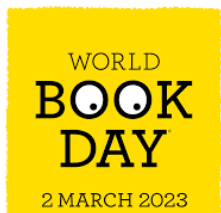




Interview with our principal

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Seachtain na Gaeilge 2023



Children showcasing their tin whistle skills during our Seachtain na Gaeilge ceolchoirm

On the eve of St. Patrick's Day, the school became a sea of green as all of the pupils wore green clothes to school. Traditional Irish music filled the air as the children from first to sixth class were lined up in the yard in groups of four, dancing the Siege of Ennis. They had been preparing for the céilí in their classrooms with their teachers in advance.



Traditional Irish dancing

Afterwards everyone gathered inside for a concert in which the children sang Irish songs and poems as Gaeilge. In addition, third and fourth class played the tin whistles and fifth and sixth class played the ukuleles. We even had a visit from Kilnadeema Pre-school and Montessori and they gave us a cute song as Gaeilge under the guidance of their teachers Maureen and Monica.

A montage of videos and photos about Seachtain na Gaeilge is available on www.kilnadeemans.com. Bhain gach duine an taitneamh as Seachtain na Gaeilge!



Junior Infants reciting their poems

Kilnadeema N.S. Easter Raffle

Last October, Kilnadeema N.S. student council was formed. The council is made up of a representation of ten children from fifth and sixth classes. The role of the student council is to address school issues and organise school activities and events.

This term the student council have been working with Ms. Comyn to host the annual Easter raffle to fundraise for art equipment in the school that is much needed. For first prize, you could win a large hamper filled with chocolate eggs, bunnies and other delicious sweet treats. Second prize is a medium sized hamper filled with lots of chocolate goodies. There are 11 prizes in total. Someone in each classroom is guaranteed to win a large egg. The council assembled the hampers and are promoting the raffle by selling tickets every day. Tickets cost €2 per strip and €5 for 3 strips.

The raffle will be held on the last day of this term, Friday March 31st. Everyone is excited and hopeful that they will get their hands on the big prize.



STAR INTERVIEWS

How well do you know our principal?

By Adam Parkinson

We interviewed our school principal to find out more about him and his plans for the school. It was interesting to find out what he had to say and to find out more about our school principal.

Q: What was it about teaching that attracted you to the career?

A: I always enjoyed working with children. I enjoy the element of fun they bring to every day.

Q: What do you like to do in your spare time?

A: I enjoy being active and outdoors in my spare time. I enjoy sport (mostly hurling and soccer) and farming. I find these activities really help to clear my head after a busy day.

Q: What events are coming up in the school?

A: We have World Book Day on Thursday (March 2nd). We will be doing a dress up day for this. This is a great opportunity for all the children to think creatively and use their imagination to replicate their favourite character from a book they’ve read.
Seachtain na Gaeilge will take place from March 13th-16th.
FAI boys 5 a side soccer tournament on Friday 2nd of March.
Cumann na mbunscol in hurling/camogie and Gaelic football will take place for boys and girls in April and May.
School tours for all classes in June.
Active Schools Week from 24th to 30th of April.
Wellbeing Week from 15th to 19th of May.

Q: If you could be anything other than a teacher, what would it be?

A: An architect. I enjoy looking at different spaces and trying to maximise their functionality and making them aesthetically pleasing. I would have a lot to learn though!

Q: What did you do before you became a principal?

A: I was a teacher in Dublin and Offaly for a while. I then moved closer to home and began teaching in St. Ita’s in Loughrea for just over a year. Then I became principal of our school.



Mr. Winters taking a break from his work for our interview

Q: What is your favourite subject to teach? Why?

A: I love teaching maths. I enjoy the structure of it and trying to explain and demonstrate how to solve a problem in different ways.

Q: Why is your job important to the community?

A: My job is important to the community, as a school is a central pillar of every community and being principal of one is an important responsibility. The overwhelming priority for me as principal of Kilnadeema NS is the children. Everything else can wait. ‘to-do’ lists can be ticked off another day. It is vital that members of the community know that their child, niece or nephew, etc. is really cared for and their voice is heard. When there is a strong trust between me as principal and the community, it leads to flourishing environment for our pupils to learn and prosper.

We would like to thank Mr. Winters for his time and getting to know more about him and his job at Kilnadeema NS.

CLASS PROFILE : SENIOR INFANTS

By Thomas Lynch

On February 24th we interviewed Ms. O’Donnell to find out more about our vice principal and what happens in her classroom. Ms. O’Donnell is the Senior Infant teacher. There are 19 children in her class with 8 boys and 11 girls.

Each day, the senior infants begin school at 9:20a.m. and go home at 2:00p.m. One of the most popular times enjoyed by the Senior Infant pupils is Aistear time.



Role playing The Gift Shop at the zoo

During Aistear, the children will talk and learn about a specific theme for two weeks. They will also engage in group work. For example, one of the most recent Aistear themes Senior Infants were learning about was Spring. One group planted seeds, one group painted flowers and another role-played being at a garden store. The play is controlled and not free play. The children also do regular worksheets relating to the theme of Aistear. All the children enjoy Aistear very much, and most consider it their favourite part of the day.

Ms. O’Donnell told us that her favourite subjects to teach are P.E. and Art. . She told us that “I love the research that goes into art and working with the children when creating it. I love seeing the finished product. I enjoy PE because I want children to enjoy sport.”

When asked why she became a teacher she said “I’ve wanted to be a teacher since I was very little. I loved playing classroom when I was younger. Ms.O’Donnell also told us why she chose Kilnadeema N.S. “I wanted to teach in KNS because it’s a nice, small, rural school that reminds me of the school that I used to go to. I also prefer Primary schools that are mixed between girls and boys.”

The last question Ms.O’Donnell was asked was “What advice would she give to someone interested in becoming a teacher?” She replied “I would advise you to go into a classroom and observe what happens there. You should also help out with a local team that works with kids. You also need to focus on learning Irish as its required to become a Primary school teacher.

Thank you to Ms. O’ Donnell for taking the time to let us interview her.

(top)Senior Infants role playing the Garden Centre during Aistear time
(middle) Planting seeds
(bottom) Painting Spring flowers



(top) Senior Infants creating their own zoo with animals and blocks
(middle) making zoo animals using play dough
(bottom) building zoo cages



EDITORIAL COMMENT

We are both proud and privileged to be editors of *The KNS Times*. Here is an insight on what we had to do to edit the newspaper.

- Thomas:** It was very enjoyable. In the first few lessons we looked through some local and national newspapers. We learned about what different newspapers look like, the sections of a newspaper and how articles are written.
- Adam:** We brainstormed names for our newspaper and in the end The K.N.S. Times was chosen as the name.
- Thomas:** We made a list of article ideas and what would appeal to people to read.
- Adam:** We brainstormed ideas, did research and interviewed people for our articles.
- Thomas:** After we drafted our articles we spent time on the laptop typing up our articles.
- Adam:** Luckily all the articles met the deadline.



NEWS

World Book Day

By Adam Parkinson

World Book Day took place on Thursday March 2nd 2023. It is a celebration of children’s literature all across the world and Kilnadeema NS have embraced the day by allowing the children to dress up as their favourite characters from the books that they have read.

There were amazing costumes representing their imaginations, bringing the characters from their books to life. Characters such as The Boy in the Dress, Mr. Twit, Willy Wonka and even a real-life chocolate bar attended Kilnadeema NS that day!

Each child received a World Book Day token which they can exchange to get a free book in a local shop. These books are specially written for world book day every year. Popular children’s authors like David Walliams, Claire Balding and Tom Fletcher have all written books for World Book Day in the past.

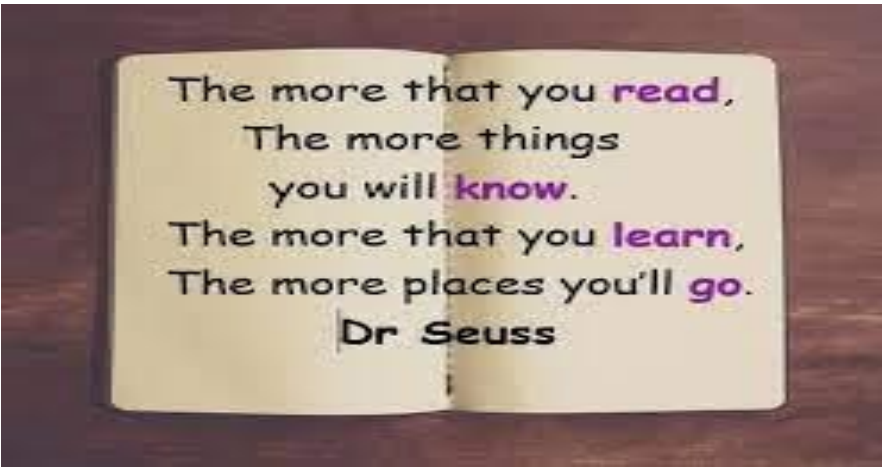
World Book Day takes place every year in Kilnadeema N.S. and we’re already looking forward to next year’s event.



Ms. Mc Carthy’s 1st and 2nd posing in their World Book Day outfits



Senior Infants getting into the spirit of World Book Day



First Aid Training

By Thomas Lynch

On February 22nd, all classes participated in a first aid workshop where they learned many vital skills and had lots of fun.

Middle and Senior classes learned procedures for relieving choking, burns and nosebleeds. They learned what to do in the event of a person fainting, how to recognise the need for CPR and how to perform CPR if needed. Children were also taught to call a nearby adult if an accident had happened and to call one of the two emergency numbers 999 or 112.

“The children in infants learned very basic things, like what to do if they got a cut and how to put on a bandage. The children had lots of fun and really enjoyed it” explained Ms. Comyn, the Junior Infant teacher.

Everyone thoroughly enjoyed their experiences with the First Aid workshop and hope to do it again in the future. Thank you to Conor Devine from Parent First Aid for coming in to do the workshop with us.



Conor demonstrating how to perform CPR (above)



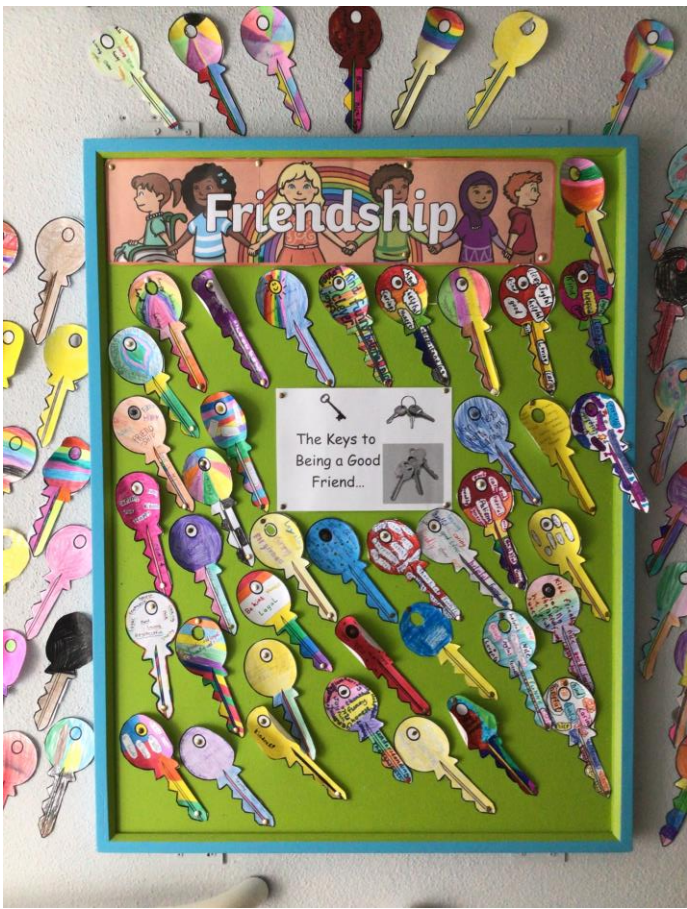
Taitum, Sarah and Daniella performing CPR

Friendship Week

By Adam Parkinson

Kilnadeema NS participated in friendship week from February 20th to 24th to promote and highlight the importance of being kind to all members of the school community despite our differences.

All classes completed an art activity where they got to design a key with the “keys to friendship” written on them. They are now displayed in the corridor of the school. Each of the classes learned a song about friendship, Mr. Winters’ class sang “Count on Me” by Bruno Mars.



Friendship Art

On the last day of Friendship Week, we had an All for One and One for All day to raise money to donate to Unicef childrens appeal following the devastating earthquake in Syria and Turkey.Each class dressed up in different colours. Ms. Comyn’s class wore red, Ms. O’Donnell’s class wore blue, Ms. McCarthy’s class wore green, Ms. Lovett’s class wore yellow and Mr. Winters’ class wore white. This was to highlight the importance of friendship and being nice to one another. A total of two hundred and three euro, forty cent was raised.



Whole School photo of children dressed up in their colours for All for One and One for All day.



1st and 2nd class



Junior Infants



3rd and 4th class



Senior Infants



5th and 6th class

ARTS & ENTERTAINMENT

Musical Review



By Adam Parkinson

Title: *Beauty and the Beast*
Genre: Musical Romantic Fantasy
Rating: *****

On Wednesday January the 18th, Mr Winters’ class travelled to St. Brigid’s school to attend their transition years’ and fifth years’ production of *Beauty and the Beast*. This is a much loved and well known fairy-tale made famous by Disney.

The musical took place in the school hall and was highly anticipated by all of the the fifth and sixth class from around Loughrea.

There were several effective adaptations to convert the sports hall into a theatre. These were: large curtains covering all of the walls to eliminate the echo and darken the hall. There was also an impressively large HD screen as a backdrop for the stage that changed with every scene. Other adaptations were stage lighting, a speaker system and a raised stage.

All of our class thoroughly enjoyed the experience.

School Facts

Kilnadeema N.S. is a co. educational school located in a rural setting overlooking the town of Loughrea. The history of the school dates back to over a hundred and twenty years ago.

1902- The doors of Kilnadeema girls and boys school officially opened under the one roof (as the wall plaques show). The estimated cost of the two roomed school was €668.

1940’s- Some refurbishment was carried out on the building.

1972- A two room prefabricated extension was added to the school to prepare for the arrival of pupils from Aille N.S. which closed in 1973.

Late 1970’s- The wide stone wall which divided the girls and boys schools was removed and replaced with a folding wooden partition. This enabled the school to be converted into a hall.

1994- Work began on the refurbishment of the old building as well as a two classroom extension, staffroom, toilets and resource room.

Late 1990’s- Two more prefabs were added to the school due to growing enrolment figures.

2007- A third prefab was added to the school.

2011- An extension was built that included a medical room and an office.

2023- A new prefab is due to arrive this year due to a resurgence in enrolment figures.

A School of Sounds

By Adam Parkinson

Music is in the air as third to sixth class are undertaking music lessons every week.

Third and fourth class have been learning the tin whistle with Ms Stapleton whilst fifth and sixth class have opted for a new instrument for Kilnadeema NS – the Ukulele. The ukulele originated in Hawaii but it is now played worldwide.

Ms Stapleton is also busy at different times of the year preparing the children from first to sixth class to sing in the school choir for various events. These include: The Christmas play, Holy days, (such as the eight of December and the sixth of January) Catholic Schools Week, the Sacraments of Holy Communion and Confirmation and the sixth class graduation. During the practices leading up to these events, Ms Stapleton works on everyone’s sound quality and projection of the children’s voices while accompanying them with a keyboard.

The children are all lucky to have this wonderful opportunity.



5th and 6th class showing off their ukuleles that were purchased with money raised by our Student Council



Ms. Lovett’s class with their tin whistles



LIFESTYLE

Veggie Tales of K.N.S.

By Thomas Lynch
We have a healthy eating policy in Kilnadeema N.S. Below are a list of things we do to encourage healthy eating habits and try to improve our students’ fitness.

Food Dudes

Last term we implemented the healthy eating programme ‘Food Dudes’. It is based on repeated tastings of delicious, healthy fresh fruit and vegetable samples by pupils. Pupils were rewarded with small prizes and certificates to encourage tasting. Children also watched educational videos with positive role models in the form of the heroic Food Dudes characters which all the children enjoyed.

The Lunchbag

Kilnadeema N.S. is now collaborating with a school lunch company ‘The Lunchbag’ to provide a healthy lunch to pupils at a competitive rate. It has lots of healthy items to choose from, for example sandwiches, rolls, fruits, yogurts, crackers, rice cakes and many more. You can purchase your healthy lunch once a week or five days a week from menus found on <http://www.thelunchbag.ie> . It is another step in promoting healthy eating in our school.

Smoothie Time

In January, Infant classes and 5th/6th class participated in making smoothies. Everyone thoroughly enjoyed the experience. A big thank you to the teachers for helping the children prepare and make their smoothies.

PE at school

Our school has a variety of PE equipment for all classes which is stored in our PE shed. The children do PE twice a week. All are encouraged to stay as fit and healthy as possible to complement our healthy eating policy.

We believe that good healthy eating habits and regular physical exercise are vital for children to stay fit and healthy.



Smoothie Making to promote healthy eating



Wellbeing

By Thomas Lynch

This term in KNS we have done many wonderful things for our students’ wellbeing. We will be sharing some of these with you.

What is wellbeing?

Simply put, wellbeing is how you feel, both mentally and physically. Good wellbeing is essential to maintaining a healthy and happy life.

Maintaining Wellbeing

Some good tips for maintaining wellbeing are going for frequent walks and reducing screen time. You should also remember to stay hydrated and eat a balanced diet. Another tip is to set small goals to help motivate yourself. You can keep track of these small goals by using a DIY tracker. You can jot down the days of the week and boxes beside them to represent your wellbeing goals and each day before you go to bed tick or cross the boxes.

How are we helping?

KNS have done a multitude of things to help our students’ wellbeing this year. Last term we did three wellbeing webinars about the importance of positive thoughts and courage. Remember, you should always talk to someone you trust if you are feeling sad and our teachers are always willing to listen.

Wellness Wednesday

On the last Wednesday of every month, the school participates in Wellness Wednesday, in which there is no written homework, and we do a wellness activity instead.



The food pyramid showing healthy food choices that can improve our wellbeing



Positive affirmations can boost our sense of self and help our wellbeing

SPORT

Our Sporting Spirit

By Thomas Lynch

We are very proud of our strong tradition of sport in Kilnadeema N.S. Here is some information about some of the sport related activities going on in Kilnadeema N.S.

Last term the senior girls and boys competed in a mini-7's tournament in camogie, hurling and football. The girls played brilliantly and progressed to the county level but were unfortunate not to progress any further. The boys also played well on both fronts but were unlucky not to progress out of their group. This term boys and girls from 3rd and 4th classes from Kilnadeema N.S., Kilcooley N.S. and Leitrim N.S. competed in the "Laura Winters Schools League". It was a great day out and congratulations to the winners Leitrim N.S.

This term, the 5th and 6th class boys competed in the FAI soccer tournament for Primary Schools on the 3rd March, which was held in Portumna FC's playing pitch. The boys performed well coming second in their group, but unfortunately it wasn't enough to progress further. It was an experience that was enjoyed by all and we hope to compete again next year.

Next term, we will be competing in Cumann na mBunscol in May, which we hope our players will enjoy. We have a visiting hurling coach to help practise and improve our hurling and camogie skills every week. In addition the children can participate in hurling training during break every Tuesday in preparation for this much anticipated tournament.

Our classes do PE twice a week and is enjoyed by all children. Our PE equipment is stored in the PE shed at the end of the yard, so that the children can easily access it during breaktime and PE sessions. We have a wide array of equipment including, cones, soccer balls, softballs, shuttlecocks, tennis and badminton racquets, tennis balls, rugby balls, rounders bats, hockey sticks and much more!

We are incredibly grateful to have so many opportunities for us to get involved in sport. It is both a good source of entertainment and it keeps us all fit and healthy. Thank you to our sports teams for consistently doing an amazing job at representing the school and to our teachers for always encouraging the competitors to do their best.

TRAVEL

Making Waves

By Adam Parkinson

This term third to sixth class have been busy with swimming lessons at Coral Leisure Centre Ballinasloe every Thursday.

The swimming course is stretched out over a period of seven weeks with six lessons in total. The lessons aim to promote healthy habits and is an important life skill for the children. There are three levels: Foundation, Intermediate and Advanced. The foundation level helps on improving confidence in the water and early swimming skills. The intermediate level focuses on building your confidence in the water that was acquired in the foundation level and improving your stroke. The advanced level continues to work on improving your stroke, introduces life saving skills and improves confidence in deep water.

Each lesson is thirty to thirty-five minutes, after which, the children are allowed five to ten minutes of free play. During this time, everyone is allowed to leave their groups to have fun and play games together.



Coral Leisure Swimming Pool

When I interviewed Cathal Burke who is in his final year at Kilnadeema, I asked 'What do you find most enjoyable about the swimming lessons?' he decided that playtime and diving are his favourites.

Saving Money Matters

By Thomas Lynch

Every Wednesday, a representative from the Credit Union travels to our school to gather savings from the children to help teach children how to save their money properly.

You sign up and receive a card and a pouch to store it in. You are allowed to bring in money given to you specifically for the savings scheme. This can be pocket money or money given as a present. The money you bring in is deposited into the card via a machine which scans your identification and then deposits the money. Occasionally you receive gifts such as stationery as an incentive to continue the scheme. "I enjoy how much it helps you to learn to save your money properly" according to Alex Fahy from 4th class.

We also competed in a quiz organised by the Credit Union on Jan 28th held in St. Brigid's College. Kilnadeema N.S. entered four teams.



"I thought the quiz was good craic and it was great getting together with the lads although I found the questions difficult on the day" commented Jack Tully from 6th class.

"I found it very fun overall. I loved getting together with the team for practice each week, and I enjoyed that our teams were mixed between classes" explained Ben O'Connor from 4th class.

The quiz was a fun and memorable experience for all involved despite not claiming silverware. Thank you to Ms. Comyn for organising the quiz teams and to Margaret from the Credit Union for coming around every Wednesday to collect the children's savings. We hope they will continue to do it for many years to come!

KIDS CORNER

Egg-cellent Easter Wordsearch

P E A S T E R M O R N I N G Y O S
O G N I L L O R G G E H P A U I Q
F E S T I V A L E Y D S D Y M Y S
W B X P Z C R T B J Y N N N A B N
B P R A R K S W F O U N E S V F U
M O J O D I S D A S U L R F K D B
Y H W T W E N W G B C U U I K E S
X Q C L W E D G C A O T M C W L S
R T N U H G G E K L A J I B I I O
N E G B I G B E O K Z H L A Y O R
E K T A N S L C K X C U A L T B C
R J X S T I B B A R P K W F E D T
L B Q K A E Y O H A A I G F N R O
R R I E A E J N N S R T G L N A H
L P E T A R O C E D A R S D O H C
Y C Q J T M P M H F D L G E B M H
C H O C O L A T E F E B J J N Y M

- dye

hop

egg rolling

hot cross buns

easter

bunny
- simnel cake

egg hunt

hard-boiled

festival

decorate

bonnet
- parade

rabbit

colours

eggs

chocolate

basket
- spring

nest

sunday

easter morning

chick

COLOUR ME IN



JOKES AND RIDDLES

- What happens if you get married at Easter?

You live hoppily ever after
- What is the Easter Bunny’s favourite kind of music?

Hip Hop!
- How does the Easter Bunny stay fit?

EGG-ercise and Hare-robics!
- What did the rabbit say to the carrot?

Its been nice gnawing you!
- Why shouldn’t you tell an Easter egg a good joke?

It might crack up!
- What’s the Easter Bunny’s favourite Sport?

Basket-Ball
- Knock,knock!

Who’s there?

Lettuce

Lettuce who?

Lettuce hide some eggs