

# ST CLARE'S ABBEY PRIMARY SCHOOL



## 'POP PRESS'



### Our Rights Respecting Newsletter

### Newsletter No 2 – Winter 2019

Welcome to the second termly St. Clare's Abbey's RRSA Newsletter. Having now achieved the Silver Rights Committed Award, we are excited to be moving forward on our journey to the RRSA Gold Award and becoming **'BRILLIANT RIGHTS RESPECTING CITIZENS'**.

Our Rights Respecting Steering Group are delighted with their second newsletter – keeping you informed of all their activities.

#### Rights Respecting Steering Group

We lost some P7 members of our Steering Group in June as they have moved on to Post Primary School. We thank them for all their hard work and dedication to the Group. We now welcome some new members to our Group and hope they will encourage and promote our Rights Respecting Work in school and with our families.



#### Our Steering Group 2019-2020:

#### Our Rights Respecting Committee wish everyone a very ...

Drawn by Eadaoin Brennan



#### KEEPING SAFE AND BEING PROTECTED



#### Article 19

**You have the right to be protected from being hurt and mistreated, in body or mind.**

As part of Road Safety Week, St Clare's Abbey took part in a colour in competition in conjunction with Specsavers and 'Brake' to encourage people to 'Step Up for Safe Streets'. Two of our children were winners and received high visibility vests for their class from Specsavers. School children are some of our most vulnerable road users so the vests will make our children



#### Christmas Road Safety

#### Article 3

All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

#### Article 6

**You have the right to be alive.**

Christmas is a magical time of year for everyone in school and to keep safe the boys and girls remind parents of the need to drive carefully into the school grounds and to be aware of the school crossings. The school operate a 'drop-off' zone for pupils.

**Parking is not allowed in school grounds and the 'Drop-Off' zone is for dropping off only!**

If you wish to accompany your child to the door, please park carefully outside of school grounds. A crossing patrol is available on Courtenay Hill.

#### Article 24

**You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.**

Article 24 informs us that we have a right to the best health care possible, safe water to drink, nutritious food to eat and to live in a clean and safe environment. Healthy eating is encouraged through the 'Healthy Breaks Initiative' and a healthy menu is available daily in our Level 5 Food Hygiene Rated school canteen. Our parents are encouraged to send healthy food for those

taking a packed lunch.

A healthy diet is essential for maintaining and protecting our health, for ensuring that we perform to our full potential during the school day (both academically and physically) and for growth and development. Our school wants us to establish a healthy lifestyle that, they hope, will continue into adulthood.

Cooled water is available throughout the school day to all members of our school community. Water fountains are located in the corridors and we are encouraged to bring a bottle of water into school with us. Educational studies show that concentration levels are linked to hydration so all boys and girls are encouraged to bring a bottle of water to school and have regular water breaks.

Proper nutrition is essential for good health and effective learning. The benefits of Healthy Eating include:

- Helping young people develop, grow and do well in school
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- May help prevent health problems later in life, including heart disease and cancer
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult
- Sitting down to a meal with other children is an important part of our social education.

Consequences of unhealthy eating include:

- Hungry children are more likely to have behavioural, emotional and academic problems at school
- Research suggests that not having breakfast can affect children's intellectual performance
- Poor eating habits and inactivity are the root cause of overweight and obesity. The percentage of young people who are overweight has almost doubled in the last twenty years.

Eating disorders are extremely common among young people

**New year resolution ... MAYBE It's Time to Change to a healthy lifestyle.**



### **Rights Respecting Steering Group / UNICEF**

#### **Helping the Homeless and Those in Need**

CHRISTMAS is the hardest time of year for people sleeping rough, with the weather getting worse every day and everyone else feeling the festive cheer. The holiday season is usually a time of celebration and of thanks for what we have and a time most of us spend with family, friends and loved ones. For those who are on the fringes of society this time of year can be a reminder of what they don't have or what they have lost which can be compounded because they are homeless.

As Christmas approaches we as a school community are very aware that 800 families in the Newry area will need help so this year we are going to help a local charity **'The Larder Newry'** in their Christmas appeal. This is Newry's emergency food bank. It helps the needy in Newry and surrounding areas.

As a rights respecting school we are very aware of the rights of children and young people.

*Article 27 states: You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things others do.*

We want to help all those people in our community who, unfortunately, will not have their basic rights to shelter or food met. By gathering items for 'The Larder Newry' we will support a local group who do amazing work so that kids, like us, can enjoy many of the things that we take for granted.

It is particularly at times like Christmas when the Homeless and those in need require that extra bit of care and compassion to see them through. We appreciate the kindness and support of parents and pupils all year round and we are constantly blessed by their generosity in helping us fulfil our role for some of the most vulnerable in society.

*Éadaoin and Gráinne Brennan*

### **What's happening next?**

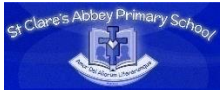
We are working towards our **GOLD** award. This will again involve assessors coming into school to speak with children on their understanding of the rights. Please continue to talk to your children on the 'Individual Rights' we send home each week by 'school app' so children understand their meaning and can relate to these daily.

### **Children in Need Choir:**

Our Choir were invited to take part in Children in Need this Year. We asked children to write their thoughts on the day: Some thoughts ...

"It was so amazing, I loved every bit of it. It was an awesome feeling knowing you were doing something good for children your age. Singing in front of thousands of people was just half of it, the other half was helping thousands of children by raising money." *By Sinead Judge*

A testament to the work carried out in the School for Respecting the Rights of the Child.



# SUPPLEMENT

## CHRISTMAS AROUND THE WORLD

**Everyone decorates their homes differently over the Christmas Holidays.**

**Draw a picture to show how you decorate your home.**

A large, empty rectangular box with a blue border, intended for a drawing of home decorations.

**Return to Class Teacher with your details completed below:**

Name: \_\_\_\_\_ Class: \_\_\_\_\_

# GUESS WHO

Take a look at our Rights Respecting Window near the front entrance of the school or check out the video on our website.

Can you guess who the members of staff are in the photographs:



## Board 1

Photo No	Who I think it is?
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Mrs Lundy, Mrs Monaghan, Miss McCoy,

Mr Digney, Mrs Morgan, Mrs Rafferty, Mrs Kearney

Mrs McAnulty, Mr Clarke, Mrs McCartan, Mrs Browne,

Mrs McGoldrick, Mr Sweeney, Mrs Downey,

Mrs McParland, Mrs McGovern, Miss Mallon

£1.00 Donation to  
'The African Project'.

Correct entries will be entered into a  
prize draw

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

## Board 2

Photo No	Who I think it is?
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Mrs Cribbin, Mrs Cunningham, Mrs McVeigh, Mrs McArdle

Mrs Murtagh, Mrs McNeany, Mrs McKeown, Mrs Jadcak

, Miss Friel, Mr Hillen, Miss Rocks, Mrs Dineen, Mrs McQuillan,

Mrs Hollywood, Mrs Toner, Mrs Doyle, Mrs Gallagher, Miss Duffy,

Mr Byrne, Mr Murphy, , Mrs McMahon, Mrs Rogalska, Mrs Keenan,

Mrs Byrne, Mr Heaney, Mrs Gray, Mrs Murphy

# Rights Respecting Quiz . . .

Cover the answers at the bottom of the page and try to answer the following questions

Record your own score and then test your family members to see who gets the highest score.



1. Santa has nine reindeers; can you name them all?
2. What gifts did the three kings take to baby Jesus?
3. On Christmas Day, what would you find a joke inside of?
4. Which meat do we traditionally eat with Christmas dinner?
5. What type of pie is typically left out for Santa on Christmas Eve?
6. What two things do we traditionally give to our friends and families at Christmas?
7. What type of creatures are Santa's helpers?
8. How many doors would you open on an advent calendar before Christmas Day arrives?
9. How many Lords are leaping in 'The Twelve Days of Christmas' song?
10. What colour is the Snowman's scarf and hat in the Children's picture book 'The Snowman'?
11. Can you unscramble the following word to reveal a type of Christmas tree decoration: UBLABE?
12. What is the name of Kristoff's reindeer in the Disney movie 'Frozen'?
13. In the famous Christmas song, what type of plant was Mummy kissing Santa Claus under?
14. What is the main colour of Santa's sleigh.

Answers  
1. Rudolph, Pancer, Dancer, Donner, Blitzen, Dasher, Vixen, Comet and Cupid; 2. Frankincense, Gold and Myrrh; 3. A Christmas Cracker; 4. Turkey; 5. Mince pie; 6. Cards and presents; 7. Elves; 8. Twenty-four (24); 9. Ten (10); 10. Green; 11. Buble; 12. Sven; 13. Mistletoe; 14. Red



POP wishes everyone a Happy and Respecting Christmas.

Colour in POP – prizes awarded for best pictures.

