



Active Schools

European School Sports Day was on Friday 29th September. The school celebrated by holding our annual Walk to School - ninety-three children took part. All classes got thirty minutes of active fun outside.

Sprocket Rocket

Gemma and Fergus Mc Daid from Cycling Ireland visited the children in Fifth Class to deliver a 4 week cycling programme - Sprocket Rocket. Sprocket Rocket focuses on four basic cycling techniques: *balancing, braking, cornering and pedaling*. They looked at preparing and being ready to cycle on the road, the importance of road safety, reading road signs and making right and left turns. The children put their new skills to the test when then went for a short cycle on the main road.

Donegal Primary Cross Country Finals

Well done to all the children who participated in the Cross Country events. The Donegal Cross Country Finals were held on the shore front in Buncrana and congratulations to our senior team, Oirghiall, Senan, Tyler and Darragh, who came first place - a fine performance and an amazing achievement! The efforts of their team mates Kian, Kieron, Rian and Jamie in helping us qualify for the final is also greatly appreciated. Congratulations to this year's Boys under 13 overall winner, Oirghiall, on a great race.

World Mental Health Day 2023

World Mental Health Day was celebrated on Tuesday 10th October and this year's theme was '*Mental Health is a universal right*'. The children learned five things we can do to look after our mental health.

- 1) **Connect** with others (playing games together),
- 2) **Be Active** dancing, playing together in the yard
- 3) **Take Notice** 'sit spot', breathing exercises and guided visualisations
- 4) **Keep Learning** - it exercises your brain and
- 5) **Give** - you feel good when you give to others.

Boys' Football

The IPSL is back in full swing. Boys A, B and C teams performed well in matches against Carn Boys, Muff and Tooban. Plenty of matches to go!



Non -Uniform Day

The children always enjoy the opportunity to get dressed up for Halloween. We are having a non-uniform day on Friday 27th October. Any donations will go to providing new goalposts and netting. The atmosphere in both yards can be quite mysterious and unearthly. Beware of witches, ghosts and those spooky, scary skeletons...

Team Hope

The Christmas shoe boxes will be collected on Friday 10th November at 10 a.m.

Mullan HOPE Centre

A huge thank you to Geraldine Mullan who invited 5th and 6th classes to take part in celebrating what would have been her daughter Amelia's 10th birthday. The children learned about the amazing and inspirational woman, Amelia Earhart, while having a fun filled day dressing up, building and testing gliders, having a laugh with the 'green screen', chatting to the RNLI and contributing their leaf to the tree of dreams and hopes.

Child Safety Statement

The Board of Management completed the annual review of the school's Child Safety Statement on 3rd October 2023. Parents can view the Child Safety Statement on the school's website, www.snfionan.com. Parents are invited to contact the school if they have any queries/suggestions in relation to the Child Safety Statement.



Bainígí sult as saoire na Samhna
agus bígí slán sábháilte!