

*Scoil Iosaif Naofa
Bothair an Chlochair
Cinn Mhara
Co. Na Gaillimhe*



*St. Joseph's N.S
Convent Road
Kinvara
Co. Galway*

September Newsletter 2011

Dear Parents

We want your child to be happy and successful at Scoil Iosaif Naofa and believe that you play a key role. That role is to continually show interest in and support for your child. The child who knows that his or her family is interested in and supports the school programme will almost always have fewer problems in school and will experience greater success.

We believe in fair and consistent discipline that encourages students to be responsible for themselves. At school, we try to create a safe environment where courtesy and kindness prevail and where there is respect for differences in other people, customs and cultures.

Please share with us any information regarding your child's special needs that will help us better serve your family. We believe that communication among parents, students and teachers is critical in assuring student success.

For further information regarding how we run our school and to keep updated on school events and on school policies, please refer to our school's website.

www.kinvarans.ie

HEALTHY EATING FOR CHILDREN

Many of the choices you make for your children today will influence their health in the future. One decision you make everyday involves the choice and preparation of meals, particularly school lunches. Healthy eating habits started in childhood will stay with your children forever and influence their chances of a healthier life.

Children grow and develop at a fast rate.

Below is a suggested meal plan for 5-12 year olds.

Breakfast

The most important meal of your child's day

Fresh fruit or unsweetened fruit juice

Breakfast cereal, e.g. wholegrain/bran type or porridge

Wholemeal bread, butter/margarine spread thinly –preferably low fat.

Jam/marmalade

Milk or tea

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Lunch

Should provide one third of your child's food requirements for the day.

Meat, fish, chicken or combination dishes, e.g. pizza, quiche

Bread for sandwiches – rolls, pita, soda bread

Fresh fruit/yogurt

1 glass or carton of milk or unsweetened fruit juice

Dinner

Adapt your favourite recipes into healthy, balanced dishes.

Home-made vegetable soup

Lean meat or chicken or fish

Good serving of vegetables or salad

Boiled/baked potatoes or boiled rice/pasta

Fresh fruit/stewed fruit/milk pudding/yogurt

1 glass of water

Milk or tea

Bedtime/between meals

Cup of milk and small snack, e.g. wholegrain cracker, scone, plain biscuit

Healthy eating

Dos and don'ts of good eating for children

DO eat regular meals, not one big meal each day

DO eat as wide a variety of food as possible

DO eat breakfast every day

DO eat more fruit, vegetables and salad foods

DO eat wholegrain cereals and bread

DO drink plenty of water

DO use mayonnaise/salad creams/salt sparingly

DO remember to brush your teeth after breakfast and at bedtime

DON'T skip meals or eat lots of snacks each day

DON'T eat fried foods. Grilled instead.

DON'T eat sweets, cakes and biscuits too often. Have them as occasional treats.

Management

The term of the present Boards expires on 30/11/2011 and the new BOM will be taking up office on 01/12/2011.

Work is ongoing on a **REVISED Constitution and Rules of Procedure Document** which will contain the procedures for the establishment of the new boards therefore the process of establishing new boards cannot commence as of yet.

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The DES (Department of education and skills) intends to issue a Circular by the end of September regarding the procedures to be followed for establishing the new boards.

Parents of pupils validly enrolled on 30th September are those who will be corresponded with regarding the filling of the position of Parent Nominees on the Board of Management.

Tidy Towns

The national Tidy Towns initiative was launched by Bord Fáilte, the Irish Tourist Board (now Fáilte Ireland), in 1958 as part of the 'Tostal', a nationwide festival celebrating all things Irish. A step-up from the original National Spring Clean Campaign which ran between 1953 and 1957, TidyTowns rapidly developed its own identity and has gone on to become Ireland's most well known and popular local environmental initiative.

Right from the start, the primary focus of TidyTowns was to encourage communities to improve their local environment and make their area a better place to live, work and visit. The competition aspect was an important element in developing friendly rivalry that would help boost standards across the board. However, the emphasis was always on participating rather than winning as the very act of taking part brought benefits to the community. And with a focus on long-term results rather than quick returns, TidyTowns was soon seen as a unique and far-sighted initiative.

The Green Team this year are looking for parents to help link our school with the local community in taking part in the Tidy Towns local initiative in Kinvara. The Green Team will link with the Community Council in their efforts to get people involved in this project. There will be a public meeting in the Community Centre on 20th October at 8.30pm.

We are also looking for parental involvement in the Biodiversity Programme in the school. Please call the school if you are interested in joining the Green Team.

Morning Drop Off

Pupils are now back in school almost a month. Pupils are now expected to be able to make their own way onto school grounds. Pupils will gain more independence by walking into playground with their peers. On wet days pupils should be escorted to the front door of the school. We respectfully ask parents not to linger on school grounds as traffic spaces outside are at a premium during these times.

We also ask parents to refer to the traffic management plan on previous correspondence (Can be seen on website) which helps alleviate congestion during pick ups and drop offs.

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Please do not park in Bus Stop and do not park on Yellow lines along the main road in front of school.

The Green Team is hoping to increase the number of Park and Stride Days this year.

School Closures: The school will be closed on **Thursday 27th October** due to the Presidential Election as our school has been chosen as a polling station.

The last day of term will be Friday 28th of October for our autumn midterm break.
The school **will reopen** on Monday 7th November for all pupils.

Is mise,

Dominic Gallagher

(Principal)