



St. Thomas' S.N.S. Newsletter



14th January 2019

Rule of the Week

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

Swimming

Swimming for 3rd class pupils starts Tuesday week (22nd January). Aquatics is part of the PE Curriculum and the swimming lessons will take the place of PE for the next 8 weeks. The cost is €5 per session or €40 for the 8 sessions. This is excellent value and includes the cost of bus hire, pool hire and tuition.

Health Issues

Unfortunately this is the time of year where bugs and germs thrive—there has been lots of sickness last week with heavy colds, tummy bugs and pupils generally feeling unwell. If your child complains about being unwell in school we will ring you at the number you have given us.

Please check your children's hair regularly for head lice. If your child has a rash or itchy skin please get it checked out as certain conditions including scabies are highly contagious.

Social, Personal, Health Education

SPHE is one of the subjects on the primary school curriculum. Children learn about "Myself, Myself & Others, Myself & the Wider World". The SPHE curriculum helps children understand and accept themselves as unique individuals. It contributes to the development of personal skills—children learning how to manage their feelings, resolve conflicts and how to cope with new and demanding situations. The SPHE curriculum covers a wide range of issues including substance misuse, relationships, sexuality, child abuse prevention, prejudice and discrimination. The Stay Safe programme and relationships and Sexuality programme are taught as part of the SPHE curriculum (**see letter overleaf**)

Carambola

Carambola (our school lunch providers) spent 2 days in the school last week doing food tasting with the children. This was a great success. The children were shown how to change their lunch menus online using their log in sheet. Any changes made before midnight on a Friday will come into effect the following Monday. Alternatively parents can contact Carambola directly on the lo-call number 1850 812300 and change their child's lunch over the phone.

Gaeilge

Each week we are trying to include a sentence(s) in Irish (as Gaeilge) that you might like to use at home with your child

Go raibh maith agat—Thank you
Fáilte romhat—You're welcome
Ca bhfuil tu? - Where are you
An maith leat? - Do you like?
Is maith liom—I like
Is breá liom—I really like
Cá bhfuil do lón? - Where is your lunch?
Seo é do lón—Here is your lunch.
Cuir ort do chóta—Put on your coat
Maith thú! - Well done! Good for you!
Brostaigh ort! - Hurry up!

And our Seanfhocail (old Irish saying) translates to "Friends are worth more than gold"



Is fearr cairde ná ór

Mount Seskin CC

Entrance tests for pupils enrolled in MSCC will take place on Friday 25th January. It is a normal school day for 6th class pupils not enrolled in Mount Seskin Community College.

School/Sports News

- A. **Music Generation:** Aoife will be working with 3rd classes today.
- B. **Transition Year:** The TY students will visit 3rd classes tomorrow for their weekly Shared Reading sessions.
- C. **National Concert Hall:** Ms Quirke's, Mr Carroll's and Ms Fleming's classes will attend the NCH today for Quavers to Quadratics: Music & Science Workshop
- D. **Sprocket Rocket:** Session 3 on Wednesday (weather permitting)
- E. **Confirmation:** As part of preparation for Confirmation, Mr Kilbride's class will attend Mass on Thursday at 10.00am
- F. **Transfer:** Ms Lawlor's class will have a PE lesson in MCCCC on Thursday



Dear Parents/Guardians,

We will be teaching the Relationship and Sexuality Education (RSE) programme as part of the SPHE Curriculum in our school over the next few months. RSE teaches children about relationships, sexuality and their own growth and development. Our RSE policy is on the school website www.stthomas.ie The sensitive elements of the RSE programme are covered under Strand Units Growing and Changing and Taking Care of My Body. The following topics will be completed in the coming weeks. All lessons are age appropriate.

Bodily Changes (3rd-6th class)

Healthy Eating, Personal Hygiene, Exercise

Keeping Safe

Expressing Feelings and Emotions

Making Healthy and Responsible Decisions

Forming Friendships

Introduction to puberty and changes (3rd-6th class)

Stages and sequence of development of the human baby from conception to birth (3rd/4th class)

Changes that occur in boys and girls with the onset of puberty (5th/6th class)*

Reproductive system of male/female adults (5th / 6th class)*

Understanding sexual intercourse, conception and birth within the context of a committed loving relationship (5th / 6th class) *

The school acknowledges you have the primary responsibility for educating your children about growing and changing. *During the week of 11th February - Accord facilitators will present the sensitive areas of the programme to pupils in 5th and 6th classes. There will be a meeting for parents in the school beforehand to meet with the facilitators who will outline the content to you.

If you have any queries or would like to discuss or clarify what will be covered during RSE, please contact the class teacher, Eimer O Leary (SPHE Co-ordinator) or myself.

Following discussion with the class teacher, if you wish for your child to “opt out” of the lessons dealing with the sensitive aspects of the RSE programme, this must put this in writing to the school principal outlining the reasons for doing so. The child will be accommodated in another teacher’s classroom in the school. The school will take no responsibility for what the child may hear from other pupils following on from the teaching of the lessons e.g. in the yard.

Yours Sincerely

Eithne O Shea

Principal

