



Newsletter 19th September 2023



5th October - Calasanctius Open Night for all intending 1st Year students 2024-2025 is at 7pm.

28th September - Galway Educate Together Newtownsmith - Open night – 7pm - 9pm

Rugby Blitz

Fifth classes enjoyed their day out to the Connacht Rugby National School Nations Series Tag Blitz last Thursday. It was a wonderful opportunity to try out a new sport and to meet with students from other schools.



Chess

5th Class got off to a great start last week with their first chess lesson. We look forward to learning lots more in the coming weeks - Well done to Ms Cormican who is sharing her passion for chess with the boys.



The annual Galway Primary Schools Cross Country races will take place in Nolan Park Renmore in Galway once again on Tuesday 26th September (semi-finals) and 3rd October (final) next. Teams are currently being chosen – teachers are running off ‘in house’ trials.



Colleagues,

We would appreciate you sharing this with parents and school staff who may be interested in health and wellbeing. Our latest [HSE Talking Health and Wellbeing Podcast](#) is about **Healthy Lunchboxes for Kids**. With school routines starting again and parents getting to grips with what to put into those lunchboxes and what to avoid. Marian McBride, Dietetic Lead, HSE Health & Wellbeing discusses the importance of a balanced diet to ensure children develop a healthy relationship with food. With tips on how to introduce healthier foods into children's daily diets. Marian gives ideas on what to include, recognising that parents are busy, she explains that it's about frequency and taking those different opportunities to introduce healthier options.

For more information and ideas visit: <https://www2.hse.ie/living-well/healthy-eating> or to use the HSE Toolkits for Healthy Eating Policies in Schools visit: <https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/healthy-eating-training-and-resources-for-primary-school-teachers.html>

Please get in touch to find out more about our podcast series or the work of HSE Health and Wellbeing Healthandwellbeing.communications@hse.ie

Go to the [HSE Health and Wellbeing Website](#) & our [Ezine](#) for more, listen to our [Podcast](#), follow on [Twitter](#), subscribe free on [YouTube](#) & join our [Mailing List](#)



POWER SOCCER MONDAY CLASSES

Power Soccer has been providing soccer classes in Oranmore for nearly 5 years. Our classes for boys and girls focus on skill development in a fun yet competitive environment. It is the perfect opportunity for the club player to hone their skills or for the beginner to get a feel for the game. We don't compete with local soccer clubs as our focus is on skill development: we don't compete in local leagues. Register using the following link [Oranmore Astro 2023 at Oranmore Community Centre: 9 MONDAYS with Coach Martin Quirke: | Power Soccer School of Excellence \(clearbookings.com\)](#) or contact John 0861956424 for more information. You can also contact John here: info@powersoccer@gmail.com or www.powersoccer.ie



Aladdin Connect

Can we remind you to please log an early pick up / late arrival on the Aladdin app.

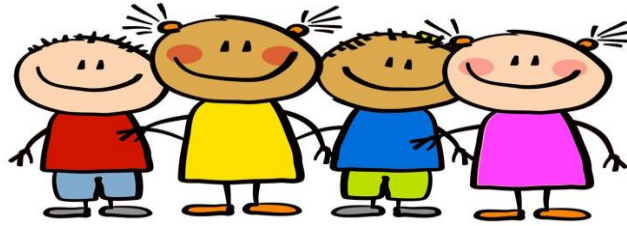
Any children arriving late to school must come through front reception –

If possible keep early collection times to the 10 minutes prior to the children going out on yard.

10 50 and again at 12 50pm – it just minimises disruptions in the classrooms.

Again we appreciate there are always times when this is not possible.

(Tip) If you're like me and struggle to read the newsletter on your phone there is a magnifying option at the top of the page (+ -) - the print can be very small!



Am Páistí

Sundays 9:30am Mass, Oranmore Church

For children aged 4-7

Boys and girls will listen to a children's version of the Gospel, complete an activity based on the Gospel, talk, sing and pray.