

# St. Louis GNS



February 2015

## Website

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

**[www.stlouisgns.ie](http://www.stlouisgns.ie)**

There are great Educational and Fun Resources in our Learning Zone

## Cake Sale

Our Parents Association's Annual Cake Sale took place on Friday, 5th February and proved to be an outstanding success. Sincere thanks to Chairperson, Mrs Freda Connolly, and to all the members of the Association who worked tirelessly in the lead up to the sale to ensure that everything ran smoothly on the day. Special thanks to the parents who set up everything on the Thursday evening and to those who worked all day on Friday. Thanks also to our caretaker, Stephen, for his help and to Ms Mullen who co-ordinated the raffles in the school and counted all the money, with the invaluable assistance of Mrs Dowd and Mrs. Dunlop. A big thank you as well to our 6<sup>th</sup> class girls and their teachers for hosting a selection of games in their classrooms.



We would also like to express our gratitude to the parents who donated from their businesses to make the raffle the great success that it was. Thanks also to the parents who arrived on the day to support the Sale and to the many who bought tickets in the raffles. We were overwhelmed by your marvellous response to our appeal for baked goods, which resulted in a record amount of delicious food to sell. Thanks too to those of you who sent in toys, gifts and many other items, to those who sent money in for the children's raffle each day and to all of you for ensuring your children had money to spend at the Sale. Your support of our school is always very much appreciated and we count ourselves privileged to have so many generous families attending the school.

## Dates for your Diary



Thursday 18<sup>th</sup> and Friday 19<sup>th</sup> February- **School closed for Mid-term Break**

Friday 26<sup>th</sup> February- **School closed for General Election**

Thursday 3<sup>rd</sup> March- **First Confession in St. Joseph's Church at**

Monday 14<sup>th</sup> and Wednesday 16<sup>th</sup> March: **Annual Céilí**

Wednesday 16<sup>th</sup> March- **School closes for St. Patrick's Day/ Easter Holidays**

Monday 4<sup>th</sup> April- **School re-opens**

## Green Schools' Drama Workshop

On Thursday 28<sup>th</sup> January, Mrs Treanor's 3<sup>rd</sup> and 4<sup>th</sup> class took part in a half-day drama workshop entitled "Environment, The Musical". The workshop, facilitated by Annette Mc Nelis of Monaghan County Council, was based on the theme of "Litter" and was aimed at encouraging children to be more environmentally aware. The girls learned some very catchy songs, written by Annette herself, which they performed for the whole school on the following Monday.



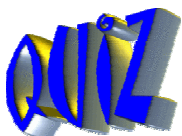
## Peace Proms

Our fifth and sixth classes travelled to the RDS in Dublin on Saturday 6<sup>th</sup> February to take part in the renowned Peace Proms Concert. They joined with schools from all over the country to perform a variety of songs and movement, accompanied by the Cross Border Orchestra of Ireland. The concert also showcased a number of excellent musicians, soloists, dancers and even a pipe band! It was a truly uplifting experience for all those present and something I'm sure the girls will remember for years to come. They thoroughly enjoyed themselves and we were so proud of how well they participated in the choral numbers.



Many thanks to all the parents who travelled to the show and to all those who stayed up so late on Saturday night to collect their daughters at the school. Special thanks to the class teachers, Mrs Mc Geown, Mrs Toal, Mrs Coyle and Ms. Holland for preparing the girls so well for this event and to Mrs Hannon and Mrs Dowd for travelling with us on the day.

## Quiz Teams



Thanks very much to Mrs Gallagher for all her work with the school quiz teams. They took part in the Credit Union Table Quiz on Friday, January 29th in the Four Seasons Hotel and in the Cumann na mBunscol Quiz on Tuesday, February 2nd, in the Hillgrove. Well done to all the girls involved: Alicia Nmezi, Cairín Mc Kenna, Mia Flynn, Laoise Ronaghan, Grania Curran, Lara Mc Caughey, Sophie Mallen, Eve Mc Nally, Aoife Mc Skeane, Aoife O' Gara, Milly Rose Cleary Keenan, Georgina Mc Kenna, Lauren Dorris, Aoibheann Mc Ginnity, Teresa Mc Enaney, Orla Sherry, Kelly Mc Carron, Rose Mc Enaney.

Congratulations and best of luck to the girls who have got through to the County Finals of Cumann na mBunscoil which will be held in the Hillgrove on Tuesday 23rd February; Georgina Mc Kenna, Aoibheann Mc Ginnity, Eve Mc Nally and Aoife Mc Skeane.

## Sports



### Basketball Blitz

The Basketball Squad attended the Blitz for Large Schools in Coláiste Oiriall on Friday, February 12th. They played a number of matches and got as far as the semi finals. They all thoroughly enjoyed their day. We are very grateful to Ms Mc Nally for preparing them and for accompanying them on the day. Thanks to Ms Aoife Mc Adam, a former member of staff who organised the blitz. The Basketball Squad includes: Eve Mc Nally, Ailbhe Ward, Orla Sherry, Grania Curran, Evelina Markauskaite, Tabatunzie Alexis, Natalia Smietana, Paula Pilskalne, Aoife Mc Skeane, Laoise Ronaghan and Rania Aboufarragh.

### Cross-Country Runners

Mrs Treanor and Ms Brady are busy each day preparing the girls on the Cross- Country Squad for the County Competition which takes place on Wednesday, March 9th in Corracrin N.S. We wish them the very best of luck with their training and we hope they do really well in the competition.

### Ulster Handball Champions!

Congratulations to our two handballers ,Karolina Kaklauskaitė 6<sup>th</sup> class and Justė Audiejaitė 5<sup>th</sup> class ,who won the Under 13 Doubles Competition in the Cumann na mBunscol Ulster Handball Finals on Thursday, February 11th. The girls are now through to the All-Ireland's which will take place in Kingscourt on 20th February. A very special thank you to Mrs Hannon and Ms O'Reilly for travelling to Belfast with the girls on the day. Thanks also to Martin McEntee who coaches the girls.

### Active Day

Tuesday 16<sup>th</sup> February has been designated as an Active Day in St Louis GNS. Every class will have a half hour of physical activity, organised by the Active Flag Committee and facilitated by Ms. Mc Nally.

### Mindfulness

Our 3<sup>rd</sup> and 4<sup>th</sup> classes have just completed their 12 weeks of Mindfulness and the feedback has been extremely positive from the pupils, staff and parents. We are very thankful to Julieanne Reel of Mindful Kids Ireland for facilitating this programme and to Monaghan Mental Health Association for sponsoring it. Julieanne also gave a talk on Mindfulness to the whole staff last week and many teachers are keen to keep this initiative going in their classrooms.

### Rainbows

The Rainbows Programme has concluded for this year. Sincere thanks to Mrs Healy for facilitating this support group for children who have experienced loss through separation or divorce.

### Student Council Poetry Competition

Our Student Council recently ran a very successful poetry competition for all our classes. The ten winning entries (one from each class) will be published on our school website. The winners were: **2nd Class:** Amelia Till & Manisha Manoharan **3rd Class:** Niamh McElwain & Aoife Fitzgerald, **4th class:** Nimisha Regi and Aoibheann McGinnity **5th Class:** Aoife McSkeane and Emma Cooney, **6th class:** Dagmara Obara and Claragh McDermott.

### Assemblies

Well done to Ms. Mc Nally's 3<sup>rd</sup> class for preparing a lovely assembly for St. Brigid's Day and also to mark the first day of Catholic Schools' Week. We are very grateful also to Mrs Mc Geown's 5<sup>th</sup> class who organised a special assembly for Ash Wednesday, including the distribution of ashes, to mark the start of Lent. Both classes used a combination of narration, drama and song to great effect.

Thanks too to Mrs Treanor's 3<sup>rd</sup> and 4<sup>th</sup> for designing beautiful posters for the Year of Mercy and to Mrs Cunningham's 4<sup>th</sup> who attended mass in St. Joseph's Church on St. Brigid's Day and sang for the congregation.

## Happy Mid-Term Break !

## Healthy Recipe (Courtesy of the ATP Committee)

### Chicken Tortillas

2 chicken fillets	Salsa sauce/mild chilli sauce/cajun seasoning
1 green pepper	paprika 1 teaspoon of vegetable oil
1 red pepper	4 tortilla wraps



#### INGREDIENTS

1. Cut the chicken into small strips. 2 Slice the peppers and onions into thin strips.

3 Fry the chicken in the olive oil over a medium heat for 8-10 minutes.

4 Add the Salsa sauce/mild chilli sauce/cajun seasoning or paprika and the vegetables.

5 Stir fry for a further 3 minutes until the seasoning mix coats them thoroughly to make a juicy filling.

6 Heat the tortillas in either: Oven Pre-heat the oven to 180°C / Gas Mark 4. or Wrap in tin foil and heat for 15 minutes. Microwave Place on a plate, cover with cling film and heat for 1 minute on full power.

7 Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla

around the filling to make a fajita. 8 Serve with tossed salad

COOKING TIME: 15 mins

PREPARATION TIME : 5 mins

UTENSILS NEEDED: FRYING PAN

NUMBER OF SERVINGS: 2

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