

Scoil Bhríde, Carns

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Our school hours are 9AM to 2:40PM. Daily pick up available to Little Meadows Childcare in Grange at 2:40PM.

School Times/ Punctuality/ Attendance- School starts at 9AM and finishes at 2:40PM (1:40 pm for Junior/Senior Infants). For Insurance purposes, children are not admitted into the building until school begins as they are not supervised by teachers. On wet mornings, children should wait in the shed until 9AM, when school begins. The Board Of Management does not accept any responsibility for children before 9am and after 1:40pm for infants and 2:40pm for all other classes.

Good attendance is very important for your child's education. Children should only be at home from school if they are sick, and unable to attend. If a child is absent for more than 20 days in a school year, the school is legally obliged to inform the Education Welfare Board.

Infant pick up time- All infants should be picked up at 1:40PM sharp each day for insurance and child protection purposes. It is not possible for infants to stay after 1:40PM, as this valuable hour is dedicated to the additional curriculum work of 1st and 2nd classes.

Please inform the school if someone else is picking up your child. You can do this by leaving a message on the school phone or writing a message in the homework journal.

Healthy Eating -Reminder that we have a healthy eating policy in the school. Children cannot bring sweets, chocolate (incl. yoghurts with chocolate/ chocolate sandwiches) fizzy drinks or crisps for lunch. (Children can bring one small treat on a Friday). We encourage children to bring some fruit for lunch and water or milk for their drink, rather than sugary drinks.

Children need a leak proof bottle for school, to avoid spillages on other childrens' books and book rental books.

SPHE (Social Personal Health Education)-We encourage all children from Senior Infants up to bring their own bag, coat and lunch into the school and classroom. (Junior Infants after September each year). This is a positive initiative promoting independence and building confidence and self-esteem in the children. **Children should be encouraged to deliver messages to teachers themselves about their work/concerns.** A quick note in your child's homework journal is an easy way to communicate with teachers in the school. We have introduced 'Fun Friends' and 'The Friends For Life' Programme into the school as part of SPHE.



Notes for absences/ homework

If your child is absent, please send a note on a sheet of paper to the school on your child's return. (Please state reason for the absence). These notes are kept on file in the school. If a child is absent due to illness, please send in doctor's cert. If your child is picked up early, please send in a note stating the reason for early pick up.

Attendance Requirements:

Schools are obliged to maintain attendance records for all students and inform the Child and Family Agency's educational welfare services if a child is absent for more than 20 days in a school year. The principal must also inform the educational welfare services if, in his/her view, a student has an attendance problem. Our school system Aladdin automatically sends information texts to parents when a child reaches 10, 15 and 20 days of absences in the year.

Notes re homework: If your child has some difficulty with homework, a quick note in your child's homework journal will suffice.

Making Appointments:As teachers in the school are teaching their classes full-time, please make an appointment if you wish to speak to your child's teacher about an issue, so that teaching for pupils is not interrupted in the school. Many thanks.

Green Schools

We promote a green school's ethos in the school. As a result of receiving our green flag we must maintain our active recycling and waste management programme in the school. As part of our green school's initiative, children are asked to bring lunchboxes rather than wrapping food in cling film or tin foil and children are also actively encouraged to use refillable bottles for their drinks.

Health Issues:

- Children who are ill should not be sent to school. This is really important to prevent spread of colds, viruses to other children.
- Please make us aware of any physical disability or allergy which a child might have.
- Parents are asked to check children's hair regularly for outbreaks of head lice and inform the school of any outbreaks.
- There is an administration of medicine policy in place in the school, which can be found under Policies on our website www.carnsschool.com

Book Rental: Book Rental is available in all classes in the school.

Reading-Parents are the primary educators of their children. Help from parents at home makes all the difference in your child's achievement in reading and language development. The value of reading for children cannot be overstated. Reading achievement is vital for children in all subject areas and is the foundation for all subjects. During the school year, your child would benefit greatly from **reading every day**. Reading should be fun. Your child can read for you and in turn, parents can read to children. Reading for pleasure grows from good groundwork and from parents' example. Some suggestions to help develop an interest in books:

- Read to your child
- Create a quiet corner
- Join and use the library regularly. Swap books regularly. Allow time for browsing
- Read a book together that is too difficult for the child to read alone
- Use holiday times for recreational reading
- Buy books
- Discuss stories. Discuss what happens, the characters etc
- Encourage your child to read for 15 minutes every evening at home for enjoyment.



School Uniform:

- School uniform green sweatshirt with school crest can be purchased in Jako Sport Shop Sligo. 0719147877/ 9147879 (sales@jako.ie)
- White collared polo shirt (Any department store)
- Plain Navy tracksuit bottoms/trousers/ skirt with no logos. (Any department store)
- **Wet Gear** – All children require one set of wet gear, which includes a light waterproof jacket & a set of light waterproof trousers. This set is left in school and used during sport and PE when necessary.

Homework

Ongoing, daily support is need from parents with homework. Helpful suggestions:

- Children need to establish good homework habits from an early age.
- Have a set time each day for homework – preferably as soon as possible after coming home from school
- Create a good, quiet work environment free from distractions, with TV, screens turned off. If possible an adult should be on hand to help should any difficulty arise.
- Help the child to understand the nature of the assignment (where necessary) but never actually do the work for the child. It is best not to do cloze tests, give answers or solve maths problems for children at home, as the child does not benefit from this.
- Listen to Formal reading every evening – ask your child to read out aloud every evening. In the Senior classroom, children have 1 or 2 pages to read each night.
- Ask your child his/her spellings and tables out loud daily. Get your child to write down their spellings/ test work during the week.
- In the Friday tests, parents should be monitoring progress from week to week and from month to month. Extra work needs to be done at home to catch up if a child is falling behind and getting poor results on a regular basis. Regular tests are given in the senior room which show a pattern of learning and progress. Parents are asked to sign these tests.
- Check that homework has been completed.
- **Please sign your child's homework journal each night, when homework has been fully completed & Please sign Friday test** (Senior classes)

General guidelines on homework times from our school homework policy.:

- Junior Infants and Senior Infants: Approx 5-15 minutes
- 1st Class- 10-20 mins
- 2nd class- 20 to 30 mins
- 3rd/ 4th classes- 30-40 mins
- 5th/6th classes: 45-60 mins

Maths- Children learn their addition and subtraction tables during 1st and 2nd class. Multiplying and dividing tables need to be learned during 3rd and 4th classes. Significant help is needed at home with tables from 1st class onwards to assist children in their learning.

Labelling- Please label all your child's belongings, including jumpers, coats, books, copies & each item of stationary.

Parking at the school- Please ensure that the bus space is left empty every evening for bus parking and that the 3 staff spaces are left vacant in the morning. Many thanks.

Tinwhistle- Children from 2nd to 6th are learning music on the tin-whistle. Please encourage children to spend a few minutes morning and evening practicing their tunes, so that they enjoy the tin-whistle this year and make progress.

Move Well Move Often PE Initiative in Carns NS: Our school is an Active School and we were awarded the Active School Flag in May 2019. Following recent training, we are introducing the Move Well, Move Often programme in Carns NS . The programme has been developed following recent studies highlighting the fact that only 19% of primary children in Ireland meet the physical activity recommendations from WHO. The programme focus on 15 fundamental movement skills, which are the basic building blocks of movement, which are an essential part of every day life & recreational activity. **We will be focusing on one particular movement skill each month during this year with all** .As we work through a skill as part of PE, we will send home ways to support your child's learning, by outlining suggestions of how the development of the skill can be supported at home. The 15 skills are:

<u>Locomotor Skills</u>	<u>Stability Skills</u>	<u>Manipulative Skills</u>
Transporting the body in any direction from one point to another	Balancing the Body in stillness & in motion	
<ul style="list-style-type: none"> • Walking • Running • Hopping • Skipping • Jumping for height • Jumping for Distance • Dodging • Side Stepping 	<ul style="list-style-type: none"> • Balancing • Landing 	<ul style="list-style-type: none"> • Catching • Throwing • Kicking • Striking with the Hand • Striking with an implement

Religion Programme in School:- Grow in Love is a new Religious Education Series for primary schools in Ireland. There is a home/school link in the new religious programme & parents of parents doing religion are asked to do something related to the programme at home each week. (This weekly work is found under the At Home section of your child's Grow in Love book).

School Monies-We try to keep expenses for parents to a minimum in the school. Whenever you are sending money into school, please put it into a labeled envelope. Any cheques should be made payable to Carns N.S.

Care of Books-We encourage children to respect and care for their school books. A book rental system is in place from 1st class onwards and it is important that children take care of the books and return them in excellent condition.

Child Protection Information-All schools are obliged by law to follow 'Children First' Child Protection guidelines. All teachers, GAA coaches, Youth Sport west coaches and any adults involved in delivering school activities must be garda vetted before being involved with children in a school environment.

Keep in touch with us

Our website at www.carnsschool.com

On Facebook at [carnsnationalschool](https://www.facebook.com/carnsnationalschool)

Email- scoilbridecarns@yahoo.com