



Robertstown

Naas

Co. Kildare

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Robertstown National School

Newsletter No. 4

21st September 2020

Pupil Personal Insurance

A gentle reminder that the closing date for school pupil insurance is **Friday 25th of September**. The school strongly recommends that all students avail of this at a cost of €10.10 per child.

Class News

Last week Junior Infants learnt about something they are good at and about all the different people who work in the school.

Senior Infants are busy with the Aistear theme about their homes. Designing, painting and constructing their own homes and enjoying role play.

First Class are working on their kindness board and there are lots of children's names going up on the board. When everyone's name is on the board they will have a nice class surprise.

In Third Class they looked at how unique everyone is and how together we make a masterpiece. Please see below the beautiful photograph of their work

Administration of Medicines/Monitoring of Medical Condition forms have been given to all pupils in the school today. It is very important that this form is filled out and returned to school if your child has a medical/allergy need. This form needs to be updated annually. Please ensure all medication is in date especially EpiPen's.

Marion Sherlock
Principal

William O'Donoghue
Acting Deputy Principal

Roll No. 18430 B



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Healthy lunch ideas

As our pupils settle back into their fourth week of school, we would ask parents to spend some time establishing good lunchtime habits. It is important that children eat a healthy lunch and that attention is paid to portion size. Some children in the school avail of the Lunch Bag company that provides school lunches daily. Parents can sign up to this option online and order lunches daily or on selected days. This company is independent to the school and all ordering is done through their website.



Good food habits set early in childhood can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them.

Here are some tips on how to prepare a healthy lunchbox that your child will eat and enjoy.

1. Include a wide variety of foods

For a balanced diet they need fruit and vegetables, starchy foods, protein and dairy

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2. Vary the types of bread

For example, pitta bread, bagels, wholemeal rolls – keep a stock in the freezer

3. Cook extra rice or pasta in the evening

These can make great salads. Try a pasta salad or filled tortillas

4. Brightly coloured bottles can make plain water more interesting!

Fluids are important for children – up to 6 cups of fluid should be encouraged daily. Milk and plain water are the best options.

5. Get your child involved in packing lunches

Let them help choose some element of their lunch. Pick a colourful lunchbox or let them decorate one with stickers

6. Try out new ideas at teatime or the weekend

Children often need to see and taste new foods several times before they accept them, so try them out before including them in a lunchbox

7. Try to offer different foods every day

They may just want to stick with their favourites but encouraging them to eat a variety of foods is really important.

Stay Safe / RSE

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This year we will be delivering the **Stay Safe Programme and the RSE programme** in October and November. We want to ensure that these programmes are delivered early in the year. Teachers will communicate with pupils over the next week what topics will be covered with each class. This will allow parents the opportunity to discuss these topics with their children in advance.

The Stay Safe Programme will be delivered to all pupils in Senior Infants, Second Class, Third Class and Fifth Class in their entirety. This programme can be viewed online at staysafe.ie

Teachers will deliver the Relationships and Sexuality Programme to pupils from Junior Infants, First Class, Fourth Class and Sixth Class. This programme is age appropriate. Teachers will communicate the material to parents in advance. Parents should take time to discuss sensitive topics with their children.



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