

Castlehackett NS

Our School Newsletter

Castlehackett NS • Belclare • Tuam • County Galway • e: info@castlehackettns.ie t: 091 791708 Roll No. 18289D

Issue No. 19 – May 2016

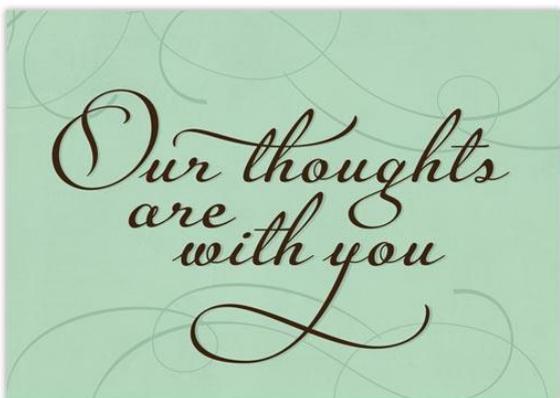
Cuirimid fearadh na fáilte roimh chuille dhuine a thiocfaidh ó chéin agus ó chóngair, ar an Domhnach, 12ú lá de Mhí an Mheithimh ar Lá An Rása Mhóir! Is ócáid speisialta í seo dúinn i Scoil Naomh Iosef agus ba mhaith linn ár mbuíochas a ghéabháil le na hiomaitheoirí roimh ré as an tacaíocht a thabharfaidh siad dúinn. Maith sibh! Táimid lán cinnte go mbainfidh sibh sult as an lá, go labhróidh sibh le bhur gcairde faoi agus go mbeidh sibh in ár measc arís an bhliain seo chugainn (le comhlúadar!) ag iarraidh barr feabhais a chur ar bhur n-amanna!!

Bainigí taitneamh as ár nuachtlitir chomh maith!

Note of Sympathy

Before we begin our newsletter, we, as the whole school community, wish to express our deepest sympathy to Mary Murphy and her extended family on the death of her father Joe Murphy recently. All of the bereaved are in our thoughts and prayers at this difficult time.

Ar dheis Dé go raibh a anam.



Welcome to all of our visitors

Welcome to our bumper edition of our monthly school newsletter. Due to our 2nd hosting of our 8k being just around the corner, we've decided to publish this special edition. It's a treat for all our visitors on 12 June!



Castlehackett 8k Official Race Launch

Legendary Kerry Footballer Colm "Gooch" Cooper launched our 8k in early May. We were thrilled to have him involved in a Galway affair in this context!! Race numbers are clearly visible! The anticipation has been growing steadily since!



AAI Certification

Just in case you thought we were making it up, we decided to get proof! Many thanks to Mr Andrew Talbot for measuring our 8k route officially for us. We are very proud of our official AAI Road Course Measurement Certificate below. All the kilometre markings will be clearly visible (in the precise locations) on the route thanks to Aislinn Flaherty and Ivan Morris.

Athletic Association of Ireland
Road Course Measurement
Certificate

Name of Race CASTLEHACKETT 8km Certificate No. H15/05/13/0
Location CASTLEHACKETT GALWAY Elevation Start 27m Finish 26m.
City/Town/County CASTLEHACKETT GALWAY Above Sea Level
Distance of Race 8000 METRES Date of Race 1st JUNE 2015
Type of Course Loop Point to Point Multi Lap
Local Course Measurer ANDREW TALBOT
Address LYDICHAN, CRANMORE, Co. GALWAY
Phone _____
Method of Measuring _____ Jones Counter
Race Director FEASUD NAUGHTON Phone _____
Address CASTLEHACKETT N.S.
BELCARRIE, TUAM, Co. GALWAY
This is to certify that the course described above has been measured and approved for certification. The measured distance of the race is not less than the stated distance.
The course measurement complies with IAAF rules for Road Course Measurement
Signature Andrew Talbot Date 13th MAY 2015

1k Practice

Hazy sunshine illuminated the way for all of our training days for 12 June. Traffic stopped too as we took ownership of our 1k route. With intimate route knowledge at this stage it should play to our pupils' advantage on the day. All we ask of our pupils is that they do their very best and that they set a new personal best time where possible. Perhaps even the course record of 3 minutes 31 seconds held by lightning fast past pupil Conor Glynn will be challenged this year. The excitement is palpable!



Why choose the Castlehackett 8k?

Whilst this may be a bumper edition of the newsletter, there still wouldn't be enough room to list ALL the reasons you should choose to do our 8k, so below we've listed only some...

Why Choose the Castlehackett 8K? Below you will find only some of the reasons!

1. It's a local, scenic route in the foothills of the beautiful Knockma.
2. There will be marshals at every junction and a water station at the halfway point.
3. All money raised will help fund projects in the school.
4. Accurately marked and measured along the face course running line using a *Jones Counter*. An official A.A.I. road course measurement certificate has been obtained.
5. Finishing time plus race position will be recorded digitally and emailed to all finishers after the race.
6. A guaranteed race atmosphere with post race refreshments/reception for all participants.
7. Sponsorship has been secured, there will be generous prizes across 10 different categories.
8. Free child-minding service provided for all participants should they require it.
9. Warm up plus free pre and post race treatments provided by Mr. Seán Mulroe, Sports Therapist.
10. Free warm up by Séamus Gannon, strength and conditioning coach.
11. There will be goodie bags for the first 300 registrations. It's our way of expressing our thanks for supporting our event.
12. 1K Junior Race at 11am on the day.

Personal 8k Invites

Some of the 8k letters of invitation stamped and addressed by our pupils. As you can see we are all playing our part!



8k Art Competition

Congratulations to everybody who took part in the 8k art competition and to our three winners. All pieces will be on display on the day of our 8k on 12 June; feast your eyes! Ms Aislinn Flaherty, Ms Lucy Fleming and Mrs Breda McHugh really inspired the pupils to give of their best by organising 3 fabulous hampers as gifts for the winners. Sometimes the dangling of a carrot works wonders! Credit also goes to Cathal Burke (6th class pupil) for composing our art caption "Our 8k is a Great Day".



Our friends, The Bligh Family

We extend a special welcome to our close friends and generous benefactors who have travelled quiet a distance to be with us for our 8k. These are Francis and Renee Bligh, David and Nora Bligh, Angela Anderson and Richard Clancy. A sea might well separate us from our UK friends geographically but in every other way we are united. Welcome home!



8k Fashionistas

Place your orders with in-school fashion stylist Breda McHugh. No commission charged! Make way Brendan Courtney of "Off The Rails" fame. Great job Breda!



At the time of going to press, our list of sponsors was:

Creaven's Costcutter, Corrandulla	Mellett Tyrrell & Co
Mitchell Hardware	Allianz Insurance
Cahertec Ltd	ABC Bookshop
Scholastic Books	National School Wear Centre
Allied Irish Bank	Bank of Ireland, Headford
Brennans Bread	Mullins Supermarket, Shrule
AC Tyres Ltd	Flannagans Filling Station
BV Commercial	Costello Bus Hire
Barna Recycling	Centra Corofin & Claregalway
Tuam Swimming Pool	Hennigans Centra, Ballindine
Elite Oil	Gort Golf Club
Stretch n Grow	Supermacs
Dooleys Shop, Bunnatubber	Health West Pharmacy, Ballindine
The Arches Hotel, Claregalway	Stapletons Electric, Tuam
Leufer Jewellers Tuam	Easons Tuam
Jennings Meats Ballinrobe	Cregal Educational Supplies
Joyces Supermarket, Tuam	Joyces Hardware, Headford
County Photos	Sean Canney TD
Roche Feeds Limerick	Terryland Fruit and Veg
Boston Scientific Ireland Ltd	Keadys Supermarket Headford
Lidl Tuam	Curleys Fruit and Veg
Galmac Computers	Galcom Alarms
St Jarlath's Credit Union	Cunningham's Garage
West Wing Restaurant, Tuam	Spice of Life, Tuam
Ard Rí Hotel, Tuam	Barry's Tea
Kreation Hair, Claregalway	Trading Post, Headford
Currans Sawmills	Bytek MPS
Flanagan's Pharmacy, Headford	Clonlara Wholesale
Tuffys Group	Gala
Galway 2020	Galway County Council
Albany Tuam Irish Wholesale Flags	Pet Haven, Tuam

This list is subject to amendment and any sponsorship received after this newsletter was published, is listed on www.castlehackett8k.com/sponsors

We would like to take this opportunity to once again thank all of our sponsors for their continued support and generosity in helping to make our 8k the success that it is; without you, our event wouldn't happen.

Charcoal Art

This is useful fuel for the barbecue but doesn't it make fine art too! The pupils really enjoy this medium. It's worth all the black table tops it leaves behind!!



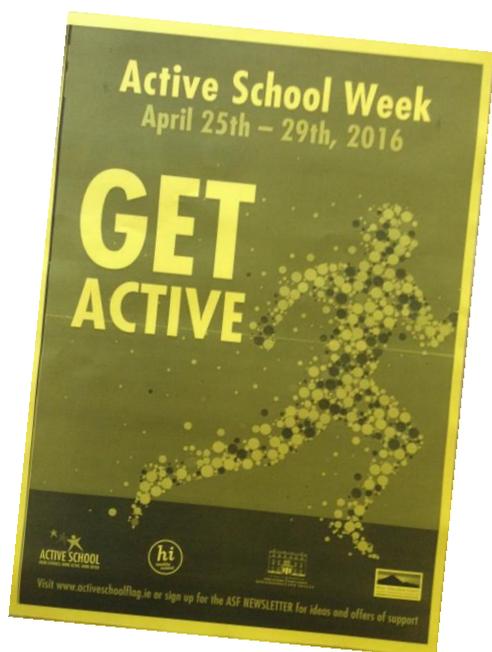
New Primary Language Curriculum

Teachers attended training on The New Primary Language Curriculum in Galway Education Centre recently. As always staff of the school opted to attend professional development training at this very busy time of the school year. Míle Buíochas.



Active Week

Active week has come and gone. Now let's all try and make the remaining part of this term as active as possible, starting with training for our 8k! Let the motivation for doing so, be intrinsic. It's the only way to sustain activity in our daily lives.



Sun Worship

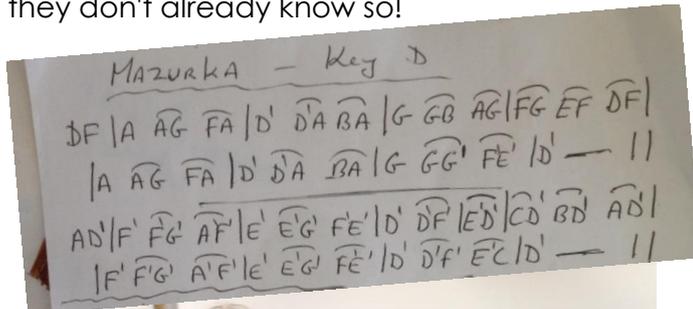
It's easy to see how the Incas of Central America worshipped their God the sun after the glorious weather we're experiencing! This art was inspired by them.



A Mazurka from Matt

Try playing this beautiful Mazurka that world renowned musician Matt Cunningham shared with all his pupils recently. It would do your heart good; that is if you can play it as good as the Maestro himself! We are very fortunate to have Matt as our weekly visiting music teacher!

Sometimes Matt brings a former pupil of his (Seán Keane) also! Simply amazing! One day the pupils will realise how fortunate they are if they don't already know so!



Ladies Football

Well done to the Caherlistrane underage ladies football team, whom having blazed a trail in recent weeks, culminated in the winning of another county title. Their inspirational coach and parent in the school, Padraig Kilcommins deserves enormous credit. Read the match programme yourself. How many of the Caherlistrane panel are Castlehackett NS girls? Isn't it brilliant to see both girls and boys being afforded equal opportunities including on the sporting field. We are very proud of our gender equality ethos in Castlehackett NS.

The water cycle

In a recent Geography Class a pupil revealed how their friend's diagram of the water cycle painted a thousand words! You'd have to agree. So much for the strenuous explanation efforts that were made by the teacher!!



Community Games Awards

Congratulations to pupils who were awarded for their outstanding performances recently in the Community Games. Well done to all who took part.



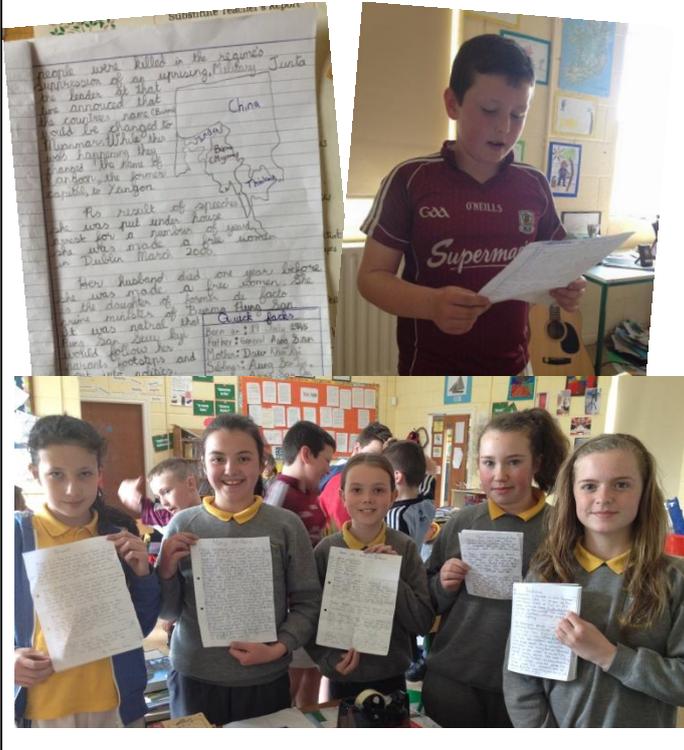
Guitar Stands

Many thanks to our Parents Association who purchased 23 guitar stands for our guitar band recently! We make a good sound!



The writing genres

We wrote reports recently in the senior room after some research. Our motto is always to show case our talents in an atmosphere of mutual respect. Mol an óige.....!



Soccer for PE

We always offer a range of sporting/PE experiences for our pupils in Castlehackett NS. Gaelic games are only a part of our larger PE programme. We appreciate that we have to attend the needs of not just some of our pupils but all of our pupils. Variety in any programme is the only way to achieve this.



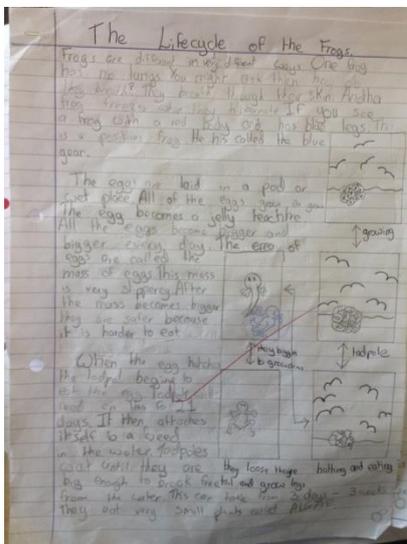
Jersey Day

A total of almost €150 was raised for Sylane Hurling club's bid to win the u14 féile hurling competition in Tipperary during the Summer. Best of luck to panel member and past pupil Ciaráns Morris.



Change of Writing Genre

Never happy to remain on the same writing genre, we've now changed to writing detailed explanations! Well done to our School Self Evaluation (in Literacy) link person, Ms Lucy Fleming for being the innovator and driving force in this regard. We love change and challenge. It keep pupils and staff stimulated!



Hurling & Camogie Training

Many thanks to Alan Loughrey, Maureen Forde and Carol Burke (all parents in the school) who have commenced after school hurling/camogie training. Their input has helped ensure victories against Ballinderry NS and Kilcoona NS in recent hurling competitions. A number of one score defeats have also been recorded. This is a marvellous achievement. Well done to all.



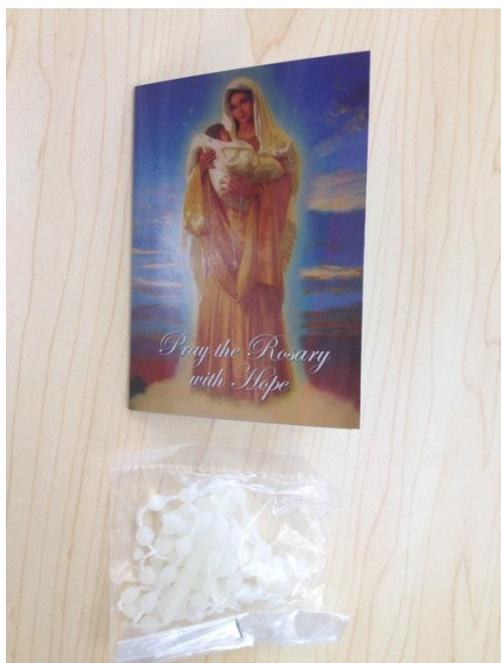
Football Crazy

Pictured are some moments from Cumann na mBunscol and Acorn Cup football competitions! Nothing like a bit of team spirit but inside and outside the classroom!



The Rosary

We Prayed a decade of the Rosary almost every day for the month of May. We are very proud of our schools catholic ethos.



Summer Reading Challenge

The county library service is organising the Summer reading challenge once again this year. Please avail of this unique experience with your child.

The challenge begins on 01 July and will run until Wednesday 31 August. All children aged 4 and upwards are invited to participate. Children are invited to register at Tuam Library from 01 July and will receive incentives such as stickers, wristbands, etc. and be encouraged to read 10 books during their holidays.

For further information on this incentive, please visit Tuam Library.



Logainmneacha (place names)

Did you ever wonder why your town land was called what it was? All of our place names derive from Irish. Read below to learn more! We also found out that all of the fields in the area have beautiful Irish names that were never anglicised. Chuirfeadh na hainmneacha seo ríméad ar do chroí istigh!

Irish word	Meaning	Place names
Ard	Height. Usually meant that there was a hill or high ground in the place.	Ardagh
Áth	ford. A shallow place in a river where people can cross.	Athlone
Baile	Town or townland.	Ballina
Beann	TOP of a hill.	Benburb
Bothar	Road	Bohermeen
Bun	Bottom. Sometimes refers to end of a river.	Bundoran
Bun	Castle or fort.	cashel
caiseal	A heap or pile, usually of stones or rocks.	carndonan
carraig	Rock	carrickmacross
cill	A church or monks cell	kilclare
cluin	Meadow. A field whose grass is green.	clonmel
Cnoc	Hill.	knock
coill	A wood.	killturk
Coill	An oak tree or oak wood.	Derry
Droichead	Sun-dry. It can also mean there was a church there.	Donaghadee
Dún	A fort.	Dunloe
Dún	Glenn or valley	Glendalough
Gleann	A field where crops are grown.	Gortabark
Gort	Island	Ennis
Inis		

6th Class Debaters

All of our 6th class pupils drafted and delivered researched speeches at some stage during the year. They were rewarded for their efforts at an awards ceremony in The Ard Rí hotel on 25 May. Their debating coach Ms Lucy Fleming deserves huge credit also.



Poetry Corner

Forgotten your English grammar? Then learn this or just ask a senior pupil! (Breda McHugh sourced this poem. Míle buíochas.)

The Parts of Speech Poem
 Every name is called a **noun**,
 As field and fountain, street and town.
 In place of noun the **pronoun** stands,
 As he and she can clap their hands.
 The **adjective** describes a thing,
 As magic wand or bridal ring.
 The **verb** means action, something done,
 As read and write and jump and run.
 How things are done the **adverbs** tell,
 As quickly, slowly, badly, well.
 The **preposition** shows relation,
 As in the street or at the station.
Conjunctions join, in many ways
 Sentences, words, or phrase and phrase
 The **interjection** cries out, "Hark!
 I need an exclamation mark!"

Collaborative Work

We don't always have to work on our own and when we don't sometimes the results are remarkable! Such is life!



Green Flags School Success

Ms Aislín Flaherty and Ms Elizabeth Keady have been relentless in promoting sustainable travel i.e. walking or cycling to school over the past year. No more can school staff do at this point. It's over to our parents now and some favourable weather conditions! Furthermore our efforts in school have been rewarded with the presentation of our fourth green flag! What an achievement! Well done to Aislín, Elizabeth, Mary and all the committee members for a super effort.



School Basketball

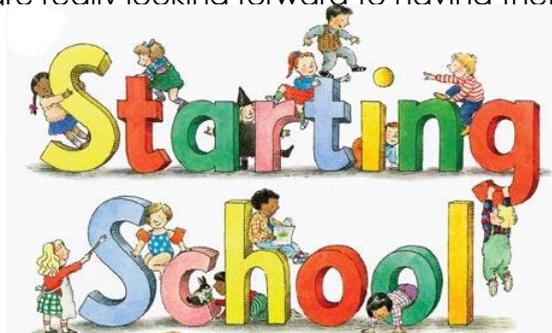
A boy's selection has played on a number of occasions against our senior girls basketball team in preparation for the Treacy Cup Basketball Competition on 08 June. The girl's team has proven very difficult for the boys to break down despite all of their pre match assertions; talk, talk, talk! Let's hope the girls continue their winning ways on 08 June.



New Junior Infants

We welcome our new Junior Infants for one day on Tuesday 27 June from 8.50am until 1.30pm. They will get to meet their new teacher Mrs Noelle Gannon on the day. Please ensure any outstanding enrolment forms are returned by then. Please note that the new infants do not have to wear the school uniform on the day.

We are really looking forward to having them.



Sporting Heroes

More sporting heroes. Aren't they fantastic!



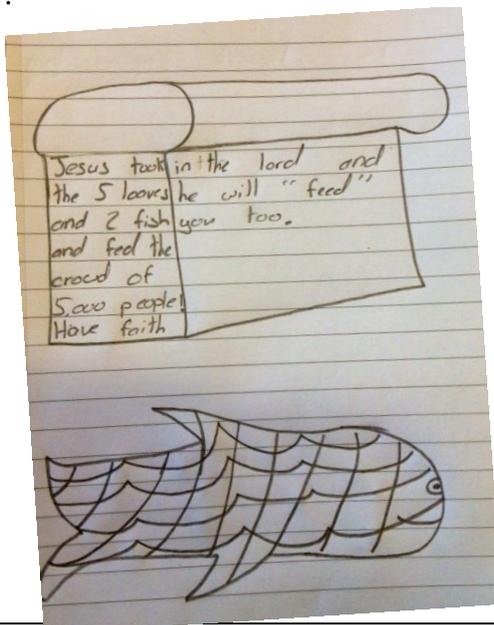
Theatrical Performer

Congratulations to Séamus Monaghan (past pupil and currently in secondary school in PCH) for his outstanding performance as leading male in the All Stars Academy Of Performing Arts adaptation of Mary Poppins in Claremorris recently. Best of luck in your acting career Séamus!



Religious Studies

In our weekly theology class we always read and discuss the religious message in the Gospel, read out at mass the previous Sunday. The pupils have marvelous insights. Please read below.



Spot the Chicks

Many thanks to outstanding sub teacher Karen McDermott, Headford who brought in some of her farm friends while working in the school! What an interactive lesson. I think us adults are all sorry we missed that one!



Tiny Tots Merriment in May

Here is a snap shot of some of what we get up to here at Tiny Tots! Below you will see some of our summer themes including arts and crafts and summer games. There's also some of our work on bugs and insects theme and also our school tour to Monkey Business.



Fun Facts about our school that you might not know

In case you hadn't noticed, we're very proud of our school. Here are some of the reasons you might consider sending your child to our school, we don't want you to miss out!

- (1) Our greatest resource is our staff. They are constantly engaging in continuous professional development and are only satisfied when they have maximised the potential of all their pupils.
- (2) A stand-alone infant teacher.
- (3) As spaces are limited we would urge prospective parents to submit completed enrolment forms ASAP to avoid disappointment.
- (4) Should you be 3.2km or further from Castlehackett NS and we are your NEAREST primary school, the state is obliged to provide bus transport for you. The current route is not set in stone and can be amended accordingly – just ask us and we'll try and accommodate you!
- (5) A brand new state of the art resourced facility has been refurbished to accommodate our Tiny Tot ECCE year pupils.
- (6) We have a most favourable pupil/ teacher ratio. The pupils get guaranteed individual attention as a result.
- (7) A state of the art purpose built school that is less than 10 years old.
- (8) There is no overcrowding in our spacious playing area. Every pupil gets an equal opportunity to use our play equipment and get chosen for school teams.
- (9) There is a very good school atmosphere and the success of our school is based on a spirit of partnership.
- (10) Talented Youth Academy Scholarships.
- (11) Afterschool clubs.
- (12) A hugely supportive Parent's Association.
- (13) Effective communication by means of a monthly newsletter and a regularly updated social media and website.
- (14) ICT and Scratch Programming classes.
- (15) Healthy Eating Policy amongst others available to read any time.
- (16) We are a 'Green Flag' school, having recently secured our fourth successful Green Flag!
- (17) Huge emphasis placed on P.E. and lunch time training sessions. We involve the pupils in football, athletics, hurling, basketball and swimming.
- (18) Music classes with renowned musician Matt Cunningham.

- (19) Science and experimentation with science teacher Malachy Naughton.
- (20) An bheim ar labhairt na gaeilge.
- (21) Irish Dancing classes with World Champion Dancer Susan Shaughnessy.
- (22) The benefits of a dedicated school library/paired reading/debating/book rental scheme.
- (23) An excellent special needs department.
- (24) A healthy attitude towards competition participation.
- (25) Individual Health & Wellbeing sessions for all pupils.
- (26) Concert nights and community events.
- (27) An organic school vegetable garden, soon to incorporate a sensory garden.
- (28) Fun and interesting school outings/school tours.
- (29) A welcoming place for past pupils; many of whom have availed of work experience opportunities.
- (30) A soon to be constructed 250m athletics track! The design is almost complete. We will be the only school in Galway to have such a facility!
- (31) Free guitar lessons in the senior room.
- (32) Free after school GAA training.
- (33) Stretch and Grow lessons for all pupils from September 2016.
- (34) Public Speaking skills fostered in all pupils.

There are loads more things we could tell you about our school but we feel that still wouldn't do it justice. The best piece of advice we can give you is to come and see it for yourself, we promise you'll be pleasantly surprised. We can also guarantee a warm and hearty welcome. Come and see for yourself ☺



'Ní neart go cur le chéile'

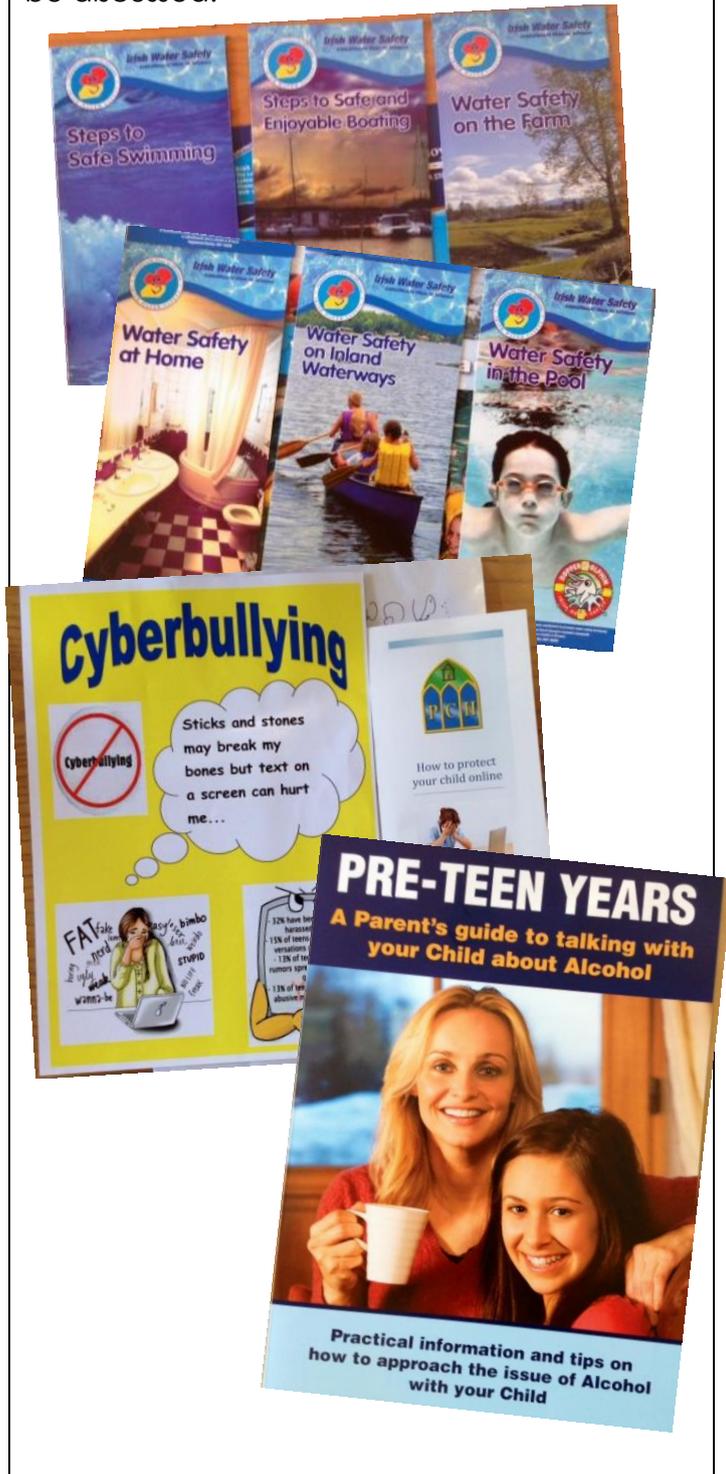
'There is strength in unity'

Everyday life in the school



SPHE

Our three final Social Personal and Health Education (SPHE) lessons in the senior classes are on water safety, cyber bullying (many thanks to transition year students in P.C.H. for providing the resource materials below) and Pre-Teen Years & Alcohol. These lessons promise to provide the pupils with the required knowledge and skills to deal with situations in these areas, all of which are very important to be discussed.



Note from Principal

Tá súil againn go mbainfidh ár gcúirteoirí taitneamh as ár gceiliúradh álainn i Scoil Naomh Iosef. Lá speisialta a bheidh ann dúinn go léir. Tá obair na gcapall curtha isteach agaibh le tamallín anuas ag fail réidh leis an rás mór agus ba mhaith liom mo bhuíochas a ghábháil libh as sin. Cá mbeadh aon scoil murach a dtuismitheoirí agus a mbaill foirne? Níl ag teastáil uainn anois ach an ghriain! Abairigí paidrín beag! Is deacair a chreidiúint nach bhfuil ach dhá sheachtain eile fágtha go dtí deireadh na scoilbhliana! Cár imigh an bhliain sin? Ní bhíonn in aon rud ach seal beag is dócha! fa

We also thank all of our Castlehackett 8k participants in advance for supporting our Rás Mór. We look forward to having them back again next year!

There's lots of work and other interesting projects to be completed and reported about in June. Read about them all in our next and final issue of our Newsletter for the 2015/2016 school year!

Is mise le meas

Fergal Ó Neachtain

Thought for the month

Running is the greatest metaphor for life, because you get out of it what you put into it.

Oprah Winfrey