



**St. Senan's N.S.**  
School News | 29 Sept, 2023

**School News | 22 March, 2024**

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## PARENTS' ASSOCIATION

The Members Draw continues every month. New members are welcome to join and a special thanks to all the new members who signed up. There is a monthly cash prize of €300 for the winner. Last month's winner was John Lambert - well done John!

We now have an online payment facility set up via the following link or QR code (see back page):

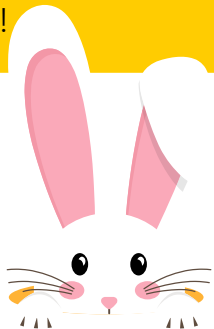
<https://stsenansns.clubzap.com/categories/fundraising/products>

Easter Jars - thanks to the PA members for organising 'Guess the Amount of Chocolate in the Jar' game for the children in the school. Winners will be announced Friday in school. A total of €133 was raised. Míle buíochas!



All parents of the school are automatically members of the PA so if you are interested in helping out or wondering what activities are planned please come along to the next meeting which takes place on Wednesday 10th April @9am. All welcome!

HAPPY  
EASTER



## IMPORTANT DATES:

- ☑ **Easter Holidays:** closing 12pm **22nd March**  
**School reopens:** 8:50am **Monday 8th April**
- ☑ **Swimming:** 2nd Class final swimming lesson on **9th April**. 1:30- 2:15pm
- ☑ **Afterschool training:** **Tuesday 9th April** - hurling & camogie training resumes Tuesday @2:30- 3:15pm. (2nd - 6th Class)
- ☑ **Parents' Association Meeting:** **Wednesday 10th April** @9am in the Parents' Room
- ☑ **Quiz:** Brendan O' Regan Quiz for 6th Class **18th April**
- ☑ **Ceremony of Light:** **24th April** @7pm Mary Immaculate Church
- ☑ **School closed:** **Friday 3rd May & Monday 6th May** - Bank Holiday
- ☑ **Testing:** **30th April to 9th May** inclusive - standardised tests for all classes Seniors - 6th. Please ensure your children are present during these dates.
- ☑ **First Communion:** **Saturday 11th May** @11am  
**Confirmation:** **Friday 24th May** @11am
- ☑ **School closure:** no school due to full staff training day **Tuesday 4th June**



## FÉILE NA HINSE

Féile na hInse took place this year from the 29th of February until the 8th of March. St. Senan's has a strong connection with Féile na hInse, with entrants attending this event for many years. Our competitors performed excellently and represented St. Senan's with pride. Some were rewarded with medals for their efforts. A huge 'Well Done' to all those who took part and comhghairdeas mór do Sarah, Emma, Hollie agus Daisy who won medals for their performances.

## SEACHTAIN NA GAEILGE

St. Senan's celebrated Seachtain na Gaeilge during the month of March. This is an international Irish language festival and one of the biggest celebrations of our native language and culture that takes place each year in Ireland and in many other countries. The children took part in many events such as Féile na hInse, céilí mór in the school yard, 5th Class participated in a quiz in Wolfe Tones GAA, Tráth na gCeist and a whole school art competition. The week culminated with the school community wearing green for Lá Glas. It was wonderful to hear the all the children using Irish informally during the day. It makes the language much more meaningful for them. A special word of thanks to Múinteoir Joanne for her work in co-ordinating the events for the week, Pictures can be viewed on the school website. Maith sibh go léir!



### Féile na hInse Results:

- Holly & Daisy: 1st place Agallamh Beirte
- Sarah: 3rd place Filíocht
- Emma: 3rd place Amhránaíocht

## BRICKX CLUB

STEPS SCP very kindly donated funds to the school to be able to invite Brickx Club to St. Senan's. All the children in the school got the opportunity to participate in a session as part of Engineers Week. A huge thanks to the facilitators for an enjoyable day.





## HOME-SCHOOL COMMUNITY LIAISON (HSCL)



On Monday 11th March we hosted a spring-themed art & craft workshop. Andrea led the workshop with a group of parents and children. Everyone was very creative and had a lovely morning getting crafty, I hope to have more courses available for the summer term so keep an eye out for those.

If you have a query, need support or wish to make an appointment with me, I can be contacted on

087-7063527 or

siobhan@stsenansns.com.

WORLD

BOOK

DAY

## WORLD BOOK DAY 2024

On Thursday 7th March St. Senan's celebrated World Book Day 2024. This annual event is a day to help to foster a love of reading in our children.

Many of the pupils dressed up as their favourite book characters for the day including Willy Wonka, Fairytale princess, Harry Potter and Super Mario! Even the teachers got in on the act with Miss Trunchbull roaming the corridors while the Mr. Men and Little Miss characters were also spotted around the school.

The classes took part in Reading buddies, illustrators/authors workshops and interactive quizzes throughout the day. Of course we also managed to fit in a bit of DEAR time too!

Comhghairdeas to 5th Class who were crowned champions of our Racing to Read Challenge 🏆📖. As a class they've read nearly 4,000,000 words since the start of November! 🙌

Special mention also goes to 3rd & 4th class who read the most non-fiction books during the challenge!

We are very proud of each and every one of our pupils as collectively they put in a huge effort to increase their engagement time with books! Maith sibh go léir! ✨

Well done to all pupils, parents and staff for making World Book Day exceptional in St. Senan's NS. Pictures of the day can be viewed on the school website.

## INDOOR HURLING & CAMOGIE

The boys and girls from our school competed in the Indoor Hurling and Camogie Competitions in the Shannon Leisure Centre earlier this month. The boys from 2nd to 4th played some competitive matches but unfortunately did not qualify for the next round.

The girls from 2nd to 5th were successful & won all their games and went through to the next round. Although they played very well on day 2, they came up against strong competition and didn't make it through to the finals. We now look forward to the hurling and camogie Cumann na mBunscol competitions that will be held in Term 3.



## SCHOOL UNIFORM

The school uniform consists of a royal blue jumper, white shirt, grey tie, grey trousers/knee-length skirt/pinafore & white socks/grey tights. This must be worn on Mondays, Wednesdays and Thursdays.

The school tracksuit consists of school tracksuit top, grey tracksuit bottoms, school t-shirt or white collared shirt. The uniform is designed so that parents can avail of generic items such as skirts, shirts and pants in the major stores and from the local suppliers. All children are expected to wear the correct uniform on the correct day as per school policy.



Tráth na gCeist winners in Wolfe Tones GAA 5th Class: Jack, Ruby, Isaac, Bridget & Kayla

### EASTER CAMPS LOCALLY



Fun fitness camp – check out their website for more details

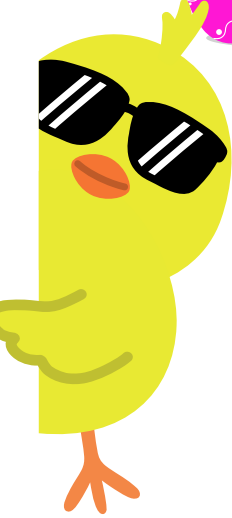
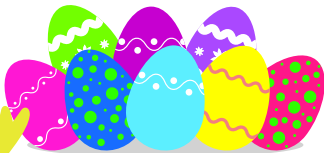


Wolfe Tones GAA Easter Camp: 2-4 April. Book through their website.



Bears Den Yoga Camp: Yoga, art, fun & games 2nd to 5th April. Book through their Facebook page.

For more of what's on in Shannon during the Easter, check out <https://www.shannoncp.ie/>



### NOW ENROLLING FOR SEPTEMBER 2024

We are now accepting enrolments for September 2024. Please ensure you have submitted the form if you have a child due to start school in September. Ensure friends and families are aware we are accepting enrolments. Forms can be downloaded from [www.stsenans.weebly.com](http://www.stsenans.weebly.com) or by emailing [contact@stsenansns.com](mailto:contact@stsenansns.com).

**NOW ENROLLING**

### PADDY CARRIG MEMORIAL TOURNAMENT

Well done to the boys and girls who participated in this year's Paddy Carrig Tournament run by Wolfe Tones na Sionna.

Thanks to the organisers, our dedicated GDO, Caimin Deegan and the Carrig Family who have such a proud, sporting tradition with both the club and St. Senan's NS.

The pupils from 3rd to 6th had a great day out on Tuesday the 5th of March in the Camogie field. They were delighted to finally bring home some silverware on the evening of March 8th, the feast day of St. Senan!

Míle buíochas to all those pupils, parents and staff that turned up on a cold evening to show support for the school and this special memorial event! Senan's Abú!





# CLARE SPORTS PARTNERSHIP INDOOR ATHLETICS

44 pupils from 3rd to 6th attended an indoor athletics competition on Wednesday the 20th of March in what was a fantastic day out. This was the first time that our school has participated in this wonderful competition.

Children had spent previous weeks preparing for this outing and it really paid off. They participated in various relays, sprinting, throwing, jumping and obstacle events.

Our 3rd/4th class girls and 5th/6th class girls emerged victorious, both coming in first place and taking home the trophies. It was a fantastic team effort by all as points from each event were added up to decide the winners.

All children were so encouraging to their teammates on the day, gave it their all and we are extremely proud of them.

Thanks to the staff and parents who helped out on the day.



**Well Done!**

# FAI 5-A-SIDE SOCCER TOURNAMENT

A fantastic day of matches was had for the 5th and 6th soccer teams at the FAI Primary 5's soccer competition at Lees Road. The girls 'yellow' team narrowly missed out on reaching the county finals after a very unlucky 1-0 loss to Clonmoney. St. Senan's entered four teams into this competition. Each team played their hearts out on the day and had great fun. Thanks for the teachers, SNAs and parents who accompanied/coached the teams in the leadup and on the day.

Team photos are on the school website.

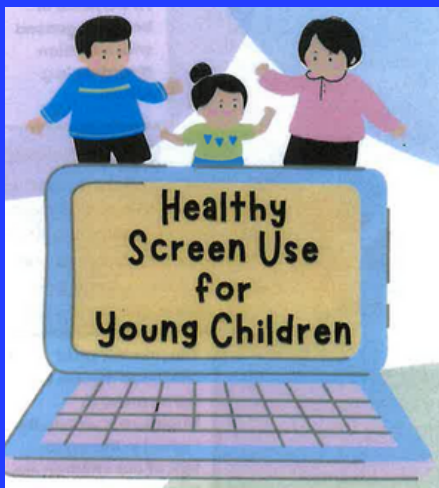


# TESCO COMMUNITY FUND



"THANK YOU" - €719 received as a result.





## Suggestions & Alternatives

Agree within the family and other caregivers what your child's **maximum daily screen time** should be and stick to it.



Explain to your child about your screen time limit and what consequences there would be if the limit is exceeded.



Expose your child to a **variety of activities**, both digital and non-digital (e.g. board games, arts & craft).



Play **cooperative games** with your child to teach teamwork skills, while also having some fun family-bonding time.



Where possible, **watch videos/shows with your child** and **discuss lessons learnt**.

**Set a good example amongst the adults in the household.** Limit your own screen time, especially when interacting with your child. Avoid watching or playing violent and other inappropriate content while children are present.



## Impacts of Excessive Screen Use

### Behavioural

Research has shown that excessive screen use, including background screen exposure, can lead to 'overstimulation' of your child, or sensory overload. This can lead to poor focus and attention span, decreased energy, and challenging/difficult behaviour.

In children <5 years old, studies have shown that **>2 hours of screen time/day** is associated with **7.7x chance of being diagnosed with attention disorders** (e.g. ADHD).

### Developmental

Excessive screen time at a young age has shown to impair social and cognitive development, due to:

- Less exposure to social cues
- Language delays and poorer language acquisition



### Myopia

Myopia can be aggravated by higher screen use. Take these steps against it!

The prevalence of childhood myopia (short sightedness) in Singapore is among the highest in the world. **65% of our children are myopic by Primary 6.**

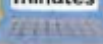
Check for **signs of myopia**, such as:

- Squinting
- Holding screens/books very close to the face



Use the **20-20-20 rule**:

For every **20 minutes**



spent using a screen,

Look away at an object that is at least **20 feet (6m)** away,



For at least **20 seconds**

### Screen time

can be described as the **number of hours per day** spent viewing TV/video, computer, electronic games, hand-held devices or other visual devices.



The **American Academy of Pediatrics (AAP)** recommends:

**<18 mo**



**No screen time** except for video-calling

**18 mo to 2 yrs**



**No screen time** except for video calling and co-viewing

**2 to <6 yrs**



**<1 hour of screen time/day**

# ST SENAN'S NATIONAL SCHOOL

## MEMBERS DRAW

**WIN  
€300!**

**FOR JUST €10 A MONTH YOU  
COULD BE IN WITH A CHANCE OF  
WINNING €300!**

**\* SCAN THE QR CODE TO PAY  
ONLINE**

**\* PAYMENT ALSO VIA CASH  
OR MONTHLY DIRECT DEBIT**

**\* €10 A MONTH OR FULL YEAR  
FOR €110**

**\* DRAW TAKES PLACE ON THE  
15TH OF EACH MONTH**



### CONTACT

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