



OCTOBER
2018



Holy Family Junior School
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Ennis
County Clare
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Healthy Lunches and Green School

We would like to remind you that we have a Healthy Lunch Policy in the school. Children are not allowed fizzy drinks, crisps, bars, sweets or gum. Thanks to a government initiative, we are able to provide the pupils with a healthy snack at **small break** each day. So you only need to supply lunch. For health and safety, we would also ask you not to give your children nuts as there are children in the school who have a nut allergy. If you have any queries, please speak with the principal.

Sample snacks for pupils

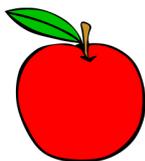
Monday: Water and apple

Tuesday: Water and pancake

Wednesday: Water and yogurt

Thursday: Water and mandarin

Friday: Water and yogurt rice cake



Literacy Lift Off



The Literacy Lift Off reading initiative has already begun in two of our first classes. Five teachers work with each of the classes during the reading lesson. Pupils work at five stations; reading new books, writing, reading familiar books, working with words and developing their oral language. Every 12 minutes the pupils move to a new station. Each night the pupils will have a book to read in their folder. Please take time to read with them and make sure that the book is returned each day, as another group will need it the next day.

The other first class will have the opportunity to participate in the programme before Christmas. We hope that by developing the children's reading skills, they will become confident and happy readers.

Incredible Years

We use the Incredible Years programme in our school, where we try to manage children's behaviour in a positive way. It works very well and children much prefer to be praised than given out to! We do our best to try to 'catch the children being good' and to encourage children to want to be good. Ask your child what it means when we say to them, 'Show/give me five! They should be able to tell you that this means they:

1. Have hands on lap
2. Feet on the ground
3. Ears listening
4. Mouth closed
5. Eyes on teacher

They also use a 'quiet hand' and wait their turn to speak in class. We are very proud of how well behaved and respectful the pupils in our school are.

There is a free course for parents being held in the school this term to help you to understand the programme and to get ideas as to how it could help you to manage your children's behaviour at home. Please speak with Barbara Buckley or Shane Griffin, our Home School Liaison Teachers, for more details, on 0866040686

Active Schools

We are participating in the Active Flag Programme which encourages children to be active and healthy. Please make sure that all pupils wear runners and school tracksuit on P.E. days and correct uniform on **the days when there**

Calendar for Term 1

Parents' Association AGM: Thursday 23rd October at 7pm in cafeteria. All very welcome. It is a great way to hear what is going on in our school, to become involved and to make new friends!

Cake Sale: Parents' Association cake Sale takes place on October 23rd.

Cash for Clobber clothing collection in October: 1st to the 19th October. Please keep collecting unwanted clothing items, shoes, bags and bring them to Junior or Senior schools in October

Mid term break: 29th October to 2nd November inclusive

Green Schools' News

As part of our Green Schools' Programme, every **class** has a recycling bin, a composting bin and a bin for other waste.

The children are very good at using the correct bins. We also encourage our pupils to take pride in their classrooms and to keep them clean and tidy. There is a trophy awarded to the class with the tidiest classroom each week. Each class also has an energy sherriff who keeps an eye on lights and computers.