



Book Payments

Thank you all those who have paid their book bills so promptly. There is a grant available for anyone who needs it. If you have a medical card you can claim the grant and that can go towards the expense of the books.

If you have a particular difficulty you can pay in instalments. Just get in contact with myself or Ms Neary. No child can be given books until arrangements are made with the school. Book Payments: can be given to Peggy in the morning from 9:00-9:30



Parents' Association A.G.M.

The Annual General Meeting of the Parents' Association took place last Thursday. Thanks to all who attended and particular thanks to Jackie Keane for talking about all the After School Clubs available for children around the Clondalkin area. The new committee was elected and the officer roles are as follows:

Anne Dunne-Chairperson
Celly Kavanagh-Vice-chairperson
Suzanne Perkins-Secretary
Jackie Brown-Vice-secretary
Catherine Bennett-Treasurer
Sam Fadojutimi-Vice-treasurer

It is great to have some new people on the committee and we look forward to working together this school year.



Zoo Comes to Nano Nagle

Jim Mc Gonagle, the Dublin Zoo Education Officer, did a fantastic presentation for all the children yesterday and amazed us with all his knowledge of the zoo animals etc. This is an educational programme sponsored by Dublin Zoo. Thanks to Ms Johnston for organising the talk. The children really enjoyed it!

Health & Wellbeing Fortnight 28th Sept-9th Oct



Week 1: Healthy Mind (last week)

Week 2: Healthy Body

This week the children are learning about exercise, healthy foods and the importance of sleep and rest. They are doing D.E.A.M activities (Drop Everything and Move!) daily, to stress the importance of being active and happy! We made smoothies yesterday and we would like to thank Glanmore Foods for their kindness in donating a selection of fruits for the class smoothies! Teachers & children created tasty, healthy drinks! On Friday we plan to go for a **Fun Walk/Run** weather permitting! It will be a nice end to our fortnight. Our **Super Trooper** activity books have just arrived-so we will be starting them soon!

Parents

Our Health Talks for Parents took place yesterday, and they too experimented with fruits and vegetables to make juices and smoothies. Thanks to all of you who came along! Today we had our Parents Fun Walk/Run!

Family Poster Competition: We hope your posters about Healthy Mind & Healthy Body are nearly finished! The children have been bringing them in over the last week. It might include ideas on exercise, food, relaxation, sleep, doing things you enjoy, helping others, being positive etc.

Closing date is Friday Oct 9th.



Sam Maguire Visit

Ciarán Kilkenny brought Sam to the school today. The children have been practising their welcome song over the last week, sung to the air of 'Happy' (by Pharell Williams). There was great excitement amongst children and staff! Mayo and Kerry teachers tried to hold back their tears!

Parents Classes



Gaeilge –Irish Classes

Beginners Tuesdays 9am – 10am

Improvers 10am – 11am
(in Clonburris N.S. in Dunawley)

Adult Literacy

Wednesdays 9:30-11:30

(in Nano Nagle Prefabs)

Would you like to improve your reading, writing or spelling? Why not come along? You can join this class at any time during the year.



Healthy Eating on a Budget

Learn some great ideas on how to make healthy, nutritious family meals!

(Parents Room Talbot Senior School)

Thursdays 9:15 – 11:15, starting September 24th (6 weeks)



Personal Development

This includes health & wellbeing, conflict management, developing your own skills/talents, communicating with your child/teenager etc.

***Tuesdays: 9:15 – 11:15, started 6th October (in St. Ronan's School, Deansrath)**



Woodwork for Dads

A basic woodwork class for dads in The Tower Project, on Neilstown Road, Clondalkin.

Transport can be provided.

***Wednesdays 11am – 1pm Started today (8 weeks)**

South Dublin Libraries present Children's Book Festival Events, activities, author events and theatre events. Why not check out what's happening in Clondalkin.



Healthy Eating for your Child

Children don't need the same amount of food as adults – after all, they are much smaller than us.

1. Give them **smaller portions** of food on their plates to start with, and if they want more food, then give it to them.
2. **Snacks:** If they say they're hungry, offer them something nutritious like fruit and vegetables (for example, an apple or handful of grapes).
3. Avoid **fatty and sugary snack foods** between and after meals.
4. Don't pressure them to eat all the food on the plate allow them to stop when they say **"I've had enough"**.
5. Use plates and cutlery that match their size.
6. Look at the **proportions** of food you offer during the day. They should be roughly: 1/3 fruit and vegetables 1/3 starchy foods like bread and potatoes, 1/3 dairy (milk, cheese and yogurt) and protein (meat and fish).

<http://www.hse.ie/eng/services/Campaigns/obesitybooklet.PDF>

Food Pyramid www.healthpromotion.ie/hp-files/docs/HPM00829.pdf

Healthy Recipes

www.hse.ie/eng/health/child/healthyeating/101meals.pdf

Children's Book Festival

