



# Nuachtlitir Nollaig 2024

## Lón Sláintiúil

Tá Polasaí Lón Sláintiúil againn ar scoil. Iarraimid ar thuismitheoirí tacú linn é a chur I bhfeidhm le bhur dtoil.

We have a Healthy Lunch Policy in our school and we need your support to implement it please. We have noticed quite a number of pupils bringing sweet snacks and crisps to school. Please read the guidelines from our policy attached.

### Treoirínte Guidelines

Chun bosca lóin sláintiúil a chruthú, moltar:

- ceapairí feoil/sailéid/cáise,
  - craicéir,
  - áran pitta,
  - pasta,
  - torthaí agus glasraí,
- bia atá éasca le láimhseáil do na páistí óga m.sh. an craiceann a bhaint d'óraistí,
  - bia gan clúdach pháipéir,
  - uisce, bainne nó sú thorthaí gan siúcra níos sláintiúla. Tá deochanna antábhachtach agus moltar do pháistí deoch a thabhairt leo ar scoil gach lá.
  - Braitheann an méid bia atá ann ar aois agus ar ghoile an pháiste.

Ní mholtar:

- gránbharraí áirithe atá lán le siúcra.
  - gnáth brioscaí
- deochanna coipeacha, deochanna spóirt nó deochanna lán le siúcra.

Ní cheadaítear:

- Cannaí nó buidéil coke, sprite srl.
  - Milseáin nó seacláid
- Brioscaí / bia le seacláid
- Criospaí
- líreacáin nó guma coganta ar scoil.

## Lón Sláintiúil

In order to create a healthy lunchbox, the following are encouraged:

- meat/salad/cheese sandwiches,
  - crackers,
  - pitta bread
  - pasta,
  - fruit and vegetables.
- food that is manageable for younger children e.g. give the child a peeled orange,
  - wrappers are best kept to a minimum,
  - drinks such as water, milk or unsweetened fruit juice. Fluid intake is very important and children are encouraged to bring a drink to school every day.
  - The child's age and appetite should be taken into account when deciding on portion size.

The following are discouraged:

- Certain cereal bars with high sugar content.
- Plain biscuits
- Sports drinks and drinks with high sugar content.

The following are not permitted:

- Cans or bottles of minerals such as Coke, sprite etc.
- Sweets, chocolate bars /biscuits or foods containing chocolate
  - Crisps
  - Chewing gum and lollipops.

Glanmore provide a healthy lunch for all pupils every day. If you do not wish to avail of this lunch for your child, please cancel it or reduce it directly with Glanmore. All unwanted /unfinished lunch will be sent home with your child.





## An Nollaig sa Ghaelscoil

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6ú - Rang Leah ag dul go dtí an Geamaireacht Nollag  
Cork Opera House / Rang Leah attending the Panto.

Ceardlann Nollag le tuistí chun na Logaí Nollag a chruthú - 12ú & 13ú  
Christmas Craft making with parents

Carúil i Supervalu le hIsobel agus Eibhlin ar an 13ú  
Carol singing outside Supervalu 13th

Cuairt Daidí na Nollag 18ú Nollag  
Visit from Santa - 18th December

Seirbhís Carúil na Nollag do chách 19ú  
Christmas Carol Service 19th December.

Dúnfar an scoil ag 12 a chlog méánlae ar an Aoine 20ú.  
Holidays begin at 12 midday on Friday 20th December.  
06/01/2025 - School reopens 9am



## Cruinnithe Múinteoir/Tuismitheoir

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Buíochas le tuismitheoirí uile na Gaelscoile as bhur gcomhoibriú leis na cruinnithe an tseachtain seo caite. Is mór an chreidiúint daoibh an spéis a léiríonn sibh in oideachas agus i bhforbairt bhur bpáistí. Táimid an bhuíoch as bhur spreagadh is bhur bhfocail cneasta chomh maith. Buíochas freisin leis na múinteoirí ar fad as an obair ullmhúchána a rinne siad dos na cruinnithe agus na laethanta fada oibre a chuir siad isteach.

A sincere thank you to all our parents for your co-operation with our Parent/Teacher meetings last week. The interest shown by you in your children's education and development is a great credit to you. Thank you also for your kind and encouraging words. They are immensely appreciated. Thank you also to our Teachers for the preparatory work involved and for the long evenings.





### Cártaí Nollag

Mar is eol daoibh is scoil ghlas sinn. Dá bharr agus an dúil ionainn a bheith neamhdhíobhálach dár dtimpeallacht agus í a chaomhnú & a chothú, táimid ag impí oraibh & ar na páistí gan aon Chártaí Nollag a scaipeadh i measc a chéile mar chruthaíonn sé dramhpháipéar & tá sé díobhálach don timpeallacht.

### Christmas Cards

As you are aware, we are a Green School. We strive to be sustainable and environmentally friendly. We are asking you & the children not to distribute Christmas Cards to each other in school as this creates a lot of paper waste and is detrimental to the environment.

### Scoil Nua

Tá dul chun cinn iontach á dhéanamh ag an suíomh scoile nua.  
Significant progress at the new school site.

A quick peep inside one of our beautiful classrooms.





## Féach ar ár nGaeilgeoirí na Míosa





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## Scoil Ghlas

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Thosaíomar ar an gComórtas na Seomraí Slachtmhara le déanaí. Tá gach rang ag déanamh iarracht a seomra ranga a choimeád glan, agus na boscaí bruscar a úsáid i gceart. Ná déan dearmad, tóg do bhruscar ó do lón fein abhaile! Is mór an cabhair iad na maoir bruscair i ngach rang. Beidh buaiteoir ag deireadh na míosa. Lean leis an dea-obair gach duine!

### Green School

We began our Tidy Classroom Competition recently. Each class can earn points through disposing of waste and recycling properly, and by keeping their classroom clean. Our classroom monitors have been a great help to remind everyone of the correct use of our recycling and rubbish bins. The winners will be announced at the end of the month. Keep up the good work everyone!





Coiste na dTuismitheoirí  
Parents Council

We are all looking forward to our Christmas Crafts Day on Thursday 12th and Friday 13th where we will make Christmas logs to sell later to you. We will have some decorations for the logs but maybe some children could bring in their own (these are for sale in Mr. Price and the Euro Shop) A big Míle Buíochas to Kayleigh's Mam and Dad, Anita & Killian for donating and preparing the logs for decoration.



Siúlóid  
Urraithe/Sponsored  
Walk

The total amount raised from our Annual Halloween School Walk this year was €3,500.00. A huge thank you to all who sponsored our walk.

Reminder:  
Christmas Raffle

All families received the Christmas Raffle sponsor card this week. Please return to the office before the 19th of December. Below is a list of all the wonderful prizes. If you're not in you can't win!





# 12 Là na Nollag

DECEMBER 9TH - 20TH

- Lá 1 - The Lazy Cow €20 Voucher & The Comeragh Bar €30 Voucher
- Lá 2 - Wurlitzer €30 Voucher & 2 packs on Bugatti Socks from Bourkes Menswear
- Lá 3 - The Carraig Hotel €30 Voucher & My Dress €50 Voucher
- Lá 4 - Phelans Topline €50 Voucher & Hamper from Coughlans Chemist
- Lá 5 - Hair House by Sinead Robinson €50 Voucher & Martys Pantry Christmas Pudding
- Lá 6 - John Hearn's €50 Voucher & 2 Boxes of Chocolates
- Lá 7 - Outfield Sport €50 Voucher & Pepe Moll Handbag
- Lá 8 - Needles and Pins Cosmetics €50 Voucher & 1 litre of Vodka
- Lá 9 - Meanys Shoes €50 Voucher & World of Bounce €30 Voucher
- Lá 10 - Elaine O Neills Hairdressers €100 Voucher
- Lá 11 - AJ Cronin Strength and Fitness Gym €80 Voucher
- Lá 12 - €300 Cash Prize



Coiste na dTuismitheoirí  
Parents Council



Rang Leah received their fabulous 2025 hoodies earlier this week.  
Maith sibh Rang a Sé for the unique design.





## Seirbhís Carúil na Nollaig Christmas Carol Service

### Seirbhís Carúil na Nollag

Beidh seirbhís carúil na Nollag ar siúl ag 1 a chlog ar an 19ú mí na Nollag i Séipéal Naomh Molleráin. Tá gach rang ag glacadh páirte i mbliana ó na Naíonáin go Rang a 6. Tá cleachtadh ar siúl faoi láthair agus taimid a tnúth go mór leis an seirbhís.

Our Carol Service takes place in St Molleran's Church at 1pm on the 19th of December. Every class from Junior Infants to 6th class are taking part this year. A lot of practice is underway currently and we are really looking forward to it!





## An Dáil

Nuacht den scoth! Is féidir linn insint daoibh go bhfuil Comhairle na nDaltaí againn anois! Bhí ar gach páiste oráid agus feachtas toghchánaíochta a dhéanamh ag insint cén fáth go mbéidís oiriúnach chun bheith mar bhall den Chumann. Chaith gach páiste i ngach rang vóta don oráid ab'fhearr leo. Is deis iontach é bheith mar bhall de Chumann na nDaltaí. Guímíd gach rath orthu i mbliana agus iad ag cabhrú chun dul chun cinn a dhéanamh sa scoil.

Exciting news this week! We can now reveal that we have a newly appointed Student Council. All children interested in being on the Student Council were required to come up with a speech and an election campaign highlighting why they would be a good representative. Their class members voted for the best speech. Being on the Student Council is a fantastic opportunity for the children and we wish them every success in helping to improve our school.





## Lions Club Peace Poster Awards Ceremony

Comhghairdeas le hAoibhinn, i Rang a Cuig a bhuaigh Comortas Ealaíne leis an Lions Club. Táimid an bhródúil aisti.

Congratulations to Aoibhinn, in Rang a Cúig who won an Art Competition with the Lions Club. We are very proud of her.





Geansaí Nollag  
Christmas Jumper



Tá fáilte is fiche roimh pháistí na  
Gael scoile geansaí Nollag a chaitheamh  
ar scoil on 16ú - 20ú más mian leo.

All children are welcome to wear their  
Christmas jumpers / clothes from the 16th  
- 20th if they so wish.





## Spórt

### Lúthchleasaíocht/Athletics

Tosóidh lúthchleasaíocht tar éis na Nollag do gach rang. Míle buíochas le Niall agus an fhoireann lúthchleasaíocht ó Carrick Athletic Club. Athletics begins after Christmas for all classes. Thank you to Niall and his team from Carrick Athletic Club.

### Peil/Gaa

Buíochas mór le Busker as ucht an dea obair a dhéanann sé gach bliain leis na páistí ar fad. Tá peil críochnaithe anois don bhliain. Thank you to our GAA coach Jamie Sweetman for the great work that he has done with all classes this year.

Our U11 team fought a great battle in the Cumann na mBunscol U11 semi final in Clerihan recently against a strong Two Mile Borris NS team. It was an achievement to reach a semi final and will be built upon for next year! Maith sibh a pháistí.

### Snámh/Swimming

Tá Snámh críochnabhfhe anois do Rang 3& 4 agus Rang Naí Mhóra & Rang 1. Míle buíochas leis an fhoireann sa linn snámha as ucht na ceachtanna . Swimming has concluded for Rang 3 & 4 and Rang Naí Mhóra & Rang 1. Thank you to all the swim instructors in Sean Kelly Centre. The remaining classes will begin their swimming lessons later in the new year.



## Accelerated Reading

### Accelerated Reading

Tá sé iontach gach rang a fheiceáil ag léamh go neamhspleach agus ag baint taitneamh as an réimse leathan leabhair atá anois ag an scoil. Tá roinnt mhaith scrúdaithe déanta anois ag na páistí ar na leabhair atá léite acu agus tá na pointe ag ardú gach lá. Beidh scrúdú measúnú eile ar ag na páistí arís roimh dheireadh na bliana.

It is lovely to see all the children reading independently and enjoying all the wonderful AR appropriate books that the school has in stock. Lots of children are getting into the habit of taking assessment tests on their reading. Points are accumulating and the children are reaching their own individual reading targets. All pupils in Múinteoir Leah and Múinteoir Aaron's class will be undertaking another Star reading assessment test before the end of the year to determine future reading targets.



Ealaíontóir Cónaithe / Artist in Residence, past pupil Electra  
BA Fine Arts, Crawford College of Art & Design  
Childrens Book Illustration, Goldsmiths University London

Ealaíontóir Cónaithe, Iarscoláire Electra

Tá Rang Eibhlín ag baint suilt is tairbhe as a bheith ag obair le healaíntóir áitiúil, Electra Grant sa scoil gach seachtain. Tá an obair iontach cruthaitheach ag dul ó neart go neart gach seachtain is beidh an tionscnamh ‘An Grianchóras’ críochnaithe roimh an Nollaig. Molaim an ard-chaighdeán oibre agus an comhoibriú atá léirithe agus na páisti ag obair le hElectra.

The children in Rang Eibhlín continue to enjoy and benefit from working creatively under the direction of local artist Electra Grant every week. Wonderful progress is being made on their project, ‘The Solar System’. The children’s artistic and creative talents are explored and developed throughout the process. Huge praise for their co-operation working together with Electra.





## Lá Domhanda an Chineáltais / World Kindness Day

### Lá Domhanda an Chineáltais

Ceiliúradh Lá Domhanda an Chineáltais ar an 12ú Samhain. Bhí cara rúnda ag na páistí ar an lá- bhí orthu a bheith cineálta leo!! Chuir gach páiste nóta ar ár mballa buíochas ag tabhairt faoi deara cad a bhí siad buíoch as. Bhí atmaisféar iontach cineálta san aer.

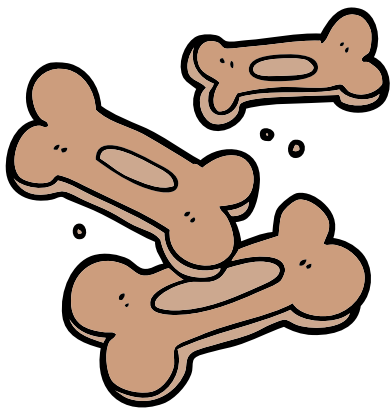
World Kindness Day was celebrated on the 12th of November. The children had a secret friend on the day whom they had to be extra kind to. Each child put a note on our gratitude wall below noting what they were grateful for. There was a wonderful atmosphere of kindness in the air.





## Dog Food Appeal

Deise Animal Sanctuary is an Irish Charity (CHY21017) (CRA 20083755) established in 2010. We are dedicated to rescuing homeless and abandoned animals, primarily dogs from high-kill pounds and owners who can no longer care for them.



# Breithlaethanta na Míosa

Tom Ó  
Toibín  
11

Evan Ó  
Lochlainn  
12

Ben Ó  
Druacháin  
10

Brayden Ó  
Druacháin  
6

Kyle Ó  
hArdgadán  
11

Conor Ó  
Nualláin  
10

Rían  
Breathnach  
5

Alice Ní Chinnéide  
8

Jayden Mac  
Craith  
11

Zoey de Barra  
12

Charlotte Ní hAnluáin  
5

Oisín Ó Griofán  
6

Eve Ní Riain  
6

Dale Mac Réamonn  
12