



An Fómhar

"Like branches on a tree we all grow in different directions but our strong roots keep us together"



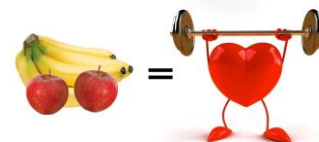
Reminder- Open Night this Thursday- Arrive early.

6th class had a very worthwhile visit yesterday from Cora Ní Loinsigh, Principal Of Calascantius Secondary School. We were delighted to see and listen to first year pupils who accompanied her as they shared their experience of their first 4 weeks in Secondary School.

Ms Ní Loinsigh put the boys at ease as she answered all of their many questions.

Ms Lillis and Ms O Connell our current 6th class teachers have a wealth of experience between them in preparing the boys for their transition next year. We wish the boys a very happy, successful final year in Scoil Iósaif Naofa as we work towards sending them off as mature, well behaved, happy and confident young gentlemen.

Please see attached our Code of Behaviour.



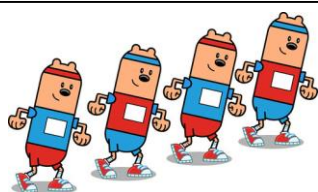
101 Square Meals - Easy Recipes for Everyday Life

The link below was sent to the school inviting us to share amongst our school community. You may enjoy some of the recipes.

Please see below a link to *101 Square Meals - Easy Recipes for Everyday Life*:
<https://www.mabs.ie/en/publications/educational.html>

This book uses the Healthy Food for Life Guidelines to help you plan healthier meals and get the best value for your money. The book also contains shopping tips, food safety messages, menu planning advice, and even some treats and snacks for special occasions. The recipes are easy to follow and can be useful to improve health and wellness.

Fiona Falvey
Health Promotion Officer
Health Promotion and Improvement



Sports News.

Congratulations to our junior and senior teams who took part in in the AAI Galway Semi finals in Renmore last week. Both of our teams finished first in their divisions.

We wish the boys all the best as they compete in the finals in Renmore today. Go neirí an t-ádh libh.

GAA-Our boys competed in the Hurling Mini 7s blitz last Friday. They played brilliantly, unfortunately losing to the winning team by a very close margin.

Football Blitz this Friday. Best of luck to all involved.



Please make an effort to attend the Parents Association AGM this Thursday and get involved in your child's school. We have a great working relationship with our PA and we hope to see a good turnout at this year's AGM. We need new volunteers on the committee and it really is a great opportunity to get to meet other parents, work with school staff and become an active member of a committee who support the school in every aspect of school life. The PA are not just a fundraising group, they contribute to the ethos, fun, education, and running of the school.

SESE

4th class will travel to Portumna Work House and Coole park on Monday 7th October. This trip was originally book for Friday but given weather conditions promised for Thursday it has being postponed until Monday. Local History is an element of their school history programme and these field trips are an excellent source of learning.