



Ard Rí Community National School

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



Newsletter September 2024

Here we go... Welcome everybody to our first newsletter of the new school year. There is a lot of information so please read carefully.

The ethos of ETB schools



For the next two months we will focus on the core value: **Care**. The school will work hard to promote a caring environment for all members of the school community.



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PE Tracksuit Days

On the days specified below, children may wear their PE tracksuit along with a plain white t-shirt. Please note that sports jerseys or other trendy gear is not part of the school uniform.

A reminder to **label all of your child's clothes clearly**. We already have brand new jumpers without names left around the school. We know every child in the school. Labelled clothes can be returned to their owners within seconds.

Class	PE Days
Junior Infants	Monday and Thursday
Senior Infants	Monday and Wednesday
1st Class	Tuesday (Swimming) and Thursday
2nd Class	Monday and Wednesday (Swimming)
3rd Class	Wednesday (Swimming) and Friday
4th Class	Tuesday (Swimming) and Friday
5th Class	Tuesday (Swimming) and Friday
6th Class	Wednesday (Swimming) and Friday



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Swimming: Swimming lessons will commence shortly for pupils in classes 1st -6th. Lessons run for 6 weeks. The cost of the 6 week block of lessons is €45 per child. Aquatics is one of the strands of PE and Water Safety is an important part of SPHE. We are delighted to give children this opportunity. To access the swimming note [click here](#)

School Photographer: Memory Lane school photographer will visit the school on Friday 3rd of October. All children wear formal uniform. There will be group photos of Junior Infants and 6th Class and a portrait taken for every family in the school. There is no obligation to purchase photographs. If you do not want your child's photo taken, please email ArdRiCNS@lmetb.ie to let us know.

Toys, toys, toys:

Play is such an important part of school life, and we want to ensure children have access to toys that encourage imagination, creativity, and cooperation.

Rather than buying new, we would love to give preloved items a new home. By donating good condition toys your family no longer needs, you'll be helping us practise the values of the circular economy, reducing waste while supporting play and learning at school. This also allows us to show our children practical ways we can care for our environment.

Our **Wish List** includes:

- Small cars, emergency vehicles, planes, trains (Hot Wheels/Matchbox size)
- Dolls – babies, Barbies
- Dollhouse
- Costumes (ages 4–9) – princesses, superheroes, doctors, fire fighters, builder etc.
- Dinosaurs
- Action figures
- Animal figurines – farm, jungle, polar
- Role play sets – doctor's set, vet set, cash register
- Lego
- Picture books suitable for 4–8 year olds
- Small figurines – people, TV show/Disney characters

Please note:

We already have plenty of kitchen items and teddies, so we kindly ask that these are not included.



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THE LUNCH BAG

Empowered, Educated Eating

The Lunch Bag provide every pupil with a free hot school lunch every day through the National Hot School Meals Programme. Hot Lunches will recommence for all classes from Monday 8th of September. You can now order your child lunches on the Lunch Bag App.

All new families should have received a unique code for each child. Download the Lunch Bag app and use the unique code to get you started. Please contact the office if you need support.

Please always show your child a positive attitude towards hot school lunches. Children should bring a small healthy snack for morning break in the lunch box provided for them. Fruit and a yogurt is perfect. If you give too much food, they will not be hungry enough for their lunch, which is served between 12:00 and 12:30.

Children bring home their box and any leftovers in their lunch box. This allows parents to know what the children have eaten. Based on what comes home, you may want to adjust your menu choices or the amount of food you are sending for the snack at morning break.

The Lunch Bag Company considers allergies and cultural preferences. Once they know that your child has an allergy, they will ensure that food stuff unsuited to them is blocked from your child's choice. When selecting your child's allergen, you will be asked if you would like to remove products that say 'may contain' from the menu choice. The Lunch Bag is a Nut Free Production site. Please note that any products with "May contains nuts" are from supplier sites. All allergens are prepared separately in line with HACCP guidelines.

The Lunch Bag works closely with the Muslim Association of Ireland. If you state your child's diet is Halal they will ensure that food stuff that is haram, forbidden to them, it is blocked from your child's choice.



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Study Mates Homework Club for pupils 1st to 6th runs from 2.40-3.40 Monday to Thursday. Payments and bookings are the same as last year. For all info and bookings please email Niamh and Angela on NDonnachie@lmetb.ie

Primary Pals Homework Club for Junior and Senior Infants runs from 1.40-2.40 and **Primary Pals Plus** will run from 2.40-3.40, Monday to Friday. For all info and bookings please call Jana on 0863445115



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Creative Keyboards are now enrolling for classes starting at Ard Rí CNS in September 2025

- Classes run from Wednesday the 17th of September, 2025 as an afterschool activity in **Ard Rí Community NS**.
- Fee €140 for 10 lessons.
- There is a keyboard supplied for each pupil in class.
- Each child will be given a music book with the course material for the school year.
- Students learn music from Grade 1 to Grade 8 level.
- A section of each class is dedicated to playing hits and favourite tunes.
- The classes are grouped according to age and standard.
- Keyboard is recognised as a practical instrument for Junior and Leaving cert.
- We are certified by 'The Victoria College of Music, London' who examine the children (optional) from First to Sixth class annually.

Please see below for more information on how to sign up!

Infants: <https://creative-keyboards.classforkids.io/info/5343>

Beginners: <https://creative-keyboards.classforkids.io/info/5342>

Advanced: <https://creative-keyboards.classforkids.io/info/5357>