



# Ard Rí Community National School

Ard Rí C.N.S, Balreask Old, Navan, Co. Meath.  
Principal: Darragh Roe  
Roll No 20352T



## Newsletter November and December 2024

### **We've got to talk about internet safety...**

The use of smartphones and other technologies is now a feature of daily life for people of all ages. As you are likely aware, however, smart devices can particularly expose young children to risk -including cyberbullying and encountering harmful content. Children are not supposed to have any social media accounts until at least the age of 13, yet many have these accounts from a much younger age.

These sites are cleverly designed to be addictive and all-consuming. I am not talking about a tablet with a few well-chosen apps or a Nokia phone for call and text. I am talking about Social Media sites like TikTok, Snapchat, Instagram, Facebook, YouTube, YouTube Kids, free access to the internet through Google and online gaming on Roblox, Minecraft (online version) and Fortnite. It is all too much, our children are not coping.

As a community we need to work together. A committee of parents and teachers has been established to work to achieve a healthy balance.

Our targets are clear, specific, and we feel, realistic:

1. For children currently in classes Junior Infants to Second we want to make an agreement to keep their full 8 years at Primary School-Smartphone and Online-Gaming Free.
2. For children in classes Third to Sixth too many already have access to Smartphones and Online-Gaming. For these children want to encourage you to restrict screen time and fully monitor children's online activity.

As a parent myself, we are under pressure because children cry 'everyone is online except me'. Parents often give-in to this type of pressure. There is strength in numbers. We want to empower you as parents by drawing up voluntary agreements between parents and the school to keep the younger

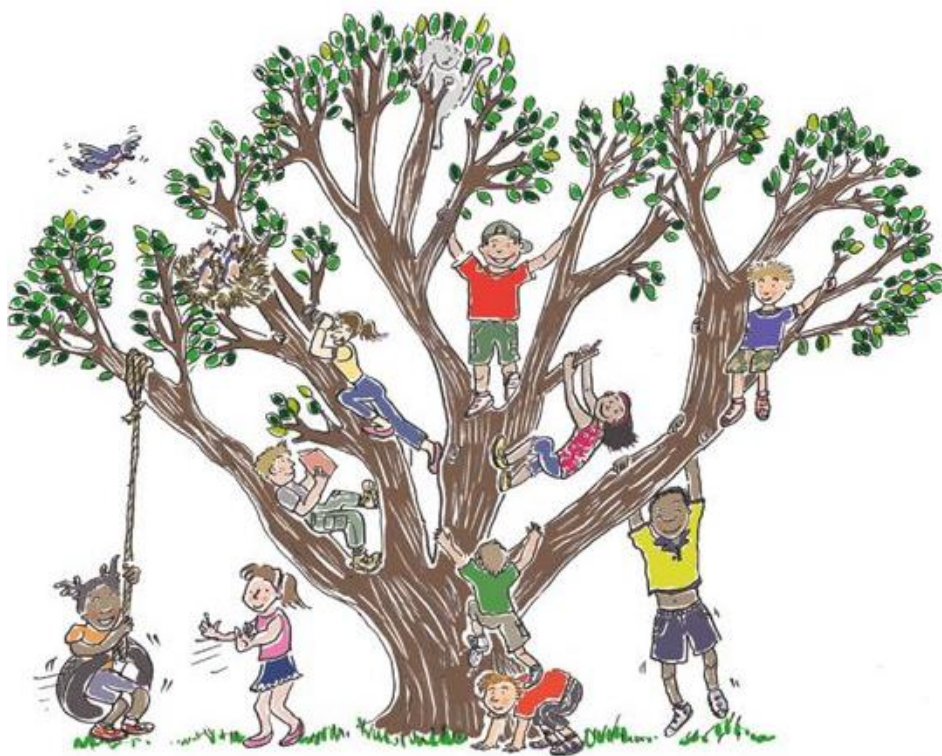
ones off devices until they are in 6<sup>th</sup> Class and to restrict and monitor closely the older ones online activity - we will support and advise here. These voluntary agreements are currently being drafted and will be shared with you shortly.

Childhood is supposed to be a care-free and happy time. Now, in many cases children's lives are full of anxiety, self-doubt, and distress. We want your children to be happy and reach their potential during their Primary School years. Being smartphone, social media, and online-gaming free will support this greatly.

Please think carefully and responsibly before gifting this Christmas and when we circulate the voluntary agreements consider strongly choosing to keep your child's childhood smartphone and online-gaming free.

Your sincerely,

Darraqh



### **Meals on Wheels Christmas Party**

Pupils from Infants, 5th&6th Class have been invited by Navan Gardaí to perform songs at the Meals on Wheels Christmas Party in the Ardboyne Hotel. This event runs during the school day (more info to follow).

### **Ard Rí Winter Show**

Junior and Senior Infants will perform at the Ard Rí Winter Show in the Ardboyne Hotel on Thursday 12th of December at 11.00am. The chairperson of our Board of Management, Yemi Adenuga invites all families of Infants to attend. Christmas jumpers are a must for all our guests and there will be lots of audience participation- Yemi will make sure of it!

Unfortunately, it is not practical for siblings of Junior and Senior Infants to come along. Nobody will miss out- we will host performances here at the school and the show will be recorded by Victor and Luana Raggi de Camargo and shared with the school community and friends and family from all over the world through our Youtube channel.

Teachers will communicate directly with parents of children in the show about what to wear etc.

## Parent Association Post Office- end of an era

It is with a heavy heart I announce the Parent Association Post Office initiative for the pupils of Ard Rí CNS has come to an end. The General Post Office is no longer running the Cyril the Squirrel stamp saving scheme [Irish Independent Article](#)

The Parent Association Post Office has been a standing order in the school hall every Friday morning for almost ten years. Children loved coming down to the Post Office to lodge a few quid every week and would celebrate filling a full sheet. The Parent Association volunteers have been so generous with their time over the years. I will miss hearing the sigh of relief when the account balanced at the end of the day. Thank you.

All stamps will be honoured. The Parent Association will begin to return all books and stamps tomorrow. I encourage our young savers to continue to save through the Post Office.



## Christmas Charity Partner

Through school parent Aoife Bradley, our Parent Association charity partner again this Christmas are the **People Who Share, Care Charity**. This is a food bank charity who directly support over 460 families in Meath affected by poverty.

Please bring one or two of the following suggested items to the school before 14th December. If anyone has strong boxes or crates, we could use to help organise or transport the goods, that would be very helpful.

People Who Share, Care sample donation items:	
<b><u>Non-perishable goods</u></b> <ul style="list-style-type: none"><li>• Teabags</li><li>• Coffee</li><li>• Sugar</li><li>• Biscuits</li><li>• Cake (long-life)</li><li>• Selection boxes</li><li>• Sweets</li><li>• Rice</li></ul>	<ul style="list-style-type: none"><li>• Pasta</li><li>• Cereals</li><li>• Gravy</li><li>• Tinned goods</li></ul> <b><u>Treat items</u></b> <ul style="list-style-type: none"><li>• Supermarket vouchers</li><li>• Toyshop vouchers</li><li>• Small toys (new only)</li><li>• Gift sets</li></ul>

## Tracksuit Days

Now that swimming is over there has been a change to tracksuit days. Please see list below. The new timetable will begin on Monday.

<b>Class and Teacher</b>	<b>PE Days</b>
Junior Infants, Múinteoir Ciara	Monday and Friday
Junior Infants, Múinteoir Niamh	Monday and Friday
Senior Infants, Múinteoir Gráinne	Monday and Friday
Senior Infants, Múinteoir Ruth	Monday and Friday
1st Class, Múinteoir Aoife	Tuesday and Friday
1st Class, Múinteoir Ailis	Monday and Wednesday
2nd Class, Múinteoir Meghan	Tuesday and Thursday
2nd Class, Múinteoir Laura	Tuesday and Thursday
3rd Class, Múinteoir Maria & Edel	Wednesday and Thursday
3rd Class, Múinteoir Emma	Wednesday and Friday
4th Class, Múinteoir Angela	Monday and Wednesday
4th Class, Múinteoir Sarah	Tuesday and Thursday
5th Class, Múinteoir Claire	Tuesday and Thursday
6th Class, Múinteoir Wilma	Tuesday and Thursday
6th Class, Múinteoir Cailín	Tuesday and Thursday