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# SCUI RIADA



# Cumann Tuismitheóirí

## Scoil Uí Riada Parents Association

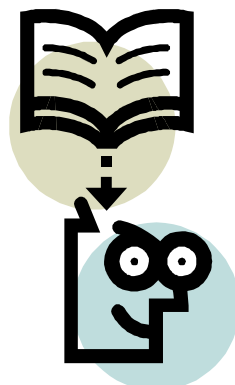
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**A very warm welcome to Scoil Uí Riada on behalf of the Cumann Tuismitheóirí – Parents Association.**

**We hope that this booklet will prove useful to you, particularly if this is your first year at the school. It is intended to act as a quick reference and provide general information about the school and what you can expect in the first year. Please let us know if you feel any other information should be contained in the booklet.**

**The function of the Parents Association is to provide a structure through which parents/guardians in a school can work together for the best possible education for their children. We aim to work with the Principal, the Board of Management and the staff to build an effective partnership between home and school. Contact details of all committee members are included in this booklet, we would be delighted to hear from you with ideas, suggestions or even offers of help!**

**Remember, the Parents Association consists of all parents/guardians of children at the school and is not just the committee. This is your opportunity to get involved in your child's education.**



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## **School Uniforms**

School Uniforms are available from Head to Toe in Maynooth Shopping Centre

### **Head to Toe**

#### **Unit 10 Maynooth Shopping Centre**

**Ph: 01 628 9758**

Head to Toe are stockists of Scoil Uí Riada's school uniform. The following items are available from them.

Pinafores, kilts, crested cardigans and jumpers navy trousers, white shirts and blouses, tracksuits, polo shirts, fleece jackets, green socks and tights.

Pinafores are more suitable for juniors starting school

#### **Requirements for girls:**

A pinafore and a cardigan, 2 white blouses, tracksuit and polo shirt, green socks and tights and a tie. Fleece jacket with the school logo is optional.

#### **Requirements for boys:**

2 pairs of navy trousers, 2-3 white shirts, tracksuit and polo shirt and a tie. Fleece jacket optional.

Iron on name tag labels are also available for Head to Toe. We would also suggest stitching the labels on as they are less likely to fall off.

Navy trousers, white shirts and blouses, tights (green), socks (green) are also available for Dunnes Stores, Tesco and Marks and Spencer.

It is quite useful to purchase an extra pair of black tracksuit trousers usually available from M & S, Penneys, Tesco and Dunnes.



## FOR YOUR CHILDS LUNCHBOX

Starting school is a new challenge for both the parent and the child and trying to decide what to give them for their lunch can prove to be a difficult job, below are a few suggestions for varying their lunches and also encouraging healthy eating which is a school policy. There is also a list of foods which are discouraged within the school

- A sandwich is always a good mainstay of most lunches, try to aim for a wholemeal bread or the white bread mixed with wholemeal, you can also use bagels, pitta bread, granary, wholemeal and raisin breads to name but a few options
  - Try and not use too much butter or margarine on the sandwich
  - Pick low-fat fillings such as lean meats, e.g. ham or turkey, fish e.g. tuna or salmon, cottage cheese, cheese or sliced banana
  - A yougurt is always a good choice but try for the healthy option one not the sugar laden choice
  - Any kind of fruit is an excellent addition to a healthy lunch try and vary it such as bananas, apples, strawberries, kiwis etc.
  - One could try adding a handful of dried fruit such as raisins, apricots, figs or prunes
  - Scones, fruit bread and currant buns can be used to replace cakes, chocolates and biscuits
  - A homemade pasta with salad and ham or tuna for example is another way to vary the lunch
  - Try and include chopped up vegetables such as carrots stick, cherry tomatoes, peppers mixed for example
  - Water, unsweetened fruit juice or milk are all excellent, avoid all fizzy or high sugar drinks
  - A fruit smoothie is an additional option for both fruit and beverage
- Here are some suggested ideas for lunches:

### Option 1

Carton of unsweetened fruit juice  
Meat/Chicken sandwich (try to put some salad with it) on wholemeal or pitta bread  
Yougurt (low fat option)  
Mandarin orange (peeled)

### Option 2

Carton of milk  
A tuna and sweetcorn granary roll  
A banana

### Option 3

Cup of vegetable soup  
Cheese cubes with wholemeal/plain crackers  
Raisins  
Bottle of water

The school has a strict policy against certain foods they are as follows :

***Crisps, popcorn, fizzy drinks, chocolate, biscuits, Sweets of any kind,***



**ENJOY!!!**



## Book Lists:

- Books may be purchased at
  1. **Books and Gifts, Kilcock.** (Recently moved to new premises, just past Centra on Church St.).  
Phone: (01)6287106.
  2. **Maynooth Bookshop, Main Street Maynooth.**  
Phone: (01) 6286702.
- You can just drop in your booklist and contact number and your books will be ordered in for you.
- Most (if not all) books for junior and senior infant classes are in workbook format and must be bought new.
- All other materials, eg. Copies, pencils may be purchased in the Maynooth or Kilcock bookshops or Easons in Manor Mills Centre, Maynooth.





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## SCHOOL HOURS

School opens at 9.10am – pupils are requested not to enter school premises before this time, classes start at 9.30am promptly.

All pupils have a short break at 10.50am. between 10.50am and 11am pupils can eat a snack in the classroom.

Between 11am and 11.15am (depending on weather) they can play outside in their designated yard.

Lunch is at 12.20pm, between 12.20 and 12.30 pupils have their lunch in the classroom. Between 12.30 pm and 1pm they can play outside in their designated yard (weather dependent).

A useful tip for junior infants is to provided them with two lunch boxes – different colours to differentiate if possible, with one for small break and one for main break.

**Junior Infants** – Parents will be advised in advance but normally for the first week children are let out to play at a different time to other pupils and finish at 12pm.

Once a month the school finishes at 1pm, these dates are advised to parents in advance at the beginning of the school year via a calendar and we would advise that this is kept in a safe place to refer and also via a text message if you agree to sign up to this facility.

The school holidays are also advised to parents at the beginning of the school year by the same calendar as referred to above.



## Al Riada Uniform PRICE LIST

Uniform	Size	Price
V neck Jumpers Wool Mix	26 – 32ins	34.95
“	34 – 38ins	36.95
Cardigans	26 – 32ins	34.95
“	34 – 38ins	36.95
Kilt – Black Stewart	32 – 36ins	32.95
Pinafore – Black Stewart	22 – 32 ins	29.95
Fleece Jacket – Black Gold Trim	24 - 32ins	29.95
“	34 - 38ins	34.95
Track Suits	24 – 32ins	34.95
“	34 – 38ins	39.95
Polo Shirts – Green	26 - 32ins	12.95
“	34ins	14.95
“	36 – 38ins	16.95
Tie elastic & Regular		5.50
		6.00
Shirt & Blouse	24 – 32ins	6.95
	34 – 38ins	8.95
Trousers – Navy	4/5 to 11/12	14.95
	12/13 to 13/14	16.95





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## ARENTS ASSOCIATION MEMBERS

Parents Association members can be contacted at the following numbers:

Lesley Hayes	Chairperson	087 8288959
Sinead Mulally	Secretary	085 7110474
Suzanne Gleeson	Treasurer	086 1712038
Amanda Dalton	Newsletter	087 2073251
Anne Goodwin		087 8201456
Lisa Mullarkey		087 2811669
Mary Lou Mahon		086 8239601
Claire McGowan		086 8931938
Emma Guilligan		087 6727873
Barbara O’Kane		01 6287073
Sheila Kavanagh		087 6973341
Paula Geoghegan		087 9574581
Claire Fitzgerald		087 4129947

Parents representatives on the Board of Management:  
Claire Dunne and Roger Mullarkey

The parents Association also issue a newsletter keeping parents and students informed of any relevant information, dates or news, on a regular basis which is usually sent home with your child, we hope you enjoy it.





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