



Ard Rí Community National School

Ard Rí C.N.S, Balreask Old, Navan, Co. Meath.
Principal: Darragh Roe
Roll No 20352T



How can I prepare my child for school?

- **School Books**

We source all our books centrally from a local supplier. They deliver our books straight to the school. School books will be covered, labelled and stored in the class. We feel Junior Infants have enough to co-ordinate without struggling with a stack of books! The government has introduced a free schoolbooks scheme for children in Primary Schools. There will be some cost to parents for direct costs not covered by the scheme. When the details of this are finalised we will send you a link to make an online payment through App- [Way2Pay](#).

- **Uniform**

You can purchase our uniform through Geoghegans, Trimgate Street, Navan. You can order through the Geoghegans website: <https://www.geoghegans.ie/collections/ard-ri-community-national-school>.

Only the crested, grey sweater must be purchased through Geoghegans. The navy pinafore, navy trousers, white shirt and red tie can be ordered through Geoghegans directly or purchased in any retail outlet e.g. Pennys, Dunnes Stores, Tesco, M&S etc. ([more info](#)). The children wear the uniform except on P.E., Art and Swimming days. Your teacher will inform you about these days in September. Both boys and girls wear school style shoes. Please ensure your child can manage their own shoes. For Junior Infants we recommend Velcro fasteners. Do not wait until August to order the uniform.

- **Tracksuit**

The crested school tracksuit is available through Geoghegans also. You can order through the Geoghegans website: <https://www.geoghegans.ie/collections/ard-ri-community-national-school>.

The tracksuit is navy with, red flashes and school crest ([more info](#)). Your child can wear it on P.E., Art and Swimming days. Your teacher will inform you about these days in September. A standard white polo shirt must be worn under the tracksuit. The children must wear proper runners when wearing their tracksuit.

- **Label everything**

Please label everything clearly with your child's name and check occasionally that their name hasn't washed off over time! Make sure the labels can be easily seen by the teachers i.e. on the inside of the collar is best and not in their pockets or on the cuffs! We will thank you for this when a full class of Infants decide to take off their jumpers on a sunny day!!

Some of our children have their names or initials neatly embroidered onto their jumpers. It has proven to be extremely effective.

- **Healthy Eating and Hot School Meals**

In Ard Rí we have a [Healthy Lunch Policy](#) (it is available to view on our website). The children are not allowed have sweets, biscuits, chocolate or bars (this includes all types of cereal bars) for lunch. They are not allowed fizzy drinks, diluting juice, lollipops, chewing gum, crisps or popcorn at any time.

We are delighted to be a part of the Hot School Meals scheme. At Ard Rí CNS every child has access to a hot school meal every day. Please visit our hot meals provider website for more info: <https://www.thelunchbag.ie/>

As an 'Active School' a healthy lunch ties in with our emphasis on an active, healthy lifestyle. As a 'Green School' we do not allow foils or single use cling film in our lunch boxes. All Hot School Meals packaging is 100% compostable. When sending in bottles of water please use a re-usable flask.

- **Nut Free School**

Since September 2014 Ard Rí is a 'no nuts school'. No nuts, nut products or chocolate spreads OF ANY KIND are permitted as a number of children now suffer from severe nut allergies.

- **School bags**

When buying a school bag please select one big enough for an A4 zippy folder, as this will be in your child's bag every day. Make sure that your child can fit their lunchbox into their bag and, with a view to being independent, check that they can open and close their bag easily. Crayons and triangular-shaped pencils will be provided in school. Do pack a small 'lunch' for the first two days even though the children will be in for such a short time, the children will be given a lunchtime and they do enjoy the social element of eating together. All leftover lunch and packaging will be returned home with children. This is solely to show parents what their child has eaten on a day. If there is a large amount of waste, please adjust the amount of food you send with them.

- **Talk to them. Listen to them**

Talk to your child as much as possible about what they did, what you are doing, what they watched, whom they met and so on. When talking use names, numbers, mention colours, shapes, sizes etc. Talk about things being big, small, full, empty, over, under, behind, between, first, last, middle etc. Try to extend their vocabulary and their ability to express themselves.

Introduce them to simple nursery rhymes.

Please don't feel that you must try to begin reading and writing with your child – playing and talking are much more important right now. Knowing the alphabet or counting to 100 does not guarantee success in school! A happy, confident, vocal child who can concentrate and listen will find Junior Infants interesting and exciting.

- **Read stories to them**

Children are made readers on the laps of their parents. This is vital and should continue until they are fluent readers and beyond (if they'll let you!) Let them turn pages for you. Run your finger under the words while reading to help them see that we read from left to right. Talk about the pictures, ask questions relating to the story, check their understanding and even prediction, 'what will happen next?' and so on.

If English is not the primary language in your home read to the children in your native tongue. Never abandon their primary language.

- **Encourage colouring, drawing and painting**

These activities will help to develop descriptive language, naming and describing as well as developing their fine motor skills. They will be proud of their efforts. Cutting, water play, sand, baking, LEGO, using play dough and making jigsaws are also very useful activities.

- **Ask your son / daughter to complete simple tasks**

Develop this until they can follow a series of two or three simple instructions, 'go upstairs and get...' Let them, set the table, count the knives and forks. Let them help with everyday tasks, sort the laundry, stack the dishwasher, shop with you, cook with you!

- **Encourage your child to be independent**

Show them how to put on and take off their coat and shoes, fasten their own buttons and zips. It would help if you can get shoes with Velcro, a coat that he/she can manage alone and so on. Give them lunch boxes and drinks that they can open. Encourage them to tidy up after themselves. Ensure that they can look after themselves in the bathroom.

Never do for your child what they can do for themselves.

- **Always be positive about school**

School is generally a positive experience for children. Don't use school or their teacher as a threat!

- **No toys in school**

Your son/daughter may want to bring a toy into school. This should be discouraged, as the toys tend to distract other children and even cause fights. The toy could get lost or broken, causing upset. Occasionally, children may be asked to bring in something as an aid to phonics, nature, show and tell or maths for example. These objects will be displayed in an appropriate place and returned when that lesson is finished. If your child cycles to school please ensure they wear a helmet. Some families bring their scooters or bicycles in the car and children scoot up the avenue in the morning. Anything to make the journey to school more positive should be encouraged.

- **Art t-shirt**

Your son/daughter will need a big, old t-shirt (an old one of yours or teenage size) that they can easily pull on over their clothes to protect their uniform during Art. Please label it. This will be kept in the school.

- **Outdoors**

We believe there is no such thing as bad weather, the only thing stopping us from going out into the fresh air is a bad choice of clothing. At Ard Rí we have the use of the Rugby Club Campus. We go on regular Nature Walks, have PE on the pitches, outdoor story time etc. Every child must keep a pair of wellington boots in school. Label clearly. Please ensure your child is dressed for the weather with a waterproof coat every day (remember in Ireland it rains 300 days a year!). In the rare event we get a sunny spell, apply sunscreen and wear a sun hat.

- **The Avenue**

The Avenue between the rugby club car park and the school is a pedestrian area only, except for Ard Rí staff and visitors who hold a disabled permit. Children enjoy the space to run, skip and scoot about.

- **Home/School links**

Check your son's/daughter's bag every day for homework, notes or just to see what they are doing in school; this can act as a key to talk to them about their day. If you need to talk to your child's teacher or the school Principal about anything, please email us on ardrics@lmetb.ie. We always do our best to respond to you on the same day.

A good rule of thumb is: *If you are wondering whether the school needs to know...the school needs to know.*

Keep up-to-date with school life by regularly checking the school website- www.ardrics.ie. You will get a [monthly calendar of events](#). Getting involved in the [Parent's Association](#) can also be a great opportunity to show your child you are committed to the Ard Rí Community and you value education. Follow us on Instagram [@letsgoardri](#) to get a glimpse into daily life at Ard Rí.

- **Booster injections**

The 4 in 1 and MMR Boosters have been provided at the vaccination centres for the past two years. This is reviewed by the HSE on an annual basis.

- **Emergency Contact Details**

We communicate with parents through Aladdin app. We will require an alternative phone numbers we can use in case of an emergency and we cannot get in touch with you. If you do not currently have a person try your best to organise one before September. This person needs to be available and within a reasonable distance from the school.

- **Before the first day**

Try on the uniform and tracksuit. Wear it around the house and put it on for visitors. Play make-believe school. Have your son or daughter show the school to their grandparents. If the school is open, which is very possible in late August come in for a visit.

- **On the first day!**

Be brave, Mammies and Daddies! Don't cry in front of your child and don't give out to them if they do. If your child starts to cry, don't panic. It is no reflection on you or the teacher. The classroom will be full of toys, activities and new friends, your child will soon settle down. We will contact you if there are any problems once you have gone.

As with all school events parents are allowed to take photographs of their own children but to protect all children, we would ask you do not share these publicly on social media.



