



# Abbeyleix South National School

*Scoil Náisiúnta Mainistir Laoise Theas*

## September

### 2022 Newsletter

#### *Principal's Message*



Dear Parents,

A huge welcome back to all our pupils, staff and parents of Abbeyleix South National School. We have ten new Junior Infant pupils who have been settling in nicely. We wish them well and we hope they have many fun filled years with us.

We welcome Ms. Aimee Harper to the staff and we welcome Mr. Pdraig Kiely and Ms. Marian Kenny back with us this year. Lastly, congratulations to Ms. Jackson on the birth of a beautiful baby boy, Charlie.

Kind regards,  
Geraldine Whiteford.  
(Acting Principal)

#### Our Junior Infant Pupils

A wonderful first week in Abbeyleix South National School for our new Junior Infant pupils.



#### GAA Fun

Thank you to Martin O'Connell for visiting us and working with our pupils this year for GAA coaching.

#### Gymnastics

We said 'hello' again to Mary from Mountmellick Gymnastics Club. We will enjoy our sessions every Tuesday.

#### Intention to Apply Forms

Please contact the school office for Intention to Apply Forms for 2023 – 2024.

[office@abbeyleixsouthns.ie](mailto:office@abbeyleixsouthns.ie)

057-8731920



**A Reminder:  
Extract from our Wellbeing Policy,  
including Healthy Eating**

A healthy lunchbox includes a good balance of nutritious food and drinks.

- Some healthy foods which we encourage include sandwiches, fruit, sliced vegetables, raisins, cheese and crackers.
- **Crisps are strongly discouraged.** Popcorn could be introduced as an alternative.
- Chewing gum is strictly forbidden.
- Children are asked not to share lunch or take lunch from another pupil.
- We recognise the importance of water in our diet and will facilitate children having water on their tables in spill proof bottles during class time. They can be taken home and refilled each day.
- We encourage pupils to use a sports water bottle as it is environmentally friendly.
- **No fizzy drinks are allowed.** Children are encouraged to drink water or non-sugary juices with food at break times, in order to avoid damage to teeth.

**Download a helpful leaflet about lunches from, [Healthy lunchboxes \(safefood.net\)](http://Healthy lunchboxes (safefood.net))**

**The Children's Harvest Festival**

We participated in a wonderful Harvest Service in St. Michael and All Angels' Church on Friday 28<sup>th</sup> September. Reverend Philip McKinley was the visiting preacher and his retelling of the story of the Five Loaves and Two Fish was engaging and memorable.



**PHOTO OF THE MONTH**

Self Portraits from the pupils in Third and Fourth classes. Well done!



**Our Halloween Senior Infant Fundraiser**

We are looking forward to having a school Halloween Party fundraiser on Friday 28<sup>th</sup> October, 7pm-9pm in the school. Details to follow soon!