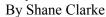
## My Poem about Bullying

Being bullied is not nice
It made me feel like a grain of rice.
The bully thinks he is very tall,
But inside he's actually very small.
They treat me very bad everyday,
At home, at school and at play.
In a gang or all alone,
Always say NO and get home.
When at home tell someone,
Make sure to say it more than once.
If they don't listen tell someone else,
And if they won't listen tell someone else,
Everything will get sorted out and you'll be sound,
And the bully will be out of bound.



Seo faisin.

Bhí seo faisin ag rang a cúig agus rang a sé.

Bhí guna ildaite,hata bandearg, mála uachtar, scaif córca, bróga liath agus fan ildaite orm. Bhí ar gach duine súil timpeall an seomra rang. Bhí rang a trí agus rang a ceathar ann freisin. Bhain mé a lán taitmeamh as.

Sorcha De Ros

### Stav Safe

We have to do 5 stay safe sheets. 3rd and 4th class learned about bullying, safe and unsafe touches, good and bad secrets. We learned to SAY NO, GET AWAY, TELL SOMEONE you trust and KEEP TELLING. We have to bring our sheets home and talk about them and get our sheets signed. For each of the sheets teacher reads examples of what could happen you. Teacher checks our stay safe sheets to see if they are signed. The next sheet we are doing is about strangers. A lady from the RSA came to our school. She taught us about safe and unsafe places. She read us some stories on safe and unsafe places.

By Callum and Charlene

#### Green School News

We are very busy getting ready for our Green School Inspection on Friday 20<sup>th</sup> March with Lisa Mc Daniels. The Committee are putting the final touches to our application which must be submitted before the visit. We are delighted to announce that on Friday 27th Feb. we had an inspection by a Fair Trade Officer. He was very impressed by our application and project and has made us the 1st school in Co. Sligo to be a fair trade school because of our overall awareness of the importance of fair trade and because of the fair trade products we use within the school. Well done to everyone! On Friday 13th March Nuala

McCarrick came to talk to us. Nuala is Moya and Neasa's Mammy. Nuala talked to us about her time living and working in Africa. Thank you Nuala.

By the Green School Committee

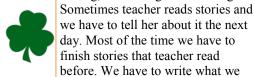
### **Sun Safety**

We had a visitor on Wednesday. She came to tell us about being safe in the sun. There are some rules to help us. They are easy to remember because they are S words

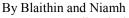
Slip on a t-shirt Slap on a hat Slop on some sunscreen Slide on your sunglasses Find some Shade

She said we have to be careful of the sun from March to November. Everybody got a sun safe sticker. By 1<sup>st</sup> & 2<sup>nd</sup> Class









favourite foods.

### Medieval Life

**Auditory Memory** 

Auditory Memory. We have traffic

lights. The red light means stop and

store what teacher has just said. The

listen. The orange light means to

green light means that we have to

recall and link what teacher has

said. Auditory Memory is about

linking, visualising and listening.

think will happen next. We also

have to use our imagination. We

This is called visualising. In a

have to write what is in our heads.

game we have to say our favourite

was. A few days later teacher asked

us could we remember ten people's

food. Then we had to remember

what everyone's favourite food

This month we are working on

We had a visitor in our school on the 16th of February . Her name was Niamh. She showed us medieval clothes and helmets and we got to try them on. She showed us a sheepskin. She showed us leather shoes and let us try them on. She showed us how to use swords. The swords were sharp. She showed us leather and we needed to smell it and bend it and find out what it was. She told us a story from 1000 years ago. It was about a little girl who found an egg. It was not an ordinary egg, it was a dragon's egg! We had fun. By First Class



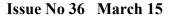








# St. Michael's N.S. Newsletter





#### Science Demonstration

The man who did the experiments was called Declan. He blew a malteser in the air. He had a rocket balloon and when he let it go it flew all over the place. He made a container explode with a vitamin D tablet. He also made a lid pop off a bottle with a mentos sweet and coke. He said that if you do that in your mouth the coke will come down your nose. He used a hair dryer and he could keep 2 ping pong balls in the air and when he moved the hair dryer around the ping pong balls came with it. It blows a big balloon up quicker if you stand back. The way this works is the air from your mouth brings more air with it on its journey to the big balloon. He made a potion bubble with the heat temperature from his hand. He attached propellers to a balloon and it flew in the air. If you blow the balloon up too much the weight will bring it to the ground. By Rian & Roisin

# Medieval Music

On Monday 2<sup>nd</sup> Feb. we all got the chance to go to the G.P. room and listen to a man play medieval music for us and talk to us about all the different instruments. He even let us play some of the instruments. We all thought that the sound coming from the instruments was really magical. We had a lovely morning. By Senior Infants

### Eason Spelling Bee.

Mrs Kelly told our class we would be entering the Spelling Bee Competition. We had the first round of the competition in our classroom. On 26<sup>th</sup> Feb. I went to the competition in Sligo. It was held in Rathcormack N.S. There were 5 rounds, from easy words to hard words. There were 24 children in the competition. These are some of the words we were asked to spell liaison, tertiary, accumulate. I came 2<sup>nd</sup>. I was very happy. By Ciaran Oliver

### Going to The Library

On Tuesday the 24th of February we went to the library. We were there for storytelling. There was a girl and a boy there telling us the stories and their names were Simone and Michael. We went in a bus to the library. The bus driver was called Tony. Simone and Michael had a donkey called Dan. They had a case with pictures in it. They were of inventors and inventions. One inventor made a parachute and he put a sheep in it first and then a dog. The sheep was let go from 32 metres high and the dog was let go from 1000 metres high. It was fun. Thank you teacher!

By Makayla Mitchell 2<sup>nd</sup> class



### Preparing to go to Attymas.

5<sup>th</sup> and 6<sup>th</sup> class are busy preparing for Confirmation. On the 26<sup>th</sup> of March we are going to visit Attymass before our confirmation. It is a retreat day and we will be talking and thinking about our confirmation. When we go there we will meet Fr.Steve. Fr.Steve is from America. Attymass is in the west of Ireland in Co. Mayo. When we go to Attymas we will get a cooked lunch. We will get a bus from our school to Attymas. We are all looking forward to our trip and we would like to thank Ms .Kelly for organising our trip. By: Caitriona Mooney

### Stay safe

Over the past four weeks we have been focusing on Stay Safe. The first topic was yes and no feelings. Yes feelings are feelings you are happy with and no feelings are feelings you are unhappy with. We did two worksheets about yes and no feelings. The next topic is very important. The topic is called bullying. Most of the work we did on bullying was oral. For the oral work Ms. Kelly read us stories from the stay safe book then she told us how to say no to a bully then she told us what to do if we are in a situation where we meet a bully. Ms Kelly told us to say no get away tell someone and keep telling until some one listens. We wrote poems and stories about bullying. The next topic was touches. The only people who are able to touch us are nurses and doctors when they are on duty. Out of all the subjects taught in school stay safe is very important. So remember nobody has a right to bully you. By Giselle Gallagher

# Aistear

We are still continuing with the Aistear programme. We get to play lots of fun games everyday that help us with our learning. We play maths games, oral language games and our favourite is the Role Play corner and making things during junk art. We love Aistear! By Junior Infants



