



NEWSLETTER

St Ronan's National School

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Welcome to the first newsletter of 2018!

Table Tennis

Division one boys beat Sandford National School 6-0 in the Leinster school's league. They were narrowly defeated by Griffeen valley in a very exciting match.

Our division two team successfully beat Ballyroan NS 5-1. Well done to our division three team who were narrowly defeated by San Carlo 4-2.

The girls team beat Milltown 4-2 on Thursday and are practising hard for their next league game against Griffeen Valley.

Well-Being Week

Well-being week took place from the 5th-9th February. The whole school took part in activities to help promote positive ways to look after our mental health. We explored the five best ways to look after our mental health- being active, being mindful, giving, connecting with others and learning.

All Classes took part in Yoga and mindful activities. The Gospel Choir from Deansrath Community College raised our spirits with some uplifting songs. We all tried to get some extra steps in during the week, and aimed to walk 5000 steps during school on Wednesday. On Friday we had Funky Shoe Day where we all wore odd shoes to signify trying to 'walk a Mile' in someone else's shoes before judging them.

There were lots of activities based around showing compassion and empathy to others.

There are lots of photographs on the website so make sure to check it out!

Cross Country

Huge congrats to the 50 runners who represented our school at the first race of this year's cross country series. We had many top-ten finishers who won points for our school.

Special mention for Mary in 4th class who finished first in her race and Sandra (also 4th class) who finished just behind her in second place. Eryk in 3rd class finished third in his race.

Conditions were tough (rain and muck!) but our runners put in great efforts to get round the course. Well done Callum (3rd class) who ran all the way with a smile on his face, and to all the others who found it hard but battled on bravely to finish.

We had a small squad of only five 6th class runners who really did the school proud with their top ten finishes. As usual the behaviour from the St Ronan's team was excellent. Well done everyone.

(Thanks to the parents who came along to support.)



Above: Cosmic Kids Yoga!

Fourth Class

Fourth class recently visited Glanmore to see how our school lunches are produced. Everyone really enjoyed the trip!

See the school website for more photographs.



Above: Some of the 4th class children at Glanmore

Buddy Reading

Buddy reading has been taking place every Thursday and Friday since January. Fifth class are really enjoying reading with the younger children. More photographs are on the school website, maybe you will see yourself!

Third Class

3rd class have started swimming lessons. We have been having lots of fun and we are starting to see some progress. We have three weeks left. We hope be swimming like fish by then!

As part of well-being week we have started a Gratitude Wall. Each day the children think of something that makes their lives better. They write it on a "Gratitude Block" and place it on the wall. We are quickly realising how much we have to be thankful for and we're probably going to run out of space soon!

Chinese New Year

Happy Chinese New Year to everyone celebrating the occasion on February 16th. It's the Year of the Dog.

Cosmic Kids Yoga

Second class joined in with first class for some Cosmic Kids Yoga recently. It was a great success!

Credit Union Quiz

St. Ronan's N.S competed in the credit union quiz in the Red Cow Hotel on the 26th of January. On the team were Zoe Luby, Ijaz Jimmy, Calum Nolan and Nathan Adawale.

The quiz was a great experience for the team and great fun and, at the halfway point, the children feasted on chips, chicken nuggets and sausages.

After their meal they continued with the quiz and finished in 8th place out of twenty-six other schools. Overall everyone enjoyed their time and did well as it was their first time.

By Ijaz Jimmy and Calum Nolan



Above: Ms. Conlon's fifth class in the library