

FAILTE ROIMH NA NAÍONAN BHEAGA

A Thuismitheoir/Caomhnóir,

Ag Gaelscoil Phort Láirge bíonn áthas orainn i gcónaí fáilte a chur roimh paistí nua go dtí an scoil ach bíonn an áthas orainn go deo fáiltiú roimh na Naíonán Bheaga ach go háraithe.

Ag stiúriú na paistí ó na Naíonáin go Rang a Sé bíonn an deis againn caidreamh daingean a dhéanamh leatsa agus le do chlann thar na blianta agus iad ar scoil anseo. Bíonn an seans againn tionchar a bheith againn ar dul chun chinn do pháiste ó thús a cuid ama ar scoil go foirmiúil.

Is féidir leat a bheith cinnte go bhfaighidh do pháiste oideachais den scoth anseo in áit ina bhfuil atmaisféar cabhrach, cairdiúil, taitneamhach ann. Tá mé cinnte go n-éireoidh go gheal le do pháiste sa scoil seo ón tús.

Sna leathnaigh seo leanas tá roinnt eolais ann duit ar na slite gur féidir leat do pháiste a ullmhú dá saol sa bhunscoil. Seans go bhfuil an chuid de seo ar eolas agat cheana féin ach léigh tríd ionas gur féidir leat a bheith cinnte go bhfuil tú féin agus do pháiste ullamh agus réidh.

Le gach dea ghuidhe,

Deirdre Uí Chuileanain (Príomh Oide)



AG ULLMHÚ CHUN FOGHLAIM


Bíonn páistí ag foghlaim go neamhfhoirmiúil ón gcliabhán. Bíonn tuismitheoirí fiain chun torthaí a gcuid foghlama go foirmiúil a fheiscint go luath tar éis dóibh tosú ar scoil. Tosnaíonn páistí ar an léamh agus ar a an scríobh ag amanta difriúla. Sa chaoi chéanna go dtosnaíonn siad ar an siúil agus an labhairt ag aoiseanna difriúla - tosnaíonn siad ag léamh agus ag scríobh nuair atá siad réidh chuige. Níl sé tábhachtach go mbeadh páistí in ann litreacha aithint roimh dóibh teacht ar scoil - tá sé níos tábhachtaí iad a ullmhú mar atá luaite sna pointí seo leanas. Is féidir le tuismitheoirí é seo a dhéanamh go neamhfhoirmiúil s'abhaile.

Cabhróidh na pointí seo leanas leat scileanna do pháiste a fhorbairt.

- Teanga. Is bunchloch na léitheoireacht a í seo. Éist le do pháiste go curamach. Labhair leis agus tabhair moladh dó. Tabhair am dóibh rudaí a insint duit agus scéalta a athrá duit. Ná cuir isteach orthu fiú nuair atá a fhios agat cad atá i gceist acu. Nuair atá comhrá agat le do pháiste úsáid teanga saibhir i gcónaí. Na bain úsáid as teanga páistiúil.
- Léigh chuig do pháist go rialta. Cruthaíonn sé seo spéis agus grá don léitheoireacht. Bí cinnte go mbaineann gach duine taitneamh as an léitheoireacht. Ná lean leis má tá suim do pháiste cailte agat - is fear eachtraí gearrtha, taitneamhacha ná aon rud eile.
- Tabhair aird ceart ar gnéithe meicniúla na léitheoireachta - greim



ceart ar an leabhair, casadh na leathnaigh ceann i ndiaidh a chéile. Lig do mhéar faoi na focail agus tú ag léamh ó chlé go deas. Beidh suim mhór ag do pháiste sna pictúirí - tabhair am dó féachaint orthu agus labhairt fúthu.

- Cabhairaigh le do pháiste **dathanna** a aithint.
- Chun chabhrú leis an dúshlán fisiciúil a bhaineann le scríobh agus le léamh tabhair: leathnaigh mhóra agus criáin thuibhe dod pháiste chun soar scríbhneoireacht agus tarraingt a dhéanamh. Siosúir chun páipéar a ghearradh; gníomhachtaí a bhaineann le doirteadh meascadh agus casadh le spúnóg srl. Súgradh le bábóga agus teidi gur féidir éadaí a chur orthu le cnaipí  agus zip. Tabhair cabhair dod pháiste greim ceart a fháil ar criáin agus peann luaidhe.
- Roinnigh bréagáin go cúramach do do pháiste. Ba cheart go mbeadh meascán do bréagáin ag do pháiste idir blocanna chun tógáil a dhéanamh agus míreanna mearaí srl. Lig di rudaí ar nós boscaí a úsáid chun súgradh cruthaitheach a dhéanamh.
- Lig dod pháiste an bord a leagadh duit.
- Má tá do pháiste in ann a bheith páirteach i gnáth saol an tí cabhróidh sé seo. Má tá tú i gcónaí a rá 'Ná bain le sin' tá tú a rá 'Ná foghlaim'. Mol an óige agus éireoidh leo.

AG ULLMHÚ DON SCOIL

Is am cinniúnach don tigh ar fad nuair atá páist ag du lar scoil don chéad uair. Bíonn imní le braith sa teaghlach dá bharr go minic. Is féidir le tuismitheoir/caomhnóirí an chuid a dhéanamh chun daoine a chur ar a shuaimhneas roimh ré. Is ceart agus is cóir an t-ullmhúcháin seo a dhéanamh diaidh ar ndiaidh sna míonna roimh theacht ar scoil.

Is athrú mór é d'aon phaiste seomra a roinnt le an chuid páistí eile. D'ainneoin sin is féidir leat go leor a dhéanamh chun do pháiste a ullmhú don saol sóisialta nua seo.

Seans go gcabhróidh na rudaí seo leanas:

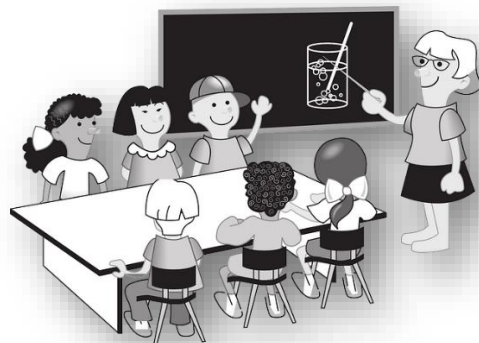
- Turas go dtí an scoil le do pháiste. Téir ann le do pháiste ar an lá oscailte. Cuir aithne ar an áit agus ar an seomra ranga.
- Labhair le do pháiste faoi laethanta scoile d'óige. Cuir béim ar na cairde nua a bheidh ar fáil agus na gníomhachtaí nua a bheidh ar siúil. Ná déan rud ollmhór de áfach ach labhair faoi mar ghnáth chuid dá saol. Ní maith leat imní a chur ar do pháiste faoi.
- Cuir do pháiste in aithne le páiste eile a bheidh sa rang leis. Tugann sé an chabhair do pháiste duine go bhfuil aithne acu orthu a fheiscint ar an gcéad lá sa scoil.
- Ba choir go mbeadh do pháiste in ann na rudaí seo leanas a dhéanamh as a stuaim fein - a cóta a chur uirthi



agus a bhaint di féin, an leithreas a úsáid i gceart agus é a shruthlaigh

ina diaidh, a lámha a ní agus a thriomú, a leabhair agus a criáin a ghlanadh suas. Déan cleachtadh léi rudai a chur isteach agus amach as a mála scoile. Múin di conas ciarsúr a úsáid agus conas uain a thógaint agus bréagáin a roinnt.


- **Ba choir duit ainm an duine lena dhéanfaimid teangmháil leo munar féidir linn teacht ort. Mínigh an socrú seol le do leanbh.**
- Ligí bhúr pháistí rudai a dhéanamh dóibh féin. Bíodh muinín agaibh astu. Lig dóibh iad féin a ghléasadh: Ná bí ag cur isteach orthu nuair nach bhfuil gach rud foirfe m.s. na cnaipí amú; **Tabhair moladh dóibh ag gach seans.**
- **Cuir ainm do pháiste go soiléir ar gach píosa éadaigh agus na rudai eile a bheadh acu.**
- **Cabhraigh leo a rudaí féin a aithint.**



AG DÉANAMH CÚRSAÍ NÍOS FUSA DON NAÍONAN

Ní féidir le páistí a bheith neamhspleách nuair nach feidir leo an fearas atá acu a láimhseáil i gceart. Smaoinigh ar na rudaí a bheidh do pháiste ag déanamh i rith an lae scoile, mar shampla:



- Munar féidir le do pháiste iallacha a cheangailt bheadh bróga le Velcro níos fear do/di agus bheadh do pháiste soar ó a bheith ag lorg cabhrach i gconaí.
- An féidir le do pháiste a éadaí féin a láimhseáil léi féin.
 Is féidir le Zips a bheith níos fusa ná cnaipí go minic.
- Píoc bosca lóin agus buidéal gur féidir le do pháiste a oscailt go héasca. Ba choir go mbeadh do pháiste a bheith in ann do aon rud atá ina bosca lóin. Is féidir le "Capri-Suns", "Frubes", agus oráistí le craiceann a beith an deacair do dhaoine óga.
- Déan cinnte gur féidir leis an bosca lóin dul isteach sa mhála scoile go héasca.

- Seachain boscaí lóin móra go gcaithfidh páistí a iompair chomh maith leis an mála scoile.



Is féidir leis na rudaí seo go leir cabhrú le do pháiste dul tri ócáidí an lae scoile gan fadhbanna.



Cabhraíonn sé go mór leis an múinteoir chomh maith.

AN CHÉAD LÁ

Tá sé tábhachtach go bhfuil córas ceart i bhfeidhm go luath. Bí cinnte go bhfuil gach rud réidh don mhaidin.

Déan é seo go deas réidh socair - na bíodh do pháiste imníoch ag dul a codladh. Tabhair go leor ama ar maidin ionas nach bhfuil éinne faoi bhrú ag gléasadh, ag glanadh agus ag ithe bricfeasta maith.

Tá sé an thábhachtach go deo go dtagann do pháiste go dtí an scoil ag an am céanna leis na páistí eile. Cuireann sé isteach ar leanai má tá an rang ar siúl ag iad ag teacht isteach. Bíonn imní ar pháistí nuair atá orthu teacht ar scoil le "entourage" de chlann ar fad.



Is smaoineamh maith é má thógann tuismitheoir amháin an páiste go dtí an rang. Nuair atá an páiste ina sui is fearr imeacht láithreach. Cuireann sé isteach ar páistí eile má tá a lán strainséirí ag fanacht timpeall ag féachaint orthu sa rang.

Ar an lá mór má tá tú féin 'trína chéile' na lig ort dod pháiste. Abair go mbeidh tú thar nais ag an am ceart chun do pháiste a bhailiú agus fág an tseomra. Más rud é go bhfuil do pháiste ag gol, bíodh muinín agat as an múinteoir - tabharfaidh sí aire mhaith dod pháiste.

Tá sé thar a bheith tábhachtach bheith in am chun do pháistí a bhailiú ón scoil. Cuireann sé isteach ar pháistí ma fheiceann siad ar pháistí eile atá a bhailiú agus ceapann siad go mbeidh siad fágtha.



Tógann sé roinnt ama do pháistí dul i dtaithe ar an saol nua ar scoil. Ná bí ag súil le an iomarca ar dtús. Labhair le do pháiste faoi cad a tharlaíonn ar scoil agus lig dó/di freagairt ina slí fein.

Beidh tuirse ar do pháiste tar éis an lá ar scoil. Tá sé tábhachtach mas ea go bhfuil córas rialta agat am ciúin a bheith agaibh le chéile agus go dtéann do pháiste go codladh go luath gach oíche.



MAR EOLAS DUIT

Am Oscailte na Scoile

Osclaíonn an scoil go hoifigiúil ag 08:50 gach maidin. Beidh geata gus doras na scoile ar oscailt ó 08:40 ar aghaidh chun gur féidir le gach duine a slí a dheanamh isteach go sábháilte. Is ceart do pháistí dul díreach isteach ina rang agus ba choir do gach páiste a bheith i láthair ar 08:50. Ag a 09:00 cuirtear an príomhdhoras faoi ghlas. Caithfidh éinne atá ag iarraidh teacht isteach an buzzer a úsáid. Mar gheall ar sin is féidir linn súil a choiméad ar chuairoteoirí go dtí an scoil.

Déan cinnte go dtuigeann do phaiste go bhfuil tábhachtach ag baint le beith in am. Má tá do pháiste deanach nó as láthair bíonn nóta le leithscéal ag teastail. Má theastaíonn uait do phaiste a thógaint i rith am scoile beidh glaoch guthan nó nóta uainn. Má tá tú fein nó duine ainmnithe agat ag bailiú do pháiste i rith am scoile bíonn ort an leabhar ag doras na scoile a líonadh.

Break Times



There is a morning break from 10:35 to 10:45. Please give your child something small to eat at this time. A piece of fruit is recommended.

Lunchtime is from 12:15 to 12:45. Pupils will eat their lunch in class before going to the playground. Please do not give your child too big a lunch as a lot of food is wasted by children at school. We operate a **Healthy Lunch Policy**: crisps & fizzy drinks are not allowed. Your cooperation in promoting this policy would be appreciated. **Chewing gum** is strictly forbidden. Please provide your child with an appropriate container for their lunch and drink and mark them clearly with the child's name.

No glass bottles or containers are permitted.



Children will play in the playground supervised by a teacher at morning break and at lunchtime. They may not stay in the classroom during this time. If the weather is bad children will stay indoors during breaks and will be supervised.

If, for serious medical reasons a child is advised to remain indoors during break periods, a note to that effect must be given to the teacher.

Going Home

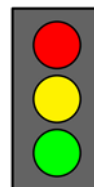
For Junior and Senior Infants, classes will end at 13:30. Each child should understand what arrangements are made for going home. Parents may meet their children just inside the main gate of the school. On wet days they may be collected from the main door.

All other classes will end at 14:30p. Pupils will leave through the exit door nearest their classroom and should meet with their parents at an agreed location. Please consider carefully the following points regarding traffic and parking.

Traffic and Parking.

Traffic congestion and a lack of parking facilities is a serious problem for all the primary schools in our area. In the interests of all our community but particularly the safety of our children, we ask that you are as careful and considerate as possible.

In the mornings most parents only need to stop briefly to drop off their children. If you need to park and escort your children to the school gate, find a space a short distance from the entrance which will not cause an obstruction to others.



Contact: 051 879736

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PREPARATION FOR LEARNING

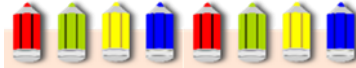
Children learn informally from birth from their parents and from their environment. Parents are often anxious to begin to see some results of formal learning soon after the child starts school. Children will start to read and write at their own pace. Just as they walk and talk at different ages - they also read and write when they are ready to do so themselves. It is not necessary for children to be able to write or recognise letters before coming to school - it is far more important to prepare them as indicated below and this can be done informally by parents.



The following will help you develop your child's management of new skills.

- Language is an essential prerequisite to reading. Listening attentively to your children. Talk to them and encourage them. Give them time to explain and to retell events to you. Avoid interrupting even if you know what they are going to say. When talking to your child don't economise with words. Don't use baby talk.
- Read to your child regularly. This encourages a love of books and creates an interest in reading. Ensure that reading is an enjoyable experience. Don't prolong the reading when the child has lost interest - short enjoyable experiences are best.
- Pay attention to the mechanics of reading i.e. holding the book, turning the page - page by page. Let your finger go under the words as you read from left to right.

The child's main interest will be in pictures - allow time to examine and comment on them.

- Help your child identify colours.
 - To strengthen and develop co-ordination which your child needs for reading and writing provide: large sheets of paper and chubby crayons for scribbling, drawing, colouring in, tracing, copying etc; scissors for cutting paper; activities which involve pouring, stirring, mixing, rolling etc; dolls and teddys with clothes that can be buttoned, laced, zipped and tied. Help your child to grip crayons and pencils correctly.
 - Choose toys carefully. Children should have blocks to build, simple jigsaws, construction toys etc.
- 
- Encourage them to build and make using odds and ends i.e. paper plates, used packets, cartons, egg boxes etc.
- Allow your child to help you sorting cutlery, setting the table, counting out the correct number of spoons, forks, etc.
 - If your children participate in the daily routines at home they will feel confident about dealing with the school situation. If you are constantly saying "Don't touch" you are saying "Don't learn". If your children feel you have confidence in them they will feel they can achieve.

PREPARATION FOR SCHOOL

Coming to Primary School is a very important milestone in the life of a child and is often a time of stress and anxiety for parents. Parents however, can do much to reduce such anxiety both for themselves and their child. This preparation should begin some months before the child starts and should be carried out gradually.


It is an enormous change for a child to have to share a room with many other children. There is much that parents can do to prepare the child to cope with separation and socialisation and to build a sense of control in the child.

The following may help:

- Visit the school with your child and familiarise them with the school environment.
- Talk to your child about your own school days.

Emphasise the opportunities for making friends and for getting involved in new activities.

However, don't "hype up" school life. Approach this talk with a calm attitude - treat it as a normal development in the child's life.

-  Introduce your child to another junior infant. It is important for your child to see some familiar faces on the first day.



- Children should be able to put on and take off coats and hang them up, to use the toilet and flush it properly, to wash and dry their hands, to tidy up their crayons and colouring books.
- Help them to practice putting things in and out of the school bag. Teach them to use a tissue, to share toys, to take turns.
- **You should provide the school with the name of a person to be contacted if you are not at home. Explain this arrangement to your child.**
- Allow your children to do things independently: encourage confidence by having the dress themselves; don't criticise if things are not exactly to your liking i.e. buttons not perfect; praise their efforts at every opportunity.
- **Label all your children's clothes and belongings clearly.**
- Help them to identify their own belongings.

THE FIRST DAY

It is important that you establish a good routine early. Check that all items are ready for the morning. Do this in a calm fashion - don't have your child over-excited or anxious going to bed. Give plenty of time in the morning for dressing, washing and eating a good breakfast.



It is very important that you arrive on time to collect your child from school. Children will become upset if they see other children being collected and feel they are being left behind.

It is important that your child arrives around the same time as other children. It can be very intimidating to walk into a class already in progress. Many children can feel overwhelmed when they arrive at the classroom with an "entourage" of extended family.

It takes time for children to adapt to school life and routine. Don't expect too much too soon. Talk to them about what happened and allow them to respond in their own way.

Your child will be tired coming from school, so it is important to set a routine of a quiet time together and early to bed.



It is a good idea for perhaps one parent to accompany the child to the classroom. When the child is seated it is best to leave immediately. Other children can be upset at the sea of unfamiliar adult faces.



For the first morning we will provide tea and coffee for parents in the school hall which will allow you to stay in the school but out of view until you are happy that your child has settled.

On the big day, if you are feeling upset yourself, don't show it, leave your child with the teacher and tell him/her you will be back at the appropriate time to collect him/her. If your child is upset, trust the teacher - they will comfort your child. Sometimes a small toy from home can help.



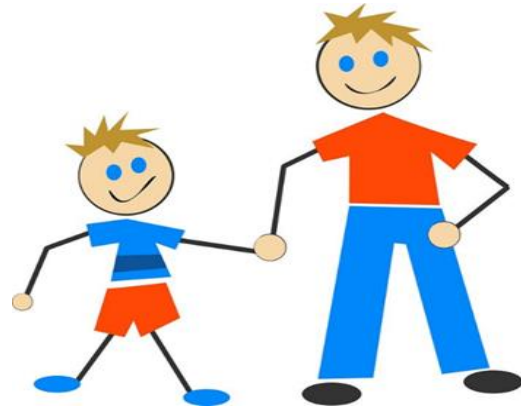
MAKING LIFE EASIER FOR THE JUNIOR INFANT

Children cannot be independent if they cannot manage the equipment you provide. Give some thought to the items your child needs to get through the school day, for example:

- If your child cannot tie laces, then shoes with a Velcro fastener will enable him  be more independent.
- Ask yourself whether or not your child can manage his/her clothes by him/herself. Zips  may be easier than buttons for example.
- Choose a lunch box and drink container that he/she can open easily. Children should be able to manage all the food and its packaging in their lunch boxes. "Capri Suns", "Frubes", unpeeled oranges etc. are particularly difficult for young children to manage.
- Make sure that the school bag can hold the lunch box and drink container.



- Avoid the large lunch boxes which have to be carried separately.



- All of the above can help your child feel capable of dealing with the classroom routine.



It also helps the teacher enormously.

GENERAL INFORMATION

Opening Times

The school will open officially at 08:50a.m. the school gate and front door will be open from 08:40 to allow for the safe arrival of everybody. On their arrival children should go straight to their classroom. All children should be at school by 08:50. The door will be locked by 09:00 when the buzzer will have to be pressed to gain entry as this allows us to monitor visitors to the school.

Please encourage your child to be punctual.



Lateness for school or absence from school requires a note from parents.

If a child needs to leave early a telephone call or a note from the parent is necessary. If you or a person designated by you (by note or phone call to the school) is collecting your child during school time, we ask that you fill the Leabhar Dearg inside the main front door.

Break-times

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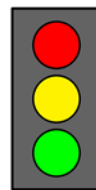
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