



St. Thomas' S.N.S. Newsletter



8th January, 2018

Rule of the Week

I come to school every day on time and

Welcome Back

We hope you all had a very happy and enjoyable Christmas and that 2018 will be a

Christmas Shows

Thank you to all of you who attended the Christmas Shows which were very successful yet again this year. The shows were recorded as promised and can be seen on the school website www.stthomas.ie

Uniforms/Jackets

Please make sure your child brings a jacket/coat to school especially in the cold weather. Reminder that all pupils are expected to wear their school uniform/tracksuit to school. Your child's name should be on

Attendance

A huge thank you and congratulations to you for your support and making sure your children come to school every day. As a reward for excellent attendance, 222 pupils had a trip to the Cinema before Christmas. Their behaviour was a credit to

Sick/Absences

All absences must be explained. If your child is absent from school for any reason, please let the school know- you can send in a note or put a note in the school journal. The school has an obligation to notify the NEWB if a child misses 20 days of school

Flu

The HSE have issued advice to parents and school in relation to the Flu (Influenza). They advise that if a child has flu like symptoms you should "keep your child at home and away from others as much as possible to avoid spreading the infections to others—if they are sick with flu they should stay home for 5 days from the onset of symptoms".

Book Rental

Thank you to those who have paid the full book rental. A number of people have not yet paid in full and we look forward to receiving their payments. The book rental of €75 is exceptional

School News

1. There will be NO after school clubs this week.

Spelling Bee



- Congratulations to all of our Mid-term Spelling Bee Winners**
- 3rd Class-** Brandon Gia Bao Nong Rm.2, Alex Dunne Rm.4, Daniel Ayondokun Rm.5, Matthew Hyland Rm.27 and overall winner Abigail Osemede Rm.6
- 4th Class-** Hannah Sweeney Rm.19, Temi Martins Rm.20, Thomas Mc Carthy Rm.25, Brodrick Abudioré Rm.26 and overall winner Kaylee Farrelly Rm.22
- 5th Class-** Victoria Adejumobi Rm.8, Jay Kumar Rm.9, Ademola Owalabi Rm.10, Ryan Weldon Rm.12 and overall winner Kayla Mc Cormack Rm.7

What are the symptoms of influenza?

The symptoms of flu include: · Temperature 38 °C/100 °F or over that begins suddenly and some of the following: Dry cough; Sore throat; Muscle aches and pains; Headache; Runny nose; Severe weakness and fatigue; Vomiting/diarrhoea (in some cases)

What are the differences between influenza and the common cold?

It can sometimes be difficult to distinguish between the common cold and flu. The main difference is that the symptoms of influenza come on rapidly and are typically accompanied by muscle aches and a fever. The common cold has a more gradual onset and is associated with a runny nose and sneezing.

How does influenza spread?

Flu virus spreads from person to person mainly through the coughing or sneezing of a sick person. Flu virus may also be spread when a person touches something that is contaminated with the virus (for example a tissue or door handle touched by the infected person) and then touches his or her eyes, nose or mouth.

What should I do as a parent?

Two important actions to protect your family

1. Be aware of the symptoms of flu-like illness and know where to seek medical care.
2. Teach your children the following good health habits to help stop the spread of germs: · Teach your children to cover their mouth and nose with a paper tissue when coughing or sneezing. If no tissue is available they should cough or sneeze into the inside of their elbow. Be sure to set a good example by doing this yourself. · Teach your children to use a tissue only once and dispose of it quickly and carefully (a dustbin is fine). · Teach your children to wash their hands frequently with soap and water. Be sure to set a good example by doing this yourself. If they do not have access to hand washing facilities give them alcohol hand gel to use. · Teach your children to avoid touching their eyes, nose and mouth. · Teach your children to stay at least 1 metre/3 feet away from people who are sick. · **Children who are sick should always stay home from the school. If they have influenza they should stay away from the educational institution for 5 days from the onset of symptoms.** · Wash hard surfaces such as kitchen worktops, door handles, etc with a normal household cleaner as the virus can live on these surfaces. Do this frequently.

What should I do if my child gets sick?

If your child gets sick with a flu-like illness as described above you should: · Keep your child at home and away from others as much as is possible to avoid spreading infection to others. If they are sick with flu they should stay home for 5 days from the onset of symptoms. · Give