# St Mary's & St Gerards N.S. Caring, Connection & a love of learning

# Weekly Newsletter 28th March

Dates for your diary

Monday 31st March 7pm: Incoming Junior Infant Parents' Meeting

Sunday 6th April: First Penance 2nd Class

Thursday 10th April @11 a.m. : Confirmation 6th Class Friday 11th April : Easter holidays School closes at 12.30

#### Swim Team News

Good luck to our Swim Team who are competing in the Irish Minor Schools Championships in the NAC this Sunday. We have 9 swimmers taking part . Go n-eirí libh! Go raibh míle maith agat Ms Healy for all your hard work with the swim team!

#### Chess Team

Well done to our pupils who are representing Enniskerry in the Leinster round of the Community games soon. Go n-eirí libh!

## Colman Noctor Talk for parents

Thank you to Arleen, Fiona and all the P.A. for organising this event on Wednesday evening. Thank you also to so many of our parents for coming along and for the questions afterwards. It was a timely talk and it certainly got us all talking about how tech has "rewired" young people's brains, the impacts on childrens' mental health and how families are facing challenges around managing childrens' use of devices.

The research presented supported our **Device Free Childhood Pledge**; The findings recommend that children should not have a smartphone in Primary school and should not be on apps until the age of 16. We all need to be aware that the amount of time spent online by children on smart devices takes time away from other things; reading a book, meeting friends, family time, sleeping etc.

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Colman also emphasised how important it is for children to play together in a less-supervised way. There's lots to explore and think about.

I would like to form a committee to plan how we bring our learning forward on this area so we can protect our pupils' childhood. Please let me know if you would like to get involved in this. <a href="mailto:principal@enniskerryns.ie">principal@enniskerryns.ie</a>

These books were referenced during the talk and may be of interest to you Cop On: What it is and why your child needs it to thrive and survive ...

The 4-7 Zone - Colman Noctor - 9780717197323 - O'Mahony's

The Anxious Generation: How the Great Rewiring of Childhood Is ...

Please see link below for more information on this speaker:

<u>Colman Noctor - Psychoanalytical Psychotherapy</u>

### Outdoors Learning

The good weather this week was a Godsend! Our classes were outside as much as possible, using the Outdoor Classroom and the grounds. We will continue to get our pupils out in the open air as much as we can now that the weather is more favourable. We will also visit the Bog Meadow for class walk & talks.

### Spaces in Classes

If for any reason you will not be returning in September, or if you know of anybody seeking a place in the school, please let me know. I have applications for spaces and I am planning for next year at present. Thank you.

#### Golf Classic

Please see attached link to a Community Event which you may wish to take part in .

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