



Swords Educate Together National School Roll Number 20145 O

SETNS Newsletter
12th November 2021

Advice for parents during Covid-19: Symptoms to look out for



If your child has any of the following symptoms of Covid-19, do not send them to school and contact your GP:

- A temperature of 38 degrees Celcius or more
- A new cough
- Loss or changed sense of taste or smell
- Shortness of breath or an existing breathing condition that has become worse
- Fatigue
- Aches or pains
- Sore throats
- Headaches
- Diarrhoea
- Runny or stuff nose
- Feeling sick or vomiting



For more see gov.ie/backtoschool

An Roinn Oideachais
Department of Education

We would like to thank all parents/guardians for their proactive approach to ensuring the safety of the school community over the past number of weeks. As cases of Covid-19 rise on a national level, it is now more important than ever that we remain vigilant. As contact tracing in schools has ceased, we rely on the goodwill of our parents/guardians to let us know if your child is being tested for Covid-19 and to keep him/her at home if they are displaying any of the symptoms above. **Please remember that some of the cases within the school over recent weeks have been asymptomatic so we ask you to err on the side of caution at all times and if your child has been in close contact with a positive case that you get the child tested as a precaution.**

Dress up day 22/10/21

On 22nd of October we invited the children to dress up and bring in €2 in aid of our "One Day Together" initiative. Proceeds of the day go to our Patron Body, Educate Together, who work tirelessly in securing funding to open, maintain and run the growing network of Educate Together Schools across the country. The Patron informed us that due to current circumstances and the challenges facing schools during the last year, they did not require schools to raise money for Educate Together at this time. In light of this and the fact that the money had been generously donated before we received this notification from Educate Together, our Learn Together Coordinator, Maeve Osborne has requested that we send money raised to the PEPY Empowering Youth (PEPY) initiative that has been running successfully in Donabate-Portrane ETNS since 2013. This partnership has been raising funds to support young Cambodian students to achieve a third level education. This is quite literally changing lives as the students get the opportunity to lift themselves and their families out of poverty while allowing teachers from both DPETNS and the PEPY Schools in Cambodia to transfer skills, learn English and provide a better quality of life for the students in Cambodia. For more information on the PEPY-DPETNS journey please click on the link below:

<https://www.irishaidfellowships.ie/newsletters/issue-9/pepy-empowering-youth-irish-cambodian-partnership>



It is that time of year again where our PTA are beginning to plan our annual Winter Market. Due to current Covid-19 restrictions, the PTA will be hosting a 'Pared Back' Winter Market on **Friday 10th December**. A lot of work goes into preparing all the goodies for the children so, the PTA are looking for lots of volunteers to help out in advance of the day. Some of the tasks include heading to different shops to purchase all the ingredients, assembling the sweet sleighs and packing up the children's pre-orders. If you would like to get involved and can spare a couple of hours over the next few weeks, please email the PTA on pta.setns@gmail.com.



Our parent teacher meetings will take place from 22nd-26th November 2021. Due to current guidelines, we have to hold these meetings via phone call. You will have received your invites by now with your allocated date and time. Due to the volume of calls the teachers will make, phone calls will be no longer than 10 minutes. Teachers will make themselves available for follow up calls, should the need arise. Please ensure that you can receive the call in a quiet private space. These meetings are a valuable opportunity to speak to your child's teacher and to discuss, on a one-to-one basis his/her progress to date.

Primary Language Curriculum

As communicated to you in our previous Newsletter, the school will be engaging with Professional Development days relating to the Primary Language Curriculum, as directed by the Department of Education. This will involve a number of ½ Day closures, the first of which will be on **19th November**.

In order to facilitate a safe exit for the students on the day, a staggered departure timetable will be in operation.

Time	Classes
11.15a.m	Junior Infants Senior Infants
11.25a.m	1 st Class 3 rd Class
11.45a.m	2 nd Class 5 th Class
11.50a.m	4 th Class
12p.m	6 th Class

A Note from Yvonne (Chairperson, Board of Management)

Dear All,

After 6 years in my BoM role and 8 years as a parent, my involvement in SETNS is drawing to an end. I have advised Educate Together and the Board that I will be stepping down from my role of BoM chairperson on December 31st.

I feel this is the right time for me to move on and for there to be a new voice at the BoM table.

I have thoroughly enjoyed my time in my chairperson role. I have had the opportunity to work with brilliant and committed people on the Board who give their time and expertise freely for the benefit of the school community.

I feel very proud to have been part of SETNS, I firmly believe it is the people who make it such an amazing place. A big thank you to Karl and all the school staff for making the school such a great place to be a part of.

I have no doubt that SETNS will continue to be a welcoming, caring, happy place for the whole school community and that it will remain a special place in all our hearts, I know it certainly will for me.

Best wishes,

Yvonne



Our Healthy Eating policy is one of the most important policies within our School Plan. It helps our school community, children, staff and parents develop positive and responsible attitudes to food and nutrition and to appreciate the benefits that healthy food and drink habits make to overall health and wellbeing.

The revised Food Pyramid separates the Top Shelf from the rest of the pyramid. The Top Shelf includes foods and drinks high in fat, sugar and salt. These are actively discouraged during school hours and after school classes held on site. Very small amounts once or twice a week is sufficient. However, children may bring a small top shelf food item on Friday. Please ensure that this is a **snack size** portion. Nuts/nut products (including peanut butter and chocolate spread), crisps, popcorn, fizzy drinks, sweets and chewing gum are not permitted.

We appreciate your cooperation as always.

The Wellbeing Team.

New Staff Member

On behalf of the entire school community, we would like to welcome Helena Bartolin to our staff. Helena joins us, filling the vacant position created by Siobhán's early retirement last week. Helena will be joining the Special Educational Needs Team. We know you will join us in wishing Helena well.

VOLUNTARY CONTRIBUTIONS

You will have received communication from Barbara regarding our Voluntary Contributions taking place this week. We are very grateful for these contributions every year, especially during these challenging times. These are some of the areas that previous voluntary contributions have supported; the purchase of and the development of Sports equipment, Whole school initiatives/events e.g. Green Schools, Seachtain na Gaeilge, Talent Show, Rainbows Programme, Anti-bullying/Cyber Bullying workshops, Mental Health & Wellbeing Team, Educational equipment, materials and resources e.g. Infant Education/Aistear and also contributing to the Increasing utilities costs of Insurance, Electricity, Gas, Water and Telecoms. We, as always appreciate any contributions that can be made.



If you are looking for some extra reading material over Christmas, Diwali or other celebrations, these Winter Annuals from our friends at educate.ie are full of information about many festivals as well as stories, puzzles and quizzes for all ages. Simply follow the link below to avail of the discounted price specific to our school:

<https://annualorders.educate.ie/201450/catorina>

Parents Plus Healthy Families Programme

As part of our Health and Wellbeing initiatives over the past number of years, we have always used a holistic approach when it comes to educating, not only the children, but ourselves and the parents/guardians of our school community. The Parents Plus Healthy Families Programme is a new initiative that provides an opportunity for parents/guardians to:

- Understand how to improve their families health and well-being.
- Promote healthy eating at mealtimes.
- Incorporate active play and physical activities into their day.
- Maintain positive mental health and self-esteem.
- Establish good routines for sleep.
- Set up rules around technology use at home.
- Build positive family relationships.

For further information on this course please click on the link below.

<https://www.parentsplus.ie/parents-plus-programmes/the-healthy-families-programme-training-for-professionals/>