



Newsletter No. 20 - 4th February 2019

Congratulations

Congratulations to the pupils who participated in the Peace Proms Concert in the RDS, Dublin on Saturday. We are very proud of you all. A huge thanks to Ms. McCaffrey and Ms. Magrane who prepared the children so well for the event and accompanied them on the day.

Healthy Eating

Please remember that we operate a Healthy Eating Policy in school. Children are encouraged to bring healthy snacks e.g. fruit, vegetables, crackers, sandwiches for lunch. Nuts and raw egg products are not allowed in school due to allergies.

Run-A-Mile

All pupils are enjoying the challenge and some pupils are even running longer distances daily.

RNS is now registered for the Daily Mile Challenge and each class is engaging in running breaks every day. As part of Active Schools incentive we are displaying up-to-date photos of sporting feats in our Active School area. Parents may if they wish send in one photo of their child engaging in a sporting activity i.e. ballet, hurling, walking, dancing etc. for display in the school. Please mark photos for the attention of Ms. Conroy and put two or three lines detailing the photo.

U10 Training

No U10 training today after school. Training will resume on Monday 11th February at the GAA pitch 2.45 – 3.30.



Soccer Training

Soccer trials for the boys' soccer team will be on Tuesday during lunchtime. Soccer trials for the girls will be on Thursday during lunchtime.

Auditions

There will be auditions for the R.N.S. School band after school on Wednesday from 2.45 – 3.15pm. Everyone welcome to play one or two tunes of their choosing.