



Duleek BNS Newsletter

September 2022

Dear Parents, Guardians, Staff and Pupils,

Fáilte ar ais!

Welcome back to another school year that we hope is filled with learning, happiness and fun. A special welcome to all our new pupils who have started with us in Junior Infants and also those who have transferred from other schools. We would also like to welcome our new staff members to the team, Ms Morris and Mr Reilly along with returning staff member Mr De Barra for the current academic year. Please read our news and important updates below. We have also attached the healthy eating policy to this newsletter as a support to you and your son in making healthy lunch choices.



Attendance drive

We will be holding an attendance initiative in October where we will be encouraging the children to attend the full 20 school days in the month. The children will fill in attendance sheets each morning and will receive a certificate if they attain perfect attendance. Best of luck to all the boys. We would also like to welcome Mr Keith McDonald to the role of Home School Liaison Coordinator (HSCL). The HSCL Programme aims to improve educational outcomes for all pupils through engagement with the wider school community, including parents and local organisations.

*Important Safety
Messages*

Cycling/Scooting/Walking to school

Travelling to school by foot, bike or scooter is a great way to get some exercise in before school and reduce our carbon footprint. It is also extremely important that it is done so safely. Please ensure your child is wearing the correct safety gear and is cycling or scooting safely. We often get reports of pupils cycling or scooting dangerously on the road. We have appealed to the council to extend the cycle lane to the village, but until then the footpath must be shared by all users. Parking on the footpath on the school road is very dangerous, therefore we are appealing to parents not to park there.

*Special Education
Teaching*

Special Educational Teaching and Additional Needs

All our teachers and SNAs have been working hard to finalise timetables for this school term. Support teaching will be delivered both in-class through team teaching methods and withdrawal for a small number of pupils. It is also important to note that our SNAs work with many children as we endeavour to meet the needs of all our pupils

Autumn Tree



Autumn is here!

The boys in Mrs Raftery's and Mrs Slater's class have been busy decorating our school tree. They have used their cutting, weaving and pottery skills to create a truly autumnal feel. The boys cut out autumn leaves, used their weaving skills to create beautiful red apples and our clay hedgehogs are almost ready to hibernate at the foot of the tree.

Pride of Place

Well done to all our gardeners who have helped the school achieve Level 4 in the Meath County Council Pride of Place scheme. This is a huge achievement for all involved. Thank you to all the boys and to Mrs Keane for her leadership in this area.



Football

*Cumann na
mBunscoil*

Well done to our school Gaelic football team who have begun the new season with two hard-fought victories. Our first match was played at the school pitch against Gaelscoil an Bhradáin Feasa. Our second match was at the pitch in Walterstown against St Stephen's NS. The boys all displayed great skills and determination in both games, but in particular in the second game when their never-say-die attitude was rewarded by scoring a goal with virtually the last kick of the game to win by one point. We'd like to congratulate all the boys involved, not just on the day of the match, but all those boys who turn up training every day and always try their best. Our internal school league matches will be beginning soon where all boys have the opportunity to practice their skills and enjoy playing their games at lunchtime throughout the week. We'd also like to thank all the teachers involved for giving the boys the opportunity to participate.

Parents Council Fundraiser

*Christmas Card
Fundraiser*



The Parents Council are organising a fundraiser for the school. They are hoping to raise funds by selling Christmas cards through an online order system with designacard.ie. The children will create Christmas cards on a template and this will be returned to the company who will publish them. You will then be able to order your child's card design from the website. Please note your child's name will be sent to the company and there is no obligation to buy the cards. Please ensure you complete the online consent form on our Aladdin app by Thursday 6th of October.

Dates for your diary: Term 1

- Halloween Break: October 31st to November 4th 2022 inclusive (School finishes at usual times on Friday, October 28th)
- Parent Teacher Meetings: November 21st and 22nd 2022
- Christmas Holidays: School finishes at 12 noon (11.30 for infant classes) on Wednesday 21st of December 2022. School reopens on Thursday, January 5th

I would like to take this opportunity to wish you all a very happy and safe school year.

Le meas,

Mr Aidan Raftery,

Principal

Healthy Eating Policy

Schools are an integral component of our society and play a considerable role in the lives of young people. Habits created at a young age continue with us throughout life and so we at Duleek BNS in accordance with the HSE have made some revisions to our Healthy Eating Policy.

Irish adult and childhood nutrition surveys over the past ten years show that eating habits in Ireland are not consistent with optimal health. This has contributed to high levels of overweight and obesity in both adults and children, which in turn increases the risk of chronic conditions such as diabetes, cardiovascular disease and cancer. In Ireland, one in four children and three out of every five adults are overweight or obese. To combat this epidemic, the HSE has made revisions to the food pyramid, although similar to the previous pyramid used, the new pyramid has some distinct differences. Revisions include:

LIMITING Top Shelf Foods to only once or twice a week

- Increasing the servings from the Vegetable, Salad and Fruit shelf from 5 to 7 a day. This means that the Fruit and Veg shelf will now be the largest shelf and so moves to the bottom of the pyramid
- Wholemeal Cereals and Breads, Potatoes, Pasta and Rice or Carbohydrate Shelf moves to the second last shelf
- A single serving is now considered approx. 150 calories which equates to two thin slices of regular pan bread and the range of servings from this shelf is 3-5 per day or up to 7 for teenage boys
- Reduce the intake of salty meats like sausages, bacon and ham to not everyday
- Link to the Food Pyramid as per HSE guidelines
<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/food-pyramid-images/food-pyramid-simple-version.pdf>

Children's bodies are constantly growing and so require a steady stream of nutrients and calories for growth. Children who eat a nutritious balanced diet have better overall health and perform better in school. And so we would ask you to ensure that your child's lunch box is packed with a variety of vitamins, minerals and carbohydrates to keep them going throughout the day.

You will find attached a copy of a meal plan for a boy aged five and a girl aged 10 with this policy. Please note the portion sizes on these plans.

Jakub aged 5: <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/food-pyramid-images/daily-meal-plan-a4-jakub-age-5.pdf>

Niamh aged 10: <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/food-pyramid-images/daily-meal-plan-a4-niamh-age-10.pdf>

Suggestions for healthy foods to include in your child's lunchbox:

- Fruit salad
- Chopped vegetables
- Salad boxes
- Pineapple, melon pieces
- Diced cheese and grapes

- Yoghurts (not containing chocolate)
- Raisins
- Fish, tuna and sweetcorn, salmon and lemon
- Egg salad
- Wholemeal sandwiches
- Rice cakes (not covered in chocolate)
- Soup
- Smoothies
- Ryvita, wholemeal wraps or bagels
- Mini portions of leftover dinner: pasta, rice, meat etc.

Foods to avoid:

- Chocolate
- Sweets
- Crisps
- Fruit winders
- Biscuits
- Rice Krispie Squares
- Limit the amount of cereal bars due to high levels of sugar
- Fizzy drinks
- Hot chocolate
- Chewing gum/mints
- Cake/buns
- Chocolate spread

***NO NUTS** in lunches

We hope this information will be helpful and we thank you for your cooperation. Should you have any questions or concerns please contact Mrs Raftery.