



January 2024

# EOLAS



## Nutrition Policy



We are one month into 2024 and we know that parents are getting to grips with what to put into those lunchboxes, we feel it is a good time to 'reassess' our healthy lunches. As part of pupil wellbeing, we discuss the importance of a balanced diet to ensure children develop a healthy relationship with food. We recently consulted with children, staff and parents about our Nutrition Policy, which has been ratified by our Board of Management. There are some wonderful tips shared on the podcast produced by the HSE. Please click [here](https://www2.hse.ie/living-well/healthy-eating) to listen and more information can be found on <https://www2.hse.ie/living-well/healthy-eating>

## Holidays

### If you are booking holidays...

Being absent from school can have a profound effect on a child's progress with learning. We would request that holidays be taken outside of school time where possible!

### Personal Details: Change of Address etc.

If you have recently changed your phone number or home address or email address, please let us know as soon as possible. You can do this by calling Mairéad in the office or directly on Aladdin yourself.

Dear Parents and Guardians,

As we delve into January, it's the perfect time to re-engage with the diligent work ethic that defines our school community. Since returning on January 8th, the girls have shown commendable dedication to their studies, and we thank you for the crucial role you play in this achievement. Your daily support in routine school activities is transforming the ordinary into the extraordinary!

Thursday marks the advent of February and, with it, the onset of the Celtic/Irish Spring. This season brings with it longer days, the promise of better weather, and the vibrant bloom of daffodils, all contributing to a welcome psychological uplift following the winter months. Additionally, we are excited to celebrate St Brigid's Day (Lá Fhéile Bríde), honouring Ireland's patroness saint. Please note that Monday, February 5th, will be observed as a public/bank holiday in Ireland, and the school will be closed on this day.

In this month's Eolas you will find some important updates and information for the forthcoming weeks.

Thank you for your continued support and engagement.

Mise, le meas,  
Liz Uí Bheinéid  
Principal



## Scoil Mhuire PFA



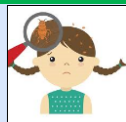
*A big thank you to all businesses that contributed to our Christmas raffle. These people have directly supported your daughter. Please share our appreciation by telling your friends and neighbours about our fantastic and generous partners and please shop and support these businesses whenever you can.*

Carraig Donn Ballincollig  
Casey Tyres (Link Road)  
Dell  
Desmond Menswear  
Essence of Beauty  
Four Star Pizza  
Good for the Soul  
Hallmark

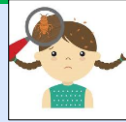
Hot Yoga Cork  
Kelleher's Pharmacy  
Kirby's Shoes  
Leaf & Bower  
Lego  
Let's Go Summer Camp  
Mardyke  
Mi.fitness/Mi.studio  
Nosh & Coffee

Nu Shuz  
Oriell House Hotel  
Printout  
Quay Coop  
Quish's SuperValu  
Rochestown Park Hotel  
Salon28  
Superstar School & Camp  
The Kingsley Hotel

The Paint Store  
The Reel Picture  
The Salon  
The White Horse  
Valve Technology Ltd  
Radisson Hotel Little  
Island



## Children's Health Outbreaks of Headlice



We continue to experience issues with headlice. Please ensure that if your daughter has long hair that they keep it tied up while in school. Please check your daughter's hair regularly. Head lice and nits are very common in children. They live in clean and unwashed hair and are usually spread through head-to-head contact. Click [here](#) for more information.

### Student Council

The Student Council at Scoil Mhuire is maturing and gaining confidence, and with the second term underway, we've started to chart our focus areas as identified by the council members. We had the privilege of speaking with Ger O'Sullivan, the chairperson of the Board of Management. Ger expressed gratitude towards the council for ensuring that the student perspective remains a central element of life at Scoil Mhuire. He highlighted the Board's attention to the issues brought forth by the council and commended the students for their impactful role in contributing to the exceptional environment at Scoil Mhuire.



Debating serves as an excellent platform for students to hone their abilities in communication, research, critical thinking, and active listening. It also seamlessly integrates Global Citizenship Education into Scoil Mhuire's classrooms.

During November and December, our Concern debating team, consisting of Lily, Leah, Aishling, Emma, Laura, and Sienna from 6th class, participated in two debates against other schools. They successfully opposed the motion 'Homework should be a thing of the past' in the first round against Crosshaven Boys. The team put in a great deal of effort, meeting after school to craft their speeches and strategize as a team. The second round brought a new challenge with the motion 'Getting Rid of Plastic Pollution in our Oceans is just a Dream' in a debate with Killavullen NS, where unfortunately, the motion was carried. Despite this, the experience has sparked a keen interest in debating among the students, and we're eager to provide them with further opportunities in this arena soon. Special thanks to Kay Iníon Uí Shé (R6) and Jessica Iníon Uí Shé (R5) for their invaluable assistance in preparing the girls for the debates.



### Sport in Scoil Mhuire



This term's sports schedule has been full, featuring badminton, Gaelic football, and indoor camogie. Highlights include 3rd class at a Gaelic football event at Nemo Rangers, 6th class preparing for the FAI 5-a-side, 5th class at the Cork Schools Badminton Fun Blitz at MTU Arena, and 4th class participating in an indoor camogie blitz in Donoughmore. A heartfelt thanks to the teachers for their dedication to coaching and to Ann Bean Uí Raghallagih, our Assistant Principal, for her exceptional coordination of sports at Scoil Mhuire.

### Board of Management

Please join us in extending a warm welcome to our new Board members who have begun a 4-year term. We look forward to the new Board's contributions and are confident that their guidance will continue to enrich the educational journey of all our pupils.

#### Patron's Nominees:

Chairperson: Gerard O'Sullivan  
Treasurer: Jackie Lordan

#### Elected Parents:

Derek O'Sullivan  
Joanna Lancaster

#### Community Nominees:

Martin O'Leary  
Domnall Fleming

## **\*\*School Self Evaluation: Focus on Enhancing Spelling Skills\*\***

In line with the ongoing commitment to self-improvement and excellence in education, our school is actively engaged in a process of self-evaluation, with the current foci being enhancing pupils' spelling skills and Wellbeing. SSE is part of our continuous effort to assess and elevate our educational standards. We highly value the input and perspectives of our school community in this endeavour. Your insights and opinions regarding the learning of spelling and the effectiveness of spelling tests are especially welcome along with your insight into factors that affect pupil wellbeing. We encourage you to share your thoughts with us by responding to the email accompanying this newsletter, titled EOLAS.

Your feedback is instrumental in helping us refine our approaches and strategies in teaching. We sincerely thank you for your ongoing support and involvement in our school's journey towards academic excellence.



### **Emergency Contact Details Important notice....**



It is important that we have a person we can contact in the event of an emergency with your child in school and we are unable to contact parents. Please make sure you have filled in the Emergency Contact details on your daughter's Aladdin page. Please note this must be a person other than a parent. A relative or friend's name and number should be provided.

Sunday, 21 January–Saturday, 27 January

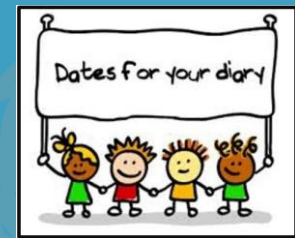


Catholic Schools Week 2024  
Catholic Schools: Serving Our Communities

We celebrated Catholic Schools Week in Scoil Mhuire. This year's theme, Catholic Schools: Communities of Service, focused on the service that we give to one another by caring for each other in our home, our school and our parish. We contemplated our schools as communities of service under the following themes:

- *Service in Our Community of Friends*
- *Service in Our School Community*
- *Service in Our Family Community*
- *Service in Our Local Community*
- *Service in Our Faith Community*

On the 24<sup>th</sup> January the girls in 5<sup>th</sup> class participated in a special Mass with a focus on celebrating our grandparents. Afterwards we welcomed some of the grandparents back to the school for some light refreshments. We also had the girls from Rang 2 read out a daily reflection over the intercom for the whole school community.



### **DATES TO REMEMBER**

**March 8th** (Friday, 10.30am):

Scoil Mhuire Confirmation

**May 11th** (Saturday, 11am):

Scoil Mhuire First Holy Communion.

**Other School Closures for the 2023-'24 school year**

**Bank Holiday:** Monday, 5th February

**February Midterm 2023:**

Thursday 15th & Friday 16th

**St Patrick's Day Break:**

Monday, 18th March

**Easter:** Friday, 22nd March (last day of term); reopen on Monday, 8th April

**May Bank Holiday:** Monday, 6th May and Tuesday 7th

**June Bank Holiday:** Monday, 3rd and Tuesday, 4th June

**End of 2023-'24 School**

**Year:** Wednesday, June 26th.