

# WELCOME BACK!

## Newsletter



Dear Parents,

A big warm welcome back to Scoil Phádraic Cailíní for another happy school year. I hope you and your family had a lovely summer and had the opportunity for some family fun.

I am delighted to welcome our girls back to school and I look forward to hearing their news all about their summer holidays.

A heartfelt welcome to all of our new pupils joining us, those starting their journey with us in Junior Infants, as well as those starting in other classes. I know that you will find great support and kindness within our school community.

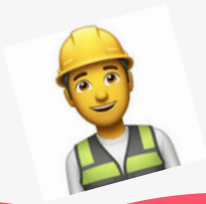
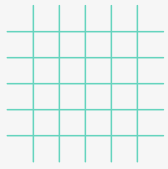
We have a wonderful staff here in Scoil Phádraic Cailíní and it is always my great pleasure to work with them. Ms. O'Reilly is taking on the role of Deputy Principal this year, in place of Ms. Barry, who is taking a career break this year. I know that Ms. O'Reilly will receive great support from our whole school community in this role. I wish Ms. Barry a great year and look forward to her return. A big welcome to Ms. Jemma Barry and Ms. Katie O'Reilly onto the teaching staff this year, we are delighted to have them join us. Indeed welcome back also to all our dedicated and fantastic returning staff.

Please read on to hear about our busy and productive summer, making sure that our building is as comfortable and homely as possible, for our school family. A huge word of thanks to Richard and Marelda for all their hard work and support over the summer.

Our partnership with you our parents is the success upon which our pupils reach their potential and keep raising that bar for themselves, I look forward to working with you all in this new school year.

Yours sincerely,  
Ciara Greene  
Principal





## Summer Works



During the summer we undertook a big school improvement project, this involved a complete electrical upgrade and rewiring of the entire school building. A lot of work took place in the previous school year to get this project approved, as well as consultant and contractor roles appointed, ahead of the summer break. Every light fixture, plug, IT outlet and wire has been replaced, upgrading and future proofing the quality of the building, in service of our work with our pupils.

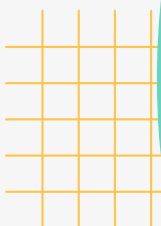
The Parents Association Onesie Walk fundraiser last year was a great success and thank you to everyone who supported us with this. An impressive and much appreciated €5,000 was raised. We committed this money towards a window replacement project. Over the summer we replaced four windows in the school, these windows were the oldest in the school and have been replaced with double glazed windows with stronger insulating frames. I am very pleased with the work that we were able to carry out this summer. The Board of Management, the Parents Association and I, with your support, always want to ensure that our school is as comfortable and functional as possible, for the pupils and the staff. A big work of thanks is due to Richard our caretaker and Donal who supports our IT, for all their help with this work and their support to me with this project.

## Summer Camp Programme

A special mention to Ms. Katie Kennedy and her team who ran the Summer Camp Programme during the first two weeks of July.

It is a big undertaking to provide this opportunity to pupils at the end of a busy school year, however, they did so with great energy and enthusiasm.

The programme was a great success once again and the children who attended it had a wonderful time.





**"Tús maith leath na hoibre"  
(a good start is half the work!)**



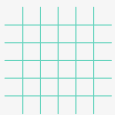
Secondary schools love when our pupils enrol in their schools. They find that they are well prepared for the transition and they see themselves as the instrument of their own success, they are kind, respectful, organised and self-motivated. Below are the common habits that we see in the pupils who make this transition with the greatest ease.

**Tips for a good start to a successful school year:**

- Return to good bedtime routines (no technology/phones just before bedtime and none in the bedrooms at nighttime!)
- Get the girls (3rd class upwards) to check the night before that they have their uniform ready for the next morning.
- Put school books/homework back in the bag once homework is completed so that they have their homework in school the next day.
- Each morning the girls should check that they have their snack/lunch and drink bottle in their school bag before leaving the house.
- Start the morning routine early to be on time for school- this is the best start a child can have to their day and it supports their wellbeing.
- Good school attendance is crucial to academic success and personal development!
- Support school friendships through play-dates and involvement in local clubs and sports.
- Involvement in sport and daily exercise has great benefits for emotional regulation and mental health.



**Let's Help all our Children  
Reach their Potential!**



## Learning Support Update



**In September it is very important that the children have the opportunity to settle back into their class and to build a relationship with their class teacher.**

**It is important that they recognise the class teacher as part of their support network and that they can have their needs met within the class setting. This is the case for children who may access additional learning support or access some SNA support. The class teacher is your first point of contact in relation to your child.**

**For those children who may need additional learning support, this will begin in a staggered approach later in September, after we have settled all of our new and returning pupils into school.**

**The majority of parents whose children have received support previously already know what this involves and once all the pupils are settled in, the class teachers will liaise with you on this.**

**Each classroom has specific resources in place to support pupils with emotional regulation and all classes engage in movement breaks throughout the day, to the inclusion and benefit of all.**

**Implementing opportunities for movement before and after school is very valuable.**





# Wellbeing



**It takes a village to raise a child and as such it is very important to wrap layers of support around our children. It is very important to avoid children ever becoming dependent on any one individual, including yourself, an individual staff member or indeed one friend. When this happens, they become anxious in the absence of this person and feel vulnerable and a loss of control.**

**It is really important that we teach children that they can support their own wellbeing and to practice how to meeting their needs, this gives them a sense of control and empowerment. They also learn that they can build relationships and find support in a wider network of people; in fact lots of people understand their needs and can support them with these.**

**Where a child's needs are specific in nature, accessing external professional supports for yourself and/or your child helps parents to put 'your own oxygen mask on first,' as they tell us on flights. This will support your wellbeing so that you can in turn support your child. As part of our wellbeing programme this year, we will be encouraging and promoting self-care and independence skills in the girls, and giving them tasks to practice these skills.**

