



Weekly Update 20 October 2022

This Week in RETNS

6th class visited Kilmainham Gaol on Wednesday. They had a very interesting visit and were complimented by their guide on their outstanding behaviour. It's always great to get positive feedback like this.

On Tuesday, our boys' basketball team played a match against Our Lady of the Wayside N.S. The boys won the match and played very well. They appreciated the support from children and adults.

Raising of our second Active Schools Flag – (Postponed)

In June 2022, we received our second Active Schools Flag. To mark the occasion, we will be raising the flag on Friday morning. Following this, we will walk across to Loreto Park to complete our very first RETNS Park Run for 2nd - 6th classes. The younger classes will come along to cheer the participants along.

We are inviting parents and guardians to come along on the day to support RETNS children and staff as they run or walk - or both!

It is really important that the children wear runners / appropriate attire for the run. Of course, the Park Run will take place weather permitting.

Hope to see you there on Friday!

Next Week in RETNS! - Hallowe'en Assembly Arrangements

We are hoping that we will be able to have our assembly in the school yard next Friday, 28 October but this, of course, depends on the weather. The children will be assembled in the yard at 09.30 and parents / guardians will then be welcome to join them.

If we have wet weather, the assembly will take place in the hall and unfortunately, parents / guardians will be unable to attend.

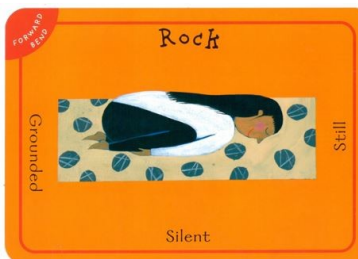
We have spoken to the children from 2nd – 6th about appropriate costumes. They are aware of the same guidelines I shared with you last week. Please talk to your child about these.

All children are invited to make a contribution of €2, which will be donated to Educate Together as part of their 'One Day Together' annual fundraising campaign.

Frásaí na Seachtaine –

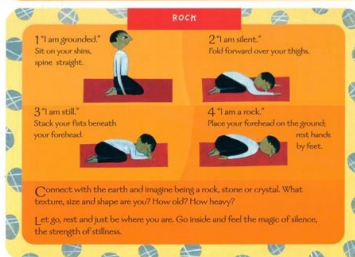
Bhí eagla an domhain orm.

Bhí mo chroí i mo bhéal.



Yoga Pose – Rock

[Yoga Pose of the Week on RETNS website](#)



Nurturing Nest - A Programme for Parents / Guardians

With Parent Mentors Ber Carroll and Gabrielle O'Herlihy

The aim of the programme is to support parents/guardians in creating a nurturing, caring environment for their children, while focussing at the same time on their own self-care.

Four Thursday evenings, Thursday, 10 November - Thursday, 1 December.

7.30 pm – 9 pm every evening

Ber and Gabrielle have designed two programmes, *Always a Star Wellbeing Programme* for infant classes and *The Nurturing Nest Programme* for parents/guardians.

In addition to providing support to parents/ guardians, the programme also provides a great opportunity for parents/ guardians to get to know each other at the start of their children's journey in RETNS.

However, this programme would be very well-suited not just to parents of infants, but to all parents / guardians as Ber and Gabrielle discuss with participants questions such as

- How can I help my child who is struggling with anxiety without becoming anxious myself?
- How can I understand the meaning and purpose of my child's challenging behaviours and struggles?
- How can I encourage my child to listen to me?
- How can I create boundaries for my child especially around social media and use of screens?

- We don't have as much fun as we used to. Can you help me to play with my child? ...

If you would like to find out more about the programme, why not talk to someone on your class WhatsApp group who attended the Parents' Association AGM where Ber and Gabrielle spoke?

If you attended the AGM and would like to take part in the follow-up programme, why not bring along a friend who couldn't make it last Thursday?

Cost of the 4-part programme: €90.00 (with thanks to the Board of Management which has subsidised this programme)

Payment can be made by up to three instalments

If you would like to attend but can't afford the €90.00 at this time, please contact me at info@retns.ie.

If you would like to attend the programme, please inform Carol by email with the following details, by next Tuesday, 25 October. Carol will then send out a payment request through Aladdin.

1. Name.....
2. Child (ren)'s name.....
3. Their class.....
4. Did you attend the Parents' Association AGM

Children's Lunches

Now that the weather is turning cooler, warm foods such as soups and pastas are encouraged but very hot drinks such as hot tea should not be sent to school as part of children's lunches.

Attendance

Every school day is an important one. Please do not book holidays during term-time.

Coláiste Éanna Admissions – for parents/guardians of 6th class boys

The deadline for receipt of Applications to Coláiste Éanna for First Year 2023/2024 is **Monday 24th October at 4pm**. This deadline is strictly adhered to.

Free Drop-in Clinics with Speech and Language Therapists – see information attached – [*SLT Drop in clinic poster 2022](#)

A parent / guardian can also make contact via email at dse.childslt@hse.ie to enquire about a referral.

Walking Bus

The Walking Bus will take place this week on Friday 21 October. Children will be given Walking Bus reward cards on arrival at the school. When they complete four walking buses they can get a small prize from Carol in the office

We hope to see as many families as possible at one of the 5 meeting points. All of the Groups will then meet together at the playground gate (Loreto park) 8.45am approx. and walk to the School together to be greeted by Staff.

We are looking for people to volunteer as drivers for the different stops and would really appreciate if you could let us know if you would be able to help out on a route during the year

<i>Bus stop</i>	<i>Location</i>	<i>Meeting time</i>	<i>Departure time</i>	<i>Bus driver</i>
1	Pedestrian gate between Aranleigh + Grange Downs	8:30	8:35	Ruth Brogan
2	Pedestrian gate at the top of Loreto Park	8:35	8:40	Ruth Brogan
3	Daybreak, Barton Road	8.20	8.25	<u>Contact Britt 0857164502</u>
4	Nutgrove, Argos	8:35	8:40	Shonagh Byrne
5	Junction Nugent/Whitehall Rd	8.30	8.35	TBC

If you have any queries or would be able to Volunteer please let us know retnspace@gmail.com.

Maths Week

Giant Public Events

Sunday 23 Oct **Celebration of Mind at the Botanic Gardens Dublin.** 12- 4 pm
Maths fun for all ages alongside the Pumpkin Festival.

All week - **Puzzles in the Park** - Maths stories and puzzles will be displayed in a dozen parks across the island.

Le dea-ghuí Maeve