

BSRAC NEWS

Autumn 2019

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NATIONAL ROAD SAFETY WEEK AND BEEP BEEP DAY

To celebrate National Road Safety Week in October, all of our Junior Infant pupils received their own hi-visibility vest in school as part of our promotion of Health and Safety. With the onset of the dark winter months, it was the ideal opportunity for the children to learn the importance of 'Be Safe, Be Seen' and they enjoyed dancing and singing the Safe Cross Code. On Friday, Oct 11th, all of our juniors arrived to school in their hi-vis attire as part of National Beep Beep day. The ongoing promotion of Road Safety and Awareness is a key priority of Bunscoil Rinn an Chabhlaigh's Health and Safety initiative.

Pictured are BSRAC's Junior Infant pupils, along with Ms Flannery (Principal), Mr Murphy (Safety Officer) and Junior Infant teachers, Ms Looney, Ms Supple and Ms O'Sullivan.



"Weaving Well-Being" at BSRAC

This programme on the SPHE curriculum will be introduced to the senior classes during the year. Based on the principles of Positive Psychology, it is designed to promote positive mental health, with lessons focusing on Character strength, Resilience, Positive emotions, Relationships and Empowering thought. The aim is to boost self-esteem, mental well-being and coping skills of all children. Parents/guardians of students taking this course will receive an information sheet explaining the programme and the weekly lessons. Early feedback from students and teachers is very positive!!



Drama

We have been very fortunate to have the talented speech and drama teacher, Julie Dennehy-O'Callaghan, return again this year to work with the 4th, 5th and 6th classes. She will come back after the mid-term break to help prepare the four classes going forward to compete in the Féis Maitiu after Christmas.

Student Council

Our Student Council is made up of pupils from 3rd-6th classes and gives the students a voice on issues that are important to them. Their annual cake sale enabled the school to contribute to local charities, including Saint Vincent De Paul. A highlight was collaborating with the Mental Health Committee last year for Crazy Hair Day and they have many more exciting ideas planned for the coming year! This year's new 3rd class council members are- Will , Kacie and James .

Bereavement Counsellor

Brid Carroll from The Childhood Bereavement Network of Ireland gave a very informative and practical talk to the staff on how best to support children who have been bereaved.



Parent/ teacher meetings

This year's Parent / Teacher meetings will be held on Wednesday 20th and Thursday 21st of November. The meetings will be 10 minutes long. There is a section at the front of your child's journal where the exact time / date will be written in. There is one meeting per child. As always, please feel free to make an appointment with the teacher before then if you have any questions or concerns!

Art Commission



The tiles being erected on the front of the school building are a commission

by 'The Project Twins' called **Alpha, Bravo, Charlie**. As with all art, it is open to interpretation and it is hoped that the piece will become a real talking point for all school users! The artwork is inspired by Cobh's maritime heritage and our own school focus in the area of STEAM. It is funded by the Arts Council under the Per Cent for Art scheme. Keep an eye on the school walls as the art work develops!

Mental Health Committee

Our committee met this September and is composed of 8 student representatives together with staff and parents. All children were invited to write the name, or draw a picture, of someone they keep in their heart and this will be displayed on our Gratitude Tree. Every month we will also share a positive phrase with the school community, this month being "If you see someone without a smile give them one of yours" The children will also work on a Positivity Board for the Halla to feature the many positive activities, aspects of life here at BSRAC.

Green Schools Update

We are currently in the 2nd year of our *Marine Environment* theme. This year we are trying to highlight the detrimental effect that plastic has on marine life. Our fantastic GS committee researched and put together a Power-Point presentation on '*The Great Pacific Garbage Patch*' to highlight this and made it available to the rest of the school.

A huge percentage of the plastic we use ends up in our seas and oceans. So we are asking for parents and pupils **support in reducing the amount of single use plastic that goes into lunchboxes.**

We recently had a very successful **NO ENERGY HOUR** during climate action week, where we turned off all lights and electrical devices.

Our Green Schools committee are now busy preparing an application for the SEAI 'One good idea' competition.



Debating

Some of our 6th class students participated in the Concern Primary Debating Championship. Our team proposed the motion that 'Homework is a Waste of Time' against Castlemartyr National School. Unfortunately the motion was defeated, but we are preparing for another Challenge Debate in the coming weeks. The debating club is one of BSRAC's optional after school activities and we welcome new members with enthusiasm and fresh viewpoints on Wednesdays from 2:30-3:20pm in Room 6. This club affords the children a wonderful opportunity to utilize their voice and prepares them with skills such as presentation and persuasive writing.

Assembly

The Assembly Committee is made up of six students from 6th class. The committee's duties include preparing the hall for assembly and the students ensure that they are in place at 8.40am on these mornings in readiness for the arrival of the various classes. They also help compile the lists of students receiving awards together with the class teachers and Ms. Flannery. The Committee is integral to the smooth running of the Assembly. Well done to all our members on doing a wonderful job!



September's Golden Heart Award Winners



The Parent Partnership Committee together with the Mental Health Committee worked to create & install the positive messages going up the stairs. Our Welcome signs in 27 languages have now been erected on the front fence, helping to make our school a more welcoming and inclusive environment!

We are also hoping to add to the maths information videos that have been created with help from the Science Club – check out our "How to do Long Division" videos on the school website!



Digital Technology

The use of digital technology in teaching and learning continues to develop in the school. Due to the work we are already doing, we have secured additional funding from the Department of Education and Science, some of which has been invested in improving our Wi Fi together with keypads for our iPads. We are also subscribing to a wide range of new digital learning software tools.

Some of the Digital learning tools being explored by students at BSRAC include Pic collage, Kahoot Quizzes and Green screen videos. The school focus for the coming year is on using digital tools for assessment specifically in the area of science. Keep an eye on the school [website](#) to see the children's projects & reports and pictures in the coming months.

Zumba

Senior Infants, 2nd, 4th and 6th class have all enjoyed moving and getting the hang of Zumba for the last 6th weeks. Thanks to Frank our coach who gets us moving and makes sure we work up a sweat! It is a wonderful way to make sure everyone is on their feet and getting our heart rate up! The rest of the school is in for a real treat as they get ready to take on Zumba over the next few weeks!





Cross Country.

On Friday 27th September athletes drawn from the whole school competed in the cross country races in Ballymacoda. We were extremely proud of the children's participation, behaviour and effort. A fun filled day was had by all!



Sciath na Scol

The girl's football team took part in four matches over the league campaign, coming up against a very strong Inch team in our first game. Improving with every game, our girls showed great dedication and team spirit throughout and represented the school so well. We finished up last week with another tough game against Fermoy. We were the eventual winners after a super second half performance!

The 5th and 6th class Sciath na Scol Boys Football team played a blinder this month. Though we were unsuccessful in the group stages, the team put in their best effort, showed great sportsmanship and great skill in all the matches that they played.

The Active School Committee in Bunscoil Rinn an Chabhlaigh is made up of pupils from 3rd-6th class and they have worked very hard all year in their efforts to get us all active!

With the emphasis firmly on having fun, the students encourage everybody to take part in some form of physical activity during or after school and recommend at least 60 minutes of physical activity each day. Each committee member reports back to their own year group, keeping them informed of all upcoming events. Working with the Equipment Committee, they ensure everything is in place for children to enjoy being active!

Keep an eye out for the Active Schools Committee this year as they help the pupils exercise their bodies and minds!



Special visit from the Army Band

The Band of the First Brigade visited the school on the 23rd October. Under C.S. Galvin's baton, they entertained the whole school and took us from the land of Frozen to Cork Jazz weekend! They had the children (and staff!) singing their hearts out with hits from 'The Greatest Showman' and wowed us with individual demonstrations on the various instruments. Then, to top if out, they called up Aoife from Senior Infants to conduct them! A big thanks to one of our parents, Paul, for his help in getting the band here!

