

### Important dates for your diary:

**Midterm:** School closed from Monday 27th - 31st. October inclusive. School reopens on Monday November 3rd.  
**Talk on Confirmation for Parents:** Wednesday November 5th @ 8 pm in the Cafeteria.  
**Confirmation Enrolment:** Saturday, November 8th. @ 6.30 pm in St. Peter & Paul's Cathedral.  
**Faith Friends Programme for Confirmation Candidates:** Tuesday's November 18th., 25th and December 2nd., 2014.  
**Christmas Holidays:** School closes on Friday December 19th. @ 12 noon. Reopens on Monday January 5th., 2015 @ 9am.

## HOLY FAMILY SENIOR SCHOOL

October 2014

www.hfss.org

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

*In 2015 our school building is 50 years old so watch out for plans to celebrate this special year .*

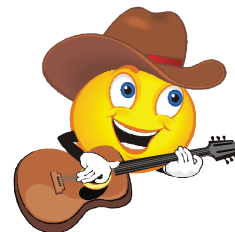
**Good attendance at school** is so important for many reasons. In an average school day, you child engages in several different subjects, moves on to more difficult concepts and is very busy learning and discovering new things - to name a few. As we approach half-term we want to remind parents of the importance of good attendance and that if your child is absent, to please provide a note explaining why or to contact the office. All schools have a statutory obligation, under the Education Welfare Act to report absences in excess of 20 days regardless of the nature of the absence to the National Educational Welfare Board. We closely monitor the attendance of all children at Holy Family Senior School, and may send letters from time to time if your child's attendance comes to our attention. Please be mindful that holidays, family trips etc. can really impact on your child's attendance and affect his/her learning in school. Good attendance is rewarded at Holy Family School. The following are some ways to help ensure good attendance.

- Make education important in your home and let your child know it is not okay to miss school.
- Show that you think education is important. Look at your child's school books. Be interested in their news.
- Help your child to be proud of a good attendance record.
- Build your child's confidence. Praise them when they do well.
- Read letters and reports from the school and know the school rules.
- Go to school meetings and get to know the teacher, staff and your child's friends.
- Don't take family holidays during school term unless necessary.
- Be alert for reasons why your child may not want to go to school. If your child finds school work hard or is having a hard time with friends, talk to the school right away.

**Sundries:** Parents must contact the school before **Friday October 24th** to set up a payment system for their child's sundries if they have not already done so. The school depends completely on these funds so we will be contacting parents after Halloween if we have not heard from you. Any effort to make payment no matter how small will be appreciated as we do understand the pressures on families.

**Music in The Holy Family: Choir News:** **Confirmation Enrolment Mass** will take place on **Saturday November 8th @ 6:30 pm** in the Cathedral. Choir members from 3rd - 5th can wear their own clothes, but again full attendance is necessary. As always, please arrange a safe collection place with your child and no child is allowed to walk home from evening Mass unaccompanied.

**Guitar classes** are now up and running in **4th class** and children are really enjoying the lessons. There will be a showcase of their newly acquired skills nearer to Christmas - more details to follow closer to the end of term.



The School choir have been asked to sing at a very special "**Winter Warmer**" Festive concert on **Saturday 29th Nov @ 8pm** in The Cathedral with Irish soprano **Cara O'Sullivan** in aid of The Irish Heart Foundation - further details to follow after the mid-term break.

### Student Council 2014 - 2015.



**6th. Class:** *Wiame Kanane, Chris Esedebe, Angel Nwaigwe, Jesus Quayesaya, Nicola Lambo & Eugene Omoifo.*

**5th. Class:** *Mark Donovan, Sophie Ahearne, Lauren Lynch, Alex Dilger, Sammie Ojulari & Efe Opuoro.* *The above are the newly elected members of the student council for the school year 2014 - 2015. They meet with Mrs. Barnes or school management on a monthly basis or as needs arise.*

*The members are currently working on:*

- *carrying out a survey to establish the pupils favourite Carambola snack.*
- *monitoring our new eating policy and seeking pupils opinions on it.*
- *setting up friendship stops on the school play ground to help pupils who need a friend.*
- *distributing "worry boxes" to every classroom as part of our Antibullying policy.*
- *being trained on peer mediation so they can assist Mr. Bell's 6th. class in the playground.*

*Parents Association AGM will be held on Thursday October 23rd at 8 pm in the Cafeteria. Dr. Máire Finn, Parent will give a talk on good nutrition for developing children. We look forward to seeing as many parents as possible in attendance.*

## Home School Liaison News.

**Free English classes** are continuing in the Parents' Room every Monday morning, 9 – 11 am. There are still places available. These classes are suitable for those parents with a Beginner or Basic level of English.

**Classes in basic Irish** will take place every Monday morning from 11.30am – 1pm, starting on Monday 13<sup>th</sup> October. These classes are free. Please contact Breege or Stacy at 086 6040686 to book your place.

There is a **coffee morning every Friday morning from 9.00 – 10am in the Parents' Room** (located in the Senior School) – all parents welcome. Come along and meet other parents and the HSCL teachers.

**Home Visits** – throughout the year we will be making visits to your home to give you one-to-one attention and support. If you would like to meet with us at any time please contact us to arrange a meeting in school or a home visit.



## Nutrition Talk.



On Wednesday October 15<sup>th</sup> a woman named Rachel who is working in a Carambola Company in Limerick, talked to the three fifth classes of Holy Family Senior School about nutrition. First, Rachel told us about how much sugar is in different foods. For instance she said that a small bottle of coke has twelve cubes of sugar in it and a large bottle of coke has thirty-nine cubes of sugar, while a bowl of strawberries only has two. Rachel told us that famous soccer players don't drink sugary drinks, instead they drink water. She told us that she will bring in the famous boxer Bernard Dunne to say some more about healthy eating. Rachel also told us that they made cartoons about healthy eating for little kids.

By Rose Guy, Elizabeth Awolowo and Sarah Hassannejad (Fifth Class Students)

## Green Schools:

This year we are continuing with the Travel Theme. We are attempting to get our fourth Green Flag!!! Last year, the whole school put in a huge effort for our WOW (Walk on Wednesday) Days. Children walked, cycled and did Park and Stride on these days. This year we are hoping to extend that and get children walking, cycling or doing Park & Stride every day.

Clare County Council has extended free parking for parents of Holy Family School. Parents participating in Park & Stride can now park for free in the County Council car parks in Ennis from 9am to 10am every school day. Your child will bring home a Park & Stride sticker this week. Please display it on your wind-screen if you wish to avail of the free parking.

We are also having a competition to see which class makes the most effort to walk/cycle/Park & Stride. The Green Schools Committee will be surveying classes. There will be a Golden Boot Award given out every week at assembly to the winning class. If a class receives the Golden Boot award 3 times, that class will receive a day of cycle training and bike games with Róisín Ní Ghairbhith, Green Schools Travel Officer.

Please encourage your child to take part in this initiative. Walking and cycling are better for our health and for our environment. They are also easier on your pocket! So let's all work together and follow our green code.

***Rid pollution from our town,  
Use your feet to get around.***



## Halloween Dress Up Day - Friday - in Aid of Guide Dogs Ireland.

We will have a **"Halloween Dress Up Day" on Friday October 24th**. We will fund raise in aid of the Guide Dogs of Ireland. Each student dressing up is to bring a €1 or €2.00 and we will have a fun day as we head into our midterm break.

## **Cross Country Running September 17<sup>th</sup> 2014**

Cross-Country running was held last month in Lee's Road. The popular event was attended by hundreds of pupils from around the county. We were very fortunate to have such a talented group of athletes to take to the event. With great effort and determination shown by all we were proud to win two individual medals and one team medal.



Running in the over 10, were Shannon Hegarty, Nicola Lambo, Zara Deasy, Jared Sherlock, Jack Kenneally and Igor Sobiecki. They pushed themselves for the entire 1100m race which is a great test of endurance and determination.

Our under 10, team was represented by Sammie Ojulari, Iqmat Adiqun, Evelyn Esedebe, Gabriella Norwicz, David Murphy, Cormac Maher, Samuel Olaoje and Effe Olaoye. They ran the 700m with great determination and they all finished comfortably. Evelyn Esedebe was a medal winner coming in 9<sup>th</sup> position with Sammie, Gabriella and Iqmat coming in close behind achieving an overall 3<sup>rd</sup> position in the Girls Under 10 Teams.

Lastly our under 8s team was made up of Hellen McDonagh, Esther Olaoje, Zaheeda Ojulari, Alexandra Ward, Piotr Mazurek, Aaron Lynch & Frank Esedebe. It was a tough 400m run for these second and third class children and all of them pushed themselves to the very end. We had a great result with Esther winning a medal for coming in 5<sup>th</sup> position. We were very privileged to bring such talented and well behaved children running this year.

## **Victory for the School's Girls Gaelic Football Team.**

On Monday October 13<sup>th</sup>. the School's Girls Gaelic Team went to Éire Óg for a blitz. The top two teams would qualify for the semi-finals. We played 4 mini matches against St. Tola's N.S., Clooney-Dangan N.S., Bradford N.S. and Stonehall N.S. We won all four matches and we qualified as group winners.

The first match we played was against Stonehall N.S. They were a very strong team but we managed to come out on the right side and we beat them by 2 goals and 2 points. The final score was 3 goals and 2 points for Holy Family and 1 goal for Stonehall N.S.

The second match we played was against St. Tola's N.S. They were very tough to play but once again we came out on top. We beat them by 3 goals and 1 point. The final score was 3 goals and 2 points for Holy Family and 1 point for St. Tola's N.S. Next we played Clooney-Dangan N.S. They had great players but we managed to beat them by 1 point. The final score was 1 goal and 1 point to Holy Family and 1 goal to Clooney-Dangan. The last match we played was against Bradford N.S. We were all tired but we won convincingly with a score of 1 goal and 2 points to Holy Family and 1 point to Bradford N.S.

At the end of the day everyone was exhausted but we finished on top of the leaderboard and are through to the semi-finals. They will be played in two weeks time. We are all very excited and will need to train very hard for the next two weeks if we want a place in the finals.

The players who participated today were Jane, Angel, Emily, Vanessa, Sinéad, Ciara, Shannon, Aoife, Roisín, Sammie, Caoimhe, Wiame, Simran, Lauren, Nicola, Iqmat, Evelyn, Dami, Rachel and Zara. Thanks to our trainers Mr. O' Neill, Mrs. Vaughan. Miss Lillis and Mr. Brennan  
By Shannon Hegarty, Ciara Sherlock and Nicola Lambo (Sixth Class Students).





## Peer Mediation in 6<sup>th</sup> Class.

In Mr Bell's class we have started a programme called Peer Mediation. We divide into groups of four and mediate for the 2<sup>nd</sup> class children. This involves helping them play nicely and dealing with their small problems. We also wear red jumpers for the 2<sup>nd</sup> class to distinguish us. Every Friday Áine Meehan comes in and speaks to us. She also asks about the problems we solved during the week. Our class enjoys mediating for the children in 2nd class.

Jane Idemudia.



## Our Trip to Ennis Friary

On Friday October 3rd., my teacher Mr. O' Neill organised a trip to the Ennis Friary. Mr. Brennan came with us too. We wanted to learn some local history.

I was really looking forward to it. We walked in pairs to the Friary and my partner was Alisha. It was raining on that day but we still went. We left the school at 11.45 am and reached our destination at 12 o'clock.

First a lady called Carmel guided us through the Friary. There were lots of beautiful carvings. She told us that the Friary was home to 300



Franciscans and 600 students. The Friary was built by the O' Briens who ruled Thomond. The Friary was built out of limestone. The carvings that we saw were also carved out of limestone too.

My favourite carving was the Ecce Homo because it had 12 symbols on it. After looking at all the carvings inside we went outside and saw lots of graves. We saw a prisoner's cell which they used in the olden days. We saw stairs going up but we weren't allowed to go up because it might fall. After looking at everything outside, we went back inside. Then we thanked Carmel and walked back to school. When we arrived back it was lunchtime. We all enjoyed the day at the Friary.

By Kaja Derewianko (Fifth Class Room 17)



## Sale of Helmets & Hurleys.

**Cost of Helmets - Small/Medium/Large:**  
€45.00 each

**Cost of Hurleys:**

**Torpey:**

**Size:**

26"	€ 8.50
28"	€11.50
30"	€13.00
32"	€15.50

**Duggan:**

**Size:**

26"	€ 6.00
28"	€ 8.00
30"	€10.00
32"	€12.00

Gum Shields: € 3.00

***School Special Offer for  
November & December, 2014:  
Helmet & Hurley: €50.00***

## **Changes in Personal Details:**

A new school term brings many changes and I am sure that many of you have changed your address, telephone number or mobile numbers while we were on holiday. It is important that the school has up to date addresses and numbers for every child. As you know we use "Text a Parent" to inform you of up-coming activities or changes within the school. Failure to supply us with a current mobile number will mean you may miss out on important notices. Please ensure that you inform the School Office if you have changed your address or telephone number. We thank you for your co-operation in this.

