Christmas preparations are now in full swing here in the school with classrooms full of Christmas song, decorations adorning the walls and excitement levels starting to build.

Emotion Coaching

Recently the staff undertook training in 'Emotion Coaching'. This essentially is a way of communicating with children who are struggling with their emotions. I attach a Parent/Guardian leaflet with this newsletter that some may find useful.

Christmas Concert

Our Christmas concert will take place on the morning of December 18th. We will have our school Christmas mass at 9:30 that morning and we aim to commence our Carol Service in the church directly afterwards. 3rd - 6th class will perform first. All children will then return to the school for a break before returning to the church at 11:30 for the Juniors to 2nd class performances

Frasai na seachtaine (phrase of the week)

Breithlá Shona duit / Lá breithe Shona duit – Grma (Go raibh maith agat)

Happy Birthday to you - Thank you

Results of survey on Hot School Meals

Thanks to all those who compelted the recent survey on the Hot School Meals. Some of the results are as follows:

73% felt that the quality of the lunches were Good or Excellent

55% felt that there wasn't enough choice on the menu

Comments:

More sandwich options

Friday options on other days

More goujons, nuggets, fish fingers, sausages, hamburgers

There are very strict guidelines on the Hot School Meals scheme which require certain nutritional standards to be met. Processed meats are only allowed 1 day per week. The sauces typically contain liquidised veg. Unfortunately cold sandwiches don't qualify as a 'Hot Meal'

Lunch boxes

Many parent's aren't aware how much their child/children have eaten in school so Bradburys have now supplied us with a re-useable lunch box for each child. The lunches will be sent home with children who do not eat their meals

Allenwood Tidy Towns

On Sunday the 8th December, the Christmas Tree Lighting Ceremony will take place at Allenwood Cross at 6.30pm. All are welcome.

Agreed report

The Board of Management of Scoil Mhuire Allenwood met last Thursday evening 28th November. The following is the agreed report:

- ·The Department of Education has approved our Stage 1 submission for our Additional Accommodation project and we can now proceed to Stage 2b (Detailed Design and Planning). This process could take approximately 18 months.
- ·The BOM reviewed and ratified the school's Anti-B
- ullying policy
- ·The BOM approved the new Digital Learning Plan
- ·The BOM has approved new security upgrades to the school to include door access systems for Child Safety
- The BOM has approved Staff Professional Development in the areas of Technology, New Primary Maths Curriculum and PE

Internet Safety Talk

For anyone who couldn't make the Internet Safety Talk on Tuesday night please see some useful links to support parents with safety internet use, cyberbullying and other resources:

National Parents Council website - www.npc.ie

- NPC 'Family Online Agreement' template https://bit.ly/41psfeX
- Information booklet - https://www.npc.ie/images/uploads/downloads/Webwise-Parents-Guide.pdf
- Free online training - https://www.npc.ie/training-and-resources/training-we-offer/category/online-training

Useful websites:

www.webwise.ie,
www.cybersafekids.ie
https://www.cybersafekids.ie/samerulesapply/,
https://www.commonsensemedia.org
https://www.pegi.info

I hope that everyone has the Christmas Pjs and snacks ready for The Late Late Toy Show this evening. I'm sure the children can stay up a little later too. Bain taitneamh as



Ciarán O'Toole