non-Uniform Day charity fundraiser in support of **Make-A-Wish Ireland**.

Children can wear their own clothes in "red, pink, white or bright" and a donation of €2 per family is suggested.

• **Feb. 17th to 21st**—Midterm break

• **Feb. 24th to 28th**—**Junior Infants Parent-Teacher Meetings**. Teachers have issued appointment times.

• **Thursday, Feb. 13th**—**Afterschool Football for Fourth to Sixth Class** Múinteoirí Gary, Iona and Cillín will provide coaching sessions at school each Thursday from 2:20 to 3:20 pm

Midterm/Easter Camps

- **Midterm break—Feb. 17-21:** Creative Kids Afterschool will run a multi-Activity Camp over the February Mid-term Break. Children can attend on a weekly or daily basis. Before and After camp Care will be available also. Activities include Baking, Slime making, Treasure hunts, arts and crafts and much much more. To sign your child up for the camp, contact Gemma on: creativekids.kns@gmail.com or (089) 4003216

- **Easter break week 1—April 6-10**

See the attached flyer regarding the teachers' Easter Camp.

- **Easter break week 2—April 13-17**

Creative Kids will run an Easter Camp this week. Details and contact information as above.

Looking Ahead

• **March 2nd to 6th—Engineering Week**
Engineer parents are invited to share their love of engineering with the students! Please contact the school if you can help out.

First Communion preparation dates:

• **Wednesday, Feb. 12th at 5 pm—
First Confession at the church**

• **Sunday, Feb. 16th at 5:30 pm—
Do This in Memory of Me mass**

Confirmation preparation dates:

• **You Shall Be My Witnesses sessions—
Tuesday evenings:**

- **Feb. 11th**

- **Feb. 25th**

• **Tuesday, March 3rd at 7:30 pm—
Service of Light**

Children's Activities



One of our four quiz teams: Dara, Conor, Sarah and Sophia

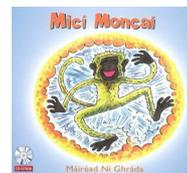
Thanks to our quiz teams who represented us well in the St. Anthony's and Claddagh Credit Union Primary Schools Quiz on Sunday, Feb. 2nd. We didn't retain the trophy this year but all of our teams placed in the top 5 in their categories. Well done to all and thank you to the teachers who volunteered their time both in school to prepare the teams and on Sunday to represent our school.

Swimming national

finals: Best of luck to our swimmers who are competing in the national finals this Sunday, Feb 9th: Niamh, Renae, Loanne, Farah, Eoin, James and Leon.



Micí Moncaí book/CD for €5: Micí Moncaí, the book by bilingual storyteller MacDara Ó Conaola, who visited our school last week, can be purchased through the school.



The book comes with a CD so you can listen along in Irish. If you would like to purchase this book please bring €5 to the class teacher in an envelope marked with your child's name and "Micí Moncaí" by Thursday, Feb. 13th.