



# Ard Rí Community National School

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



## Newsletter February 2026

# All Aboard!

## Internet and Technology Use Agreement

More info: <https://www.aridrcns.ie/all-aboard/>

**Junior Infants -3rd Class:** In January, we were delighted to present 207 certificates to families who have agreed to keep their children's time at Primary School Smartphone, Social Media and Online-Gaming Free. This is a strong commitment by families to support their children's well-being, focus and positive development.

### **4<sup>th</sup> Class – 6<sup>th</sup> Class: We're on step 2**

**Step 1:** Devices should only be used in open spaces in the home. Where parents can supervise, monitor and observe. There should be no screentime in the bedroom.

**Step 2:** Daily time limits should be set for smart devices. Not all screen time is equal, so WHAT your child is doing online is as important as HOW LONG they spend online. Think not just about the quantity of screen time but rather the quality of activities your child may engage in. Minimise time spent doing passive sedentary activities like scrolling or mindless gaming. For children under 12, best practice suggests that gaming and online activities should be limited to short, offline periods at weekends only. There should be no screen time before school and none within one hour of bedtime.

Please review and closely monitor your child's online interactions on TikTok, Roblox, Fortnite, Snapchat, Just Talk Kids – there are no benefits to your child being on these games and socials.



**Excellence in Education:** This month we will be focussing on Excellence in Education. We will be working on taking pride in our work by promoting presentation, handwriting and doing our best. We will display strong efforts on WOW Walls and there will be a handwriting competition.

	Heading	Date - / /
Q1	Start each sentence with a capital letter. Finish with a full stop. Write from left to right.	
Q2	Skip a line between answers.	
<h1>THE PERFECT PAGE</h1>		

PM Pg	- Heading	Date - / /
Q1	$\begin{array}{r} 85 \\ + 23 \\ \hline 108 \end{array}$	<h1>THE PERFECT PAGE</h1>
Q2	$\begin{array}{r} 69 \\ - 34 \\ \hline 35 \end{array}$	
<p>Question numbers in the margin</p> <p>Two columns</p> <p>9 squares</p> <p>9 squares</p> <p>Margins - 2 squares</p> <p>Margins - 2 squares</p>		

To support this please check to see your child has a well-stocked pencil case:

JI, SI, 1 <sup>st</sup>	2 <sup>nd</sup> , 3 <sup>rd</sup>	4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup>
5 triangular grip pencils	5 HB pencils	5 HB pencils
Sharpener – large enough to pare triangular pencil	Sharpener	Sharpener
Rubber	Rubber	Rubber
Twistables	Twistables/ colouring pencils	Colouring pencils
	2 red biro	2 red biro
	30cm ruler	30 cm ruler
		Pupils with pen licence can use handwriting pen
Pritt Stick	Pritt Stick	Pritt Stick
<b>Please note:</b> <ul style="list-style-type: none"> <li>All stationary is to be labelled with your child's name</li> <li>Markers are not permitted in school</li> <li>Pencil cases will be kept in school to reduce risk of transmission</li> </ul>		

### **February and March events:**

Friday 13 <sup>th</sup> February	St Valentine's Day	GMGY!* - we will celebrate love friendship and kindness!
Tuesday 17 <sup>th</sup> February	Pancake Tuesday	Parent Association will be on the pans providing pancake treats for Pancake Tuesday.
Wednesday 18 <sup>th</sup> February	Ash Wednesday- Start of Lent	GMGY!*- children will learn about the Christian season of Lent.
Thursday 19 <sup>th</sup> & Friday 20 <sup>th</sup> February	Mid Term Break	School closed
Friday 6 <sup>th</sup> March	World Book Day	Children dress up to represent their favourite character/ book
Tuesday 10 <sup>th</sup> March (6pm-6.30pm)	Bedtime Stories	Children Infants-1 <sup>st</sup> Class return to school at 6pm in pyjamas, with their favourite book for reading promotion event.
Monday 16 <sup>th</sup> March	Lá Glas (Shamrock Festival)	Children wear green to school to celebrate Irish culture.

**\*Goodness Me Goodness You!-** Community National Schools multi-belief and values education curriculum.



### **Gaelic Games (GAA):**

Spring is the perfect time to get your child involved in your local GAA club. Please come and talk to me if you are interested in playing football, hurling or camogie. In Navan there are 3 club options for boys and girls:

**Bective GFC:** for info contact David 087 2535054

**Navan O'Mahoney's:** for info contact Niall 086 1738511 or Niamh 086 8275409

**Simonstown Gaels:** for info contact Conor 085 7800510 or Sonya 086 8315377



The Lunch Bag are our Hot School Lunch providers. We undertook a comprehensive procurement process, and we are confident they are the best provider on the market. **Please always maintain a positive attitude about the Hot School Lunch scheme.** Most of our pupils eat most of their hot lunch on most days. **Some of our children rely on the lunch to support their nutrition.**

A few points:

- Lunches are heated and served around midday. Just like any food they will lose their appeal as they cool and sit in a school bag for a few hours. When served, the food is perfectly fine canteen standard food. I often eat a lunch myself if there is one left over!
- Did you know there is a fruit bowl of apples and oranges in every class!
- Sometimes children eat too much at the early break. Try sending a lighter snack like fruit, vegetables, cheese or yogurt and children will have built up an appetite by lunch time.
- Just like adults, children get lunchbox fatigue. Please change up your child's menu regularly.
- We send all lunches home so parents can see what their child has eaten/or not eaten.

If you have made a genuine effort and it is just not working out for your child, you can turn off the order on The Lunch Bag app for a few weeks or contact us on [ArdRiCNS@lmetb.ie](mailto:ArdRiCNS@lmetb.ie) and we can advise you and make changes to your account for you.

## **Ard Rí Parent Association:**

Ard Ri Parent Association will hold an online open meeting on Thursday February 12th at 7.30pm.

This is an opportunity for all parents to get involved in upcoming events and to have a voice in the school community. The agenda is as follows:

- Pancake Tuesday February 17th (Volunteers needed to hand out pancakes)
- Possible upcoming events: Crazy hair day, World Book Day, Bedtime Stories, Pyjama Day, Music Day, etc.
- Wanted: people to help with bug hotel, garden, etc. Parents workshops - Online safety - Shoe swap
- AOB

We look forward to seeing you all there.

Kind regards,  
Ard Rí Parents Association

**Theme:** Ard Rí Parents Association

**Time:** 12 Feb 2026 07:30 p. m.

Join the zoom meeting:

<https://us06web.zoom.us/j/81583517946?pwd=mPxmbCjU5RbcbldBQ6scuJnCbJKdXm.1>

ID de reunión: 815 8351 7946 Password: 205739 Instrucciones para unirte

<https://us06web.zoom.us/join/81583517946?signature=nS6wLUds1gtXSA3a5M5NZ9W3JaD3zHry7YrghPqay78>