

Dairy Council 'Food & Fitness' Programme





Pictured are P5-6 pupils who have been learning about the importance of healthy eating and lifestyle through their topic work with Mrs Glackin. On 1st December 2014, representatives

from the Northern Ireland Dairy Council visited school to communicate important health messages to the class in a fun, interactive and creative way. Pupils explored balance within their diet, based on eating a variety of foods from the five food groups, and balance within their lifestyle, considering the importance of getting at least one hour's exercise each day.



Parent Support Group Christmas Hamper Raffle

The 'Christmas Hamper' fundraiser is now underway to raise money for new reading material for the Foundation and KS1 pupils. Hamper items may be donated <u>up until Friday 5th December 2014</u> this week. Items may be left in the school office. Three books of tickets are now being distributed to each family and we ask for your support in trying to sell these. All tickets (sold or unsold) should be returned to school <u>by Monday 15th December 2014</u>. Please contact the office if further tickets are needed. Thank you sincerely for all your generosity. School Closures

The school will be <u>closed</u> on Monday 8th December 2014.

Children will finish half-day on Friday 19th December 2014 for the Christmas holidays and will return to school on Monday 5th January 2015.



(Front Row) Ronan, Nina and Ryan.

What's happening this month in Recarson?

 Pupils in P5-P7 will have the opportunity to attend <u>Mass and</u> <u>Confessions</u> in St. Mary's Church, Killyclogher during December.

- ♦ P6 and P7 pupils will participate in a <u>Childline 'Staying Safe'</u> <u>Workshop on 4th December 2014.</u>
- ♦ P7 pupils will attend a <u>Taster Day in Sacred Heart College</u> on <u>Friday 5th December 2014.</u>
- ♦ <u>School Christmas Dinner</u> will take place on <u>Tuesday 16th</u> <u>December 2014</u>.
- Recarson PS' <u>Annual Christmas Show</u> will take place in Cappagh Parish Hall on <u>Wednesday 17th December 2014</u> starting at 10.30am.
- ♦ A special <u>Christmas-themed Breakfast Club for pupils</u> will take place on <u>Thursday 18th December 2014 at 8.30am</u>. Come along!

Pupils will visit <u>Omagh Cinema</u> on the morning of <u>Thursday</u> <u>18th December 2014.</u>

