

The Hot Lunches Scheme.

We are now three weeks into the Hot Lunches Scheme and the general consensus is that it is a welcome addition to the school day.

Like any new system, it takes a while for everyone to fine tune the process. We appreciate your patience as we do so. There are a few points to note...

- We ask that all children bring their own reusable cutlery with them each day as we are trying to make Scoil Íde as sustainable a school as we possibly can.
- Scoil Íde has signed up to the Hot Lunches Scheme as directed by the Department of Education. The Lunch Bag system did initially allow for parents and guardians to purchase "add on" snacks at their own expense. That facility has now been closed as that was not part of the arrangement we signed up to. Our main focus is ensuring the timely delivery of the hot lunches while ensuring that there is as little disruption to the typical school day as possible.
- The introduction of the Hot lunches now affords us the opportunity to focus on providing a light healthy snack for the 11 o'clock snack break which is five minutes long
- We would ask parents and guardians not to send chocolate bars, sweets, processed drinks and crisps into school. We actively teach the children about healthy eating habits and your cooperation makes this much easier to do.
- Any issues with the hot lunches should be brought to the attention of The Lunch bag by contacting info@thelunchbag.ie
- The Hot Lunches Scheme is optional. If you wish to remove your child from the scheme please email principal@scoilide.ie.



The Lunchbag have asked that we make families aware of the following details...

- All our chicken and Turkey is sourced from McCaugheys family farm in Castleblayney.
 - All our pork is from Loughnane's butchers in Galway
 - We work with Finnegan's farm in Navan for our veg and Mike Duggan Limerick for our fruit (which we wash and hand cut ourselves)
 - Our beef is from McKeown's in Ballymena
 - We are well aware of fibre deficiencies in Irish diets, therefore add lentils to our mince dishes for a fibre boost
 - We work with Ballymaloe - literally the best in the industry, to ensure sauces are made specifically for us to meet HI guidelines including low salt and low sugar contents, while pulsed veg dense
 - All our cheeses are from Bandon Vale in Cork
 - We work with Glenhaven in Co Wicklow to develop chicken goujons that are 100% chicken breast and are baked not flash fried
 - We proudly display our nutritional info on our app and website
- All our meals are passed by the Dept Social Protection and Dept Health for meeting guidelines

School Uniform

The sun finally broke through over the past week and it is great to see the children out and about and not looking to the sky to gauge the probability of a shower of rain.

That said, uniform remains a very important part of the school day. It creates and maintains a connection to the school environment. The uniform signifies that children belong with us in Scoil Íde. It is not a control measure, it's an identity one.

Shorts should be appropriate for the school setting and dark in colour. Leggings and bicycle shorts are not part of the school uniform and we ask for parental cooperation in this regard.

Hearing and Vision Testing for Junior Infants and for new intake during 2023-2024

The Public Health Team were on site in Scoil Íde in the MakerSpace this month to conduct hearing and vision testing. 90 children (predominantly Junior Infants) were tested over three days and we sincerely thank Connie Blackwell from Rostown Clinic for her great work.

We must also thank Amy O'Connor, a past pupil who is placement with us at present for her help over the three days. It made for a seamless experience for the children.



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061 345495

April 2024

SCOIL ÍDE NEWS

Merit Winners

These children have made Scoil Íde a better place through their words, thoughts and deeds and have been awarded a Merit to acknowledge this.

Boland

- Charlie McNamara- For his exemplary lessons to us all in how to lead with kindness to others.
- Lily O' Sullivan- for brightening up our class with her smile and good spirit.
- Aoibhe Ryan- for being a supportive friend and a superb organiser.
- Anne De Cléir- for her no-fuss approach to everything and her excellent work ethic.
- Shannon McNamara- for being Ms Breen's help to stay on track and for her excellent attitude to Duathlon training.

Frost

- Adam Butler: For being selected to play on the Limerick Schools Hurling Team. What an achievement, we are so proud of you Adam!
- Bella Bennis: "For excelling in all that she does, particularly by being such a good and decent person. Bella is always looking out for others and always trying her best to be kind. Well done Bella!"
- Laoise Moore: For championing the JEP Project in Frost, for taking on a lead role in the "T-Shirts to Totes" project and for working so hard to make it a huge success. Thank you Laoise!
- Quinn Sheedy: For being the brains behind our JEP Project. She is constantly thinking about our project, what needs to be done next week and what we can do to improve in all areas.
- Max Vieira: Every time Max does his "Happy Dance" it makes us all smile. It is so lovely to see Max full of joy and contentment. He brightens up the day in Frost with his jokes and dancing!

Heaney

- Zach Grant: For taking pride in the cleanliness of his class and for leading by example in it's upkeep.
- Aoife McNamara: For showing and spreading confidence and enthusiasm during dance sessions.
- Saoirse Micks: For her increased efforts to become involved in ceachtanna Gaeilge.
- Erica Lynch: For her positive attitude, maturity and pleasant and patient manner.
- Nicole O' Flynn: For her efforts and insights offered during philosophy sessions.

Sacrament of Eucharist

(Holy Communion)

We wish all the children in second class the very best of luck next Month as they receive the Sacrament of the Eucharist on Sunday 18th and 25th in May.

Thanks to Fr Richie and Fr Ger and the Parish Team for all their help in preparing the children for such a milestone in their Faith journey.

It is our hope that the children and their families will enjoy what is such a meaningful ceremony



Trip to Sport Campus Ireland



Hopkins in 5th and Frost in 6th visited the Sport Ireland Campus where they were invited to attend an American Football training session known as *Jagtag* hosted by the Jacksonville Jaguars.

The session involved fun inclusive games centred around throwing, catching, tag evasion and teamwork. NFL player Ben Koyack was on hand to give valuable tips and advice. A huge thank you to Andy Scott and his Jacksonville coaching staff for a wonderful day.

Check out our recently renovated website at www.scoilide.ie.



CALENDAR 2023-2024

May Mid-term Break: Closed Monday, 6th to Friday, 10th May inclusive.

Public Holiday: Monday, 3rd June 2024

European Elections/Local Elections & Directly Elected Mayor Vote: June 7th, 2023

Closing for Summer Holidays on Friday, 28th June at 12.15pm

CALENDAR 2024-2025

School Re-opens for all pupils on Thursday, 29th August 2024

October Mid-term Break: Closed Monday, 28th October to Friday, 1st November 2024 incl.
Christmas Holidays: Closing Friday 20th December at 12.15p.m. and re-opening on Monday, 6th January 2025.

Public Holiday: Monday, 3rd February 2025.

February Mid-term Break: Closed Monday, 17th to Friday, 21st February 2025 incl..

Public Holiday: Monday, 17th March 2025- St. Patrick's Day.

Easter 2025: Closing Friday, 11th April at 12.15p.m. and re-opening on Monday, 28th April 2025.

Public Holiday: Monday, May 5th, 2025

School closed : Friday, May 30th, 2025

Public Holiday: Monday, June 2nd, 2025

School closes on Friday, June 27th at 12:15 for the Summer holidays



The Sacrament of Reconciliation (First Confession) was held in St. Munchin's Church on Monday 15th April. Father Richie spoke to the children about God being the 'Good Shepherd' who looks for us throughout our lives when we might be 'lost'. He emphasised that no matter where the children find themselves in their lives that God will be looking for them to care for them as a shepherd looks after their sheep. Individual confessions were heard and afterwards Father Richie invited the children to partake of the sacrament as often as they may wish so during their lives, that God's mercy and forgiveness was always available to them. The children received a memento in the form of a bracelet depicting some saints and religious images.

Eid

We hope all those of the Muslim faith in our school community enjoyed the religious holiday of Eid al-Fitr. Eid is celebrated by Muslims worldwide because it marks the end of the month-long dawn-to-sunset fasting of Ramadan and gives our families the chance to celebrate their faith and to provide for those less well off.





**6th Class Merit
Recipients for April 2024.**



Importance of skin protection for children

The HSE's National Cancer Control Programme (NCCP), in collaboration with Healthy Ireland has asked us to promote the following message in our school community.

Skin cancer is the most common cancer in Ireland with almost 13,000 new cases diagnosed annually. UV exposure during the first 10–15 years of life makes a disproportionately large contribution to lifetime risk of skin cancer.

Playing and spending time outdoors is good for children. However, it is important to protect children's skin when out in the sun. Too much exposure to the sun's ultraviolet (UV) radiation can lead to sun damage, sunburn and skin cancer. Children and young people are particularly vulnerable to the damaging effects of UV radiation from the sun. Severe sunburn during childhood (3 or more instances before the age of 20) is associated with a 2-4 times higher risk of developing melanoma skin cancer in later life.

The easiest way to protect children's skin from UV is to follow the SunSmart 5 S's especially from April to September:

- Slip on clothing: We need to cover our skin as much as we can, using tops that have long sleeves to cover your arms and collars to cover your neck.
- Slop on sunscreen: Children need a stronger sunscreen than adults, with a Sun Protection Factor (SPF) of at least 50, while adults should wear a sunscreen withal SPF of at least 30. The sunscreen you use should be water resistant with high UVA protection and be reapplied every couple of hours. No sunscreen can provide 100% protection; it should be used with other measures such as clothing and shade.
- Slap on a wide – brimmed hat: This will shade your face, ears and neck from the sun.
- Seek shade: Especially if outdoors between 11am and 3pm.
- Slide on sunglasses with UV protection: Guard your eyes from harm.

Even when it is cloudy, you should protect your skin as the sun's UV rays can travel through cloud. Also important to remember do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.



Fresh Film Festival

Our budding film Makers enjoyed a wonderful day out at the Omniplex on April 15th. On the day, pupils, past and present, gathered for the *Fresh Film Young Filmmaker of the Year Awards Ceremony*. We were so proud to see the movies our pupils produced on the big screen. Particular congratulations to Mikey Mahon in 6th class Boland who was presented with the highly prestigious 2nd Place Award for his movie *"Autocorrect"*

