



12th February 2015

Reminder

The school will be closed next week Monday 16th – Friday 20th February inclusive for the mid-term break. The school will re-open on Monday 23rd February at 8.30am.

Seachtain na Gaeilge 27th February – 6th March

Dia dhaoibh,

Seachtain na Gaeilge will begin on Monday 23rd February and run until Monday 2nd March. It will be the biggest and best Seachtain na Gaeilge yet! We have loads of things planned - quiz, treasure hunt, Art, Ceilí dancing etc. There will also be many prizes, which we will reveal the first day back after our Mid-term break!

Siopa Milseáin will also be running again this year, so get practising your phrases.... Ba mhaith liom, mas é do thoil é, go raibh maith agat ...

€2 is the maximum allowed per child. The days are as follows:

Monday 23rd February: 5th and 6th Class (first day back so try not to forget!)

Tuesday 24th February: 4th Class

Wednesday 25th February: 3rd Class

Thursday 26th February: 2nd Class

Friday 27th February: 1st Class

Monday 2nd March: Junior Infants, Senior Infants and Pre-School



Thank you to those who have volunteered to help. If you are available, please let the school know,

Le dea-mhéin,

Ms. Mc Connell and Ms. O'Farrell

Do You Know A Good Carpenter?

Parents, do you know a good carpenter that the school could use? If so, please email or secretary@stmatts.ie or contact the School Office. Many thanks.



Choir

Firstly, we wish to thank all the children who have taken part in our wonderful school choir so far. Your singing has improved greatly and you are a credit to your school. We would also like to thank, in particular, the choir members, and their parents, who make a special effort to attend our school choir performances in St. Matthew's Church on the first Sunday of every month. We have received many lovely comments from the church congregation about how much they enjoy the children's performances.

We are currently expanding our school choir to include an extra rehearsal that will take place during school time on Thursday afternoons. The focus of this choir rehearsal time will be preparing the children to sing songs from a variety of different genres and for them to perform at different school events and concerts throughout the year. The current Friday morning choir members are welcome, and encouraged, to also attend this new rehearsal time and we are also looking for new members. Any child from 3rd to 6th Class is more than welcome to join and we will be in touch with these classes shortly with further information and to let them know how they can sign up.

Our rehearsal time on Friday morning from 8.15 to 9.00 will continue as normal and the focus here will continue to be on preparing the children to sing St. Matthew's Church. In addition, we have now decided to open up this practice to include children from Junior Infants up to 6th Class. We welcome any new members who would like to join this choir also, just come along on Friday morning and give us your name. However, we would ask that members joining this choir be committed to attending the choirs' performance at St. Matthew's Church on the first Sunday of each month.

P.T.O. →



12th February 2015

Colds, Bugs, Viruses & Head Lice

There have been a large number of colds, bugs and viruses going around the school recently. This is a good opportunity to remind our school community about the following:

- Children who are sick should not be sent to school (heavy cold, vomiting, chest/throat infection etc)
- Viruses can live on hard surfaces such as tables and door handles. These are cleaned regularly.

There are a number of preventative skills that we will remind children about again. These were taught in September, but will be covered again following the Mid-Term Break.

Respiratory Etiquette:

- When coughing and sneezing, one should turn their head away from others; cover their nose and mouth with a tissue, dispose of the tissue after one use. Hands should then be washed correctly.
- If no tissue is available, people should sneeze or cough into the inside of their elbow.

Hand Hygiene:

- After the break, children will be taught how to wash and dry their hands correctly.
- Posters will be displayed around the school, reminding everybody how to wash their hands correctly.
- Anti-bacterial lotion is available in the lobby area and at every teacher's desk for children to use with their parents as they arrive in school.
- Every child in 1st to 6th Class should have clearly identifiable stationary. Stationary should not be shared between pupils.

Headlice

Over the Mid-Term Break, it would be great if parents could check their child's hair for lice and then treat as necessary. We will be sending some 'reminder texts' during the break to remind you to check and treat.

Head Lice

Unfortunately, head lice can be a part of life; however, it is something that we would all like to avoid. When the school is made aware of head lice in a child's class, parents are informed via a note followed by text messages. The following is some great advice compiled by Olga Keogh, a parent in our school, please take the time to read it.



Check for head lice regularly:

- Check your child(ren)'s hair every time you wash it
- You will usually find infestation around the ears and nape of the neck, but not exclusively there
- Use a magnifying glass if you're not familiar with eggs and nits (the head lice egg cases)
- Put conditioner in to help with fine combing
- Brush and fine comb in the brightest spot in your house, daylight is best. The Nitty Gritty NitFreeComb is an excellent product, every home should have one. They are available from Boots <http://www.nittygritty.co.uk/site/>
- The itching from head lice is caused by an allergic reaction to their droppings, children who normally have allergies will probably react quicker than others and there are some children who will not react at all, therefore do not assume that because your child is not itchy they do not have head lice.

If you find head lice:

- If (and only if) you do find a live head louse or live eggs, Hedrin Once Lotion/Gel Spray is an excellent treatment, you must follow the instructions to the letter, especially about putting shampoo in once the treatment time has elapsed <http://www.hedrin.ie/>
- Check all the family (including adults) thoroughly if you find a live louse in one child's hair
- Let your teacher know so that all class parents can check and treat as necessary and nip a possible infestation in the bud.

To prevent head lice:

- There are a number of products that help aid in the prevention of head lice:
 - Teangi Tea Tree Shampoo
 - Leave-in Conditioning Spray
 - Tea tree oil dabbed around the back of the ears
 - Hedrin Protect and Go is also worth stocking up on, it does have a funny texture but it isn't as bad if applied to wet hair
- Keep long hair tied up in buns / plaits

Don't panic, head lice are as much a part of childhood as Sponge Bob Square Pants!

<http://www.independent.ie/irish-news/health/parents-warned-not-to-treat-children-for-head-lice-preventively-30525894.html>

THE FACTS OF LICE: <http://nittygritty.co.uk/site/headliceandnits.asp>

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