



# Burrow National School

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## Newsletter

Dear Parents,

A very happy new year to you all and delighted to welcome everyone back to a new and exciting term.

A big thank you to all who came, supported and enjoyed our Christmas plays and Carol Service during the last week of school term; the students and the teachers put in a commendable effort. We were very fortunate to be entertained by their various talents and it was a wonderful way to conclude the Christmas term.





## UP COMING EVENTS

**All classes** will be focusing on the area of gymnastics in the PE curriculum for the month of January so please ensure your child has appropriate footwear for their elected PE days.

Current PE Timetable	
Junior Infants	Tuesday and Thursday
Senior Infants	Wednesday and Thursday
1 <sup>st</sup> class	Wednesday and Friday
2 <sup>nd</sup> Class	Tuesday and Wednesday
3 <sup>rd</sup> Class	Wednesday and Thursday
4 <sup>th</sup> Class	Tuesday and Thursday
5 <sup>th</sup> Class	Wednesday and Friday
6 <sup>th</sup> Class	Tuesday and Friday



**Cycling instruction** – for 6<sup>th</sup> class starts this Friday 11<sup>th</sup> (bicycles provided by Irish Centre for Cycling)



**Cricket** – for **classes 3<sup>rd</sup> to 6<sup>th</sup>** afterschool **Fridays 2.15 – 3.15 for 6 weeks** with Michael our cricket coach. Please contact Michael to book a place Ph 085 877 4028.

**iPad-** Instruction for classes **Senior Infants, 2<sup>nd</sup>, 4<sup>th</sup>** for 6 weeks every Monday.

**Pilates** – for **classes 2<sup>nd</sup> – 5<sup>th</sup>** starts next week on Tuesdays for 5<sup>th</sup> and Wednesdays for 2<sup>nd</sup> with **Janette**.

**Tennis** – Coaching for **4<sup>th</sup> class** starts on **Thursday 17<sup>th</sup>** at Sutton Lawn Tennis Club for 6 weeks. Thank you again to **Robbie and Srdjan** for organising this for our students.



**Squash** – some children will be taking part in a squash tournament in Sutton Lawn Tennis Club in January.

**Well done to Sam in 5<sup>th</sup> class who made the under 13 Leinster Squash Squad!**

**Confirmation Classes** will commence on **Wednesday 16<sup>th</sup> January** with Canon Brew in St Mary's Parish Centre from **2.30 – 3.30** (refreshments will be provided).

## **SAVE THE DATE!**

**Cake Sale** - School cake sale **Friday 25<sup>th</sup> January** in the hall. Classes 2<sup>nd</sup> and 6<sup>th</sup> will be on baking duty. 6<sup>th</sup> class will be selling on the day. More details will follow later.

**Musicality – Broadway Show Performance** **on Friday April 12<sup>th</sup>, in the hall** further details will follow closer to the date.

## Lunch boxes



Reminder that anything homemade (without Chocolate) is acceptable for school lunches eg scones, healthy muffins, banana bread, flapjacks.

We all know the over use of plastics is very topical right now and we are all trying to do our bit. May I suggest reducing food waste and packaging by using portioned lunch boxes with separate compartments to separate food instead of cling film which can take up to 1000 years to degrade. Another option is reusable beeswax wraps which can be wiped clean and used for up to a year.

## Beginner Guitar



**BEGINNER GUITAR**  
at The Burrow  
Mondays 2:15pm - 3:15pm



### GUITAR LESSONS

The lessons include melody playing, chord accompaniment, note reading, two-part solo playing, introductory music theory and scales.

Using friendly chord shapes we will start playing songs together with a backing track, this helps promote good rhythm, steady metre and is a lot of fun!

I will provide parents with "follow along" video clips to share with their children with backing tracks and visual cues that can be used at home.

I have incorporated the syllabus of 3 music exam bodies into my teachings (RIAM, RGT and ABRSM) with the intention to prepare children for preliminary and 1st grade level testing if parents choose.

For the more advanced students I can adapt lessons based upon their ability and style. The intention this term is to have an end of term performance for all children all levels, this will be a fun zero stress event for all!

**When:**

**The Burrow School, Sutton**

**Teacher:**

**Bill Snodgrass, owner of Howth Music School, Dad of Tristan and Tadgh. Bill has taught in many schools in the locality and writes soundtracks for films also.**

**Cost:**

**e10 per class, 11 classes for Spring term. No classes Feb 18th & Bank Holiday March 18th and the last class is April 8th.**

**The fee is e110 due by the 14th January.**

**Contact:**

**[howthmusicschool@gmail.com](mailto:howthmusicschool@gmail.com)**

## PA CORNER

### Latest from the PA

Thank you once again for everything in 2018 – we really appreciate your help, encouragement and generous support for all PA events. We're delighted to say that the hard work of both parents and children is paying off – the Burrow Christmas Fair took in

approximately €11,000, which is a phenomenal result. Thanks to everyone who helped out before, during and after the Fair, the makers and the bakers, the kids and the teachers, and everyone who came along on the day. As well as raising money, we want PA events to be fun, inclusive and a highlight for both adults and children – please do let us know what you thought of the Fair and if you have any suggestions on how to make it better, please do get in touch.

### **2019 events**

We have a full calendar of events coming up in 2019, details of which we will be filtering through the class reps over the coming weeks. In February, we'll be hosting our annual Quiz Night, while in April, it's time for the ever-popular Aqua dinner. And of course in June, it's Sports Day time again! We'll keep you posted on all upcoming events.

### **Parenting course in January**

Just a reminder about the upcoming parenting course run by a Burrow parent, Aoife Ryan (mum to Ailbe in 4<sup>th</sup> class and Fia in 2<sup>nd</sup> class), who is a relationship & parent mentor. Aoife will be running a course entitled Family Wellbeing - Effective Parenting of Self and Others from Thursday evenings starting on 17<sup>th</sup> January in the Burrow School Hall. On Wednesday 9<sup>th</sup> January at 1pm and again at 2pm she will give a brief talk and outline of the course – everyone is welcome.

The course will cover topics including (but not limited to):

- The Importance of Self Care
- Family Relationships and Feelings
- Challenging Behaviours
- Communication
- Boundaries
- Encouragement without Exhaustion

The course will cover the key principles in developing and maintaining nurturing relationships between parents and children. This will also be a safe space for parents to come and express what is going on for them, and be met with empathy and kindness.

The course will run from 7.45pm-9.30pm every Thursday and costs €170 for six weeks. Register with Aoife before Friday 11th January and receive a 10% discount. Please contact Aoife via email [aoife@post.com](mailto:aoife@post.com) or phone 086 8364292 with any questions or to book.

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Big congratulations to Ms Rachel Johnson who got engaged over the Christmas to Rob O'Brien. Wishing them all the best with their wedding plans!

Best wishes for a great 2019

*Dynn Harley*

& the Burrow staff