

# NEWSLETTER

## SCOIL NANO NAGLE

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13<sup>th</sup> June 2018



### Junior Infant Welcome Meeting

All children starting Junior Infants next school year 2018-19 were invited with their parents to a welcome meeting in the hall last Friday. **If you could not attend the meeting please drop in to Ms Neary for your child's pack.**



### 2nd Class Graduation

This year the 2<sup>nd</sup> Class graduation takes place on **Friday 22<sup>nd</sup> June at 1:15**. Parents are invited to attend & the children are presented with a graduation pack funded by our Parents Association.

### Second-hand Uniform Sale

**Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup>**

**Time: 9am-10am**

**Where?** In the hall

**Price:** €2 per item-which will go towards school funds

If you have a uniform in good condition (no rips, stains etc) from any age that you would like to donate please **leave them into Ms Neary's room on Monday 25<sup>th</sup> June**. We are particularly interested in jumpers, tracksuits, trousers, skirts.



### After School Club

Wednesday After School Club for 1<sup>st</sup>/2<sup>nd</sup> classes **finishes next Wednesday 20<sup>th</sup> June**.

Thanks to Jackie, Peter & Elizabeth for running this club.

### Well-Being Week June 11th- 15<sup>th</sup>



This week in the school we are promoting kindness, mindfulness & mental wellbeing. The children have special activity books and they are talking about ways they can show kindness. Classes are encouraged to take time out each day for relaxation with calm music and guided meditations. We have Treasure Hunts around the school & a '*Worry Plaque*' in the school garden where children can share their worries. We are launching a *family Poster Competition* today too.

**'Healthy Happy Minds' is the theme**

***'Best of luck'*** to our Parents Association who have entered the National Parents Council award for their 'Wellbeing Project! We wish them luck! The results will be announced this Saturday at the NPC conference.

### Parent Talk

**This Friday 15th June 9:00** in the hall

***'Positive Mental Health'***

With Healthy treats too!

### Friday's Ice-Cream Treat



This Friday for our 'Well-Being Week' we will have an ice-cream van at the school & all the children will be treated to a cone. **Please inform the class teacher if your child has a dairy/gluten intolerance.** A big 'Thank You' to our Parents Association who are funding this treat.

## Super Troopers



### Gold Activities Week 3 p.46

1. Potato Races
2. Catch It If You Can
3. Kick Ball Tag
4. Traffic Lights
5. Indoor Hopscotch



### Book Payments

Anyone who wishes to pay any instalments for their child's book bill may start to do so. Peggy will take payments at the office. The detailed book bill will be enclosed with your child's report.

## NPC Conference

*'The Child's Voice, Making a Difference'*

**Saturday 16th June**

**10:30am-4:00pm**

Venue: National College of Ireland

Luas: Mayor's Square (red line)

**Free Admission: Places are limited**

**Lunch is provided**

Register online at [www.npc.ie](http://www.npc.ie) or email your name & details to [info@npc.ie](mailto:info@npc.ie)

Tel: 01 8874034

***Guest Speakers:***

Richard Bruton (Minister for Education)

Tako Rietveld-World's first & only Youth Correspondent

Dr Carmel Corrigan-Ombudsman for children

Paul Gilligan: Clinical Psychologist

## Healthy Happy Minds Tips



<https://www.mindfulnessmatters.ie>  
<http://www.mentalhealthireland.ie/a-to-z/exercise/>



## Ten top tips to boost your mood

1. **Sleep.** When we sleep chemicals are released in our brain which helps manage our moods and emotions.
2. **Cut out the caffeine.** Cut out or cut down on caffeine such as coffee and energy drinks - these can make you feel jittery, anxious or stressed.
3. **Get active.** Exercise boosts chemicals in your brain that help put you in a good mood.
4. **Do something for someone else.** Helping out in your community can be a great way to give yourself a positive boost.
5. **Eat well.** When our body is not getting enough minerals it can put us in a bad mood. Try to eat a balanced diet which includes fruit and vegetables.
6. **Get some sunshine.** 30 minutes - two hours per day of sunlight can help to the brain to release chemicals which improve our mood.
7. **Stay social.** Avoid spending long periods of time on your own.
8. **Keep an eye on unhealthy habits.** Avoid drinking, smoking and using drugs which can have a negative impact on our mood and wellbeing.
9. **Manage stress.** Ignoring it will only make things worse - talk to somebody if you are feeling stressed.
10. **Have Fun.** Make time to do the things you enjoy the most.

**Time To Talk Day**

@BDCFT

#BDCTTimeToTalk