

Nurturing Talent & Fulfilling Potential



H.C.B School of Philosophy House System Winners

Rainbow Rm: Ivan Aldoshun **Starlight Rm:** Stephen Marley **P1F:** Adam Mooney & Rossa Donnelly
P1T: Luke Halliday-Reid & Sean Rock **2Q:** Edward Og Begley & Caolan Moore **P2M:** Ronan McGrath & Jayden Morgan **P3M:** Liam Robinson & Daniel McCluskey **P3L:** Conan Donnelly & Finn Murphy
P4W: Riley Braniff & Rafael Escano **P4M:** Jamie McGonnell & Leo Dewar **P5C:** Micheal Connors & Odhran Carter **P5M:** Sean Murphy & Pearse Strain **P6EJ:** Rhys Ewing & Daniel Ferris **6MJ:** Phoenix O'Sullivan & Justin Osborne **7H:** Aodhan Ewing & Pearse Maguire **7M:** Conghal McTasney & Jude Kelly



Solitude Winners: Well done to the following boys who were selected to go to Solitude on Friday 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, 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 McLoughlin, Jayden O'Shea, Jude Kelly, Jaye McLarnon, Shaun Ingram, Cian Nolan, Aidan Travers & Ruairi Devlin.

World Mental Health Day: To celebrate World Mental Health Day tomorrow, Monday 10th October, we have organised a Relaxation and Meditation session with Donna Hawkins for every class in the school for the next three days. Annual Poster Competition: To highlight Mental Health Awareness, P1-7 pupils will once again design a poster to highlight the importance of mental health awareness. The 16 winners will receive a football on Friday 14th October.

Punctuality Monitoring took place last week and highlighted a small number of pupils who are having issues with getting to school on time. These 15 pupils will receive a letter home tomorrow and will be on a report card for this week. 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 goes to Jude, as his philosophy on truth and forgiveness was inspirational!

Physical Education P6EJ, P6MJ, & M & P7H are really looking forward to their 5th class of handball on Friday from 9.00 to 12.00noon, after a brilliant first four weeks with former three time World Senior Champion, Antrim's Fiona Shannon. Both Primary 6 classes will commence Gaelic/Hurling with Gaelfit's head coach, Oisín McVicker every Thursday, while the School Handball Team will begin sessions in the Ardoyne GAA Handball court from 3-4. Thank you to the Ardoyne Kickhams and the Ardoyne Youth Club for the use of their excellent facilities. Swimming: Primary 6 will have the 3rd of their 8 weeks on Fri 14th October.

Counselling Service (CALM with Carole) / Pupil Mental Health: With the help of ES funding, we will now be offering a specialist counselling service for selected pupils, starting this Tuesday 11th Oct (working individually and/or in small groups). A different class will also receive a one hour session each week to highlight the importance of dealing with emotions and mental health strategies.

Mental Health Awareness: Sessions will continue for P6 & 7 pupils on Thursday 13th October with specialist, Joe Watson

Student Council: The newly elected Student Council had their first meeting of the new school year last week where they discussed their ideas and plans for the year ahead. They also noted the positive feedback from their first initiative - the new PE Uniform. Well done boys!

Extended Schools: Please see ES Timetable/Dates using the following link:

https://storage.googleapis.com/sitesassetswd/684/docletter/20220929124746_21_202223ESDATESTIMETABLE.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.

Wellbeing Weekly

Philosophy Question: What would you do if you found a ring of invisibility?

Weekly Challenge: Tell a relation that you love them and explain why.

Motivational Quote: "Take the first step in faith. You don't have to see the whole staircase, just take the first step." Dr. Martin Luther King Jr.



Shaun Ingram
 Christopher Moloney
 Lochlann Turley
 Calvin McGeough
 Lorcan Cahill

Upcoming Events

***World Mental Health Day & Poster competition** - Mon 10th to Friday 14th October 2022

***Primary 6 Swimming:** Week Number 3 of 8, starting on Friday 14th Oct at Falls Leisure Centre.

***Trainer Tuesday:** Pupils can wear their trainers on Tuesday 11th October for 50p

***Friday Tuckshop** will take place every Friday, continuing Friday 14th Oct 2022.

***Punctuality Monitoring Week 2** (Only for pupils on Report Card - Monday 10th to Friday 14th October.

***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.

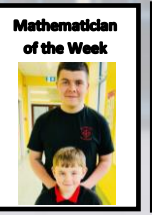
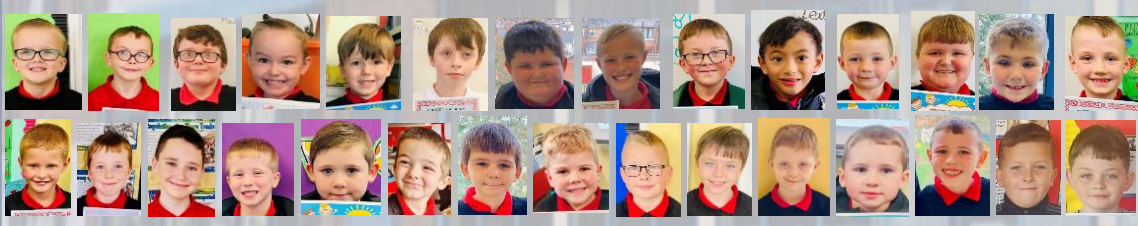
***Halloween Break** for pupils will be from Thur 27th Oct to Tuesday 1st Nov inclusive. Early finish on Wed 26th Oct.

***Anti-Bullying Week:** - Odd Socks Day and Poster competition on 14th - 18th Nov

***World Philosophy Day** 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.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Oven Baked Sausages Baked Beans Mashed Potatoes Arctic Roll & Fresh Fruit	Breaded Fish Fillets Sweetcorn & Peas Mashed Potato Melon, Cheese & Crackers	Breast of Chicken Curry with Boiled Rice & Nann Bread Garden Peas Baked Potato Fruit Sponge & Custard	Roast Beef Traditional Stuffing, Gravy Savoy Cabbage Oven Roast Dry & Mashed Potato Fresh Yoghurt & Fresh Fruit	Steak Burger in a Bap Chips Baked Potato Tossed Salad/Coleslaw Flakemeal Biscuit & Fresh Fruit

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 10th to Friday 14th October 2022