



HealthPromotingSchools  
Scoileanna Cothaithe Sláinte



# *C.B.S. Primary Mitchelstown*



## *Health Promoting School 2020-2021*







Never  
forget that  
you are  
someone  
Special!







# Best of luck in your Retirement Mrs.O'Callaghan







# Best of luck in your retirement Mrs.O'Callaghan







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# Welcome Mr.O'Connell







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# *Virtual Fun Run*

**CBS Mitchelstown Primary School  
Parents Council**



## **VIRTUAL 5K FUN RUN/WALK**

**RUN OR WALK WITH YOUR FAMILY OR A FEW FRIENDS**

**ANYTIME BETWEEN 12<sup>TH</sup> – 18<sup>TH</sup> OCTOBER 2020.**

**€10 PER FAMILY, €5 PER INDIVIDUAL. FOR REGISTRATION DETAILS, GO TO :**

**[HTTPS://WWW.FACEBOOK.COM/CBSPRIMARYPARENTSCOUNCIL](https://www.facebook.com/CBSPRIMARYPARENTSCOUNCIL)**

**ALL PROCEEDS WILL GO TO UPGRADING IT FACILITIES IN THE SCHOOL.**





# *Walk on Wednesday*







# *Our Halloween Raffle*







# We remember our loved ones in heaven

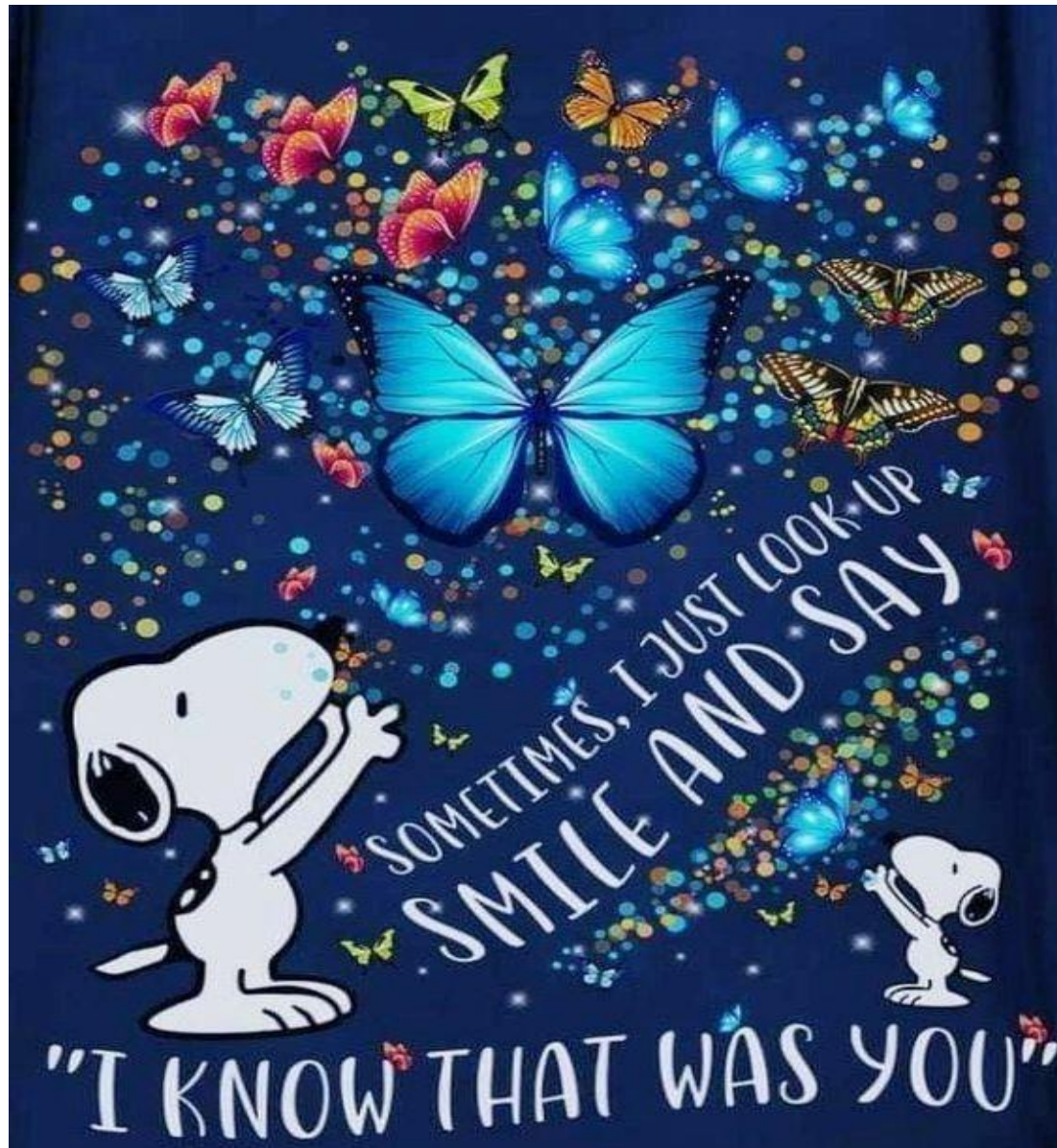


Thank you Ms.Keane for making the beautiful display.





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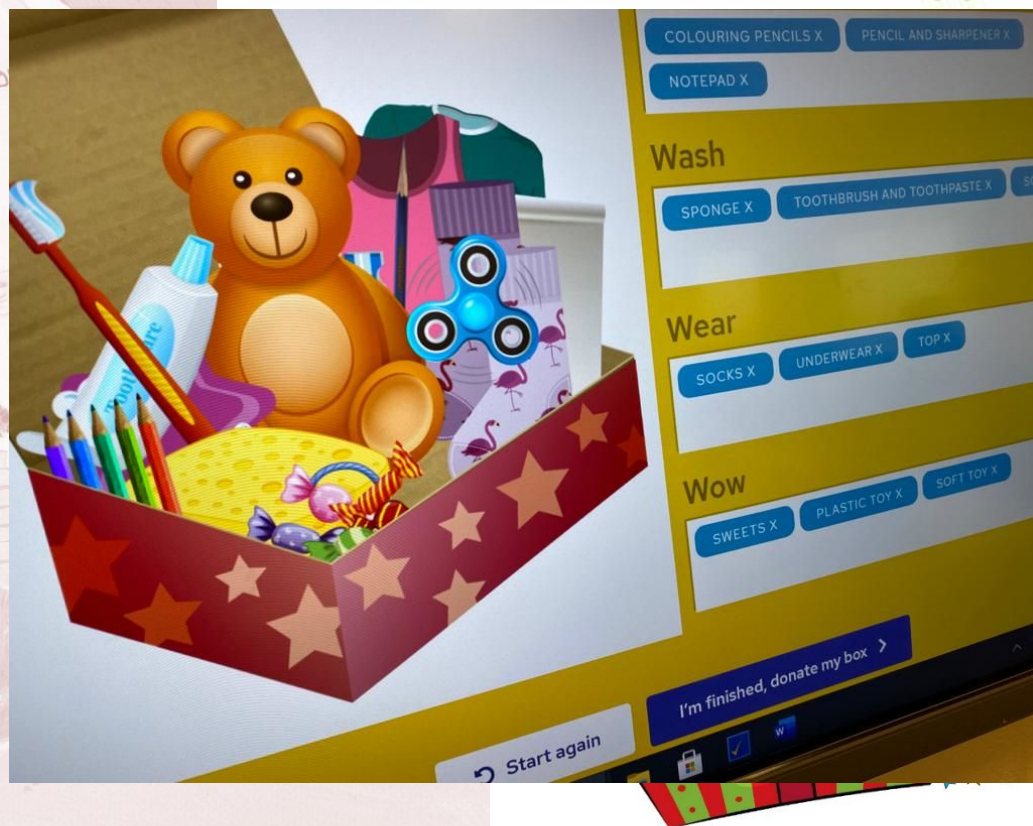






# Helping others

## TEAM HOPE Christmas shoebox appeal





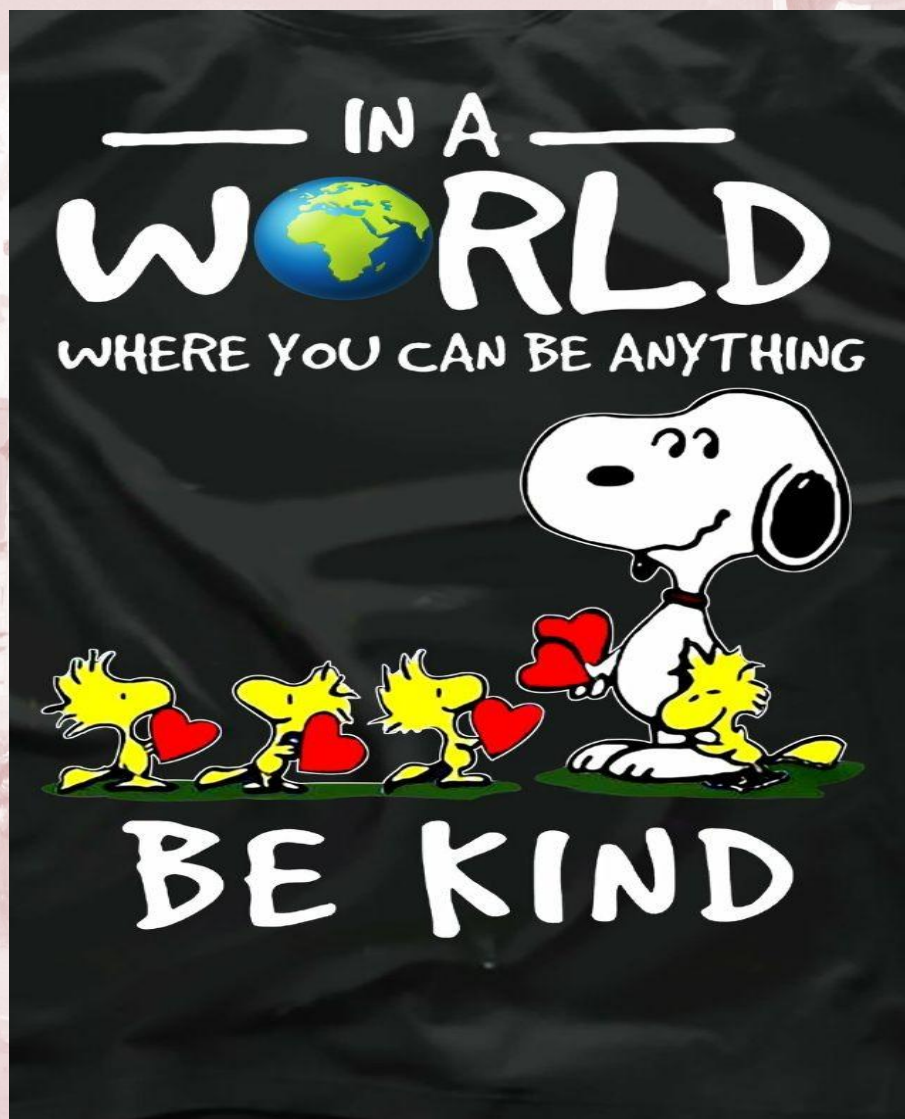
# Helping others with the

# TEAM HOPE

## Christmas shoebox appeal











# We are part of our Community!

## Christmas in Mitchelstown Art Competition.







## Santa visits C.B.S.







# Thankful Turkeys







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# Food Pyramids







# Food Pyramids







# Food Pyramids







# Food Dudes







# Food Dudes







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I show kindness by .....







# Easter Bunny





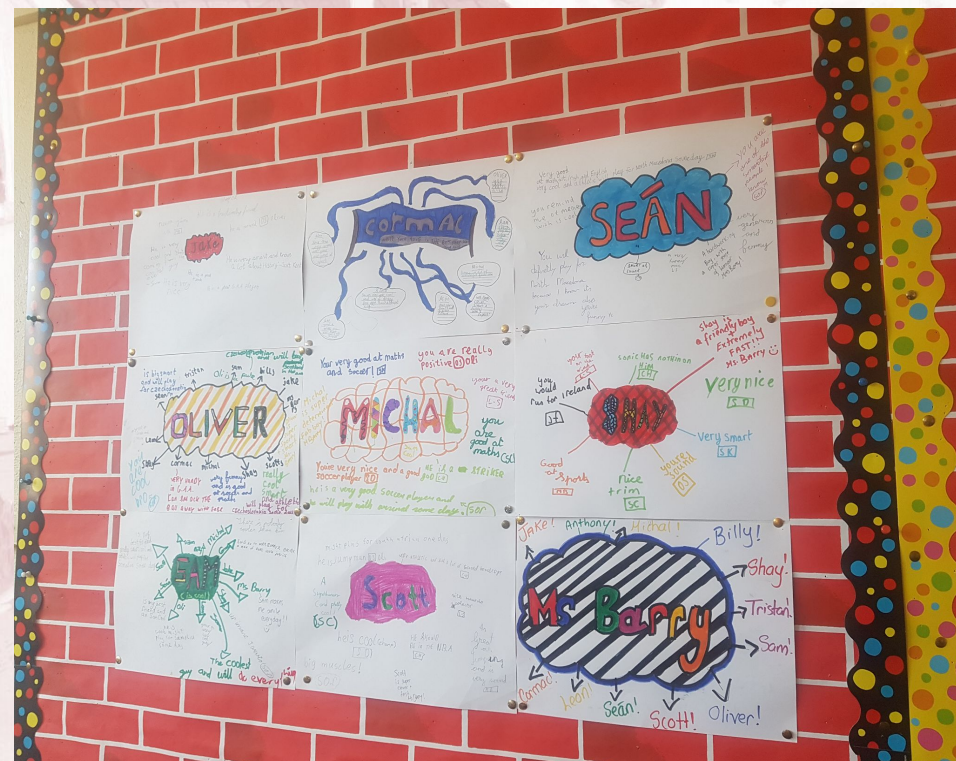
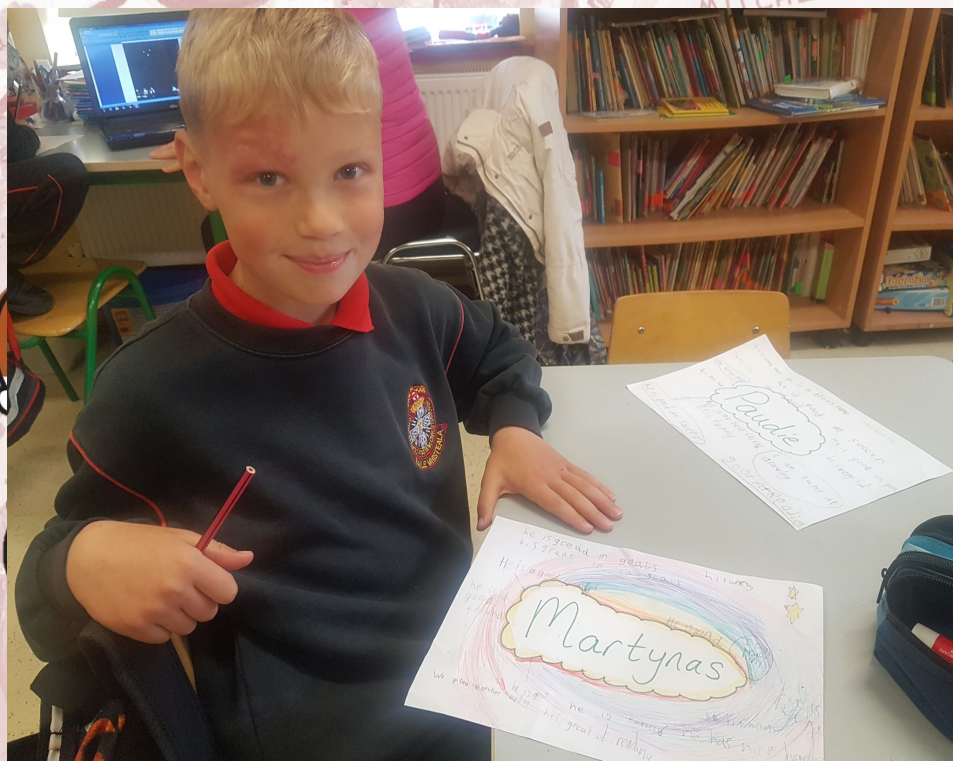


# Ms.O'Gorman's 1<sup>st</sup> class Friendship Wall





# Friendship Activities- What my friends say about me !





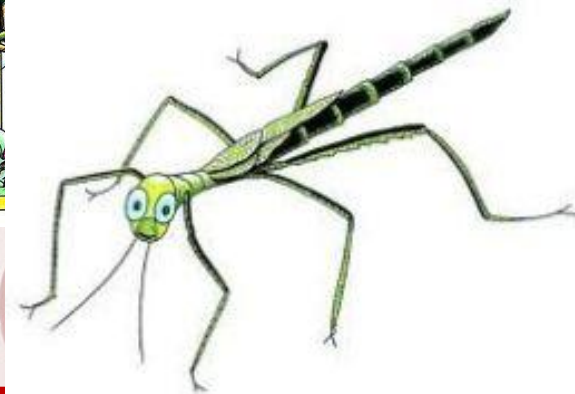
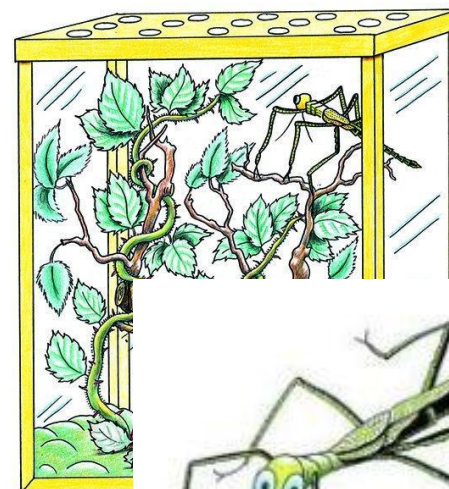
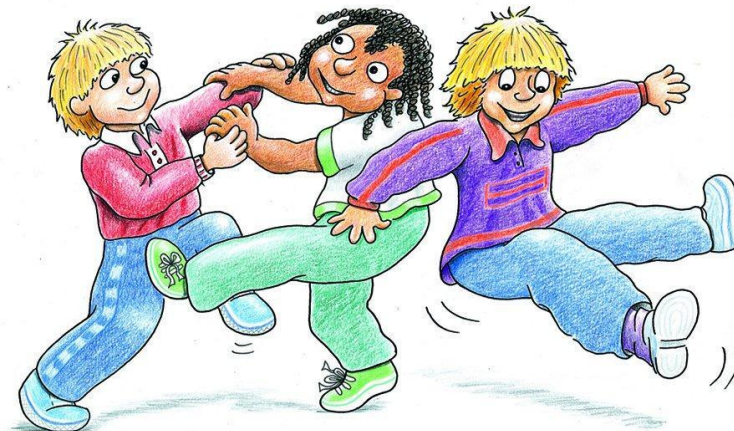


# Zippy's Friends



Name; \_\_\_\_\_

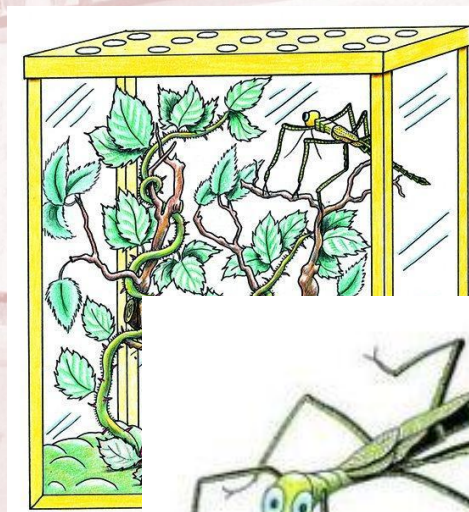
Class; \_\_\_\_\_







# Zippy's Friends







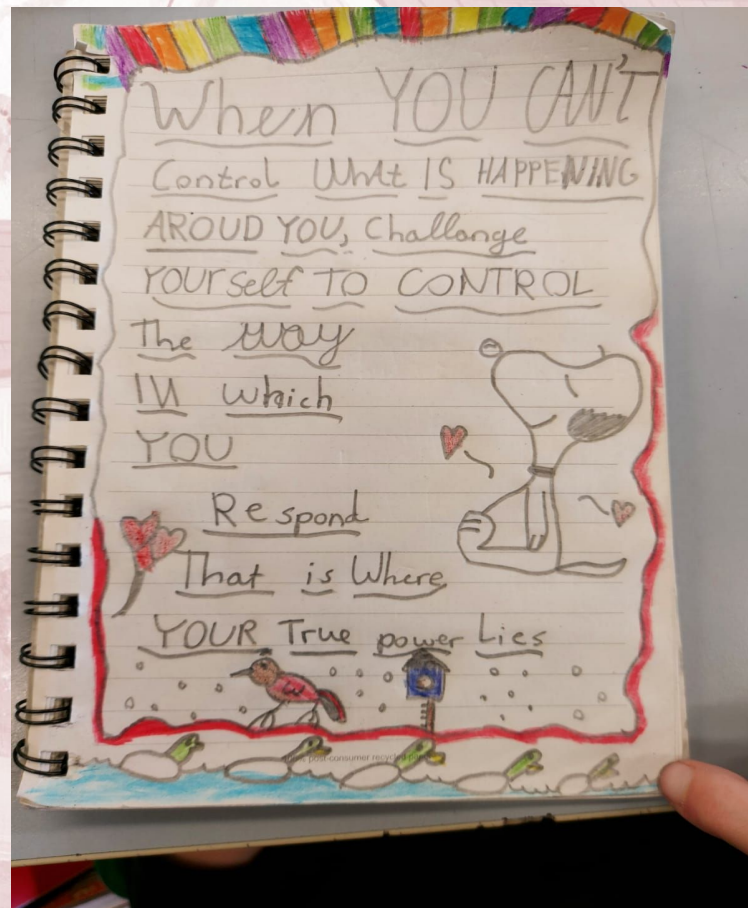
# Playground Games







## 4th Class Wellbeing Activities







## 4th Class Mindful Colouring







# Our School Garden







## Visiting the Allotments







Our Gratitude Journals







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# POSITIVE QUOTATIONS



## Positive Quotations Display Board

C.B.S. Primary Mitchelstown, Health Promoting School 2020/21





## 1st Class Zippy's Friends visit to the Graveyard





## 1st Class Friendship Flowers







## Virtual Bingo







# Active Week







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# Active Week







# Healthy Mind Platters

Ben Kiely 3rd class



Evan Roche- 1st Class



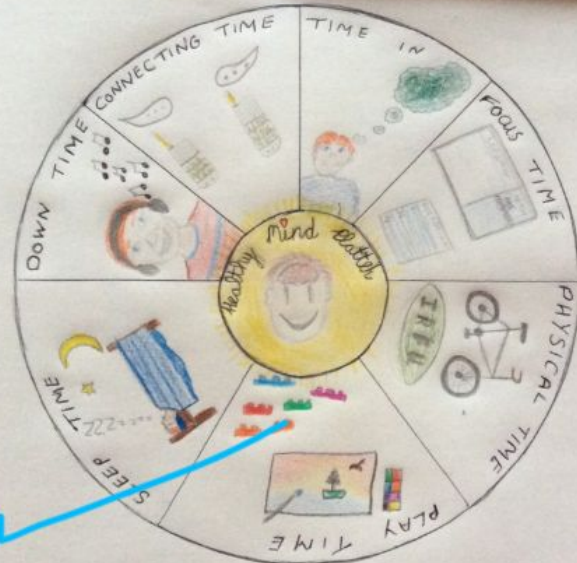




# Healthy Mind Platters

C.B.S.  
PRIMARY  
MITCHELSTOWN

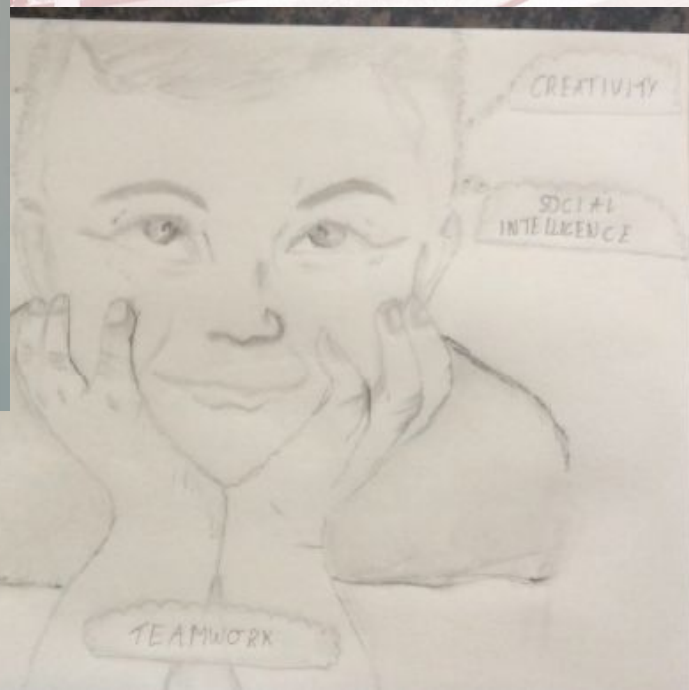
Noah  
Bernard







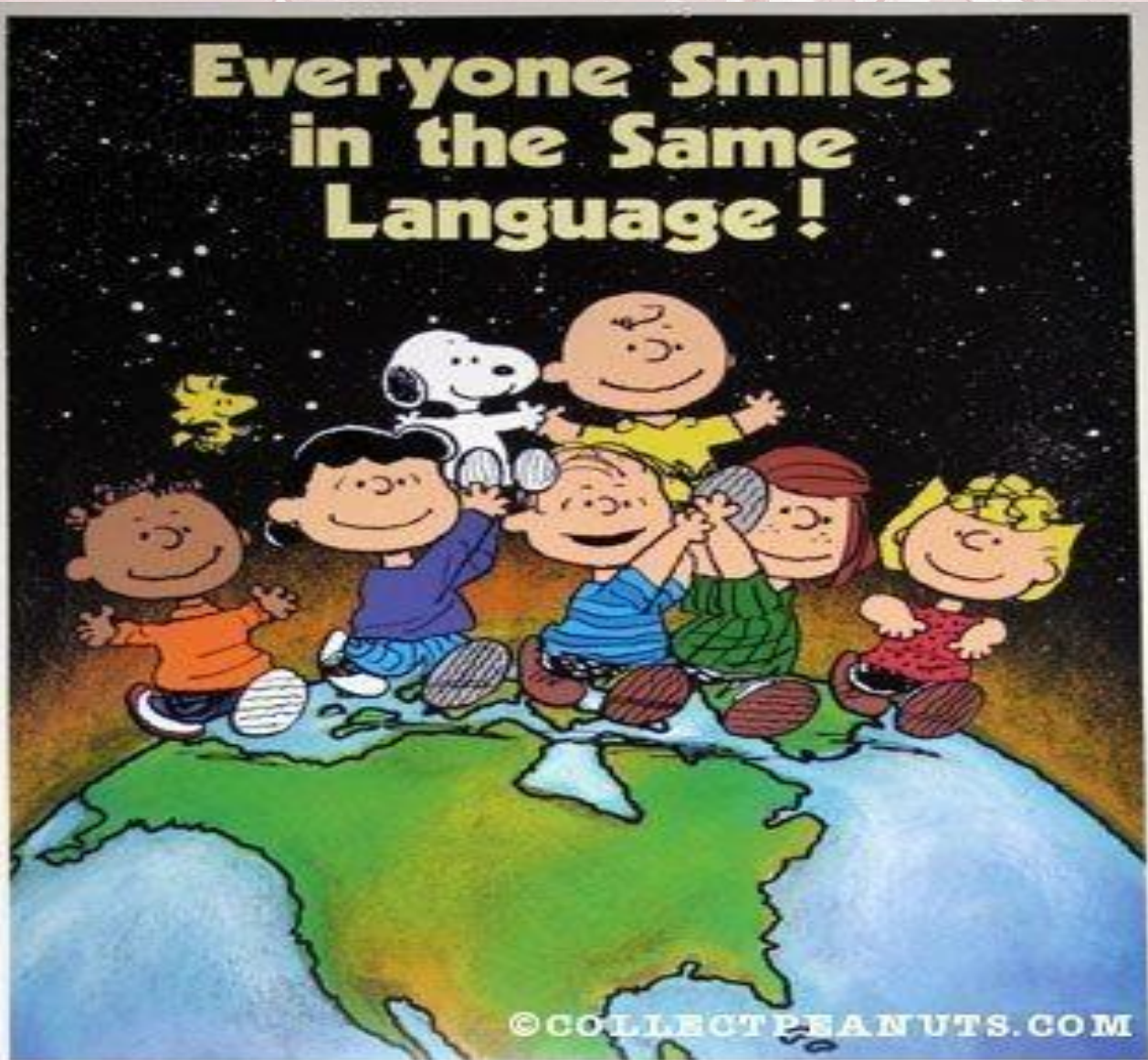
## Weaving Wellbeing -Character Strengths-4th class







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# C.B.S. Staff delivering Food During the Lockdown

On this occasion the spoils are going to Rathcormac, with Margaret Kearney from Ballybrowney the first name drawn from the hat. Well done Margaret, enjoy the prize.  
Readers are reminded to look out for further book giveaways in upcoming editions of *The Avondhu*.

The Landers family from Kilbehenny, who made the short trip to Galty Castle Wood for their regular walk, l-r: Cora, Danielle, Edel and Donie. (Pic: John Ahern)

A vacant building in Galbally village centre has been bought by compulsory purchase order (CPO) by Limerick City and County Council.  
It is understood that the property, buildings.

## Delivering school meal packages



er, Molly O'Sullivan, gathering food pack from CBS Primary.

With schools closed since Christmas due to Covid-19, CBS Primary, Mitchelstown have once again resumed provision food packages for its school population. The packages are available to all boys in CBS. The initiative is funded through the school's continuing involvement with the School Meal's Scheme.  
Delivery, on this occasion, is being exclusively provided by fourteen members of school staff, divided into three small groups. The staff drop food to CBS boys living all around Mitchelstown, as well as in Fermoy, Curraghagalla, Anglesboro, Ballylanders, Kilworth, Skeheenarinky, Kildorrery and more.  
Every Wednesday, bags are packed and sent to the school by School Meals provider, Glanmore Foods. Co-ordinated by teacher Lianne O'Callaghan, the packages consisting of fresh necessities e.g. milk, butter, bread and other essential perishables are then delivered to each household. The food packs also include a consignment of fruit and vegetables provided by Food Dudes.

- an award winning healthy eating programme, developed to encourage children to eat more fresh fruit and vegetables.  
While we are in the middle of this third wave of the pandemic, the food provision provides an invaluable link with families. The staff use the weekly opportunity to provide teaching and learning resources when needed. A special mention must go to Mairead Sheehan (Project Worker) and Gillian Kearney (Home School Community Liaison) who have delivered further resources to countless homes over the past few weeks.  
At the end of January, the staff recognised boys that celebrated birthdays during the month, with a card and gift being dropped to their house. Happy birthday to those twelve boys! This will continue for the duration of the school closure.  
While all at CBS look forward to the reopening of schools, the staff are glad that they are able to provide this support for the school community.



Gillian Kearney and Mairead Sheehan ahead of the food drop last week.



Elaine O'Gorman and Mary O'Brien at the school last week before their deliveries.

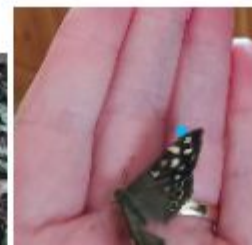




# Wellbeing Wednesdays

**It is Wellness  
WEDNESDAY.  
Take care  
of yourself,  
stay refreshed,  
and stress  
less.**

## Signs of Spring Nature Hunt







### Art Activity: 'Things to Look Forward To Jar'.



1. Find a jar/lunch box/carton.
2. Write a label for your jar. You could write 'Things to Look Forward To'.
3. Cut shapes out of the colourful paper or tissue paper.
4. Write things that you are looking forward to on pieces of paper and place them into your jar.







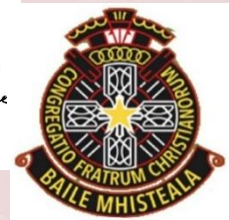
# Class Mojo







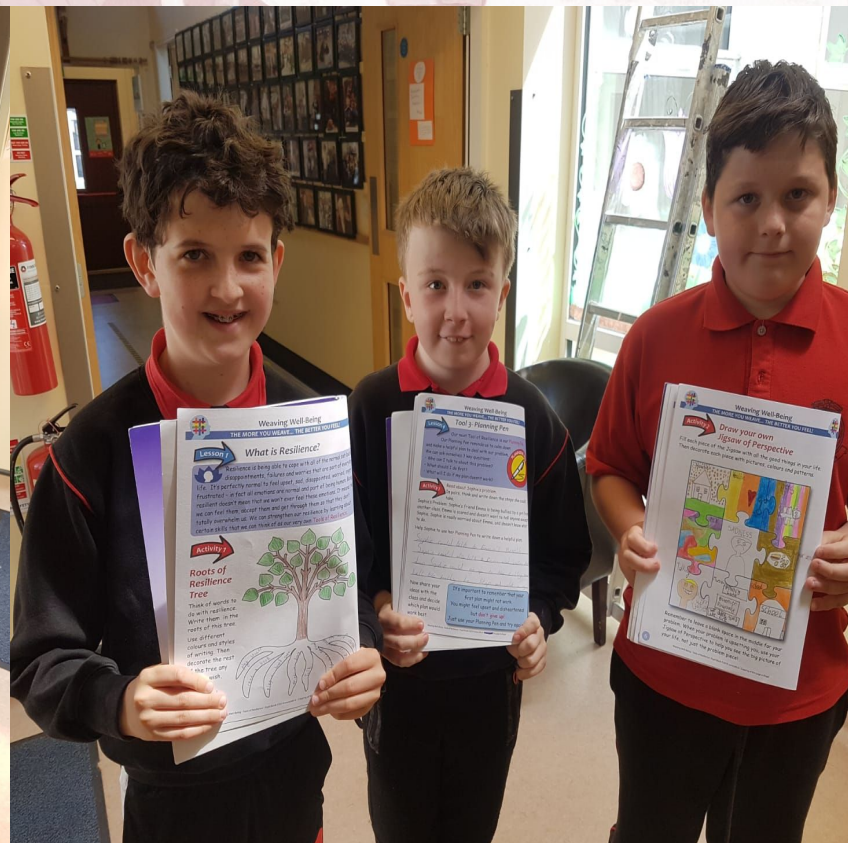
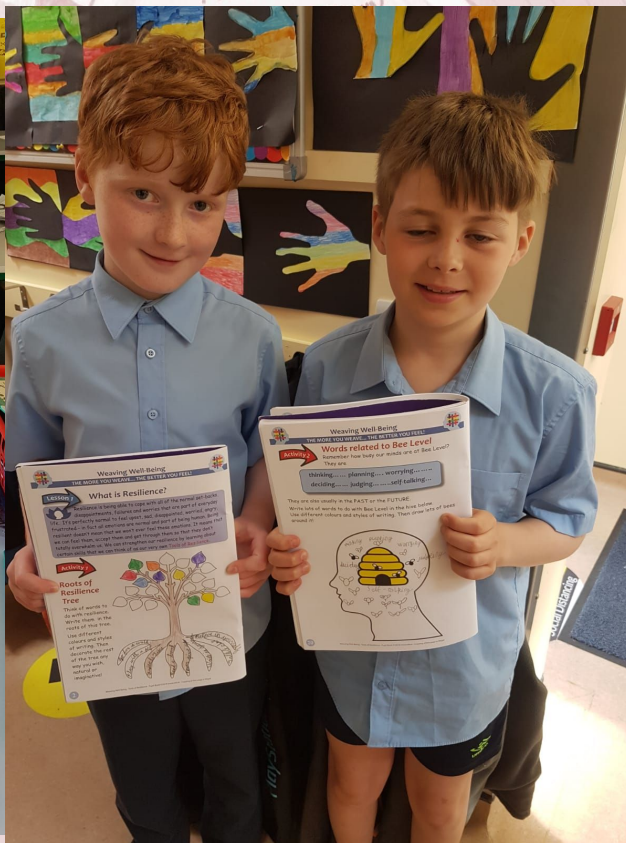
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# Celebrating Birthdays











When You Are Barely Hanging On  
Focus On Your Strengths  
Not Your Weaknesses

Bette Kelley©

*Barefoot Thoughts and Rambling Inspirations  
Reflections of a Barefoot Dreamer©, \**

*You Are Stronger Than You Think*

Deposited with the Copyright Commission, 2011/14





# 1st Class Mood Monsters







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You don't  
have to be  
Perfect  
to be  
Amazing







Be  
*someone*  
who makes  
**EVERYBODY**  
feel like a  
*Somebody*

No act of  
**KINDNESS**  
no matter  
how small  
is ever  
wasted.

-Aesop



...current and future events and trends...

Another important lesson that we hope our school community took from this pandemic is to appreciate the little things in life and to understand that "Life isn't about waiting for the storm to pass. It's learning to dance in the rain".









**Best of Luck in your new school Mr. Quirke. We will really miss you at C.B.S. Primary. Thanks so much for everything**







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**Looking forward to continuing the great work in the next school year. Wishing you all and your families a very happy and safe summer break.**



**“Have Courage and be Kind”,**

**Best Wishes,**

**Ms. O'Regan**

