

COGAR!

Friday 26th January 2018

School Starts At 9, Be On Time!

Operation Transformation

We have had another wonderful week as part of Operation Transformation. This week the focus was on Mental Health. The children had sessions on yoga, mindfulness and relaxation techniques as well as talking about their 'Happy thing for the Day'. We also learned about some coping strategies that can help us when things get tough.

Thank you once again to all the volunteers who came into school to work with us. Please take a look at the Letterkenny Post this week for the latest piece from the Sports Council.

Assembly

Thank you to Denise from Integral Therapy who came to lead our assembly this morning. Denise showed us some simple breathing techniques to calm our minds and bodies. We practiced some yoga poses and finished off with a guided meditation. Thank you Denise for ending week 3, Mental Health, on such a relaxing note.

Gaeilgeoir na Seachtaine:

Comhghairdeas le Souris i Rang Verity, le Alannah i rang Louise, le Asme i rang Rachel, le Ethan i rang Jennifer, le Olivier i rang Barbara, le Aisling i rang Ciara, le Thomas i rang Nakita agus le Akshata i rang Paul.

Green Team News

Thanks to all who took the time to walk to school this week. We are so proud of all of you! We know it isn't easy when it's wet and windy. Our Green Team is encouraging you to Scoot on Wednesday (31st January). Please see Facebook

for "Safe Scooting Tips". We hope to see as many of you as possible. #letsogreen

Fun Friday!

Next week's Fun Friday is 'extra playtime.

Home School community Liaison (HSCL)

Happy Friday everyone!

Family Friday:

Thank you to all those who joined us today for our Family Friday relaxation session. I hope you enjoyed it and are nice and relaxed now for the weekend ahead!

Couch to 5k:

It is great to see so many people signed up for the couch to 5k program! It is great to see you all getting active with your children. Please remember to bring water as you will be thirsty!

See you all on Monday!

6th class information:

Thank you for returning the blue sheet for the transition course. At the moment we don't have enough to run the course. If anyone is interested but forgot to send the sheet back, please return by Monday 29th of January as this is the final day for collection. Thank you.

3rd class:

Thank you to everyone who returned the Make one change leaflet. You will be entered into the draw for some amazing family prizes. The project will be starting on Monday and your child will be given a coloured sheet and a letter with information about what we will be working on over the next 2 weeks.

If you have any queries or questions you can contact me on 086 7232894 or at

hscl@letterkennyetns.ie

Lisa ☺

PSA

All parents/guardians are members of our school community and are therefore automatically members of the PSA . You are needed and welcome to get actively involved at any time and

to attend monthly meetings. Email address is letnspsa2017@gmail.com

There are a number of exciting projects you are invited to get involved in

1. **Library** - the generous donations of books are greatly appreciated and continue to be welcomed. Also any items of furniture or posters for the walls. Most important and valuable is your time and skills if you would like to join a small group of volunteers for this project please contact the school office or Fiona Gallagher Ekici tel: 0838634770
2. **Community Cookbook**- the children have been learning a lot about food & nutrition this week as part of Operation Transformation. We are trying to gather recipes and artwork for inclusion in a school community cookbook. Please send your family favourite recipe for a starter, snack desert or main Meal - all contributions and ideas welcome to letnspsa@gmail.com

We also need help to compile and print this book anyone in the community who would like to volunteer their graphic design skills and /or experience with such a project please contact Louise Ozbay Tel: 0879123512 or Lisa HSCI hsci@letns.com or leave your details with Edwina at the school reception.

Your favourite family recipe can be hand written, Photocopied or typed. Please also send in a family photo and/ or a picture drawn by your children. It can be emailed or handed into the class teacher.

Many Thanks
PSA

Open Day

We will be holding an open day on Tuesday 6th February from 10am - 2pm. This will be an opportunity for *anyone* from the community who would like to come and see our new school. All of our parents are also very welcome to attend the open day too!

Mid-Term Break

The school will be closed on Thursday 15th and Friday 16th February for our Mid-Term break. Bus drivers have been told about this closure.

Meet The Student Council

Kristian

Hi, my name is Krisian Cinquemanai and I am on the student council. My job on the student council is as treasurer, that means I help to collect and count all of the money that has been raised. I am in 2nd class. I do Reiki and rugby in my spare time. I like riding motorbikes with my older brother too. If you have any ideas for the student council you can talk to me.

Cara

Hi, my name is Cara Gordon and I am PR for the student council. My job is to make posters and send out the word if anything exciting is happening. I do Jujitsu and Gymnastics in my spare time and my favourite hobby is drawing. If you have any ideas for the student council you can talk to me.