



## Weekly Update 28th January 2022

### This Week in RETNS



All our classes continue to focus on the FRIENDS values in their Restorative Practice programmes. The attached poster was made by Niamh from 4<sup>th</sup> class and is displayed in all the classrooms.

Last Wednesday, Rang a Sé made the short trip to Rathfarnham Castle to view the 'All Creatures Great and Small' exhibition.

It was their first official school trip of 2022!

Children spent time in the gallery observing the different works of art and discussing how they might have been created. The children also discussed their favourite piece of art and why.

Afterwards, they made the obligatory trips to the playgrounds in the park grounds.

Maith sibh, Rang a Sé!

3<sup>rd</sup> class had a virtual tour of the Natural History Museum while 5<sup>th</sup> class also visited Rathfarnham Castle. We have had lots of baking in RETNS this week. 2<sup>nd</sup> class made (delicious) pizza, 5<sup>th</sup> class made brown bread, and 4<sup>th</sup> class prepared fruit salad having learned the Irish names of all the fruit. The 2<sup>nd</sup> class Nurture Group made and flew paper aeroplanes.

### Next Week in RETNS!

4<sup>th</sup> class intends to plant their Pocket Forest in Loreto Park on Tuesday, 1 February, weather permitting.

### Frásaí na Seachtaine

Nach bhfuil an lá go deas?

Tá sé ag stealladh báistí.

Drochlá atá ann.

## **Yoga Pose**

For the month of February, we will concentrate on standing and balance poses. This week's pose is the Tree.

## **Extra-curricular Activities**

It is intended that Extra-Curricular Activities will start in the week commencing Monday, 7 February. Tomorrow, Friday, children from 1<sup>st</sup> – 6<sup>th</sup> will bring home a letter outlining the programme. To enable children to remain in their bubbles, each class will be offered a different option. This block will run for 5 weeks. After that, we may be able to mix classes which will allow a wider choice for children. There will be an upper limit on each class.

Enrolment will take place outside Reception next Tuesday, 1 February, starting at 08.50 but please remain outside the gates until 08.45. Further information will be given in tomorrow's letter from the Parents' Association but please observe social distancing when queuing.

## **Active Schools Update**

As part of the renewal process for our Active Schools flag, we conducted a survey on what clubs our pupils are members of!

We previously conducted the survey in 2018 and we found that we have grown our membership of clubs in that time!

From our survey, we found that:

- GAA and Soccer were our most popular sports!
- Ballinteer St. John's and Leicester Celtic are the most popular clubs in our area!
- We are members of 16 different sports / active clubs ranging from dance and swimming to cricket and golf!

Being active is clearly very important in our school!

Details of all the clubs are available at <https://retns.ie/blog/retns-survey-what-club-are-you-in/>

## **COVID Reminder**

Although we had the good news last week of the easing of COVID restrictions, we still have positive cases of COVID in RETNS. It is important that parents/guardians inform us of positive cases as soon as they arise so that other children in the pod/class can avail of antigen tests.

## **COVID-19 vaccine for children aged 5 to 11 years**

The National Immunisation Advisory Committee (NIAC) recommends parents and guardians consider vaccinating their 5 to 11-year-old children.

COVID-19 vaccine is particularly recommended if children:

- Have a health condition that puts them at higher risk of severe illness from COVID-19

- Live with a younger child or adult who is at risk of severe illness if they get COVID-19 e.g. another child with complex medical needs or an immunocompromised adult

The vaccine that will be offered to children aged 5 to 11 years is Comirnaty® Children's formulation. Children in this age group will be given a smaller dose of the vaccine than adults.

Parents and guardians can register their child for their vaccine online at <https://vaccine.hse.ie/>.

As part of this stage of the COVID-19 vaccination programme, information for people considering vaccinating their children including information about the benefits and risk of vaccination and information about how to get vaccinated is available on <https://bit.ly/HSEC19511>

A cartoon strip has also been developed to help children understand what will happen when they go to a HSE clinic to get their COVID-19 vaccine <https://bit.ly/C19Cartoon511>

### **Getting COVID-19 vaccines with other vaccines**

NIAC advises that children aged 5 to 11 years wait at least 2 weeks between getting a COVID-19 vaccine and other vaccines, like the flu vaccine or 4 in 1 and MMR vaccines.

Children aged 2 to 17 years can get the free nasal flu vaccine through participating GPs and pharmacies until the end of this month. Information about the flu vaccination programme is available on the HSE website at [www.hse.ie/flu](http://www.hse.ie/flu).

A list of pharmacies giving flu vaccines is also available on <https://bit.ly/PhFluFinder>

### **Restorative Practice for Parents / Guardians**

This year, we have a very active RP Team coordinated by Ciara and Katie. You may have read their email this week offering a short RP module for parents and guardians.

*As you know, our school is committed to the use of Restorative Practice which is all about building relationships through positive communication. All of the children are now engaging in weekly Restorative Practice lessons, and the staff is also continuing to deepen their knowledge of the philosophy through Professional Development courses.*

*You may remember that in December 2020, Michelle Stowe from Connect RP held a webinar on Zoom for the school community. An audio recording of this is available through the link below, as are the notes that accompany it. This may be useful for those who wish to refresh their knowledge on the topic. <https://retns.ie/blog/restorative-practice/>.*

*All of us here in our school community are seeking to grow our practice all the time. We wanted to share some of the skills that we are learning and teaching our children with you all. We feel they might be as relevant in the sitting room as the classroom so we wanted to share the RP love with you all!*

**You are invited to engage with this 10 part learning module (10 x 5-minute approx. videos) for parents/guardians about modelling Restorative Practice (RP) at home. Simply follow this link!**

**RP at Home; Positive Communication for Everyday Life**

*We hope that you enjoy this useful resource and see the benefits of engaging in RP at home.*

Le dea-ghuí

Maeve