



Parent Association Newsletter



Letter From The Chairperson

Dear parents and guardians,

As we count down the days to the school holidays it is hard to believe that we are nearing the end of another interrupted school year. Thankfully, having survived the cold lockdown days of January and February the schools were able to remain open from March and the children got to enjoy their summer term this year. With pet farm visits, magic shows, movies in the classroom, non-uniform day, sports days etc. it has been a fun-filled term!

As you are all aware by now Mr O'Doherty is being seconded to the IPPN for two years in September. On behalf of the PA I would like to congratulate him on his new role, wish him every success as IPPN President and thank him for his years of dedication to the school. I would also like to congratulate to Ms. Morrogh on her appointment as Acting Principal. The PA looks forward to continuing our collaboration with the school.

To our 6th class girls, Senior Infant boys and the families finishing their St. Patrick's journey this year the PA wishes you every success in the future. It is lovely to see the 6th class girls wearing their hoodies with such pride! Many thanks to the 6th class teachers for facilitating the school tour in Alive Outside and the graduation ceremonies this year. The PA are delighted to sponsor an ice-cream van for some cold treats on Graduation Day.

I would particularly like to thank our committee members who are leaving this year as they no longer have children in the school - Catherine Kelly, Louise Coffey, Elaine Staunton, Joanna Lenehan, Dee Kearney, Fergal Foley, Niamh Grist and Cathy O'Bric. They have given long years of service to the committee. Thank you for your hard work and commitment, many hands do make light work and you will be missed!

We are always looking for new members to join us on the committee and I will be writing to you in September asking you to consider becoming part of the committee for the next school year. We are very much looking forward to resuming our normal activities as restrictions are eased and we return to normal.

In the meantime I wish you all a restful and hopefully a sun-filled summer.

Majell Ryan

PRINCIPALS LETTER - June 2021

Dear Parents,

Thank you!

Thank you for your co-operation and support.

Thank you for your patience and understanding.

Thank you for your kindness and trust.

Thank you for working with us to ensure that we did our best to keep each other safe.

You should be so proud of your children. Despite the many challenges with which they have been faced this year – safety protocols, control measures, bubbles, pods and any amount of hand sanitizer – they have shown resilience and brought great joy. In the truest sense of the word, they have been inspirational. We are privileged to work with them.

I must also pay huge tribute to the staff for their incredible commitment and flexibility to making things work, all done in a spirit of positivity and endless good humour. A particularly special mention must go to Mrs. Flanagan, Mrs. Leahy and our wonderful caretaker, Lorraine. You have no idea the lengths to which they have gone to ensure everything ran smoothly. The school and I would have been lost without them.

I would also like to acknowledge the support and advice received from Majell Ryan and the members of the Parents' Committee. It was a very different year for Majell and the committee but they have been unstinting in their offers of help and have been an invaluable source of wisdom in terms of our planning.

So much happens in the school of which people are unaware and this newsletter gives you a flavour of some of it but I must make special mention of our fantastic Student Council and the HPS Committee who achieved so much throughout the year, despite the challenging circumstances. They have served St. Patrick's with energy and enthusiasm and we are so grateful to them.

As the year draws to a close, I must also pay tribute to our colleague and friend, Una Lyons, who will be retiring this summer. Mrs. Lyons has been a hugely valued member of our school community since 1984 and I want to thank her for her wonderful service and commitment to our school community. I wish Una a happy, healthy and fulfilling retirement.

As I also take my leave of the school, albeit temporarily, I would like to wish Niamh Morrogh every happiness and success in her new role of Acting Principal. I am confident that Ms. Morrogh will enjoy the same level of support and goodwill that I have been privileged to experience over the years.

Finally a special mention to our 6th Class girls and our Senior Infant boys who will be leaving us at the end of June. We will be sad to see them leave but we wish them every happiness in the future.

Yours sincerely,

Brian O'Doherty

Principal

Summer Poems

First Class Mrs Cunnane / Mrs Mc Comack

Summer Poems

First Class Mrs Cunnane / Mrs Mc Cormack

Sunrise very early
Underwater fun
Music parties
Melting ice-cream
Exciting times
Rush to the shop
Evangeline Bridge

Sunny days
Under the water
Melting ice-cream
Map to the treasure
Exciting to open it
Restaurants are open
Jia Man Aisling He

Sunshine all day
Underwater fun
Meeting people
Melting ice-cream
Everyone loves Summer
Rays of sunshine
Lucy Quigley



Sunny days are here
Underwater fun
Milkshakes are delicious
Melting ice-cream
Everyone having fun
Rush to the beach
Ellie Devlin

Sunny days
Underwater fun
Masks might be gone
Meeting up with people
Everyone is happy
Rays of sunshine
Eloise Barrett

Sunny days and suncream
Underwater
Melon and mango
Milkshakes
Everything is lovely
Rush to the beach
Skye Woodcock Murphy



Sunshine all day
Underwater fun
Meeting people
Melting ice-cream
Everyone loves Summer
Rays of sunshine
Lucy Quigley



Sunny days
Underwater fun
Mermaids under water
Melting ice-cream
Everyone is happy
Remember rainbows are gone
Vilma Szvanikova

Sunny days
Underwater fun
Melons and milkshakes
Melting ice-cream
Enjoy everything
Running on the beach
Alexis Newitt-Mc Donagh



Sunny days
Underwater fun
Music on the beach
Meet my friends
Eating outdoors
Rush to the beach
Ariya Farrell

Our Blossom Trees

We went out to the grass in front of our school to look at the Cherry Blossom tree. Then for art we made our own blossom trees. We painted popcorn for our blossoms. We drew a tree then we stuck the popcorn on the tree. We took pictures outside in front of the blossom tree and we took a selfie with our teacher.

By: Andrea and Fern
Ms. Catterson's 1st Class



Fun in Junior Infants!

We are going to have a magic show. We are looking forward to it.

I loved sports day. The running races were fun. We had five teams: yellow, orange, green, blue and red.

We got to see the farm. There was a pig named rasher and a pig named sausage.

We saw chickens, ducks, a calf and a sheepdog called Gwen. Gwen got the bucket. I saw a little egg in with the chickens.

We had really fun at fun day. We had giant Jenga, spacehoppers, golf, X's and O's, a sandpit, connect 4, hula hoops, slides and tunnels.

We hid under the tunnels and pretended to be caterpillars. Then it started to rain and we got a bit wet but it was too much fun! We loved it, we are having so much fun!

On sunny days we go for a picnic on the grass, it's really fun.

We have five caterpillars, they are in their cocoon.

They are going to turn into butterflies, we are excited for that. The school year was really fun.

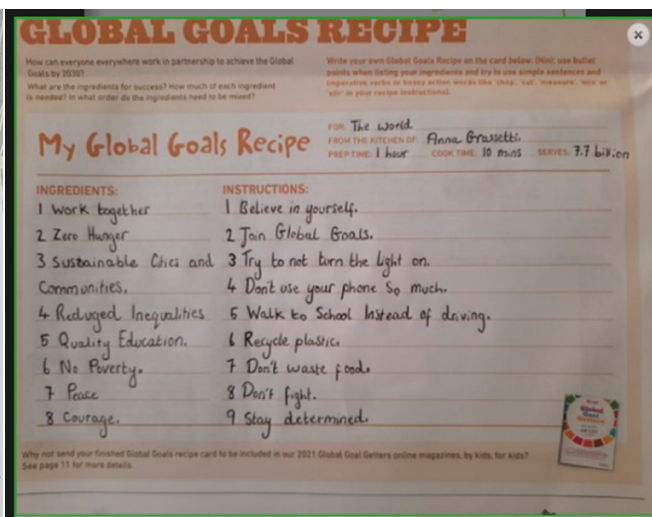
6th Class Tour to Kiltruddery

On June 8th, 9th and 10th, all three sixth classes went on a school tour to Kiltruddery House and Gardens where they took part in an outdoor adventure camp. The classes built their own outdoor huts, took part in archery and group activities including Catch the Flag and Crack the Code and even got to toast marshmallows around a camp fire. The tour was thoroughly enjoyed by every girl in 6th Class and we returned to school at the end of the day extremely happy but exhausted.

We would like to give a huge thank you to Mr O'Doherty for facilitating a school tour for 6th Class- it was certainly a well-deserved and enjoyable break for the girls in their last year in primary school. Another big thank you to Ms Morrough, Ms Kehoe and Ms Donnelly for accompanying the classes to Kiltruddery and making the tours a possibility. However, the biggest thanks goes to each of the 6th class girls who were exemplary in their behaviour while on tour! You made your teachers very proud!



My name is Anna. I am 8 years old. I am in 2ND Class. My teacher is Ms. Hawkins. During lockdown my mam gave me a magazine. I found a piece in it that I really liked and I filled it in. It was a competition to help climate change. My mam submitted my photo and the judges decided to put it in the online magazine. Here is my Global Goals Recipe.



Junior Infants in a Nutshell In the words of Ms. Ní Riain's Class:

“On our first day of school we got to get a lollipop from Mr. O’Doherty. We learned where the toilet is. We learned words from Sean and Siofra. We learned tricky words. We made new friends. We learned to have pencils. We learned to read. We did the covers of our scrapbooks and picked the stuff for inside. I remember when we did our sounds. We did a Christmas play called Whoops-a-Daisy Angels.

We learned how to do our letters. We did them things on the blue wall- our favourite colours, our favourite animals and our favourite shapes. We done fun day and playdoh. We changed tables. We learned our rhymes. We learned the days of the week.

We did numbers everyday and we did loads of nice arts and crafts. We learned cursive writing. We learned how to write our names. We painted and we also got to do second activities and play with the kitchen. We made clay pots.

I remember when we got to play with the kitchen. We made our mice for the hickory clock. We did our Humpty Dumpty, we wrote the names on the paper and we coloured them and we did circle time. We did sports day.

We learned how to be nice to each other and we learned how to share things. We got to do star charts. We watched Pippin and learned to be safe on construction sites and how to make pencils and making bricks and paint and about rain and butterflies.

We did our meditation so we can be calm and relaxed. We made cards for teacher. We wrote stuff in our copies and drew pictures. We did chalk outside. We helped persons who don’t have as much stuff as we do. We went to Mr. O’Doherty’s when it was our birthday and we got a lollipop. Me and my best friend learned how to not fight each other in the yard and now we can sit near each other. We drew ourselves.

We played out in the yard. We did PE.

We did drama with Ms. O’Hanlon. We was passing Hedgie around the circle to people and saying nice things.”

Student Council Update June 2021

Dignity Packs



Dignity packs is a project we did this year in our school. All the families in St. Patrick's donated things that we use on a daily basis to give to homeless people. Over three days, girls from 1st to 5th class came to ~~Ramtha~~ and we packed 250 rucksacks with toiletries, snacks and warm clothes. We kept safe by staying in our pods and sanitising our hands. Then when all the bags were packed, Junior and Senior Infants carried them out to the front of the school. There was nearly not enough room in the two cars that came to collect them! The Dignity Packs were sent around the country to homeless people in need. A huge thank you to the Parent's Association, all students and teachers and everyone who made a difference by helping with Dignity Packs.

Abi Duggan and Ellen Wu, 5th Class



Our Mural



We are busy creating a new mural! The theme is.....outer space! All the boys and girls had a chance to recommend their ideas and this was the most popular theme. It is going to be nice and bright for everyone to see and will be right beside the 2018-2019 mural. So make sure, when you're passing Ms. Leahy's office to get a good look at the mural of Student Council 2020-2021!

Lucy Kelly and Lisa McCarthy, 4th Class

Fun Days



The student council have been working hard on planning and coordinating Fun Days for the whole school. We couldn't have the Fun Day of past because of Covid 19 but that didn't stop us. Instead, we have spread the Fun Days out over three weeks so that they can be done safely with each class being able to remain within their pods. Activities include space hoppers, a sand pit, slides, croquet and crazy golf. The student council have to set up the activities every day and help out at each of the stations. So far it has been a roaring success and we are so happy to see all the school having some well-deserved fun. Thankfully, the weather has behaved itself too and the sun has been splitting the stones each day. We hope everyone enjoys their Fun Day and that the sunshine continues.

Éabha Parker and Maryjo Mandras, 6th Class

Interview with a Grandparent

Ms Travers & Ms Doran's 1st Class

We all interviewed our grandparents. We loved doing it so much. Some had to call their grandparents and some met them in person. It was so cool learning about how different school was. by Ella F & Mia B

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? in Wicklow
- How many brothers and sisters did you have?
1 sisters and 2 brothers
- What was your favourite toy? A dog
- What game did you like to play at school?
Hop, Skip and Chasing
- What is different about school now?
Books There's lots more story books in there.
Computers There was no computers
Whiteboard I had a blackboard and chalk.

Show a picture of you with your granny or granddad (or another older person).



Ella

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? Wicklow
- How many brothers and sisters did you have?
0 sisters and 2 brothers
- What was your favourite toy? A dog
- What game did you like to play at school?
Tag and hopscotch
- What is different about school now?
Books are read books
Computers are all over the place
Whiteboard is all over the place and they use it

Show a picture of you with your granny or granddad (or another older person).



Aisling

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? in Cork
- How many brothers and sisters did you have?
2 sisters and 4 brothers
- What was your favourite toy? Little people
- What game did you like to play at school?
Tag and hop
- What is different about school now?
Books nothing
Computers are everywhere
Whiteboard are used a lot more

Show a picture of you with your granny or granddad (or another older person).



Mia B

The Life of My Grandparents


grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? Ballynagorney
- How many brothers and sisters did you have?
4 sisters and 7 brothers
- What was your favourite toy? doll
- What game did you like to play at school?
tag and catch
- What is different about school now?
Books read books
Computers no computers
Whiteboard blackboard chalk or white

Show a picture of you with your granny or granddad (or another older person).



Aoife

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? Wexford
- How many brothers and sisters did you have?
1 sisters and 4 brothers
- What was your favourite toy? balls
- What game did you like to play at school?
tag and catch
- What is different about school now?
Books are books like in the iPad
Computers computers are bigger now
Whiteboard we don't use it

Show a picture of you with your granny or granddad (or another older person).



Andrea

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? England
- How many brothers and sisters did you have?
2 sisters and 0 brothers
- What was your favourite toy? doll
- What game did you like to play at school?
Roulette
- What is different about school now?
Books yes she did have books
Computers no she did not have computers
Whiteboard no she had blackboard

Show a picture of you with your granny or granddad (or another older person).



Orla

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? millington
- How many brothers and sisters did you have?
1 sisters and 1 brothers
- What was your favourite toy? a talking doll
- What game did you like to play at school?
ball game
- What is different about school now?
Books are same
Computers no computers
Whiteboard no whiteboard

Show a picture of you with your granny or granddad (or another older person).



Isabella

The Life of My Grandparents

grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? Dublin
- How many brothers and sisters did you have?
2 sisters and 4 brothers
- What was your favourite toy? big doll
- What game did you like to play at school?
tag
- What is different about school now?
Books are same
Computers are same
Whiteboard are same

Show a picture of you with your granny or granddad (or another older person).



Kate

The Life of My Grandparents


grrrry graddel favoite computers blackboard whiteboard

Your grandparents were born a long time ago. They each had a family, just like you. They went to school and played games with their friends. They can tell you about their life.

Ask your granny or granddad (or another older person) these questions about growing up.

- Where were you born? BEAUFORT TOWNSHIP
- How many brothers and sisters did you have?
2 sisters and 4 brothers
- What was your favourite toy? toy car
- What game did you like to play at school?
catch
- What is different about school now?
Books are same to school books
Computers there were no computers
Whiteboard the old blackboard

Show a picture of you with your granny or granddad (or another older person).



Sophia



Incredible Edibles

We had 5 tasks to do. We had so much fun doing the project. Birds attacked the plants. I liked doing the Incredible Edibles. We planted and grew fruit and vegetables. Some fruit and vegetables are still growing in our school garden. We grew strawberries, potatoes, turnips, carrots and lettuce.

Emily Thoresen

My favourite thing was planting the strawberries and lettuce. Some birds attacked them. I like eating healthy food. Some vegetables are still growing. We should buy Irish food.

Tengai Lin

I had fun doing the Incredible Edibles project. We had 5 tasks to do. We made our own Super Hero. My favourite part was using the food for salads. Birds attacked our plants but we have plenty left. We should buy Irish food. We should eat healthy food. We should not eat lots of sweets.

Hollie Harvey - Tresson

We had 5 tasks to do. We had so much fun. The birds attacked our plants. I loved doing the Incredible Edibles. I made a salad using lettuce and peppers. I like to eat healthy food.

Ally Kane

We had fun doing the 5 Incredible Edibles tasks. Some birds attacked our plants. We should buy Irish food with the Bord Bia quality mark. My favourite character was Clive Chive.

Clara O Malley

I loved learning about the Incredible Edibles. We planted strawberries, potatoes, lettuce and carrots. Some birds attacked the plants but they are still growing well in our school garden. Planting seeds was fun and we had to get rid of the weeds too. I like to eat healthy food and we should buy Irish.

Poppy Way

We had fun planting strawberries, potatoes, lettuce and carrots. I loved making the smoothies. I liked drawing a Super Hero. I drew Leafy the Apple. I got to water and weed the plants. We watched videos to help us with the planting. We had 5 tasks to do but the birds attacked our plants. They are still growing well in our school garden.

Eabha Murray

We planted strawberries, potatoes, carrots and lettuce in our school garden. We planted and grew fruit and vegetables. We made our own Super Hero. We made smoothies from fruit and vegetables from Ireland. I enjoyed doing the Incredible Edibles project.

Chloe Cadyre

First Class Mrs Mc Cormack/ Mrs Cunnane

5th Class School Tour to Bray Beach

On Tuesday the 1st of June 2021, our class went on a school tour. We went down to the seafront and walked up part of Bray Head and we had our lunch. After that we did cartwheels and high jumps. We also played Tag and Rounders, it was fun. It was Ana's birthday and our teachers gave us all a Kit-Kat. We did a Seashore Safari with a Marine Biologist called Sarah. I caught a sprat! Our pod caught 5 crabs 4 of them were alive and 1 of them was dead. When we finished the safari we went to The Martello and got ice-cream. I got vanilla ice-cream with Oreo crumbs. Abi helped to make the ice-creams. We had to walk back up to school really fast so we would not be late! We all took one rock each from the beach, we are going to paint them as a memory of our school tour.

By Megan Collins

Ms C Ryan/Ms. Shanley 5th Class



Mobile Farm Visit

Ms Doran & Ms Travers' 1st Class

The mobile farm that came to visit was great fun. There were two calves. Some girls held the chicken. The sheep dog Gwen was cute, fluffy and very clever. The cows had name tags on their ears.

by Mia H and Siofra M



Creative Crafts

We made some very colourful Unbelievable Umbrellas! Have a look at our working windmills too.



Sr. Redempta

Last year we went to the Convent just to have a look. This year we did something different. Around Christmas we were chosen to go to Sr. Redempta's funeral which was very sad, but we all went to show support. By the time we got to the convent there were already a few classes there. We watched the hearse drive by and everybody clapped.

Aoibh Kennedy; Alice Gibson; Gabby Donohoe; Catie Grassetti [4th Class. Ms. Lyons]

Dignity Packs

This year we got to do the Dignity Packs. We put twenty cotton buds and thirty plasters in each bag. Dignity packs help a lot of people that don't have simple things that we take for granted. Our year brought in suncream. It was a really nice thing to do for the homeless.

Daisy Anglin; Shauna Lyons; Doireann Doyle [4th Class. Ms. Lyons]

Victorian Era Projects

We all brain-stormed areas of research. We chose two categories from all the options we got. Everyone had to present their project with at least 2-3 slides of each area of research. When our class presented projects it was on Seesaw and was projected on a white board.

There were lots of interesting facts, creative backgrounds and lots of pictures. All of us got to read it out to the class. We learned a lot of facts about back then. Like, a whole street had to share a few toilets and a pump and the Victorian Era was named after the ruler in that time - Queen Victoria.

Anna Chen; Mia Byrne; Ella Breen; Zara Zhang [4th Class. Ms. Lyons]

Mobile Farm

On the 4th June we went down to a mobile farm in our yard. There was a calf, two pigs called Sausages and Rashers, two lambs, chickens, ducks and a very cute dog called Gwen. She was a sheepdog and kept running over to 6th class to play with the ball. The farmer's name was Pat and he showed us how to hypnotise a chicken. All the animals were very cute but the pigs made a big patch of mud in our yard.

Overall, this was a great way to end Friday and the week.

Jessica Byrne; Niamh Davies; Ciara Duffy; Isobelle Gillen [4th Class. Ms. Lyons]

Scríobh Leabhar

This year our class did the Write A Book competition in Irish. It's called Scríobh Leabhar. Usually all the stories would be sent to a different school to be judged, but this year the books were judged in our school due to Covid-19. Scríobh Leabhar is your own story. This is a list of the things we did to create our Scríobh Leabhar; the story, the dedication, the front cover, about the author and the back cover. When you finish you get to read the book out to your class.

Lily Leonard, Leah Ennis, Amanda Wei, Zoe Kenneally [4th Class, Ms.



Tour

On the 14th June we went on a school tour. We went to Sidmonton Park. The other 4th classes went too but at different times. We walked there. Everyone had a lot of fun playing and Doireann's mum even brought ice-cream. We also had our sweets so everyone was very happy.

Lisa Wang, Roisin Stapleton, Sophie Chen, Rachel Murphy [4th Class. Ms. Lyons]

Home Schooling / Zoom Classes

For some of the year we home schooled. We used Seesaw for sending in and receiving work. I prefer being in school than home schooling. The best thing about home schooling was that I could take breaks to pet my cat!

I know this year has been like no other, but we did have some fun on Zoom classes. We all got to do a project on animals that live in the Rainforest. For Valentine's Day we got to do Valentine's Day art and for St. Patrick's Day we got to do an online Escape Room. It was a bit tricky, but it was fun!

We were home schooling to keep up with the class and correct our work. We did Zoom classes. We would correct the work we had done and explain the work for that day. We went on a Zoom call every day with our teacher.

Once we came back into school we did webinars. My favourite webinar has been an art webinar. It included: DNA jellyfish, a cool video and how we will be able to drive automatically. The others were - how to be a wildlife detective and Dog's Trust.

Honestly, nothing really changed on the topic of school apart from my parents weren't as good at teaching than my real teacher.

A lot of people LOVED home schooling. I LOVED being able to do work in my pajamas but home schooling made me go CRAZY!! I think it was all the time indoors, so much electronics to keep me entertained and no time with family or friends. I much prefer school school and I'm so glad I'm back!

Anu Demel; Serena Shortt; Millie Curley; Laura Colleran; Keeley Perry Breen; Tara O'Toole; Sinead Moran [4th Class. Ms. Lyons]

H.P.S.

This year the H.P.S. were focusing on the students' mental health. To help with this the H.P.S. did activities such as: having a mobile farm come to the school; making gratitude gardens on classroom doors; hydration breaks; drop everything and dance and Fun Days for every class to enjoy.

By having all these activities the H.P.S. are hoping to brighten up mental health because of the rough year everyone faced with Covid.

Olivia Barrett [4th Class. Ms. Lyons]



Majell Ryan ▶ **St Patricks Bray
Parents Association**

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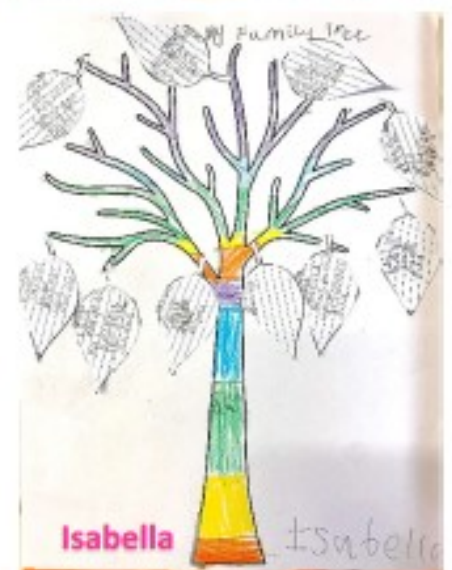
€1,070 was collected on non-uniform day last Friday!



Our Family Trees

Ms Doran & Ms Travers' 1st Class

We learned about the different people in our families. We learned about how our brothers, sisters, parents, grandparents and cousins were linked to us in a tree shape. We had paper leaves to write all the names and then stuck them onto our family trees. by Kate B & Aoife H



School Year 2020-2021 By Rang a Trí, Miss Dunleavy

This year was not like any other year because of Covid. When you come into school you have to sanitise and to social distance. This year was hard, but we still got to do fun stuff like sports day. The races we did were the potato and spoon race, wheelbarrow, flat race and more. We also did Write a Book Project and I wrote about a friendly monster.

Today 17th June we had a fun day. There were bouncy balls, a sand pit, slides and more. We planted wildflowers and they are growing a lot. We did clay and I made a star fish, a turtle and a bunny. We did loads of fun stuff this year. Lockdown and Covid were hard, and it was a crazy experience but I made loads of memories.

By Lucie Creighton

In third class 2021 it was different. At the start of January, we did home schooling which we call remote learning. We did Zoom calls every week. Sometimes we would play bingo with the global goals and that was fun. I really enjoyed remote learning.

Then when we got back to school, we started on Our Write a Book. My book was called 'The Ballet Competition'. School was different on our return we had to social distance and stay in pods.

By Carey Mc Nab.

It was so hard in Covid, I hated it. However, there were good things also like normal school is four or five hours long and online school is only about an half an hour. The Zoom calls were about an hour long.

I improved on my writing and my stories this year. I wrote a story called 'The Portal' for Write @ Book project this year.

It was a very hard year, but we are back in school now. Everything is not back to normal, but I am happy to be back with my friends.

By Izzy Ross.

Covid times are hard but you can still have fun like doing clay. I will tell you what I made. I made a sheep with a bird on its back and a baby bird on its head. The sheep is standing on a blade of grass. We are painting out Father's Day statues on Friday.

By Alliyah Doyle.

During lockdown we could not go to school because of the crazy pandemic. Our teacher decided to set up zooms and give us a password for an app called Seesaw. We did our homework on Seesaw because we are not allowed to bring home our work. If we did, we would have to quarantine it because it was in our house.

When we went back to school the teacher told us we could do sports day and go on a school tour. For sports I was the colour blue and I really enjoyed it. The races we did were flat running, the three legged, the potato and spoon.

For our tour we are going to the beach. We are allowed to bring €2 but if we bring more the teacher will take it! And that was our Covid year!

By Chloe Spivack.

This year school was different because of Covid. We had to sanitize, social distance and put cones in the yard because we were not allowed to mix with other classes.

We still got to do lots of fun stuff like sports day. Sadly, our parents were not allowed to come but it was still great fun.

We also had a fun day with slides, a parachute, these bouncy balls and a sand pit. Those were a few of my favourites.

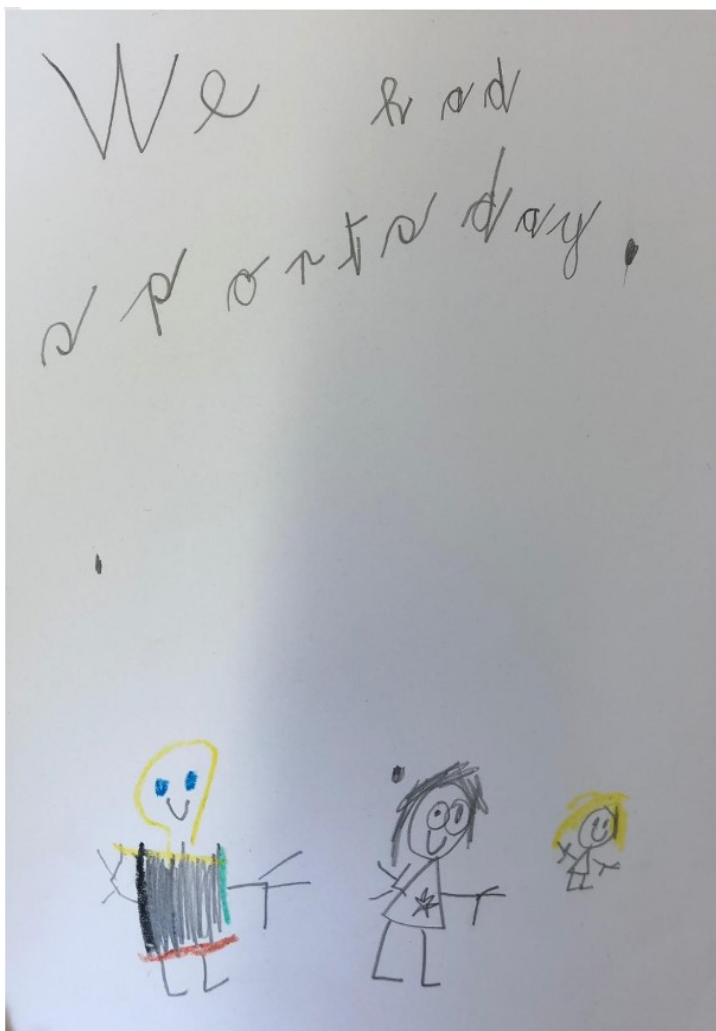
We also did lots of art and our most recent piece was clay. I had some left over and the teacher let me bring it home wrapped in plastic and I got my dog to step on it. Now I have his paw print!

By Sophie Lang.

We did Sports Day on Tuesday 15th June. We did the egg and spoon race, the sack race, an obstacle race and more.

We got to wear our jerseys, mine was red. In the morning we had a basketball league and we had good fun.

By Laoise Rogers



Junior Infants Sports Day

By Amelia Wheeler (Ms Power's Class)

Our Fun Week

This week we had three fun days. One was our Fun Day, the next day was Sports Day and the last day was our School Tour.

For our Fun Day we got to wear our own clothes instead of our uniform. We went to the field. There were slides, hoola hoops, space hoppers and lots of other toys.

For Sports Day we all had to wear colours. The Puffin table wore green, the Owls wore yellow, the Finches wore blue and the Robins wore red. We had lots of races. The Finches won Sports Day!

For our school tour, because of Covid, we could not go out but we had so much fun in school. We drew on the ground with chalk and played with bubbles. Then we went for a Teddy bears Picnic. We got ice pops and we had a raffle. We also watched a movie. Ms. Catterson gave us popcorn and bubbles at the end. It was the best day!

By: Olivia C and Zara
Ms. Catterson's 1st Class

Ms Dagg's 3rd Class

This is our school newsletter,
Yes, it's the one that rules,
St. Patrick's Primary School,
Oh and don't forget to add Loreto!
Everybody talks about us at the Martello,
Every year we share our class stories,
It's nice to read other people's stories,
Reading them is a laugh,
Others a little daft,
But now it's all just a bit of fun,
Now go home and have some fun in the sun,
Well...if there is any!

Getting fit

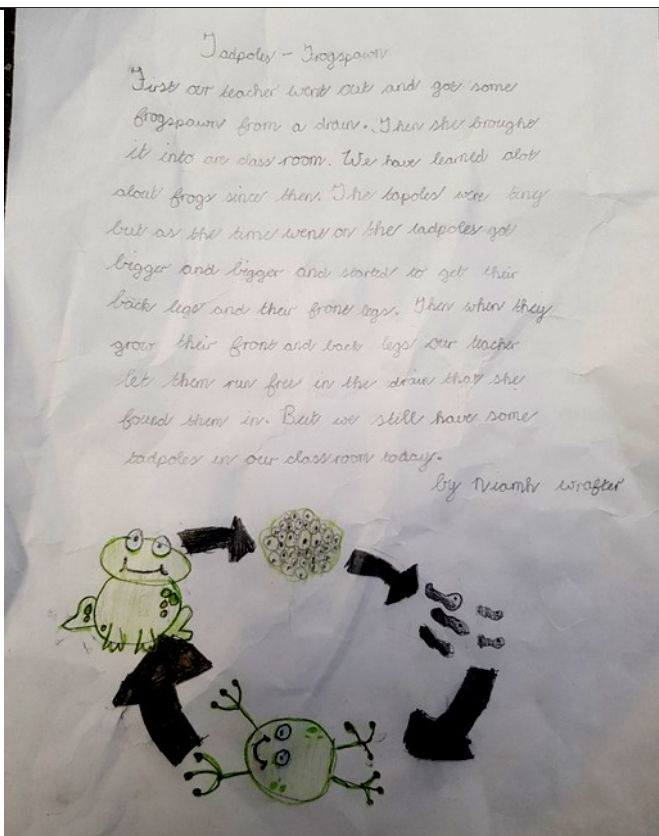
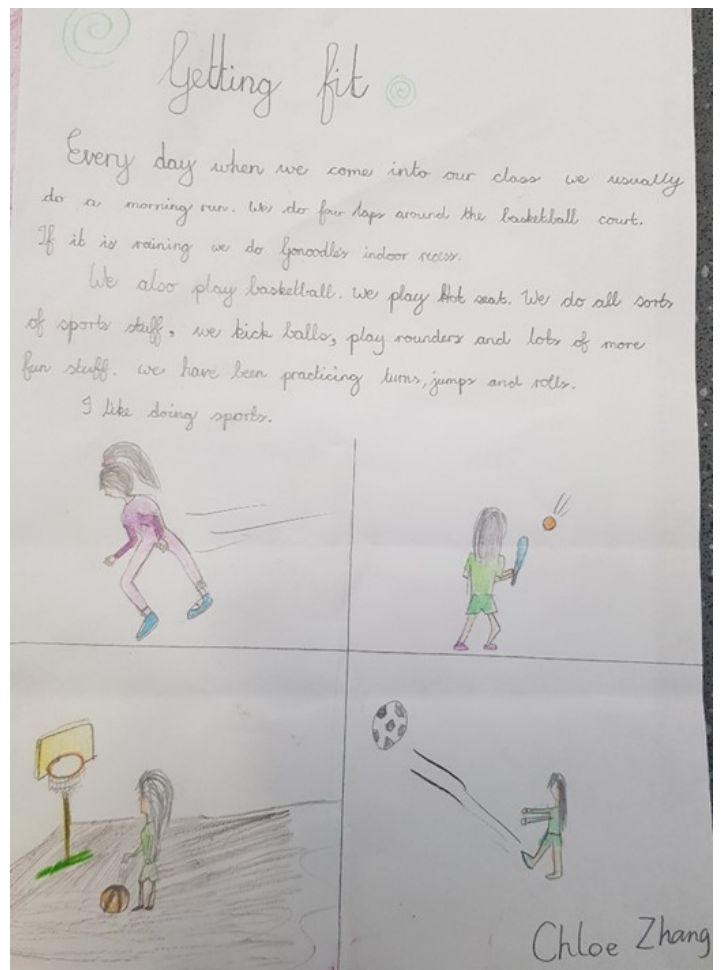
Every morning we go out and do a run – sometimes we run two laps of the school or two laps of the field but mostly we run four laps of the big yard. At the start it was so hard but now it is quite easy. I'm still a bit out of breath.

Lockdown

Hi, my name is Amelia and this is my story about Lockdown. It was the weekend and mum and dad were watching the news. It said we were going in to lockdown. I felt nervous because my nanny and grandad might get it. The best bit was that I got to have lie ins. The worst thing about lockdown was having to do schoolwork on Seesaw. I really hope there will not be any more lockdowns.

Tadpoles to Frogs.

First our teacher collected some frogspawn from a drain and brought it back to the classroom. She filled a bucket with some water from the drain and added some rocks. She put the frogspawn in. They hatched and they grew. Then one got a pattern, the next day 5 more had patterns. But then nothing happened – they were just swimming around until one popped out legs. Our teacher put it in a cup and brought it back to where she got it to release it.




Incredible Edibles

This year we have Incredible Edibles. We started by looking for vegetables at home that were from Ireland during Lockdown. We also watched videos about the farmers. The farmers planted lettuce, potatoes, spinach and strawberries. Once we got back to school Incredible Edibles sent us potatoes and strawberries which were already growing, we got lots seeds which were carrots, spinach, chives, turnip and lettuce. After a while the seeds started to grow too big so we moved them into the soil outside. We water the plants about twice a week and they have grown really well. We got to eat boiled potatoes but they were still delicious! We also made but we made them our selves, we chopped them and put them in a bowl, adding spices was my favourite part about making the potato wedges.

By Leah Mc Yarry

Incredible Edibles

This year we participated in the Incredible Edibles. They sent us a free grow box its contents were a pack of wild flower seeds, a few seeds of, turnip, carrots, chives, spinach and there was also 2 strawberry plants. We planted them in little cups they provided, there was alot more in the box. After some of the plants got big we put them into the flower beds! We started experimenting with different foods and techniques, we tried steamed potatoes and wedges! It was not potatoes we grew but they did include miniture potatoes to plant and we did! During online learning we learnt to identify Irish Bord Bia foods.




By Rua Kiernan

Incredible Edibles


This year we did the incredible edibles. We loved it! here are some of the things we did for it. First we watched a few videos of farmers planting vegetables. There were 5 farmers altogether. Next we planted fruits and vegetables. We planted potatoes, strawberries, carrots, spinach, chives lettuce and turnip. Then every Friday 4 people in the class go and water them. After that we made homemade wedges. We cut a potato, poured oil on them and seasoned them with garlic, rosemary and paprika. They were yummy. We also steamed potatoes too they were also yummy. We are still growing everything and we are going to eat them all soon!

By Maisie Blake



Butterflies

Our teacher bought some caterpillars and by the start of the summer holidays we should have butterflies. Right now the caterpillars are making their cocoons. The life-cycle of a butterfly is a egg that turns into a caterpillar that makes a cocoon then the cocoon hatches into a butterfly. Butterflies lay their eggs on leaves, some butterflies lay their eggs on nettles.



By Sarah Weaver,

Second Class - An art response

In class and for SESE we were learning all about the humpback whale. We decided to use this theme in our artwork. We hope you like some of the art work that we have created. We also have responded to our own work by writing about our art. Enjoy!



I like that the tail is very, very colourful and the sunset is pretty cool!
By Paula



I like the way that my picture is colourful. I enjoyed colouring it! I like how I did swirls in my sea. I liked doing the wash.
By Clodagh



I like the way that I blended the sea with the wash. It reminds me of swimming in the sea. When I was painting the sunset it was really relaxing. My favourite part is the humpback whale. This was the best art I have done!
By Kate



I like that I used my imagination. The colours blended so well. I outlined it with crayon. It was fun. It was very colourful. I blended red, pink, orange and yellow. For the sea I went for blue and purple.
By Ashante



I liked the way we all used our imaginations. My favourite part was when I drew the whale - well we copied an idea on Pinterest! Then we did a wash. I like my picture because I did a galaxy background.
By Savannah



I like the way my art has lots of colours. I enjoyed making the sunset. I think that the next time I will add more detail. I really enjoyed making the turtle.
By Isabelle K



I like the way that the colours glow out with the sharpie. I love how the sea colour is mixed with the crayon. I love the way it came out so nice.
I LOVE IT!
By Alicia



I like the way..... I did the sunset.... the whales tails are colourful....the water and the sky are - perfect!
By Isabelle M



I liked the way that I did the sunshine and the sea and even the dots on the sea are nice.
Oh, I like the sky too!
By Sophia O'R



I don't know what I like about my whale art. I like the sea - I just love it! It's my favourite part. I like the whale too.
By Ava



I love the way I made my sea very galaxy like. I also love the way I made my sky sunset. My favourite part is the sky. I just love it! I enjoyed doing the art. It was lovely and relaxing.
By Emma



First you draw a whale and then you get a sharpie to make it stand out. If you want to you can use a crayon to colour with and then you can do a wash on top. I loved the way I blended the colours. It looked so nice so I did a sunset in the background.
By Imogen



I liked the way I blended the colours.

By Hannah




In my whale art I put seaweed in my painting. I used green, pink, orange, light green and yellow for the seaweed. My favourite part is the little turtle!

By Elise

How many pens do you think there are in the world?

Answer: 64, TRILLION!!

Ok, Ok, that might be a small exaggeration but the answer is still **HUGE!!**

Most pens are made from plastic, which is really bad for the environment, so **think about reusing** your pens when you go back to school and giving those pens a long and happy pen life.... 

Also think about **reusing** those cute little sharpeners, those water bottles and those school bags again

REUSE - it's good for the environment! 



SCRÍOBH LEABHAR

Comhghairdeas leis na cailíní i rang a ceathar agus rang a sé a ghlac páirt i gComórtas 'Scríobh Leabhar' le déanaí.

Comhghairdeas mór leis na buaiteoirí,

Mia Byrne (Ms Billington),

Alannah McCarthy (Ms Condren),

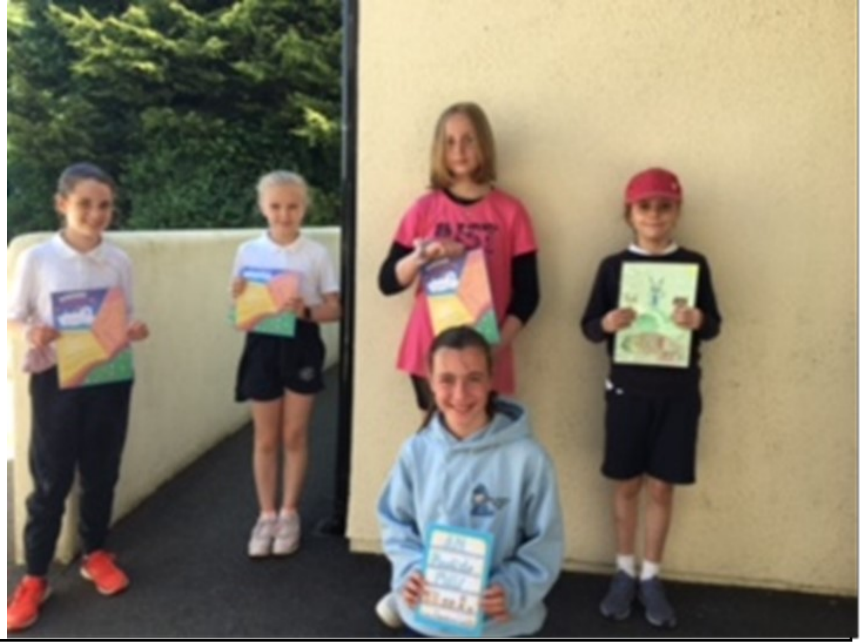
Maria Gbiorczyk (Ms McCann),

Penny Standage Connaughton
(Ms de hÓra),

Cate Cobbe (Ms Lenehan)

Katie Grasseti (Mrs Lyons).

Maith sibh a chailíní!



HEALTH BENEFITS YOU MAY EXPERIENCE FROM DRINKING MORE WATER

Fewer Headaches

Increased Energy Levels

Clearer skin

Fewer tummy aches

Longer periods of concentration and better performance in school

Reduced cravings for sugary food

TIPS TO HELP YOU INCREASE YOUR WATER INTAKE

Have a glass of water when you wake up each morning

If you are feeling sleepy mid-morning or mid-afternoon have a glass of water

Sip on water throughout the day

Drink a glass of water 30 minutes before eating each meal

Try adding lemon or orange slices for natural flavour

If you can get a 600ml water bottle, aim to drink a little over a litre per day so try and have one finished by after lunch

Eat hydrating foods like cucumber, celery, strawberries, and watermelon

HEALTHY EATING

Lunch & Snack Ideas

SANDWICH IDEAS

Bread	Filings
Wholemeal: Bagel, Wrap, or Pitta	Smoked Salmon, Cucumber, Full fat Cream Cheese
Spelt bread Sourdough bread	Roast chicken (turkey, beef) real full fat mayo, sliced tomato, mixed green leaves, mashed avocado, cucumber slices
Rye bread	Vine ripened tomato, mixed green leaves, sliced buffalo mozzarella, Parma ham, pesto
	Banana, Meridian butters

DIPS & DIPPERS

Dips	Dippers
Hummus	Carrot sticks (orange)
Pesto	Yellow pepper strips (yellow)
Guacamole	Red pepper strips (red)
Chicken Liver Pate	Broccoli florets (green)
Mashed boiled egg	Cucumber (green)
	Celery (green)
	Sugar Snap peas (green)
	Apple Slices
	Oat cakes
	Corn cakes
	Rye crackers

SNACK IDEAS

Healthy Oat Bars
<u>Ingredients</u> 4 tablespoons of coconut oil (melt in microwave) 2 ripe bananas 3 teaspoons of honey (if you can find local honey that has even more nutrients) 3 beaten eggs 150g of oats (fibre) 1 tablespoon of chia seeds (full of omega 3 health fats) 1 teaspoon of bread soda Big handful of blue berries
<u>Method</u> Mix together and baked in a lined tray 160c for 40mins (cut into square when cool, and keep in the fridge)

HEALTHY EATING

Lunch & Snack Ideas

SNACK IDEAS

Banana Bread

Ingredients

450g mashed banana
2 beaten eggs
100g Olive oil
100g Honey
100g Desiccated Coconut
180g Whole wheat Spelt Flour
2tsp of baking powder
2tsp of cinnamon

Method

Mix together and bake in a lined loaf tin 160c for 45mins.

SMOOTHIE IDEAS

Ingredients 1	Ingredients 2
<p>½ ripe avocado (green, good fats) 100ml mango chunks (yellow) Large handful spinach (green) 200ml apple juice 2 teaspoons of chia seeds (good fats)</p>	<p>1-2 handfuls of rinsed spinach (green) 1 cored pear (white) 1 banana (white) 1 cup of blueberries (blue) 1 cup of pineapple (yellow/orange) water</p>
Ingredients 3	Ingredients 4
<p>1-2 handfuls of rinsed kale (green) 1 pitted peach (white) 1 avocado (green) 1 handful of strawberries (red) 1/8 cup of flaxseeds (good fats & fibre) 1/8 cup of blue berries/ goji berries (blue/red)</p>	<p>½ ripe avocado (green, good fats) 1 pear 1 banana Handful of blue berries Thumb-sized piece of ginger 250ml almond milk</p>

HEALTHY EATING

HEALTHIER BRAND IDEAS

Breads

First rule of thumb when buying bread. Look for 100% wholegrain/ wholemeal as number 1 on the ingredient list

- Brennan's 100% wholemeal bread
- Dunnes wholemeal pitta bread
- Cambridge wholemeal bread
- All Biona Bread Brands
- Ryvita
- Nairn's organic rough oat biscuits

Cereals

Can be eaten dry as a lunch snack.

- Nestle 100% shredded wheat
- Kellogg's No Added Sugar Multigrain Shapes
- Kellogg's No Added Sugar Granolas
- Kellogg's Raw fruits Bars
- Cocoa Alpha Bites (no added nonsense)
- Weetabix

Yogurts

- Plain full fat Greek Yoghurt, stir in blackberries, blueberries, chopped strawberries
- Glenisk Live Organic Yoghurt, reduced sugar
- Duneen Greek Style Yoghurt, all flavours, no added sugar
- Killowen Farm fruit yoghurts

Soups

- Happy Pear Soups
- Cully & Sully Soups

Hummus

- Aldi Red pepper (full fat) hummus
- Tesco Organic (full fat) hummus

Spreads

- Meridian butters including chocolate varieties
- Follain Nothing but fruit Jams
- Le Paysan Chicken live pate

Sweet

- Nairns mixed berry oat cakes
- Dr Coy chocolate bars and chocolate coated almonds
- Nakd Bars

HPS Newsletter Article

We in the Health Promoting Schools (HPS) have been so busy this year. We wanted to bring joy to the school because Covid has affected many of the fun activities we would usually do at the end of the school year. We organised for a mobile farm to come to the school to bring laughter and dirt to our backfield. We welcomed our new students, Sausage and Bacon – look at the *pig-tures* below!!

We loved seeing all the colourful Gardens of Gratitude around the school. It is important to remember the good things came from this year, as well as the hurdles that came with it. The classes made flowers to display around the corridors showing what we are grateful for.

In May, we made announcements over the intercom to share tips and tricks on how to stay hydrated during the summer months and to remind ourselves about the importance of healthy eating. Even eating foods like cucumber, strawberries, and watermelon can keep you hydrated – and they taste great!

We loved seeing your moves on the dancefloor (or classroom floor) during Drop Everything And dance Week. It really spread a positive vibe around the school – even if it was laughing at the teachers shakin' it. The HPS are strong believers in the power of dance.

The HPS were very interested in encouraging our school community to practice mindfulness. We focused on our breathing and even did some mindfulness colouring to help us keep calm during these busy times. Each day this week, the whole school stops for a Mindful Minute. We felt that this was especially important after the year we have had. We hope we have made this year a little more fun and a little healthier for everyone!

By Síofra Vandamme and Yvonne Lee [6th Class.]



The HPS Team of pupils, parents and teachers, are a very active, enthusiastic and committed group. Our meetings were somewhat different recently with the parents joining us via Zoom. We are indebted to the generous and hardworking teacher volunteers. I would like to take this opportunity to thank Ciara Brady, Dave Brien, Janet Macnabb and Fiona Murphy. We appreciate your support, collaboration, energy and ideas!

A special word of thanks must go to Dave Brien who has been an active and valued original member of the HPS. Dave's Wake Up and Shake Up was always one of the most popular events during Be Well Week.

We would like to wish our 6th Class members the best of luck as they begin their journey through secondary school. We are grateful to Leah, Síofra and Yvonne for the huge contribution they have made to the HPS and to St. Patrick's over the past three years.

Don't forget to check out the school website for HPS updates and photographs. Take a few minutes to read about the health benefits of drinking more water. Janet and Ciara have also shared some snack and lunch ideas!

Wishing you all a healthy and happy summer!

Marie Flanagan
Deputy Principal