

Nurturing Talent & Fulfilling Potential

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H.C.B School of Philosophy House System Winners

MILL	1Q: Carter McIlvenna & Ruadhan McKinney 1T: Conleth Sloan & Cillian Sloan 2F: Jayden Reid & Conall McLaren 2M: Eoin Grieve & Aaron O'Neill 3M: Jack Maguire & Conlaodh Delaney 3Mo: Fintan Waide & Taylor McIlvenna 4W: Conn Curran-McIlkenny & Jude Cooke- Faulkner 4M: Odhran Braniff & Tiarnan Murphy 5W: Tomas Cosgrove & Jake Smyth 5C: Kai Baker & Connor Weatherall 6M: Nathan Silva & Odhran Leith Corbett 6EJ: Noah McKeown & Caleb McCann	ARISTOTLE
SOCRATES	7L: Christopher Moloney & Joe Thompson 7H: Daniel Ferris & TJ Smith Starlight: Harlee Cooke-Faulkner RR: James Engelen	PLATO

Solitude Winners: Well done to the following boys who have been selected to go to Solitude on Friday 29th September 2023 for a coaching session on the pitch with our two current staff members, Tony Kane (Dundela FC) and Joe Gormley (Cliftonville FC). The boys were selected for their outstanding efforts with their behaviour and attitude. Thanks so much to Cliftonville FC and especially Imelda Pettigrew for the use of their superb facilities every week. **Starlight Rm/P4:** Conor Davey, Daire Savage, Cain Reid, Jaxon Wilgaus, Ollie Maguire, Fiachra McComb, Daniel Foster, James Waide, Kai Slavin & James Rodgers. **P5:** Jake Mailey, Ronan Gillespie, Jamie McGonnell, Jayden Rodgers Neill, Cain Duffy, James O'Neill, Tomas Cosgrove & Oscar Altas. **P6: (At Swimming).** **P7:** Josh Lyttle, Christopher Gormley, Mason Bradley, Christopher Maloney, Tiernan Graham, Jake Patterson, Coalan Dunlop & Barra Quinn.

Punctuality Monitoring took place last week to help target parents and pupils with difficulties in this regard. When children arrive late to school, they are at an immediate learning disadvantage as they are likely to have missed the teacher-led introduction phase of the morning lesson. The pupils coming in late last week will be on a Punctuality Report Card for this week. These will be given to the small number of pupils tomorrow morning. We would recommend parents avail of the option to send their child to the Breakfast Club if finding it difficult to ensure their child attends school on time.

Breakfast Club continues every morning for P2-7 and will start on Monday 2nd October 2023 for Primary 1. The Breakfast Club opens at 8:00am in the school canteen and costs of £1 per morning (includes cereal, toast and a drink). **Wednesdays are always FREE for all pupils** and we give out Tuckshop and Breakfast Club vouchers every Wednesday (See pics below).

Philosophy: The philosopher of the work goes to Cain for daring to think differently with his fast TTR and slow Think Think Respond.

Class Assemblies: The first of our Class Assemblies took place last week on the theme of the House System and Positive behaviours at school, which is very relevant at the start of a new school year. P5 Room 14 on Thur 21st Sept & P2 Room 5 on Fri 22nd Sept. Well done to all the boys who performed brilliantly!

Music: Singing Practice for P1-3 on Fridays @11.00 to 11.30am and P4-7 on Thursdays @11.10 to 11.40am. Classes & Peripatetic lessons on flute, violin, brass, cello & bassoon continue weekly.

Mental Health Awareness: The 3rd session for P6 & 7 pupils will be on Thursday 28th September with specialist, Joe Watson.

Physical Education: All pupils should wear their full P.E Uniform on their P.E days: **Black Jogger Bottoms, White Polo Shirt, Normal Black School Jumper with HCB Crest & Black Trainers. Swimming** for Primary 6 will start on Friday 22nd September 2023 at the Falls Leisure Centre and the focus for the first Physical Education theme for September/October is dance. School teams for Gaelic Football (Mr Magennis), Soccer (Mr Mullan), Handball (Mr Ferrin) and Table tennis (Mr Ferrin) have also started. Thanks to Oisín @gaelfit for our hurling training. P3 & 4 are absolutely loving it and are getting so good! **Gaelfit** coaching (6 weeks) continues **Wed 27th September** for P3 & 4 classes (Week 3) and **Multisport Games** at the Ardoyne Community Centre with **Community Sports Network** on Thursdays for 6J (10.10-10.30), 6M (10.30-11.00), 7H (11.00-11.30) and 7L (11.30-12.00). P5 classes will have **Gaelfit** lessons on Tuesdays 5W R14 @1.10-1.50pm and 5C R14 @1.50-2.30pm. Super turnout in the rain this week for the soccer team whose season starts on Tuesday 26 Sept when they face St. Joseph's, Ballyhackamore in the EDCO U11 Cup! ■ ■ ■

Sport Changes Life - Honour Roll Programme: The programme will be 8 weeks based around the transition from Primary 7 to first year. The 1st of the 8-week programme will start tomorrow, **Monday 25th of September** for P7L R18 and P7H R20. The workshops are based around both personal development and good relations and will cover a range of topics from hopes and fears, anti-bullying, online safety, healthy lifestyles, team building, Olympic and Paralympic games and values and goal setting.

Extended Schools Programme Week 2 tomorrow, **Monday 25th September 2023.**

School Nurse Angela Evans proved an excellent addition last year with The Happy Healthy Children Programme, which helps ensure an enhanced school nursing programme to support the health needs of all the children. This is the 2nd year of the two-year pilot. Angela sent letters home this week to relevant pupils to update their Care Plans (if need be). NB: Please contact the school asap if you have any medical issues/concerns regarding your son that the school should know about.

Smoke Busters: P6 and P7 classes thoroughly enjoyed a very informative online session (on the dangers of smoking/vaping last Wednesday with Cancer Focus NI (Virtual Delivery of Smokebuster's Programme). The boys were able to ask questions too!

School Holidays for 2023/24 https://storage.googleapis.com/sitesassetsswd/684/docletter/20230309120136_15_HCB_School_Holidays_for_Parents_2023-2024.pdf

Wellbeing Weekly

Philosophy Question: Do we all dream?

Weekly Challenge: Can you beat a minute running on the spot?

Motivational Quote: You must be the change you want to see in the world.

Mahatma Gandhi

Happy Birthday

Archie Armstrong, John Maguire, Jake Mailey, Leon Shannon, Mason Engelen & Junior Brady-Evans.

Upcoming EVENTS

***Trainer Tuesday:** Pupils can wear their trainers on Tuesdays for 50p, starting **Tue 26 Sept.**

FREE entry to the **Breakfast club** on **Wed 27 Sept** for P2-7 pupils from 8am.

***Friday Tuckshop:** will take place every Friday, continuing on **Friday 29 Sept.**

***P1-P7 Intranasal fluenz Tetra vaccine** on Friday 13th October.

***Solitude Friday Visits** on Friday 29 September.

***Punctuality Monitoring Week (Only for Pupils on Report Card)** will take place this week Mon 25 to Fri 29 Sept.

***European Languages Day:** Tues 26th Sept.

***World Mental Health Day:** Mon 9th, Tue 10th and Wed 11th Oct. Class massage and relaxation visits with Donna.

***Book Fair** starts on the week beginning Monday 16th October (Details to follow).

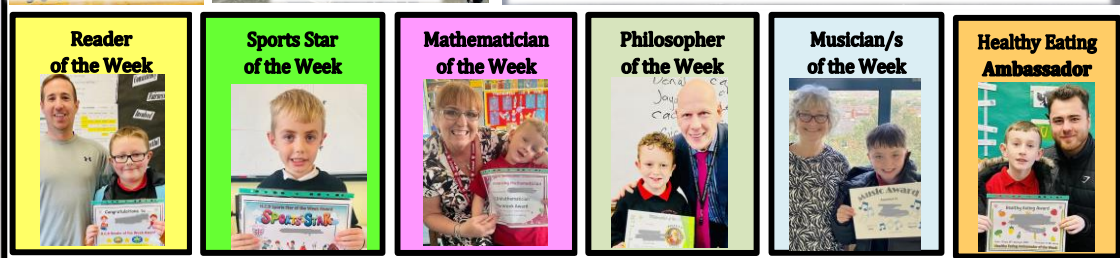
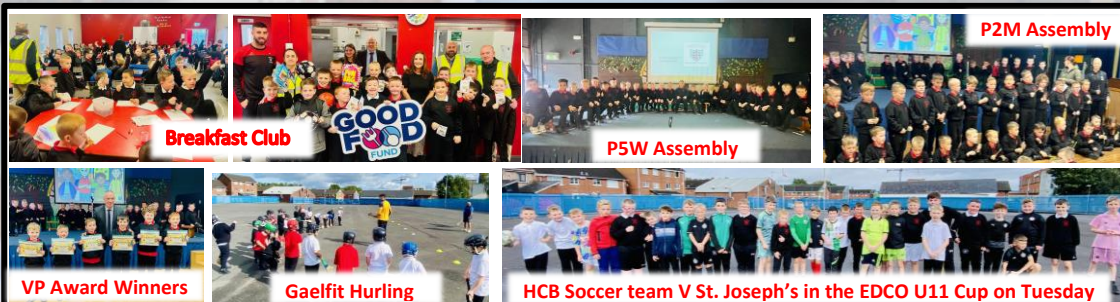
***Rewarding Pupils:** Awards for Reading, Maths and Attendance at Mid-term and end of term to start Monday 23rd October.

***P7H Relaxation and Therapy sessions** with Donna Hawkins on Wed 8, Wed 15, & Fri 24 Nov (mornings).

***Halloween Break** Halloween Break from Thur 26th Oct to Wed 1st Nov inclusive. Early finish on Wed 25th Oct (P2, 4 and 6 finish 11.45am, P3, 5 and 7 finish 12.00pm. RR, SR and P 1 will finish at 11.30am.

***Anti-Bullying Week:** Mon 13th - Fri 17th November.

***World Philosophy Day** is on Thur 16th Nov 2023 (Focus on Aristotle).



	Monday 25th Sept	Tuesday 26th Sept	Wednesday 27th Sept	Thursday 28th Sept	Friday 29th Sept
Lunch Menu	Chicken Goujons, Spaghetti Hoops & Chips. Ice cream Fruit.	Beef Meatballs with Italian Tomato & Basil Sauce, Garden Peas & Pasta. Jelly And Fruit	Chicken Curry & Naan Bread, Sweet Corn & Steamed Rice. Jam & Coconut Cake.	Roast of the Day, Stuffing & Rich Gravy, Carrot, Broccoli & Mashed Potato/Oven Roast Potato. Short Bread.	Pork Sausages, Baked Beans & Chips. Frozen Yoghurt.

Dinner Menu 2023-24 https://storage.googleapis.com/sitesassetsswd/684/docletter/20230831013823_74_Dinner_Menu_September_2023.pptx

YEAR	START	Finish	Friday Finish
1	9.00	2.00	12.45
2	8.45	2.15	1.00
3	9.00	2.30	1.00
4	8.45	2.45	1.20
5	9.00	3.00	1.20
6	8.45	2.45	1.20
7	9.00	3.00	1.20
RR	8.45	2.00	12.30
SL	8.45	2.30	12.30

HCB Weekly Bulletin for Monday 25th to Friday 29th September 2023