

# Gorey Educate Together National School

*Scoil Náisiúnta Foghlaim le Chéile, Guaire*

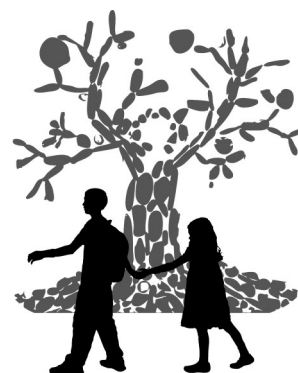
2nd October 2012

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**Many thanks** to everyone who braved the rain on Sunday for our PTA Sponsored Walk. Please return cards and monies to the school by Monday 8th October.

## Healthy Lunches

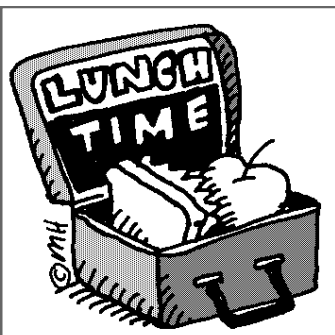
The children need balanced, healthy lunches each day. (Look out for the overall sugar and fat levels!) They need to be able to open, close and/or peel the lunch by themselves. (Please choose suitable containers and practise at home.) They need to provide their own spoons.

The children are asked not to share their lunches, and to take uneaten lunch home with them (so that parents are kept informed of their child's eating.) They also take all food packaging home with them each day.

**Chewing gum, sticky sweets, fizzy drinks, high-sugar drinks, chips and crisps are not allowed.** (If you need to agree a treat with your child, please choose one of the following: scone, plain bun/cake (no icing,) brack, plain biscuits, one small bar.)

The children need to be able to talk about their food allergies. Nuts are not allowed in the infant classes.

*Ref: School Guide for Parents & Guardians*



## Parent Teacher Association After-School Activity: Gymnastics and Zumba Fitness

'Shelley Askins will be doing a Gymnastics and Zumba fitness class for kids after school. This activity promises to be a fun and energetic workout for kids.'

Junior and Senior Infants: 1.30-2.30pm on Fridays, for 8 weeks. 1st class to 6th class: 2.30-3.30pm on Fridays, for 8 weeks. Cost is €40 for 1 child, €70 for 2 siblings, €110 for 3 siblings.

**Infant session is now full.**

**A few places still available in older session: book by Thursday 4th October.**

**This activity begins Friday 12th October. Venue: PE hall.**

**Wednesday 3rd October, 1pm-1.25pm:** Parents and Guardians of the new Junior Infants are invited to attend a short information meeting with Louise and Deirdre (daily routine in the infant classroom, lunches, clothing & footwear, homework.) *The Junior Infants will be supervised by other staff during this meeting.*

**Thursday 4th October:** 'All Ireland Poetry Day.' See Gorey Library Facebook page for events.

**Optional 'Easy-Pay' facility for school booklists:** for example, pay €5 (per child) every Friday until the end of May = €130 approx. Send payments in an envelope marked with child's name and amount to the class teacher or school office **on Friday mornings only.**



**Irish Autism Action Mobile Phone Recycle Appeal:** Many thanks to everyone who supported this appeal during the last school year! Another parent is currently collecting phones. Collection bucket and other details on our hallway.



**School bus, taxi or car...  
Always wear your Seat Belt!**



*Parent volunteers providing refreshments following the PTA Sponsored Walk.*