

7th October 24



NUAHT NA CROISE NAOFA



Junior Infants Enrolment 2025



Reminder: Applications are now being accepted for next year's Junior Infant Class. The last day for applications is 31st October 2024.

Goal Jersey Day & Halloween Costume Sale

This Friday we will be raising money for GOAL who provide humanitarian aid in some of the most difficult and dangerous places around the world. This ties in perfectly with our monthly Holy Cross Way Theme of "Kindness". We ask that all children who want to take part bring in €2 this Friday for the collection and they can wear a sports jersey of their choosing. Our Parents Association will also be donating the proceeds of the second hand costume sale to GOAL as well! *More details on the second hand uniform sale and the second hand costume sale on the next page.*

PHOTO OF THE WEEK

Ms. Kennedy's Rang 1 were hard at work last week planting their Oak sapling with Paul's help. They are looking forward to seeing the sapling grow through out their time in Holy Cross!



Second Hand Uniform and Halloween Sale

This Friday, 11th October, our fantastic Parents Association are running their Second Hand Uniform and Halloween Costume Sale. It is a great opportunity to pick up some school uniform items in good condition at bargain prices! Also taking place on Friday will be the second hand Halloween costume sale which was very popular last year particularly with parents of our younger classes. Proceeds from the sale of costumes will go towards the GOAL charity.



Both sales will take place in our school hall at 9-9:45am on Friday morning. The sales will then re-open at 1:30pm when parents of our infant classes are welcome to bring the little ones along to browse through the costumes and parents can also pick up any uniform items if they wish!



The PA are still accepting items for both sales. Please drop them into the office this week. Many thanks to our PA for all their hard work in organising!

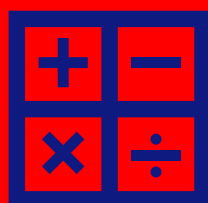
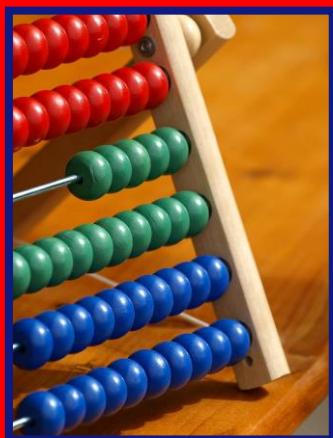


Walk to School Week 2024

This week is National Walk to School Week. Members of our Green Schools Committee spoke to the whole school at Tionól last Friday about trying our best to walk or take public transport to school whenever possible and the benefits for our health and environment. They will be taking a survey of all our pupils this Wednesday on how we all get to school - maith sibh!



Maths Week 2024



Maths Week will take place next week, 14th - 18th October, in Holy Cross School. Many thanks to the staff and in particular, Ms. Hegarty for organising so many fun activities and challenges for the classes. We will give more detail on the various activities planned in next week's Nuachtlitir. If there are any parents who work in the area of STEM (science, technology, engineering and maths) who would like to visit one or more of the classes to talk to the children about the importance of maths in everyday life, we would be very grateful. We had a great response to this initiative last year and it was something very much enjoyed by children and parents alike! If you would be interested, please get in touch with Mr. McGrath via the office. Míle Buíochas!



GAA Arrangements this Week

We have a very important match coming up this week for our Senior Boys Team who, after topping their group, now play St. Christopher's NS in their QUARTER FINAL on Thursday afternoon. The match will be played a little earlier than usual at 1pm in Deerpark. The team will return to the school for collection at 2:30pm as usual. Mr. Fitz will let the players know who will be travelling to the game during the week. We wish the boys and their coaches all the very best!

Stretch N Grow Halloween Camp

Jane from Stretch N Grow is running a camp in Holy Cross this Halloween. Details below.

Stretch n Grow Halloween Camp

3 day camp Tues 29th - Thurs 31st Oct

10am - 1pm - Cost €85

Suitable for Junior & Senior infants.

For more details & to book;

Email jane@stretchngrow.ie

Head Lice

We have had a number of cases of head lice in a few different classes over the last number of weeks. Please see below for some helpful hints on identifying and treating head lice!


DON'T BUG ME!

TRUTH AND LICE

PARENTS...

ONCE A WEEK, LET DETECTION COMB HERO CHECK THROUGH YOUR CHILD'S HAIR. THEN USE THE SPECIAL LOTION IF LICE ARE THERE.

HF



TEACHING POINT

QUICK TIPS FOR WET COMBING CHILD'S HAIR

- Buy the detection comb in a pharmacy
- Hair should be wet, use regular shampoo
- Put lots of any conditioner on
- Comb from roots right to ends of hair
- Work through hair, section by section, checking comb each time
- Have plenty light, daylight is best
- If moving lice are found, check all family
- Do this every week

QUICK TIPS FOR USING LOTION

- Treat everyone in family who have living, moving lice, at same time
- Hair should be dry
- Pharmacist will advise on which lotion (See answer to Question 11, inside)
- Read the instructions carefully
- Work through hair section by section until all of scalp has lotion on it – down to where you would put ponytail band
- Repeat one week later

1. WHAT ARE HEAD LICE?

They are grey/brown insects, from pin-head or sesame seed to match-head in size (1 - 3 mm long) that live close to the scalp on humans. The insects lay eggs. Each egg is glued to a hair, often near the root. Lice and unhatched eggs are hard to spot.

2. WHAT ARE NITS?

Nits are the empty egg cases left behind when the lice hatch out. They are usually pearly white. Both eggs and nits are very difficult to remove from the hair.

3. HOW DO LICE SPREAD?

When two heads are touching for a minute or more, the lice climb rapidly through the hair from one head to another. They don't jump, fly or swim. Lice that fall from the head or amble onto bedding or hats are usually dying and harmless. Lice caught on combs can re-establish if they are combed back on again within 48 hours.

4. BUT I'VE SEEN THEM JUMP ON THE COMB

This is due to static electricity, making them appear to 'fly' off the comb.

5. WHO CAN GET THEM?

Anyone with hair. They aren't fussy about clean or dirty hair. Children tend to get them more than adults, probably because they put their heads together more than adults do.

6. WHERE DO YOU GET THEM?

Anywhere. Children get them wherever they mix with other children, this can be in the home, at school or childcare facility or other activity venue.

7. HOW DO I KNOW IF MY CHILD HAS HEAD LICE?

The main symptom is itching, but you can have head lice for up to six weeks before you notice any itching. Only about one third of children have an itch. The best way to find them easily is to check your child's hair regularly (once a week) by wet combing. Detection combs can be bought in a pharmacy. To work well, combs should have rigid, flat-toothed, plastic teeth, set not more than 0.3mm apart.

8. HOW DO I WET-COMB MY CHILD'S HAIR

Wash the hair with your ordinary shampoo. Put on lots of any conditioner and comb it through with an ordinary comb. This makes any lice really wet, which keeps them still. Then, using the detection comb, slot the teeth of the comb into the hair at the roots and draw the comb down to the ends. Check the comb for lice every time you do this. Make sure there is good light, daylight is best. Continue until you have worked through each section of hair and have checked the whole head. Rinse off the conditioner and repeat the combing while the hair is still wet.

9. HOW OFTEN SHOULD I DO THIS?

It is a good idea to get into a routine and do it about once a week. This means you will be able to treat early if you find living, moving lice. Treating early helps cut down on the number of people in the family, or who are close to the child, who will get head lice.

10. WHAT DO I DO IF I FIND LICE?

If you find lice, you should check everyone else in the family and treat only those who have them. Also let people who have been in close contact with anyone with lice know, so they can check as well.

11. WHAT DO I USE TO TREAT THE LICE?

The best way to treat is with a lotion (not a shampoo or mousse). These can be bought over the counter in a pharmacy. In the past, chemical insecticides were used to treat head lice. Oil based products are now recommended, sold under different brand names (Full Marks spray or solution/ Hedrin spray gel). These products have a physical effect, so the lice do not get 'resistant' to them. Your pharmacist is the best person to advise you on which one to get. If you are buying products outside of the Republic of Ireland, you need to discuss this with the pharmacist before you buy.