













# C.B.S. Primary

# Mitche Stoun

Health Promoting School 2020-2021





















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





Best of luck in your retirement Mrs.O'Callaghan





















### 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  $12^{TH} - 18^{TH}$  OCTOBER 2020.

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

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.



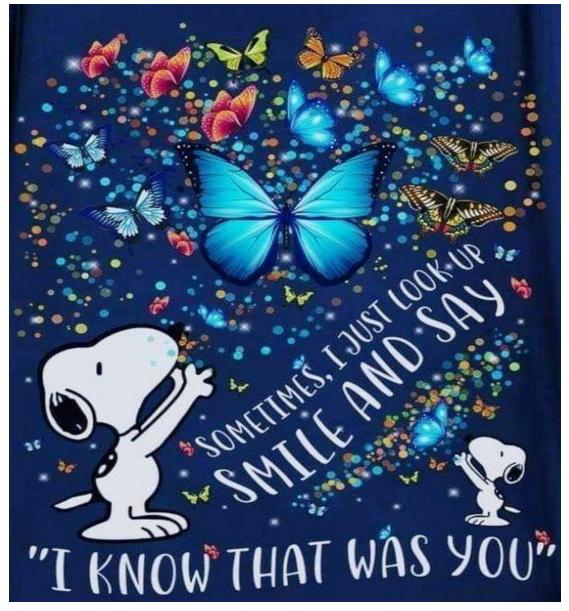






















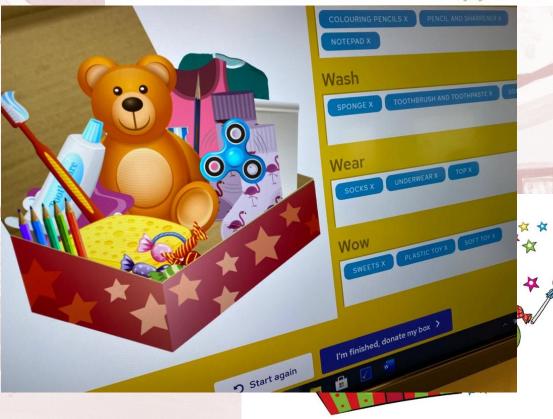


#### **Helping others**



Christmas shoebox appeal



















Christmas shoebox appeal

















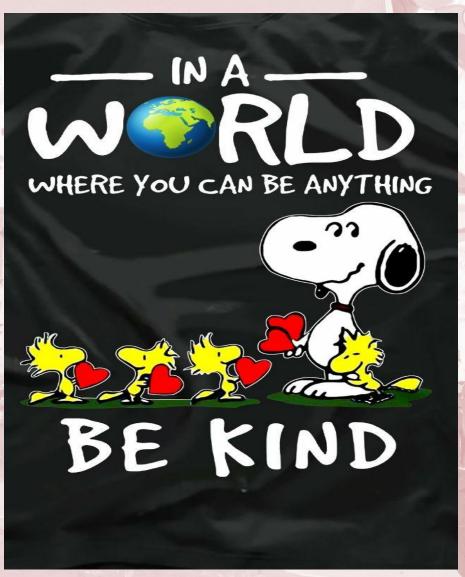
















We are part of our Community! Christmas in Mitchelstown Art

Competition.

















#### **Thankful Turkeys**



































### **Food Pyramids**















#### **Food Pyramids**

















### **Food Pyramids**

















#### **Food Dudes**





















































### I show kindness by

















#### **Easter Bunny**



































#### Friendship Activities- What my friends say about me!



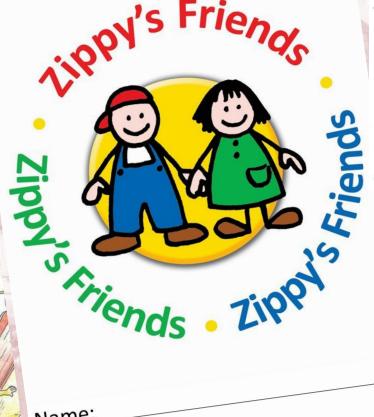




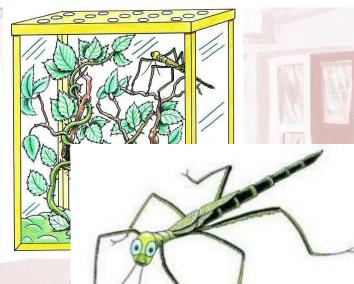












Name;

Class;







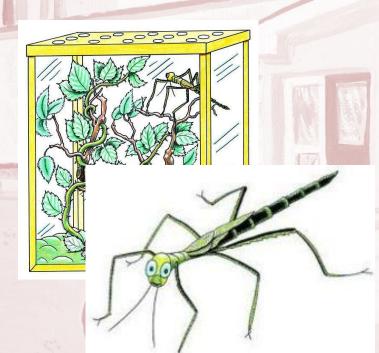
























# Playground Games















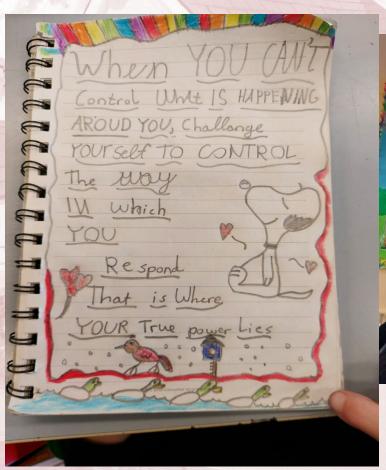






#### 4th Class Wellbeing Activities

















#### 4th Class Mindful Colouring



















### Our School Garden













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







#### Visiting the Allotments











Our Gratitude Journals



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



























Positive Quotations Display Board



















1st Class Zippy's Friends visit to the Graveyard







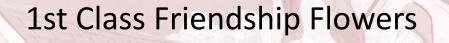


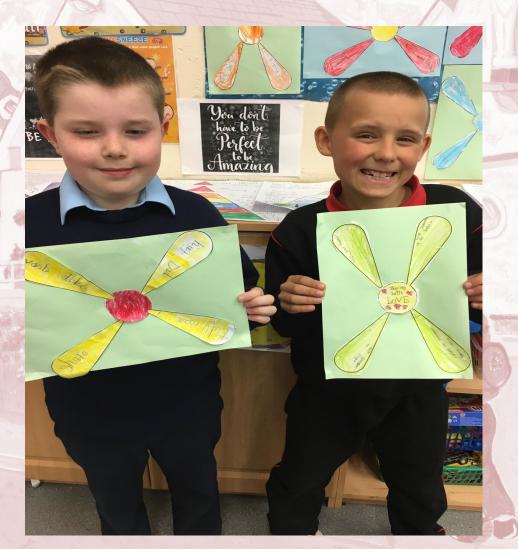






























### Virtual Bingo



























































### **Active Week**

















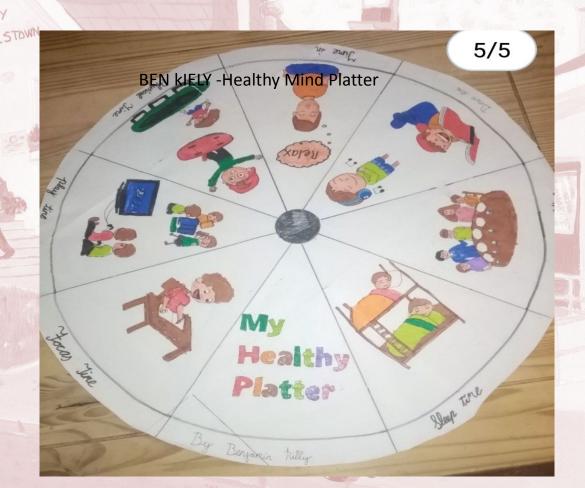


# Healthy Mind Platters

Ben Kiely 3rd class



Evan Roche- 1st Class



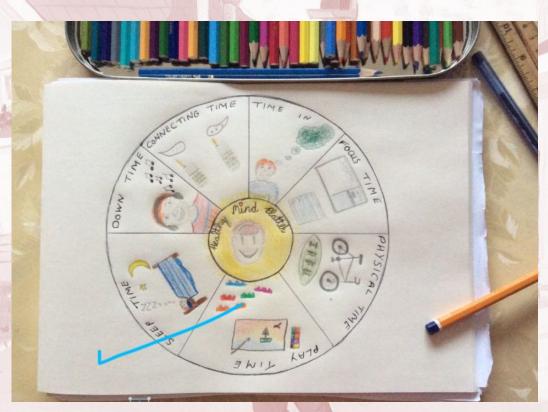


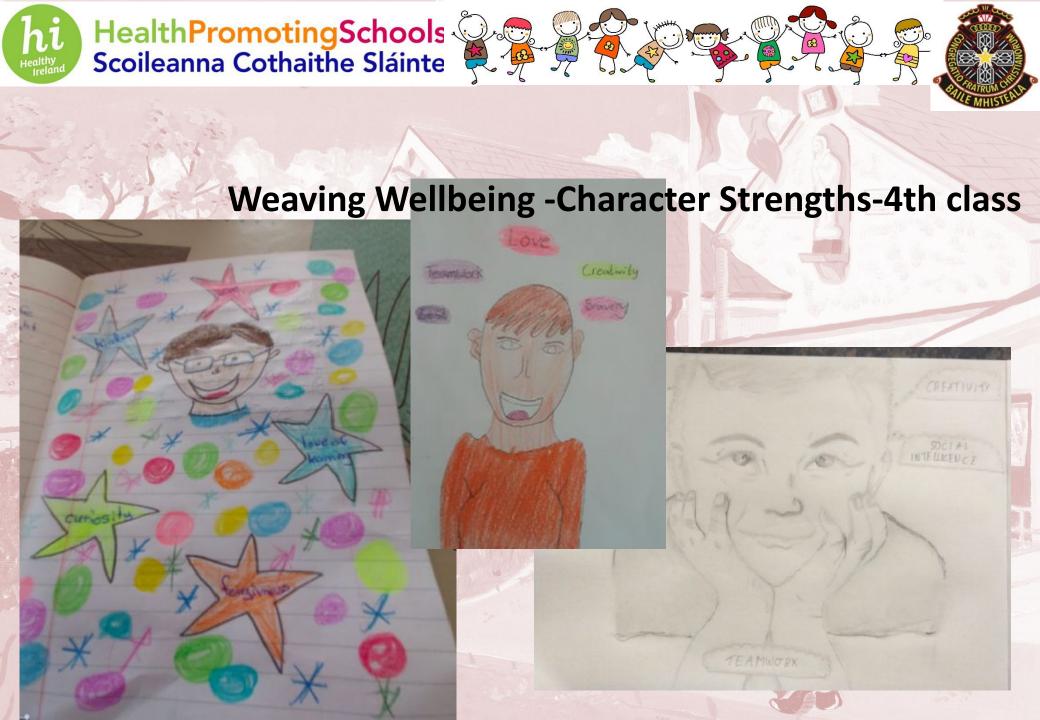


# Healthy Mind Platters













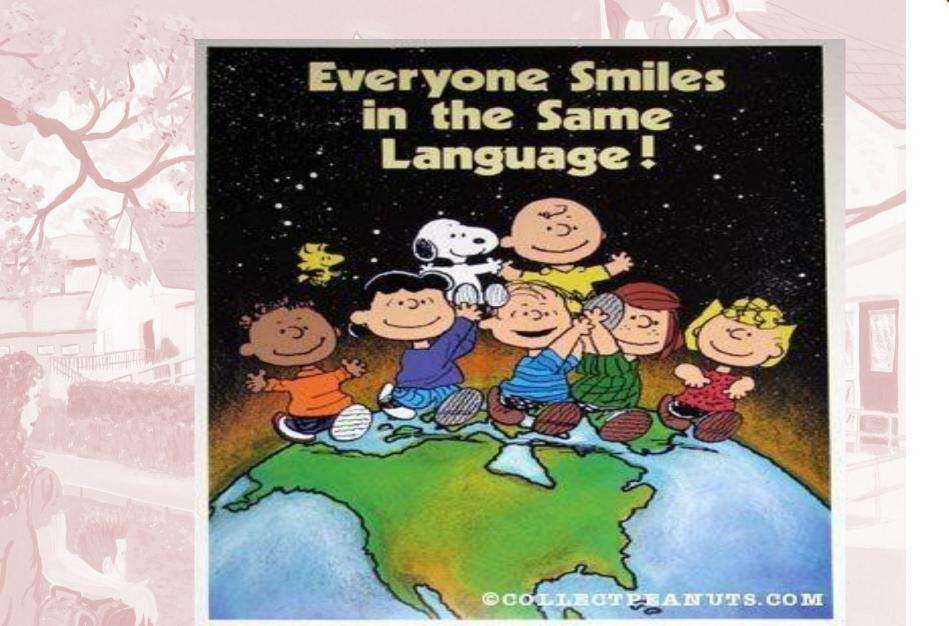


























### C.B.S. Staff delivering Food During the Lockdown

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, I-r: Cora, Danielle, Edel and Donie, (Pic: John Ahern)

village centre has been bought by compulsory purchase order (CPO) by Limerick City and County Coun-

It is understood that the property.

drive to find ways to solve the problem of vacant structures across the region and to reduce the amount of derelict

### Delivering school meal packages



er. Molly O'Sullivan, gathering food packfrom CBS Primary.

mas 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.

gramme, developed to encourage children to eat more fresh fruit and vege-

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

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

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.





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

















### Wellbeing Wednesdays

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













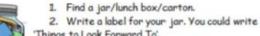








### Art Activity: 'Things to Look Forward To Jar'.



- 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.



























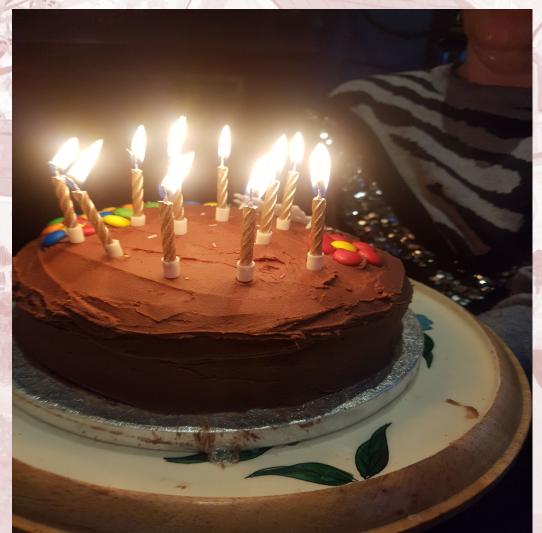
### Class Mojo







### Celebrating Birthdays







### 4th Class Weaving Wellbeing





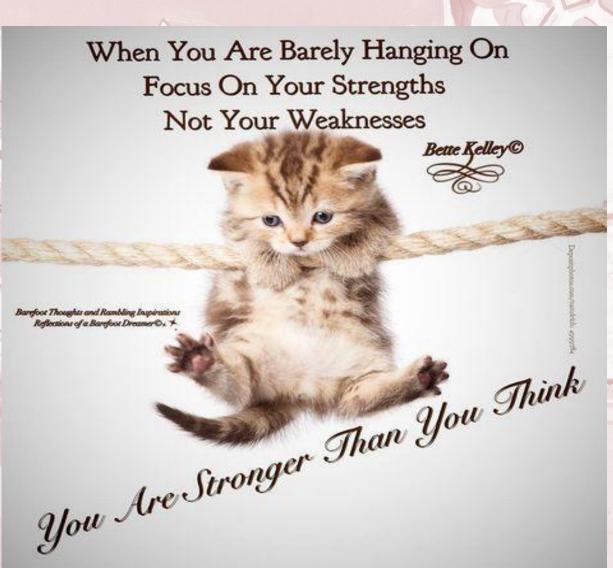




























### 1st Class Mood Monsters



































# Bo someone who makes **EVERYBODY** feel like a Somebody

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

coffeecups and crayons.com





Another successi ur o Primary School bingo

Last Friday night saw the sec-

ond round of the CBS Primary

online bingo fundraiser. Again

there was enormous support

from the whole community for

Our three outlets - Roche's Spar,

The Favourite and The Kitchen Gar-

den Greengrocer - were sold out of

bingo books by Thursday evening.

Again, we would urge people to buy

online or buy early in the week from the shops in order to avoid disap-

pointment. The deadline for buying

night was none other than Ber-

nard O'Connell, principal of CBS

Primary. Bernard later introduced

our guest caller on the night, Chris

The main bingo "caller" on the

online is Friday morning 9.30.

an entertaining night.

the initiative.



### Weaving Wellbeing at C.B.S. Primary

Drive-in bingo back and outdoor arena open at T.O. Park

em along.

The proceeds of our binge this season I go directly to fund a major developt at the Park which is currently expect-

\*\*Yes folks, we are back in style since last Thursday with 70 cars ruraling up that evening. The atmosphere ferming the same properties of the same properties o

be rewired.

If bingo is to move indoors for next
if bingo is to move indoors for next
wince, which it must due to cold and dark
ness, a lot more space will be needed. Going
forward due. Covid restrictions, when
forward due indoors they will have to be
people apart. This is why we are already
expending penalth the space, available, for

bingo and many other indoor activities which we hope can then return.

A hugely ambitions and contly project the biggest we have understaten to do.

We would greatly appreciate any help-ics, especially ideas on fundarising which will be crucial to the project.

will be crucial to the project.

We are hoping to get a small grant from
Cork County Council who have always been
so helpful to us down through the years.

Already just three people have con-Aiready just three people have con-tributed lots of time and effort to get the project off the ground. A big thank you to James McNamara and PJ O'Brien, project co-ordinators, ably assisted by Mike Hanley.





### Weaving wellbeing at CBS Primary

moting School since 2005. Having Health Promoting School status means that we are ening our capacity as part of our school over for organizing this. This

changes that have taken is underpinned by the school community has the absence of the negschool motto "Have of the positive. The pro-Courage and Be Kind" gramme gives children and our Wellbeing initi- the opportunity to weave Food Dudes Programme tives sums up our com- positivity into their daily with Ms. O'Callaghan.

C.B.S. Primary, mitment to developing has wellbeing amongst our been a Health Pro- boys and our school

This year we implemented the wellbeing programmes - Zippy's Friends in 1st class and Weaving Wellbeing in classes 2nd-6th. our Health Promoting School's coordinator programme is the first tive mental health pro-

HEALTHY EATING AND demic and the huge gramme of its kind. It cal activity and posiwellbeing of our whole well-being is not simply ing policy. Our healthy to be focused on. Our ative, but the presence meals are supplied by

ities include building "character strengths" "positive emotions", "tools of resilience", "positive relations" and" empowering beliefs".

As well as implementing these programmes, we also carry Thanks to Ms. O'Regan, out many other fun and exciting initiatives.

### EXERCISE

Evidence shows the strong link between healthy eating, physitive mental health. Our school has a healthy eatlunches and school Glanmore Foods and we are also taking part in the

In addition to this the boys are participating in a food pyramid competition. At C.B.S., we also promote physical activity. Our virtual fun run, active week, participation in the Super Troopers Programme and P.E. activities, promote the benefits of exercise and

team sports. **GRATITUDE AND** KINDNESS Gratitude and showing kindness to others have been proven to increase positive emotions such as happiness, hopefulness and joy. We have adopted many strategies in our school to promote an atmosphere of gratitude and kindness. Strategies

include gratitude jour-

nals, "thankful turkeys",

ness", friendship lessons and partaking in the Hope Foundation Virtual Shoebox appeal.

### MINDFULNESS

Mindfulness is a way of paying attention to the present moment. It helps us become more aware of our thoughts and feelings so that, instead of being overwhelmed by them, we're better able to manage them. At C.B.S., we practice mindful breathing, do mindful colouring and take part in mindful nature walks. We also set up our own school garden and vege-

During lockdown we incorporated all these elements together by having a 'Wellbeing Wednesday' for the boys

We were much obliged to www. pointupdigital.com web design agency for sponsoring game 4 on the night. Thanks also to John Weir and Ryan Quirke who look after the many technical aspects of online bingo. Mention was made on the

to our boys of his trips around the world. Ar dheis Dé go raibh a anam. Our next bingo is this Friday night, 14th May at 8pm with the Zoom session commencing at 7.30pm. Please do continue to support this worthy cause. The winners for Friday, 7th May

night of the passing of Miko O'Grady

who was always a great friend to our

school. We will remember fondly

the many presentations he made

were: Game 1: €20 Davin Morrissey, lst Class; €20 Eve O'Donnell, €100 Maura Roche. Game 2: €20 Daire Burke, 4th Class; €20 Kevin Cooke, 4th Class (shared full house); €50 T.J. Coffey and Joshua Keane (shared full house). Game 3: €20 Margaret Roche; €20 Carole Bradley; €100 Molly O'Sullivan CBS Primary (full Howard, a past pupil of the school house). Game 4: €20 Katie Dawson; and a well known personality on the €10 Una Lee; €10 Mary Fleming: bingo circuit. Well done to both for

€100 Pearse O'Sullivan, 1st Class. Game 5: €20 Mairead Connolly, CBS Primary; €20 Keelan McGrath, CBS Primary; €100 Isaac O'Donnell, CBS Primary. Game 6: €20 Aoife O'Connell; €20 Betty Brennan; €50 Margie Hanna (shared full house); €50 Shane Warren (shared full house).

and we held a healthy mind platter competition. Our home school liaison teacher Ms. Kearney, is currently organising an evening on wellbeing. Next Friday, we are looking forward to Martina Ryan from Cork Mental Health giving a presentation to sixth

a day' tips for the boys to promote positive mental

Our weekly positive quotations create a nice, positive atmosphere in delighted when Canon Leamy quoted one of them at mass "One kind word can change someone's entire day." class. This will include '5

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



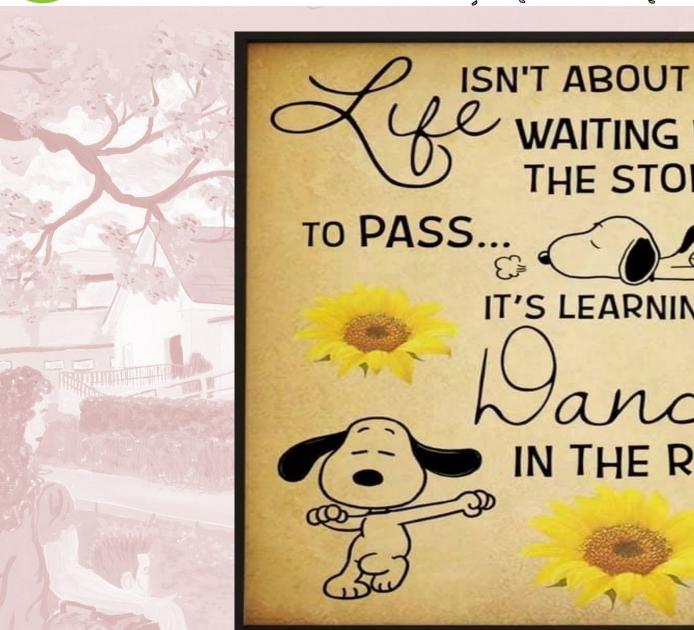




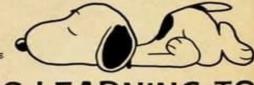








WAITING FOR THE STORM



IT'S LEARNING TO







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

















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