

**School Motto 2015: If you can't say something nice to someone,
DON'T say anything at all.**

Holy Family Senior School

January 2015.

www.hfss.org

Check the website regularly to find out what
is happening in school.



Important Dates: Parent/Teacher Meetings: Wednesday 11th February & Thursday 12th February, 2015.

Mid term Break: 16th - 20th February, 2015 inclusive. School closed.

Service of Light for Confirmation: Date to be confirmed.

Confirmation: Saturday 7th March at 11am in the Cathedral.

March 16th & 17th: School Closed. St. Patrick's Day.

Do this in memory masses - 1st. Holy Communion Children: Saturday @ 6.30 pm in the Cathedral on the following dates 17/01/'15, 07/03/'15 & 18/04/'15.

Easter Holidays: School closes on Friday March 27th and reopens on Monday 13th. April, 2015.

Confession for Communion Children: Wednesday, April 22nd at 6.30 pm in the Cathedral.

Communion: 16th May 2015 @11am in the cathedral.

CHOIR NEWS:

After a very busy festive season of carol singing and concerts, choir has resumed and is now working hard in preparation for the upcoming sacraments. Choir will sing for Ceremony of Light (**date to be confirmed**) and for Confirmation @ 11am on Saturday 7th March. As always full attendance is expected at these events and a note of explanation is required if your child cannot attend.

Graham Keane has been busy working with choir and band since September and has now quite a number of children involved in his 'rock' band. To date they have been busy learning current chart hits by bands such as *Of Monsters and Men* and *The Black Keys* and infusing new musical elements into our choral and traditional music repertoire. We hope to showcase our new musical venture at a later date this term.



WATCH OUT FOR OUR TALENTED PUPILS!

Primary Debating Competition: *The first round of the Primary Debating Competition took place in Scariff National School on Friday January 16th., 2015.*

*The motion is "Every child of school going age should have a mobile phone".
Our team are against the motion.*

The following children were on the team.

Shannon Hegarty - Captain, Grace Tiernan, Alex Dilger, Lauren Lynch, Rose Guy & Tyrone McDonald.



Holy Family School Promotes Healthy Eating and Physical Exercise



Bernard Dunne, ex professional boxer and WBA Super bantamweight champion, visited Holy Family Senior School on Tuesday December 16th last to promote healthy eating and physical exercise. Bernard Dunne who is an ambassador for Carambola Kids, encouraged the importance of healthy eating and physical fitness. Bernard Dunne knew the importance of a healthy diet and being active throughout your life. He talked with the whole school and especially targeted the children in the senior classes encouraging them to follow healthier eating practices and the importance of exercise. Holy Family has a strict healthy eating policy. This year the school is involved in the **Active School Flag Programme**. This programme aims for the children to increase their physical fitness and strive to achieve a physical educated and physically active school community. The school ran an Active School's Motto Competition before Christmas. The winning motto was **"Commit to be fit, stay strong, live long"**. Bernard Dunne was on hand to present the winners Marcia Solis 4th Class, Riyadh Mondal 5th Class and Dominik Ulanowski with their prizes. All children undertake the Physical Education Programme in the school. Holy Family Senior School offers a wide range of sports including GAA, basketball, athletics, swimming and golf. Carambola Kids provide healthy hot food dinners in the Holy Family school canteen. Holy Family School is the only primary school in the country to provide hot dinners for children. Carambola Kids also provide packed lunches for 140 schools in the country.



Cycling Training Course:

As part of the Active Schools/Green Schools Travel Flag the school is taking part in a course in cycling training run by the Cycling Safety School Mid-West. Training will take place for the 5th classes on Wednesdays during school hours by their instructor John Clancy. The course will teach the children to cycle their bicycles safely and also encouraging them to cycle in the course of their everyday lives.

Skipping Workshop



The school is gone skipping crazy at the moment after a fantastic Skipping Workshop before Christmas. Mark Mc Cabe from SkipnRope held the workshop over a two day period presenting the children with fun new skipping skills and games using the skipping rope. Skipping is fun and a fantastic way to stay fit and healthy.

After Schools Activities Timetable.

<u>Day/Time</u>	<u>Activity</u>	<u>Teachers in Charge</u>
Monday: 2.45–3.30 pm	Camogie 3rd–6th	Mr O'Neill, Mr Brennan & Mrs Vaughan.
Tuesday	No after school activities	
Wednesday 2.45 - 3.30 pm	Boys Hurling 3rd - 6th	Mr Corbett, Mr Bell, Mr Ryan & Mr Cooney
Thursday 2.45 - 3.30 pm	Activity to be announced in coming weeks	
Friday 2.45 - 3.30 pm	Activity to be announced in coming weeks.	

Upcoming Events: Boys Indoor Hurling: Thursday 22nd January.

Girls Indoor Hurling Competition: 27th January.

Active Schools/Green Schools Cycling Initiative: Wednesdays for Fifth Class.

New Parents Association Committee

At a recent meeting of the Parents Association a new committee was elected. The officers are as follows

Chairperson: Lilliana Lacka, Vice Chairperson: Ann Waring

Treasurer: Marie Fitzpatrick, Vice Treasurer: Ita Mahony

Secretary: Tara McAuley

A special thank you to Ann Waring for her dedication and hard work over the years and the best of luck to Lilliana in her new position. The parents' association still have school calendars for sale. These can be purchased from class teachers at 8 euros each. These will also be on sale at the upcoming parent teacher meetings.

The parents association are accepting donations of good condition used school uniforms. Please drop these to the parents room or school office at your earliest convenience. Due to the great success last year, there will be a second hand sale of uniforms again in Term 3.

***PLEASE DO TRY AND BECOME INVOLVED IN THE PARENTS ASSOCIATION.
NEW FACES ARE ALWAYS WELCOME AT THE MEETINGS.
DETAILS OF THE CONSTITUTION ARE ON OUR WEBSITE.***

Green Schools: We are continuing to work hard on our Travel Flag. The WOW days are going very well, with children making a huge effort to walk, cycle or park and stride. Mr Moroney's class have now won the Golden Boot Award 3 times, so they will be having a fun day of cycle training and games with Róisín Ní Ghairthith soon. Well done! The 5th classes are starting a 6 week programme of cycle training with John Clancy next week. Keep up the effort everyone and remember: ***Rid Pollution from our Town, Use your feet to get around.***

Home School Community Links (HSCL): Cookery classes have started again in the Parents' Room. This was a very popular class in the first term. The class takes place on Tuesday 9 - 11 am and the focus is on dishes from around the world. There are still a few places available so if you are interested, please contact Breege or Stacey at 0866040686.

English classes are starting on Monday January 26th. The class will run for 8 weeks. Vocabulary and grammar will be taught and the emphasis is on speaking. This is a wonderful opportunity to improve your English and to be in a better position to help your child as they progress through the school. I encourage you to try these classes. There is always something new to learn and, most importantly, your children will thank you for it later. Again, if interested, please phone 0866040686 to book your place.

PARENT TEACHER MEETINGS:

Our Parent Teacher Meetings are scheduled to take place on Wednesday 11th February and Thursday 12th February. As usual we will be having an afternoon set of meetings and an evening set of meetings to help those parents who are working.

You should receive a letter from your child's class teacher over the next few weeks asking you to indicate a time that is convenient for you to meet the teacher. Every effort will be made to accommodate parents but you must be aware that this can sometimes prove difficult if a lot of parents are looking for the same time slot.

It is really important that parents attend Parent Teacher meetings. It's a great chance to see the progress your child is making and to discuss any issues that may have arisen during the year. The children are always excited and proud to think that their parents will get a chance to see the excellent work they are doing in school. And it's great to help parents understand how their children spend their days.

LOST PROPERTY:

There are a number of items in lost property from the end of last term and the beginning of this one.

We would ask you to encourage your children to look in Lost Property for anything they may have mislaid. Lost Property is located under the back stairs, near to the Parents Room. You can come and have a look too if you like.



***Congratulations to the winners of medals for the St. John's
Community Games Handwriting Competition.***

Under 10 girls

1st Roksana Pisarczyk

4th Ellice Nelson

Under 10 Boys

1st Anthony Severin

3rd Luka Elcic

Under 12 Girls

3rd Caoimhe Ryan

All from Ms McMahon's 3rd class, Room 2.

