



Fun FRIENDS

We have just come to the end of completing the Fun FRIENDS programme with our three First classes.

FRIENDS is a cognitive behavioural programme designed to combat anxiety and depression by teaching specific life skills. Research has shown that up to a quarter of 8-year-olds and 15% of teenagers may experience some form of anxiety disorder. Early intervention and prevention will help children build coping skills to deal with worries and anxieties that they can experience at a young age.

The ten week programme promotes self-esteem, problem-solving skills, resilience, self-expression, and building positive relationships with peers and adults. The 3 first classes participated very well over the ten weeks and enjoyed the class-based activities designed to teach them how to deal with worrying situations through being prepared, devising self-help strategies, rewarding themselves, and seeking support.

I would like to thank all the teachers involved for their participation in Fun FRIENDS.

Lorna Lavin

A Word from the Chairperson...

Another school year is coming to a close. It is a busy time with pupils moving into new classes, some with new teachers and some moving to new schools. An exciting time.

It is also a busy time for teachers preparing and planning for a new year, always improving what has gone before.

The voluntary donations have been put to good use with the new library being kitted out and it will be up and running in September. The library will be housed in the new prefab which has been completed in record time and will be fully operational in September.

As always there have been lots of events in the school throughout the year that could not take place without the support and enthusiasm of the staff and pupils. The school had a great day for the Sportsday, on the 31st, in the GAA club. Huge thanks to Derek McKeever and his son Conor (former pupil) for, once again, being the Frontman on the day.

Finally, a big thank-you, on behalf of the BOM, to our Principal, Miriam Dowdall and the large team of staff in the school. It is the dedication and commitment of this team that makes the school a wonderful environment of learning for the pupils.



Grandparents Day

On Tuesday the 12th of June the First and Second classes celebrated our first ever Grandparents Day. Grandparents of First and Second class children were invited to visit the children's classrooms and share their stories and memories of school. The children heard songs, jokes and riddles, saw beautiful paintings by grandparents and heard stories about toys and games. Our students had the opportunity to share some of their work with their grandparents and show what they get up to all day! Grandparents were then invited to the hall for tea, coffee and cakes and were entertained by the Second Class children. The three second classes teamed up to form a choir and performed fantastic songs for our special guests. The children really enjoyed this very special celebration their grandparents.



PARENTS ASSOCIATION NEWSLETTER, ST HELEN'S JUNIOR NATIONAL SCHOOL, PORTMARNOCK. June 2018.

A word from the Principal...

Well I hope those glorious days of May and June are merely a sign of what's to come! The lovely long Summer evenings are so welcome even if they leave us with tired little faces in class. It is wonderful however, that the children are getting outdoors in the evenings and they are really enjoying the outdoor life these days!

This term has, as always been a very busy 3rd term with, First Holy Communion, Sportsday, school tours etc. And boy what a day we had for our Sportsday- what wonderful weather, yet again!

The end of the school year means the end of their time for the 2nd class pupils, in our school. We wish the 2nd class children every success in the senior school and know that they will make us and themselves proud when meeting their new principal, Ms Bhreathnach. Five of our pupils from the Cabhair Centre are also moving on to new schools. So we would like to say well done and best of luck in your new schools to Ethan, Sonny, Alanah, Jamie and Chris. We have really loved having you here and we will so miss you but we know you have a wonderful new adventure ahead!

Mile buiochas to all of the parents who have helped with various projects during the year. This help may have been as part of the library team, the PA committee, tours, Easter bunny, Shoebox, Sportsdays to name but a few activities. We could not carry out any of these projects without your help and support. So let me say a HUGE thank you to you all. children I also want to acknowledge the wonderful response which we had to our voluntary contribution. I have been continuously astounded at your generosity.

I would like on my own behalf and on behalf of the Board of management, to wish Ms O' Leary a long happy healthy retirement. It has indeed been a privilege to work in tandem with her over the past 13 years.

Lastly, I wish to thank all of our parents for their continued support in working in partnership with us, to help us to provide the best educational experience that we can offer their children and to thank the teachers and non-teaching staff for their commitment and dedication in delivering a wonderful year's work. I wish them and you a restful, fun-filled, sunny Summer!

Le Buiochas,

Miriam Dowdall



ESME

Communion is all about the love. And the family. And you get to wear a beautiful dress, and I will be very happy. Maybe after you could have a party, or a family dinner, and the whole time God is with you, and I could have a play-date, family.

Holy Communion by Esme

We're going to the zoo

Flowers and butterflies

Jack and the Beanstalk

Boats

Summertime

Leila

Grandparents' Day Interview

I interviewed my Nanny

When were you born? A long time ago.

Where did you grow up? I grew up in Wicklow.

What was your favourite game when you were my age? My favourite toy was playing with my wooden dolls house.

What was your school like? It was a grey building set in its own grounds.

What did you enjoy? I enjoyed playing childrens games.

What did you not enjoy? I did not enjoy hockey.

What was your favourite thing to eat? cheese sandwiches.

What is your favourite thing about me? Leila is kind and thoughtful and caring.

Grandparents' Day interview by Leila

Sarcophagi

Our school tour by Liam Hall

I went to a farm

There was a tractor

My favourite animal is the sheep

Sunglasses by Naoise Trainer

Tropical island by Dara Cummins

Our very hungry caterpillars

Paul Klee

Sea horses