

A Thuismitheoirí,

Ní fada uainn anois Lá 'le Pádraig agus Seachtain na Gaeilge. Táimid ag súil leis an t-uafás Gaeilge a chloisint thart timpeall na scoile idir seo agus sin. Agus é sin ráite agam ná déan dearmad go bhfuil na ranganna Gaeilge do thuismitheoirí faoi lán tseoil, maidin & tráthnóna Dé Máirt agus tá lán fháilte roimh 'dhaltaí 'nua 'sna ranganna uair ar bith.

With St. Patricks Day and Seachtain na Gaeilge fast approaching I'm asking all parents to start brushing up on their Gaeilge as I'll be expecting to hear loads of Gaeilge being spoken in and around the school between this and then. Don't forget that the Ranganna Gaeilge are in full swing every Tuesday morning and evening—new 'pupils' are welcome at any time.

### *Emer Nic Chonchradha*



## Scór na bPáistí : Cumann CLG Naomh Olaf

Comhghárdeas leis na daltaí ar fad ó R4, R5 & R6 a ghlac páirt i Scór na bPáistí i gClub CLG Nmh Olaf ar an 23 Eanáir. Thart ar 45 dalta ar fad a ghlac páirt 'sna comórtas éagsúla idir Rince Fóirne, Amhránaíocht Aonair, Aithriseoireacht, Ceol Uirlise, Bailéad Ghrúpa & Tráth na gCeist. Tá ard-mholadh ag dul do gach duine acu as cé chomh maith is a bhí siad ar an lá. Mar bharr ar sin thugadar 4 sciath & Corn ar ais abhaile leo! Bhuaigh Lauryn Breathnach an comórtas amhránaíocht aonair, bhuaigh buachaillí R4 an comórtas grúpa bailéad, roinn dhá ghrúpa ceoil as R4 an chéad áit sa chomórtas Uirlisí Ceoil agus bhuaigh Jamie Déiseach, Cian Ó hUallaigh & Aran Ó Murchú an tráth na gCeist. Go n-éirí leis na buaiteoirí uile sa chéad bhadhta eile a bheidh ar siúl i gCaisleán Cnoca ag an deireadh seachtaine.

A big congratulations to all the pupils from R4, R5 & R6 who participated in Scór na bPáistí in St. Olafs GAA Club on the 23rd of January. Approximately 45 pupils competed in the various categories from Set Dancing, Solo singing, Recitation, Instrumental Music, Ballad Group & Table Quiz. All the pupils who participated did themselves and the school very proud. Not only did they put on a great show but they came back to school on Monday with 4 trophies & a cup! Lauryn Breathnach won the solo singing competition, 4th class boys won the ballad competition, two traditional music groups from R4 shared first place in the instrumental competition and Jamie Déiseach, Cian Ó hUallaigh & Aran Ó Murchú won the table quiz. The best of luck to the winners as they progress to the next stage of the competition which takes place this weekend in Castleknock.

Comhghárdeachas libh go léir.

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## Dátaí don Dialann

Dates for your Diary

- **10/02/2011** Tráth na gCeist: Table Quiz (for adults)
- **15/02/2011** Cruinniú Bí Sábháilte do Thuismitheoirí: 'Stay Safe' meeting for Parents.
- **20/12/2011** Féile Nollag na Scoile R1-R6
- **21/02/2011** AGM Coiste na dTuismitheoirí: Parents Committee AGM
- **23/02/2011** Lá inseirbhíse Fóirne : Staff inservice day.
- **24/02/2011 & 25/02/2011** Briseadh meán-téarma : Mid-term break.
- **07/03/2011 → 15/03/2011** Seachtain na Gaeilge

## An Clár Bí Sábháilte: Stay Safe Programme

Is clár scileanna sábhailteachta pearsanta do bhunscoileanna é an clár Bí Sábháilte. Tá sé mar aidhm ag an gclár drochíde ar leanai a chosc mar aon le saghasanna eile ansmachta a chosc freisin. Múintear an clár i gcomhthéacs Oideachas sláinte, phearsanta agus sóisialta (OSPS). Tá an clár bunaithe ar na buneilimintí seo a leanas :

1. Féin-mheas leanai a chothú
2. Féin-mhuinín leanai a chothú
3. Cabhrú le leanai a bheith teanntásach
4. Cabhrú le leanai a gcuid mothúchán a aithint agus a chur in iúl.

Ar nós sraithe eile de churaclam OSPS is próiseas comhoibrithe idir tuismitheoirí agus múinteoirí é cur i bhfeidhm an chlár Bí Sábháilte chun leanai a choimeád slán sábháilte agus chun drochíde ar leanai a chosc trí oideachas i scileanna sábhailteachta. Beidh rialacha foghlamtha ag an gcuid is mó de na leanai a chabhróidh leo iad féin a chosaint, m.sh. sábhailteacht bóthair agus sábhailteacht uisce. Ba chóir go mbeadh sábhailteacht phearsanta ina chuid nádúrtha d'oideachas gach linbh.

Múineann an clár Bí Sábháilte do leanai conas iad féin a chosaint ach ag an am céanna fágann sé acu an tuiscint gur áit shlán go bunúsach é an domhan timpeall orthu. Cuireann an cur chuige se oar chumas na leanai smacht a fháil ar ócáidí, a bheith teanntásach, agus cabhair a lorg d'aon fhadhb a bheidh acu. Múineann an clár straitéisí simplí chun déileáil le hócáidí a d'fhéadfadh a bheith dáinséarach agus tugtar deis do na leanai na staitéisí seo a chleachtadh sa seomra ranga. Déantar scileanna de na straitéisí, dá bhrí sin, a bheidh mar chuid d'iompar féinchosanta an linbh.

Is iad na hAIDHMEANNA atá ag an gclár ná

- Cabhrú le leanai mothúcháin atá sábháilte agus nach bhfuil sábháilte a aithint agus a chur in iúl.
- Na scileanna sábhailteachta chun déileáil le gnáth-ócáidí neamhsábháilteachta ar nós a bheith ag dul amú a mhúineadh do na leanai.
- Na leanai a spraeagadh chun meas a bheith acu ar chairdeas agus scileanna a mhúineadh dóibh a bhaineann le cairde a dhéanamh agus a choimeád.
- Na straitéisí sábhailteachta chun déileáil le bulaíocht a mhúineadh do na leanai.
- A mhúineadh do na leanai nach nglactar le bulaíocht ar dhaoine eile.
- Leanai a spreagadh chun meas a bheith acu ar ghnáthchion agus taitneamh a bhaint as.
- A mhúineadh do leanai conas déileáil le teagmháil choirp atá mí-oiriúnach nó neamhsábháilte.
- An riail a mhúineadh – ná coimeád teagmháil choirp go deo faoi rún.
- Cabhrú leis na leanai an difear idir run ata go maith agus rún nach bhfuil go maith a aithint.
- Cabhrú leis na leanai na daoine fásta arbh fhéidir leo drochrún a roinnt leo, a liostáil agus deis a thabhairt dóibh cleachtadh ar insint a dhéanamh.
- A shoiléiriú do leanai cad is strainséirí ann
- Straitéisí sábhailteachta a thabhairt do leanai chun déileáil i gceart le strainséirí.

## Cruinniú Eolais do Thuismitheoirí

Beidh an clár Bí Sábháilte á mhúineadh againn sa scoil i ndiaidh na Cásca. Mar ullmhúchán dó sin tá Cruinniú Eolais do Thuismitheoirí eagraithe againn d'óiche Dé Máirt seo chugainn an 15 Feabhra ag a 8pm sa scoil. Rachaidh Kathleen McFadden, atá ag obair le CAPP (Child Abuse Prevention Programme) tríd an gclár libh agus freagróidh sí ceisteanna ar bith atá agaibh faoin gclár.

Cruinniú 'Bí Sábháilte'

**Máirt : Tuesday**

15 / 02 / 2011

**8pm**

'Stay Safe' Meeting



## Stay Safe Programme: An Clár Bí Sábháilte

The Stay Safe programme is a personal safety skills programme for primary schools. Its overall objective is to prevent child abuse and other forms of child victimisation. This programme is taught within the broader context of Social, personal and health education (SPHE). It is based on the following core elements, each of which is an integral part of the SPHE curriculum.

1. Nurturing children's self esteem
2. Building children's confidence
3. Enabling children to be assertive
4. Helping children to identify and express their feelings.

In common with other strands of the SPHE curriculum the Stay Safe programme is a collaborative process which involves parents and teachers taking a co-ordinated approach to child protection through safety skills education. Most children will already have learned rules which are designed to protect them, such as road safety or water safety. Personal safety should be a natural part of every child's education.

The Stay Safe programme teaches children prevention, while preserving their sense of the world around them as a basically safe and secure place. This approach allows children to exercise control, to be assertive, and enables them to seek help for any problems they may encounter. The programme teaches simple strategies for dealing with various potentially dangerous situations and children are given the opportunity to practise these strategies in the classroom. Thus, the concepts are translated into skills which become part of the child's repertoire of self-protective behaviour.

The OBJECTIVES of the programme are:

- To help children to identify and express safe & unsafe feelings
- To teach children safety skills for dealing with common unsafe situations like getting lost.
- To encourage children to value friendship and to teach them skills for making and keeping friends.
- To teach children safety strategies for dealing with bullying.
- To teach children that it is not acceptable to bully others.
- To encourage children to value and enjoy normal affection.
- To teach children how to deal with an unsafe or an inappropriate touch.
- To teach the rule – never to keep secrets about touching.
- To help the children to recognise the difference between a good secret and a bad secret.
- To help children identify the adults they could tell if they had a bad secret and to give them the opportunity to practice telling.
- To clarify for the children who strangers are.
- To give children safety strategies for dealing appropriately with strangers.

## Information Meeting for Parents

The Stay Safe programme will be taught in school after Easter. In preparation for that we have organised an information meeting for parents on Tuesday evening next the 15<sup>th</sup> of March at 8pm. Kathleen McFadden, who works with CAPP (Child Abuse Prevention Programme) will give an overview of the programme and answer any questions you might have in relation to it.

Tuile Eolais ar an gClár Bí Sábháilte ar fáil ar..

For more information on Stay Safe programme and lesson plans go to.....

[www.staysafe.ie](http://www.staysafe.ie)

nó

[www.taobhnacoille.ie](http://www.taobhnacoille.ie)

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“Beatha Teanga í a Labhairt”

R2	Céad Fhaoistin First Confession	Céadaoin 30 Márta Wednesday 30th March	7.30pm
R2	Comaoineach First Communion	Satharn 14 Bealtaine Saturday 14th May	11.00am
R6	Cúrsa Spioradálta Retreat	Aoine 11 Márta Friday 11th March	9.00am—2.30pm Wayside Celtic
R6	Searmanas an tSolais Service of Light	Céadaoin 4 Bealtaine Wednesday 4th May	7.30pm
R6	Cóineartú Confirmation	Déardaoin 26 Bealtaine Thursday 26th May	11.00am

Séipéal/Church: Séipéal Mhuire Taobh na Coille, St Mary's, Sandyford Village

Sagart/Priest: An tAthair Leon Ó Giolláin

Cóineartú An tAthair Lomán Mac Aodha

**Tráth na gCeist**

Table Quiz

Tráth na gCeist & oíche shóisialta á eagrú ag Coiste na dTuismitheoirí do Thuismitheoirí & Cairde na scoile sa Step Inn ar an **Déardaoin** seo an **10 Feabhra** ag **8pm**. Bígí ann!

Don't forget Table Quiz & Social night for parents and friends of the school in the Step Inn this **Thursday** the **10th February** at **8pm**. Teams of <5 €40

**Step Inn 8pm 10/02/2011**

**Lá Pleanála Forbairt Scoile**

School Development Planning Day

Beidh an scoil DÚNTA do na daltaí ar an gCéadaoin an 23 Feabhra mar go mbeidh na múinteoirí ag tabhairt faoi lá pleanála forbairt scoile (curtha ar athló roimh na Nollag)

The school will be CLOSED for pupils on Wednesday the 23rd of February as the teachers will be participating in a school development planning day (planning day postponed before christmas).

Dráma Nollag na Naíonáin Shinsearacha! Nollaig 2010

**My Story**

The senior infants are starting to write their own stories

