



SAPERE AUDE

DUNDALK GRAMMAR SCHOOL

JUNIOR SCHOOL NEWS

VOLUME 19 Issue 8

April 2019

Monday: Homework prep 3:00pm-3:50pm, (4th, 5th & 6th classes).

Eco Green Club 3:00pm-3:50pm 2nd to 6th class, Art Club 3:00pm-3:50pm 1st to 6th classes.

Tuesday: Junior Hockey Training 3:00pm-3:50pm Senior Infants to 3rd class.

Tuesday: Homework prep 3:00pm-3:50pm, Science club 4:00pm-5:00pm for 4th to 6th classes.

Thursday: Senior class Hockey Training 3:00pm-3:50pm, 4th - 6th classes. (Shin guards and gum shield essential) Next week, this will become soccer training.

DATES FOR YOUR DIARY

Monday 6th May: Public Holiday.

Wednesday 8th May: Sports Day and PTA BBQ

Thursday 9th May: Hockey matches against St Peters, Drogheda at DGS

Friday 10th May: C of I Confirmation St Nicholas Church, Church Street, Dundalk at 7:30pm.

Friday 17th May: Junior School Music Recital in Fynamore Hall at 2:00pm.

Wednesday 22nd – Friday 24th: Music exams at school (Piano & Recorder)

Friday 24th May: Speech & Drama exams in the Junior School.

Monday 27th May: 6th class trip to Carlingford Adventure Centre.

Wednesday 29th May: School Tours, 3rd -4th class Titanic & Infants -2nd class Armagh Planetarium

Second hand uniform sale tba

Friday 31st May: School closes at 12:30pm for summer holidays.

More dates available on calendar hand-outs which were sent home and on inside of pupils journal.

EASONS SPELLING BEE



We had our Easons Spelling Bee qualifier in school before Easter. It was hotly contended and Emily Liffey emerged as the winner. Emily participated in the Louth final which was held in Monastery Boys' NS in Ardee on Thursday 4th April and we congratulate Emily on her success. Emily finished in 2nd place, the runner up spot. What an amazing achievement!

DRAMA

In Drama, the children are presently preparing for the Leinster School of Speech & Drama exams which will take place in school in May. All children taking their exams already have their prescribed pieces. The date is Friday 24th May in school.

MUSIC

Many pupils are busy preparing for their music exams coming up in May. Please remember that daily practice is essential; Music, Piano and Recorder exams take place in school 22nd–24th May.

CONGRATULATIONS **SPORT**



This term, tennis coaching takes place for all classes Infants to 6th every Friday. Rackets are provided but the children may bring their own if they wish. We are delighted and honoured to have Irish International tennis player John McGahon coaching with Deirdre Winters from Dundalk Tennis Club.

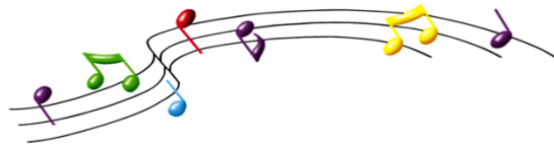
The AIJS (Association of Independent Junior Schools) Schools tennis tournament will take place in Rathdown School in Dublin on Saturday 11th May. We look forward to sending some pupils to participate.

PTA

The PTA are organising a BBQ and fund raising afternoon for all families on Sports Day Wednesday 8th May. There will be burgers, ice cream and lots more. A letter has been sent out with all the details.

Please don't forget the fabulous raffle on the day with lots of amazing prices.

MUSIC RECITAL



The Music Recital will take place on Friday 17th May in Finnermore Hall. The Junior School Recital is always an exciting time in our school calendar. After a year of music lessons the children get an opportunity to show-case their talents and we will not be disappointed.

The basketball court will be open for parking. It will begin at 2pm and finish by 3pm. All children in the Junior School will take part. It is also a great opportunity to enjoy all our musical talent and all are welcome to attend.

The children should wear tidy school uniform with their **school blazers**.

On Thursday 11th April the Junior School travelled to Alexandra College for the **AIJS (Association of Independent Junior Schools) Music Festival**. DGS performed a medley from their show The Wizard of Oz. They put on a great performance which was thoroughly enjoyed by all.

Transition Years students from our Senior School will give taster lessons and introduction on a range of instruments to Junior School pupils over the next two weeks.

MILE CHALLENGE

The Junior School started their daily mile walk/run back at the beginning of February. It has now become part of our daily school life. The children and staff enjoy the air and the fitness it brings.

Excerpt from Sonia O’Sullivan’s article in The Irish Times:

‘We all recognise the importance of fitness and sport at that local and grassroots level .

There is no better example of that than The Daily Mile. It’s never too early to instil the importance of general health, fitness and wellbeing in young children. So much has been written and discussed in this area in recent times, and it’s only when you experience a school in operation that you see what is possible to achieve in a short amount of time.

Just 15 minutes of activity a day is all it takes to kick-start the endorphins and adrenalin, to wake up the muscles and fibres that can become dormant throughout the day sitting in a classroom.

This is the exact aim of The Daily Mile. Most children can probably cover a mile in the allocated 15 minutes, or at least fill 15 minutes with active movement, even if not everyone is built to run a mile straight out the door.

What we visualised for the The Daily Mile was everyone lining up and running laps and laps of the playground, only this was so much more than that.

Positive effect

The school was buzzing with energy on a cold and clear spring morning. When the muscles are warm, it's so much easier to focus and concentrate, like the energy burner in the body is kick-started to set up the day.

It's nothing new; in fact it's something that many parents have grown up with and will reflect and recall from their own school days. Walking to school and home again, it was a natural form of daily activity. We all hear stories of the elite Kenyan athletes running to and from school each day, and I'm sure many Irish children also followed this path.

There is a need for a huge cultural change back to what we once knew and took for granted. These 15 minutes of daily activity in primary school can be among the most beneficial life skills that we can impart to our children. It should slot right in with, sleeping, eating and breathing.

Then set some targets to aim for as we all need a tangible reason for doing something. **For example, 26 days in a row of The Daily Mile and you'll have completed a marathon.**

We can all move and be active when we want to, but the ability to ingrain that desire to be active for just a minimum 15 minutes every day from a young age is a skill for life. It's something we all need to grasp and share and never let go of.'

DGS ART COMPETITION



The children are currently preparing for the DGS Art competition. Remember to get all the work done well in advance of the due date which is at the end of May. Ms Binks has all the details.

And finally - if you have any news items, you would like to include in the next newsletter, please send them in to ms.lait@dgs.ie