



RAHARA N.S.
SCOIL NÁISIÚNTA RATH ARADH

Information Booklet for Parents/Guardians

Rahara National School
Athleague Road,
Rahara,
County Roscommon
Roll No: 17100V

School Details:

Name: Rahara National School
Address: Athleague Road
Rahara
County Roscommon
F42XR20

Roll No: 17100V

Telephone No: 083 1772404

E-mail: raharans@gmail.com
principalraharans@gmail.com

School Hours:

Junior and Senior Infants: 9:20 a.m. – 2.00 p.m.
All Other Classes: 9.20 a.m. – 3.00 p.m.

School Mission Statement:

Rahara National School is a co-educational Catholic primary school that fosters Christian values of respect, tolerance, care and justice. We aim to nurture lifelong learners to develop academically, physically, socially and emotionally. Working with parents and the parish, we support the development of a living faith while welcoming pupils of all beliefs. We value each child's unique gifts and provide a balanced curriculum to develop their talents. Rahara N.S. promotes staff development, gender equity, self-discipline and responsibility, encouraging students to use their time positively and creatively. Our goal is for pupils to leave as caring, capable young adults who contribute positively to their communities.

School Motto:



School Staff

Ms. Aoife Mc Gowan	-	Principal Teacher (Junior and Senior Infants, 1 st and 2 nd classes)
Ms. Niamh Watson	-	Deputy Principal & Class Teacher (3 rd , 4 th , 5 th , and 6 th classes)
Ms. Kathy Dolan	-	Special Educational Teacher (S.E.T)
Mr. Oliver Connaughton	-	Principal Release Day

Ancillary Staff

Secretary	-	Lynda Pearce
Care taker	-	Padraig Lohan
Hurling Trainer	-	Proinsias Killion
Gaelic Trainer	-	Ollie Lennon
Soccer Trainer	-	Bernice Kelly

Board of Management:

Chairperson	-	Fr. Ray Milton
Treasurer	-	Tom Carney (Treasurer)
Secretary	-	Aoife Mc Gowan (Principal)
Members	-	Niamh Watson (Teachers Representative)

- Michael Beattie (Parents Representative)
- Jacinta Beattie (Parents Representative)
- Laurence Fallon (Community Representative)
- Breege Kenny (Community Representative)

School Routine

School Opens:	9:10 a.m
Commences:	9:20 a.m.
Break:	11:00 a.m. to 11:15a.m.
Lunch:	12:50 p.m. to 1:15 p.m.
Dismissal of Infants:	2:00 p.m.
General dismissal:	3:00 p.m.

Please note that all infants stay until 2:00 p.m. (option of staying until 3:00 p.m.) from their first day of school.

Safety: Children must wait inside the school grounds until their parent/guardian comes to the gate/front wall to collect them. Pupils are not allowed to swing/climb on the bars in front of the school front door.



Staffing and Organisation:

The school is organised into two groups, each consisting of four combined classes. In all subjects the curriculum is matched to cater for children of different abilities, including children with special educational needs.

Rahara National School

Rahara National School is a co-educational, Catholic, primary school which strives to provide a welcoming, caring, happy and secure atmosphere and endeavours to enhance the self-esteem of everyone in the school community.

Rahara N.S. will identify and address the intellectual, spiritual, physical, moral and cultural needs of the pupils.



School Uniform

The school uniform is a navy crested jumper/cardigan, grey pinafore/skirt/pants & blue polo t-shirt.

On PE days pupils may wear plain navy tracksuit bottoms (No Logos/brands). **Please label all items** of the uniform to avoid confusion. School jumpers/cardigans can be ordered from: <https://myschooljumper.ie/collections/rahara-national-school> Your child's class teacher will inform you what day your child will have P.E on. Children can wear any type of shoes, but we strongly recommend that they only wear shoes with laces when they can easily open and tie them independently.



Healthy Lunches

We encourage children to bring healthy lunches to school, and to choose from the following foods regularly:

- Bread/scones
- Pitta bread

- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, salad
- Fruit Juice
- Yoghurt Drinks
- Milk
- Water
- Soup

We recommend the following foods as treats:

- Fresh fruit
- Raisins
- Yoghurt or Yoghurt drinks

We discourage the following foods:

- Sausage rolls
- Cereal bars
- Granola bars
- Health bars
- Chocolate/icing covered bars/cakes/biscuits/treats

Please do not allow your child to bring chewing gum to school. We have children with severe food allergies. In the interest of these children's well-being, parents are asked not to include nuts in their child's lunch.

A small treat will be limited to **Fridays only**.

Childrens lunch should be the appropriate size and texture for junior classes. Rahara N.S takes great pride being a Green School. We ask that you help us in reducing waste by using reusable drinking bottles. We encourage families to cut down on single-use plastics such as

cling film etc. All pupils must bring home their daily food/waste/packaging from their lunches.

Please ensure your child can open their lunch boxes, drinking bottles and food items before they commence primary school. In the interest of health and safety, pupils are not allowed to share lunches.

Pupils attending Morning Club and Afterschool may only avail of kitchen facilities before/after school.



Communication

The school uses the Aladdin online text service facility to communicate important messages to parents. Accordingly, it is especially important that we have an up-to-date mobile number for you. Our text facility does not allow for replies so please email or phone the school 083 1772404 if you wish to contact us. An emergency contact number should also be written in your child's journal. Please let us know if your home / email address changes. If you have any queries, it is important to communicate with the class teacher by sending in an email or phoning the office. Minor issues/queries can be solved quickly and effectively if you act promptly.

Seesaw: We also use Seesaw as a communication tool between parents and teachers. Seesaw is a secure online journal where students can document and reflect on their learning and complete activities set by their teachers. You will need a Smart phone (app available or through your browser), Tablet (app available or through your browser) or Laptop/Computer to access the Seesaw platform. Your child will be

able to add the things they are working on (including photos, videos, worksheets, drawings and voice recordings) to their Seesaw journal and their teacher can give them feedback. Teachers can also add activities for the children to complete and short videos sharing new learning opportunities and to go through some tricky concepts in subjects such as Maths. Teachers will use Seesaw, or school email for communicating with you. You can also message the teacher (Monday to Friday) via Seesaw

School Website:

The school website www.rahara.com contains a lot of useful information for parents, links for online learning as well as our school policies. The school calendar is also on it, and it is regularly updated with key events. We also upload our Newsletters onto the website as well as emailing them to parents.

Absenteeism / Attendance:

Our school uses the Aladdin online system to call the roll and record absences. In the event of your child being absent please telephone 083 1772404 or email raharans@gmail.com. A note/email is required for all absences. We are obliged to inform (TUSLA) the statutory education Welfare services of the child and family agency if a child has missed 20 days or more in a school year. For further information, see www.tusla.ie



Medical Conditions/Allergies

Please make the school aware of any medical conditions or allergies that your child has. If any medication needs to be administered on an

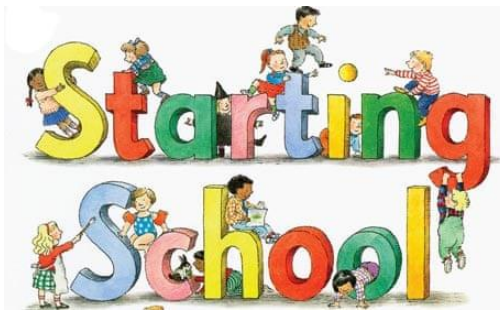
ongoing basis, the school requires parents to fill in an “Administration of Medicine” form. While we encourage good attendance, we respectfully ask parents not to send children to school if they are unwell or have any contagious illnesses.



Getting Ready for School

- Button and unbutton a coat and hang it up.
- Use the toilet without help and manage pants and buttons.
- Know how to flush toilet and wash hands, without having to be told.
- Use a tissue when necessary.
- Share toys and playthings with others ‘take turns’.
- Tidy up and put away playthings.
- Remain contentedly for a few hours in the home of a relation, friend or neighbour. If children have had this experience, then separation from parents when they start school will not cause any great anxiety.
- Manage their own shoes. Velcro is the best option for this.
- Open and close their own lunchbox.
- Undress and change themselves in the unlikely event of a toileting accident.

Please ensure that all items of school uniform, lunch boxes & bottles are labelled. The children will need a school bag large enough to fit an A4 folder, lunch box & drink bottle. The children will be provided with pencils and crayons in school, they do not need a pencil case.



Preparing for the 'Big Day'

The child's first day at school is a day to remember for the rest of his/her life. You can help to make it a really happy one! If your child gets upset, please don't panic. The teacher is experienced and resourceful and is used to coping with all kinds of starting off problems. Try and not show any outward signs of your own distress. When you have reassured your child, leave promptly. Your child's teacher can distract and humour your child more easily when you're not there.



Aistear

Play is one of the key contexts for children's early learning and development. Through relationships in play, children develop and demonstrate improved verbal communication, high levels of social and interaction skills, creative use of play materials, imaginative thinking and problem-solving capacities.

During 'Aistear' the teacher provides rich environments where the children can explore, touch, manipulate and experiment with a variety of real life and diverse materials. Children ask questions, make predictions and develop their thinking. They learn together with others. The environment offers opportunities to actively explore, to work independently and with others, to make decisions and follow through on their ideas, to solve problems, to engage in real life

activities and to experience co-operative, symbolic, dramatic or pretend play.



Special Education

Our Special Education Teacher works collaboratively in all classes in the school. In our school, we focus on early intervention for all pupils. Special education teachers work in all classes in the school through team teaching, station teaching, paired reading and in-class/out-of-class support. If you have any concerns regarding your child, please make us aware. It is more beneficial if we know in advance, for example speech and language difficulty, history of dyslexia in the family, toileting difficulties, behavioural difficulties etc. Our Special Education Teachers also liaise with the child's Speech and Language therapists, Occupational Therapists etc to help support your child. All matters are treated in strictest confidence.

Morning Club and Afterschool



Morning Club before school and Afterschool operates on our school grounds Monday to Friday during term time. Ms. Teresa Nally runs the club and the service is available to all pupils.

Please see our school website: www.rahara.com for more information