



Tá 'Seachtain an Chairdis' ar siúl an tseachtain seo sa scoil agus tá béim curtha ar na téamaí 'Cairdeas' agus 'Frithbhulaíocht' lastigh agus lasmuigh do na ranganna. Beidh imeactaí difriúla ar siúl i rith na seachtaine, idir cluichí, amhránaíocht, obair ranga agus grúpobair. Cé go mbíimid i gconaí ag cur luacha ar nós meas agus cúram chun cinn, beidh fócas ar leith i rith na seachtaine seo le cinntiú gur áit sona, sábháilte í Gaelcoil na Ríthe dár bpaistí. Tá sé tráthúil dúinn uile – tuistí, páistí agus foireann na scoile cuairt a thabhairt ar shuíomh gréasáin na scoile agus féachaint arís ar ár bPolasáí Frithbhulaíochta. <https://www.gaelcoilnarithe.ie/polasaithe-policies/> Tá ról tábhachtach ag tuistí, páistí agus múinteoirí na scoile sa pholasáí seo ar mhaithe le bulaíocht a sheachaint agus chun déighleáil le heachtaí bulaíochta má tharlaíonn siad.

Chomh maith leis an bpolasáí thuas luaite bíonn cláracha difriúla ar siúl i rith na bliana. Tá sé mar fhreagracht orainn agus ar gach scoil a cion a dhéanamh chun drochúsáid agus faille ar leanaí a chosc tríd an clár Oideachas Sóisialta, Pearsanta agus Sláinte (OSPS) a cuir i bhfeidhm go hiomlán. Faoi láthair tá an clár **Bí Sábháilte** idir-lámh ag Rang Naíonain Bheaga, Rang 1, Rang 3 agus Rang 5. Bíonn ról luachmhar ag an gclár seo chun cabhrú le leanaí na scileanna a fhorbairt is gá chun go mbeidh ar a gcumas an drochúsáid agus staideanna a mbeadh riosca na drochúsáide ag gabháil leo a shonrú agus go mbeidh ar a gcumas cur ina n-aghaidh.

Tuigtear freisin gur féidir le paistí scileanna a fhoghlaim a chothóidh meon sona agus sláintiúil. Rinne Múinteoir Máirín agus Múinteoir Fionnuala traenáil ar chlár '**Freinds for Life**' agus '**Fun Friends**'. Oibríonn na cláracha seo chun inníochas a laghdú agus chun scileanna pearsanta láidre a thógáil, rud a aithníonn an World Health Organisation. Cuirimid an clár Friends for Life i bhfeidhm i Rang 5 ach táimid chun é a thosú i Rang 4 freisin i mbliana. Chomh mhaith le seo táimid chun an clár Fun Friends a thosú i Naíonáin Shinsir.



This week we celebrate our annual 'Friendship Week' or 'Seachtain an Chairdis', where we focus on the attitudes and behaviours which underpin the ethos of our school as a happy place to learn. Seachtain an Chairdis helps all our children be aware that they have a responsibility for the happiness of their colleagues, this is especially true in alerting us about any instances of unacceptable behaviour or bullying. While we always promote respect and consideration for each other, there will be a more specific focus during this week, ensuring that Gaelcoil na Ríthe is a safe and happy place for all who learn here. This is a good time to visit the school website to take a look at our comprehensive Anti-Bullying Policy (<https://www.gaelcoilnarithe.ie/polasaithe-policies/>). This sets out how parents, teachers and pupils can help our school prevent and deal with instances of unacceptable behaviour and bullying.



*It is the responsibility of all schools to contribute to the prevention of child abuse and neglect through curricular provision. In that context the **Social, Personal and Health Education (SPHE)** programme is a mandatory part of the curriculum and is fully implemented here in Gaelcoil na Ríthe. The **Stay Safe Programme**, which is currently being implemented in Naíonain Bheaga, Rang 1, Rang 3 and Rang 5 plays a valuable role in helping children develop the skills necessary to enable them to recognise and resist abuse and potentially abusive situations.*

It is widely accepted that children can learn key skills that underpin well-being and emotional health. A number of years ago Múinteoir Máirín and Múinteoir Fionnuala received training in the 'Friends for Life' programme, which we have administered in Rang 5. Following re-training this year it is hoped to roll this programme out to Rang 4 and also introduce a programme called 'Fun Friends' in Naíonaín Mhóra. These programmes are designed to reduce anxiety and foster resilience in children and have been recognised by the World Health Organisation.



**Safer
Internet
Day 2019** | Tuesday
5 February
Together for a better internet

*As part of the week we will focus on Internet Safety, as tomorrow Tuesday 5th February is **Safer Internet Day**. This is a great opportunity to focus on the dangers associated with technology in the modern world and dealing with unacceptable behaviour and cyber*

bullying. As you know, these behaviours can occur off school grounds and outside of school hours. Although we cannot govern matters occurring out of school hours, which are the responsibility of parents/guardians, we still want to be part of the solution. We appreciate that parents can have a difficult job keeping up with their children on the fast changing technology available to them, let alone knowing the dangers they face. If your child is sharing, or commenting on content on social networking websites or joining, subscribing, or following online sources of content, this must be monitored by you. Should you decide to allow your child to have an online profile we strongly advise:

- *All devices (tablets, computers, laptops and game consoles) should be used in shared spaces such as the living room rather than in bedrooms.*
- *Check their profile is set to private and that only their friends can see information they post.*
- *Monitor your child's use and talk to them about safe and appropriate online behaviour such as not sharing personal information and not posting or messaging offensive /inappropriate messages or photographs.*
- *Monitor your child's use of language and how they communicate to other people, ensuring profanity is discouraged.*
- *Make sure your son/daughter understand the following rules:*
 - *Always keep your profile private.*
 - *Never accept friend you do not know in real life.*
 - *Never post anything which could reveal your identity including photographs wearing school uniform where possible.*
 - *Never post anything you wouldn't want your parents or teachers to see.*
 - *Never agree to meet somebody you only know online without telling a trusted adult.*
 - *Always tell someone if you feel threatened or someone upsets you.*

A great source of information, for parents and teachers is the website www.webwise.ie This site offers free information, advice and resources to help address internet safety issues.