



Ard Rí Community National School

Ard Rí C.N.S, Balreask Old, Navan, Co. Meath.

Principal: Darragh Roe

Roll No 20352T



November/December Newsletter

Healthy Eating Policy: Well done to all the boys and girls who ate all their yummy fruit and veggies during Food Dudes. We are now in stage 2 of the Food Dudes programme. The children should continue to bring one small portion of fruit and one small portion of veg in their lunch each day. We award certificates to children to encourage them to make healthy food choices. Our Healthy Eating Policy is available on our website.

Main points are:

Foods we encourage are:	What does not belong in a healthy lunch:
Water	Chocolate spreads/dips
Sandwiches with cheese or meat	Cereal bars, chewy sticky bars, chocolate bars
Pitta bread, crackers, plain rice crackers	Sweets, chewing gum
Fruit (ready to eat)	Fizzy drinks, juice drinks, squash
Vegetables (ready to eat)	Biscuits, cake, doughnuts
Cheese	Crisps
Pasta	
Salad	
Standard yogurts (non-dessert)	

Attendance Policy: We are promoting a culture of good school attendance in our community. Congratulations to Rang Rachel who had an attendance rate of 97.1% in October. In order to help in the fight against germs and absences due to illness, it can be a good idea to pop a small hand sanitiser into your child's lunchbox and encourage them to sanitise their hands before they eat.

Board of Management: Our Board of Management met on 02.10.2018. Information about the Board and a Report for Parents is available on our website.

School Self Evaluation: We are currently undertaking a self-evaluation of teaching and learning in our school. At Ard Rí Community NS we value communication through the written word. This year we are focusing on the improvement of handwriting. The support and views of parents are very important to us and can really help us design the handwriting plan. We will be circulating an online questionnaire for parents in the coming days. Thank you in advance for your feedback and support.



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Upcoming events:

Cheerios Childline Breakfast: Our Parent Association will be holding a breakfast morning on 14.11.2018 to raise funds for Childline. Childline is a counselling service for children provided by the ISPC. Each child will receive a mini-pack of Cheerios. We ask children bring in their own plastic bowl and spoon. Dairy milk will be provided. If your child cannot drink dairy please send in their alternative on the day. We ask you make a small donation. All money raised will go directly to Childline.

Cumann na mBunscoil Cross-country: On Wednesday 14.11.2018 we will be sending four teams of boys and girls to represent Ard Rí to the Cross-Country in Bellewstown again this year. Múinteoir Karen will be in contact with the athletes in the coming days.

Winter Show Rehearsals: This year we are delighted to have Sheila and Imelda from The Academy of Performing Arts directing our Winter Show. Over the years we have had a go at drama, choir and Irish dancing. This year we're bringing Musical Theatre to the stage with our own version of The Wizard of Oz! Sheila and Imelda will work with the children on a weekly basis. The total cost of these lessons is €10 per child. Please make payment to your child's teacher in a clearly labelled envelope as soon as possible.

Wear Red Day: On 23.11.2018 Ard Rí Community NS will be showing racism the red card by wearing red clothes. We will be teaching the children about racism and the Nine Grounds of Discrimination:

Nine Grounds:

- gender
- marital status
- family status
- age
- race
- religion
- disability
- sexual orientation
- membership of the Traveller community

Winter Show: We will hold our Winter Show in the Ardboyne Hotel from 10:30am on Wednesday 19.12.2018. The Parent Association will hold a cake sale in the school hall after. All welcome. As children have paid for Musical Theatre lessons there will be no charge for admission to The Winter Show.