



Date for diary:

**2nd Oct – Parents' Assoc.
AGM - All are welcome**

Playground Equipment

Our playground equipment is being installed at present. These will be a wonderful addition to our yard. These will be low lying equipment which will be used to improve co-ordination, balance, upper body strength and core strength. They include balance beams, jumping blocks, monkey bars, tunnels, climbing wall (8 pieces of equipment in all). I sent some photos on our VIBER messaging service. The Parents' Association are hoping that parents will attend the **AGM on the 2nd of October** to ask for help in organising a fundraiser for this. It is a great addition to our outside space and will benefit all pupils.

Consent Forms: Due to GDPR Rules we need written consent from you for each activity that we take your child on. Also we need the consent form for photo's for our website and Facebook page and for the Christmas Concert DVD's. If you have your form at home, please sign and send them in. (These were given out with the payment slip on the first week back.) We will send out another next week if we do not receive them.

School Parking



Concern for child safety has been expressed by the bus drivers. The area marked for bus parking should be kept clear at morning drop off and collection at 3pm. When parents stop here the buses have to park outside them which causes a potential danger for the children alighting from the buses. Parents should park above the school (church side) and, if necessary, walk their child to the school gates.

Sciath na Scol Fixtures

Fantastic wins for both boys and girls teams on Wednesday last against Dunderrow. The next fixture is next Thursday 4th October at 12 noon in Kilbrittain.

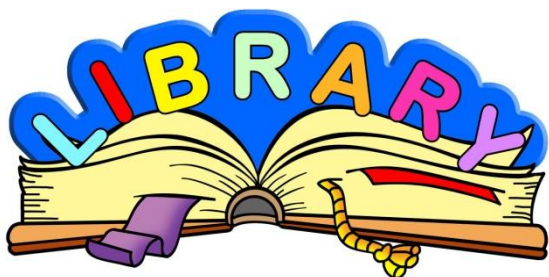
GAA coaches every Wednesday in school – Football skills for the whole school are this week. Next week it will be hurling. Send in a hurley and helmet with your child if they have one. If not we have some spare hurleys at school.

Orienteering dates for 6th and 5th class.

6th : Inchydoney 2nd Oct 10am;
Long Strand 8th Nov 10am

5th : Courtmacsherry 19th November 9.30am

We will require parents to drive to these events. It is approx 1 ½ hour event and children will return to school again.



Now is a great time to join our local libraries in Clonakilty and Bandon. Membership of the library is free and 10 books can now be taken for 3 weeks per card!!!

Bandon Athletics Club – Primary Schools Cross Country

Date: 28th Sept 12.30pm

69 children from 2nd to 6th class enjoyed a day out at the cross country event in Bandon. Like other sports this event is not for every child but it was great to see so many children giving it a go. The children looked very fit so well done families on staying active and healthy. The children were a great support to each other and to those from other schools. Photos are on Facebook.

AUTUMN FRUITS



Junior Infants made apple crumble last week. Cute photos on Facebook- Barryroe national school.



Clonakilty Rugby club will hold a Tag Rugby blitz on Tuesday 16th October for schools for 2nd to 6th classes. This is to compliment the training that the children are undertaking in school at present by the visiting coach, Aishling. 4th to 6th will attend from 9.30-11.30 and 2nd & 3rd class will attend from 12.30-2.30pm. If children have gum shields, they should wear them.



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

Water Safety

Caroline Casey of Cork County Council Water Safety will speak to pupils from 4th to 6th class on 10th October. Last June students were given instruction on water safety at Dunworley Beach. The local Coastguard, local lifeguards and members of the RNLI were in attendance that day.



We were officially formally recognised as a Health Promoting School during the holidays. In order to keep our status we must be seen to promote health and healthy habits as much as possible. This is an ongoing process.



It was wonderful to see the huge variety of fruit and vegetable portions in the children's lunchboxes last term. The Food Dudes programme proved to be a great success and we would like to thank you all for the huge amount of effort being put in at home. We would strongly encourage you to continue putting a portion of fruit and veg into the lunchbox this year. We saw a high amount of sugary treats coming into school in September.

As mentioned on the Safefood website, good food habits set early in childhood can last a lifetime. Here are some practical tips for you and your children on how to prepare a healthy lunchbox (taken from the Safefood website):

- Include a wide variety of foods – fruit and vegetables, starchy foods, protein and dairy
- Add interest to the lunchbox – try some of the following ideas: – Vary the types of bread for example, pitta bread, bagels, wholemeal rolls – keep a stock in the freezer – Cook extra rice or pasta in the evening – these can make great salads – Try a pasta salad or filled tortillas
- Fluids are important for children – up to 6 cups of fluid should be encouraged daily. Milk and water are the best options. Straws and brightly coloured drinks bottles can make drinks more interesting!
- Get your child involved in packing lunches. Let them help choose some element of their lunch. Pick a colourful lunchbox or let them decorate one with stickers
- Children often need to see and taste new foods several times before they accept them, so try out new ideas at teatime or the weekend before including them in a lunchbox

For healthy snack ideas visit www.safefood.eu

Check out the Safefood website for easy ways to choose a balanced nutritious and tasty lunch for your children each day.

www.safefood.eu/whatisahealthylunch.

Our new Whole School Food Policy was drafted at the end of last year and it will be introduced at the end of October. Keep an eye on the website!

Altar Servers Recruitment

A reminder to pick up

- Altar Server Application form and parent/guardian consent form from Fr. Dave.
- Complete **both** forms and return to school or Fr. Dave by close of **school hours Friday 5th October. No exception – don't delay.**
- Parents/guardians of New Servers **must attend** a special meeting on Monday 15th October at 8.30pm in the school.

