



NEWSLETTER 27th September 2019

Please under no circumstances send your child to school with nuts or any products containing nuts. We have a number of children and staff with severe allergies. This includes children having a snack for the bus journey home.

Assemblies: were led by P3CMcC and P6CMcD who spoke to us about the New school year, the challenges ahead and how we should aim to work hard and to enjoy school each day. P3 sang so beautifully and P6 used bars of chocolate to teach us about how we are all different and that is what makes us all unique. Yesterday was also the **European Day of Language** and we tried some foreign phrases and facts we know about other countries. Starting in October, we will learn phrases from a different language each month. **October will be ARABIC.** Two of our girls from Syria, also explained to the P5-7 assembly why girls wear hijabs and how it is an important part of their culture as they grow up.

| | September Superstar Pupils | Numeracy Award | Headteacher Awards | Other achievements |
|----|--|---|--|---|
| P1 | Ryan Lonergan, Sofia Flynn and Sophie Byers | Aoife Collins, Theia Loughlin and Gerard Rooney | Barra Conlon for being a kind playtime friend | |
| P2 | Zara Maynes, Alisa Conboy, Niamh Whyte and Ellie Allen | Cain Cooke, Jake McCrea, Noah O'Connor and Caiden Griffin | Tilly Hitchen for being such a friendly little lady | Abbi Johnston for Irish dancing |
| P3 | Kian Mulryne, Fionn Brownlee and Taima Mdallal | Declan Noble, Lonain McCormick and Emma Callaghan | Charlie Carroll for his outstanding behaviour in the church | Declan Noble for go kart racing. Mrs Robinson can't wait for him to be a Formula 1 Ferrari Driver soon! |
| P4 | Orlaith Collins, Keeva Whelan and Conan Dunlop | Orlaith Collins, Rachel Larkin and Eva Moylan | Kacie Donnelly for being such a happy, positive girl in school | Kaci McKenna and Jodi Graham for Irish Dancing, Sophia Chambers for drama and Corey James McKeever for completing the Memory walk |
| P5 | Maci Conboy, Bethany Owens and Cara Steele | Eimear Rice, Kirsten Smith and Billy Noble | Bethany Owens for working so hard in class | |
| P6 | Mason Millmore, Darren McNally and Cormac Deeds | Jay McAtamney, Pearse Duffy and Hannah McVeigh | Angela Commings for being a well-mannered young lady | |
| P7 | Eva Grace McNally, Dayle Gallagher, Shea McAlorum and Lexi Smyth | Megan Nolan, Cian Harbinson, Eva Deighan Garland and Ryan Hunte | Conghaile McPhillips for being such a gentleman | |



This week's **whole school focus was Listening Ears**. Ask your child did they get their name on the class Recognition Board this week! Next week's focus will be **Helping a classmate during task time**.

Golden Tickets: Caleb McCorry, Layla Young, Kaleah Haughey, Sophie McCann, Savannah Hand, Caoimhe Cunningham, Megan Fox, Olivia Gallagher, Angela Commins, Mona Aldash, Afraa Mharik, Clodagh Hardy, Kayla Quinn, Corey Doherty and Caolan Hunter

Happy Birthday to: Delilah Mogey, Lewis Barkley, Ryan Hughes, Joseph McWilliams, Ryan McEntee and Jodi Graham

Healthy Eating (Extract taken from the school Policy)

Mid-Morning Break

In Holy Evangelists' we operate a healthy eating policy at break time.

P1-2 children are provided with water, milk, plain yogurt, cereal, fruit, pancake and a plain biscuit each week for a cost of £2.

The remainder of the children in school bring in **one piece of healthy food** to eat a day ranging from- plain yogurts, sandwiches, rolls or filled baguettes, fruit, plain cereal bars, water or unsweetened fruit.

School Meals

Holy Evangelists' school works with the catering service to ensure that healthy choices are available. Fruit and vegetables are included as part of the meal and, where possible, have reduced fat, salt and sugar content. The dinners provided are nutritious, well balanced and healthy containing food from the different food groups. Vegetarian, religious beliefs and medical needs will be met in appropriate ways.

Children are actively encouraged to eat vegetables. Chips can only be served once per week. The children receive a menu in advance which allows the children and their parents to make a choice if the options provided. Water and a wide variety of fresh fruit are provided each day and milkshake and milk is available regularly. The menu is available on the school website.

Packed Lunches

Our school encourages parents/carers to provide healthy packed lunches. No fizzy drinks are permitted in school and leaflets/guidance on healthy lunches are sent home on a regular basis. For example, every child's lunch should contain a portion from these four food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein.

We ask that lunches only contain one treat item, such as crisps or gummy sweets. Chocolate is not permitted.

Health and Safety

Within the school there are several children with special dietary needs as a result of egg/ dairy allergies. As a result of this the following procedures are in place:

- The school is a nut free school. Nuts are not permitted in school.
- Food swapping and sharing is not permitted and any food not eaten is sent home.
- Children who have an allergy and require an epipen are required to bring 3 epipens to school one is kept in the school office, the other in the classroom and one in the canteen. It is always carried on trips.
- All members or staff have been trained on the use of the epipen and this training is updated annually.
- The children who have an allergy have food diaries placed in their own classroom and on the staffroom wall so all staff are aware of their allergy and the procedures to take in case of an emergency.
- At the beginning of each school year a higher member of staff will meet with the canteen supervisor to update her on any special diets, put procedures into place etc.

