



ST. PATRICK'S NATIONAL SCHOOL  
BALLINAMUCK  
CO. LONGFORD

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25th March 2022

Dear Parents/Guardians,

As the clocks move forward in the coming days we are blessed with some lovely warm spring sunshine which the children are making the most of whilst promoting our Green Schools and Active Flag status. The children have been taking part in lovely gardening activities. Also, we're in the middle of the 'Walk Around Ireland Challenge' with the children walking and running laps of our football pitch whilst broadening their knowledge of our national landmarks/heritage. Check out our school website for updates [www.ballinamuckns.ie](http://www.ballinamuckns.ie) Our school is now part of The Daily Mile Initiative. See [The Daily Mile | UK](#) for more information. Also, the children had a successful return to competitive football action with a well-earned victory against Legan last Monday. The next Cumann na mBunscol game is against Clondra in Monaduff on Tuesday 29th March. Throw in is at 3:30pm. Your support is much appreciated.

This afternoon, the children in 5th/6th class tuned in to a live video link with year 5 at Tazieff Primary School, Essert, France. Children from each class introduced themselves and spoke in French and English. Our school hosted a traditional music session conducted by Ms. Mulligan. The afternoon was thoroughly enjoyed by all. A follow up zoom call is planned in a few weeks' time. Children from both schools will be involved in suggestions for the next video link.

COVID 19 is still with us. Unfortunately, a lot of children and some of our teaching staff have succumbed to the virus in recent weeks along with outside tutors who frequent our school. Please check your child for symptoms and follow all HSE guidance to protect our school community.

Next Friday sees the launch of the cycling programme 'Cycle Right'. Beginning this Friday, Brendan Doyle will be visiting our 5th/6th classroom for six consecutive weeks. The children who do not take the bus are asked to travel to school with bikes and helmets each Friday. Brendan will be providing the lend of some bikes also to hopefully make up the full complement. This is a great opportunity for 5th/6th class children to learn about bike safety in a controlled environment. As part of the series of workshops, Brendan will be taking the children out on the yard and down to the village and back.

Some mandatory policies; namely 'Anti-Bullying' and our 'Child Protection Policy' need to be reviewed along with a "Wellbeing Parent's Questionnaire". Please complete the attached documents and return to the school at your earliest convenience to enable us to review appropriately and consider your responses.

We are finalising plans for Active Schools week beginning Tuesday 3rd May. Should you have any suggestions or have any ties with sporting personalities past or present please contact the school.

On Friday 1st April we are holding our Green -Schools "Action Day". On the day, our Green-Schools Committee will give a short presentation (5-15mins) concentrating on the energy theme and will present our sustainable village that was made from recyclable materials to all the classes. There will also be some science experiments based on the theme of Energy on display in the hall for the classes to try out.

Our school community raised €513 for our Ukraine appeal which was held on Friday 11th March. Thank you for your generous donations. The collection was lodged with AIB who are working with GOAL to help support the people of Ukraine. AIB has agreed to double the total collection raised in support of the Ukraine appeal and will pass these monies on to Goal.

On Friday 8th April Fr.Hogan will be celebrating First Confession with the children in the Communion class. **Parents are invited to attend.** The ceremony will take place at **10.00**am in the new hall.

A reminder to all regarding food allergies. A small number of children in the school have a severe allergic reaction to peanuts/nuts (walnuts, pistachio cashew). This allergic reaction (anaphylactic shock) can occur through ingestion of peanut/nut products, cross contamination and breathing peanuts in the air.

Since this condition can be life threatening, we are asking for your help in minimising the risk to this child by:

- a) Avoiding giving children NUTS in school lunches
- b) Avoiding giving peanut/nut butter in sandwiches, other spreads containing nuts such as Nutella and snacks (popcorn) /bars containing nuts or labelled" may contain nut traces" in school lunches
- c) Asking children not to share their lunches.

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of allergic reaction to these children.

As a school we promote healthy eating and would ask you to be cognisant of this when preparing school lunches and snacks. A small treat is permissible on a Fridays.

I join with my school staff in wishing every blessing for this Easter season and I hope you enjoy the upcoming school holidays - which commence Friday week (8th April) at 12.00pm

Is Mise le Meas  
Damien McIntyre  
School Principal

### Dates for your Diary

Cake sale - Friday 13th May (more information to follow)

Annual Easter Egg Hunt (Infants) - Friday 8th April

First Confession - Friday 8th April **10.00am**

Easter School holidays commence Friday 8th April -**12.00pm**

School reopens - Monday 25th April 2022

Longford Primary Schools Relay Race event (2nd to 6th class) Newtownforbes - Friday 29th April - 6pm

Confirmation ceremony - Saturday 30th April. First Holy Communion - Saturday 7th May 2022

Parents Internet Safety Webinar – Thursday 28<sup>th</sup> April 7pm (Link will be sent out in advance)