



St Mary's Convent Primary School

Bunscoil Clochar Mhuire

Trim, Co. Meath.

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Awarded Green Flag
June '05/07/11/13

Imlitir 5

1st October 2018

Every Day Counts at St Mary's Convent Primary School 24th September - 28th September 2018

Room	Attendance	Room	Attendance	Room	Attendance	Room	Attendance
01	97%	08	97.9%	16	97.2 %	26	98.5 %
02	96.3%	09	97%	17	96 %	27	94.8%
03	97%	10	98.4%	18	98.5%	30	90.7%
04	94.1%	12	91.5%	19	96.8%	31	96.8%
05	98.6%	13	98.3%	20	96.7%		
06	92.1%	14	100%	23 & 24	95.7%		
07	96.4%	15	97.1%				

Congratulations to room 14 on having full attendance last week. Their teacher will let them know their reward. Please note that notification in writing, with the reason for all absences, to the teacher is required. A letter or note in the homework journal will suffice.

A chairde

As you maybe aware, Ms Buckley has retired. I would like to take this opportunity to thank her for all her efforts on behalf of the pupils in St Mary's. She gave our pupils 32 years of devoted service. Best wishes from us all to her, for a happy retirement.

Deirdre Ní Mhuireartaigh has started with us today and I would like to wish her every success and happiness in St Mary's.

Sponsored Walk: As explained last week, we have two fundraising events left for our All-Weather Pitch. A concert on February 2nd and a sponsored walk on Friday October 19th. We hope to have the cards and details ready this Friday. We will be distributing only one card per family, unless otherwise requested. All children will be welcome to take part in the walk. We hope that a great fun day will be had by all and at the same time funds will be raised for the All-Weather pitch. More details on Friday next.

Parents/guardians are reminded not to park in or drive through our school grounds. This is a Staff Car Park only. The less cars driving in that space, the safer it is for our children.

Thanks to all who supported Jersey Day on Friday September 7th. A total of €695 was raised for our School Sports' Fund.

Gum Shields: Please note that we recommend that all players who partake in Football, Camogie or Olympic Handball practice or matches wear gum shields at all times.

Outstanding Accounts: Please come in and talk to us if you have accounts outstanding. We can make arrangements to suit your needs. Invoices will be sent tomorrow Tuesday October 2nd. Remember we also facilitate online banking, just follow the link on the invoice. Thanks.

Safety: Parents are asked not to take home other children after school unless prior arrangements have been made with the other parents. Please also ensure that your children know your contact phone number. They can learn it off or use their homework journals. Thanks.

School Library: Many thanks to the parents who volunteered to help out with our school library. We will be contacting you shortly to set up a rota of helpers for Fridays. It is still not too late to volunteer. We are currently purchasing a new cataloguing system and should be open for business very soon.

Computers

This week 1st class students have begun to type in Microsoft Word. There was great excitement in the Computer Room as they typed up information about themselves from a sheet and then by themselves. 2nd to 6th classes are using Word, doing research on the internet and creating projects to print for the classroom. We will also be starting Mangahigh, a maths programme, over the next week,

Debby Walsh

Be Healthy Week

This week is Be Healthy Week in St Mary's. The main emphasis is on healthy eating and educating the children about the new Food Pyramid. Our revised Healthy Eating Policy is available to read on our school website and also in the school homework journal.

Due to the incidence of severe allergies to peanuts and mixed nuts amongst some pupils in our school, we ask parents/ guardians to avoid sending in products containing nuts in lunches.

Remember children are not allowed to bring in **crisps, chewing gum, sweets, bars including cereal bars, cakes, biscuits, lollipops, chocolate, chocolate spread, winders, rice crispie buns and especially peanuts**. Please avoid sending in party bags or treats when birthdays occur. The teacher will be obliged to return this food unopened. Remember our TRY IT FRIDAY initiative which encourages children to try a new **healthy food** on Friday. Water is encouraged to be the drink of choice for lunch.

We are lucky in St Mary's, as the majority of children do bring a healthy lunch to school. However from our feedback last year, it has been identified that the senior classes need to make a bigger effort to adhere to our Healthy Eating Policy. We are aiming to educate the children on making healthy food choices which they will use throughout their lives. Your support is vital.

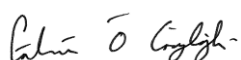
For further information on ideas about healthy lunches see- www.safefood.ie.

Did you know that four out of five children in the Republic of Ireland are still not getting enough exercise, posing serious risks to their health and wellbeing? Children should be getting 60 minutes of moderate to vigorous exercise daily. Check out www.getirelandactive.ie for more information on activities for families in Ireland. You can use its Places to Get Active database to locate parks, playgrounds, courts, halls, swimming pools and beaches to suit your needs and interests. Children can also enroll in some of the extra curricular activities available in the school.

Sinéad Minogue
HPS coordinator

Finally, our Parents' Association AGM will be on tomorrow, Tuesday October 2nd @ 7.00p.m. Parental involvement is crucial to a successful school and we would encourage at least one from each family to attend. It is not necessary for everyone to volunteer to go on the committee but your contribution will still be welcome. Perhaps there is an area of expertise (ICT, Green Initiatives, Gaelbhreach, Be Active, Healthy Schools etc.) which you might be able to offer or ideas to enhance the pupils' educational experience at St Mary's. I will address the beginning of the meeting regarding future plans for our school. Please come along.

Mise le meas,



Cólín Ó Coigligh, Príomh Oide.

Community News

Green News

Nathanna na Seachtaine: *Go raibh maith agat*
Seanfhocal na Míosa: *Tús maith, leath na hoibre!*

Dates to Remember

Assembly:	Be Healthy Friday @ 9.20 Whole School All Welcome
Meitheal:	Tuesday 9.30-10.30.
Rounders:	Every Monday (Weather permitting) 3.00 – 4.00
Banna:	Every Tuesday 3 – 4 pm 2nd – 6th Class 2nd Class finish at 3.30 until after the Halloween Break
Football:	Wednesday 3.00 – 4.00
Choir:	Friday 3.00 – 4.00 5 th & 6 th Classes
6th Class Confirmation:	Sat 9 th February 2019
First Communion:	Sat 18 th May 2019
School Closure:	Presidential Election Friday 26th Oct

Green News

We would like to congratulate Trim Tidy Towns on their recent success. Trim was awarded 2nd place along with Killarney in the Large Town Category... only 2 points behind Westport. We have a chance of winning next year. We are always so appreciative of the support we receive from Trim Tidy Towns in all our Green initiatives. Ní neart go cur le chéile!

A reminder that WOW (Walking on Wednesdays) is happening again this Wednesday. Meet up at the Matchbox at 9:00 am. The WOW teachers will escort the pupils to the school from there. Walking to school links perfectly with our Be Active and Healthy Schools initiatives. We would encourage our pupils to walk even one day per week. Well done to those who walk every day.

Recycling continues at St Mary's. We accept batteries for Barrettstown, small plastic bottles, postage stamps, card, toilet rolls, cans and mobile phones. Thank you to all those families who keep our recycling habits going!

Remember Green is cool at home, at school and around the globe!

St Mary's Parents' Association

Dates for Your Diary:

October 2nd: AGM at 7pm in the Staffroom. All parents/guardians welcome to attend.

Many thanks.

<https://www.facebook.com/stmarysparentsassoc/>

Caroline Smith
Secretary

Community Notices

Homework Club has commenced in St Mary's for children from 1st – 6th. Classes run on Mon, Tuesday & Thursdays 3.00 – 4.00pm. Cost is €5 per day. Application Forms are available from the office or Ms Conaty Room 11.

Carney School of Irish Dancing Classes in St. Patricks Hall every Tuesday. 2pm – 3pm & 3pm – 4pm. Every Friday @ 5.30pm. Infants and Senior infants can be collected from class rooms @ 2pm and left back to the buses @ 3pm. New members & beginners welcome. Contact Ann Carney 087-6336495

ZUMBA KIDS :- New term beginning **Thursday 20th September 2.15-3pm** St Patrick's Hall (Under Snooker Club) €30 for 6 weeks Contact : Lorraine 086 8693546 to book a place

ZUMBA FITNESS : **Monday & Wednesday 8pm** Trim GAA, €8 per class, no booking required, suitable for all fitness levels Contact : Lorraine 086 8693546

STRONG by Zumba : First Class - Wednesday 7pm Trim GAA. This is a high intensity workout guaranteed to increase your fitness levels. First class €10, or book 6 classes for €50 Contact : Lorraine 086 8693546



MUSIC & MOVEMENT CLASSES
AND
PARTY ENTERTAINMENT

Fun classes running Tuesdays in Trim GAA 9.50am
&
FUNTASTIC PARTY ENTERTAINMENT

You choose your character and venue (Home or Elsewhere) and I come along and keep the kids entertained, with various packages to choose from including new Pamper Parties!

Fully insured, Garda Vetted and years of experience working with kids!

CONTACT JULIE on 0868505310
Or Facebook/JiggleJump

Relax Kids Classes in Trim

Relax Kids classes involve seven steps - movement, games, stretching, massage, breathing exercises, affirmations and visualisation.

Relax Kids aims to improve confidence, help manage anxiety and emotions, develop creativity and imagination, teach relaxation techniques and improve overall physical and mental health.

Location - Breathe Yoga and Pilates Studio, Patrick Street, Trim, Co. Meath

Age Group - Junior Infants to 2nd Class

Starting Date - Wednesday the 3rd of October

Time - 3:30 - 4:30

Cost - €70 per child for six week block

Please go to the following link to book to your child's place -

<http://www.relaxkids.com/class-booking.aspx?class=13293>

There will be a maximum of 12 children in each class.

Places are limited and booking is on a first come first served basis.

If you have any queries or if the class is full when you try to book please contact Lisa on

relaxkidslisa0@gmail.com or www.facebook.com/relaxkidslisameath