

PARENTS ASSOCIATION SPRING NEWSLETTER 2018



REMINDER! If you have used/old batteries or mobile phones you no longer need, please recycle them at the school – boxes for recycling in the school halla!

The National Parent's Council held their Special education conference in the Ashling hotel. The theme was "The child's voice - Making a difference".

Guest speakers on the day:

Clare Cromie O Toole who spoke about how much children's rights have improved and how children should be regarded as active citizens as opposed to Future. citizens

Adam Harris founder and CEO of asiam.ie spoke about his personal experiences of living with aspergers syndrome.

Ann- Marie Spillane from the ISPCC spoke of the importance in involving children's voices in education.

Finally Liam Coen and Jennifer Doran from the national council for special education held a Q&A on the place of special needs education in schools.

For further information please go to the NPC website: npc.ie

2018 Summer Fair

As you are aware, the Summer fair is taking place on Sunday 17th June, in order for this great day out to be a success we need your help! Please contact the parents association (email: stattractrasparents@gmail.com) if you could either give time on the day to help, or help prepare. We are seeking prizes and sponsorship, so please contact the parents association if you are able to assist.

Dates for the Diary!:

Summer Fair - Sunday 17th June
Cake Sale (Junior School) - 23rd March

BINGO:

Thanks to everyone involved and supporting a very successful evening, we raised €3,300 for the school.

2018 Calendar

There are 20 Junior School 2018 Calendar's remaining. If you are interested in purchasing a 2018 calendar, please contact Clara (Junior School). Many thanks to everyone who supported the project, in particular our sponsors from the local business community. The sale of the calendar was a great success.

GREEN-SCHOOLS: GLOBAL CITIZENSHIP GREEN FLAG FOCUS:

The Junior School is working hard toward achieving their 7th Green Flag from An Taisce. The Green Flag focus on this occasion is 'Reduce, Reuse, Recycle'
Thanks to Margaret O'Neill and the Green Schools committee and all the staff and pupils in the Junior School for their efforts.

POWER MUFFINS - INGREDIENTS

1 cup whole wheat flour
2/3 cup all-white flour
1/2 cup wheat germ
1/2 cup raw pumpkin seeds
1/2 cup roasted raw sunflower seeds
2 tbsp ground flax seeds
2 tsp baking powder
1 tsp ground ginger or cinnamon
1/4 tsp baking soda
1/4 tsp salt
1 egg
1 cup **Milk**
2/3 cup (160 mL) liquid honey or brown sugar
1/2 cup **plain yogurt**, (not fat-free)
1/4 cup (60 mL) **butter**, melted

Topping:

1 tbsp pumpkin seeds

POWER MUFFINS - PREPARATION

Preheat oven to 375 °F (190 °C). Butter non stick muffin pans or line with paper liners.

In a large bowl, whisk together whole wheat flour, white flour, wheat germ, pumpkin seeds sunflower seeds, flax seeds, baking powder, ginger, baking soda and salt. In another bowl, whisk together egg, **milk**, honey, yogurt and **butter**. Pour over dry ingredients; stir just until moistened.

Spoon into prepared muffin pan; sprinkle tops with pumpkin seeds and sunflower seeds. Bake for about 25 min or until tops are firm to the touch. Let cool in pan for 5 min. Transfer to rack to cool completely.

PARKING !! - PLEASE READ !!

To all the mums and dads who park in the designated parking and walk their kids to the pedestrian crossing, even though you need to be at work 10 minutes early or maybe feel unwell but soldier on anyway, we thank you. The next generation are seeing your great example and are so proud!

Parking on double yellow lines is not just dangerous it is also illegal. The Garda will be patrolling the car park at different times in the coming months and will be clamping people parking on double yellow lines!!

If you feel you are uncomfortable seeing someone parked illegally, we recommend contacting the local Garda Siochana on 01 6665600.

Finally, if you are picking up from after school clubs - Please do not use the school as a car park for pick up! There are too many children and siblings running in the playground at this time and it is dangerous. Please use the designated meadowbrook car park.