



# 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:** [To view our Healthy Eating Policy please click here.](#) At Ard Rí Community NS we strongly encourage healthy habits in our pupils. Overall lunches are excellent but here is a quick reminder of the main point of our Healthy Eating Policy.

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

\*\*\*Avoid using cling, foil, plastic bottles, tetra and other single use plastics\*\*\*

**Attendance Policy:** We are promoting a culture of good school attendance in our community. Our attendance is up by 0.2% on this time last year. Well done everyone. We work hard to ensure the school is kept clean. 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. Please be on time. **Keep in mind:** *If your child is ten minutes late coming to school every day this means they miss almost one hour of school per week.*

**Headlice Policy:** The staff and management of Ard Rí CNS recognise headlice infections do generate considerable anxiety amongst parents and pupils. [To view our Headlice Policy please click here.](#) As per the policy we will be allocating the last weekend in November as a 'Check for Headlice Weekend'. We encourage parents to carry out Detection Combing and treat if necessary, following the HSE guidelines contained in the policy.

**Board of Management:** Our Board of Management met on 05.11.2019. [For Information about the Board and a Report on each meeting for Parents please click here.](#)



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## Upcoming events:

**Cumann na mBunscoil Cross-country:** On Wednesday 27.11.2019 we will be sending four teams of boys and girls to represent Ard Rí to the Cross-Country in Bellewstown. Múinteoir Karen will be in contact with the athletes in the coming days.

**PE Days:** Children wear school tracksuits on these days. Unfortunately, we have no sports hall. Outdoor PE, Welly Walks and Mile Runs will continue through the Winter as weather permits. Teachers have indoor movement breaks.

<b>Rang Sabrina</b>	Monday & Wednesday	<b>Rang Laura</b>	Tuesday & Friday
<b>Rang Tara</b>	Monday & Wednesday	<b>Rang Cailín</b>	Wednesday & Friday
<b>Rang Niamh</b>	Wednesday & Friday	<b>Rang Karen (3<sup>rd</sup>/4<sup>th</sup>)</b>	Monday & Thursday
<b>Rang Maria</b>	Monday & Thursday	<b>Rang Sarah</b>	Wednesday & Friday
<b>Rang Karen (1st)</b>	Tuesday & Friday	<b>Rang Jack</b>	Monday & Wednesday

**Winter Show:** This year we are delighted to welcome back Sheila and Imelda from The Academy of Performing Arts to produce and direct our Winter Show. Sheila and Imelda will work with the children on a weekly basis. The total cost of these lessons is €10 per child (this includes admission to the show- All Welcome!). We will send out a Way2Pay link in the coming days. Due to numbers we must split the school into two shows this year. There will be a Junior Show and a Senior Show as follows:

Class	Show	Parent Association Cake Sale	Winter Show Boyne Suite Ardboyne Hotel
Junior Infants Senior Infants First Class Second Class	Elf on the Shelf	9.15-10.00 am (pre-show)	10.15-10.45 am
Third Class Fourth Class Fifth Class Sixth Class	The Greatest Showman	12.00pm-12.30pm (post-show)	11.15-11.45 am