



# Burrow National School

Howth Road  
Sutton  
Dublin D13 TC04

Tel: 01-8325784  
email: burrowsecretary@gmail.com

Principal: Ms. Lynn Harley  
burrowprincipal@gmail.com

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"As full of spirit as the month of May and as gorgeous as the sun in mid-summer"  
William Shakespeare.



Dear Parents,

As the month of May is upon us, here is what we have been up to last month and what is coming up for us in the final few weeks of school.

## **Student Teacher**

**Mr Joshua Cherry**, from DCU teacher training college has been teaching **5<sup>th</sup> class** and the students have enjoyed many new learning experiences and we wish him well in his future studies as he returns to college next week.

## **Parking**



Please can I remind everyone to **adhere to the road traffic regulations** at drop off and collection, and be mindful of other road users and in particular pedestrians: often parents with buggies and small siblings are unable to pass on the footpath as vehicles are badly parked.

## Garden update

We are delighted to inform you that a large section of the school back garden (where is that? I hear many of you ask: directly behind the main school building next to the dart tracks) has been laid with artificial grass and another large section has been prepared for a soft surface pitch with fencing and gates, going in next week when we are off. (all going to plan with regard to dry weather conditions) **A big thank you to Karen Nixon and the PA** for their tireless efforts raising funds for this project with enjoyable social events etc, also to **Julian Thompson** for organising and sourcing the companies to work on the garden and finally to the **e Board of Management** for co-funding. The “grand opening” will not be celebrated until mid-autumn, once we have all areas completed, but it will open to all students on the week of May 14<sup>th</sup> to enjoy.



## Junior Infants

Junior Infants enjoyed making fish bowls out of clay.



## Mary Poppins

We enjoyed two fabulous performances from the musicality students last week. Well done to all the cast who were magnificent in their roles and a huge thank you to their teachers Ms Johns, Ms Kelly and Mrs Harper. Thank you also to Howth Financial services for sponsoring the refreshments on the night, to Bill Snodgrass for recording the show and to Ruth and the Gallagher family for helping on the night and wash up after. There is lots of talk and wonder as to what next year's production will be...the sky is the limit!



## Spelling Bee

Well done to **Emily Holman Keogh** who came in the last **10 of the Eason Spelling Bee** on April 18<sup>th</sup> and was one of the **final 5 of the Fingal Spelling Bee in Sutton Park School** on April 20<sup>th</sup>. She is undoubtedly the Burrow School Spelling Champion!



## Nutrition



**fruit jelly bites**

**6<sup>th</sup> class** enjoyed a talk on Nutrition with **Sinead Shanley** (Daisy and Sunny's mum) last Friday and tried a basic no cook recipe! Thanks Sinead for doing this and I know Daisy and 2<sup>nd</sup> class are excited about you visiting them on May 17<sup>th</sup>.

A little something Sinead brought to the table

**A GUIDE ON THE FAT/SUGAR CONTENT OF COMMON DRINKS**

Drinks (200ml unless otherwise stated)	No. of sugar cubes or teaspoons	No. of Fat Pats
<b>Fizzy Drinks</b>		
Can of Lucozade (500ml)	11	-
Club Orange bottle (500ml)	16	-
Coca Cola bottle (500ml)	13.5	-
Bottle 7up	14	-
<b>Diet Fizzy Drinks</b>		
Diet 7up	0	-
Diet Coca Cola	0	-
<b>Squashes and Cordials</b>		
Mi Wadi Orange	1	-
<b>Ready to Drink Juices</b>		
Carton of Ribena (288ml)	12.5	-
Capri Sun Recap (330ml)	8	-
No Added Sugar Squashes	0	-
<b>Unsweetened Fruit Juices</b>		
Orange juice, not from concentrate (200ml)	4*	-
<b>Smoothies</b>		
Innocent smoothies (250ml)	7*	-
Naked (250ml)	7*	-
<b>Milk</b>		
Full fat milk	2*	1
Low fat milk	2*	½
Yazhoo chocolate milk (475ml bottle)	11.5	1
Mooju chocolate milk (250ml carton)	6.5	½
Mooju strawberry milk (250ml carton)	6.5	½
<b>Water</b>		
Water	0	0

**Note:** Each sugar cube or teaspoon weighs 4g  
 \*These foods contain natural sugars and offer further nutritional benefits. Note the serving size  
**Water and low fat milk are the healthiest beverage choices**

IRISH HEART FOUNDATION [www.irishheart.ie](http://www.irishheart.ie)

## Sports

Congratulations to **Adam, Tristan, James and Hugh** who are the **All Ireland School Squash** Champions. The competition took place in Galway last Friday and **thank you to Nicola (Adam's mum)** for accompanying the Burrow team: a fantastic achievement on a personal level for the boys and for the school too.



**Classes 3<sup>rd</sup> – 6<sup>th</sup>** have been going to **squash** for 1 hour sessions for 4 weeks in Sutton Lawn Tennis Club.

**GAA** training continues with Paddy every Friday for **classes 2<sup>nd</sup> and 5<sup>th</sup>**.

**Pilates** with **Janette** continues on Wednesdays for the **Infants** this term.

We will have a team of athletes competing **in Morton Stadium, Santry on May 21<sup>st</sup> and 22<sup>nd</sup>**. There will be a bus to bring competitors on May 22<sup>nd</sup> to and from the venue as this is the track event day. However on May 21<sup>st</sup> I will be relying on the goodwill of parents to drive as there are fewer children taking part on this day. **Sutton Park Interschool Athletics will be on Thursday May 31<sup>st</sup>**: details closer to the time for all athletes participating.

## St Michael's House

**2nd class** will be starting their visits **to St Michael's House in Baldoyle** on the following Fridays; May 18<sup>th</sup>, June 8<sup>th</sup>, 15<sup>th</sup> and concluding on June 22<sup>nd</sup> with an ice cream fun day. The children will be walked down to the school by their class teacher and myself for lessons with their students between 11am -12pm. This is a wonderful and memorial experience for all.

## Howth RNL



Classes 2<sup>nd</sup>-6<sup>th</sup> have been invited to visit **the Coxswain in Howth lifeboat station** for a tour and a talk on water safety, **on May 23<sup>rd</sup> and 24<sup>th</sup>**. You will be notified if your child needs to be dropped there in the morning or collected from there in the afternoon: we hope the students will walk either there or back. **Thank you to Ian Massey (Conor and Abby's Dad) for making this possible:** such a wonderful opportunity to visit something so important to our lives living in this locality so close to the water.

## **Active Week**



Our annual **active week will be on June 11<sup>th</sup>-15<sup>th</sup>**, when we will have lots of sporting activities organised, and a particular favourite of mine is the whole school dance in the yard 8.35-8.55am- parents are more than welcome to join in!

To tie in with active week, **5<sup>th</sup> class** have been invited to take part in **a sailing event in Howth Yacht Club on Friday 15<sup>th</sup>**. **Thank you to Sarah Robertson (Holly and Charlie's mum) for organising** the event for all the schools in the locality. There will be lots for the children to experience on the day from knot making to actually going out on the water.

We will conclude our active week with our annual **Sport's Day on June 16<sup>th</sup> in Sutton Park School.**

## **Book Lists**



Book lists will be circulated once they are finalised by the teachers. The PA will be organising an online ordering system and classes 3<sup>rd</sup>-6<sup>th</sup> will be renting all textbooks for a minimum charge. Every child will receive a hard copy of the book list with the Holiday List on the back. This information will also be emailed and available to view on our website.

## **6<sup>th</sup> Class Graduation**



**The 6<sup>th</sup> class graduation will be on Thursday June 28<sup>th</sup>: time and location yet to be confirmed.**

## School Tours

**Junior and Senior Infants – June 21<sup>st</sup>**

**1<sup>st</sup> and 2<sup>nd</sup> class- June 19<sup>th</sup>**

**3<sup>rd</sup> and 4<sup>th</sup> – June 20<sup>th</sup>**

**5<sup>th</sup> class – June 20<sup>th</sup>**

**6<sup>th</sup> class – Gaeltacht trip May 14<sup>th</sup> – 18<sup>th</sup>**

**Thank you to Jonathan Quinn (Romie's Dad) for funding the cost of two coaches for the school tours.**

## Closures

May 7<sup>th</sup>-14<sup>th</sup> – mid-term break

May 25<sup>th</sup> – Referendum

June 4<sup>th</sup> – Bank Holiday

June 29<sup>th</sup> – 12.30pm closing for summer holidays.

## Parents Association News

### **Aqua**

We had a wonderful evening in Aqua last Monday. This is one of our biggest fundraisers every year and it wouldn't be possible without the support of Aqua. A huge thank you to **Susan and Kehlen** for organising the event, and to all the parents and teachers who attended. We **raised over €2,000** for the school on the evening.

**Many thanks to Monica Campbell from Little Rainbows** for sponsoring the wine. We would also like to **thank all the businesses** who donated such wonderful prizes for the raffle.

Finally a **massive thank you to Sarah Gallagher** who donated one of her beautiful paintings to be auctioned. She currently has **an exhibition running in The House in Howth until May 7th.**

### **Sports Day**

A reminder that the **Family Sports Day will take place this year in Sutton Park School on Saturday 16th June.** We will be looking for lots of helpers in the next few weeks. It's always great fun for both the kids and the parents.

*dymn Harley*

& the Burrow staff