



St. Paul's National School

Christmas 2012 Newsletter

The school took another huge leap in size this year with 107 new children, many new parents and 13 new members of staff - everyone has settled in very well and all are very welcome! We have reached another milestone this year; we have reached sixth class! We will have Confirmation for the first time and graduation! Thank you for your continued support of the school and the teachers. With that support we have been able to do all of what you see in these pages - and much more that you won't see, so thank you! I would like to thank all the staff for their hard work and dedication to our children. Myself and the staff would like to wish you all a very happy Christmas and peace and happiness in 2013. Enjoy the break and we will see you on Monday 7th of January 2013! *Morag McGowan*



Christmas Fair

Our Christmas fair, on the 9th December, was a fantastic family event for all concerned. Many, many thanks to our Parents' Association for all their hard work and effort in the weeks running up to the event; and for making the day a great success. More than €8,600 euro was raised which will be put to very good use in the school. Santa Claus and his helpers were delighted to meet so many children from St. Paul's. Make sure to sprinkle Rudolph's food on the lawn on Christmas Eve! A special thank you to the School Christmas Choir who performed on the day.

Christmas Shows

Classes from Junior Infants up to 2nd treated their parents and families to a Christmas show. Well done to all the children who worked very hard with their teachers to ensure the shows were a great success. We hope to be entertained by the rest of the school next June!

Cash for Clobber

235 bags were collected by Liberties Recycling which benefited the school to the tune of €940.

Hampers for St. Vincent De Paul

This Christmas we decided to support the work of the SVP by preparing hampers to be distributed. We asked you to contribute an item of food to your child's class hamper. We had an overwhelming response to our request. As we pointed out to the children, every small thing helps. Each item brought in by the children may have seemed small but when over 630 people do a small thing, it amounts to nearly 30 beautiful hampers and a better Christmas for many families. The SVP asked us to pass on the surprise, delight and gratitude of the families who benefitted from your kindness. Well done and thank you to all.



Trick or Treat for Temple Street

A huge thank you on behalf of Temple Street Children's Hospital, our trick or treat collection raised €1,099.



We began our first ever Rainbows programme on the 13th November. We are delighted to be able to offer this 10 week programme to pupils of St. Paul's. A huge thank you to the teachers of St. Paul's who are offering this invaluable service.



Book Fair Week

Our book week ran from the 12th - 16th November. The theme this year was "Book Fair Feast - Feed your need to read!" We had books available from two book companies: Scholastic Books and The Celtic Travelling Book Company. As well as book related activities we also reminded the children about healthy eating - giving spot prizes for fruit and vegetables eaten at lunch time. We finished off the week with an option to create a book or food themed outfit. Here are some examples!



Baby Joy: Congratulations to Ms Quaide who gave birth to a beautiful baby boy!!

Remember: We continue to pray for Ms Hickey who is recuperating at home after a spell in hospital. She can't call into the school at present but she wants to wish everyone a very Happy Christmas and she looks forward to seeing everyone during the year.

Santa Visit

There was great excitement when Santa and one of his elves surprised the children with a visit to the school on Wednesday 19th December. He promised he'd see them again in a few days!



Sport

We have had a very busy start to the sporting year in St. Paul's with the children participating in a range of sports. A huge thank you to all the teachers who give up their evenings and lunchtimes to encourage, and develop, sport throughout the school.

Gaelic Football:

Over 80 boys and girls participated in the Gaelic football training sessions which we ran in Ratoath GAA pitch. Our attention will turn to the Fingal Gaelic Football leagues in the New Year where St Paul's boys and girls will be eager to build on the great year they had in the leagues last year.

Hurling:

The clash of the ash is to be heard around the school lately as the third classes are taking part in skills sessions in our hall at lunch times.

Olympic Handball:

As always our Olympic Handball mini leagues remain ever popular and the boys and girls of fifth and sixth classes have spent their lunch times battling it out in recent weeks. They leagues have also served as ideal preparation for the upcoming Meath Olympic Handball Championships which will be commencing soon.

Athletics:

A big congratulations to all the children who took part in our recent cross country athletics event in Bellewstown. We all had a wonderful day out and everyone did extremely well despite the big competition. They did St. Paul's, Ms, Dooley and Ms. Prendiville proud. Well done!

Rugby:

2nd and 3rd class children enjoyed rugby practice this season. A special thanks to Darren from Rugby Ireland who arrived each Tuesday for rugby training and for bringing the Heineken Cup to the school.



Darren and Elma from Ratoath Rugby Club with Mr. Burns' Third Class and the Heineken Cup!

St. Paul's Music Group

Our very talented music group directed by the equally talented Ms Gogan performed beautifully for the school on Wednesday 19th December. Well done to all concerned!

Team Hope Shoe Box Collection

Thank you to everyone who donated a shoe box, we collected 345 shoe boxes for the Team Hope Appeal.



Energy Awareness - St. Paul's Day of Action

On the 7th November 2012 a "Green Day" was held in St. Paul's. We wanted to spread the message about the importance of "being green" and saving energy whenever possible. We discussed all of the ways that we could help our environment to be a healthier place.



Cycle Safety

4th Class Children were invited to participate in a cycling safety and skills training course delivered by Meath Sports Partnership over a 6 week term. The emphasis of the course was on safety through control of the bike and awareness of surroundings.

Information for Parents- Top Tips for Fostering Resilience in Children!

What is resilience and how does it promote positive mental health? Can it be taught?

Resilience has been described as the ability to bounce back from adversity. More recently the definition has expanded to include the ability to bounce forward or take on new opportunities or challenges. Both of these are critical life skills and have a big impact on how we live. Interestingly, resilience can be nurtured in children and young people. As a parent, teacher, carer, or person working with young people, we have highlighted below some information we have received from the Institute of Child Education and Psychology on some practical things you can do to help build up resilience in children in your day to day activities.

- 1) Have confidence in children's ability to solve problems. Never dismiss a problem or make little of it even if you do not think it is that serious. Rather than rushing in to solve all their problems, support them in finding solutions. Never underestimate their ability to solve their own problems.
- 2) Encourage children from a young age to make small choices. This builds up their confidence and allows them to trust their own decisions, which will help them when they have to make bigger decisions later on.
- 3) Separate out the child from the behaviour. I love you but I like/don't like your behaviour. So when a child misbehaves, talk about the behaviour as being not good and discuss why they shouldn't behave like that. Similarly, when they perform well or achieve something focus on the performance or the achievement. I love you regardless of whether you are an A student or regardless of whether you misbehave.
- 4) Practise listening without commenting. Listen for the hidden meaning in what is being said and reflect back emotions and feeling so that the child feels you understand. Be empathetic. Never dismiss an emotion - "you are not crying or you don't feel worried". Help them understand that feelings are a transient state - things will get better.
- 5) Encourage children to do things for others. Model this but also specifically request they help out. This gives them a sense of belonging.
- 6) Encourage children to find ways to relax - participating in sport, listening to music, taking a bath, engaging in a creative activity.
- 7) Model appropriate coping strategies - take time out for yourself, talk through minor stresses and events with them and work on finding solutions.
- 8) Let them know you will support them no matter what - they can tell you anything no matter what and you will stand by them.
- 9) Persistence is everything - failure results from giving up. If you sign up you finish out the course of lesson. If you keep trying you will get there. Let them realise that every mistake is an opportunity to learn. Allow them to evaluate their own performance by asking how do you think you did? What can you learn from this?
- 10) Enjoy the present - model taking pleasure in the small things in life and acknowledging what you have - teach children to be grateful for what they have. Most of all have fun.

Chess success!

Congratulations to John Redmond, Adam Murphy, Rachel Hue Conway, Conor Phelan, Grace Lan Conway and Matthew Buckley who were part of the Ratoath under 12 chess team that won the Gold Medal in the Meath Community Games. Well done too to Piotr Baczkowski, Luke Keegan and Royale Ohoka who were part of the Ratoath under 16 chess team which also won the Gold Medal in the Meath Community Games. Best wishes to them as they progress in the competition.

St. Paul's Christmas Choir

Our choir performed beautifully, under the expert direction of Ms Hession and Ms Kieran, at the Solstice Theatre in Navan at the beginning of December. They performed as part of the Merry Christmas Choir. They went on to entertain at the Christmas Fair and made a guest appearance, for one afternoon only, at the Silverstream Nursing Home. Well done to them all!

Congratulations to the following children who missed no days from school this term

Katie Doherty, Lara O'Suilleabhain, Lauren Mavimpi Kimbono, Mary Kate Prior, Megan Murray, Molly Moran, Niamh Colgan, Tarah Coyne, Aidan Doyle, Charlie O'Hare, Gavin Daly, Kaedyn Donnelly, Robert Hayes, Aoife O'Beara, Emma Graydon, Molly Murray, Joshua Gill, Seán Coleman, Ava Prendergast, Éinín Murphy, Katie Burke, Katie Grogan, Alex Knowles, Evan Sherry, Harry Bogan, Oran Corboy, Ross McNally, Amy Murray, Cara O'Sullivan, Caroline Byrne, Elsa Johnson, Geena Keogh, Grace Kelly, Kate Raftery, Molly Kearns, Sophie Barker, Adam O'Connor, Charlie McCue, Darragh Grennan, Harry Carroll, James Kelly, Mark Ward, Analena Stobie, Eabha Brown, Lorna Fisher, Mia Foley, Rebecca Ryan, Conor Daughton, James Burke, Kyle Donohoe, Oisín Pelly, Saul Harris, Sean O'Beara, Sean Twyford, Eve Winston, Jessica Cronin, Katie Gallagher-Breslin, Megan Fitzmaurice, Ruby Daly, Charlie Hodgins, Cormac Tormey, Darragh Lyons, Jack Finnegan, Jonathan Kaya, Matthew Braiden, Ronan Prendergast, Abi Hunt, Caitlin Carrigan, Danielle Connolly, Lauren Dolan, Darragh Larkin, Eoin Read, Finn Boylan, Ryan Dunne, Tyler Arkesteijn, Abbie Coyne, Ava Fay, Ella Byrne, Isabella Ruhan, Laura Kelly, Sarah Fox, Eoghan Grennan, Hugh Kehoe, Jacob Mulcahy, Amy Kinsella, Katie Smyth, Rylee O'Keefe, Aaron McGoldrick, Daniel Boucher, Finn Carey O'Neill, Liam Fraser, Oisín Cunningham, Séan Mulvaney, Áine McCourt, Amy Forde, Andrea Styles, Aoife Hyland, Ava Gorman, Bronagh O'Sullivan, Charlotte Hue Hurley, Hannah Cronolly, Katie Murphy, Rachel Byrne, Andrew Brady, Jacques Mooney, Liam Corbett, Lucas White, Nicholas O'Rourke, Sonny Byrne, Amelia Campbell, Erin Smith, Holly Byrne, Leyla Kaya, Meg Johnson, Adam Leeson, Alan Kearns, David Stobie, Eoin Kane, Jack Tormey, Ruairi Braiden, Ryan Walsh, Tomás Corbett, Grace Lan Conway, Hannah Bailey, Kate Hayes, Katie O'Neill, Lauren Grattan, Eoin Drysdale, Gavin Doyle, Leo Bergin, Michael Ohoka, Oscar Robinson McCarthy, Rachel Hue Conway, Reuben Byrne, Seán Corbett, Adam Murphy, Alex Hesse Mason, Callum Brady, Christopher Haskins, Dylan McCue, Harry Reilly, Ryan Foley, Senan Byrne, Will Lanigan, Ciara Coleman, Grace Hennessy, Jodie Doherty, Aimee Doherty, Aoife Rutherford, Ava Jane Enright, Becky Lee Finch, Karen Mavimpi, Lily Murray, Aaron Prendergast, Adam Sherry, Nathan O'Connor, Aoife Daniels, Emma Dunne, Erin Byrne, Margarita Baturova, Conor Tierney, Killian Stratford, Laurie Johnson, Nathan Kelly, Paul Tynan, Sean Kearins, Eve Drysdale, Laoise Murphy, Leah Barniville, Cian Byrne, Darragh Cunningham, Evan Cantwell, Emma Burke, Julia Read, Leah Carey O'Neill, Adam Jackson, Conor Wardick, Dylan Fox, Josh Donohoe, Claudia McKeon, Katie O'Reilly, Roisin Corbett, Sarah Cullen, Adam Carolan, Bogdan Baturov, Christian Cahill, Finn Turner, Karlin David, Kevin Dat Conway, Mathieu Sevestre, Shaun Donnelly, Sidney Dehane Edge, Aoife Dardis, Lauren Kelly, Mia Cunningham, Rachel Doherty, Tracy Kimbono, Cain Fagan, Jack Lanigan, Jake Fox, Luke Huynh Hurley, Abby Hesse Mason, Sophie Scattergood, Tara Ferguson, Zara Kane, Daniel Ohoka, John Redmond, Marc Donnelly, Max McGreevy, Radu Olaru, Isla David, Lillian Brady, Conor Phelan, Frankie Read, Luke Edwards, Alexandra Ghiorghita, Alyassa Wall, Emma McCamley, Riona Murphy, Cian Buckley, Conor McNally, Harry Haskins, Aimee Byrne, Chloe Faherty, Lauren Mooney, Roisin Tierney, Ben Wyer, Cillian Byrne, Conor Knowles, Harry Bailey, Jack Ryan, James Hennessy, Jared Molphy, Luke Keegan, Royale Ohoka, Sam Bergin.

Message from Father Christmas! Ho Ho Ho!!

Did you know that all my elves have been talking about the children of St. Paul's? They are all very impressed that you have done very well in school this year. Mrs Claus and I are very proud of you too! The elves and I have been busy building toys and getting my sleigh ready for the big trip. Mrs Claus is hard at work making a new outfit. It seems that I have outgrown my suit from last year!! We are looking forward to visiting Ratoath, Ashbourne and the surrounding area and stopping at your house. Don't forget to hang your stocking out and get to bed early on Christmas Eve!!

Merry 
Christmas 