

Dear parents, guardians and children,

These are indeed very challenging times but I can safely say that all of us here in our school community have risen to the challenge. We are conscious that the extended school closures can have a huge effect on everyone and it is important that we maintain our connection with our school community. Thankfully, we were well prepared and through the use of our online platform, Seesaw, our teachers engage in daily lessons. These lessons help to ensure our pupils maintain a well-established routine to their day. I want to thank you all, pupils and parents/guardians, for your determination to ensure the best possible learning experience for all. The days can be challenging but through the support we give to each other we will come through this. We look forward to meeting again in the very near future when we re-open our doors to welcome you all back.

Until then, look after yourselves and each other.

Maurice Sweeney.



We hope that you are all enjoying the activities and tasks set by your child's class teacher on Seesaw. Teachers are really enjoying looking at everyone's pictures, drawings, videos and recordings. We would like to say a big thank you to all of the parents for your patience, support and engagement with this way of learning and to continue this huge effort. Please do not hesitate to contact your child's teacher with any questions, queries or concerns that you may have!

Midterm Break

Midterm break runs from 15th - 19th February. Work on Seesaw will recommence on 22nd February. Enjoy the well-deserved break!



Contacting the School

By Phone 01-6265207 /
0860308574



By Email mqaone@outlook.com
Class teachers can be contacted through Seesaw or individual email addresses.



We are delighted to announce that we will be running an exciting competition each week here at MQA1! Details will be posted to Seesaw each week, so be sure to keep an eye out!



The first competition, a class step challenge, will run from 8th-12th February! Steps can be counted on any device (watch, phone, app such as Strava etc.) and a picture/screenshot can be sent to your child's teacher before 8pm each day to be counted! The winning class at the end of the week will be treated to a party during the first week back to school! So Mam, Dad, brothers, sisters, Nanny, Grandad and teachers- get moving!



Parents who wish to enrol their child/children in MQA1 please visit our website

www.maryqueenofangels1.ie/enrollment
or by phone 0860308574



Well-Being and Mental Health are a big focus for us here at MQA1! During challenging times, it's more important than ever to look after your child's well-being. Here are some ways we can look after our mental health while staying at home:

Plan your day- We are all adjusting again to a rather strange way of life which can be a risk to our mental wellbeing. Regular routines are essential for our identity, self-confidence and purpose.

Move more every day - Being active reduces stress, increases energy levels, can make us more alert and helps us sleep better.

Try a relaxation technique- Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child during the day. Below are some yoga links:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=OImHIWzP49M>

Connect with others- Staying at home can feel lonely. Find creative ways to keep in touch with family and friends, e.g. sharing a cup of tea, playing a game together, grandparents reading a story to their grandchildren via Zoom or simply phone or send a supportive text.