

March Note

Dear Parent/Guardian,

Our theme for this month will be 'Kindness'.

Kindness in our schools - It's probably the most important 'subject' of our times!

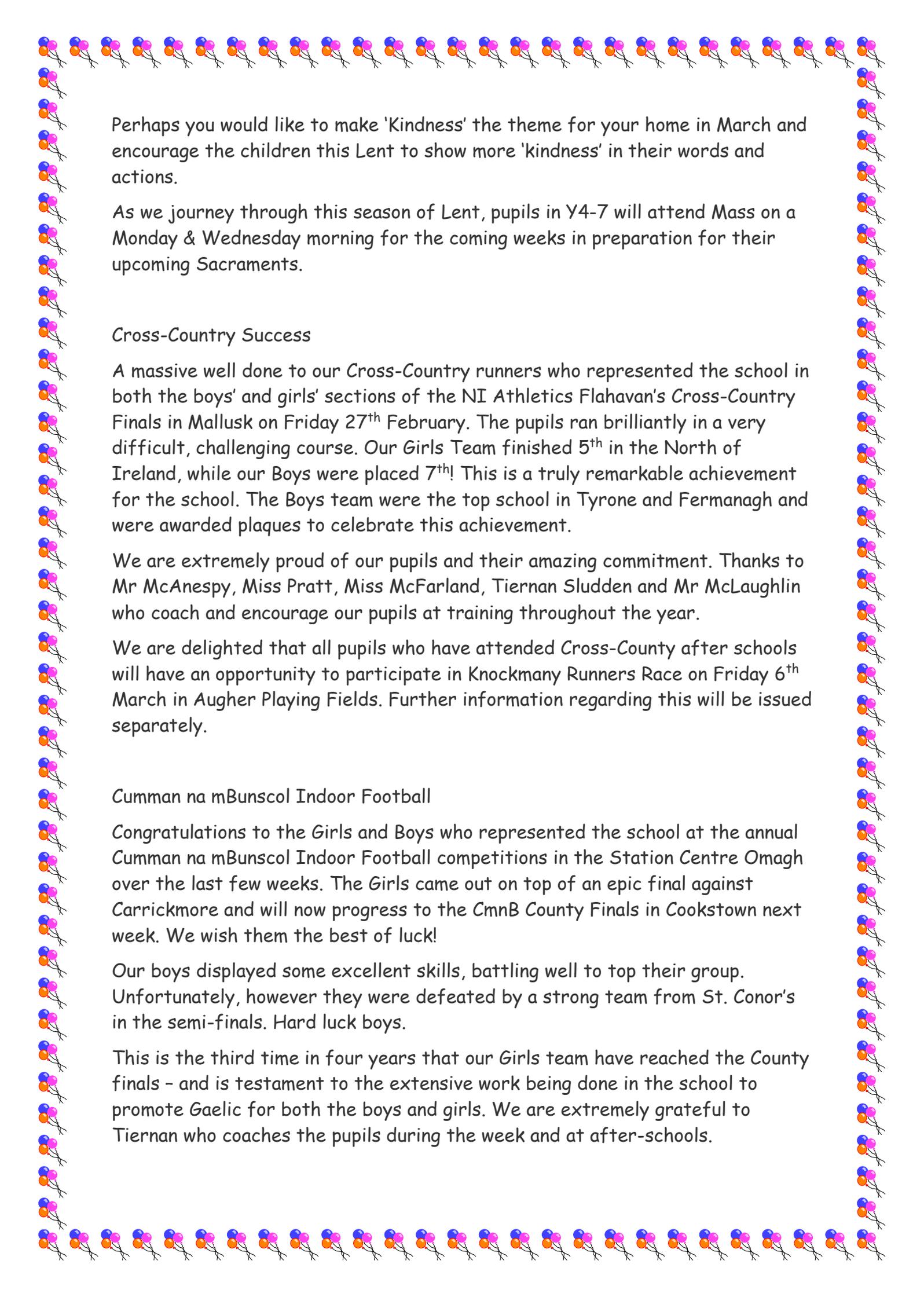
Kindness is a powerful force for good in the world. In current times, we need as much of it as possible within our communities. We need to promote it more as we experience more poverty, homelessness, and people fleeing from war.

There are many different ways to be kind, and even small acts of kindness can have a huge impact. From holding a door open to volunteering to be a Samaritan, each way of kindness has a trickle effect on other people.

Kindness cannot be taught to children by lecturing them about how unkind they are. They have to witness it. It can be learned and practised. Everyone can become kinder with practice. Kindness is contagious. When we see other people being kind, we tend to mimic their behaviour or become inspired to help others without realising it. Kindness acts as a reward in itself. It is linked to better relationships, positive mental health outcomes, and a greater sense of purpose and meaning. Kindness is not a weakness. It is a strength. For instance, it takes strength and courage to be kind when faced with adversity. Kindness is not always easy, especially when we are angry or disillusioned, but small steps rekindle its powerful effects.

A precursor to kindness is empathy, and imagining ourselves in the shoes of others is a good starting point. This empathy is the gateway. Often, children need opportunities to experience its positive effects. Visiting old people's homes, sick neighbours, or helping other children with special needs allows them to put their own worries into better context. Kindness is magnetic.

Parents have the primary role in the promotion of kindness, and we in school can only do so much. School is only another avenue where it can be learned and facilitated. By prioritising kindness, we would reduce stress levels and foster a degree of positivity that we all need at the moment.



Perhaps you would like to make 'Kindness' the theme for your home in March and encourage the children this Lent to show more 'kindness' in their words and actions.

As we journey through this season of Lent, pupils in Y4-7 will attend Mass on a Monday & Wednesday morning for the coming weeks in preparation for their upcoming Sacraments.

Cross-Country Success

A massive well done to our Cross-Country runners who represented the school in both the boys' and girls' sections of the NI Athletics Flahavan's Cross-Country Finals in Mallusk on Friday 27th February. The pupils ran brilliantly in a very difficult, challenging course. Our Girls Team finished 5th in the North of Ireland, while our Boys were placed 7th! This is a truly remarkable achievement for the school. The Boys team were the top school in Tyrone and Fermanagh and were awarded plaques to celebrate this achievement.

We are extremely proud of our pupils and their amazing commitment. Thanks to Mr McAnespy, Miss Pratt, Miss McFarland, Tiernan Sludden and Mr McLaughlin who coach and encourage our pupils at training throughout the year.

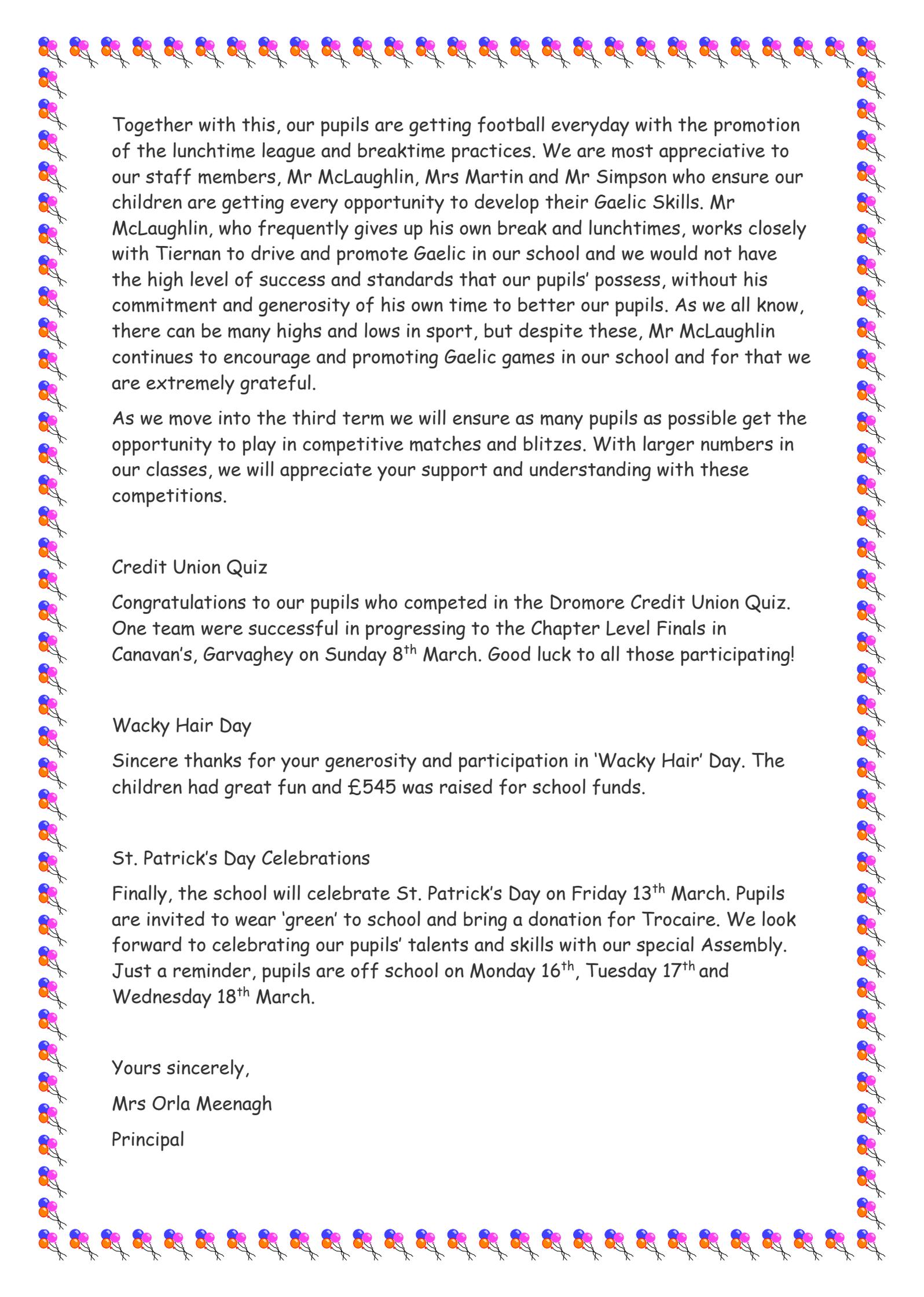
We are delighted that all pupils who have attended Cross-County after schools will have an opportunity to participate in Knockmany Runners Race on Friday 6th March in Agher Playing Fields. Further information regarding this will be issued separately.

Cumman na mBunscol Indoor Football

Congratulations to the Girls and Boys who represented the school at the annual Cumman na mBunscol Indoor Football competitions in the Station Centre Omagh over the last few weeks. The Girls came out on top of an epic final against Carrickmore and will now progress to the CmNB County Finals in Cookstown next week. We wish them the best of luck!

Our boys displayed some excellent skills, battling well to top their group. Unfortunately, however they were defeated by a strong team from St. Conor's in the semi-finals. Hard luck boys.

This is the third time in four years that our Girls team have reached the County finals - and is testament to the extensive work being done in the school to promote Gaelic for both the boys and girls. We are extremely grateful to Tiernan who coaches the pupils during the week and at after-schools.



Together with this, our pupils are getting football everyday with the promotion of the lunchtime league and breaktime practices. We are most appreciative to our staff members, Mr McLaughlin, Mrs Martin and Mr Simpson who ensure our children are getting every opportunity to develop their Gaelic Skills. Mr McLaughlin, who frequently gives up his own break and lunchtimes, works closely with Tiernan to drive and promote Gaelic in our school and we would not have the high level of success and standards that our pupils' possess, without his commitment and generosity of his own time to better our pupils. As we all know, there can be many highs and lows in sport, but despite these, Mr McLaughlin continues to encourage and promoting Gaelic games in our school and for that we are extremely grateful.

As we move into the third term we will ensure as many pupils as possible get the opportunity to play in competitive matches and blitzes. With larger numbers in our classes, we will appreciate your support and understanding with these competitions.

Credit Union Quiz

Congratulations to our pupils who competed in the Dromore Credit Union Quiz. One team were successful in progressing to the Chapter Level Finals in Canavan's, Garvaghey on Sunday 8th March. Good luck to all those participating!

Wacky Hair Day

Sincere thanks for your generosity and participation in 'Wacky Hair' Day. The children had great fun and £545 was raised for school funds.

St. Patrick's Day Celebrations

Finally, the school will celebrate St. Patrick's Day on Friday 13th March. Pupils are invited to wear 'green' to school and bring a donation for Trocaire. We look forward to celebrating our pupils' talents and skills with our special Assembly. Just a reminder, pupils are off school on Monday 16th, Tuesday 17th and Wednesday 18th March.

Yours sincerely,

Mrs Orla Meenagh

Principal