

RATHFARNHAM



EDUCATE TOGETHER
NATIONAL SCHOOL

Weekly Update 2 March 2023

This Week in RETNS

6th class visited Trinity College on Tuesday to see the Book of Kells.

Weather permitting, we will have our Siúlóid sa Pháirc in Loreto Park tomorrow. We plan to leave school at 09.10. You are very welcome to join us.

Today is World Book Day. The children will be bringing home their tokens.

Yoga Pose – see **Spring Yoga on the school website** [Yoga Pose of the Week](#)

RETNS WALKING BUS FRIDAY 3rd MARCH 2023

JOIN US ON THE WALKING BUS FOR A LOVELY STROLL TO SCHOOL
WITH FAMILY AND FRIENDS

Meet at one of the 5 Stops and walk together to the School via Loreto
Park (Meet at playground gate 8.45)

1. [Aranleigh /Barton](#)- Meet 8.30am/Depart 8.35- Driver Clíodhna Moloney
2. Pedestrian gate back Loreto park Meet 8.35/Depart 8.40 -Driver as above
3. Daybreak Barton Road Meet 8.20/ Depart 8.25 Driver Laura Cowan
4. Junction Grange Rd/Nutgrove Avenue 8.25/Depart 8.30
5. Junction Nugent Ave/Whitebarn road- Meet 8.30/Leave 8.35 Driver Joe Condon

Hope to see you there

For more information please email retnspace@gmail.com

Click on the links below for information on Baby Yoga and Baby Massage.

[Baby Yoga](#) and [Baby Massage](#)

Le dea-ghuí

Maeve



Pancóga

Ideas

Comhábhair

100g plúr pléineáilte

2 ubh

300ml bainne

1 tbsp ola

pinse salainn



Modh

- Cuir na comhábhair ar fad isteach i mbabhla agus measc go dtí go bhfuil an meascán mín
- Cuir ola ar an bhfrioctán agus téigh
- Nuair atá an friochtán te, cuir píosa beag den mheascán air agus cócaráil ar feadh nóiméad amháin ar an dá thaobh
- Tóg ón bhfrioctán & cur cibé barrán gur mhaith leat ar bharr
- Bain sult!

