

News from Ballybrown N.S.

Ballybrown National School is awarded Health Promoting Schools and Active Schools Flags

The end of the school year is a time of celebration as children progress from primary to second level and achievements are acknowledged. Ballybrown National School received good news in June of 2016 when they were notified that their efforts over the last two years had been rewarded with the awarding of The Health Promoting Schools Flag as an acknowledgement of their work in improving the health of their school communities. Katie Gibbons, who teaches Fifth Class, took on the role of Project coordinator and mobilised an army of volunteers. The first step was to form a Committee of parents and pupils to look at how we could involve the school community in our efforts to become a Health Promoting School. A meeting in the school in February 2015 attracted over 50 parents who were addressed by Mairead Kelly from the Health Promoting Schools Department of the HSE. After that a Committee was formed. All areas of school life were under the microscope. The Healthy Eating Policy was reviewed and tweaked. Healthy Eating workshops for both children and parents were organised. Dietitian Christine Gurnett visited the school to speak on Healthy Eating. Parent Yvonne Deegan, who works in the area of Healthy Eating, staged numerous cookery demonstrations. Projects such as Food Dudes were undertaken. Daily exercise was blended into the timetable of each school day.

As if that was not enough, the school has also been awarded an Active Schools Flag. This achievement was coordinated by Stephen Hodnett, who has taught Third Class for the past two years but has now secured a permanent post in Newcastle West. A highlight of the year's activities was Active Week which took place in June. Children participated in a variety of activities throughout the week including orienteering, obstacle courses, tug of war and even some cricket! All students from Junior Infants to Sixth class took part in a "Walk a Mile with a Smile" from the school to various locations in the surrounding locality, Breska Rovers pitch, Kilkeedy and Carrigogunnell Castle. We greatly appreciate all the parent and volunteers who helped on this date to ensure everyone had a safe and enjoyable trip. The school held a Non-Competitive Sports Day with fun races and activities to be enjoyed by pupils and staff alike. Another highlight was when all students were given the opportunity to come to school dressed as a sports star of their choice. It didn't stop there.



Each night children received Active Homework which they completed at home on their own or with family and friends. A word of advice from Mr Hodnett: 'Don't worry if the weather is bad, the children can get active by hoovering, sweeping or doing other household chores! Please encourage as much physical activity as possible during this week.'

We educate children for life in Ballybrown NS. Encouraging a healthy lifestyle at a young age will reap dividends in the future. The awarding of both the Active Flag and the Health Promoting Schools Flag were the result of a wonderful team effort, led by the staff, supported by the parents and enjoyed greatly by the children.

Joe Lyons, Principal Ballybrown N.S.



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Ballybrown/Clarina Community Council Newsletter

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**MPCC CREDIT UNION IS A PROUD SPONSOR OF
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The past year has been a busy one for the Community Council, a lot of work has gone on and much has been achieved. The centre was painted inside and out, gravel beds were installed and all the beds have been beautifully planted. A new storage shed was built and the oil shed got a new roof. The entire building and surrounds are in tip top order and indeed are the envy of many communities who are not as fortunate as us to have such an outstanding facility. We are delighted that the centre is now so well established, providing a focal point within the community for a variety of events throughout the year. This would not have been possible without your continued support and the support of those from outside our area. For that we are truly grateful.

The Community Council meets on a monthly basis, to continue the focus on looking after the needs of our community and to ensure that the Community Resource Centre is fully utilized throughout the year. We are always looking for ways to improve the local area so if anybody has any ideas or concerns for their area please do not hesitate to contact your local area community council representative.

I would like to thank Donie Bourke for looking after grass cutting and lawnmower storage for the past few years and Cormac McCarthy for the ongoing supply of flowers and plants for the centre. Thanks to all the members of the Community Council, Tus workers, Volunteers and Supporters who have worked so hard during the year on all of the projects we undertook. With the dedication of so many great groups and volunteers we can look forward with confidence to the Resource Centre remaining an important part of our community.

Keith Coughlan
(Chairman Ballybrown/Clarina Community Council)

Dates for your Diary

Wednesday 31st August: Back to School Coffee Morning 9am – 11am. All are welcome.

Thursday 1st September: Open Night and Enrolment for classes and courses 7.30pm – 9.00pm

Friday 2nd September: Bag Packing 10am – 10pm Dunnes Stores, Jetland Shopping Centre

Saturday 3rd September: Bag Packing 10am – 6pm Dunnes Stores, Jetland Shopping Centre

Monday 12th September: 21 Day Walking Challenge begins

Thursday 15th September: 45 Drive resumes 8.45pm

Sunday 30th October: Autumn Fair and Halloween Art Competition after Mass 10.45m

Sunday 18th December: Christmas Fair and Children's Art Competition after Mass 10.45am

BACK TO SCHOOL COFFEE MORNING - WEDNESDAY 31ST AUGUST 9am - 11am

Join us for a cup of tea and a chat when school reopens. Bring a friend or neighbour along.
EVERYONE WELCOME!

YOU ARE INVITED TO OUR OPEN NIGHT AND ENROLMENT EVENT

Thursday 1st September 7.30pm – 9.00pm

Come along to sign up and get information about the classes available this autumn.
Tea and cake will be served.

ARE YOU ON OUR MAILING LIST?

Join our mailing list to keep up to date with news/events/classes. Subscribe at www.clarinavillage.com

WANTED

Hampers and baskets for use in forthcoming fundraising events. We would also be delighted to receive spot prizes and items for raffles. Kindly drop baskets or any donations into the Centre.

FINANCES AND FUNDRAISING

We are delighted to report that by the end of September 2016 the outlook is to have the loan on the building reduced to €25,000 and our goal for the next twelve months is to endeavour to clear this loan entirely.

The fundraising events held during the past year were a resounding success both financially and socially. While the rent of our facilities by various groups and organisations provides a large portion of our income, nevertheless, the fundraising events are vital to finance running the centre and repayment of the outstanding loan. The present committee is now approaching their final year in office with a firm focus on reducing the debt on the centre. To achieve this we will again be calling on your support for all our fundraising efforts.

GRIDS FOR SALE

Visitors to the centre will have noticed that there are but a handful of grids now available for sale. In the past year €2650 was raised through sale of grids which can be used to celebrate a special occasion, commemorate a loved one or just to add your name to the hundreds who have already supported the centre. The subscription, which goes directly towards reducing our building loan is €250. In addition, we can also avail of an extra payment in the form of income tax relief. To buy one of the remaining grids contact the centre at 086 0795308/061 353140 or talk to your local representative.

45 DRIVE

The 45 drive has been a very important part of our fundraising efforts since the centre opened. Last year alone it contributed over €6600 to our funds. We are deeply indebted to Joe Purcell, Peter O'Sullivan and Willie Ryan for all their time and effort in organising the 45 drive over the past few years, to Maura Byrnes and Helen Kennedy who provided the lovely bracks and scones for the tea, and everyone else involved. The 45 Drive will resume on Thursday September 15th. Come along and bring a friend.

BAG PACKING - VOLUNTEERS NEEDED

We have been fortunate to secure a slot for a fundraising bag packing event in Dunnes Stores, Jetland Centre on Friday 2nd and Saturday 3rd September. It has the potential to raise a lot of money for us if we have enough volunteers to cover both days. If you can help us for an hour or two on either day, please contact Ann Davoren 087 2122842 or Tracey McElligott 087 959179



The Choir who performed at the Sailors Haggard Mass in July



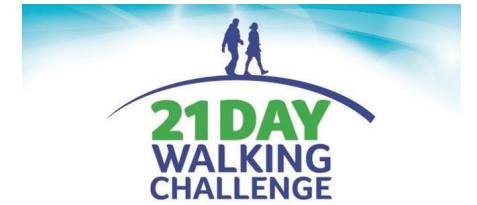
Halloween Art Competition Winners

POETRY READING

There will be a POETRY READING by poet Brendan MacCarthaigh in the Resource Centre on Wednesday September 7th at 8.30pm, organised by Jim O'Farrell. Brendan, a Christian Brother in India for more than 50 years, has had the privilege of welcoming Jim and his friend Fr Pat Hogan with his group Calcutta Calling to India several times. Free admission. All welcome.

Join our mailing list to keep up to date with news/events/classes. Subscribe at www.clarinavillage.com

21 DAY WALKING CHALLENGE STARTING MONDAY 12TH SEPTEMBER



We are excited to announce that we are participating in the 21 Day Walking Challenge which is being promoted by Get Ireland Walking and the European Week of Sport. Walking is the oldest and most natural form of physical activity. It is suitable for people of all ages and fitness levels. Why not take the 21 Day Walking Challenge with us. Aim to walk for at least 30 minutes each day at a time that suits you. Use the Record Card to log your walks. We will have record cards and more information at our Open Night on Thursday September 1st from 7.30pm - 9.00pm or contact Mary Conway 087 7675991



BALLYBROWN/CLARINA COMMUNITY GAMES

As we conclude with the areas activities at National finals in Athlone in August we look forward to the onset of a new season again. We have had great numbers participating in all our competitions this year. There are many events to look forward to including draughts, art, and talent. Following on from our rounders season we hope to hold a rounders tournament with bob in early September so watch out for further details. As always if anyone wishes to take part in an activity/event and/or are prepared to help out please contact Pauline or Áine.

COMMUNITY AED - AUTOMATED EXTERNAL DEFIBRILLATOR

We are delighted to say that an AED has now been installed outside the Community Centre with over 40 members already trained on how to use it. Further training sessions will be held this year so if you are interested please contact the centre. The funding for both the AED and the training came from the proceeds of the Tractor Run and Church Gate Collection and a donation from the Greybridge Classic Club. Great credit is due to all involved in bringing this project to fruition in such a short time.



THURSDAY CLUB

The Thursday Club (ARI) will return on Thursday September 8th at 10.30am for a Fitness Programme with coach John Conroy for one hour, followed by a game of 45/Bingo, cupán tae and some music with PJ Carroll. We have had fun and educational outings throughout the summer including trips to Blarney and the Writers Museum in Listowel. A trip to Lisdoonvarna is planned for Monday 12th September and no doubt there will be a full bus on the day. On the first Tuesday of each month "Go for Life" games take place at the resource centre from 10.00 -12.00noon to include skittles, curling and other games. Non members welcome.

Bowls takes place on Wednesday from 2.15 to 4.00 so you have no need to be bored come along and join in the fun. It's not the years in your life that matter it's the life in your years. Looking forward to seeing a few new faces in September.



A happy group at the afternoon tea in February



The McGrafias, winners of the Family Fun Quiz in November