



# Weekly Update

## 23rd April 2021

### This week in RETNS



Congratulations to Ruby in 3rd class, the winner of the poster competition on our value of the month, Responsibility.

Congratulation also to Lauren in 4th class who was runner-up in the Green Schools National Creative Writing Competition.

### Green News



3rd class planted carrots and their strawberries are growing well. Wild leek is thriving in the wildlife garden. This week was Marine Week and classes participated in a range of activities. 5th class did a Basking Shark workshop on Tuesday. Junior Infants put a bird box up in the Hazel Grove outside their classroom for Earth Day on Thursday 22<sup>nd</sup> April.

### Active Schools Update

As part of the renewal process for our Active Schools Flag next year, it is very important that we get the opinions of both children and parents. We are attaching two surveys to this email. One is for parents / guardians and one is for children. If you have one or more children in the school, could the children fill a survey out each? It will only take a few minutes each.

[Parents/Guardians Survey](#)

[Children's Survey](#)

Thank you very much for your cooperation, Darren, Ciara & the Active Schools Team

The Active school's team are promoting the Run around Ireland Challenge. They are challenging each class to run to a destination in Ireland. 1 lap of the yard = 1km. For example Newgrange is 71 kilometres from our school so the class have to run 71 laps of the yard. (If there are 27 children in the class and they all run 1 lap this is 27 laps, it's done as a class rather than individual). Classes have 2 weeks to complete the challenge.

## **Survey on Children's Rights**

– Your help is needed. The Ombudsman for Children needs your help to hear from all children under the age of 18 in Ireland. This year Ireland is reporting to the UN Committee on the Rights of the Child. The Ombudsman for Children's Office wants to get the views of children under 18 about what it is like to live in Ireland. I have attached further information and a link to the survey. Please encourage your child(ren) to share their views.

[Ombudsman for Children: Survey on Children's Rights](#)

## **Frásaí na Seachtaine**

Ar mhaith leat deoch?

Ba mhaith liom deoch

Níor mhaith liom deoch

Ar mhaith leat leat bia?

Ba mhaith liom bia

Níor mhaith liom bia

## **Hand Washing and Sanitising**

I know that a number of children have sore hands during the current period of increased hand-washing and sanitising. It is likely that the problem is due to a combination of factors including:

- washing hands more often
- using both soap and sanitiser
- the brand of soap and sanitiser we use (although we have tried different brands)
- using too much soap or sanitiser
- not rinsing the soap off properly
- not drying hands properly.

We have reminded the children about:

- Not using too much soap
- rinsing the soap off properly
- drying hands properly.

If the problem continues for your child and you wish them to use their own soap or sanitiser, please let your child's teacher know.

## **Parenting Courses**

The DSC/DSW Parent Support Champions (PSC) are delighted to launch a series of free parenting workshops over the course of the next few months as part of their Parental Participation project for 2021.

Over the course of the year, the PSC's will host and facilitate a number of workshops which aim to support parents with nurturing positive child development.

Today, we are launching the first half of this year's workshops with our We're All in This Together! Parenting workshops and webinars:

We are delighted to welcome back Dr John Sharry (of Parents Plus) who will deliver a series of workshops for parents to support the opening up of conversations around the mental health challenges our teens are faced with.

One Family will facilitate workshops which will support parents to understand the concept 'shared parenting'.

Colette O'Donovan will facilitate 3 Marte Meo Supportive Interaction workshops which looks at "gifting your child in daily interaction moments". This workshop will be delivered in 3 parts.

ELI will facilitate a 5 week Mother & Baby massage group which encourages bonding & positive child development- THIS COURSE IS NOW FULL

All events are online, free and are open to parents living in Dublin, Ireland.

Tickets are available from Eventbrite via this link – [Parenting – We're All In This Together!](#)

Le dea-ghuí

Maeve

# Parent Support Champions

## Dublin South Central Summer Parenting Courses

**27 May 10am**  
**10 June 10am**  
**28 June 10am**

### Parenting Using Marte Meo Interactions to Strengthen Your Child's Development

- Colette O'Donovan, Marte Meo Programme

Daily life presents many moments of interaction to support children's development. Marte Meo is a programme that provides concrete information on how to support children's development in everyday moments of interaction. In these workshops, Colette will use video clips to identify the daily interactive moments that support the social, emotional and language development of children. Improving quality of everyday interactions leads to a stronger relationship between parents and children ensuring strong family bonds can form, supports children reach their potential and be strong and ready for the world of tomorrow.

These sessions are aimed at parents of young children and will last 5 hours.

**8 July**  
**15 July**  
**22 July**  
**29 July**  
**5 Aug**

### Strong Attachments for Strong Families | Baby Massage

- Mum and Baby

One of the most important experiences for your baby's happy development is your loving touch. Research reveals that routine touch and massage by a parent or loving caregiver are critical to a baby's growth, communication and learning. Regularly massaging your baby is a way to give them much more. More bonding time. More sensory stimulation. More healthy development.

Join this 5 week programme via zoom for Mum and Baby on the autumn we will be offering course to Dad and Baby).

\*Working with One Family and One Dublin

**12 May 7.30pm**  
**8 June 7.30pm**  
**9 Oct 7.30pm**

### Sharing your Teens Mental Health

- Professor John Sharry

Professor John Sharry is a social worker and family psychotherapist and founder of the Parents Plus Charity. He is co-developer of the award-winning Parents Plus Adolescents Programme, and the best-selling author of fourteen 'positive psychology' and self-help books for families including Positive Parenting, and Parenting Teenagers.

John will deliver a series of workshops for parents to support the opening up of conversations around the mental health challenges our teens are faced with.

Parents Plus

**26 May 7pm**  
**18 June 10am**

### Supporting Post Separation Parenting

- One Family

One Family Ireland's leading Organisation supporting parents parenting alone and parenting post separation are offering a series of workshops to support parents with the many challenges they face post separation. The aim of these workshops is to support parents to find amicable ways to share parenting allowing for best outcomes for children.

onefamily

**Child and Family Support Network**

Supporting families and keeping children safe is everyone's business. Child and Family Support Networks should consist of all services that play a role in the life of children, young people and families in a given area. The local CFSN supports the Tusla National Service delivery Model Model.

**Parent Support Champions**

The Project is an opportunity to participate in a national initiative to develop approaches and practices to working with parents so that together we can support all children and young people in being safe and achieving their full potential.