



# Ard Rí Community National School

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



## Newsletter January 2026

Happy New Year to you all!

### Parent Teacher Meetings:

In January we focus a lot of energy on our Parent Teacher (PT) meetings. PT meetings take place on **Tuesday 20<sup>th</sup> and Wednesday 21<sup>st</sup> of January**. A small number of meetings may be held in the mornings before school, that same week. On Monday you will be notified of your 10-minute appointment time.

PT meetings are an opportunity for a constructive conversation with your child's class teacher. The meetings focus on achievements from the year so far and set targets for the months to come.

We expect all meetings will be conducted in a respectful manner. All meetings take place in your child's own classroom. There will be no supervision for children during the meeting and children may not attend the meetings. To ensure smooth running of the timetable, meetings must be kept to 10-minutes. Recording of the meeting is strictly prohibited.

There will be no Study Mates homework club on Tuesday 20<sup>th</sup> and Wednesday 21<sup>st</sup> of January as Niamh and Angela are required to carry out their meetings. Primary Pals and Primary Pals Plus will run as normal.

Thank you in advance for your co-operation.





### **Stay Safe:**

We are planning to teach a personal safety education programme called 'Stay Safe' to all classes over the next few weeks. The aim of the Stay Safe programme is to teach children personal safety skills so they can look after themselves in situations which could be upsetting or dangerous. It deals initially with common situations which most children will experience at some stage or other, e.g. getting lost or being bullied. The programme also teaches children the safety skills necessary to protect themselves from physical or sexual abuse and emphasises the importance of telling a trusted adult about any problems they have.

The Stay Safe programme is part of the Social, Personal and Health Education curriculum which all primary schools are required to implement.

Co-operation between parents and teachers is essential to the success of this programme. It is important that parents are aware of the content of the Stay Safe lessons and can discuss the lessons with their children. Your child may bring home worksheets which will inform you on the topics being covered in class and how you can reinforce the messages at home.

You can familiarise yourself with the content of the Stay Safe lessons at <https://www.staysafe.ie/parents.htm>. Please contact the school if you wish to discuss the programme further.



### **School Closure:**

School will be closed to pupils on **Monday 19<sup>th</sup> of January** to facilitate teacher training in the Primary Curriculum Framework

### **Healthy Eating Policy:**

January is a good time to remind everyone of our **Healthy Eating Policy**. It is very important that all families follow this policy, as it can be upsetting and unfair for children who are making a real effort to stick to it when others have treats in their lunchboxes.

👉 You can view the full policy here: [\(click here\)](#)

### **Daily food routine:**

- **10.30am:** Children have a **small, healthy snack**. Please don't send too much, as this can spoil their appetite for lunch.
- **12.00pm:** Children receive their **Hot School Lunch**.

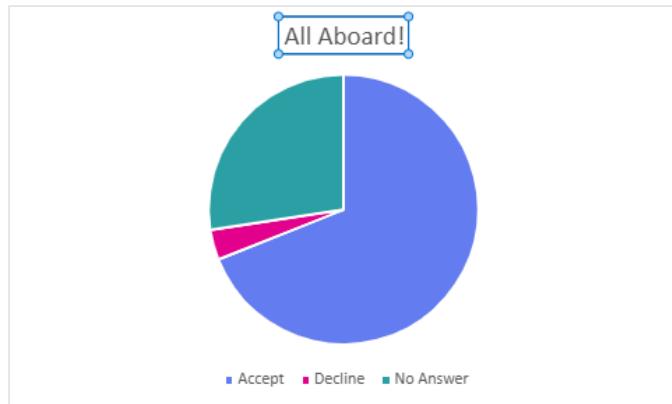
**Did you know?** Every classroom has a **fruit bowl with apples and oranges** available for children.

### **Foods that are not permitted as part of a healthy lunch/snack:**

- Chocolate, chewy bars, biscuits, cakes, doughnuts
- Sweets, chewing gum, crisps
- Fizzy drinks, juice drinks or squash

Thank you for your continued cooperation and support in promoting healthy habits for all children 😊

## All Aboard!



At Ard Rí CNS, we are committed to supporting children to complete their primary school years free from unregulated online content.

This year, **171 families (69%)** with children from **Junior Infants to Third Class** have agreed to keep their child's primary school years **smartphone, social media and online gaming free**.

To celebrate this commitment, we will present certificates to these children, which can be displayed in a **prominent position in the home** as a positive reminder of this shared goal.

**It is not too late to take part.** Families can sign up through the **Permissions tab on Aladdin** or by emailing us at **ArdRiCNS@lmetb.ie**.

## **Goodness Me Goodness You!**

As part of children's learning in the 'Beliefs and religions' strand of Goodness Me! Goodness You!, children are encouraged to participate in a 'Family Project'.

On the week of the 20<sup>th</sup> of January, children will learn about a concept in school and are asked to investigate this concept from their own perspective, with the help of their family. We will limit all other homework during that week so families can focus on this project.

Upon completion, children return their projects to their class teacher and may present their project to their peers. The 'Family Projects' form the basis of classroom discussions and provide a great opportunity for the children to learn more about themselves and their friends.

To prepare your child for this, we would ask that a parent or guardian complete a **family project** with their child at home. A family project is an activity that requires children and a parent/guardian to sit down and discuss a topic from their own perspective.

### **GMGY! Family Projects: Beliefs and Practices**

## Tracksuit Days- Term 2

Class	Day 1	Day 2
Junior Infants	Monday	Wednesday
Senior Infants	Monday	Wednesday
1st Class	Tuesday	Thursday
2nd Class	Tuesday	Thursday
3rd Class	Wednesday	Friday
4th Class	Monday	Friday
5th Class	Tuesday	Friday
6th Class	Tuesday	Thursday

Uniforms promote equality and inclusion by reducing pressure around clothing and helping all children feel they belong. They also support a focus on learning by minimising distractions and making daily routines simpler for families, while creating a shared school identity. **Please make every effort to ensure your child attends school in the correct uniform.**