



# Bush Post Primary School

## HSCL Newsletter



January 2019

I hope you all had a lovely restful Christmas break with family and friends. Hopefully everyone is feeling refreshed and recharged for the year ahead. As per usual it will be an action packed term. The forthcoming Mocks for our 6<sup>th</sup> and 3<sup>rd</sup> year students are a priority. Try and ensure they get plenty of rest so that they are alert for the weeks ahead. When our Wellbeing Week kicks off in March there will be tips on relieving stress and working on relaxation techniques.

### PARENTS CLASSES

Well done to all 10 parents who completed the First Aid Class. Certificates will be on their way to you in the next few weeks. Our Refresher maths class is completed. This year it has also been offered to parents from our feeder schools.



### Spring Term

Funding has been applied for Cardiac First Responders classes and a mindfulness class. All parents are welcome to enrol. Contact me at 042 9376953 or email me at fgillan.bpp@lmetb.ie. I will text with times and dates of classes.

### Operation Bush4Mation 2019

This 4 week programme commences on 7<sup>th</sup> of January. **Registration from 6pm in the school GYM.** Our walking club is delighted to participate as an additional activity. We meet every Wednesday at 10 am. It's a good time to walk off the excesses of Christmas. Babies in buggies are very welcome. Dress for the weather as we get lots of it!!!!



### AUTUMN COFFEE MORNINGS

We had five very successful coffee mornings for parents in September. Many thanks to all the First year and LCA parents who attended. It was nice for parents to get a chance to meet up and gain a better understanding of what life for their young person is like here in Bush PPS. Parents shared tips with each other and the Deputy Principal was on hand to discuss concerns and answer questions.

**Free Fruit** – Don't forget to remind your son/daughter to avail of the delicious fruit available every morning when they arrive in school.



## Careers Fair and Visit of Catherine O' Connor

We had our first ever Careers Fair organised by the Career Guidance Department in November. Catherine O' Connor Education Consultant, for the School of Computer Science and Statistics at Trinity College gave a talk to parents during the evening. She offered suggestions for guiding and supporting young people through the challenging first year of college. Turnout for both the Talk and the Careers Fair was fantastic. Please continue to support these events! More pictures of the event are to be found on our Website and Facebook page.



## Worried about Gaming???

If you are worried about how much time your child spends on games such as Fortnite, then you will be interested in a presentation here in the school by Richard Hogan. Richard is a teacher and psychotherapist. He has done a great deal of research into the effects of these games on young people and the dangers of addiction. He has been invited on the Maura and Daithi show and Virgin media to offer advice for parents on this issue. He will be giving a presentation to parents here in Bush PPS at 7 pm on Thursday 7<sup>th</sup> of March. For more information on Richard check out [therapyinstitute.ie](http://therapyinstitute.ie)



## START THE NEW TERM OFF THE RIGHT WAY

1. No late nights! Students should go to bed early!
2. Organise uniforms the night before school.
3. Encourage your child to come to school on time.
4. Monitor and limit use of social media at night.
5. Check journals regularly for notes.
6. Get a good study routine going straight away.

## ATTENDANCE MATTERS

Good school attendance is essential if students are to get the most out of their education. In general the better the attendance the better the results in examinations. So please encourage your son/daughter to come to school every day.