



NUACHTLITIR

Your monthly news from Sacred Heart National School Rath

INSIDE THIS ISSUE:

Couch to 2K

Grandparents' Day

Parents' Association / Bake Sale

Spring into School (Attendance Drive)

Internet Safety

Spanish Lessons for 5th & 6th Class

Sport

Gaeilge

Maths Tips

1st Class Resources

Meet our Student Council

Hot Lunches

Couch to 2K - Fun Run

The pupils in the school continue to prepare for our 'Couch to 2k'. It's an exercise programme developed especially for primary schools. Similar to previous years, we will host a concluding event on **Sunday February 22nd at 11am** on the school grounds. We pick a Sunday every year so the whole family can participate. Our Parents Association will provide refreshments on the day. You might like to help your child's training by going for a walk or run in the evening or at the weekend. Every little helps!

Maths Tips for Parents/Guardians

As referenced in our last newsletter, the focus of our current School Improvement Plan is 'Emphasising Mathematical Modelling'. 'How' children learn is as important as 'what' children learn. Mathematical modelling involves children using Mathematics to describe a problem-context and determine meaningful solutions to the problem. This month, we continue to share some practical tips for parents / guardians on how you can support your child's learning at home.

1. Never share the idea with your children that you were bad at Maths in school or you dislike it. Research has shown that as soon as parents do this, their children's attainment and achievement in Maths went down.
2. Parents / Guardians can encourage real-life Maths by integrating it into daily routines like cooking (measuring), shopping (comparing prices), and travel (estimating time/distance), while fostering a positive mindset by praising effort, not just answers, to show the everyday relevance of Maths and build confidence. We recently discovered that many of our pupils are big darts fans! Darts is a fun and engaging way to practise our mental arithmetic!



Grandparents' Day

We celebrated Grandparents' Day recently with our Junior Infants and 6th Class pupils welcoming their grandparents to the school. We gathered in the church for a short prayer service where we especially remembered those grandparents who were unable to attend on the day. The children had great fun showing our guests around the school and we must also thank our wonderful Parents' Association for providing the refreshments in the hall. There are more photos from the day on the school website.



Sport

Football: School football coaching with Courtwood GAA will continue on Friday February 13th with pupils from 1st Class - 6th class. 1st & 2nd Class sessions will take place in school, while 3rd, 4th, 5th & 6th Classes will be after school from 3pm - 4pm. Only those interested in playing football are allowed to stay for the after-school sessions. No previous experience is required though. Please have football boots and gum shields.

Soccer: Our lunchtime soccer leagues continue into February. Pupils from 2nd Class - 6th Class have been participating. Many thanks to our 6th Class pupils for refereeing the games.

Tag Rugby: Tag rugby sessions with Jack Hennessy from Portarlington Rugby Club will commence on Feb 9th.

Hurling / Camogie: We hope to commence hurling & camogie training with the pupils from 2nd Class up in the coming weeks. Lack of equipment can be a barrier for some children. If there are spare or unused hurls or helmets in houses, we would greatly take them for the school.

Volleyball: Mr. Walsh continues to coach our 6th Class pupils every Wednesday in preparation for their upcoming blitz.

Feabhra (February)

Seachtain 1 – Ar chuala tú? Chuala/ níor chuala

Seachtain 2 – Cé leis an ...seo?

Seachtain 3 – Táim críochnaithe

Seachtain 4 – Tá mé i bpónca/ Tá cabhair ag teastáil uaim!



Ceist coicíse: An ndeachaigh tú? Chuaigh / ní dheachaigh

Cad iad na caitheamh aimsire atá agat?

Internet Safety Day

As Safer Internet Day 2026 approaches on February 10th, we will remind you that the Webwise website is an excellent resource for parents. Please visit <https://www.webwise.ie/parents/> to access their resources. They have recently added some guidance with regard to Artificial Intelligence (AI).

Meet Our Student Council



Name: Ariya Roker

Class: Rang 3

Favourite Subject: English

Hobbies: Dancing and writing stories

What I like about our school: It is fun, we do lots of nice things. The teachers are kind also.

My priority for the Student Council: I want to help and try to improve our school. I want to represent my school.



Name: Cillian O'Connell

Class: Rang 3

Favourite Subject: Gaeilge

Hobbies: Football and soccer

What I like about our school: All the really nice teachers.

My priority for the Student Council: My priority is to make the school a happier place.

Rang 1 - Classroom Resources

Ms. O'Brien and the pupils in 1st Class are looking for the following items to add to their bank of classroom resources and teaching aids;

- blocks
- food toys
- small world animals
- farm animals toys
- shopping till
- small cars

If you have any of these items lying around the house unused, 1st Class will gratefully accept them. Please only send the items listed above. Míle buíochas.

Spring Into School with St. Pauls

Next week (Mon 9th – Fri 13th Feb), our school is taking part in Spring into School, a joint attendance drive with St Paul's Secondary School and their feeder primary schools. The focus is on encouraging positive attendance habits and reminding children that every day in school matters. There will be class-based activities and prizes during the week. This work supports the national ANSEO and TESS initiatives, which promote regular school attendance across the country. As always, we continue to follow our usual guidance about keeping children at home when they are unwell. Thank you for your support.

Spanish Lessons - 5th & 6th Class

Our school successfully applied for the 'Say Yes to Languages' programme, which focuses on preparing for the integration of modern foreign languages into the newly redeveloped Primary Language Curriculum. After contacting our main feeder secondary schools, we decided to choose Spanish as the modern foreign language. This will result in our 5th & 6th Class pupils receiving 10 weeks of Spanish lessons from tutor Mireia Lopez. The programme commences on Thursday February 12th and we are very much looking forward to engaging with this exciting new initiative.



Hot Lunches

We are conscious that some children are not eating their hot lunches. This is leading to waste.

Please ensure to check your child's waste box each day and to make changes to their choices on the app if required. We will remind you also that parents / guardians can cancel lunches on days when you know your child won't be in school, or if there isn't a choice to their satisfaction. Instructions below;

1. Open the app.
2. In the top left hand corner you'll see 3 lines. Click this and then choose calendar.
3. You can flick between children if you've more than one child in the school.
4. Click on the dates you want to cancel the meals.

A short demonstration video is available to view on the school website. Remember, all orders or changes to orders must be completed at least 48 hours in advance. Hopefully this will reduce food waste going forward.

Parents' Association

Bake Sale:

Our annual Bake Sale will be held on Friday, 13th February. We would be very grateful for donations of baked goods, which may be dropped off at the school from 9:00 a.m. Students are kindly asked to bring an extra lunchbox or Tupperware container to carry their purchases home. The Bake Sale will be open to the entire school community from 9:30 a.m.

Grandparents Day:

On January 21st, Junior Infants and Rang 6 were delighted to welcome grandparents to the school for a very enjoyable morning. Sincere thanks to all who helped provide refreshments and contributed to making the day so special.

We are always delighted to have help at our events. If you are available to assist with the Bake Sale on February 13th or the 2km Fun Run on February 22nd, we would love to hear from you. Please follow our Facebook page for more details. Rath NS Parents Council (2025/2026)



PORTARLINGTON
LIONS CLUB

ANNUAL TRACTOR RUN

SUNDAY 1ST MARCH

10:30 AM for 12 noon Departure
Railway Station Carpark

**In aid of psychological and full educational
assessment for a local child.**

**We are adding a children's tractor circuit, with
prizes on the day for each child's tractor**

Complementary Refreshments & **AUCTION**
immediately afterwards in the Railway Bar

CONTACT:
Gerry: 086 3584611
Therese: 086 8471994

**Qualified
drivers ONLY**

