



Holy Trinity National School

January Newsletter



Happy New Year.

I wish all of you a very healthy and happy 2020.

Well-Being Week in Holy Trinity NS.
January 14th—18th 2019

Next week we will undertake 'Well-being Week' in Holy Trinity N. S. We will draw together the skills and content of our Weaving Wellbeing and Social Personal Health Education programmes with the support of an experienced school facilitator Laura S. Dowdall.

Over a two-day programme, Laura will work with our classes as follows:

Junior, Senior infants classes: Expressive Movement through music and imagery, Yoga through storytelling, Breathing exercises to calm.

1st and 2nd classes: Movement and Yoga sequences to release tension/ anxiety to encourage expression and confidence in moving, Breathing exercises to calm and energise the mind, Mindfulness meditation.

3rd and 4th classes: Yoga, Flow sequence for daily practice to waken the body and brain, Partner work, Techniques to improve focus (Brain Gym), discussion on What is Stress?, Breath work to calm, to energise and to destress.

5th and 6th classes: Yoga to encourage self-awareness, Meditation with Breath-work, Focusing technique: a partner exercise practicing active listening, self-expression and understand the mind-body connection, how to support positive mindset in low times, compassion for self and others.

Parent's Well-Being Session

When? **Thursday January 16th.**

Time? 7pm—8pm

Where? School Library.

This relaxing presentation will give practical demonstrations on how to release all that 'back to school' stress.

Parents should wear comfy clothing as it involves practical exercises.

Upcoming Events This Term

Wellbeing Week - January 13th—17th

Ceremony of Light - January 27th
8pm

Confirmation Ceremony -February
13th 11am

Book Week Feb 24th- March 1st

Mid-Term Break Feb 17th- 21st

Young Scientist Exhibition

I wish to congratulate Ananya in 3rd Class, whose project has been selected for display at the upcoming Young Scientist's Exhibition in the RDS. Ananya will be presenting her project on Saturday 11th. Tickets can be obtained from the following

<https://btyoungscientist.com/>

Ananya will present her project at our upcoming school assembly on January 17th.

Pieta House Collection

Thanks to all parents who attended our Christmas Assembly in December and contributed to the collection of €225 for Pieta House.

Parent-Teacher Meetings

Parent Teacher Meetings for Junior Infant classes and Ms Mulcahy's 2nd Class will take place on week commencing January 20th.