



## A Letter From The Chairperson

Dear Parents/Guardians

At the end of August a new school year started and we have had a busy first term. As the doors opened for the junior infants to start the next stage of their lives members of the outgoing committee were on hand with tea and tissues for the new parents. I would like to take this opportunity to welcome to all new pupils and parents.

At the beginning of October the A.G.M. of our Parent Association was held. The Guest speakers from Be Well, Bray were Amy Robinson, Rebecca Taylor and Molly Hunt. Be Well is a group of young people involved in promoting a practical and positive outlook within Youth Mental Health in Bray. The girls spoke about the work they do, progress made and highlighted Be Well Month, October 2014. They spoke about the many activities planned to encourage members of the community to get involved in this youth mental health awareness month.

Marie Flanagan and Anne Farrelly outlined how the Be Well programme would be implemented in the school and referred to the commitment of staff to raising awareness of the importance of positive mental health. They outlined the various activities and events planned for Be Well Month. During October all the children in the school took part, where the focus was on promoting physical and mental well being. Parents were asked for their support and invited to join in some of the activities

Also as a result of the A.G.M. we now have a new Parent Association and there are 41 members on the Committee. I would especially like to welcome all the new members and look forward to working with them. Having fulfilled their two year term of office The Treasurer, Kathryn Hickson and Secretary, Anne Kelly have stepped down. I would like to thank them both most sincerely on behalf of the Parent Association for all the great work, time and effort they gave on behalf of the Association, and I am glad to say that Kathryn is remaining on the committee. As Anne's daughter has moved on to secondary school she has left and I wish her best of luck in all her new endeavours.

My name is Emma Forde I am the Chairperson of the Parent Association the vice chair is Emma Crotty, we will remain in office for another year. I am looking forward to another successful year. We are already preparing for our fundraiser in March and hope to see many of you at The Kube! We will be sending out more info on this soon.

In November we had our book fair this raised €4234 for the school in books. Thank you for all the support, the classrooms and library will benefit from all the new books. I would also like to thank all the volunteers who worked tirelessly your time is much appreciated.

Unfortunately due to the bad weather our Family Christmas Carol Evening on Thursday 11th December was cancelled. There was a lot of work put in by a number of the parents association so I would like to thank them and hoping next years will go ahead without a hitch.

Every year the committee put together hampers that are raffled, one for each class group from 1st to 6th Class and two for both the Junior and Senior Infant classes given their numbers. We hope the children will bring in one or two euro for this raffle. The proceeds of the raffle will go to a local charity. Along with the proceeds we are putting a bumper hamper together and this year the committee have nominated two local charities. The draw for the hampers will take place on the 18th December, the same day that Santa Claus and the elves will be coming in to see the children. I have been told all the good boys and girls will get a little treat.

All that is left for me to do is to wish everyone a very happy Christmas and a prosperous 2015 on behalf of all the members of the Parents' Committee.

Best Wishes

*Emma Forde*

MERRY CHRISTMAS



## Newsletter Articles Ms. Lyons' First Class

We planted trees and bulbs.

It was fun.

We planted daffodils and a crocus.

We had to bring in half of a milk carton.

We had to put pebbles at the bottom of the pot.

By Clodagh Kenny

We decorated our Art Folders. It was so amazing. Our folders looked lovely in the end.

We could have a pink, blue or purple folder. I chose pink. My friend drew a kingdom.

I drew a royal family and an evil queen hiding behind the tower filled with seaweed and the castle had no door!!!

The queen was the only person who knew the code was the queen.

By Laura Lowe

We planted trees and bulbs on 15<sup>th</sup> October. First we got a pot and then we put soil in it and put two bulbs in it. Then we watered our bulbs. Then we put it outside. Then we sketched the bulbs and trees.

By Tiffany Huang

On Friday we go to G.A.A. What we did in G.A.A. we played British Bulldog and we did races and back to back. And I think it is really really fun. And our coach's name is Willie.

By Emma Byrne

We had a book fair. It was fun. It was hard to pick a book but there was lots of good books. I liked this about the book it looks cool.

By Danielle McCormack

G.A.A. is fun so much fun. It makes me smile a lot.

By Orlaith Jennings

We printed Christmas paper. We used fruit to make it. We had to take turns to do it. We used newsprint. When we used the fruit they came out in different shapes and sizes. They looked beautiful.

By Aoife Mulhern

We hope everyone has settled back into the new school year. The Student Council has been formed for the third year running. At the start of October, over one hundred students ran for the Student Council but only two people were to be elected from each class.

We went through the nail-biting wait for five days until it was finally announced who had been elected. There are four teams on the Student Council; the IT Team, the Journalist Team, the PR Team, and the Intercom Team.

We would like to thank all the teachers who helped to organise the election- it turned out to be a great success!

'Christmas Colours Day' will be on December 18<sup>th</sup>. We will wear Christmas colours to help celebrate the Christmas season. The money raised will go to two past pupils who are travelling to the Special Olympics in L.A later next year.

The Student Council would like to wish you a Merry Christmas and a Happy New Year.

Regards,

The Journalist Team (Disha, Ciara and Julie)

## A Letter From The Principal

**December 2014**

Dear Parents,

You know that the Christmas season is in full swing when you can't walk down a corridor in the school without bumping into some shepherds or you find yourself cleaning the grazed knee of an angel in First Aid. It's wonderful to see the joy and excitement of our Junior and Senior Infants as they prepare for their big performances and it has to be said that the creativity on show with the costumes is stunning. It's clear we have some seriously talented parents and I fear the day of the tea towel and hair band are numbered.

During this first term a new Parents' Committee was formed with lots of new members which is testimony to people's willingness to get involved. The new committee is chaired by Emma Forde, who is in her second year as Chairperson and I would like to wish Emma, her officers and all the members of the committee well for the coming year and I look forward to working closely with them on behalf of the school community. I must also acknowledge the huge debt of thanks owed to Anne Kelly and Kathryn Hickson, the outgoing Secretary and Treasurer. They worked tirelessly on behalf of the Association during their two year term of office and we are indebted to them for their contribution. Details of our big fundraiser in March will be revealed soon and we hope it captures the imagination of the wider parent body in same way as Strictly St. Patrick's did this year.

As you will note from these pages, we have also had the election of our new Student Council. The new council is chaired by Disha Suresh from 6<sup>th</sup> Class and we wish Disha and her fellow council members every success in their work during the year. We also assure them of our support as they endeavour to represent the views and ideas of their fellow students.

Back in October we had our Be Well month in which the focus was on promoting positive messages with regard to the children's physical, nutritional and mental well-being. It was a very positive experience with a huge variety of activities organised at both class and whole school level. We hope to make it an annual event and very much welcome the involvement and engagement of parents.

The term has also seen other positive developments including the recent announcement that the Minor Works grant from the Department of Education will be paid. This is a grant for maintenance which was not due to be paid and its receipt alleviates some of the financial pressure on the school.

I must also stress our deep appreciation of the support you give us as parents. This support has been visibly demonstrated by the Voluntary Contributions received to date and the wonderful response to the Book Fair. We do not take that support for granted and may we reassure you of our absolute commitment to your children. We look forward to continuing to work with you in their best interests in the New Year.

I hope to see many of you in the coming weeks, whether it be at Nativity plays, Carol Evenings, etc. As I say each year, it is a very special time in the lives of children and it is a privilege for us to share in their joy and excitement.

With every good wish for a happy Christmas and a peaceful new year,

Yours sincerely,

*Brian O'Doherty*  
Principal



Second class have been very busy so far this year getting to know each other and making new friends. We have enjoyed science week - we did lots of experiments with our teacher. We had fun in October when we were learning about healthy habits and mindfulness. We have been writing poems, using the whiteboard for fun maths games and performing Irish plays for our classmates. It has been fun so far. We are so excited about Christmas and would like to wish all our friends and family a Happy Christmas.

*Ms. Dagg's Second class.*

### **Excitement**

Excitement looks like I'm going to a party.

It sounds like a magic show.

It smells like Nutella.

It tastes like chocolate cake.

It feels like a squishy toy.

*By Alicia Byrne, Second class.*

### **Anger.**

Anger looks like a cross face.

It sounds like a dark cloud,

It smells like cake.

It tastes like nothing.

It feels like hitting my brother.

*By Cléo McKenna, Second class.*

### **Guilt**

Guilt looks like me stealing something out of the fridge,

It sounds like creeping.

It smells like what I have taken.

It tastes like badness.

It feels like I would take things around the house but put it back.

*By Amelia McDermott. Second class.*

### **Happiness**

Happiness looks like hugging.

It sounds like a party.

It smells like roses.

It tastes like peppers.

It feels like jumping.

*By Suri Xie, Second class.*

## **Our Trip to National Concert Hall - Ms O'Flynn's 3<sup>rd</sup> Class**

On the 18<sup>th</sup> of November we went on a trip to the National Concert Hall. We got to hear music performed by the RTÉ National Symphony Orchestra. We sang along as they played well known nursery songs like 'Old MacDonald' 'Yankee Doodle' and 'She'll be coming round the mountain'. We also sang lots of songs from 'The Wizard of Oz'. It was great fun. We learnt the words and a dance to Katy Perry's 'Roar' and One Direction's 'What makes you beautiful' in class. We then performed these songs in the concert hall with lots of children from other schools. The conductor's name was Gearoid Grant. He was very funny. Our favourite part was when the orchestra performed 'Peter and Wolf'. Some of the instruments we heard were the violin, the clarinet, the double bass and the flute. Gearoid made sure that all the instruments played at the right time. There was a ballet performed on stage to 'Peter and the Wolf'. It was very interesting to see characters like Peter (who wanted to kill the wolf) and his grumpy Granddad (who wanted to stop him) dance along to the music on stage. When we came back to school we had lunch and then, as a class, wrote a sound poem based on all the sounds we heard at the National Concert Hall.

**Written by Eimear Hardiman and Emily Moran**

4th Class had a lot of fun during science week in the month of November.

We made paper helicopters and watched them fly.  
We made magnetic paper figures which could be moved along a ruler.

We made bridges to hold various weights.  
We made peas float in "boats".

We dissolved food and separated it again.  
We made finger prints.  
We even made raisins dance!



### Science Week

Science Week was a huge success in Ms. Coffey's Fifth Class and we were very busy experimenting and learning. We did lots of fun experiments.

We made butter using only cream. We shook a jar of cream with a marble inside it and the protein and fat separated giving us butter and butter milk.

We experimented with eggs in Coke, Diet Coke and water to discover the importance of drinking healthy drinks. The egg shell represented the enamel on our teeth and it was fun and interesting to see how much damage fizzy drinks cause.

We also put eggs in vinegar to investigate the importance of brushing your teeth. The egg shell represented tooth enamel again and the vinegar represented the acid in your mouth. It was surprising to see the damage that just saliva can do to your teeth without brushing.

We discovered the importance of flossing by spreading peanut butter on our imaginary teeth (rubber gloves on closed hand). We brushed the our teeth (the glove) and discovered that only flossing could clean them fully.

We also found our dominate eye, examined our finger prints and investigated our blind spot. We even made videos describing how we did them for our class blog.

Ms. Hawkins' Junior Infants came up to our class and some of them told us the exciting experiments they did. They were so cute and they even got to sit on our big chairs.

They had lots of fun and so did we.

By: Amelie Mc Hugh and Ciara Donohue (Rang 5 Ms. Coffey)



### Congratulations to Nicole

Lots of classes in the school made a Christmas card for a competition organised by Bray Chamber. It was really fun. Lots of other schools around Bray entered too. Nicole Sheehy from our school was the overall winner out of all the schools. She is in Ms. Coffey's Fifth Class. Her card was a beautiful picture of choir singers. It was amazing. She won £250 for our school's book fund and a £50 voucher for Smyth's to spend all on herself. She also got to go in a giant snow globe beside Mc. Donald's. A photographer from the Wicklow Times came and took a picture of her in the globe and now she is in the Wicklow Times. We are all so proud of you Nicole.

By: Kim Demery (Rang 5 Ms. Coffey)

## The Sixth Class Debating Team

On the 17<sup>th</sup> of October the sixth class debating team went to Stephens Green to debate against Loreto on the Green. Our teachers picked the team. We listened to each other's debates and then the teachers judged the speeches by how confident and persuasive the we were. The next day the teachers told us who was on the team. The team members are Freya Rothwell, Disha Suresh Kumar, Amber Behan, Tara Donohue, Anna Cloney and Zahra Walsh.

Only three of the team members were picked to go to Loreto on the Green. They were: Anna Cloney, Tara Donoghue and Disha Suresh Kumar. The motion was 'Animal Testing should be banned.' They were against the motion. Six people got to go from each 6<sup>th</sup> class to watch the debate.

We travelled to Stephens Green on the DART. We got off at Pearse Street Station and walked all the way to Stephens Green. When we got there we were seated in their hall. There was a timekeeper, two chairpersons and the two debating teams. It took a minute to settle everybody down. The opposing team proposed the motion. They had persuasive points. After the captain of the proposing team sat down, Disha stated her first points. She talked about the importance of animal testing. The second girl on the Loreto team stated her points about animal cruelty. Our second representative Tara stated her points about cosmetic testing which is banned in Europe. The final representative of the opposing team stated her points. Our final representative Anna stated her points about the future of animal testing in medical research. The leader of the opposing team concluded their points. Finally Disha from our team concluded our points and she mentioned ebola in her concluding speech.

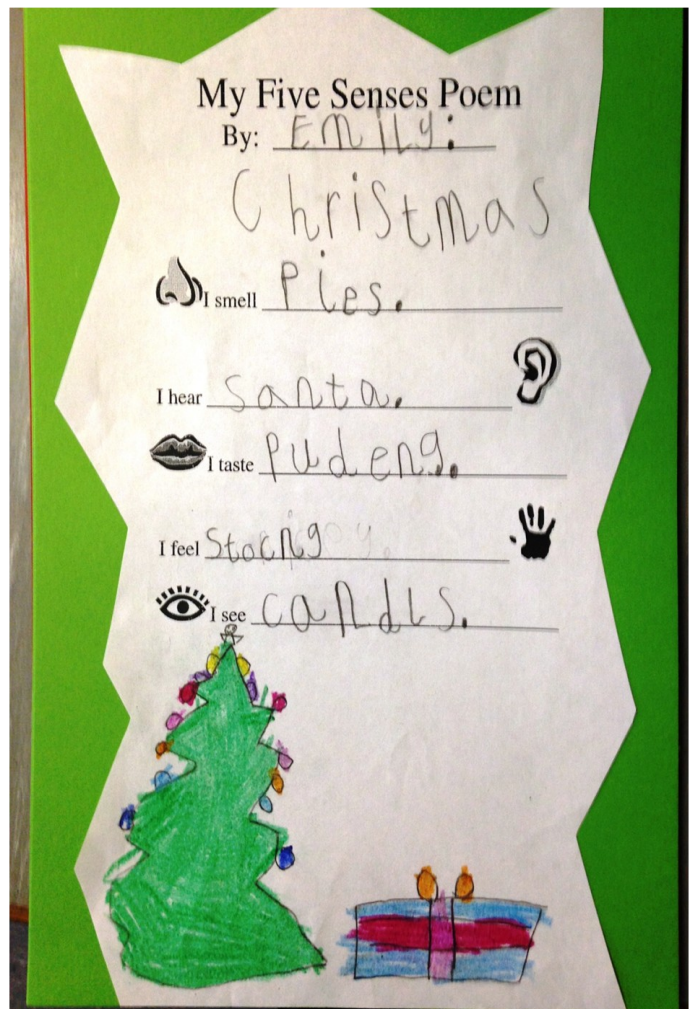
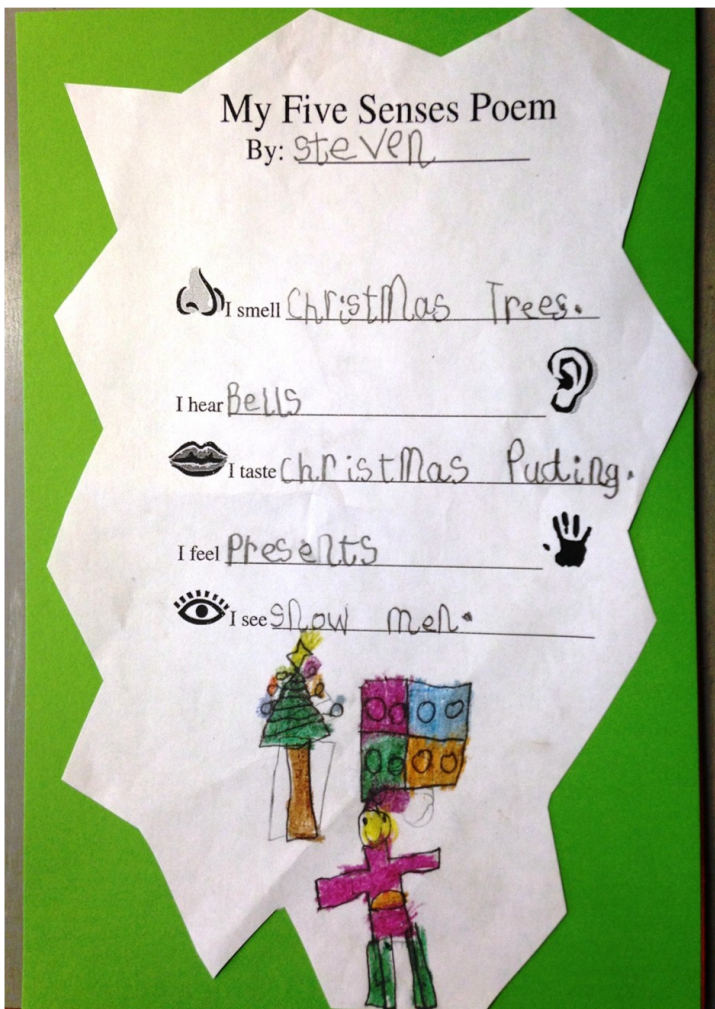
Then the adjudicators went outside to discuss who they thought was the stronger team. Ms Buckley, our former Vice Principal, was our adjudicator., Meanwhile, in the hall the teams were doing crossfire. Once the adjudicators came back, they announced the winners of the debate. Although we were very persuasive, the opposing team was declared the winner.

After the debate we walked back to Pearse Street Station where we waited for the train to arrive. When we returned to the school, we announced the results. It was a great day and a great experience.

Our next debate is on the 12<sup>th</sup> of December against Loreto in Gorey and team will be Zahra Walsh, Freya Rothwell and Amber Behan. The motion will be 'Homework is a waste of time' and we are against the motion.

We wish them the best and we hope they'll win. Go n-éirí an t-ádh libh!

By **Róisín Lambe and Sinéad Paglinawan. Rang a Sé**



This year Senior Infants have GAA every Friday.

Our coach, Willie, from Bray Emmets is brilliant. We have learned to run lip to hip, do the flamingo, the helicopter and the W (our hands make a w shape which helps us throw and catch the ball).

We have great fun and we love it!



# WATER PROJECT AND DEBATE

We had a visiting teacher named Miss Donnelly. She was here for three weeks. While she was here we did a project on water charges.

Some people were in favour and some were against. She put us into groups. We found information in school and at home and put it all together. We had the option of making a poster, booklet or leaflet. We got pictures and typed up the information in our own words and stuck them on big sheets of coloured paper.

After that we did a debate on the topic. We could write a speech on something that we learned while doing the project. Miss Donnelly decided if we were for or against or we could be a judge, chairperson or a timekeeper. We had lots of fun working with

Miss Donnelly.

Miss Lenehan will be teaching us after Christmas and we're sure we will have fun working with her too.



By Aoife Murphy and Lydia Silalahi  
Mrs Longs 5th class

## Be Well St. Patrick's

October got off to an exciting and energetic start with the advent of Be Well St. Patrick's. Be Well is a local, youth led group who aim to promote a practical and positive outlook within youth mental health in Bray. This dedicated and hard working group, in conjunction with the Youth Mental Health Sub-group of the Bray Area Partnership, have designated October as Be Well Month. We in St. Patrick's are eager to support this initiative and strengthen the connections between home, school and the wider community. We wish to create a school environment that fosters and promotes mental and emotional well-being and positive social interactions for all

Research shows that many factors positively influence mental health and well being. Among them are participating in regular physical activity, eating a healthy, balanced diet and setting aside time to relax and reflect. With this in mind we decided to choose a particular focus for each week in October. We aimed to engage in a range of whole school and class based activities. A menu of suggestions was drawn up and teachers chose a selection of activities to try out each week.

### Week 1 Healthy Body – focus on physical activity

Activities included

- Tracksuits worn every day
- Active homework assigned
- WOW- Walk On Wednesday 8<sup>th</sup> October, International Walk to School Day
- Skipathons  
“Wake Up and Shake Up” before school with Dave Brien. Parents, staff and children participated
- Zumba at lunch time with Ms. Condren and Anna
- Nature walks
- “Happy” Flashmob
- “Bizzy Breaks”
- Bray Head walk
- Drop Everything and March/Dance
- Hill Walking for staff

### Week 3 Healthy Mind

Activities included

- Focus on happiness
- Oral language / Posters on “I am happy when...”
- Yoga for all classes
- Focus on social skills – greeting, smiling, giving compliments etc.
- Trips to the Quiet Room
- Mindfulness
- Guided Meditations
- S.P.H.E. lessons on emotional health and relationship skills
- Gratitude Trees and diaries
- Using positive quotations/sayings
- Feelings Wall
- Random Acts of Kindness

### Week 2 Healthy Eating

Activities included

- Fruit break – piece of fruit for little break
- WOW – Water Only Week. Children encouraged to bring water as a drink
- Fruit Friday
- Nutrition Workshops (4<sup>th</sup> – 6<sup>th</sup> Classes)
- Fruit and vegetable tasting
- Smoothie making
- Maths, Science and Art lessons based on a food theme
- Healthy lunch survey
- Harvest Prayer Service

There is no doubt that Be Well St. Patrick's was a success. It was reassuring and affirming to receive such positive feedback from so many parents, staff and pupils.

The activities were readily embraced and enjoyed by staff and students alike. The initiative generated a great atmosphere in the school. The energy and enthusiasm were palpable. I would like to thank Ms. Farrelly, Ms. McKeon and all involved in planning, organising and leading activities. A special mention must go to Dave Brien, Amy and Ruby's Dad, for leading us in the “Wake Up and Shake Up”

session. It was great to see so many parents joining in with the morning session and with the lunch time Zumba. I believe Ms. Condren and Anna prompted some local office staff to get up and “shake it out” also! We are grateful to Mr. O'Doherty and the Board of Management for their support and encouragement.

Best wishes for a happy and healthy 2015.

Marie Flanagan