

*Scoil Iosaif Naofa  
Bothair an Chlochair  
Cinn Mhara  
Co. na Gailimhe*



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

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## **Newsletter September 2010**

**Dear Parents,**

We happily begin a new school year. Welcome back to school to everybody. We also welcome all of the new families to our school. We hope that all pupils will have an enjoyable and fruitful year ahead.

**We welcome the Junior Infants Class of 2010-2011: This year we again have 2 Junior Infants classes:**

**Ms Murray's class:** Abbey Donnelly, Ciara Crossan, Ellen Bermingham, Lara Kilkelly, Osgar O'Connor Dunford, Bronagh O'Driscoll, Jamie Molloy, Muireann Frawley, Lorcan Corless, Cian O'Shaughnessy, Oisín Keegan, Jack Masciarelli, Orla Kilkelly, Judy Hanna Caselis, Owen Clasby, Daniel Corless, Katie McLaughlin & Stephen Connolly.

**Ms Ryan's Class:** Aoife Sheridan, Lorcan Heavey, Siofra Fallon, Kai Hayes, Grace Bermingham, Sadhbh Breathnach, Aoibhín O'Donoghue, Nathan O'Connor, Alicia Locteau, Matthew Meares, Katie Anne Walsh, Dylan Corcoran, Holly Corcoran, Jamie Gunning, Cindy Ekoma, Sean Malone, Joe Corless & Oscar Connolly.

**We also welcome:** Emily Talbot (1<sup>st</sup> class), Justin Mitchell Ward (1<sup>st</sup> class), Claire Talbot (5<sup>th</sup> class, Mattius Baldiumo- Caiado (4<sup>th</sup> Class) & Conor O'Shea (6<sup>th</sup> Class) who have also enrolled in our school.

**Parking in front of School:** We would kindly ask parents to refrain from parking at the front of the school as there are four buses now coming to the school and to keep the front gate clear at all times.

**Traffic Management Plan:** We ask parents to adhere to the following:

- Do not park in Bus Stop or in front of school gates
- Do not park on main road opposite school (unsafe for pupils to cross main road)
- Do not enter set down area from village side i.e. only enter set down area from Ballyvaughan side
- Buses will leave at 2.45pm
- Pupils walking or pupils collected will leave school grounds at 2.50pm i.e. if you are collecting your child please wait until buses have moved away from Bus Stop

**Morning Drop off:** N.B. Please do not pull up in front of school gates when dropping your child off. We ask that you move away from the main gate of the school as this causes a hazard to pupils-teachers cars enter at the same times.

**Afternoon Pick up:** Infant classes pick up time is 1.50pm. All other pupils should be collected at 2.50pm. We ask all parents/guardians to be on time picking up their children. We notice of late that some pupils have to wait considerable amounts of time before collection. The school cannot be responsible for the welfare of your child (ren) after 2.50pm.

If you are going to be late please make provision that your child will not have to wait around -in some cases can cause upset to pupils.

## Building Fund

As we begin a new school year we must once again be grateful for and proud of the wonderful building and facilities which we have available for our children. Our student numbers have grown significantly over the last few years and we have been fortunate to have been able to add a number of new classrooms, a computer room, staff room, wheelchair accessible toilet etc. to cater for the increasing numbers and to improve the facilities available for our children. In addition, our state of the art all weather pitch has now been open for a year and has proved to be a tremendous school and community resource.

The above developments were part funded by either the Department of Education and Science or Galway County Council but with all of these developments we were left with a shortfall. Fortunately, for a number of years the school has been operating a voluntary weekly contribution called the "Building Fund" (the notebook collection). Thanks to the availability of monies from this Fund we have been able to meet some of the shortfalls and proceed with the developments. We are, however, still repaying the shortfall in funding for the all weather pitch. The rental income from the pitch, together with the contributions to the Building Fund, should allow us to repay the outstanding balance within three years.

For the past few years, the voluntary weekly contribution has been €5 per week for 35 weeks of the school year amounting to €175 per family per school year. Thanks to prudent management of school funds we are now pleased to be in a position to be able to reduce the amount requested. We are therefore suggesting that families contribute €3 per week for the coming year. As an alternative, some families might prefer to make a one-off payment of €100.

The notebooks will be circulated to all families within the next couple of weeks. We once again state that this is a voluntary contribution. We can assure you that the Building Fund will continue to be prudently managed and that we will endeavor, as always, to provide the best possible facilities for all of our pupils. We thank parents for their generosity.

**Collection of money for School Year:** On each pupil's booklist there was an amount of money to be returned to the school for Art/crafts/ Micra T Testing etc, we would kindly ask that this money be returned to the School by Friday the 24th of September. Also the school insurance money to be returned to the school which is €8 per pupil.

**School Visits:** As stated in school's Code of Behaviour, an appointment must be made with the school secretary. We also request that each visitor report to the office.

**School Mobile:** The school mobile number is 086 6067500. For all new families who have joined the school, this is a "text service" for parents.

Please text your eldest family members name to 086 6067500 if you have not already done.

E.g. Smith John, then your mobile number will be entered into school's database.

Also please send us an email address to [kinvarans@eircom.net](mailto:kinvarans@eircom.net) as we send out newsletters etc via email. If you don't have email please let the secretary know and your child will receive the notes. If any families have changed their **phone details** or **email details** over the summer please also notify the school secretary.

**Web site:** Our school website can also be viewed on [www.kinvarans.ie](http://www.kinvarans.ie). Schools need and welcome publicity. Children's photographs add colour, life and interest to articles promoting school activities and initiatives. Making use of photographs for publicity materials and to promote the school in the press can increase pupil motivation and staff morale, and help parents and the local community identify and celebrate our school's achievements. Any photographs of pupils will be used in a responsible way. Pupils and parents rights of privacy will be respected and we are aware of child protection issues.

Every effort will be made to minimise risk by following Dept. of Education & Science guidelines –no pupil will be labelled and pupils will not be shown in groups of less than three.

We will also ensure that images are stored securely and used only by those authorised to do so. We will also ensure that electronic images are stored on a secure network to which members of the public have no access.

**Healthy eating:** At Scoil Iosaif Naofa we promote a healthy eating policy and we would encourage all pupils to have healthy lunches with them. ( see note attached about healthy lunches).

## **Report on School Garden**

Spring 2010 saw a new addition to St. Josephs- a fruit and vegetable garden, with native hedgerow and herb & flower bed.

We had help from all the children in the school during tree week to plant several hundred native trees. This hedgerow will provide shelter for the pitch from wind, nesting sites for birds, habitat for butterflies and insects, and flowers for bees. Fourth class with help from Mrs. O'Keeffe did a great project on the trees planted, the history of them and their names in Irish and Latin.

6th class did the heavy work of barrowing the soil into the 5 raised beds. Then with different classes they were planted up. One bed in potatoes which were harvested by the children from the after school summer camp in July. 17 children and their two teachers took home a bag of potatoes each for the dinner!

Another bed was planted with peas and beans, these were picked and brought around to the junior and senior infants to taste. Peas straight off the plant are like sweets!

The third bed was planted with a mix of veg, spring onions, spring cabbage, spinach and carrots. Fourth class harvested the spring onions, cleaned and bunched them up and each child got a bunch to bring home. The few carrots we did were thoroughly enjoyed and we definitely need to grow more next year.

The fourth bed was planted in a mix of herbs and flowers. It was Doloroes Madden who promoted this idea, and it has proved a great idea. The children loved the smells of the herbs- lavender, rosemary, thyme, mint, lemon balm- and the smell of the flowers like the sweet peas.

The final area was planted with soft fruit - rhubarb, strawberries and autumn fruiting raspberries ( donated by Catriona Lenihan). The rhubarb did very well and we should be able to pick some next spring. The raspberries are settling in and should be cropping this time next year. The strawberries didn't do well at all, they were planted just before the Easter break and suffered from the weather over the holidays. We will replant this autumn.

There was also 4 apple trees planted, 3 of whom survived.

Another project the garden team took on was the maintenance of the flower bed at the front of the school. It is not really appropriate to bring the kids out to the road side to involve them in this, so Deirdre Cawley has been working on this bed and it looks Fabulous. Thanks Deirdre.

So lots of success and plenty more work to do!!! Thanks to all the team Catriona Lenihan, Doloros Madden, Maureen Keady, Deirdre Cawley, Martha Godzik, Nico Lascar, and those who helped out too- Sinead Macken, Aine Connors and Roger Phillimore.

Anyone interested in getting involved can get in touch with Lynn O'Keeffe at 091 638099. Help could include - well rotted manure, a few bags of the stuff would be great, drop them in to the school on a school run!!! It would be nice to do window boxes for the front with the kids with winter bedding like cyclamens or wall flowers etc. Also we would like to plant the bank under the big trees to the left side of the pitch with spring bulbs, snowdrops and bluebells, daffodils and crocuses. We also need adults to supervise the kids on mornings when we take them out to work in the garden. Thanks to Mr. Nolan's class for making all the lovely labels for the plants.

**Sport afterschool:** Please note that Gaelic Football will commence on Thursday 9<sup>th</sup> of September for all classes at 6pm in the GAA Pitch, Hurling on Tuesday's at 6pm, Soccer for Junior & Senior Infants at 6pm in the pitch at Killina, & (boys) in 4th, 5th & 6th classes- Kinvara United soccer for boys born between 1999 and 2000 on every **Monday** 5pm-6pm at Killina grass pitch and every **Saturday** morning 11am. Matches every 2nd Saturday. Not too late to join.

Kinvara United is considering starting separate Girls-only soccer on **Monday** 4pm for girls born between 1999 and 2000. Please contact Ger Ryan on 087-9823033 to express interest.

**Guitar Lessons:** These will commence on Wed 15<sup>th</sup> & Thurs 16<sup>th</sup> after school for pupils 7years upwards for 10 weeks and cost is €80. If you interested please contact Hilary at the school.

**Tin Whistle:** this will commence on Monday next for pupils 7 years and up at 3pm.

**\*Please note:** The school will close at **12 noon** for all pupils on **Friday 17<sup>th</sup> of September** for a staff meeting.

## **School Closures:**

### **Calendar for School Year September 1<sup>st</sup> 2010 –June 2011 (please see calendar attached to this newsletter)**

- October Mid-term Break -25<sup>th</sup> Oct 29<sup>th</sup> Oct
- Christmas Holidays: School will close at **12 noon** Thursday 23<sup>rd</sup> of December & re-open on Monday 10<sup>th</sup> of January
- Spring Mid-term-school closed Feb 24<sup>th</sup> & 25<sup>th</sup>.
- School closed March 17<sup>th</sup> & 18<sup>th</sup> & 21<sup>st</sup>.
- Easter Holidays school will close at **12 noon** on Friday April 15<sup>th</sup> & re-open on Tuesday May 3<sup>rd</sup>
- June 6<sup>th</sup> –Bank Holiday
- Summer Holidays-Tuesday 28<sup>th</sup> of June –school will close at **12noon**

### **Please note the following:**

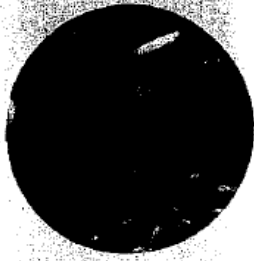
**Staff meetings:** Friday 17<sup>th</sup> of September –school will close at 12 noon  
Friday 21<sup>st</sup> of January –school will close at 12 noon  
Friday 11<sup>th</sup> of March-school will close at 12 noon  
Friday 13<sup>th</sup> of May –school will close at 12 noon  
Friday 17<sup>th</sup> of June-school will close at 12 noon

**Parent teacher meetings:** Thurs November 11<sup>th</sup>- school will close at 12 noon

Is mise,

***Dominic Ó Gallachóir (Principal)***

# HEALTHY LUNCH BOX TO GROW, LEARN AND PLAY



Here are some ideas to help  
you prepare and pack a  
healthy nutritious school lunch



DAY	DRINK	FRUIT	SANDWICH	TODAY'S TIPS
MONDAY				Try different breads such as pitta, bagels, granary and muffins
TUESDAY				Milk is the best drink for healthy bones
WEDNESDAY				Try a salad box with rice or pasta for a change
THURSDAY				Avoid fizzy and sugary drinks, they are bad for your teeth
FRIDAY				Yoghurts are a tasty snack and good for you too!

**Drinks:** Think before you drink! Milk and water are best or sugar free squash (one part squash to four parts water).

**Fillings:** Salads (e.g. cucumber, tomato, apple) and relish can be added to give flavour.

**Remember:** Convenience snacks are high in salt and additives and should not be eaten on a regular basis.

Encourage your child to make their own lunch. They will be more inclined to eat it if they had a part in making it!

Community Nutrition & Dietetic Service,  
HSE West, West City Centre,  
Seamus Quirke Road, Galway.  
Tel: 091-548335  
Fax: 091-546449

Community Nutrition & Dietetic Service,  
Swinford Health Centre, Aras Attraeta,  
Swinford, Co. Mayo.  
Tel: 094-90-50145  
Fax: 094-92-51923

Community Nutrition & Dietetic Service,  
Carolan House, Sacred Heart Hospital,  
Golf Link Road, Co. Rosecommon.  
Tel: 090-66-37830  
Fax: 090-66-28118

E-Mail: [community.nutrition@hse.ie](mailto:community.nutrition@hse.ie) | July 2009

  
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive