

ST KILIAN'S NATIONAL SCHOOL

Ní Neart Go Cur le Chéile

Imlitir 2 (Newsletter)

Mí Meán Fómhair

Growth Mindset. Our first growth mindset message of the new school year is 'I ask how to improve'. In St Kilian's N.S., we endeavour to support your child's development of a growth mindset. For this reason, it is important that you understand what it is, why we do it and how you can support it.



What is a Growth Mindset? Stanford University professor Carol Dweck spent over thirty years studying how people think about intelligence. Dweck and her colleagues found that people tend to hold one of two very different perspectives about intelligence: Fixed Mindset and Growth Mindset.

Fixed Mindset: People with this mindset:

- Believe that intelligence is set at birth, like eye colour.
- Believe intelligence doesn't change, or changes very little, with practice.
- Mistakes are a sign that you lack talent and are to be avoided.
- Focus on judgment and work towards looking smart.

Growth Mindset: People with this mindset:

- Have an empowering perspective on learning.
- Believe intelligence improves through study and practice, like a muscle that gets stronger with exercise.
- Focus on improvement.
- Approach challenges as an opportunity to improve and are motivated by them.
- Believe mistakes and failures are simply part of this journey.

We will focus on a different growth mindset message every fortnight. We all need to work together on the messages to achieve real success. Reinforce the message at home not just by 'saying' but by 'doing'.

Help us at home to help your child at school.

Parenting Cavan has launched a new website, www.parentingcavan.ie

Station Teaching. We have commenced station teaching in Infants, First and Second over the last two weeks. Station Teaching occurs when a **class is divided into four or five small groups of pupils** and they receive intensive support and tuition at their own particular level from the class teacher with the help of support teachers and perhaps an SNA. We have now commenced **Enhancing Literacy** in First and Second Class. This initiative, previously known as Literacy Lift Off, is a whole-class intervention aimed at increasing each child's competency in oral language, reading and writing. It also incorporates explicit comprehension instruction to enable children to become thoughtful, strategic and independent learners.

Some classes commence stations first thing in the morning. It's yet another reason to come to school on time!

Gaeilge Neamh, Mé Féin. These are the phrases we are working on this month at school. Wouldn't it be fun to work on these at home, or in the car or while out for a walk? Dia duit. Dia is Muire Duit.

Cad is ainm duit? _____ is ainm dom. Cé tusa? Is mise _____.

Cén rang ina bhfuil tú? (class) Tá mé i Rang a hAon. Cén aois thú? (age)

Cad is ainm do do mhúinteoir? An tUas Ó Conrú is ainm dó. (Teacher's name?)

Cén seomra ranga ina bhfuil tú? Tá mé i seomra darb ainm Corr na gCoille (Classroom name?).

Mé Féin (Rang 6, Mr Mc Niffe).

Féach ar ár n-obair néata a rinneamar an seachtain seo.



Línte Gníomhaíochta Gach Lá. Pupils are exercising twice daily for one minute after breaks 'as Gaeilge'



This week they are working hard on: Bogaigí (rithigí) ar an spota **go mall** (slowly).... **bígí ar bhur dtapa** (fast) **níos tapúla** (faster)....**chomh tapa agus is féidir libh**

Healthy Lunchboxes: Our latest [HSE Talking Health and Wellbeing Podcast](#) is about Healthy Lunchboxes for Kids. With school routines starting again and parents getting to grips with what to put into those lunchboxes and what to avoid. Marian McBride, Dietetic Lead, HSE Health & Wellbeing discusses the importance of a balanced diet to ensure children develop a healthy relationship with food. With tips on how to introduce healthier foods into children's daily diets. Marian gives ideas on what to include, recognising that parents are busy, she explains that it's about frequency and taking those different opportunities to introduce healthier options.

For more information and ideas visit: <https://www2.hse.ie/living-well/healthy-eating> or to use the HSE Toolkits for Healthy Eating Policies in Schools visit: <https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/healthy-eating-training-and-resources-for-primary-school-teachers.html>

Please get in touch to find out more about our podcast series or the work of HSE Health and Wellbeing Healthandwellbeing.communications@hse.ie

Go to the [HSE Health and Wellbeing Website](#) & our [Ezine](#) for more, listen to our [Podcast](#), follow on [Twitter](#), subscribe free on [YouTube](#) & join our [Mailing List](#)

Recorder and Singing We in St. Kilian's N.S. value music and indeed creativity very highly. Our music and recorder programme in First to Sixth Class continues this year with our teachers, supported by Yvonne Chilton and Mr. Mac Namara.

Why do we teach recorder in our school? We introduced recorders as an instrument in our school over 20 years ago. Since then children in our community have learned music theory, how to read music and most importantly an instrument. Many have studied Music for Leaving Cert and some have even pursued it at 3rd level. The recorder is accepted as a most suitable instrument for primary schools because children have to learn all about the rudiments of music. These skills are then easily transferable to other instruments such as the tin whistle, guitar, piano, accordion etc....

Music is the one subject aligned to literacy that can bring value to the whole of our lives. Increased music practice and an early start to music training are associated with better speech-sound analysis in the brain.

Young people presenting with self-esteem and anxiety issues is a growing problem in our school and in wider society. Playing music and in particular performing with others is a gift we can give our pupils and one that benefits the whole person.

Yvonne Chilton from Chilton Music School and Accora Orchestra will recommence supporting teachers and working with pupils this week. She will work with the following classes Ms. Maddison, Ms. Mc Govern, Mr. Maher, Mr. Rowe and Ms. Sheridan. The school charges €2 per pupil per week or €4 per family to offset costs. This money is payable through Aladdin.

Attendance: We have a strong tradition of good attendance in St. Kilian's N.S. with an average attendance rate of 93.5% annually. However, this fell to an 89% attendance rate for the last school year. We have noted a marked deterioration in attendance and punctuality post Covid. 6454 days were lost during the school year 22/23 and 113 pupils missed in excess of 20 days.

We are anxious that parents be aware of the absolute necessity for regular punctual attendance at school and that we all work together to improve this area. Parents of pupils with poor attendance during the month of September will be invited to the school to discuss the matter. We will also be tracking those pupils who continually leave early especially on a Friday!



We are also encouraging pupils to come to school on time. [We can all be late occasionally however pupils who are consistently late are disrupting the smooth running of the school.](#)

Our school opens to receive pupils at 8.40. All pupils should be through the front gate by 8.50am. Thank you.

Junior Infants with Ms. Corrigan:

The Junior Infants in An Mullach had a terrific start to the school year and enjoyed the last of the September sunshine! They engaged in lots of fine motor activities to strengthen their muscles and make their fingers strong for writing. They enjoyed digging, colouring on their bellies, collecting stones to make pictures, tweezing, scooping, pinching and squeezing.



Jnr. Infants Enjoying the Outdoors.



"We need to get out more often."

6th Class Roy Lichtenstein Art We studied the Pop Art movement in September. We looked at Roy Lichtenstein's work and how he focused on the 3 primary colours to create abstract portraits. Here are some of our colourful creations.



6th Class Girls Football Our 6th class girls competed in a Gaelic Blitz in Kells this week. They showed excellent determination, skill and passion in reaching the quarter final of the competition.



