

# BURRANE NATIONAL SCHOOL

## SEPTEMBER NEWSLETTER



Continued....

### Contact Details

A reminder, if you change your contact details during the school year including your email address and phone number, to let Eilís know as soon as possible. It is vital that we have up-to-date contact details for all parents in case of emergencies.

### Absences

Please note that we are required to report children with 20 days or more absences in a school year to the Child and Family Agency, Túsla

If your child has been absent from school a written note is required as these notes are used in our returns when explaining absences. (There is no need to ring the school to explain a child's absence as verbal explanations cannot be accepted when making our returns).

### Healthy Eating Policy

Burrane N.S. promotes all aspects of 'Healthy and Sustainable Living'. As part of this we strongly encourage the children to eat healthily. With this in mind, children are not allowed bars, crisps, sweets, biscuits, buns, cakes, muffins, chewing gum, chocolate, fast food, fizzy drinks, etc. Research suggests that the healthiest lunches consist of fruit, raw vegetables, sandwiches with brown bread, crackers, yoghurts, cheese, water and/or milk. We strongly encourage the children to bring this healthy food each day in re-usable containers.

**Please Note:** The school only allows treats on Friday and at the end of each term; namely Christmas, Easter and summer.

### In-school healthy activities

We are usually getting ready for Cross Country Competition at this time of the year. Unfortunately, due to current restrictions, this competition is not taking place this year. As a result, we are going to run our own In School Daily Activities. We hope that these activities will provide some healthy whole school fun and exercise for our pupils. See above for details.

### Burrane N.S.

#### Daily Health Activities

Monday	Tuesday	Wednesday	Thursday	Friday
11:10 Pupils choice (Extra break)	10:00 Run/Jog (A mile with music!)	10:00 Fun time (Ball wall, fun activity/mile walk)	1:00 Circuits (Senior room creation!)	Golden Day (Teachers choice)

### New PE tops.

Our new crested PE tops arrived last week. We hope you like them!! Your child's teacher wrote pupils names on each top to avoid PE Tops getting misplaced. Please check the name on your child's top regularly to ensure they have the correct one. I would like to thanks the BOM for part funding these tops for our pupils.

### Literacy

The senior and junior rooms started their English Literacy Stations last week. These stations run for an hour a day from Monday to Thursday. The SET team are helping out during this time. Each child, has new reading material every night. If your child is in the Junior Room please take the time to listen to your child read this material every night. Children in the senior room can read independently but we strongly encourage parents to discuss the material read with their child. This helps ensure they understand what they are reading.

### Forms to be Returned Tomorrow

#### Remote Learning Survey

There is a possibility that the school may close in the future due to Covid - 19. In the event that this occurs, we plan on communicating with parents via email and school website. Please complete and return the attached survey to give us feedback.

#### School Annual Consent Form

Please sign and return the school annual consent form attached.

#### Allianz Pupil Insurance Form

24 hour Pupil Personal Accident Insurance is €6.40/child. Please see notes attached.

Is mise le meas,  
Helen Kelly  
Principal



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