

NEWSLETTER

SCOIL NANO NAGLE

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18th November 2020



Parent / Teacher Meetings

Parent/ Teacher discussions about your child's progress in school are taking place this week from **November 16 -20.** Class teacher can contact you via Zoom or telephone. Please confirm or re-arrange your appointment, if you haven't already done so.

Christmas Annuals

The school is selling the *Folens Christmas Annuals* again this November. The "Súgradh" Annual (soo gra – the Irish word for "play") is suitable for Junior & Senior Infants. The *Spraoi* Annual (spree- the Irish word for "fun") is geared towards 1st & 2nd classes. The Christmas annuals are bursting with activities, jokes, quizzes, interviews and stories and includes a free Christmas pencil.

We are only accepting e-payments this year – a link has mailed to all families. Payments will be taken up until **Friday, 4th December which will be the last day for payment.**

Annuals will be distributed to the children by Friday, 18th December. The cost is €4. Families are under no pressure to buy these Christmas Annuals.



Salesian Sisters 1920-2020

Founded by Saint John Bosco and Saint Mary Mazzarello to work for and with young people and their families.

As the Salesian Sisters' Centenary year comes to a close we wish to pay tribute to the Salesian sisters here in Bawnogue. Their contribution to our school and community is immense. The joy, gratitude and hope they extend to all they meet, through their tireless work is very much appreciated.

Our school's mission statement is inspired by their commitment to recognising and developing the vast variety of talents and positive qualities of all our young people. The Salesian Sisters provide our young people with a truly holistic education and are an inspiration to all who value education by fostering the great potential of our children and young people.

We especially remember Sr. Mary who taught in Scoil Talbot and who served on Scoil Nano Nagle's Board of Management for many years. We cherish her legacy of love and compassion. May her gentle and caring soul rest in peace.

Sr. Catherine has spent the last forty years putting her heart and soul so generously, so tirelessly and so humbly into every aspect of her work and life in Bawnogue. We wish to express our tremendous gratitude to Sr. Catherine and wish her the very best in her new role in Limerick.

Sr. Catherine, you are a sign of love, hope and joy for the young and all whom you encounter. We give thanks to the Lord for your dedication, support and friendship.

Mental Health and Wellbeing Information



Barnardos provide a national telephone support service for parents in response to the challenges they are facing during the COVID 19 pandemic

Freephone 1800 910 123 from

10.00 am – 2.00 pm Monday-Friday.

Barnardos also provides a childrens' bereavement helpline service.

For more information

Telephone 01 4732110 from

10.00 am to 12.00 noon Monday to Thursday.



Shine provides information and offers support and counselling to individuals living with mental illness and to their families and carers. If you are in distress or seeking information you can contact Shine at any time for confidential support at phil@shineonline.



Freephone 116 123.

The Samaritans telephone service is available 24 hours a day. For confidential support email jo@samaritans.ie.

Visit www.samaritans.ie for details of your nearest branch.

National Plan for Living with COVID-19

gov.ie/HealthyIreland

A programme of activities around five simple actions that we can all take to keep well.

1. **Keeping active**-outdoor activity is important for physical and mental health.
2. **Keeping in contact**-person to person connection is vital for our wellbeing. Don't let isolation become a problem. Ask for help if you need it. Offer help if you can. Stay two metres apart.
3. **Getting creative**-learn something new, get back to nature, find ways to relax, re-discover Bawnogue and Clondalkin locality. Creative Ireland Programme provides initiatives in the arts, crafting, culture and heritage.
4. **Eating well**-make the connection between the food we eat and how we feel both mentally and physically. SafeFood's START campaign will help parents to introduce healthier habits to children.
5. **Minding your mood**-The HSE's yourmentalhealth.ie website has useful information. Look out for the upcoming HSE online **Minding Your Wellbeing programme**. *Make a daily plan to do at least one thing every day that will keep you well.*



