



MÁRTA 2023

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Your monthly news from Sacred Heart National School Rath

INSIDE THIS ISSUE:

Couch to 2K

Sport

Grandparents' Day

Parents' Association

Gaeilge

Healthy Eating

World Book Day

Sacraments

School Self-Evaluation

Dates for Your Diary



Couch to 2K

On Sunday February 12th, we hosted a 2k Fun Run in the school. It was the culmination of 5 weeks training for the pupils in each class. It was wonderful to see so many parents, past pupils and extended family members in attendance, with many putting on the running shoes themselves and completing the 2k. Many thanks to our Parents' Association for providing the healthy refreshments afterwards. We'd also like to acknowledge the support we received from Laois Sports Partnership. We will continue to encourage the children to engage with regular exercise. Please visit the school website (rathns.ie) to view more photos from the day.

World Book Day

We will celebrate World Book Day on Thursday, March 2nd. The children have the opportunity to bring one of their favourite books to life by dressing up as a character from the book. It's one of the days the children most look forward to each year. It is part of our continuing endeavor to motivate and encourage the children to read. The website <https://www.worldbookday.com/about-us/ireland/> contains a family section where you, as a parent, can source fun activities, reading recommendations, audiobooks, interactive games and lots more. It might be something you'd like to do this week with your child.



Gaeilge / Seachtain na Gaeilge

Is féile Ghaeilge í Seachtain na Gaeilge, atá ar an gceiliúradh is mó dár dteanga agus dár gcultúr dúchais a bhíonn ar siúl in Éirinn gach bliain. We in Rath N.S. will be celebrating it also in our school and we plan to engage the children in fun language activities. Beidh 'Lá Glas' againn chomh maith ar **Márta 16**. The boys and girls can wear anything green to celebrate Seachtain na Gaeilge agus Lá Fhéile Pádraig.

Márta (March)

Seachtain 1 - Bain mé taitneamh as.. (I enjoyed...)

Seachtain 2 - An mbeidh tú..? Beidh mé/ ní bheidh mé (Will you be..? I will / I won't)

Seachtain 3 - Cé leis an seo? (who does this belong to?)

Seachtain 4 - Ceart go leor (okay)



Sport

Football: After school football coaching with Courtwood GAA continues on Fridays. 3rd & 4th Class will be March 3rd. 5th & 6th Class will be March 24th. No football on March 10th (Confirmation day) and March 17th (St. Patrick's Day).

Volleyball: Well done to our 6th Class pupils for competing so well in their recent blitz day in Portlaoise College. Thank you to Mr Walsh for coaching them and introducing them to a new sport.

Tag Rugby: Tag rugby with Paudi from Portarlington RFC / Leinster Rugby commenced last week and will continue on Thursdays through March.

Hurling / Camogie: Hurling and camogie training continues as the children in 4th, 5th & 6th classes prepare for their respective Cumann na mBunscol competitions. Pupils in 3rd Class are welcome to train also.



School Self-Evaluation

As part of our School Self-Evaluation process, we wish to identify and reflect on the impact of COVID-19 on our children's educational experiences, their wellbeing, their motivation to learn and their engagement in learning. Parents of children in the infant classes can use their child's experience in pre-school as a means of completing the survey. We ask you to please complete the short survey on the link below. If the link will not open, it was sent separately on the original Aladdin message notifying you of this newsletter.

<https://forms.gle/eUDLUVvpbQUNwQZq9>

Sacraments

Rang 2 and Rang 6 are currently preparing for their respective sacraments in the coming weeks and months. We wish both groups the very best. Please make note of the dates and times below:

Rang 2

First Confessions - Tuesday March 7th at 7:30pm in Sacred Heart Church, Rath.

First Holy Communion - Saturday May 27th at 11:30am in Sacred Heart Church, Rath.

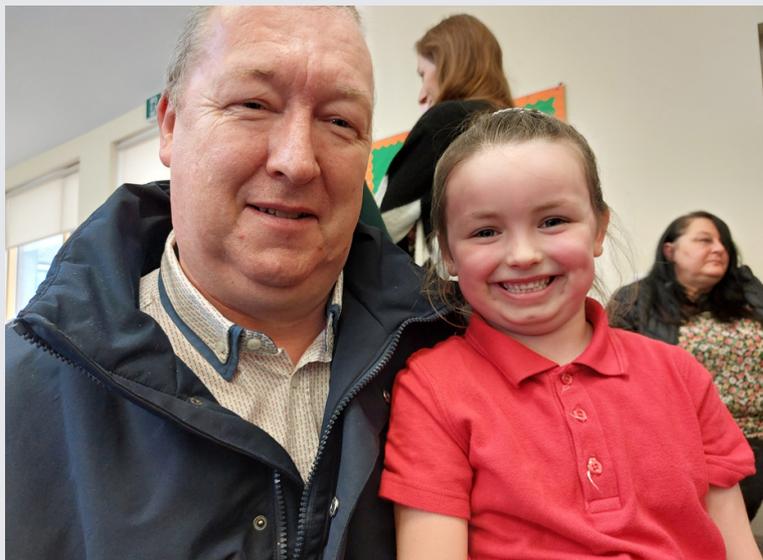
Rang 6

Service of Light / Reconciliation - Thursday March 2nd at 6:30pm in Sacred Heart Church, Rath.

Confirmation - Friday March 10th at 2pm in Sacred Heart Church, Rath.

Grandparents' Day

We celebrated Grandparents' Day recently with our Junior Infants and 6th Class pupils welcoming their grandparents to the school. Fr Joe facilitated a lovely prayer service in the church 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.



Healthy Eating Policy

We are currently in the process of reviewing our school's Healthy Eating Policy. The aim of the policy is to help us develop an environment that is conducive to promoting healthy eating choices in our school. We will circulate our draft policy in the coming days and we would greatly welcome some feedback on this.

Each child in the school recently completed an online survey using the school iPads as part of this process. You might like to note some of the results below:

- 71.2% of children bring water to school each day.
- 73% eat a sandwich, wrap or roll each day.
- 70.3% brought some fruit to school that day.
- 29.1% of pupils reported that they make their own school lunch.
- 90.4% of pupils believe that the school should have a healthy eating policy.

You can find information on current healthy eating guidelines on <http://www.healthyireland.ie/health-initiatives/heg/>. For more information on healthy eating and active living for families you can visit www.makeastart.ie

Parents' Association Noticeboard

Fun – Run: Comhghairdeas to all children who completed their Couch to 2K. It was wonderful to see so many families taking part. A big thank you to all the staff in the school to trained the children for the past number of weeks and for encouraging everyone to take part. It was a brilliant morning and was enjoyed by all.

Bake Sale & Grandparents Day: The Bake Sale took place on Friday 10th February. There was a wonderful array of baked goods. A very big thank you to everyone who baked and to those to helped out on the day. A very impressive €925 was raised, which will go towards the outdoor classroom and outdoor equipment. Míle buíochas for your continued generosity.

We were delighted to have the opportunity on the day to provide refreshments for the Grandparents. It was a lovely occasion where both Rang a Sé and Junior Infants joined their Grandparents and celebrated their unique relationship.

Confirmation: Confirmation will take place on Friday 10th March at 2pm. We will hold a reception in the school hall for Rang a Sé, their families and sponsors after the ceremony. If you are available to help out on the day, please let a committee member know. Your help will be very much appreciated.

We would like to take this opportunity to wish all the cailíní and buachaillí the best of luck as they continue to prepare for the sacrament of Confirmation. We hope you all have a lovely day.

Next meeting: The next meeting will take place on Monday 6th March at 7:30 in the school hall. We would love to see you there.

Dates for Your Diary

- March 2nd - World Book Day
- March 2nd - Service of Light (Rang 6)
- March 6th - Parents' Association Meeting
- March 7th - First Confessions (Rang 2)
- March 10th - Confirmation
- March 16th - Lá Glas
- March 31st - Break for Easter Holidays. **12:30pm finish.**

