



St. Louis GNS

Vol 7



March 2016

An Céilí Mór



Our annual Céilí takes place this week on Monday 14th and Wednesday 16th March. The children and their teachers have been very busy practising their dances and preparing their special items, some of which have a 1916 theme, in honour of the centenary celebrations. We look forward to seeing you all there and we hope you will thoroughly enjoy the dancing, singing, instrumental music and class performances. Míle buíochas le Gerard and Leslie Ann, our wonderful dance teachers and to the Céilí co-ordinator, Mrs Gallagher, for all her hard work in making the Céilí the great success that it always is.

Please note: while you are welcome to take photographs or videos, these are to be kept for private, personal use only and must not be uploaded to any website to be viewed by others (e.g. Facebook).

Proclamation Day



Proclamation Day was held, today, 15th March. The whole school community of St. Louis G.N.S. joined with every other school in Ireland in raising our National Flag. We all gathered outside the school at 10.15 am, our two youngest pupils, Melisa Rutkauskas and Nan Cawley raised the Tricolour and we sang our National Anthem "Amhrán na bhFiann". In the classrooms we devoted the day to all things Irish, including a Tráth na gCeist for Seachtain na Gaeilge. Later in the afternoon, we were joined by representatives from the Parents' Association and the Board of Management for a special ceremony in the school hall. Our 5th and 6th classes read our own School Proclamation aloud for everyone. The girls in the senior classes wrote this Proclamation themselves and it can be viewed on the school website and on www.scoilnet.ie. 3rd and 4th class pupils explained the history of our flag and the protocol attached to flying it, while the 2nd classes displayed beautiful artwork, depicting scenes from the 1916 Rising. We celebrated with a variety of music, song and dance.

Rith 2016

On Saturday evening last, 12th March, a group of over 50 St. Louis pupils and their parents joined members of the school staff to run the kilometre from Old Cross Square to Park Road. This was part of the Rith 2016 initiative, which is a country-wide relay fun run, organised by Conradh na Gaeilge, aimed at promoting the Irish language in an athletic, lively way. Two 6th class girls carried the school banner, while others carried colourful posters which some of our 6th class pupils had designed specially for the event. The atmosphere was terrific, with everyone entering into the spirit of the occasion, chanting "as Gaeilge" and singing. Such was the enthusiasm, that we ended up running the entire route: up Park Road, out the North Road, down Glaslough St. and into the Diamond, where the children were rewarded with crisps and minerals! Many thanks to all those who took the time to come out and support the school for this event- it is greatly appreciated.

Official Launch of Our Healthy Eating Policy with Cathy McKenna



Cathy McKenna, winner of the Great Irish Bake-Off 2016 and past pupil of St. Louis G.N.S. was guest of honour at the official launch of our new updated Healthy Eating Policy held on Wednesday 2nd March. Cathy was invited by the School's Health Promoting Committee to do a cookery demonstration for all the pupils based on the theme of healthy treats and snacks. She hosted two separate cookery sessions: one for 2nd and 3rd classes and another for the 4ths, 5ths and 6ths. She kept the children totally engaged throughout, chatting to them about nutrition and explaining how traditional baking ingredients can be replaced by healthier options. Parent members of the Health Promoting Schools' Committee, Ms. Margaret McCullough and Ms. Fiona O'Gara were also in attendance; as were representatives from the Board of Management, the Parents' Association and Ms. Monica McCrory, Health Promoting Schools' Co-ordinator for the HSE. Cathy ensured that there were enough samples of the delicious goodies for all to try and kindly emailed copies of her recipes to the school which we will share with you all in our monthly newsletters. Thanks very much to Mrs Treanor and Miss Brady for co-ordinating this highly successful event and to the Health Promoting Schools' Committee for all their hard work.

World Book Day

World Book day was celebrated on Thursday 3rd March. Special book tokens were distributed to all our pupils, a number of classes visited Eason's Book Shop and Monaghan County Library and a special hour of silent reading was held. We also held an art competition to design a bookmark, with a winner in every class. Congratulations to: Nora Kasparaviciute, Karalina Kaklauskaitė, Claudia Bataityte, Nicole Karlaite, Gabriele Gvozdaite, Aoife O' Gara, Alise Caune, Austėja Kripaite, Emma Cheng & Melisa Rutkauskas. Special thanks to Mrs Tina Mc Kenna who co-ordinated all the events for World Book Day.



2016 All-Island Art Competition

Congratulation to Juste Neimantaite, a pupil in Ms. Holland's 6th class on winning the Regional Final of the 2016 Ireland All-Island Art Competition. Juste first secured a win in the Cavan/Monaghan Area Final, receiving a cheque and certificate at an award ceremony held in the Monaghan Education Centre on Tuesday, 2nd February. Juste was tasked with imagining what the Ireland of 2116 might look like and her picture is entitled "Leprechaunia". As regional winner, Juste's picture will be hung in the National Art Gallery, Dublin, in early 2017.

Seachtain na Gaeilge

Bhí gach duine sa scoil ag iarraidh Gaeilge a labhairt an tseachtain seo caite. Everyone has been making a great effort to "Bí ag caint as Gaeilge" over the last week and we congratulate the girls on their enthusiasm for our native language. Trophies were awarded to the girls who made the very best effort on Friday last Amina, Gecairte, Claudia Tuchloska, Niamh Mc Ewain, Enrika Meliunaite, Ella Lapin, Aoife O' Gara, Ailbhe Ward, Kelly Reilly Bolton, Neda Ivanauskaite, Karolina Pac

Parents' Association News

The Committee has already begun to plan its next big fundraiser, the Sponsored Walk, which will take place on Friday 15th April. The next meeting is scheduled for Tuesday 5th April and a reminder text will be sent out nearer the time.

Gaeilge sa Rang

Thanks very much to the 6th year girls from St. Louis Secondary School who came to practise Oral Gaeilge with our 6th classes on Tuesday, 8th. Bhain gach duine sult agus taitneamh as an ócáid speisialta seo. Special thanks to Mr. David Mc Cague and Mrs Deirdre Martin (St. Louis Secondary School) for organising this event.

Special Service for World Day of Prayer

A group of our 4th class girls took part in a Multi-denominational Prayer Service for World Day of Prayer, which was held in St Joseph's Church on Friday 4th March at 7.30 pm. The girls sang and performed actions to the song "The Butterfly" and were accompanied on guitar by Mrs Cunningham. They were rewarded by a very generous round of applause from the congregation. Sincere thanks to the girls and their parents who made the commitment to come along to this service and also to Mrs Cunningham who prepared them so well for the occasion. Thanks too to Mrs Hannon who attended on the evening.



Visit from Fr. John Flanagan

Fr. John Flanagan, Diocesan Religious Advisor, visited the school on Wednesday 17th February. He was extremely impressed by the lovely welcome he received, the knowledge the girls had and the Catholic Ethos of the school which is being celebrated in each classroom.

First Confession

Congratulations to all the second class girls who made their First Confession on Thursday, March 3rd in St. Joseph's Church. Special thanks to Ms Brady and Ms O' Reilly for preparing the girls so well and to Fr. Paddy Mc Ginn for conducting the beautiful ceremony. Thanks also to our support staff for their help with the preparations



Active Flag Committee Initiatives

The Active Flag Committee is organising a series of Active Days to be run over the coming months. These will be facilitated by Miss McNally. The first Active Day was held on Tuesday 16th February and because of inclement weather, was concluded on Wednesday 17th. Ms McNally took each class to the yard for a half-hour activity lesson which included aerobic warm-ups and an obstacle course.

Cross-Country Runners

Our Cross Country Team took part in the Schools' County Competition on Wednesday 9th March in Corracrin. The girls braved very difficult terrain, but managed to finish well. Thanks to Mrs Treanor and Miss Brady for coaching the girls for this event and travelling with them on the day. Team members are Liwia Kowal, Ciona Barry, Sophie Mallen, Ivona Lebed, Emma Cooney, Eve McNally, Alexandra Woznica, Aoife Mc Skeane, Aoibheann Mc Ginnity and Orla Sherry.



Fit for Feb

This was an initiative from the Action Team Partnership to promote physical activity at lunch time during the month of February and was facilitated by Family-School Liaison Officer, Mr. David McCague. David provided 20 minutes of music for the senior girls to dance to at lunch time. In conjunction with the pupil members of the ATP committee, he also organised playground games for the junior classes, which had been recommended by the Active Flag Committee. We hope to continue this very successful initiative after Easter.

Gaelic

The Gaelic squad took part in the Cumann na mBunscol Mini-Sevens Competition on Tuesday 1st March in the Gaelscoil. They played a number of tough matches but gained great experience. We are very grateful to Ms. McNally for training the girls in advance of this competition and travelling with them on the day. Team members are: Mia Kierans Flynn, Ciona Barry, Orla Sherry, Kelly Croakin, Aoife Mc Skeane, Molly Cawley, Jessica Leane, Ailbhe Ward, Eve McNally and Chloe Mc Kenna Bell.

Lá Fhéile Pádraig sona daoibh go léir

And a Very Happy Easter!

Be Active

The final Be Active session for second class took place last Monday, March 7th. Thanks very much to Mrs Hannon and Ms McNally for assisting Mrs Farrell in implementing this programme.

Basketball

Basketball lessons are also completed for this year. Sincere thanks to Mrs Cunningham and Ms. Holland for supervising the lessons and to the Transition Year students in St. Louis Secondary School, together with Ms Vera O' Brien, for facilitating this programme.



Hula-Hoop Competition

Mrs Hannon ran a very successful hula-hoop competition for all classes during the months of February and March. The standard was so high that it was extremely difficult to select winners. After much "hooping" the following girls were chosen: Gloria Marut, Elizabete Sermolite, Niamh Mc Elwain, Enrika Sulcaite, Aoibheann Mc Ginnity, Katherine Vaisnoraitė, Klara Kovalovsky-Kiaurakyte, Kellie McCarron, Megan Prunty and Neda Ivanauskaite

Recycling

We will have a clothes collection for recycling on Friday, 8th April. This is a great opportunity to get rid of unwanted clothing, especially if you are doing some spring cleaning over the Easter break!



Dates for your

Diary

St. Patrick's Day/ Easter Holidays

Wednesday 16th March- School closes

Monday 4th April- School re-opens

Sponsored Walk

Friday 15th April

1st Communion

Saturday 30th April

Confirmation

Saturday 14th May

Healthy Recipe

Cocoa crisp bars

To all my healthy baking buddies
at St. Louis GNS,
With loads of love,
Cathy MacKenna xxx

Ingredients:

35g unsweetened dessicated coconut
1-2 tablespoons of hot water
25g/ 1 cup Rice Crispies cereal
68g rolled oats
30g of unsweetened cocoa powder

4 tablespoons of ground flaxseed
4 tablespoons of sunflower seeds
2 tsp powdered stevia (or other powdered sweetener)
80ml of coconut butter, melted
120g of honey
1 teaspoon vanilla extract

Method:

1. Soak the dessicated coconut in 1 or 2 tablespoons of water (enough to just cover the coconut) for 10 minutes to plump it up. Drain any excess water after 10 minutes and place the coconut in a large bowl.
2. Grease an 8 inch square baking tin and line it with parchment paper, leaving plenty of paper over the sides to help you to remove the bars.
3. In a large bowl, mix the oats, rice cereal, drained coconut, unsweetened cocoa powder, ground flax seeds, sunflower seeds and stevia.
4. In a separate, microwaveable bowl add the coconut butter, honey, and vanilla. Melt for 1 minute and stir completely until well combined.
5. Pour this into the dry ingredients, mix very well and pour into your lined baking tin. Spread the mix into the corners and edges and press down with a spatula to flatten the top.
6. Freeze for 30 minutes, at least. Lift the mix out of the tin using the excess parchment paper and cut it into bars or squares.
7. Wrap individually in cling film or parchment and store in the fridge.

How do these bars 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.

Coconut Butter: Coconut butter helps to **fight bacteria and viruses** which make us feel sick. It gives you plenty of **energy** and it contains **important minerals like calcium and iron**.

Sunflower seeds: Sunflower seeds also contain lots of **Vitamins and Minerals**. **Vitamin E** helps to keep your **heart** and other organs healthy. **Magnesium** is a mineral that helps you to grow **strong bones** and to have **lots of energy**. **Selenium** helps to keep your body clean inside, by **getting rid of toxins**.

Flax seeds: Flax seeds have lots of fibre and keep your tummy very healthy. They help your tummy to absorb all the nutrients from the other foods you've eaten. They're also great for keeping your hair, skin and nails healthy and strong.