

RATHFARNHAM



EDUCATE TOGETHER
NATIONAL SCHOOL

Weekly Update

29th January 2021

This week in RETNS

I am always struck by the range of creative activities provided by our teachers during this period of remote learning. 6th class have been enjoying a **Photo- a- week** Challenge. The theme for the first week was sky and the theme for the second week is balance. You can see some of their photos on the school website [RETNS](#).

Assembly

We had a great turnout at assembly today. Lovely to see how imaginative our students are when we saw all the different octopus designs created over the last week. Have a look at our website [RETNS](#) to see octopus designs from some of the children in the school. The Green School theme for this coming week is all about the Blue Whale. The challenge this week is to measure out 30 metres to see how big a Blue Whale is. Students can also draw a Blue Whale.

Fourth Class told us all about The Feast of Imbolc and St. Brigid's Day which is celebrated on 1st February next Monday. The old Celtic festival of Imbolc is about celebrating Spring which begins February 1st. Patricia showed us some St Brigid's Crosses she made. Teachers will send out a link to a video showing students how to make one of these. They are traditionally made with rushes.

Frásaí na Seachtaine:

Cén caitheamh aimsire is maith leat?

Is maith liom bheith ag léamh

Is maith liom bheith ag rith

Is maith liom bheith ag péinteáil

Is maith liom bheith ag léim

Is maith liom bheith ag imirt peile

The phrases will be presented at assembly today by Amaya, Osgar, Jake, Bonnie, Nisal, and Zac, all from 3rd class. They are also on the RETNS website. [Frásaí na Seachtaine](#)

Reopening of Schools

There was much in the media about the reopening of schools in the recent past. Amid much confusion and accusations, I was heartened to read this very balanced article by Emer Nowlan, Chief Executive of Educate Together

[Schools need to know what is expected of them before they can reopen](#)

January Bookshelf

Please see attached a selection of beautiful books to read online. They are most suited to younger children. [January Bookshelf - Books to enjoy](#)

Advice from NEPS (National Educational Psychological Service)



The Department of Education National Educational Psychology Service (NEPS) has many resources that you may find useful while the school is closed. These resources can be found on the Department website

[Wellbeing Guidance Documents for Parents, Students and Schools](#)

A plan for the day template is available here to help you and your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity. [Plan for the Day - Printable](#)

NEPS has published Advice for Young People while Schools are closed which is available here:

[Advice for Wellbeing Guidance for Young People](#)

Relaxation Techniques Podcast



This link will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques. [Relaxation Techniques](#)

Advice for Parents

NEPS has also published [A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed](#)

Le dea-ghuí

Maeve