A Thuismitheoir/ Chaomhnóir, a chara,

Beidh **Coláiste Rís** ag glacadh páirte in Gaeilge24 i mbliana. Is dúshlán é Gaeilge24 chun daltaí scoile a spreagadh Gaeilge amháin a labhairt ar feadh 24 uair an chloig: sa bhaile, ar scoil agus gach aon áit eile. Tá an dúshlán á eagrú ag Conradh na Gaeilge agus á reáchtáil acu le 6 bliana anuas. Beidh 15,000 dalta ó 150 scoil páirteach sa dúshlán fud fad na tíre i mbliana.

Beidh an dúshlán ar siúl **Dé Máirt 10 Samhain 2020**. Tá súil againn gur féidir leat cuidiú le do pháiste(í) chun an dúshlán a bhaint amach ar an lá. Deis iontach atá ann chun do chuid cúpla focal a úsáid chomh maith dár ndóigh! I mbliana, tá Gaeilge24 ag diriú isteach ar an bhfolláine. Tá an-tábhacht ag baint le haire a thabhairt duit féin, go háirithe do dhaoine óga, ó chleachtadh chorp go haireachas, chun a bheith ar bharr do shláinte. Gheobhaidh gach dalta cárta urraíochta agus iarrtar orthu €10 / £9 a bhailiú. Tabharfar gach brabús do Chonradh na Gaeilge chun tacú le cur chun cinn na Gaeilge ar fud na hÉireann.

Gheobhaidh gach dalta atá ag glacadh páirte sa dúshlán pacáiste tacaíochta chun cuidiú leo. Beidh t-léine, banda láimhe agus frásaí samplacha gur féidir leo a úsáid ar an lá sa phacáiste. Gheobhaidh siad teastas nuair atá an lá thart. Tá súil againn go gcuireann an dúshlán le muinín na ndaltaí as a gcuid Ghaeilge labhartha féin.

Dear Parent / Guardian,

***Coláiste* Rís** will be taking part in **Gaeilge24** this year. **Gaeilge24** is a challenge which encourages pupils to speak only in Irish exclusively for 24 hours: at home, in school and everywhere else. The challenge, which began in 2012, is organised by Conradh na Gaeilge. This year, more than 15,000 pupils from 150 schools across the country will be participating.

The challenge will take place on **Tuesday November 10th 2020**. We hope that you can help your child/children with the challenge in any way possible on the day itself. And of course, it's a great chance for you to use your own cúpla focal. This year, Gaeilge24 is focusing on wellbeing. Taking care of yourself is so important, especially for young people, from exercise to mindfulness, to ensure you're in full health.
Every pupil will receive a sponsorship card and will be encouraged to raise €10 / £9. Any profits made from the campaign this year will go towards Conradh na Gaeilge's efforts to promote and support the Irish language.

Every pupil participating will also receive a support pack to help them on the day; including a t-shirt, a wristband and a leaflet with useful phrases and ideas for the day as well as a certificate afterwards. We hope that the challenge will help build students confidence in their oral Irish.

For more information visit www.cnag.ie/gaeilge24

Is mise le meas,

A. Uí Chreimín
Múinteoir