



# Gaelscoil na Fuinseoige Nuachtlitir Folláine Wellbeing Newsletter



## Folláine sa Scoil / *Wellbeing in the School*

Mar scoil, tá folláine na bpáistí an-tábhachtach dúinn. Déanaimid gach iarracht a bheith cothrom i gcónaí agus muid ag pléigh leis an páistí. Sa nuachtlitir seo, chuireamar na gníomhaíochtaí agus dreasachtaí atá againn sa scoil le cabhrú leis an bhfolláine. Tá post ceannaireachta againn sa scoil bainteach le folláine agus is í Múinteoir Neasa atá freagrach as. Mar is eol daoibh, tá folláine roghnaithe againn mar ábhar Féinmheastóireacht Scoile. An rud atá i gceist ansin ná go mbeimid ag díriú ar fholláine na bpáistí agus na foirne.

*As a school, we are always conscious of the children's wellbeing and do our utmost to support and enhance it. We strive to be fair when dealing with the children at all times and we hope that children see that. We have chosen Wellbeing as our focus for School Self Evaluation and we will be placing even more emphasis on wellbeing in the school for the next two years. We have compiled this newsletter to give you an idea about the initiatives we have in place to enhance the children's wellbeing in the school.*

## An Coiste Folláine / *Wellbeing Committee*

Tá coiste folláine againn sa scoil don chéad uair riamh. Tá paistí ann ó ranganna 3-5 agus tá obair iontach á dhéanamh acu chun an folláine a chur cun cinn sa scoil. Míle buíochas leo! Ar an gcoiste tá Adam Mac Loinsigh, Robyn Ní Uallaigh, Aisling Ní Chianáin, Lucy Bevan, Rory de Bhál, Erin Cinsealach, Lola Astorga, Ultan Ó Fearghaíl le cabhair ó Mhúinteoirí Neasa agus Marian.

*We have a wellbeing committee in the school who do great work on behalf of the pupils. We have pupils from each of the 3rd-5th classes who help to promote wellbeing in the school. On the committee are Adam Mac Loinsigh, Robyn Ní Uallaigh, Aisling Ní Chianáin, Lucy Bevan, Rory de Bhál, Erin Cinsealach, Lola Astorga, Ultan Ó Fearghaíl and Múinteoirí Neasa and Marian.*

## Ceistneoir na dTuismitheoirí / *Parents' Questionnaire*

Chuireamar ceistneoir abhaile níos luaithe sa bhliain agus is féidir libh teacht ar na freagraí anseo:

[https://docs.google.com/forms/d/1OJ8WQRnqNTbOsb76X3Pm7kWuW\\_oWasZvs6eHtVs\\_yBF4/viewanalytics?pli=1&pli=1](https://docs.google.com/forms/d/1OJ8WQRnqNTbOsb76X3Pm7kWuW_oWasZvs6eHtVs_yBF4/viewanalytics?pli=1&pli=1)

Tá an-spéis againn tuilleadh tuairimí a fháil uaibh faoi na freagraí, ach go háirithe uaibhse nach bhfuil sásta le nithe a luadh sa cheistneoir. Iarraimid oraibh aon rud gur mian libh a chur anseo:

[https://docs.google.com/forms/d/1HwL8OeBrwK4jPYb\\_1g6huA7UU8xl9XDnm5bm1uC3nHY/edit](https://docs.google.com/forms/d/1HwL8OeBrwK4jPYb_1g6huA7UU8xl9XDnm5bm1uC3nHY/edit)

*The results of the questionnaire we sent to you can be found in the first link above. We ask that anyone who wishes to give further detail on their answers (particularly those who are dissatisfied) to give more detail in the second link please. We genuinely would like to hear your views on wellbeing in the school so that we can try to improve.*

## Ceistneoir na bPáistí / *Childrens' Questionnaire*

Líon na páistí ó Rang 2-5 ceistneoir faoi fholláine sa scoil freisin. Chuamar tríd na ceisteanna agus freagraí leo agus bhí pléigh againn faoi chúrsaí folláine sa scoil ag freagairt aon cheist nó buairt a bhí acu.

*Rang 2-5 also completed a questionnaire on wellbeing in the school. We then discussed their answers and answered any questions they had both individually and in groups, which was very useful for us as teachers and for the children themselves.*

## Feabhra na Folláine

Is é an fholláine an téama don mhí seo. Tá gníomhaíochtaí, ceachtanna agus imeachtaí faoi leith ar siúl sa scoil chun tacú le folláine na bpáistí.

Tá béim áirithe ag gach lá sa seachtain i rith mí na Folláine.

### **Luan Lúthchleasaíochta**

### **Máirt Mhachnamhach**

### **Céadaoin an Chineáltais**

### **Déardaoin Dearfach**

### **Aoine Aireach**

Beidh gníomhaíochtaí breise ann i rith seachtain na folláine ag deireadh na míosa. Beidh ranganna íoga ar siúl do ghach rang sa scoil chomh maith le siúlóid na gcéadfaí, lá stocaí spraoiúla agus go leor eile.

*February is wellbeing month in the school. Children are engaging in activities, lessons and events during the month to enhance their wellbeing.*

*There is a particular focus on each day of the week during wellbeing month:*

### **Exercise on Monday**

### **Meditation on Tuesday**

### **Kindness on Wednesday**

### **Positivity on Thursday**

### **Mindfulness on Friday**

*There will be additional activities during wellbeing week at the end of the month. Each class will have a yoga session as well as a sensory walk, crazy sock day and much more!*

## Gealltanas na Fuinseoige/ School Pledge

Tá luachanna dhearfacha againn sa scoil agus bíimid i gcónaí ag iarraidh cumas na bpaistí i ngach gné dá saoil a chur cun cinn. Tá na luachanna seo (cineáltas, ciall, crógacht) leagtha amach againn i nGealltanas na Fuinseoige.

*We have strong positive school values and we strive to promote development in every aspect of the pupils' lives. These school values of kindness, bravery and sense have been included in our school pledge:*

### **Gealltanas na Fuinseoige**

Geallaimse mar pháiste  
i nGaelscoil na Fuinseoige  
Go gcaithfidh mé mo shaol  
Chomh maith is gur féidir liom é.

Beidh mé cineálta, cróga agus ciallmhar  
Ó cheann ceann an lae  
Ag tacú leis na daoine  
Nach bhfuil i mbarr a réime.

Déanfaidh mé sár-iarracht  
Barr mo chumais a bhaint amach  
Ag obair is ag cabhrú  
Sa saol amach anseo.

## Polasaithe Scoile bainteach leis an bhfolláine/ School Policies regarding wellbeing

Bulaíocht/Bullying:

<https://gsnafuinseoige.ie/wp-content/uploads/2022/10/Beartas-Frithbhulaíochta-Gaelscoil-na-Fuinseoige.pdf>

Cód Iompair/Behaviour

<https://gsnafuinseoige.ie/wp-content/uploads/2018/12/C%C3%B3d-Iompair.pdf>

Lón Sláintiúil/ Healthy Eating:

<https://gsnafuinseoige.ie/wp-content/uploads/2021/06/Polasai-Loin-Shlaintiuil-1.pdf>

## Cairdeas / Friendship

Tá cairdeas an-tábhachtach i saol páistí. Moltar go bhfaigheann na páistí deis a gcairde scoile a fheiceáil taobh amuigh d'am scoile chun an gaol sin a dhaingniú, rud a chuireann go mór lena bhfolláine.

*As you know, friendship is extremely important in a child's life. It is recommended that children get the opportunity to play with their school friends outside of school time to solidify those friendships thus helping their wellbeing.*

## Aireachas / *Mindfulness*

Bíonn aireachas á chleachtadh sna ranganna go rialta. Seo sampla bheag de na rudaí atá ar siúl sa scoil go laethúil:  
cleachtaí domhain-análú, scanadh coirp, machnamh treoraithe, ceol suaimhneach, am léitheoireachta ciúin, sosanna ghníomhacha, am sa ghairdín/leabharlann, frásaí dearbhaithe srl.

Bheadh sé go deas cleachtaí den chineál sin a chleachtadh sa bhaile chomh maith, m sh scanadh coirp nó domhain-análú a dhéanamh sula dtéann na páistí a chodladh. Feicimid an leas a bhaineann leis ar scoil, cabhraíonn sé go mór na páistí a shocrú agus bíonn siad réidh le díriú ar an obair ina dhiaidh.

Seo nasc chuig samplaí:

<https://machnamh.ie/f%C3%ADseain>

*Mindfulness is a common practice in our classrooms. Here is a snippet of some of the mindful activities that take place daily throughout our school:*

*Deep-breathing exercises, body scans, guided meditations, relaxing music, quiet reading time, active breaks, time in the garden/library, affirmative messages etc.*

*It might be a nice idea to incorporate some of these practises into the routine at home also, for example, body scans or deep breathing exercises as part of the bedtime routine. We can see the benefit of these practises at school, it helps the children to settle and focus on their schoolwork.*

## Gairdín Scoile / *School Garden*

Tá gairdín scoile an-suaimhneach agus nádúrtha againn agus bainimid an-úsáid as. Is áit é gur féidir le páistí dul má tá siad éirithe corraithe sa rang nó má tá siad trína chéile. Chomh maith le sin tugann ranganna cuairteanna ar an ngairdín chun sult a bhaint as an nádúr timpeall orthu, rud arís a chuireann lena bhfolláine.

*As you know, we have a lovely school garden. We get great use out of it and the children benefit from it's calming influence. Classes visit the garden regularly and thoroughly enjoy it. This use of the natural environment is very beneficial for them.*

## Obair Bhaile

Tuigimid gur féidir le hobair bhaile a bheith dúshlánach agus déanaimid an-iarracht cloí leis an bpolasaí scoile.

<https://gsnafuinseoige.ie/wp-content/uploads/2018/12/Polasa%C3%AD-Obair-Bhaile.pdf>

### Nodanna chabhracha:

Tabhair deis don pháiste aer úr agus bia a fháil sula dtosaíonn siad ar an obair bhaile.

Bíodh spás néata, glan, ciúin acu chun an obair bhaile a dhéanamh.

Má tá an iomarca ama á chaitheamh ag an bpáiste, cuir stop leis agus scríobh nóta gairid chuig an mhúinteora.

Meán-ranganna- árd-ranganna: ba cheart go mbeidh na páistí níos neamhspleáchaí ag an stad seo. Bí ar fáil chun cabhair a thabhairt más gá. Má tá aon inní oraibh riamh, ná bíodh drogall oraibh coinne a dhéanamh leis an múinteoir ranga.

*We understand that homework can be challenging and we do our utmost to try to alleviate worries by following the school policy.*

### Helpful hints:

*Ensure your child has had some fresh air and something to eat before starting into homework.*

*Have a neat, clear space for the child to work at.*

*If your child is spending too long on their homework, communicate this with their teacher. Middle and upper classes: the children should be working more independently at this stage.*

*Encourage independent work skills whilst being available for support if needed.*

*If you have any concerns about your child, please do not hesitate to contact the class teacher.*

## **Ag labhairt faoi fholláine le do pháiste/ *Speaking with your child about wellbeing***

Má tá suim agat an fholláine a phlé le do pháiste sa bhaile, seo roinnt tús-abairtí.

Tá mé buíoch as/ *I am grateful for..*

Tá mé cineálta nuair/ *I am kind when..*

Bhí mé cróga nuair/ *I was brave when..*

Tá mé tábhachtach/ *I am important*

Tá mé uathúil/ *I am unique*