



Scoil AntoNews

Scoil Antoine Naofa St. Anthony's BNS

June 2019

Message from the Principal

Dia daoibh a Cháirde agus Fáilte go dtí an nuacht – litir 'Scoil AntoNews'.

Welcome to our action packed Summer Newsletter!

It has been a busy term and we have a lot of great news to share with you, from sporting achievements, religious occasions, Amber + Health Promoting School flags, School plays, School tours to Green school walks, Science workshops and entrepreneurial initiatives. I hope you will enjoy the read! Over the next few pages is a snapshot of some of our schools' recent activities, all of which had incredible input and support from our amazing pupils, staff, parents, guardians and Board of Management. We, at St. Anthony's, are so fortunate to have such an excellent School community, all providing wonderful, memorable, enjoyable experiences and learning opportunities for the pupils.

I again thank everyone who has helped make this year another success. All your contributions and support is greatly valued and appreciated.

We say farewell and the very best of luck to the talented 6th class boys who have spent the last eight years growing and developing as part of the proud St. Anthony's family, the Red + Black army. I thank you all for your valuable and lasting contribution to our school and wish you happiness and health always. I look forward to welcoming you back to St. Anthony's BNS in the future.

I would like to take this opportunity to sincerely thank and praise retiring staff members, Deputy Principal, Mr. Michael Mulcahy and teacher, Mrs. Dara Doolan for their dedicated teaching service to the pupils of St. Anthony's and for the love, loyalty, hard-work and dedication shown to the school and pupils over their very successful and long careers.

Míle Buiochas Michael agus Dara. Guímíd gach rath oraibh agus ar bhur gclann agus gurab saol fada buan é.

Wishing everyone a very happy, enjoyable and safe Summer break.

Bain taitneamh as na laethanta saoire.

Seán Lyons.



Sporting News

Well done to all the boys who took part in the recent annual Derry O'Mullane and Kavanagh Brothers' Tournament. As always, these two competitions are great events for the school and the boys that take part in them. The Derry O'Mullane Tournament is a hurling competition held for all the boys in 2nd and 3rd class and the Kavanagh Brothers' Tournament is a football competition held for all the boys in 4th and 5th class. They are great events organised by teachers in the school to honour the memories of past member of staff & sports fan Derry O'Mullane and past pupils Shane and Gavin Kavanagh.

Many thanks to the Parents' Association for organising a fantastic Sports Day for the Junior Infants. Everyone really enjoyed all the events the parents organised.

We will be holding our annual St. Anthony's Swimming Gala in the last week before the holidays. We look forward to another very successful event.

Many standards will be having their Sports Day coming up soon. We would like to thank everyone who helps to organise these events.

Some of our pupils recently achieved outstanding results in various competitions.

Well done to all the boys who took part in the recent St. Anthony's Chess Tournament. There were some very hard fought wins and the boys really enjoyed themselves.

Well done to James O'Leary who 6th class who took part in the recent Primary Games which was held in Páirc Uí Chaoimh during the Cork v Limerick match.

Congratulations to the Cooling brothers, Carter & Kayson who represented Ireland in the recent European Ice Hockey Games. They won bronze

Well done to Joey Cotter who won the recent competition in 3rd class to create their own Fictional Marine Creature.

Recent achievements



Cork Primary School Sports

On the 30th of May John Cashman, Oisín O'Connell, James Harney, Alan Healy, Donal O'Connor, James Rannels, Tomas Reddington, Michael McCarthy, Darragh Harrington, Harry Whelan, Daniel Hall, Teddy Gallagher, Eric Clark Watermann, Vihaan Nayak, Alex O'Leary, Donnacha Reddington and Harry Walsh went to CIT to compete in the Annual Cork City Sports.

When we arrived we walked down to the field where we were going to run our heats, we warmed up and got changed. If you won on the field you were brought to the track to run in the County Finals. John Cashman won his sprint and was to take part in the County Finals on the track. Before the County Finals the relays were held.

The boys over 11 did not place unfortunately, but the under 11 came third. After that John ran in the County

Final. He won comfortably, the wait was worth it. It was an enjoyable day out for the boys and we are excited for next year. Many thanks to our coaches Mr Hogan O'Connell and Mr. French. By John Cashman 6th

Class Mr. French





Last year we were awarded with the Active School Flag. The Active School Flag (ASF) is awarded to schools that strive to achieve a physically educated and physically active school community. The process aims to get more schools, more active, more often. Most schools take two years to get it but we said we would try to achieve it in one year. We continued the hard work that we had started last year and continued to stay very active this year. The school took part in so many activities that the list is endless but a few of the highlights of the year was Pumpkin bowling, The 12 Days of Fitness, Super Santa Circuit, Easter Egg hunt, Tag rugby with Willie Schubart, Squash, Blackrock Hurling, and hockey.

We also held our annual Active School Week, which we held during the month of June. This was a very active week for everyone, teachers included. It went by very fast but we did some exciting things such as a penalty shoot out with Cork City star Graham Cummins, a disco with Stevie G, Lesley Giltinan Fun Filled Full Body Workout, Yoga with Fabi & Alma, Rising Sun Karate, Active Lines, hurling in the morning and skipping. We also welcomed back past pupil & Cork hurling star Shane Kingston to help us with the Puc Fada. He told us lots of different tips to help us hit the ball further.

It has been a fantastic year and we look forward to continuing staying active next year. By Michael Morely and Ronan O' Donovan 6th class Student Active School Committee.

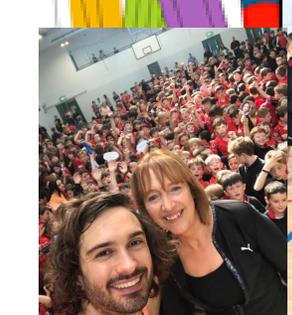
Joe Wicks Visits St. Anthony's

On the 30th of May to help launch our Active School Week, the famous British fitness coach Joe Wicks, visited our school during his attempt to exercise with over 8000 children in England, Ireland Scotland and Wales. He also wanted to get some footage for his new documentary.

He arrived into the school at 8.30 am and he entered the gym to a huge applause and very loud cheering. One class even went to the trouble of making masks of his face. He then told us a little about himself and his documentary.

After that we started the workout. We started with jumping jacks for 30 seconds followed by 30 seconds of running on the spot, 30 seconds push ups and 30 seconds running on the spot while punching the air in front of you. Then we did it all again 3 times.

A big thank you to our SNA Clodagh for organising the entire event and to Bean Brownie in Ballinlough for providing some goodies for Joe. It was a great way to start the day. By Daniel Guiney and Ruairi Lamb



Sciath na Scol

On the 29th of May the Sciath na Scol boys headed down to Páirc Uí Rinn for their hurling F1 Final against Riverstown NS. When they got down there they had a team talk before the big match and headed out to the pitch for the warm up. The game got started and it was a very tough first half as Riverstown are a very good side. They led 5 points to 3 points at half time. The boys had an inspiring talk from the coaches. The referee blew the whistle to start the second half. Riverstown were the better side on the day winning 1-07 to 0-08. We were all very disappointed with the result but would like to thank the coaches and the supporters for all their help and encouragement. By Donnacha Reddington and Liam Hegarty 6th class.



Munster Schools Tennis

On a cold February morning we walked attentively down to Ballinlough Tennis Club. Andrew Kingston, Seán Denn, Reuben Coughlan, Ronan O'Donovan, Oscar Casey and Luke Cremin were picked to be on the St. Anthony's Tennis Team.

Our first match was in Crosshaven against a very strong team. Unfortunately we ended up with the loss after a tough fight for victory. After a disappointing start we were eager to get back on track. Our next match was in St. Anne's Tennis Club in Waterford, this would be our plate match. Reuben, Seán, Andrew and Oscar were selected to travel. We played our first match at about 10.30 which ended in a win. Oscar and Seán won 8:0 and Reuben and Andrew on 8:3. After some quick refreshments we switched pairing. Fortunately we won both matches again. We went home tired but very much looking forward to the semi-final. After another tough match in the semi-final we came out victorious. The final was still to come.

Finals

On the day of the finals we were nervous and excited for the intense day of tennis ahead. We would be playing Rushbrooke NS in the Final. They had beaten Crab Lane 4:0.

The final was going to be a tough game. The squad included Andrew Kingston, Seán Denn, Ronan O'Donovan and Reuben Coughlan. Both sides would play a tough side. Andrew and Reuben played brilliant tennis winning 4 games in a row but unfortunately they lost 6:8. In the end we ended up losing by 4 matches. As the prize giving ceremony we were awarded silver medals for our achievements. We really enjoyed the experience. Many thanks to our coaches. By Seán Denn and Reuben Coughlan 6th class Mr O'Leary.



Splash and Dash

The Splash and Dash was held in the middle of May. 10 boys from 6th class, along with their coach Mr Ryan all went down to Gus Healy Pool in Ballinlough. The Splash and dash consisted of a 50 metre swim and a run around the Japanese Gardens. Mr. Ryan gave us a pep talk and we became more confident. We were in Wave 5 against Charleville. There were many schools there such as Rochestown, Eglantine and Charleville.

When it was our turn, we all got changed. We were all very nervous and excited. We stood inside the changing rooms waiting to be called. As we walked out our nervousness was at its peak. We stood on the deck and were told the rules and how to start and how to turn. We all swam the 50 metres and were not tired at all. We swiftly climbed out of the pool and ran to the door. We were all out before Charleville.

We then ran around the Japanese Gardens. We all grappled with our tops and stumbled into our shoes in effort to get them on as fast as we can. A few boys from Charleville passed us out but we kept running.

We were all exhausted after the Splash and Dash but it was Great Fun!!!!

Ballyhass Lakes

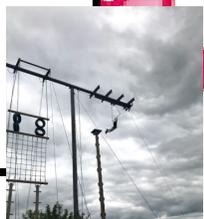
On Tuesday 11th of June, my class (Mrs O'Callaghan) and Ms. Fahy's class went to Ballyhass Lakes for our 6th class school tour. The journey up there took 1 hour and ten minutes. First we did team building activities such as walking through 3D strings. Then after that we went to the aqua park. It was great even if the water was freezing! There were slides and other great inflatables. After that we had our lunch. Then we went abseiling. The last thing we did was the 'Leap of Faith'. It looked a lot harder than it was. I made the jump 2 out of 2 times. But then sadly we had to go we said our goodbyes to Ballyhass Lake knowing that it would be our last school tour.



We got on the bus at about 4 o'clock. We were chanting songs all the way back to St. Anthony's.

I enjoyed our school tour especially it being our last. My favourite parts of it were team building the aqua park the abseiling and the 'leap of faith' so basically everything.

By Jack o'Leary, 6th class Mrs O'Callaghan.





This term St. Anthony's school was awarded the Health Promoting School Flag in recognition of school endeavours undertaken by pupils, staff, Parents' Association and the wider school community in promoting health and well-being practices over the past two years. Cork HPS Co-ordinator, Eileen Haran visited our school on June 7th to raise the flag. She acknowledged the great work of St. Anthony's school in undertaking the HPS initiative.



The HPS Framework facilitated the review of the Healthy Eating policy and S.P.H.E. school plan. A student committee of 'Healthy Heroes' was established which facilitated student voice and the promotion of good health practices: Walk on Wednesday (WOW), Vegetable on Wednesday (VOW), water breaks, only fun-size treat on Fridays, movement breaks at 10am and 12am. These are long term sustainable practices which have been embedded in our school. The HPS framework was supported by two Healthy Eating weeks organised by the staff of St. Anthony's and our dedicated Parents Association. Through the HPS framework links were built with the wider community of past-pupils and parents who lend their time and expertise to our pupils through many events for which we are most grateful. The Department of Education and Skills now require that all primary schools adopt a Well-being framework to be put in place by 2023. The HPS framework adopted by St. Anthony's school and the tremendous work of the HPS committee has laid solid foundations for the future.



This month we also received the Amber flag for promoting positive mental health and well-being. This involved the whole school community coming together to create a safe environment, positive and healthy attitude to general physical, mental health and well-being. The Weaving Well-being programme was successfully implemented in 2nd - 6th classes, mindfulness practices were encouraged on 'Mindfulness Friday', staff-well being was promoted by sharing information on the contents of a 'Healthy Mind Platter', daily inspirational thoughts in the staff-room in addition to well-being training which was facilitated by PDST facilitator Claire O'Neill and offered to staff after school. Parents lend their expertise in facilitating yoga and art therapy for the infant classes. As part of the initiative we organised a fundraiser for Pieta House and raised over €500. The boys enjoyed wearing their happy tops to school, posting happy thoughts to mark International Day of Happiness and contributed 50c to the charity.

St. Anthony's school will continue to educate about mental health and well-being, providing a safe and supportive environment for building life skills and resilience and a strong sense of connectedness to the school thus fostering healthy relationships in the school community. St. Anthony's Well-being committee is looking forward to new and exciting activities in September.

GREEN SCHOOLS: Be Part of the Solution, Not the Pollution



The protection of our planet has become high priority for more and more governments and large organisations so we at St. Anthony's are also 'doing our bit'. Once people become aware of how making small changes can have a positive impact on the environment, they make the changes even if it requires a little extra thought and effort. Our Green School Committee boys have worked tirelessly to raise awareness with regard to the importance of walking at least part of the journey to school, turning off the engine if idling, using reusable bottles, avoiding the use of tinfoil and cling film as well as taking care that only clean and dry paper, cardboard and plastics get into our recycling bins. They have conducted travel surveys, a walkability audit, a no-idling campaign, many 'Park and Stride' as well as a NO² study with the Globe Programme to mention but a few CO² friendly initiatives.

So thank you Ethan Wyse, Leo Murray, Conor O'Brien, Ben Coughlan, Jamie Culligan and Dan O'Leary from 5th Class and Andrew Murray, Ashwin Ranga, Matthew O' Neill, Cian O' Brien, Finn Hagermark, David Hrihorov, Conor Murphy and Jimmy Harte from 6th.

Top Tips for Pupils and Teachers Getting Ready for September

- Lunch boxes with compartments need no additional packaging. Please avoid using cling film or tinfoil when packing school lunches. If food needs to be wrapped, use kitchen roll. Use local, unprocessed food where possible to avoid a large carbon and water footprint. Avoid palm oil in your groceries – ask the Orangutan why! No single use plastic bottles – please use reusable bottles and flasks.
- If buying new colours, choose wooden colouring pencils instead of twistables (good quality pencils need less paring).
- If replacing your pencil case or school bag, there are many canvas or cloth options available.
- Please reuse any of last year's plastic covers, folders or copies which are still in good condition.
- Biodegradable polypockets are available in shops.
- Only laminate where there is no alternative.

**Have a wonderful summer,
Leave nothing but your footprints in the sand.**



Science Foundation Ireland Discover Science and Maths Award

Once again, St. Anthony's BNS is awarded the plaque for STEM Excellence for the school year 2018/19. The whole school participated in achieving this award.

We achieved this award because of our deep engagement in all the STEM subjects throughout the school year. A digital log of evidence compiled over the school year was sent to the Science Foundation Ireland. Upon their judging of our work, we were awarded the plaque.

It was great to see such involvement in this area at all levels throughout the school. The log incorporated all science experiments the pupils took part in throughout the year. The VEX robotics competition in which Mr. HOC's 5th class participated and reached the All-Ireland finals. They received an award for their STEM presentation at this competition. Ms Allen's 4th class researched a project investigating which laundry detergent performs the best and why. They presented this project at the ESB Science blast in the RDS in Dublin in March. A great day out was had by all. Three boys from Mr Moylan's 5th class reached the finals of the Intel Mini Scientist competition in Maynooth. Their project researched earthquakes and how buildings can survive during earthquakes. The finals were held in NUI Maynooth. The boys had a great day out. They were given a tour of the Chemistry Department in Maynooth when they were there by Dr. John McCaffrey. Dr McCaffrey is a Senior lecturer and research chemist in NUI Maynooth.

There were visits to the Lifetime lab for 3rd, 4th and 5th classes, visits to Blackrock Castle and Observatory for 2nd, 3rd and 4th classes. We also had many guest speakers. A dentist came to speak to 1st and 2nd classes. A microbiologist from UCC came to visit the 4th class boys and speak to them about the digestive system, health and nutrition. We also had workshops provided by Pepsico and Dell EMC.

The boys also took part in activities for Space Week, Science Week and Engineers Week. There were also many activities carried out in the classroom under the four science strands – Living Things, Materials, Energy and Forces, and Environmental Awareness and Care.

The school is delighted to achieve this award for the 3rd year in a row and the plaque will be proudly displayed in the school. Congratulations to all.



Scríobhleabhar

Rinne na paistí i rang a dó (Ms. Hurley) leabharán le haghaidh an comórtas 'Scríobhleabhar' a bhí ar siúl san Ionad Oideachas i gCorcaigh. Bhí bronnadh na duaiseanna ar siúl i Mí Meitheamh. Maith Sibhse a bhuachaillí!!!! 2nd Class Ms Hurley

Plastic Collection

My name is Cormac Hogan and I am a 4th class boy in St. Anthony's. Did you know that by 2050 there is going to be more soft plastic the fish in the sea. So to stop that from happening I have been collecting soft plastic and when I have a lot of plastic I drop it off to Wise Owl's afterschool club. Soft plastic includes wrappers, Clingfilm and plastic bags. We then post it to Terracycle who turn it into usable plastic bricks. I am trying to make people aware that of global warming and how it is effecting us all.

Marymount Hospice

Well Done to the 6th class boys who collected €2525 for Marymount Hospice from the Confirmation monies. They presented the cheque to Marymount at their recent graduation ceremony. Well Done boys.



Junior Entrepreneur Programme

This year Ms. Fahy's 6th class took part in the Junior Entrepreneur Programme. Through the JEP curriculum, games and learning aids, pupils get a clear picture of what creating a business is all about. Every step mirrors strands in the primary school curriculum. The programme works closely with the local community – involving local entrepreneurs who share their story and that of their business with the pupils. This puts entrepreneurship in a local and meaningful context. Every pupil gets a chance to uncover their own strengths and play a key role in one of five distinct teams – Finance, Marketing, Design & Production, Sales and Storytelling.

Our class business idea was plasters that helped with insect stings and bites. 'Mama-G's One Stop Sting Solution Kit'. We all had a lot of fun doing all the tasks over the year. We all helped with the production of the boxes of plasters and making the plaster kits themselves. We had two selling days in school and made a total of €900 in profit.

We then had the opportunity to go to the RDS in Dublin to display our product. Over 700 schools partook in the programme but only 200 were invited to the RDS. Only 10 schools over the whole country won an award and we were one of them. We won the 'Genius Idea Award'!!!! We were extremely happy with ourselves. On the way home we got Supermac's. When we arrived into Cork Kent Station we had a big group of people cheering us off the train. Many thanks to our teacher Ms

Fahy and to Mr Dineen and Ms Dunlea. By Donagh Leahy and Robbie O'Brien Ms Fahy 6th class



First Holy Communion

Congratulations and Well Done to all the boys who received their First Holy Communion on Saturday 11th of May. This was a lovely, happy and spiritual occasion. A big thank you to all the teachers and SNA's who helped prepare the boys for their special day, as well as Canon Crowley, Canon O'Donovan and Fr Sexton who celebrated the Mass.

The boys and their families enjoyed a five star reception back in the school gym. A huge thank you to the Parents' Association for organising this amazing banquet.



Parents' Association: Creating Memories

What a year! 2018/19 hasn't disappointed in keeping the PA firmly on its toes!

This term opened with the First Holy Communion Reception – another resounding success! Linda Scanlon once again created beautifully-presented personalised cupcakes for each of our boys, while Izabella Sikora showcased her enviable talent with another show-stopping cake; this time a chalice, symbolising the Sacrament of First Holy Communion.

We hosted a very enjoyable evening in the Silver Key where we held an "ideas workshop" and took the opportunity to show our appreciation of all of you that help to make our events such a success. The 6th class boys are proudly sporting personalised hoodies – a project that we are thrilled to have been a part of. And we're not done yet! The Junior Infants sports day, the collection of pre-loved uniforms and a party for the 6th class boys are still ahead of us!

Before we sign off we would like to sincerely thank each and every one of you that have contributed to the PA during this past year. Be it minutes or hours, every offer of help goes a very long way.

To the 6th Class boys, we would like to wish you well as you close one chapter and open an exciting new one. To the school we would like to express our thanks for your continued and unwavering support.

We wish you all a wonderful summer break and look forward to new faces, new projects and fresh new beginnings for the 2019/20 school year.

PARENTS' ASSOCIATION
PRE-LOVED UNIFORM
POP-UP SHOP

Friday 6th September
8:15am-9:30am &
1:15pm-2:30pm
SCHOOL GYM



CREATE OUR PRICES SO COME EARLY
SWEETIES BY MAM
BAGGIES BY
TRACKSUITS BY MAM
BAGGIES BY
BAGGIES BY
LIGHT SCHOOL JACKETS BY
MAM SCHOOL JACKETS BY

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