

Nurturing Talent & Fulfilling Potential



Phone: 02890-351032 holycrossboys@hotmail.com Twitter: @HolyCrossBoys FB: Holy Cross Boys' PS www.holycrossboys.com

H.C.B School of Philosophy House System Winners

MILL 1Q: Cohen Carson & Daniel Robinson 1T: Caiden Morelli & Conor Mahony 2F: Carter Dunlop & Cillian Cosgrove 2M: Oisín Lowry Young & Jack Ballard 3Mc: Patrick Llewellyn & Darragh MacKinn 4W: Daniel McCluskey & Fiachra McComb 4M: Anthony Teggart & Finn Murphy 5W: Jack Moss & Jaxson Bittles 5C: James Corr & Jake Mailey 6M: Manuel Cirpaci & Pearse Strain 6EJ: Michael Burns & Sean Murphy 7L: Christopher Moloney & Josh Lyttle 7H: Oisín Brennan & Mark McConnell

ARISTOTLE

PLATO

Starlight: Dylan Og Kelly RR: Bruno Chodkowski

Solitude Winners: Well done to the following boys who were selected to go to Solitude for a coaching session on the pitch with our two current staff members, Hollie Mailey 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. **Starlight Rm/P4:** Thomas Boyle, Junior Lavery, Logan Russell, Reilly Cole, Conan Magee, Odhran McGibbon, Tiarnan Murphy, Gerard Frame, Caolan Doherty & Pdraig Mallon. **P5:** Kai Baker, Conan McNeill, Haiden Toner, Aidan Toal, Giovanni Tchuda, Rafael Escano, Lewis Campbell & Alfie Hillick. **P6:** (At Swimming – Week 4). **P7:** Michael John Nugent, Muiz Ojo, Junior Brady Evans, Mason Jay Bradley, Faelan McGuckian, Oisín Brennan, Mason McGrandles & Tiernan Scullion. This group will go on **Friday 3rd November**.

Halloween Break from **Thur 26th Oct to Wed 1st Nov (inclusive)**. Halloween Hooley will take place this **Wed 25th Oct**. There will be a prize for the best costume in each class. No dinners will be served and the pupils will finish earlier on 25th October at the following times: **P1, RR & SL finish @11.30am, P2, 4 & 6 finish @11.45am & P3, 5 & 7 finish @12.00pm.**

HCB Annual Bookfair: A huge thank you to all the boys and their parents for the amazing support this year, which brought in a record amount of £3500. Once again, the job of the judges for the bookmark competition was extremely challenging, as the standard was really high. Details of all the winners and photos to follow this week. **Poster Competition Winners for Mental Health Awareness:** 1Q: Callum Magill 1T: Conan Anderson 2F: Thomas Lean 2M: Cillian Robinson 3Mc: Keaton Grogan 3Mo: Tom Wallace 4W: Logan Russell 4M: SW: SC: Connor Weatherall 6M: 6EJ: 7L: Oisín Stenerson 7H: Alfie O'Hare Starlight: Daire Savage RR: James Engelen.

Cliftonville legend Joe 'The Goal' fundraises for Cancer Lifeline: The staff of HCB were proud to support their colleague and Cliftonville legend Joe Gormley with his fundraising for Cancer Lifeline as part of his testimonial year. We wish you all the best Joe & if anybody else wishes to donate then please follow the link below <https://www.justgiving.com/page/joe-gormley-1696795205187>

Counselling Service: With the help of ES funding, we are now offering a specialist counselling service for selected pupils on Wednesdays. **Breakfast Club** opens at 8:00am in the school canteen and costs of £1 per morning (includes cereal, toast and a drink). Wednesdays are always **FREE** for all pupils, and we give out Tuckshop and Breakfast Club vouchers every Wednesday.

Mindfulness and Aromatherapy: P7H R20 will have the first of their 3 sessions from Donna Hawkins on **Wed 8th Nov 2023**.

Philosophy: Cathal óg is our philosopher of the week for daring to think differently on What Makes Me a Me?

Music: Singing Practice for P1-3 on Fridays @11.00 to 11.30am and P4-7 on Thursdays @11.10 to 11.40am. Classes & Peripatetic lessons on flute, violin, brass, cello & bassoon continue weekly.

Mental Health Awareness: The 4th session for P6 & 7 pupils will be on **Thursday 2nd November** with specialist, Joe Watson. **Physical Education:** **Swimming** for Primary 6 (Week 6) takes place on **Friday 3rd November 2023** at the Falls Leisure Centre and the focus for the first Physical Education theme for September/October is dance. Thanks to Oisín @gaelfit for our hurling training for P3 & 4. **Gaelfit** coaching (6 weeks) continues **Wed 8th November** for P3 & 4 classes (Week 5) and **Multisport Games** at the Ardoyne Community Centre with **Community Sports Network** on Thursdays for 6J (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 5W R14 @1.10-1.50pm and 5C R14 @1.50-2.30pm.

School Teams: Well done to the HCB football team and coach, Mr Mullan, who continued their unbeaten run in all competitions this year when they defeated Cairnshill P.S 2-0 in the first round of the Cyril Murray Cup. After a scoreless draw, thanks to the brilliance of Bradain Kane (GK), the boys stepped it up in extra time with fantastic goals from Faelan McGuckian and Ronan Burns to advance.

Sport Changes Life - Honour Roll Programme with Aaron at AYC. The programme will be 8 weeks based around the transition from Primary 7 to first year. The 5th of the 8-week programme is on tomorrow, **Monday 23rd October** for P7L R18 and P7H R20.

Extended Schools Block 1 (5 weeks) ended last week and **Block 2/Week 1** will start on **Monday 6th to Friday 10th November** and end on **Monday 4th to Friday 8th December 2023**. Notes and reply slips will be 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).

School Holidays 23/24 https://storage.googleapis.com/sitesassetsswd/684/docletter/20230309120136_15_HCB_School_Holidays_for_Parents_2023-2024.pdf

HCB Healthy Eating Policy: https://storage.googleapis.com/sitesassetsswd/684/docletter/20220705104703_11_Healthy_Eating_Policy.pdf

Wellbeing Weekly

Philosophy Question: Are we free to do whatever we want?

Weekly Challenge: Have a nice bubble bath.

Motivational Quote: Positive anything is better than negative thinking. A Elbert Hubbard.

Happy Birthday

Caolan McCaul, Leon Watson Neill, Brandon Fegan, Neil Murphy, Cruz Murphy, Patrick McManus, Jack Stitt, Jayden Rodgers Neill, Finnbar Johnston, Sean McConnell-McAuley, Lewis Faulkner, & Ciaran Gormley.

Upcoming Events

Trainer Tuesday: Pupils can wear their trainers on Tuesdays for 50p, starting **Tue 24 Oct**.

Breakfast Club FREE entry on **Wed 25 Oct** for P2-7 pupils from 8am.

Tuckshop: will take place this **TUESDAY 24th Oct.**

Solitude Friday Visits on **Friday 3rd Nov 23**

Rewarding Pupils: Awards for Reading, Maths and Attendance at Mid-term will be given out tomorrow **Monday 23rd October**.

Halloween Break from **Thur 26th Oct** to **Wed 1st Nov** inclusive. Halloween Hooley will take place on **Wed 25th Oct**. There will be a prize for the best costume in each class. No dinners will be served, and the pupils will finish earlier on 25th Oct: RR, SR & P 1 @11.30am. (P2, 4 & 6 finish @11.45am, P3, 5 & 7 @12.00pm).

TRIPS: 4W R12 on **Mon 23 Oct** and 4MR11 on **Tue 24th Oct** (WW2 Trip). Year 4 to Waterfront Hall (Ulster Orchestra) on **Mon 27th Nov**.

NSPCC Speak Out/Stay Safe programme: **6/11/23:** KS1 & KS2 Virtual Assemblies & **20/11/23:** P6 & P7 (60 min workshops for P6 (9.30am-10.30am) & P7 (11am-12pm)).

P7H Relaxation and Therapy sessions with Donna Hawkins on **Wed 8, Wed 15, & Fri 24 Nov**.

P7 Transfer Mock Day 1 **Tue 7th Nov** and Day 2 **Tue 21st Nov 2023**.

Anti-Bullying Week: **Mon 13 to Fri 17 Nov**.

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

OPEN DAY for prospective P1 pupils in **September 2024 on Tuesday 28th Nov 2023**.

Christmas Holidays: Pupils will finish earlier on **Thur 21st Dec** and return for Term 2 on **Mon 8th Jan 2024** at the normal times.

Holy Communion on **Fri 17 May 24 @11am**.



Reader of the Week 	Sports Star of the Week 	Mathematician of the Week 	Philosopher of the Week 	Musician/s of the Week 	Healthy Eating Ambassador
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	Monday 23 rd Oct	Tuesday 24 th Oct	Wednesday 25 th Oct	Thursday 26 th Oct	Friday 27 th Oct
Lunch Menu	Chicken Goujons, Spaghetti Hoops & Chips. Ice cream Fruit.	Beef Meatballs with Italian Tomato & Basil Sauce, Garden Peas & Pasta, Jelly And Fruit	Early Finish No Dinners	School Closed for Halloween	School Closed for Halloween

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

HCB Weekly Bulletin for Monday 23rd o Friday 25th October 2023

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