

Nurturing Talent & Fulfilling Potential



H.C.B School of Philosophy House System Winners

Rainbow Rm: Ardan McGeown **Starlight Rm:** Junior Lavery **P1F:** Jack McNally & Cillian Cosgrove
P1T: Cruz Perry & Caleb Quinn **2Q:** Eamonn Magee & Lorcan Lavery **P2M:** Leon Mailey & Sean Carmichael
P3M: Conan Magee & Odhran McGibbon **P3L:** A.J Teggart & Jack Frame **P4W:** Patrick McManus & Alfie Hillick
P4M: Kai Baker & Ethan Curley **P5C:** Bradain Kane & Caoimhin McGarry
P5M: Sean McCrudden & Reece Lagan **P6E:** Conor Davey & Joseph Thompson **6MJ:** Daniel Murtagh & Caolan Dunlop
7H: Rhys Reilly & Cian Nolan **7MJ:** Jamie Burns & Ciaran Moyna.



Wellbeing Weekly

Philosophy Question: Does everything change?
Weekly Challenge: How many times can you throw a ball against a wall and catch it in a minute?
Motivational Quote: The best way to cheer yourself up is to try and cheer somebody else up. Mark Twain

Solitude Winners: Well done to the following boys who were selected to go to Solitude on Friday (rescheduled for Fri 7th Oct due to rain) for a coaching session on the pitch with our two current staff members, Tony Kane (Dundela FC) and Joe Gormley (Cliftonville FC). The boys were selected for their outstanding efforts with their behaviour and attitude. Thanks so much to Cliftonville FC and especially Imelda Pettigrew for the use of their superb facilities every week. RR & P4: Dylan Og Kelly 7 John Og Robinson Taylor, Tomas Cosgrove, Zach Anderson, Caleb Patterson, Caolan McAllister, Conor Moyna, James Corr, Eamonn Burns & Rio Cooke-Faulkner. P5: Sean Ferguson, Leon Shannon, Ryan Reilly, Corey Doran, Sean Og McConnell McAuley, Caiden McKinney, Caoimhin Catney & Michael Millen. P7: kaiden McLaughlin, Jayden O'Shea, Jude Kelly, Jaye McLarnon, Shaun Ingram, Cian Nolan, Aidan Travers & Ruairi Devlin.

Punctuality Monitoring: This will start tomorrow, Mon 3rd to Fri 7th Oct to help target parents and pupils with difficulties in this regard. When children arrive late to school, they are at an immediate learning disadvantage as they are likely to have missed the teacher-led introduction phase of the morning lesson. We would recommend parents avail of the option to send their child to the Breakfast Club, if finding it difficult to ensure their child attends school on time.

Philosophy: Philosopher of the week, Braden, thinking about what you would and should do if you find a 'black hole' that allows you to access anywhere!

Mental Health Awareness: Sessions will continue for P6 & 7 pupils on Thursday 6th October with specialist, Joe Watson.

Physical Education P6EJ, P6MJ, & M & P7H are really looking forward to their 4th class of handball on Friday from 9.00 to 12.00noon, after a brilliant first two weeks with former three time World Senior Champion, Antrim's Fiona Shannon. Gaelic Hurling/Gaelic Football Coaching for our Primary 4 to 7 classes will once again take place this term. Dates TBC. Swimming: Primary 6 will have the 2nd of their 8 weeks on Fri 7th Oct.

PE Uniform: We have received complaints about children having to get changed before/after Physical Education for various reasons. Therefore, like many Primary Schools, we have decided to introduce a PE Uniform for the days your child has PE. Your son can come to school for the day/s he has PE in the following: Black Jogger Bottoms, White Polo Shirt, Normal Black School Jumper with HCB Crest & Black Trainers.

Extended Schools: We were delighted to have had our normal Extended Schools programme restart on Monday since it was stopped due to Covid-19. The pupils absolutely loved the wide range of activities that they experienced this week, including Mini-Soccer, iPad Club, Talking & Listening (Podcast Skills), Arts and Craft, French, Table Tennis, Science Investigations, Spanish, Irish & handball. Thanks to Mrs Torbitt (ES Coordinator) for organising the ES Programme. Please see ES Timetable/Dates using the following link: https://storage.googleapis.com/sitesetswd/684/docletter/20220929124746_21_202223ESDATETIMETABLE.pdf

CRIS (Community Relations in Schools): Primary 3L Dates (Wednesday 12th, 19th Oct, 2nd & 9th Nov) in assembly hall from 9.30-11.30am. Two of the weeks will be in HCB and two in Glenwood.

School Funds: We would like to make parents aware that the money made from Trainer Tuesday & The Friday Tuckshop will help to add two new Interactive Smartboards for the school which will help make learning more fun for the boys. Thank you!

Counselling Service: With the help of ES funding, we will now be offering a specialist counselling service for some of our pupils. (both individually and in small groups).

Pupil Mental Health: To celebrate World Mental Health Day on Monday 10th October, we have organised a Relaxation and Meditation session with Donna Hawkins for every class in the school during that week.



Jack Coogan
Shea Fahy Cole
Thomas Braniff
Leon Mailey
Junior Mervyn Sharma

Upcoming EVENTS

- ***Primary 6 Swimming:** Week Number 2 of 8, starting on Friday 7th Oct at Falls Leisure Centre.
- ***Trainer Tuesday:** Pupils can wear their trainers on Tuesday 4th October for 50p
- ***Friday Tuckshop** will take place every Friday, continuing Friday 7th Oct 2022.
- ***Punctuality Monitoring** on Monday 3rd to Friday 7th October.
- ***World Mental Health Day** - Mon 10th to Friday 14th October 2022
- ***Mercy College Visit:** Transition for P7M R18 on 12th Oct
- ***CRIS** Dates for 3L (Wed 12, 19 Oct, 2 & 9 Nov 22
- * **Book Fair** starts on the week beginning Monday 17th October (Details to follow).
- ***Rewarding Pupils:** Awards for Reading, Maths and Attendance at Mid-term and end of term to start on Monday 24th October.
- ***Halloween Break** for pupils will be from Thur 27th Oct to Tuesday 1st Nov inclusive. Early finish on Wed 26th Oct.
- ***Anti-Bullying Week:** - Odd Socks Day and Poster competition on 14th - 18th Nov
- ***World Philosophy Day** in 2022 is on Thursday 17th November (Focus on Plato).
- ***FLU Vaccine P1 - P7** on Wed 7th Dec22.
- ***First Holy Communion:** Sat 20th May, 2023 at 11am.



Philosopher of the Week 	Sports Star of the Week 	Reader of the Week 	Mathematician of the Week 	Musicians of the Week 	
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pasta Bolognese Crusty Bread Sweetcorn Raspberry Ripple Ice Cream & Fresh Fruit Chunks	Salmon Fish Cake/Breaded Fish Baked Beans Mashed Potato Frozen Smoothies & Fish Fruit	Breast of Chicken Curry with Boiled Rice & Nann Bread Garden Peas Fruit Sponge & Custard	Roast Breast of Chicken Traditional Stuffing & Gravy Carrot & Parsnip Oven Dry Roast & Mashed Potato Popcorn Cookies and Watermelon Chunks	Burger in a Bap Coleslaw Tossed Salad Chips Baked Potato Fresh Fruit Selection & Yoghurt

YEAR	START	Finish	Friday Finish
1	9.00	2.00	12.45
2	8.45	2.15	1.00
3	9.00	2.30	1.00
4	8.45	2.45	1.20
5	9.00	3.00	1.20
6	8.45	2.45	1.20
7	9.00	3.00	1.20

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Weekly Bulletin for Monday 3rd to Friday 7th October 2022