

# St. Louis GNS

Vol 6 February 2017



## Cake Sale 2017



### 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

Our Parents' Association held their Annual Cake Sale on Friday 10th February and as always, it was a fantastic success. Great credit is due to all the committee members who put in many hours of planning and preparation to ensure that everything ran smoothly on the day. We extend a huge Thank You to all the parents who sent in sale items such as gifts, toys, books etc. and of course the delicious cakes and buns! Thanks also to those who bought and sold raffle tickets, to those who attended the sale and to those who helped the committee set up on Thursday evening or who worked at the sale itself. (See list below) We are very grateful as well to the ten Transition Year Students who provided invaluable assistance on the day and to our own sixth class girls for running games in their classrooms. This combined effort raised over €3 000 for school resources. Congratulations to everyone involved!

Many thanks to: Freda Connolly, Patricia McElwain, Claire Sheridan, Nora Devine, Margaret McNally, Eneli Otsalt, Laura McKenna, Christina McEnaney, Gemma Mahony, Una McConnell and Breedge Sweeney.

### Dates for your Diary



Thursday 23rd and Friday 24<sup>th</sup>  
February-School closed for  
**Mid-term Break**

Thursday 9th March- **First  
Confession in St. Joseph's  
Church at 7.30pm**

Wednesday 15<sup>th</sup> and Thurs-  
day 16th March: **Annual Céilí**

Friday 17<sup>th</sup> March- **School  
closed for St. Patrick's Day**

Friday 7th April- **Sponsored  
Walk**

Friday 7th April- **School closes  
for Easter Holidays**

Monday 24<sup>th</sup> April- **School re-  
opens**

Saturday 29th April- **First  
Communion**

Saturday 20th May-  
**Confirmation**

### Operation Transformation 10@10



Last week our staff and pupils joined schools from all over Ireland to take part in RTE's Operation Transformation 10@10 challenge. This involved doing ten minutes of non-stop physical activity at 10 o'clock on Friday 10<sup>th</sup> February. Led by Ms O'Reilly, Mrs Hannon and Ms McNally and a group of 6<sup>th</sup> class pupils, the whole school took to the yard to perform a synchronised exercise routine. Mrs Cunningham played a backing track of popular hits on the amplifier, while Kellie McCarron, 6<sup>th</sup> class, acted as MC for the event, guiding the girls from one set of exercises to the next. The routine culminated in a lively display of the Cha -Cha Slide and of course a rousing cheer of "Operation Transformation 10@10". The display was filmed by Ms Holland who later edited the video clip and uploaded it to RTE. It can be viewed on our **school website** or directly on YouTube at:

<https://www.youtube.com/watch?v=Xv8-wxX5QIo>

**Friendship Week** Congratulations to Mrs Treanor and the Health Promoting Schools' Committee on organising a fantastic Friendship Week last week. The aim was to help our pupils appreciate the friendships they have and also to encourage them to make new friends. The girls got the opportunity to engage in a host of fun-filled activities including a Walk and Talk outing, Meet and Mingle with another class, Yard Mix-up at break times and a creative writing competition based on the theme of friendship. The week culminated in a special Friendship Assembly on Friday, where the competition winners were presented with their prizes and got to read aloud their work and the whole school sang a medley of "Friends" songs. Ms Monica McCrory, Health Promoting Schools' Co-ordinator with the HSE was also in attendance.



### **Creative Writing Competition Winners:**

2nd Class: Ava Hall and Caragh Donnelly 3rd Class: Amelia Till and Meja Virkute  
4th Class: Evelina Jermacane and Aoife Devlin 5th Class: Toma Zukauskaitė and  
Deimante Jurkute 6th Class: Emile Lileikyte and Lauren Dorris.

## Sports

### Basketball Blitz



Our Basketball Team travelled to Ballybay on February 14th. to compete in a Mini-Basketball Blitz. They played a number of games and beat Gaelscoil Ultain and Corracrin NS to reach the Shield Final. They played a strong Killanny team and had a narrow defeat of 14-8. The girls played their hearts out and should be very proud of themselves. The team consisted of: Eve Mc Nally, Ailbhe Ward, Orla Sherry, Natalia Smietana, Paula Pilskanie, Aoife Mc Skeane, Laoise Ronaghan, Rania Aboufarragh, Evelina Markauskaite, Orla Mc Nally, Caitlin Finnegan, and Rose Mc Enaney. Many thanks to Ms. McNally who accompanied the squad on the day.

### Cross-Country Running

Mrs Treanor and Ms Brady are busy each day preparing girls for the County Cross Country Competition which takes place on Wednesday, March 8th, in Corracrin N.S. The squad will be finalised after midterm and we wish them the very best of luck in the competition.



### Handball Competition

Mrs Hannon and the Active Flag Committee are currently running a Handball Skills Competition for all our girls. The classes take turns to practise in the yard and the winners will be chosen by Friday 3rd March.

### 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 27th and in the Cumann na mBunscol Quiz on Tuesday, February 7th in the Hillgrove. Hotel. Well done to all the girls involved: Lauren Dorris, Laoise and Rhian Ronaghan, Orla Sherry, Eve, McNally Aoife Mc Skeane, Aoife Devlin, Rose McEnaney, Daisy Walker, Millie-Rose Cleary Keenan, Aimee Mc Crudden, Alanna Mc Kenna and Ava Mc Glone. Special congratulations to Georgina Mc Kenna, Tammy Mc Elwain, Aoife O' Gara and Teresa Mc Enaney who are through to the County Final of Cumann na mBunscol which is to be held on Tuesday 28th February.

### Debating Team

Our debating team had their second debate on Monday 30th January, when they travelled with Miss Deery to Tydavnet to propose the motion that "Primary school children do not need a mobile phone." In what proved to be a very close encounter, with a high standard of speaking on both teams, St. Louis eventually emerged the winner. The girls are now through to the second round of the competition. Congratulations to debaters Eve Mc Nally, Kellie Mc Carron, Jessica Leane, to the chairperson, Aoife Mc Skeane and to researchers, Rhian Ronaghan and Neeharika Vivekanandan.

### 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.



### Catholic Schools' Week

This special week ran from 30th January to the 3rd February. The classes took turns to read a thought for the day over the intercom and engaged in various activities based on this year's theme: "Taking care of our common home." Well done to Ms. Mc Nally's 3<sup>rd</sup> class for preparing a lovely assembly for St. Brigid's Day on Wednesday 1st and to Mrs Cunningham's 4<sup>th</sup> class who attended mass in St. Joseph's Church on Thursday 2nd and sang for the congregation. Thanks to Fr. Stephen Duffy who came in on Friday 3rd and blessed all our throats for the Feast of St. Blaise.

### Sympathy

Sincere sympathy to Ms Anne Brady and her family on the recent death of her mother, Mary. Ar dheis Dé go raibh a h-anam.



### Peace Proms

Our 5th and 6th classes travelled to the RDS in Dublin on Sunday 5<sup>th</sup> February to take part in the Peace Proms Concert. Together with schools from all over the country, they performed a variety of songs and movement, accompanied by the Cross Border Orchestra of Ireland. The concert also showcased a number of excellent musicians, soloists, and dancers. It was a truly uplifting experience for all those present and something I'm sure the girls will remember for years to come. Many thanks to the parents who travelled to see the show. Special thanks to the class teachers: Mrs Mc Geown, Ms. Deery, Mrs Coyle and Ms. Holland for preparing the girls so well for this event and to Mrs Cunningham and Mrs Dowd for travelling with us on the day.

## Healthy Recipe (Courtesy of the ATP Committee)

### Chicken and Broccoli Pie

#### Handy Tips

Carrots or any other vegetable can be used instead of broccoli.

Roast chicken or boiled chicken pieces could also be used.

#### INGREDIENTS

1 teaspoon of vegetable oil	1 / 4 pt/150mls low-fat milk
4 chicken fillets chopped	1 dessertspoon of curry powder
1 onion 1lb/450g broccoli	pinch of salt if desired pepper
1 tin of mushroom soup or	2oz/50g brown breadcrumbs (2 slices)
300ml of homemade mushroom soup	2oz/50g grated low-fat cheese

1.Pre-heat the oven to 220°C / 425°F / Gas Mark 7.

2. Chop the onion finely and fry in the oil for 2-3 minutes.

3. Add the chicken pieces. Cook for 10 minutes.

4. Boil broccoli for 2-3 minutes.

5. Mix the milk, soup, curry powder, salt and pepper together in a jug.

6. Put the cooked chicken and broccoli into the cas-

COOKING TIME: 30 mins

PREPARATION TIME : 20 mins

pieces, onion serole dish.

7. Pour in the soup mixture and cover with the breadcrumbs

NUMBER OF SERVINGS: 4

ture and cover and grated

#### Recycling

Our next clothes recycling collection will take place on Monday 6th March. We will send out a reminder text nearer the time. This is a good opportunity to spring clean your wardrobe over the midterm!



## Happy Mid-Term Break!

## School reopens Monday 27th February