

St. Louis GNS

Vol 8



April 2016

Website

To stay in touch with our news, events and activities, log onto the school's website at

www.stlouisgns.ie

There are great
Educational and
Fun Resources
in our Learning
Zone



Sponsored Walk

The Parents' Association's Annual Sponsored Walk will take place next **Friday, 6th May at 12.30 pm**. This is the second main fundraiser that the PA holds every year, the first being the Cake Sale, and we hope that you will please support them. All proceeds will go towards resources for the school. As in previous years, there is also a colouring competition and 3 prizes will be awarded to each class. We extend a special welcome to all those who are free on the 6th to come along and join with us on the walk. This year the route will go out the Green Way, up the Glen Road, continue on to the Broad Road, through the Roundabout car park and back to the school.



Our Parents' Association does tremendous work for the school and we are deeply indebted to the members for their fundraising activities. Thanks to the money they have raised so far this year, we have purchased a set of classic novels for Station Teaching and provided a low cost cinema treat for our girls. The Parents' Association will also be funding Maths Resources and subsidising the buses for our school tours.

Standardised Tests

Testing Week will begin on May 23rd. The tests will take place on Tuesday 24th, Wednesday 25th and Thursday 26th. It is really important that your daughter is in attendance on these days to complete all her Standardised Testing as requested by the Department of Education and Skills.

PIRLS 2016

During the month of April our 4th classes have taken part in the **Progress in International Reading Literacy Study (PIRLS)**.



This is an assessment of reading comprehension that has been monitoring trends in student achievement at five-year intervals in countries around the world since 2001. For the first time this year's assessment also included a test of online reading. We are grateful to Mrs Cunningham and Miss O'Reilly for co-ordinating this study in our school.

Literacy Lift-Off

This initiative, which involves six weeks of intensive station teaching for literacy, has been completed in both second classes, in Miss McNally's 3rd and is now underway in Mrs Cunningham's 4th. We gratefully acknowledge the work of Mrs Flynn and our Special Education Team who support the class teachers in implementing this initiative.



Reading Initiative with St. Louis Infants' School

Our 6th classes are currently engaged in a Paired Reading Initiative with two of the Senior Infant classes in the Infant School. Every Tuesday morning the 6th class girls go into the Infant classrooms to work with their "reading buddies." This has proven to be a very rewarding and enjoyable experience for our girls and we are assured that the Senior Infants just love it! Many thanks to Miss Louise Corr from the Infant School staff for inviting us to take part in this project.



Recycling



Thank you very much for your marvellous response to our recent Recycling Event. We were delighted with the large amount of bags which were left in and which will help raise funds for the school.

Sports

Gaelic

The Gaelic squad are presently taking part in the Cumann na mBunscol Gaelic League. They had a tough match against Urbleshanny NS on Monday 11th April. We are very grateful to Miss McNally for coaching the girls and accompanying them to all their matches. Our hard working Gaelic Squad is made up of the following girls: Chloe Mc Kenna Bell, Eve Mc Nally, Kelly Croakin, Mia Flynn, Ciona Barry, Aoife Mc Skeane, Orla Sherry, Jessica Leane, Ailbhe Ward and Molly Cawley.

Tennis



Gary Rodriguez is taking all classes from 3rd to 6th for tennis lessons for 6 weeks until May 18th.

Soccer Coaching

3rd and 4th classes are currently having 6 weeks of soccer coaching on Tuesdays from 3-4pm. Thanks to Miss O'Reilly and Alvin of the FAI for facilitating this programme and to Mr John Crudden for organising it.

FAI 5-Aside Tournament

Congratulations to our soccer squad who took part in an FAI run 5-Aside Tournament in Gortakeegan on Monday 18th April. The girls won their Section C and received beautiful medals and a trophy. Many thanks to Paul McGeown for giving of his time to train the squad and to Mrs Flynn for accompanying them on the day. Squad members are: Grania Curran, Jessica Leane, Ailbhe Ward, Caitlin Finnegan, Molly Cawley, Aoife McSkeane, Kelly Croarkin and Orla Sherry.



Gymnastics

Our gymnastics team recently took part in the Monaghan Area Finals of Community Games and managed to bag a number of medals on the night. The girls had been working hard with their mentors, Mrs Irene Flynn and Mrs Olivia Walker, to prepare for the competition and deserve great praise for their performances. They are currently practising for a school display which they will showcase later in the term. Team members are: Millie Rose Cleary Keenan, Lea Nguyen Danh, Mia Kierans Flynn, Eliza Naklicka.



Handball Demonstration lessons

We are extremely fortunate to have Mr. Martin McEntee giving handball demonstration lessons to some of our classes at the moment. Martin is a very experienced handball coach who has helped guide some of our pupils to All- Ireland level and his passion for the sport is truly infectious. Such is the interest in handball being shown by our girls that we are hoping to develop this sport further in the school over the coming years.



First Communion

Best wishes to our 2nd class girls who will be celebrating their First Holy Communion this Saturday. Sincere thanks to Miss Brady and Miss O'Reilly for all their hard work in preparing them for this special sacrament and to Claudine Marron, Fr. Paddy Mc Ginn and Fr. Stephen Joyce for their valued assistance. We hope the girls and their families will have a most enjoyable day and that the weather will be kind to all.



Good luck also to our 4th and 5th class girls who will be providing the choir for the ceremony on Saturday. Many thanks to Mrs Gallagher for preparing the girls so well for the occasion and to Mr. Gerard Toal who will be accompanying them on the keyboard.

Digital Story Workshop



On Friday 8th April our 6th classes took part in a special workshop facilitated by Mr. Ian Jackson. The girls learned how to illustrate well-known fairytales on the computer using Microsoft Paint. They then saved their creations on a memory pen and later in the day they showed them to the two second classes on the interactive whiteboard. All the classes involved thoroughly enjoyed the day's activity.

Friends for Life

This special programme is currently being rolled out in our sixth classes, facilitated by Mrs Coyle and Mrs Farrell. The programme is a school based positive mental health programme that promotes emotional resilience and reduces anxiety in children and adolescents. It is the only anxiety prevention programme acknowledged by the World Health Organisation. Mrs Flynn and Mrs Treanor will also deliver aspects of this programme to some of our 3rd and 4th class girls later in the term.



Active Flag Committee

Following on from the success of their recent hula-hoop competition, Mrs Hannon and the members of the Active Flag Committee are currently organising a skipping competition. They aim to improve the fitness levels of our pupils by encouraging them to keep active at break times by skipping in the yard. The practice phase has begun already with many of our girls trying their best to sharpen their skipping skills!



Student Council News

The student council has met with Mrs Farrell to plan their activities for the last term. The girls have decided to work on their own newsletter which will include articles about what they have been learning this year as well as puzzles, jokes and word searches for all to enjoy.



Storyteller

On Friday last, April 22nd, storyteller and award-winning children's author, Liz Weir, visited our school. In the morning she entertained the 2nd, 3rd and 4th classes with a variety of engaging stories. In the afternoon she held a creative writing workshop for the 5th and 6th classes where the girls learned some invaluable tips for writing their own stories.



Action Team Partnership Update

The ATP committee has been busily implementing its plans for this term. The younger committee members have worked with Mrs Healy to re-plant the pots at the front door of the school in order to make the school a more welcoming place. Ms Mullen and Mr. Mc Cague recently attended an ATP conference in Dublin where they met with committee members from other schools to pool ideas. The committee is continuing to support the work of the Health Promoting Schools' Committee by sending home healthy recipes and is supporting numeracy in the school through its booklet on the language of problem-solving.

Museum Visits

During this term all of our classes will have the opportunity to visit the 1916 Exhibition in the County Museum. Thanks to Mrs Treanor and Ms. Pauline Tilson for organising this educational experience for our girls.



Cinemobile

Today there was great excitement in St. Louis when the mobile cinema came to visit. All our girls had the opportunity to watch the movie "Paddington" and they thoroughly enjoyed it. It was such a novelty for them to share the cinema experience with their teachers and classmates. Thanks again to our Parents' Association for subsidising this treat.



Dates for your Diary

First Communion - Sat. 30th April @ 11am

School Closed - Mon. 2nd & Tues. 3rd May (Bank Holiday Weekend)

Service of Light for Confirmation - Thurs. 12th May

Confirmation - Sat. 14th May @ 11am

School Closed - Friday 3rd June (In-Service on New Language Curriculum)

School Closed - Mon. 6th & Tues 7th June (Bank Holiday Weekend)

Healthy Recipe (courtesy of Cathy Mc Kenna)

Healthy apple and blueberry muffins

Ingredients

113g of oat rolled oats, ground to flour in a food processor.
76g plain spelt flour
66g brown sugar
2 teaspoons of baking powder
1 teaspoon of bicarbonate of soda
1/4 teaspoon of salt
1 teaspoon of lemon zest
2 tablespoons of natural yoghurt (vanilla flavoured, if you like, but not sweetened).
2 tablespoons of honey
1 tablespoon of lemon juice
160ml of low fat milk
60ml apple sauce
75g fresh blueberries tossed in 2 teaspoons of oat flour.

Method:

1. Preheat the oven to 170C fan.
2. In a large bowl, combine the two flours, sugar, lemon zest and salt. Sieve the baking powder and bicarbonate of soda into this mix and whisk to combine.
3. In a medium bowl, combine the yoghurt, lemon juice and honey and stir well. Then, stir in the milk and apple sauce, stirring until well mixed.
4. Add this wet mix to the dry ingredients and mix until just combined. If the mixture is too stiff, add another tablespoon of milk.
5. Fold in the blueberries, quickly and gently.
6. Spoon the mixture into a lined cupcake pan and bake for 20 minutes, then reduce your oven to 160C and bake for a further 5-10 minutes. Cooking time will depend on your oven but you'll know the muffins are done when you insert a toothpick into the centre and it comes out clean.

How do these muffins help me?

Honey: Honey is a **natural** sugar, and **healthier** than the white sugar we use in our tea and coffee. Honey is good for your **heart**, and your **tummy**, and helps your throat when you have a cough or a cold. Honey is also "**antibacterial**," which means that it helps to fight infections which make us feel sick. We all know that **calcium** is important to help you to grow strong bones and teeth, but **did you know that honey helps our body to use this calcium** by making it easier to absorb?

Oats: Oats are made up of lots of **fibre**. Fibre is very important as it helps to keep your **tummy** and your **heart** healthy. Oats also help to keep your **blood - sugar** at the right level, which helps to give you **lots of energy** for the whole day.

Spelt flour: Spelt flour is much easier to digest, so it's **easier for your tummy** to handle. It contains lots more **vitamins and minerals** than regular flour, especially Vitamin B5 which helps to give your body **energy**.

Apple Sauce: Most muffin recipes contain butter or oil. By using apple sauce, we can leave out the butter and oil, making these muffins much healthier.

Blueberries: Blueberries are **one of the healthiest foods** you can eat. They are packed full of **fibre, vitamins and minerals**. Blueberries also contain important things called "**Antioxidants**" which are **very powerful** and help to keep our bodies healthy. Antioxidants **prevent serious diseases** and **slow down aging** processes, like wrinkles. Blueberries are also **great for your heart, your brain and your memory**.