



FEABHRA 2023

# NUACHTLITIR



Your monthly news from Sacred Heart National School Rath

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## **Couch to 2K**

The pupils in the school continue to prepare for our 'Couch to 2k'. It's a 6-week programme developed especially for primary schools. In conjunction with Laois Sports Partnership, we will host a concluding event on **Sunday February 12th 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.

**RATH N.S. FAMILY**  
**FUN RUN**  
**2KM / 5KM**  
**SUNDAY, FEB. 12TH**  
**2023@11:00AM**  
**At Rath N.S., in conjunction**  
**with Laois Sports Partnership.**  
**Free event- Refreshments**  
**on the day!**



## Grandparents' Day

Prior to Covid times, Grandparents Day was always celebrated in our school and we look forward to recommencing the tradition this year. The grandparents of our **Junior Infants** class and **6th Class** pupils are invited to the school on **Friday February 10th** for a short prayer service and opportunity then to visit their grandchildren's classrooms. Those not fortunate enough to have grandparents in their lives are free to invite other family members.

There will be a cup of tea/coffee for our guests afterwards.

Those attending are asked to be in the church at 12pm.



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## Sport

**Football:** After school football coaching with Courtwood GAA recommenced last Friday with pupils from 5th & 6th class. It will continue on Friday February 10th with 3rd and 4th Class.

**Gymnastics:** Corrective gymnastics sessions commenced recently for children in Junior Infants to 3rd class. It is a free 4-week programme provided by Merik from 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 October 21st. Go n-éirí an t-ádh leo.

**Tag Rugby:** Tag rugby with Paudi from Portarlington RFC / Leinster Rugby commences on Monday February 20th. All classes will participate.



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## Gaeilge

### Feabhra (February)

Seachtain 1 - '**An raibh \_\_\_? Bhí \_\_\_ / Ní raibh \_\_\_**'

Seachtain 2 - '**Tóg go bog é**' (Take it easy)

Seachtain 3 - '**Tabhair dom!**' (give me)

Seachtain 4 - '**Aon scéal?**' (any news?)



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## School Closures

Reminder: To facilitate ongoing staff in-service on the new Primary Language Curriculum, the school will close for the day on **Friday February 3rd**. Monday February 6th is also a public holiday so the school will reopen on Tuesday February 7th.

The school will be closed for the midterm break on February 16th and 17th.

## **Healthy Eating**

We are in the process of reviewing our school's Healthy Eating Policy. The students will complete an online survey using the school iPads shortly and we plan to consult the parent body in the coming weeks. Your feedback will be valuable and greatly appreciated.

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## **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 7th 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.

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## **Parents' Association**

### Stopwatch

We would like to thank you all for supporting our various fundraisers. As a result of your generous support, we were able to buy the new school stopwatch. It is a great asset for outdoor games and to assist the children with their training for their couch to 2k.

### Grandparents' Day and Bake Sale

Grandparents' Day and the Bake Sale will take place on Friday, 10th February. We are looking forward to seeing all the beautiful baked goods on the day, which 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 at the Bake Sale from 10:00 a.m.

We are also looking forward to welcoming the grandparents of Junior Infants and Rang a 6 on the day for a cuppa and a chat.

### Fun Run

The Fun Run will take place on Sunday the 12th of February at 11:00 am in the school field to celebrate the children completing their couch to 2k training. We hope you will join us on the 2k/5k run, or simply come along and enjoy a cup of coffee and cheer the children on. Beidh spórt agus spraoi againn. Refreshments will be served on the day in the school hall. It will be a lovely event for all the family and we look forward to seeing you there.

Next meeting: Our next meeting will take place on Tuesday 7th February at 8:30p.m. in the school. We would really love to see you there.

