

St. Louis G.N.S.

November 2016 Vol 4



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



Parent Teacher Meetings

Our Parent Teacher Meetings are taking place this Thursday, December 1st from 2.30pm to 6pm and at other selected times during the week. We look forward to meeting you all and updating you on your daughter's progress.

Charity Dress-up Day

On Friday 28th October, the last day of Positive Mental Health Week, we had a Dress-up Day in aid of Monaghan Mental Health Association. There was a great array of costumes on show from Halloween witches and ghouls to Disney Princesses and pyjama queens! The Health Promoting Schools' Committee announced the winners of their **Positive Mental Health Art Competition**. Congratulations to Ivona Lebed, Klara Kiaurakyte, Deimante Jurkute, Victoria Sherry, Evelina Jermacane, Alise Caune, Ernesta Marut, Eimear Duffy and Ava Hall.

6th class girls, Ivona Lebed and Amanda Smarkova presented representatives from Monaghan Mental Health Association with a cheque for €450, proceeds of the day.

Dates for your diaries:

Thursday 1st December-
Parent/Teacher meetings

Saturday 3rd December:
Parents' Association Flag Day

Tuesday 13th & Wednesday 14th Dec.- Personal Development Days for 6th Classes (Notes to follow next week)

Thursday 15th Dec.- 5th & 6th Class Concert at 7.30pm

Tuesday 20th Dec.- 5th Class Choir carol singing in Flemings and the AIB

Christmas Holidays:
Closing: Thursday December 22nd at 12.25 pm
Re-Opening: Monday January 9th 2017

Parents' Association News

The Parents' Association held a meeting on Tuesday 15th November and again last night. The members are organising a Flag Day in Monaghan town this Saturday, 3rd December, to raise funds for school resources. Many thanks to those of you who have already volunteered to help on Saturday. **If anyone else is available between 2 to 4pm, please call Tracey in the school office to let us know.**

The Big Switch On

The centre of Monaghan Town was packed to capacity on Sunday 20th November for the annual Switch On of the Christmas Lights. Well done to our 5th class choir who performed a lovely medley of Christmas carols and songs. Thanks to Mrs Gallagher for all her hard work in preparing the girls and to Mrs Cunningham who accompanied them on guitar.

Congratulations also to our energetic team of staff members who ran a very successful Tea/Coffee/Hot Chocolate Stall on the day. Thanks to those who made buns, gave donations and helped assemble the raffle hampers. A special word of thanks to Ms. Mullen and Mrs Mc Geown for all their advance planning and preparation for this fund-raising event. We are deeply indebted also to our Family-School Liaison Officer, David Mc Cague, who worked with us for the entire day. We are very grateful to all the parents and members of the public who bought hot beverages and buns to support us and to all those who purchased raffle tickets. The draw will take place in the school, on this Thursday, 1st Dec.

The staff of the school would like to thank our sponsors for the occasion:
Parents' Association, Dolan's Chemist, Boots, Rocks' Stationery, The Westenra Hotel, An Poc Fada, Ward's Pharmacy, Monaghan Education Centre, Mc Donald's, JP Flowers, Stockdoc, Michael Mullen Architects, Mc Connors, Flemings, Dunnes Stores, Tesco and Monaghan Shopping Centre and the Big Switch On Committee

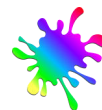


Competition Winners



Monaghan Mental Health Essay and Poetry Competition

Congratulations to all our girls who won prizes in this year's Poetry and Essay Competition on the theme "Light your light shine". The girls and their parents were invited to a special prize-giving evening in the Westenra Hotel on Wednesday, 23rd November, at 7.30pm. **Winners:** 4th Class Mrs.Cunningham Merit: Ella Connolly Highly Commended: Aoife Connolly , 5th Mrs. McGeown Merit: Ellie Connolly, H.C.: Sarah Gormley, 5th Miss Deery Merit: Neeha Vivekanandan H.C.: Hannah Pourani 6th Mrs. Coyle Merit: Eve McNally H.C.: Ailbhe Ward, 6th Ms. Holland Merit: Molly Cawley HC.: Lauren Dorris.



Credit Union Art Competition

Well done to Amanda Smarkova, 6th class, who came 2nd in the Credit Union Art Competition with the theme "Dreams are made of this". Amanda attended a special award ceremony held in the Credit Union offices on Friday 11th November. Her entry will now go through to the next round of the competition.

Monaghan Shopping Centre's Christmas Colouring Competition

Congratulations to Nikki Murphy in Mrs Coyle's 6th class, who was one of six children to win prizes in Monaghan Shopping Centre's Christmas Colouring Competition. Nikki had the honour of travelling with Santa on his truck.

Active Committee News

The members of the Active committee, guided by Mrs Hannon, have organised basketball for the senior pupils in the back yard at break times. 10 new starter basketballs have been purchased for the girls to use to help improve their passing and shooting skills. The committee hope to run a skills competition later in the year

Student Council News

The council members are currently running their pottery competition. They meet with Mrs Farrell at lunchtime on Thursdays and have already judged the work of three classes. The winners will be announced when all classes have completed their pottery lessons and all have been judged by the council.

Advent Assembly

Congratulations to Mrs Cunningham and her 4th class on a wonderful Advent Assembly which they presented to the school on Wednesday last. The girls explained all about the Advent Wreath and how Advent is a time when we prepare for the coming of Jesus at Christmas.



Action Team Partnership

The National Co-ordinator of Partnership schools, Mr. Liam McPherson, attended the ATP Committee meeting held on Wednesday 23rd November. He was fulsome in his praise of the committee and have asked us to become the flagship school for his new Partnership Schools' Newsletter. The members outlined their goals for the year, explaining what has already been accomplished. The new Anti-Bullying Pledge Wall, organised by David Mc Cague, is now complete and the children's committee members have been working hard with Mrs Healy and Mrs Flynn to mount a display of "Our Gratitude Tree." Mrs Farrell and Miss Holland are gathering ideas from the staff to produce a booklet for parents with tips on how to help your children with their reading.

Debating

Our 6th Class girls are taking part in the Concern Primary Debating Competition. This involves 3 debates in the first round. The girls won their first debate against a team from Rackwallace this morning, when they proposed the motion :That the school day should be shorter. Congratulations to Eve McNally, Kellie McCarron, Jessica Leane, Aoife McSkeane, Rhiain Ronaghan and Neeha Vivkanandan. Many thanks to Miss Deery for preparing the girls so well for this event.

Do This in Memory Mass

Please remember the Do This in Memory Mass for the children receiving their First Holy Communion which takes place next Sunday, December 4th, in St. Macartan's Cathedral. Please gather in the Cathedral Baptistry at 10.20am for Mass at 10.30am

Sport



Be Active

The Be Active Club for second class girls has run very successfully since the beginning of October. It will conclude for Christmas on Monday, December 12th and will resume on the second Monday back after the Christmas holidays, January 16th. Thanks to Mrs Margaret Hannon, Ms. Rachel McNally and Ms. Caroline Deery for facilitating this programme with Mrs Farrell.

Basketball

Basketball is continuing each Wednesday in St. Louis Secondary School for 5th and 6th class girls. Thanks very much to Mrs Una Cunningham and Ms. Rosemary Holland who are supervising the lessons, facilitated by Transition Year students. Basketball will finish on Wednesday December 7th until after the Christmas holidays.

Gaelic Lessons

We are very grateful to Anne McKenna of Monaghan GAA who facilitated six weeks of Gaelic Football lessons with a number of our classes.

Futsal

On Thursday 10th November, eight 4th class girls travelled to the Peace Link, Clones to take part in the FAI Primary Schools' Futsal Competition. The girls performed really well, drawing in both their matches. Many thanks to Paul McGeown for coaching the squad and to Mrs Flynn who accompanied them on the day. Squad members were: Liveta Zurlyte, Niamh McElwain, Ella Lappin, Austeja Kripaite, Aoife Devlin, Aoife Fitzgerald, Mija Stonyte and Katie O'Donnell.

Swimming

Very well done to all our girls who took part in the Schools' Swimming Gala in Monaghan Leisure Centre on Sunday 27th November where a number of them won medals. The squad included: Kelly Reilly Bolton, Orla Sherry, Laoise Ronaghan, Rhiain Ronaghan, Hannah Sheridan, Nikki Murphy, Natalia Smietana, Nicole Karlaite, Laura Smyth, Kellie Mc Carron & Jessica Leane.

Science Week



Science week ran from 13th to 20th November. The girls engaged in various experiments and activities. Some 6th class pupils used iodine to test for the presence of starch in their food, while others took part in a geology workshop with scientists from UCD, organised by Monaghan Town library. All classes enjoyed a 45 minute demonstration of scientific experiments courtesy of Junior Einsteins' Science Club.

Peace Proms Concert

Our 5th & 6th classes are currently practising songs for the Annual Peace Proms Concert which takes place in Dublin in the New Year. Parents of these classes will get a chance to hear some of these beautiful songs, as well as some festive numbers, at our 5th & 6th Class Christmas Concert which will be held on Thursday 15th December at 7.30pm in the school hall. We look forward to seeing you there.

St. Vincent de Paul Food Appeal

We are holding our annual food appeal for the Society of St. Vincent de Paul during the month of December. From next Monday onwards the children are encouraged to bring in non-perishable food items or items with a long shelf-life e.g. tinned foods, pasta, rice, cereals etc These will be presented to the Society in time for the distribution of their Christmas Parcels. We are grateful to Mrs Gallagher for co-ordinating this charity event in our school.

Carrot Cake Cookies (courtesy of Cathy Mc Kenna)

Ingredients:

270g of oats	won't be as gooey).
340g of ripe bananas (about 4 bananas)	1 tablespoon of coconut oil
350g red apples (about 4 apples)	2 teaspoons of cinnamon
200g carrots (about 2 carrots)	1/2 teaspoon of nutmeg
3 tablespoons of honey	1/2 teaspoon of ground ginger
2 tbs of pumpkin seed butter (You can use any nut butter if you are not allergic to nuts, or you can leave this out, but the cookies	

Method:

1. Preheat the oven to 180C (fan) and line two baking trays with parchment paper.
2. Mash the bananas in a large bowl until smooth.
3. Mix the coconut oil, honey and nut butter, and stir into the mashed banana.
4. Peel your carrots and apples and grate them. Squeeze excess juice out of the grated apple. (Keep this juice, it's delicious to drink!) Stir the grated apple and carrot into the mashed banana.
5. Add the spices to the oats and stir to coat. Stir this into the fruit and carrot mixture and mix until everything is very well combined.
6. Scoop a heaped tablespoon of the mix, roll it into a ball and pat it into flat cookie-shapes on the tray. This recipe should make about 25 cookies.
7. Bake the cookies for about 20 minutes, reduce the oven to 160C and bake for another 10 minutes, or until they turn golden brown. Take them out of the oven and let them cool slightly on the tray.

How do these cookies 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 Oil: Coconut oil gives you **lots of energy** and is very good for your **brain**. This makes it excellent pupils like you, whose brains are working so hard at school every day. Coconut oil helps to **fight bacteria and viruses** which make us feel sick. It also helps to **keep your heart healthy**.

Bananas: Our bodies need lots of "**vitamins**" and "**minerals**" to stay healthy, and bananas contain loads of **vitamins C and B6** as well as the mineral, "**Potassium**", which is very good for your heart. Bananas have lots of **fibre** for your tummy, and contain natural sugar, to give you plenty of energy.

Cinnamon: Cinnamon is great at keeping our **blood sugar** at the right level, to give us lots of **energy**. Cinnamon helps your **brain and your heart**, and helps to **fight bacteria** which makes us feel sick.

Carrots: Carrots are high in **fibre** and good for your **tummy**. They have lots of **vitamins and minerals**, especially **Vitamin C**. Carrots are good for your **heart** and really good for keeping your **eyes** healthy.

Pumpkin Seed Butter: Pumpkin seeds are very good for your **heart and your liver**, and they help to keep your **blood - sugar** at the right level to give you **lots of energy**. Eating pumpkin seeds helps your body to produce a chemical called "**melatonin**", which helps to make sure you get a **good night's sleep**, which is very important when you're at school! Pumpkin seeds are also good for **joint pains and "arthritis"**.

