



Guardian Angels' NS

November 2020 Newsletter

Mindfulness at GANS

We are very aware of how Covid and its impact can cause anxiety and stress across all ages. We are doing our very best to keep our school environment as normal as possible for our girls and boys so that they can feel safe, happy and comfortable during their school day. To help with this, we have set up a new Wellbeing Committee who have introduced a range of initiatives to help us all manage our mental and physical wellbeing. Every Monday morning, we start the week by holding a whole-school guided mindfulness session. This offers everyone an opportunity to relax, clear their head, feel calm and focus positively on the week ahead. Mindfulness in the classroom has lots of proven benefits including greater empathy, better attention spans as well as less stress and anxiety. In addition, individual classes have their own mindful moments where pupils can encourage each other and share positive reflections. Our Wall of Kindness continues to grow and expand with everyone wanting to read and share examples of kindness they have both given and received – and to keep bodies as well as minds healthy, we're running a kilometre a day!



New athletics kits

A huge thank you to our wonderful PTA for funding the new athletics kits. The navy and white kit featuring the school name and logo looks fantastic. We have always enjoyed great athletics success at Guardian Angels with teams competing in sprinting, long jump, hurdles, high jump, shot putt and relay. The athletics teams can't wait to get back out on the track and field in their new kit, to defend their titles and to hopefully keep up their winning streak.

Science Week 2020

The whole school celebrated Science Week from 8-15th November. The theme this year was 'Choosing our Future' and all our budding scientists – from Junior Infants to Sixth Class – took part. Science Week is a great opportunity to engage all ages throughout the school in fun and interesting

experiments and discoveries. During the week we learned all about pulse and heart rates and how exercise affects them. Some classes made lava lamps and rocket balloons and others made play dough and colour wheels. A school of the future was designed that featured a Lego room, play therapy and outdoor library and in-depth investigations were carried out to discover why some things float and others sink. For lots of resources and activities to do at home all year round, visit www.scienceweek.ie



Energy awareness

At Guardian Angels we are dedicated to reducing our carbon footprint and all pupils are involved in the Green Schools Programme across a wide range of initiatives. We have dedicated energy monitors who patrol the school to ensure no energy is wasted. Water watchers keep an eye on our taps and make sure they are never left running. We recycle, compost and have weekly clean-ups. Thermostats have been added to heaters and Mecon switches installed on toilets. Our 'switch it off' campaign – also run by the pupils – makes sure all lights and devices are switched off when not in use. We were thrilled to win the Friends of the Earth solar panel competition last year and although delayed by lockdown, we now have confirmation that our solar panels will be arriving in the new year. We are delighted to see our pupils so energised and committed to energy awareness and efficiency both at school and at home.



Parent/teacher meetings

The annual parent teacher meetings are a very important part of the school year. The information shared by parents and teachers at these meetings is vital for a child's progress. While we all agree that these meetings are best held in person, unfortunately this just can't be the case this year. Instead, our P/T meetings will be held by phone, in January. Parents/guardians will choose a time

that suits and we strongly encourage everyone to please use this opportunity to discuss your child's progress. Also, a timely reminder that there are lots of ways to communicate with your child's teacher outside of the annual P/T meetings, with full details in the 'Parent-School Communication Policy' on the school website.

GANS @ 50

As we're celebrating our 50th anniversary, we are encouraging the children to find out as much as they can about life in 1970, the year GANS first opened its doors. We have asked them to chat to their grandparents and older relatives and friends about their memories of this time – and to bring in any artefacts or mementos for class 'show and tell' time. We'd love to see anything you have at home from the early 1970s – old school uniforms, clothes, shoes, school books, newspapers or magazines. Let's see what turns up and takes us back!