



St Mary's Convent Primary School

Bunscoil Clochar Mhuire

Trim, Co. Meath.

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Awarded Green Flag
June '05/'07/'11/'13

Imlitir 10

15th September 2020

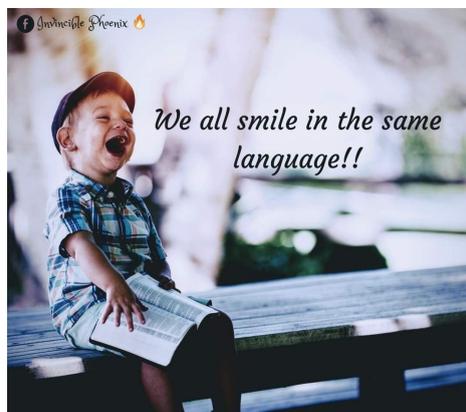
A chairde,

Yesterday, a hard copy of our school calendar was given to each family. If you did not receive it or would like a second copy, please contact the school. I would like to thank our sponsors Ted Murtagh, Clothing & Footwear, Haggard Street, Trim who continue to sponsor our calendar, each year. We appreciate the support. Spare copies of our calendar will be available in the shop, during the year.

Friendship Week: This is Friendship Week and each class will be undertaking activities and lessons which promote positive relationships in our school. This is an ideal time to remind those who have not already done so to read our school 'Anti – Bullying Policy' given out on enrolment and also on our school website.

<https://www.stmarystrim.ie/wp-content/AntiBullyingPolicyJan2016.pdf>

Spare copies can be e-mailed to you (we are a Green School!) on request.



The **school photographer** will be coming on Thursday 17th September, as mentioned in our school Calendar. He will be taking group photographs of Junior Infants, Sixth Classes and Communion girls **only**. There will be no individual photographs. Proofs will be available before purchase, about two weeks afterwards. The Communion girls will be allowed to wear their dresses for the whole day. We regret that we cannot facilitate entry by their parents to the school. **Please ensure that your child is in school uniform (Sixth classes) and not tracksuit on this day, Junior Infant children to wear tracksuit.**

Pupils who cycle to school are asked to wear a safety helmet at all times, and to be vigilant, especially at junctions. Bikes must be dismantled on entering the school premises. In the mornings, please make sure that your child/ren line up on the paths and not in the car park where cars are moving.

Communication

This *Imlitir* is also being sent to you via email as well as this hard copy. If you have not received it by email, please let us know. Next week we intend sending **ONLY** email copies. Separated parents are asked to let us know if two copies are required and if two text numbers are required for text communication. *Imlitreacha* can be sent by email to the parent not living in the family home. We often use texts to communicate also.

Please let us know if you change your phone number or any other contact details. For example, this is *Imlitir* 10. If you have not received the previous nine, we do not have the correct email address for you.

Afternoon collection: Please wear a mask on entering the school grounds. If you feel that it is safe to let your child/ren meet you at the gate, please encourage them to do so.

GDPR: We now collect permissions each year. Permission forms will be sent out this week. Please fill and return as soon as possible. Permissions for the use of Seesaw, Class Dojo and Google Classroom are being sent out at the moment, by the relevant classes. It is important that all pupils in all classes, whose parents/guardians agree, sign up as soon as possible. They are a central part of our plan, if a class or the school has to close unexpectedly.

Book Returns: If you have any books, like a library, book bag or rental book, that belong to the school. Please return asap. Thanks.

Back Gate: Don't forget that this gate is now open in the mornings and at going-home time. It is not very busy and if used more will cut down on the crowding, especially at St Michael's gate. Why not try it out?

Health Promoting Schools

Please review our revised Healthy Eating Policy which is available to read on our school website.

Due to the incidence of severe allergy to peanuts and mixed nuts amongst some pupils in our school, we ask parents/ guardians to be vigilant in the following:

- Avoid peanuts or any other type of nut in school lunches
- Avoid giving peanut butter sandwiches, chocolate spreads containing nuts such as Nutella, and nut based breads and cereal/health bars containing nuts
- Ask children not to share their lunches.

A strict "Nut Free Zone" policy will be in place in any class with specific pupils with nut allergies.

In order to make our revised Healthy Eating Policy a success we need the support of parents and guardians. You can do this by:

- Providing a healthy, well-balanced lunch for your child
- Encouraging healthy eating
- Informing the school in writing, of any child's special dietary needs
- Assisting in the implementation of school policy by not allowing your child to bring **crisps, chewing gum, sweets, bars including cereal bars, cakes, biscuits, lollipops, chocolate, chocolate spread, winders, rice crispie buns and especially peanuts.**
- Avoid sending in party bags or treats when birthdays occur. The teacher will be obliged to return this food unopened
- Following the Green-Schools guidelines, reduce packaging and re-use bottles and lunch boxes where possible
- Taking part in our TRY IT FRIDAY initiative which encourages children to try a new **healthy food** on Friday. You can choose together what new food they will try by including it in their lunchbox on Friday
- Becoming familiar with the new food pyramid- see below
- Providing water as a drink for your child



We are lucky in St. Mary's, as the majority of children do bring a healthy lunch to school. However from our feedback last year, it has been identified that the senior classes need to make a bigger effort to adhere to our Healthy Eating Policy. We are aiming to educate the children on making healthy food choices which they will use throughout their lives. Your support is vital.

For further information on ideas about healthy lunches see- www.safefood.ie

Sinéad Minogue HPS Coordinator

Last weekend the parish celebrated another First Holy Communion Mass and a few more of our pupils received their first Eucharist. Congratulations again to all our wonderful girls. May they know that Jesus is their friend and may the grace of the Eucharist sustain them always.

On Sunday four of our First Communion pupils, Rebecca, Tamsin, Julia and Heather read beautiful prayers at the parish Masses. It is wonderful that our Church had reopened for all the children who were prepared so well for the sacraments of Penance and Eucharist last year by their teachers, Ms O'Hare and Ms Roche who passed on the baton to Ms Kelly and Ms Coakley the first week back at school. Ní neart go cur le chéile!

It is important for the children to keep up the practice of saying prayers and going to Mass. In case anyone is fearful about attending Mass, the Masses are broadcast on the church radio station 107.7. The times of the Masses are as follows:

Saturday night Vigil Mass: 7pm Sunday mornings at 9 am, 10 am, 11 am and 12:30 pm

The priests have made several arrangements to ensure the safety of the congregation. The church has been divided into four quadrants and only every second row is in use. Stewards assist with seating and everyone wears a mask. (Children are not required to but may). There is music at many of the Masses which really enhances the liturgy and can be a nice escape from all the media reports of political manoeuvring, global economic downturns and coronavirus statistics.



Mrs Nally, Deputy Principal

Mise le meas

Cólín Ó Coigligh,
Príomh Oide.

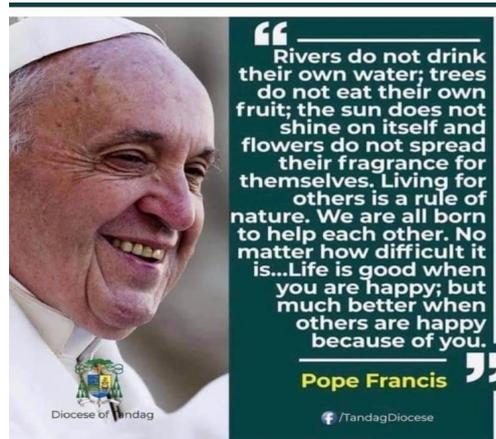
[Community News](#)

[Green News](#)

Nathanna na Seachtaine: Is mise/..... is ainm dom (I am/My name is.....)
Seanfhocal na Míosa: Tús maith, leath na hoibre (A good start is half the battle)

Green News

by Mrs Nally



This is Friendship week. We think of others this week and reflect on how we can be better friends and kinder to each other. We also must try to be friends of the earth. Pope Francis reminds us that the world is our common home and that we must look after it and care for those in less privileged parts of our world.

During lockdown many people admitted that they became much more aware of nature and the beauty of their surroundings. They slowed down and appreciated the birdsong, the blossoms and landscapes.

The Living Planet Index which keeps track of global animal, bird and fish populations has indicated a serious decline over the last 50 years and links deforestation and agricultural expansion to the destruction of natural habitats. This in turn has implications for future pandemics. We need to keep trying to save our planet.

We read today that 'Record temperatures are accelerating the rise of sea levels, melting glaciers and snow coverage and threatening the water supplies for billions, according to a major UN report charting the "increasing and irreversible" impacts of climate change.'

The United Nations says it is still possible to reach a safer goal of a 1.5C cap in temperature rise, but to get there global emissions must fall 7.6 percent annually this decade. Interestingly during lockdown global emissions were 17% lower than in 2019.

Here at St Mary's we have the global goals in mind and will continue to do our bit to promote awareness and help the children and their families to develop good green habits in the hope that our world will be a better place because of our efforts however small.

We would encourage you to continue recycling at home as we cannot accept items in the school for the foreseeable future.

We will have more information about WOW and COW at a later stage and when we investigate if they are safe options. We would encourage our pupils to walk, scoot or cycle to school when possible.

We will soon be resuming our work on our Global Citizenship Marine theme. It is Year 2 and we have lots to do!

Remember Green isn't just cool anymore, it's a must!

