



## Date for diary:

Altar server meeting in school  
8.30pm 15<sup>th</sup> Oct

Election: 26<sup>th</sup> Oct – School closed

Parent Teacher Meetings: 14<sup>th</sup> &  
15<sup>th</sup> Nov – 3pm – 5.30pm



## ***Barryroe National School Halloween Spooktacular Fundraiser***

**Want to have a hauntingly good time with the children over the midterm break and raise funds for the schools wonderful new playground equipment?**

**Arrive on your broomstick at West Cork Secret on Monday 29th October between 3-7 to take part in a game of ghostly golf or maybe a scavenger haunt or creepy spider races or capture the witch!**

**You can also bring your ruby slippers and attend the monster disco and feast on fab pizza cooked up by Frankenstein!**

**The cost is €15 per child, €5 of which will be presented to the school after the midterm break. All welcome... bring your freaky friends or creepy cousin too!**

**Tickets available at the school until Thursday 25th.**

## **Sciath na Scol Fixtures**

6<sup>th</sup> & 5<sup>th</sup> class Boys are into the final of their football section. Final next week but no date fixed yet.

## **Orienteering** dates for 6<sup>th</sup> and 5<sup>th</sup> class.

6<sup>th</sup> : Long Strand 8<sup>th</sup> Nov 10am

5<sup>th</sup> : Courtmacsherry 19<sup>th</sup> November 9.30am

Clonakilty Rugby club will hold a Tag Rugby blitz on Tuesday 16<sup>th</sup> October for schools for 2<sup>nd</sup> to 6<sup>th</sup> classes. This is to compliment the training that the children are undertaking in school at present by the visiting coach, Aishling. 4<sup>th</sup> to 6<sup>th</sup> will attend from 9.30-11.30 and 2<sup>nd</sup> & 3<sup>rd</sup> class will attend from 12.30-2.30pm. If children have gum shields, they should wear them. Please bring football boots (or old runners) and a change of clothes.



Tennis – 2<sup>nd</sup> and 3<sup>rd</sup> Classes 9.30 Thursday



We have been asked to take part in a promotional video for Green Schools. Local co-ordinator Cath Russell will work with Múinteoir Catherine and her class on this. This will also take place on Tuesday and the children will go to Dunworley for some of the photos.



Please send in all your waste batteries to 3<sup>rd</sup> class and they will be collected by WEEE in association with LauraLynn



## Water Safety

Caroline Casey of Cork County Council Water Safety spoke to pupils from 4<sup>th</sup> to 6<sup>th</sup> class on 9<sup>th</sup> October last on water safety. She has recommended some junior classes to visit Tír Na Si Open Farm in Watergrasshill on April the 3<sup>rd</sup>. She attends also and does safety activities with the children. This will be part of a school tour for 1<sup>st</sup>/2<sup>nd</sup> class.

The Safety Flag Award Ceremony will take place on the 23<sup>rd</sup> of April next year and we are invited to attend this year.



Schools Health Promotion Officer Caroline Fegan visited the school last week to discuss our HPS progress. From doing our consultation period last year, our school's four main priority areas in our HPS action plan are **Healthy Eating, Physical Activity, Safety and Mental Health/Wellbeing**. Our Whole School Food Policy will be displayed for viewing on the website next week. Our HPS team will be having their first meeting of the year before midterm break.

Last Wednesday 10<sup>th</sup> October was World Mental Health Day. The focus this year was on young people and mental health in a changing world. Here are some simple actions you can do in your everyday life to feel good and function well from Mental Health Ireland.

### **FIVE WAYS TO WELLBEING**

**CONNECT** With the people around you at home, at work, at school and in your local community.

**BE ACTIVE** Step outside. Go for a walk, cycle, garden or dance. Discover a physical activity that suits your lifestyle.



**TAKE NOTICE** Savour the moment whether you are walking, eating or talking. Be aware of the world around you and what you're feeling.

**KEEP LEARNING** Try something new. rediscover an old interest. Take on new responsibilities. Fix a bike. Learn how to cook your favourite meal.

**GIVE** Do something nice for a friend or a stranger. Thank someone. Volunteer. Join a community group.

See [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) for more ideas.

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Junior Infants Teacher is taking part in the incredible years teacher training. This has been recommended by our psychologist for those working with younger pupils. Múinteoir Ina will attend training days during the year to upskill in this. Múinteoir Evelyn also works on Aistear in her room. This is organised play for young children based on different themes throughout the year. She takes Juniors and senior infants for this.

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6<sup>th</sup> Class are holding a **Halloween Costume and Toy Sale** in aid of their **VEX Robotics Project** which will be held on Wednesday 17<sup>th</sup> October during school hours. Please bring in old toys and halloween costumes for the event by Tuesday 16<sup>th</sup>. Please make sure all costumes are washed. If your child wishes to purchase any items at the sale €5 will be sufficient to give them – all items will be cheap.

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**Pupil Payments** – thank you to all those who have already paid above. **Reminder** 1<sup>st</sup> instalment is due by Mid Term please.



