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# NEWSLETTER 3 - November 2017

## MindUp

Staff have completed the first half of their MindUp training and are ready to start introducing the concepts to the children. We will endeavour to cover the first 3 lessons before the Christmas break.

Lesson 1 focusses on how the brain works. Children will be introduced to the three main areas that control emotions and responses– the amygdala, the hippocampus and the prefrontal cortex. This will help them understand how their brain works under pressure and enable children to be able to discuss what is happening in their brains.

Lesson 2 will focus on Mindful Awareness. This allows children to focus on the here and now in a considerate and non-judgemental way. Evidence has shown that learning to be mindfully in tune with what's happening in the moment helps them to make good choices, rather than being ruled by their emotions.

Lesson 3 will review the Brain breaks and allow children the space to understand why we are doing them. We began the Brain breaks with children today. Three times a day we allow a space to focus on our breathe. A chime is rung in each class at a specific time and the children are instructed how to focus on the here and now. We will normally use the breathe as our anchor in the here and now. This focusing on breathing helps to calm the body by slowing heart rate, lowering

blood pressure and improving focus. Children will understand at this stage that this controlled breathing helps their PFC work by calming their amygdala and allowing them to make mindful decisions.

Scoil Mhuire will facilitate parental training in this area next term. In the meantime, MindUP have a very comprehensive website [www.mindup.org](http://www.mindup.org) that explains the rationale and outlines some of the practices. Your children should be able to tell you about it and might even show you how to do a brain break!

## School Cross country

Oisín Maher will be representing the school in the Connaught finals on Saturday the 18th of November. Good luck Oisín!

## Sea week

We had a wonderful Sea week and we would like to take this opportunity to thank Leo Hallessey and all the team for allowing us to be part of it.

## Literacy interventions

Scoil Mhuire has invested a significant amount of money and time in early literacy interventions. We have available to us a graded reader system known as PM readers which we use as part of an intensive programme of Reading and Writing, which gives the pupils lots of opportunities to read books at their own level of competency. Senior

## Dates for the diary

November 12th –19th	Primary Science week
November 24th	Xperimental
November 24th	Lighting of the Christmas lights
November 28th	Meeting with parents of Holy Communion children
December 2nd	Enrolment ceremony@ 7.30(Holy Communion)
December 20th	Christmas concert
December 21st	Bag Packing in Supervalu
December 22nd	School closes for the Christmas holidays
	12.15- Infants and siblings
	12.30- All other students
January 8th	School reopens after the Christmas holidays

Infants to Second class are using the PM books on a regular basis. These books are valuable and if they are lost, parents will be required to replace them. We have also invested heavily in teacher training to implement a programme called Reading Recovery. Reading Recovery is an early intervention designed to reduce literacy problems through early intervention. We are seeing significant improvement across all areas of reading as a consequence of these interventions including one of the most important metrics of all- Children's enjoyment.

### ICT in Scoil Mhuire

Fourth class have begun an 8 week course in Computer coding. Coding, in simple terms, involves telling a computer what to do through a string of typed instructions. It could be anything from the instruction "print 'hello world'", to developing the code used for logging on to Facebook, withdrawing money from an ATM, or even blasting a rocket into space. All rely on instructions de-

veloped by a coder or programmer. The benefits of this course are manifold and extend well beyond the realm of computers.

### Christmas cards

The Christmas cards sent home by the PA today must be returned by Monday.

### Science Week

Science week takes place next week and classes will be conducting a variety of scientific investigations. Our resident scientific expert, Ms Ann Keogh, will also be providing classes and teachers with support in this vital curricular area. Xperimental, a science show, will be visiting the school on the 24th of November as part of the Galway Science fair. Their show promises to be an interesting blend of "burning money and marshmallows, icy waterfalls, hot air and science stuff." Intriguing stuff!

Award Winners	Student of the Week	Best Effort	Best Person
<b>Junior Infants</b>	Addison Guy Amelia Duke Michael Conroy	Matthew Allen Thomas Conneely Dylan Prauer	Ella McDonagh Amy Tevlin James O'Flaherty
<b>Senior Infants</b>	Matthew O'Flaherty Matthew O'Toole Rosin Loveland	Carla Carroll Luke Walsh Lily Shanahan	Cormac Heanue Rebecca Ward Milo O'Flaherty
<b>First class Mrs Salmon</b>	Molly O'Rourke Nelly Harris Drew Lambert	Nelly Harris Conor Canavan Kevin Coyne	Matthew Carey Devna Das Aaliyah Bankole
<b>First class Mrs Clancy</b>	Olwyn Conroy <b>CLASS AWARD</b> Darragh Keenan	Kyle Gavin <b>FOR FIRST CLASS</b> Alex McGowan	Siobhan McGonagle <b>FROM MRS CLANCY</b> Kacper Pietraszewski
<b>Second class</b>	Emma Madden Mikayla Folan Ibrahim Bankole	Tristan Sun Meera O'Toole Megan Griffiths	Joseph Boote Emmet O'Toole Evan O'Malley
<b>Third class</b>	Niamh Heanue Rían King Iseult O'Flaherty	Kara May Gallagher Burke John Tevlin Ella Prauer	Daragh Conroy Annie Carey Jack O'Donnell
<b>Fourth class</b>	Laura Malone Maks Waligorski	Caoimbhe McLoughlin Marcus Manning	Siofra Gannon Claudia Harris
<b>Fifth class</b>	Kaiya Joyce Max Baylis Ahmad Bankole	Seamus King Mikey Conroy Jack Weesjes	Jack Kennington MacDarragh Coneys Molly Morgan
<b>Sixth class</b>	Cillian Gannon Eoin Mannion Alan Atkinson	Amy Madden Damian Manning Jake Bann	Ronan Mannion Kane Pocock Billy Carey
<b>Special Awards</b>	Rang a Trí whole class award from Ms Mitchell Ellieann O'Toole, Teagan Larkin, Kathleen Sweeney, Sharon Thornton Georgia Lambert, Ella Prauer, Sharon Thornton, Oisín O'Sullivan, Aiden Tevlin		