

## Emma Keaveney HSCL

My name is Emma Keaveney and I am the Home School Community Liaison Coordinator (HSCL) in St. Michael's BNS.

It is the job of the HSCL to build bonds between the school, the home and the community and to support parents in the education of their children.

Part of my job includes:

- Visiting parents to offer advice and support if they have a problem relating to their child's education.
- Organising courses and activities for parents. For example, our brilliant St. Michael's Walking Group every Tuesday, Crochet and knitting Group every Thursday, English Classes, Beauty Classes and many more events. All classes are free of charge. Tea/Coffee and Nibbles are always included!!
- Sharing information between the school and home that could be helpful to you, the parents.

**I look forward to working together to help your children reach their potential here in St. Michael's BNS.**

You can contact me on 0830458867 or email [emmakeaveneyhscl@gmail.com](mailto:emmakeaveneyhscl@gmail.com)

### Amber Flag

Celebrations are in order for The Amber Flag committee as we have received our First Amber Flag. This flag is an initiative for promoting positive mental wellbeing in schools. Our committee members worked hard with Ms Barrins and Mr Delaney to achieve our goals to receive an Amber Flag for our school. Ms Barrins and Mr Delaney would like to thank

the committee members from 2<sup>nd</sup> to 6<sup>th</sup> and their teachers for all their hard work in helping us to achieve our flag this year. The committee members are getting a trip to Supermacs for pizza making to thank them for all their hard work. Well done everyone!



### Science

This year our school won a Gold Award from Science Foundation Ireland for our work in science, we have a long record of winning this award every year. To win this we have to partake in Science Week, have a guest speaker in science, go on a science excursion and each class has to submit evidence of work in science, maths, ICT and engineering. Many boys love science and would love to do science every day, it is a great way for children to make discoveries about our world in a hands on way.



## St. Michael's B.N.S. Newsletter Summer 2023

27th June 2023

Dear Parents/Guardians and members of our school community, we have had an extremely busy 2022/2023 as you will see as you read through this newsletter. I would like to take this opportunity to express my gratitude to the parents and

families of the boys who attend our school for your continued support and co-operation. We are very much looking forward to an exciting school year ahead for 2023/2024. Thank you to all the members of the school staff for your

continued hard work, enthusiasm and dedication. School will re-open on Thursday 31st August 2023. Enjoy the Summer Holidays.

Best wishes to you all,  
Nora Horan, Principal.

### St. Michael's G.A.A.

Gaelic football has a proud tradition in our school. Past pupils from our school have gone on to play for Longford and even Ireland. This year, our school team began training in March. From the very first training session, we had lots of boys playing with big smiles on their faces. The coaches, Mr O' Brien, Mr Delaney and Mr Carberry knew that it would be very tough to pick a team of 15 with so many good players.

Our first game was against Melview. For some of our boys it was their first ever game of Gaelic football. The boys played really well in a very close game. In the end, we won. The boys were very happy on the bus home and learned a lot about the game. In our next game we won against Edgeworthstown. The boys played really well from start to finish. We drew against

Ardagh in our next game. In another close game, the boys battled hard and came away with another win against Stonepark. We lost against St Eimears but we had qualified for the A final!

The boys put in a huge effort in training before our final against Ardagh. We trained on St Mel's pitch. We practiced playing games against each other.

Our final took place in Pearse Park. The team was Jason in goals, Thomas and Favour were corner back, William was full back, Lukas and Sean were half back, Midfielders were Rene and Joel. Charles, Daniel, Artem and Julian were forwards. Niko and Daniel were put on during the game. We were very excited. Teachers and parents came out to watch the boys put in a fantastic performance. Each and every boy gave their all. The game was against Ardagh. The game went to extra time when Artem scored in the final

minute. However, it wasn't to be on the evening. The final score was 2:09 to 3:08 to Ardagh. We were disappointed. It was tough and tiring playing in such hot weather, but we had a great year and hope the boys will have great memories of playing for their school.

We thank Ms Horan for all her support during the year. We also thank Denise who sent out the messages every week. Thanks to our coaches Mr O' Brien, Mr Delaney and Mr Carberry and to all the boys who took part in training all year.

Finally, we hope to see even more boys playing Gaelic football for our school next year. Training continues throughout the summer in Slashers (N39R8W3). Training for boys from 4 to 11 years old is on Thursdays at 6:30 with Enda, and for 12 and 13 year olds on Friday at 6:15. Come and join a great club!

St. Michael's B.N.S.

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## Ms. Barrins, Ms. Fox & Ms. Walsh's 2nd Class News

2<sup>nd</sup> class boys have had a fantastic, fun filled 2023 so far. All of the boys have settled really well into St. Michael's and have made firm friendships while learning lots of interesting and fun-filled lessons.

Most recently, the boys started swimming lessons on a Tuesday morning at Longford Sports and Leisure complex. Special congratulations to those boys who were swimming for the first time – they really overcame any fears and learned some important lessons about water safety while having lots of fun!

The boys have practiced their Gaelic football skills with Enda throughout the year. Lots of fun was had by all the boys playing games to learn and practice different areas of the game. We also spent two mornings with Transition Year students from St. Mel's College who were training to become football referees – the boys played football matches and the trainee referees practised their own skills. Everyone benefited from the activity and great fun was had by the older and younger boys.

Like last year, Ms. Barrins organised a wonderful "Wellness Week" for all the children and staff in St. Michaels this February.

Every day had a new theme and we began each day with some meditation and relaxation activities. Each class, and the school as a whole, focused on learning skills to help understand how important looking after our own mental health is. The boys took part in activities which helped them understand the importance of self-care, talking about their feelings and knowing when and who to talk to if they are feeling sad. We had a brilliant week filled with laughs and smiles. Well done to James, Armaan and William who won the poster competition for drawing a wonderful poster about their ideas of what 'Looking After Our Mental Health' means.

Ms. Jessup organised a slogan competition before Easter about Global Citizenship. Thousands of children around the world took part and we learned what we can all do to improve the lives of people who are in need around the world. Well done to all the boys who entered the competition.

Each class have planted flowers and grown vegetables this year. Some boys were brave enough to eat what we had grown with surprising results! It was lovely to see some boys develop a keen interest in growing plants and

hopefully will be something they will continue as they get older. This year we also got to practice our cooking skills and really enjoyed making and eating pancakes, Rice Krispie buns and fruit smoothies. There are definitely some chefs of the future in 2<sup>nd</sup> class!

We would like to say a huge congratulations to the boys who made their First Holy Confession and First Holy Communion this year. We would also like to thank the parents who helped their sons at home to prepare for the day with learning prayers and readings.

David (Ms Walshs), Rene and Adonai (Ms Barrins) along with Samuel and Jonathan (Ms Fox) were picked for the school Athletics Team and took park in an exciting athletics tournament in Tullamore in May. Congratulations to all the boys.

We went on our school tour to Glendeer Pet Farm and Planet Adventure in Athlone. We had a great day!

As the school year comes to an end, we would like to wish all of our 2<sup>nd</sup> class boys and their families a fantastic summer holiday. Thank you all for your continued support and we will look forward to seeing you all in September. Happy Holidays!!

Ms. Foy, Ms. Barrins and Ms. Walsh

## Green Schools

In May of this year St Michael's BNS was awarded their 7<sup>th</sup> Green Schools flag. To win this the pupils of our school had to learn and complete many projects about Global Citizenship and Energy over a two-year period. Eighteen boys sat on the Green Schools committee, it was a very important job as they took ownership of the projects. The committee decided what projects they undertook, they judged winners of Green Schools competition, did a presentation in Longford town library, they were litter and energy monitors for our school and they had to

answer many questions from the Green Schools inspector in Longford County Council.

Boys volunteered to give up their lunchtime to work on projects both independently and with their friends. Other boys worked on projects at home such as going into supermarkets and researching where our food comes from.

As part of our work on Global Citizenship boys surveyed where our pupils felt they are from, many boys feel they are from more than one country and we decided it is important to acknowledge this. The results showed that there

are 37 nationalities in our school.

As a reward for all their good work and for winning our 7<sup>th</sup> flag, the committee were treated to a pizza making party in Supermacs. It was a fun day where boys made their own pizza, we went to The Mall afterwards and enjoyed playing together in the sun.

We had the difficult job of selecting just two boys from our fabulous committee to travel to the Radisson Hotel in Athlone to collect our flag. It was a lovely ceremony and afterwards we had a sit down meal. I think in St Michael's we are good at working hard and playing hard!

## Art Classes

Some pupils in our school were very lucky to receive art classes supported by the Cruthu Arts Festival. A team of artists arrived to work with 3<sup>rd</sup> and 4<sup>th</sup> classes over the course of 2 days. It was a wonderful sight, in the good weather, to see 4<sup>th</sup> classes outside, creating special effects art and sculpture. Ms. Heavey's 4<sup>th</sup> spent an afternoon making 3 D models reflecting their individual interests. 3<sup>rd</sup> classes made beautiful stained glass effect pieces. Meanwhile, many pupils got to help complete the

school mural including 2<sup>nd</sup> class who placed their handprints on the wall. The whole project was recorded by photographer, Lee Williamson, who is putting a short film together for the Cruthu Arts Festival in July. Look out for information on the festival during the summer holidays and go to see the film. We are truly grateful to Gene Rhatigan (Cruthu) for coordinating the project and to his team of artists- Stephanie, Kevin, Rachel, Lorraine and Lee.

## Choir

The boys in the St. Michael's School choir sang beautifully at the First Holy Communion on 6<sup>th</sup> May.

A sincere thanks to all of those who took the time on that Saturday morning to support their school mates who received Holy Communion.

Their effort was rewarded by a trip to Supermac's where they made their own pizza. This was followed by some time in the park and playgrounds.

## Mr. Kenny and Ms. Mollaghan 6th Class News

The last term for 6<sup>th</sup> class has been very busy.

On the Sunday 29<sup>th</sup> January, the confirmation boys had their ceremony of light in the cathedral as part of their confirmation preparation.

On February both classes took part in an art workshop, where they created stained glass windows which were used as part of the Festival of Light, which took part on the 24<sup>th</sup> to the 26<sup>th</sup> February in the old Army Barracks. Needless to say, both parents and pupils were delighted to have seen their finished products on display.

Also, in February both classes participated in science week in which they had great fun carrying out fun experiments and exploring and discovering all things science.

In March pupils from both 6<sup>th</sup> classes along with other boys from the school took part in the St. Patricks Day parade under the theme mindfulness. The school were awarded the youth endeavour trophy for their efforts.

In April the confirmation class took part in a confirmation retreat, which happened in St. Mel's Cathedral. The class enjoyed a fun day of music,

dance and art.

In May the confirmation class celebrated their confirmation ceremony which took place on Tuesday 23<sup>rd</sup> in St. Mel's Cathedral. It was a wonderful evening and the boys look very well.

Also, in May tag rugby started in the school. The boys are having great fun learning the skills and rules of the game.

In June both classes went on their school tour to Emerald Park. The boys had a fun filled day which I hope they will remember for a long time to come.

Have a great summer!

## Athletics

St Michael's BNS achieved excellent results in all athletics competitions this year. Longford Sports partnership hosted a competition in the new Longford Athletics Club Centre behind St Mel's Secondary school. Boys were tested in the triple long jump, standing jump, javelin throw, medicine ball throw, speed bounce and obstacle relays. The school entered two teams from 3<sup>rd</sup> and 4<sup>th</sup> class and two from 5<sup>th</sup> and 6<sup>th</sup> over two different days, all teams came in first place which we think is a record in County Longford.

On May 25<sup>th</sup> our athletics team travelled by bus to Tullamore Harriers Athletics track. Races included sprints, endurance races and a steeple chase for the older boys. The boys triumphed in the sprints achieving many 1<sup>st</sup> and 2<sup>nd</sup> places. All boys earned a medal for their runs which is a super achievement.

We travelled in convoy with St Joseph's to and from Tullamore. We all stopped in Kilbeggan on our way home, it was an enjoyable way to end a very successful day. The

teachers in St Michael's BNS are very proud of the boys behaviour and manners when we travel to represent our school. People regularly compliment the boys on the way they address and treat others.



## Mr. Carberry and Mr. O'Brien's 3rd Class News

We had a very busy few months once we came back after Christmas in 3<sup>rd</sup> class. The boys came back ready for all the hard work and fun that we were going to have.

In January the boys really enjoyed learning all about Egypt, we studied how they lived and how they made the pyramids. We had a virtual tour of the 'Pyramids of Giza' and then did projects on what we had learned. We also continued with Irish Myths and Legends and also added in some Greek and Roman legends too. Achilles was one of our favourites and we had lots of fun doing different work on this including free writing and art. It is great to read the amazing imagination of these lads.

In Art we have concentrated on learning the skill of drawing. Some of the boys have really excelled in this and definitely have a future in the arts!!! The paintings of the sun coming up were fantastic. Our boys also had a visit from the Cruthú arts festival and designed some excellent stained 'glass' windows.

The boys in 3<sup>rd</sup> class have begun to get involved in school life outside the classroom. Some of our boys are part of the amber flag and green schools committees. It's great to see our boys getting involved in different parts of school life. As part of the green schools, we were lucky to have a visit from Catherine Joseph from the Green party, and the boys learned lots. The boys are also becoming more involved in football, and many of the boys in 3<sup>rd</sup> class have started playing with Longford Slashers GAA club. Keep it up boys!

We started swimming in March and are very lucky to get 6 weeks of this amazing skill. Our school tour was to 'Jump Zone' in Carrick on Shannon and Boyle forest park. The boys had the best day out. It was one of the best days of the year and the boys behaved superbly.

We had Shelley Corcoran in showing us her new fantastic book and the boys did a wonderful project on France. Thanks to Cian for helping out on this. We did loads of

wonderful stuff on Geography this year and the different countries boys in the school come from. This was really interesting for everyone.

We talked a lot about looking after ourselves and we decided we would focus on getting everyone to have a healthy lifestyle from now on. We focused on 4 things: healthy eating, exercise, sleep and having fun. This included lots of advice on what to eat and when to eat, we did circuits which the boys loved and some Fridays we went for a walk to the Mall. The boys have really improved their lifestyle so much both at home and at school and I hope they continue it for the summer.

They really are 2 super classes in every way. Thanks to Cristín, Cian, Miss Fallon and Mr Gannon for all their help with the boys in 3<sup>rd</sup> class this year.

We hope everyone has a great summer. Mr O'Brien, Mr Carberry

## Basketball

All 6<sup>th</sup> class boys had the opportunity to train for basketball in the Sports Centre in The Mall. It was the first time for many to grasp the rules of basketball and it was great to see the boys' progress once they mastered these. We played matches against other

primary schools and even one secondary school. The boys drew in one match and won all of the others! Confidence is very important when playing basketball and it was lovely to see the boys believing in themselves and their ability to dribble, pass well and

drive towards the net. We have one basketball tournament and one match left, we wish the boys continued success in these. We look forward to coaching next year's 6<sup>th</sup> class and hope their skill, determination and fantastic team spirit is as good as our current 6<sup>th</sup> class.

## Ms. Sheridan, Ms. Lennon and Ms. Heavey 4th Class News

4<sup>th</sup> class have had a busy but brilliant year. We had 6 weeks of swimming and it was great to see the progress the boys made and some boys are now swimming in the deep end!

We had an amazing 'Wellness Week' in February. We were so lucky to have pancake Tuesday fall in Wellness Week and thanks to Mrs. Sorohan, who made sure there were delicious pancakes for everyone. The boys really loved the pancakes and were also shown how to measure ingredients by Mrs. Sorohan. We went all out for odd sock day during Wellness Week and the boys really got into the spirit of things with lots of colourful odd socks! We had a fantastic time in the mall where the boys tried out lots of new exercises and games thanks to Mr. O'Brien and Mr. Kenny. Mrs. Sorohan also did some yoga with the boys for Wellness Week. To top it all off, an ice-cream van visited the school on Friday. Thanks to Ms. Barrins for organising all the fun activities- we all have great memories from that week!

Ms Heavey's fourth class were very lucky to complete a life-skills programme this term. Thanks to Helen, the instructor, who spoke to us during this ten week course.

Ms Sheridan's class took

part in a drama project which was organised by the Backstage Theatre. A team of writers worked with the boys for two days and gathered ideas. These ideas were then combined with work from two other schools to create a puppet drama. We saw part of the competed project in the Backstage Theatre in April and are hoping to see the finished product in the future.

Seachtain na Gaeilge was in March. Ms Lennon's and Ms Sheridan's classes took part in a Tráth na gCeist (table quiz) in the library. The boys showed very impressive Gaeilge skills and won lots of fabulous prizes too.

The boys have been playing Gaelic football this year and some of the boys from 4<sup>th</sup> class are on the Gaelic team who made it to the final this year in Pearse Park. Thank you to Mr. Carberry, Mr. O'Brien and Mr. Delaney, who are helping the boys improve their skills.

It was also great to see so many of the boys do so well in athletics this year. They are a talented bunch and some of the boys were selected to represent the school in the Athletics Meet in Tullamore.

We are lucky to be playing lots of tag rugby this term also - the boys are really enjoying it and it's a great way to get out and have fun with all of the other classes too.

4<sup>th</sup> class are great readers and regularly visit the local library. Ms Heavey's class

recently completed the novel Wonder, which was excellent and all of the boys loved watching the film too! The other classes read "Under the Hawthorn Tree".

We have really enjoyed our science and STEM activities in fourth this year. We have been busy constructing and programming Lego designs with the We-Do Lego. Fourth class took part in an art workshop organised by Cruinniú na nÓg. We made sculptures with tinfoil and paints, created clay sculptures and we all got to take part in a special effects makeup class to make fake scars and wounds.

In history, we have recently been looking at The Famine and The Normans. We researched and completed projects on The Famine. We were very lucky to go on a tour with Mrs. Sorohan where we explored some local history that was linked with our studies. A big thank you to Mrs. Sorohan who worked closely with all of the boys in fourth this year.

We had a brilliant day out at The Shannon River Adventure Centre for our school tour. We enjoyed some kayaking, canoeing, pier-diving a mud slide and someland-based activities, such as archery and wall-climbing. It was a great day out. As the school year is nearly over, we are really excited for a fun few weeks in fourth! We will have a sports day to look forward to and hopefully lots of sunshine for outdoor activities! The boys have done really well this year and their teachers wish them well for 5<sup>th</sup> class.

## Ms. Cheevers 5th Class News

Our Gaelic football team have had a brilliant year which has led the boys to being in a School Boys final in Pearse Park on the 29<sup>th</sup> of May. Nine boys from our class are part of the panel and we will be proud to go and support them along with all of the panel members. One of the boys from our class, James Oates, was selected to take part in the 100-touch challenge in Pearse Park. He did fantastic in this challenge and the boys couldn't wait to say Well Done to James the following Monday when he returned to school. Well Done and thank you to Mr. O'Brien, Mr. Kenny and Mr. Carberry for all their hard work and encouragement throughout the year with football. We also had three boys in our class take part in schools athletics and they had great success. They all

had a brilliant day out.

The boys in Ms. Cheevers 5<sup>th</sup> class have been working extremely hard in different aspects of schools life over the last few weeks. Two boys were members of the Green School Committee. The boys worked really hard to keep the school clean and tidy and along with Ms. Jessups help and hard work they were successful in receiving a Green Flag for the school. Well Done to all. Along with the Green Schools we also had one boy on the amber flag committee who were also successful in gaining an amber flag for the school. This could not have been done without Ms. Barrins and Mr. Delaney, congratulations to all.

5<sup>th</sup> class have been very lucky to get involved with lots throughout this term. On Mondays they had cycling. The boys loved this and showed great

determination throughout each sessions. Also, on Mondays the boys were shown how to play tag rugby. This was a big hit with the boys and we have some excellent player. On Thursdays they got to use iPads. They showed great skill and knowledge during this time as they used the iPads for a variety of reasons. One reason was to complete projects.

In the run up to Summer break we have been working hard on some fun things like projects, artwork and music. We are really looking forward to the Summer holidays and the boys are looking forward to 6<sup>th</sup> class in September. The boys should be very proud of themselves for they took part in and achieved throughout the year. Keep up the great work and we look forward to seeing you all again in September!

## Mr. Delaney 5th Class News

We had a very exciting and fun filled term in 5<sup>th</sup> class. We attended a biodiversity talk in the library. Here we planted sunflowers and made bird feeders from apples and sunflower seed butter. We tidied up our school garden and planted some wildflowers, sunflowers and vegetables in there. We also created a wormery in class and put it in the garden. We also

played many sports during the term. A tag rugby coach came to the school and we learned how to play the game properly every Monday. Our footballers reached a final in which they were narrowly defeated by Ardagh after extra time. We went to The Zone in Navan on our school tour. We had a fantastic day go-karting, doing laser tag and

participating in the virtual reality experience. Some of the class also participated in hurling and had great fun. We had great fun learning how to identify leaves in the Mall. As part of the Amber flag committee we went on numerous wellness walks and were lucky to be awarded the Amber flag. Overall, we had a fun filled term and would like to wish everyone a happy and restful summer.