



Your monthly news from Sacred Heart National School Rath

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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 last year, we will host a concluding event on **Sunday February 11th at 11am** on the school grounds. We decided to pick a Sunday so the whole family can participate. Our Parents Association will provide refreshments on the day.

Past pupil and current Irish international athlete, Jack Fenlon, will lead the run on the morning. 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!



Safer Internet Day

Safer Internet Day (SID) is an EU wide initiative to promote a safer internet for all users, especially young people.

Safer Internet Day will be celebrated on Tuesday February 6th this year. Each class will be doing activities that day to promote responsible online behaviour. We also look forward to welcoming our local community Garda to speak with our senior classes.

The internet is a valuable resource and tool that has become part of our daily lives. However, for young children, internet usage can also have harmful unintended consequences. Therefore, it is very important that parents and children are aware of the dangers and how we can work together to limit them and promote responsible usage. The Webwise website is an excellent resource for parents. Please visit <https://www.webwise.ie/parents/> to access their resources.



Grandparents' Day

We celebrated Grandparents' Day recently with our Junior Infants and 6th Class pupils welcoming their grandparents to the school. Fr Eugen 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.



Sport

Football: School football coaching with Courtwood GAA will commence on Friday February 2nd with pupils from 3rd - 6th class. 3rd & 4th Class are in school, while 5th & 6th Class will be after school from 3pm - 4pm. Younger classes will commence at a later stage.

Gymnastics: Corrective gymnastics sessions commenced recently for children in Junior Infants to 2nd class. It is a free 4-week programme provided by Laois Sports Partnership. The exercises aim to increase muscle strength, range of motion and help improve the coordination of movement.

Volleyball: Mr Walsh has been coaching volleyball to our 6th class pupils in recent weeks. They will take part in a primary school blitz in Portlaoise College on February 26th. Go n-éirí an t-ádh leo.

Feabhra 2024

Feabhra (February)

Seachtain 1 – Tá mé críochnaithe! (I'm finished!)

Seachtain 2 – An bhfuil tú ceart go leor? (Are you okay?)

Seachtain 3 – Foirfe! (perfect!)

Seachtain 4 - Ceapaim go bhfuil ... (I think that...)



Ceist: Cathain a bhfuil do bhreithlá? (when is your birthday)

Creative Clusters Project

Our school has been awarded a place on the Creative Youth Initiative, led and approved by the Department of Education under Creative Ireland 2023-2027. Creative Clusters is the programme we are taking part in. Senior Infants, 2nd Class and the Senior ARC are the classes which have been chosen to participate in the programme. As part of this, we are working collaboratively with an artist (Orla McDonagh) to paint a mural in the school reception area. We hope to really transform the space. Work has already begun and the children are very much enjoying the process so far. Many thanks to Ms. Conroy for leading the project.



Parents' Association

Climbing Walls: We would like to thank you all for supporting our various fundraisers. As a result of your generous support, we were able to fund the new climbing walls, which add a wonderful new element to the play areas.

Bake Sale: Our annual bake sale will take place Friday 9th of February. Donations of baked goods are greatly appreciated and can be dropped into the school from 9:00 a.m. We would ask that the children bring an extra lunch box or a tupperware box with them on the day for their purchases. The school community is welcome to attend the Bake Sale from 10:00 a.m.

Grandparents Day: Junior Infants and Rang 6 welcomed Grandparents to the school on Jan 24th, it was a lovely morning enjoyed by all. Many thanks to all who helped with providing refreshments on the day.

Family Fun Run: The Fun Run is returning and will take place on Sunday the 11th of February at 11:00 a.m. in the school field. Dust of the runners and join the children on the 2k run or come along and enjoy a cuppa whilst cheering them on. Refreshments will be served on the day in the school hall. It's a lovely family event and we look forward to seeing you there.

Volunteering: If you are available to help out with the Bake sale or refreshments on the morning of the fun run we'd be delighted to have you on board. You can text Fiona 086 8339779 or contact via the FB page.

Next meeting: Our next meeting will take place on Monday 19th February at 8:00p.m. in the school. All are welcome



RATH NATIONAL SCHOOL

Annual Bake Sale

Friday, 9th of February, 2024,
10a.m.-12p.m.

Donations of baked goods much
appreciated and can be dropped into the
school that morning.



Funds raised from this year's bake sale will go towards
subsidising transportation costs and the purchase of equipment.