

9<sup>th</sup> February 2006 No. 20

### **MID-TERM BREAK**

The school will close tomorrow Friday **at 3.00.p.m.** for the Mid-term Break and re-open again on Monday 20<sup>th</sup> February.

### **G.A.A. NEWS**

Well done to the Girls Gaelic Football team who won in their first game in the newly formed Girls League. Showing skill and determination in equal measure, they proved too strong for their spirited Gaelscoil opponents. Keep up the good work!

David Weadick

### **QUIZ-MASTERS**

K.S.P. participated in the St. Canice's Credit Union Schools Quiz on Monday night. The school was well represented by two teams from Fourth and Sixth Class.

### **CELEBRATION OF LIGHT**

A huge number of parents and children took part in this very successful event last night. Many thanks to everyone who made it such a memorable occasion and special thanks to the musicians, 'tea-makers' and especially to all children and denominational teachers who gave such wonderful presentations.

### **ARTS FOR ALL DAY**

Preparations for this year's Arts for All Day have commenced. Thank you to those parents who have already volunteered their ideas and skills. Further offers are still very welcome. A meeting will be called shortly after the Mid-term Break to plan for the Day of activities on Thursday 16<sup>th</sup> March.

### **HEALTHY EATING AWARENESS**

A reminder to parents of the school's Healthy Eating Guidelines which focus on learning about healthy food choices, nutrition etc.

(Full Guidelines available on request from the office.)

“..... The aim is to promote a nutritionally-balanced diet by having our children avoid foods high in salt / sugar / fats and therefore parents are asked not to include the following when packing children's lunch-boxes;-

fizzy drinks, sweets, chocolate or crisps.

..... The success of the K.S.P. Healthy Eating Programme depends on parental co-operation and support. By providing these guidelines we hope to encourage children to eat nutritious foods and reduce negative peer pressure in this regard. The development of healthy eating habits in children's primary school years will lay the foundations for their future good health and well-being.”