



Newsletter – November 2021

Dear Parents,

Quote for the month

The capacity to learn is
 a *gift*; the ability to
 learn is a *skill*; the
 willingness to learn is a
choice.

Brian Herbert

SCHOOL CALENDAR 2021/2022

Wed, 22 Dec 2021	- School Closes 12pm
Thur, 6 Jan 2022	- School re-opens
Fri, 18 Feb 2022	- Mid-term closing 14:40
Mon, 28 Feb 2022	- School re-opens
Tue, 15 Mar 2022	- First Confession
Thur, 17 Mar 2022	- St Patrick's Day holiday
Fri, 8 Apr 2022	- Easter holiday closing 12pm
Mon, 25 Apr 2022	- School re-opens
Mon, 2 May 2022	- May Bank Holiday
Sat, 14 May 2022	- First Communion
Mon, 7 June 2022	- School closed
Thur, 30 June 2022	- Summer holidays start, closing at 12pm

* Please check the school calendar on the school's website for any changes.

SCHOOL TIMES

Junior & Senior Infants: 09:00 – 13:40 every day
 Classes 1-6: 09:00 – 14:40 every day

OFFICE HOURS:

Open from **9:00 am to 12:30 pm** every day

Urlingford N.S. Parent Association



SCHOOL / BANK HOLIDAYS 2021/2022

25 th December 2021	- Christmas Day
26 th December 2021	- St. Stephen's Day
3 rd January 2022	- New Year in lieu
17 th March 2022	- St. Patrick's Day
18 th April 2022	- Easter Monday
2 nd May 2022	- May Day
6 th June 2022	- Bank Holiday

NEWSLETTER

Please note should you wish to receive a hardcopy of the newsletter, please forward a note to Ms Hennessy. Hard copies will only be made for parents who have requested them.

PLEASE MAKE USE OF THE SCHOOL COMMUNICATOR - ALADDIN

This software programme app will ensure reliable and up to date communication with you, the parent/guardian. This is a very simple and easy to use programme and can be installed on your home and/or work computer/s. This will allow the school or the parent association to keep you up to date on what is happening at school.

This will include news on sporting fixtures, homework, communication directly with teachers, absences and reports.

You can download the app from the Google Play Store or Apple Store. You will need to register for the Aladdin Connect before you receive messages on the Aladdin app. You will receive a text message or an email from the school containing a registration code. Should you have any queries, please contact Mr. Dunphy on 056 88 31512.

ACADEMIC

Parents!

Do you know that the Primary Curriculum is changing?

What children learn and how children learn in primary school is changing. The proposed changes aim to enhance children's learning in school and provide for even more relevant and meaningful learning.

You can find the proposals at

<https://ncca.ie/media/4456/ncca-primary-curriculum-framework-2020.pdf>

As a parent, it is important that you have a say in shaping your child's future learning. Consultation will close by the end of February 2022.

Please take 8-10 minutes to tell us what you think at the following

<https://surveyhero.com/c/mrefuzfc>

Want to know more? Visit our website

www.ncca.ie/primary

Sixth Classes (Ms Casey and Ms Hickey) have taken part in the Bebras Challenge again this year as part of our STEM program run through Coláiste Mhuire, Johnstown.

Thanks to Mr Dunne of Coláiste Mhuire who coordinates the programme for ourselves and for four other neighbouring primary schools. Pictured below are some students hard at work!



SPORTS

Our girls' footballers played in the Kilkenny Ladies' Football Schools' Blitzes on November 8th in Páirc Shéamuis Stíofáin, Kells Road, Kilkenny.

We had two seven a side teams. Room 8 (Ms Casey) won a game from their three matches while the combined forces of Rooms 10 and 9 (Ms Hickey and Ms McGovern) had a win and a draw in their three outings.

Well done girls!! It was great to be back on the playing fields.

Thanks to Ms Hickey and Ms Rooney who coached the girls for the day.



BUILDING PROGRESS

Foundations are in and the steel for supporting columns are reaching for the sky!



OTHER

Our sixth classes are also on their bikes this term with a six-week Safe Cycling programme run by Kilkenny Cycling Safety.

The programme is funded by Kilkenny Recreation & Sports Partnership to help teach school children how to cycle safely on our roads.

The children are really enjoying the lessons and a big thanks to Jason and Jim who bring all the bikes and pass on their knowledge!



PARENTS ASSOCIATION COMMITTEE

On October 18th, the Parent Association had their AGM and a new committee was appointed

Executive Committee Members

Teresa Moroni	- Chairperson
Fiona Joyce	- Vice-chairperson
Una Fogarty	- Secretary
Mary Harrington	- Treasurer

Committee Members

Yvonne Holohan	Carol Hickey
Penny Newberry	Fiona Looby
Ruth Hickey	Tom Manton
Nicola Kirwan	Pat Wall
Olive Marry Bergin	

BOM Members

Shane Ahern
Tina Dowling

PARENTS ASSOCIATION FUNDRAISING

Our annual Christmas Raffle will be taking place on Friday, 17th December 2022.

Raffle cards will be handed out to each child approximately 2 weeks beforehand.

We would greatly appreciate the support for our fundraising towards new notice boards in the school and towards fixing up the school hall once building work has been completed.

PARENTS' CORNER

As we go through the month of thanksgiving we take a look at what it means to be grateful.

WHAT DOES IT MEAN TO BE GRATEFUL?

Gratitude isn't just in our head: It takes root in our heart and in our senses, for one beautiful moment... and then the next. Here are three ways to practice gratitude, from a.m. to p.m.

By Elaine Smookler, April 26 2018, Well-being



The breaking day was shimmering with the buzz of nature going about its business. Breathing in, I felt awakened by the delicate bite of the early spring air. Breathing out, I felt my warm breath rise like a morning prayer. There was nothing special going on, only gently bubbling stillness and beauty all around.

A moment of peace. I felt grateful to be present and noticing.

What does it mean to be grateful? Thankfully, it doesn't mean convincing yourself of some bogus notion that everything's fine and dandy. Living your life with gratitude means choosing to focus your time and attention on what you appreciate. The goal is not to block out difficulties, but to approach those difficulties from a different perspective. Appreciation softens us. It soothes our turbulent minds by connecting us with the wonderfully ordinary things, great and small, that we might otherwise take for granted.

Go ahead and take gratitude for a spin right now. Think of anything at all in your life that you can feel thankful for: that driver you yielded when you realised you were in the wrong lane, the fact that the sun rose this morning, any quality in yourself that you admire. When you're thankful, how does your body respond? Is there a sense of lightness? Tingling? Warmth? In what way does expressing gratitude change your outlook?

Might there be a connection between gratitude and happiness?

Gratitude can help us see that not everything is terrible – not all the time, anyway. Practicing gratitude can keep our hearts open to the tenderness in our daily experiences. There are so many things to be grateful for. Take trees, for example. Trees freely provide fruit and shelter and even offer themselves as climbing gyms for the young, and old, and what-the-heck-are-you-thinking-get-down-from-there-Nana! The wild kingdoms of plants and animals are exuberant, colourful and extravagant. We are surrounded by abundance and yet mindlessly whirl into automatic pilot, losing sight of life's nourishing wonders.

The same is true of people. Have you ever picked up someone else's socks, or stayed late at the office to help out, or held a door open for a stranger, or let someone else have the remote? When no one bothers to thank you, how does it feel? And who do you fail to thank? Remember: Offering our appreciation to one another is a powerful way to strengthen and even repair emotional bonds. Try it. It's free.

Offering our appreciation to one another is a powerful way to strengthen and even repair emotional bonds.

As we cultivate greater appreciation for what is around us, we can include being thankful for what's inside of us. We can delight in and feel grateful for our own unique talents and strengths. Perhaps you have a knack for making people laugh, or for being an astute listener. Or maybe you can thank yourself for just getting out of bed and making it through the day. We can be grateful that we have a heart, a mind and the wisdom to know how to live with kindness and compassion.

Here are some simple gratitude tips that you can try starting right now:

1. **Say "thank you!"**
Who doesn't want to be appreciated for their efforts? Saying thanks can be a gift and one that feels pretty good too!
2. **Remember what you appreciate most**
When you're feeling low, take a moment and write down some things that spark gratitude in you, like:
 - The pleasure of the spring sun
 - A stirring piece of music or art
 - A delicious or nutritious meal
 - A child's laughter, a stranger's sweet smile, a shared moment of joy

3. **Pay attention to your emotions**

Describe in as much detail as possible how your body feels when you express gratitude. Which emotions accompany these bubbly feelings? What kind of thoughts do you notice? When you begin to turn more frequently toward the things you appreciate, the world increasingly opens to reveal that there is always some small thing for which you can be grateful.

This article appeared in the April 2018 issue of Mindful magazine.

And FINALLY....

