



St. Thomas' S.N.S. Newsletter



20th January 2020

Rule of the Week

I do my best in class and allow others to do the same

School Tracksuits

We are thinking of changing the school tracksuits to a jersey material like regular tracksuits. The colours will remain the same. A sample tracksuit is currently being made. When we have one in school you will be invited up to see it and have your say.

Health/Hygiene

It is a fact that the ten best things to spread bugs amongst children are the ten fingers on their hands. Young children are at increased risk of contracting infectious diseases because they tend to sneeze and cough into their hands, they are grouped together and are exposed to new germs and their immune systems are not fully developed to fight germs.

The HSE has recently updated their website **Under the Weather** www.undertheweather.ie. This website has lots of practical information on managing common illnesses such as colds, coughs, sore throats, earaches, rashes, flu, diarrhoea and vomiting. The website is well worth a visit.

Children's hair should be checked regularly for head lice. Please remind your children not to share hats, scarves, hairbrushes etc. We will send a note to you if we know that someone in your child's class has caught head lice.

Please notify your child's class teacher in the event of any health issues.

Dates for your Diary

- A. Next week is Catholic Schools Week—we will be celebrating Grandparents' Day on Monday 3rd February.
- B. Parent/Teacher Meetings will be on the 12th/13th February—more information next week.

Stay Safe

This is Week 3 of the 13 week Stay Safe Programme

Dogs Trust Ireland

5th Class pupils will have a workshop from personnel from the Dogs Trust Ireland this week. The workshop will focus on responsible dog ownership and safety.

Soccer

We are delighted that Tony O'Neill from Shamrock Rovers will be coaching 4th class pupils on Thursdays. Tony started last week with pupils in Ms Cooney's and Ms Gill's classes. Each class will have 5 weeks of training.

News2Day

We were delighted that News2Day covered our One Good Idea initiative where the Plastic Packaging Pirates in the school are working hard to educate us all in reducing the use of single use plastic in our school. Please check out our website www.stthomas.ie to see the news clip.

Operation Transformation

Thank you to the parents who turned up last Friday for our 1st Operation Transformation walk. We would love to see you next week for our weekly walk—just call up to the school on Friday at 9.00am.



School News

- A. **Swimming:** Session 1 of 8 swims takes place tomorrow for 3rd class pupils.
- B. **Music Generation:** Colleen will work with 4th classes on Wednesday.
- C. **Shared Reading:** Transition Year students will do shared reading with Ms Collins class on Wednesday (2/4).
- D. **Confirmation:** As part of preparation for Confirmation, Ms Moran's class will attend Mass on Thursday at 10.00am.