



WEEKLY UPDATE



Value for the month: Honesty

21/11/24

Dress code- coats and safe footwear

A reminder as the weather is getting colder that children should have a **coat** in school each day. Unless the weather is extremely wet, the children play outside. All coats, hats, gloves and scarves should be labelled.

As per our dress code, for health and safety reasons, **shoes worn in school** should be sturdy, flat and have good ankle support. Crocs, slides or backless footwear are not suitable. Children should not have false nails in school.



We need your help!

If you would be in a position to help cover new readers we have recently bought we would greatly appreciate it! Some skills with contact paper would be useful!

We are also still looking for someone interested in helping with senior sports teams this year.

ZEEKO

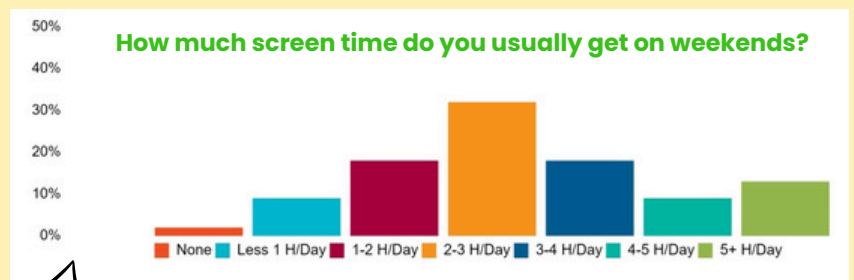
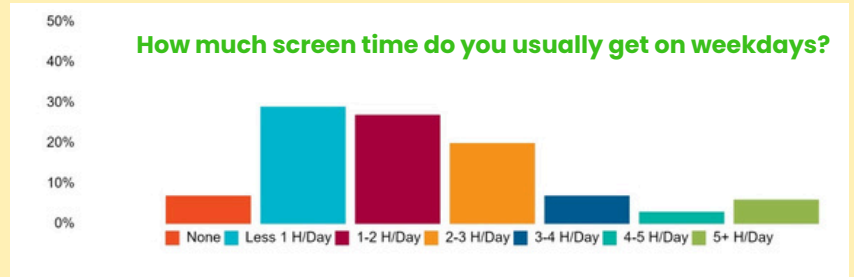
Screen Time

5: 1 RULE

For every hour on screen children should have 5 hours of real world activity.

Make a menu of activities to choose from so that you have loads of ideas for non-screen time.

Consider the quality of screen time as well as the quantity.



13% of students said that they were getting 5 or more hours of screen time a day during the weekend

Screen time advice from Zeeko

If you are worried about screen time, ask yourself is my child...

- *physically healthy and sleeping enough?
 - *connecting socially with family and friends?
 - *engaged and achieving in school?
 - *pursuing interests and hobbies?
 - *having fun and learning in their use of digital media?
- Only when your answers are mostly 'no' do you need to address problematic use.

Mobile phones, smart watches, electronic devices in school

Children may not use personally-owned electronic communication devices in school. In exceptional circumstances parents/guardians of children in a senior class may apply for a licence for their child to have a device in school. Further information can be found in the RETNS **ICT Acceptable Use Policy, which can be found on the school website.**



Walking Bus

The Walking Bus is on this Friday 22nd November.

We will hopefully congregate at the playground and walk to the school gates. A list of the stops and drivers will be sent.

If anyone is free to meet all the groups at the playground please let Clíodhna know on 0873246362



Thank you!

Thank you to the parents/guardians and teachers who took time to attend progress meetings over the past two weeks. It is very valuable time spent for all. If you did not manage to meet your child's teacher please make arrangement to do so.



Senior Infants have been doing amazing work over the past few weeks with Gill and Catherine.



Dates for the diary:

- Flu Vaccine Friday 22nd November

le dea ghuí - Anna Acting Principal

