



**SETNS Newsletter
11th January 2019**



To all children, parents and guardians,
A very happy new year and best wishes for 2019. Welcome back and we hope you had a nice, relaxing and restful holiday period. Term 2 has started and there are already exciting plans being made in SETNS. We will keep you posted about them over the coming weeks. Welcome back to Claire O'Sullivan who has returned after her Maternity Leave and congratulations to Avril on the arrival of baby Frankie over the Holiday period.

Educate Together News



Upcoming Learn Together Themes:

- **New Year's Resolutions**
- **World Religions Day 20/01/19**

Applewood/Sensory Garden

Work has begun on our Apple Wood Sensory Garden. As communicated previously, we have been collaborating with the team at Upcycling Project <http://www.upcyclingproject.ie/> and there are some gorgeous features being planned. The project will take approximately 3-4 months with input from the children, staff and school community needed. We would like to thank Przemek and his team for working with us and we look forward to keeping you up to date on the project over the coming weeks/months.

Farewell

We are bidding a fond farewell to Cormac Wafer who has been with us since September. Cormac has been working as part of the SEN Team here in the school and we would like to thank him for his work and dedication to the children and the school over the past number of months. We wish Cormac well in his future career.

Tesco Community Fund

Tesco in Holywell have kindly offered us the opportunity to be part of their Tesco Community Fund initiative for the next 8 Weeks. Please encourage all your family, friends and neighbours to donate their blue tokens when they shop in Holywell. The more blue tokens we get the bigger donation is made to the school from Tesco. Don't forget to ask the sales assistant for the blue tokens when at the cash register.



RSE (Relationship and Sexuality Education)

The RSE Programme is being covered in all classes over the coming weeks. Notes will be distributed over the coming days. We recommend that you speak to your children regarding the content and keep yourself informed about the topics covered. You can engage in the survey on the RSE Programme by clicking;:

<https://www.ncca.ie/en/updates-and-events/consultations/review-of-relationships-and-sexuality-education-rse>

New Year/New You

Many of us start a new year with resolutions and it is a great time to look at healthy eating. Here in Swords ETNS we encourage the children to eat healthily, practice healthy mind and healthy body exercises as well as looking after physical and mental health. We are encouraging you to discuss these things with your children and allow them time for physical activity each day. Encourage healthier eating. With this in mind, a great starting point is the food pyramid. Here are some lovely ideas to try :

<https://www.safefood.eu/Healthy-Eating/Food-Diet/Life->

Running Club

Running Club will start back this Friday. The volunteers are looking for any extra help that is available. If you can give 30 minutes of your time on a Friday please contact Katrin Markham.

katrin.markham@gmail.com

Winter Market

Once again thank you to everybody for supporting our annual Winter Market. Special thanks to Mairéad, Adrienne, PTA and friends of the PTA for a wonderful day. We raised €4600 which will contribute towards our Wellbeing initiatives in the school.