

Nurturing Talent & Fulfilling Potential



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H.C.B School of Philosophy House System Winners

10: Ollie Quinn & Callum Magill **11:** Connolly Johnston & Enzo Loughran **2F:** Harley Rea McMullan & Ruairi McLaughlin
2M: Caleb Quinn & Noah McClenaghan **3Mc:** Oisín Collohan & Caleb Donaghy **3Mo:** Lorcan Sproule & Caleb Barnes
4W: Lucas Saunders & Caelan Murphy **4M:** Finlay Stanton & Jack Frame **5W:** Rafael Jr Escano & Noah Mc Kervey
5C: Nathan Ewing & Jack Stitt **6M:** Michael Millen & Mason Engelen **6EJ:** Martin Lundy & Kieron Muldoon
7L: Oisín Steenson & Muiz Ojo **7H:** Tiernan Graham & Jack Coogan **Starlight:** Conor Davey **Rainbow:** Seb Burns



Solitude Winners: We are delighted that we will have the use of the facilities at Solitude (for the 4th successive year) every Friday as a reward for our P4-7 pupils who display an outstanding effort with their behaviour and their attitude at school. This will start on **Friday 15th Sept** and the lucky **24 boys** will go along with our two staff members and local football stars Tony Kane (Dundela FC) and Joe Gormley (Cliftonville FC).
Punctuality Monitoring: This will take place on the week beginning **Monday 18th to Friday 22nd September** 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: Aidan is the HCB philosopher of the week for daring to think differently on Aristotle's Triangle of Happiness!
Homework Monitoring Week was last week from Monday 11th to Fri 15th Sept. There are a small number of pupils finding it difficult to complete and return homework. These boys will be monitored this week also and the parents of these pupils will be contacted on Fri 22nd Sept if this problem continues.

Music: Singing Practice: For P1-3 on Fridays @11.00 to 11.30am and P4-7 on Thursdays @11.10 to 11.40am. Class & Peripatetic lessons on flute, violin, brass, cello & bassoon will be starting again in the coming weeks.

Mental Health Awareness: The 2nd session for P6 & 7 pupils will be on **Thursday 14th September** with specialist, Joe Watson.

Physical Education: All pupils should wear their full P.E Uniform on their P.E days: **Black Jogger Bottoms, White Polo Shirt, Normal Black School Jumper with HCB Crest & Black Trainers.** Swimming for Primary 6 will start on Friday 22nd September 2023 at the Falls Leisure Centre and the focus for the first Physical Education theme for September/October is dance. School teams for Gaelic Football (Mr Magennis), Soccer (Mr Mullan), Handball (Mr Ferrin) and Table tennis (Mr Ferrin) will also commence soon. GaelFit coaching (6 weeks) will continue on Wed 13th September for P3 & 4 classes (Week 2) and Multipot Games on Thursdays for 6 (10.10-10.30), 6M (10.30-11.00), 7H (11.00-11.30) and 7L (11.30-12.00). P5 classes will have Gaelfast lessons on Tuesdays 1.15 to 2.30pm.

Extended Schools: We will restart our Extended Schools Programme next **Monday 18th September 2023.** Notes and reply slips have been sent home with the boys, detailing out extensive list of activities, including Sports (Multi-Sports, Soccer, Handball, Table tennis and Gaelic Football), Languages (Irish, French and Spanish) and Musical instruments (drums and guitar). We will also have iPad classes, Nature Studies, Science Investigations & Arts and Crafts. ES funding is also inclusive of our Counselling Service for this academic year. It is planned to resume in September and will run for the majority of school year with Family Works.

School Lunches: Reminder: If a child is eligible for a Free School Meal (FSM), you need to reapply on the eani.org.uk website.

<https://www.eani.org.uk/financial-help/free-school-meals-uniform-grants/apply-for-free-school-meals-uniform-grants>

Click on the link for the HCB Healthy Eating Policy:

https://storage.googleapis.com/siteassetswd/684/docletter/20220705104703_11_Healthy_Eating_Policy.pdf

Pupil Information and Consent Form: Please ensure that you complete and sign this form (sent home last Tuesday) to ensure that we have all relevant and up to date details for you and your son (if you have not already done so). NB: Please contact the school asap if you have any medical issues/concerns regarding your son that the school should know about.

Breakfast Club continues every morning for P2-7 and will start on Monday 2nd October 2023 for Primary 1. The Breakfast Club opens at 8:00am in the school canteen and costs of £1 per morning (includes cereal, toast and a drink).

Feast of the Holy Cross: Pupils will finish early on **Thursday 14th September 2023** for the Feast of the Holy Cross. P4-7 pupils will attend mass in Holy Cross Church and return to the school afterwards. **All classes will finish at 11.00am** and there will be no homework. No dinners will be served but there will be a BREAK OF CHOICE.

School Holidays for 2023/24 https://storage.googleapis.com/siteassetswd/684/docletter/20230309120136_15_HCB_School_Holidays_for_Parents_2023-2024.pdf

Wellbeing Weekly

Philosophy Question: Is time what we see on a clock face?

Weekly Challenge: Read two books!

Motivational Quote: We are what we repeatedly do. Excellence, therefore, is not an act but a habit. Aristotle



Cian Carson, Ethan Trainor, Fionn Harrison, Caleb Quinn, Luca Maguire, Aodhan Catney, Connlaodh Delaney, Nathan Ewing, Pearse McCrudden, Sean McCrudden & Bradain Kane.

Upcoming EVENTS

***Trainer Tuesday:** Pupils can wear their trainers on Tuesdays for 50p, starting Tue 12th Sept.

***Friday Tuckshop:** will take place every Friday, continuing on Friday 15th Sept.

***P1-P7 Intranasal fluenz Tetra vaccine** on Friday 13th October.

***Solitude Friday Visits:** Restarts on Friday 15th September.

***Feast of the Holy Cross:** Pupils will finish early on Thurs 14th Sept at 11.00am.

***Punctuality Monitoring Week** will take place from Mon 18th to Fri 22nd Sept.

SMOKEBUSTERS is on Wed 20th SEP for P6 and P7 classes

***European Languages Day:** Tues 26th Sept.

***World Mental Health Day:** Tue 10th Oct

***Book Fair** starts on the week beginning Monday 16th October (Details to follow).

***Rewarding Pupils:** Awards for Reading, Maths and Attendance at Mid-term and end of term to start Monday 23rd October.

***Halloween Break** Halloween Break from Thur 26th Oct to Wed 1st Nov inclusive. Early finish on Wed 25th Oct (P2, 4 and 6 finish 11.45am, P3, 5 and 7 finish 12.00pm. RR, SR and P 1 will finish at 11.30am.

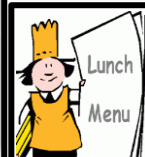
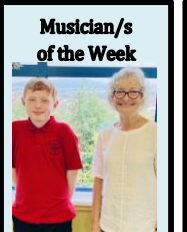
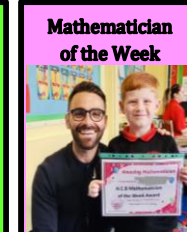
***Anti-Bullying Week:** Mon 13th - Fri 17th November.

***World Philosophy Day** is on Thur 16th Nov 2023 (Focus on Aristotle).

GaelFit coaching



Back to School fun!



Monday 11th Sept

Tuesday 12th Sept

Wednesday 13th Sept

Thursday 14th Sept

Friday 15th Sept

Fish Fingers, Beans & Chips. Jelly & Fruit.

Savory Mince, Baton Carrots & Mashed Potato. Sponge & Custard.

Chicken Curry, Naan Bread, Sweetcorn & Steamed Rice. Ice Cream & Fruit

NO DINNERS
Feast of the Holy Cross: Pupils finish at 11.00am.

Hot Dog, Sweetcorn & Chips. Frozen Yoghurt

Dinner Menu 2023-24 https://storage.googleapis.com/siteassetswd/684/docletter/20230831013823_74_Dinner_Menu_September_2023.pptx

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
RR	8.45	2.00	12.30
SL	8.45	2.30	12.30

HC B Weekly Bulletin for Monday 11th to Friday 15th September 2023