

Nurturing Talent & Fulfilling Potential

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H.C.B School of Philosophy House System Winners



1Q: Cathal Og Thompson & Aodhan Perry **1T:** Ebon Olagunju & Logan Canavan **2F:** Adam Mooney & Cruz Murphy
2M: Ray Gough & Jacob Cooke-Faulkner **3Mc:** Ruben Bercea & Ciaran Kennedy **3Mo:** Caolan Moore & Fionntan Morgan
4W: Kaelann Gilvary & James Braniff **4M:** Martin McClafferty & Odhran Braniff **5W:** James McCorry & Cillian Gearon
5C: Theo Hyland & Kaiden Boothman **6M:** Mason Engelen & Harley Finnegan **6E:** Oisín Largey & Ronan Burns **7L:** Sean Og Copeland & Patrick Valliday **7H:** Danny McGonnigle & Caoimhin McBride **Starlight:** Dáire Savage **RR:** Callum McHugh

Solitude Winners: Well done to the following boys who were selected to go to Solitude for a coaching session on the pitch on **Friday 17th November** with our two current staff members, Tony Kane 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, Jack Stewart, Dylan Og Kelly, Leo Hall, Jude Cooke-Faulkner, James Lennon Wallace, Caelan Murphy, Cole Burns, Anthony Teggert, Cohan Rafferty & Jude Butler. **P5:** James Corr, Jayden Rodgers Neill, Leo Dewar, Conor Weatherall, Jaxson Bittles, Noah McKevee, Cillian Gearon & Riley Braniff. **P6:** (Final Week 8 Swimming). **P7:** Kai Little McMurtry, Mason Jay Bradley, Sean Og Copeland, Michael John Nugent, Daniel Ferris, Jayden Reid, Jack McCabe & Cael Mullan.

NSPCC Speak Out/Stay Safe programme: Workshops will be delivered tomorrow Monday 20th November by the NSPCC for P6 & P7 classes.

CRIS (Community Relations in Schools) P3Mc R10 are in HCB Hall with Glenwood @9.30-11.30am on Tuesday 21st November & P3Mc are then away to Glenwood @9.15am on Tuesday 28th November 2023.

HCB celebrated World Philosophy Day HCB celebrated World Philosophy Day (Thursday 16th November) with the P1-7 classes producing superb presentations on the life of Aristotle. Well done to all the boys and staff involved on another memorable and fantastic occasion. Congratulations to the winning class (P3 Mrs McShane) for collecting the inaugural Philosophy Bowl for their impressive performance on Aristotle and his philosophy on happiness! <https://www.holycrossboys.com/latest-news/news/celebrating-world-philosophy-day-in-hcb/>

Anti-Bullying Week: HCB highlighted the Anti-Bullying message last week and the boys wore their odd socks to mark Odd Socks Day last Monday. The 16 winners (a boy from each class) will receive a tuckshop voucher for the best Anti Bullying Poster in each class tomorrow. Well done to all the boys who took part – the standard of posters was once again outstanding. <https://www.holycrossboys.com/latest-news/news/hcb-celebrated-odd-socks-day-to-mark-the-beginning-of-anti-bullying-week-a/?p=1&tags=1081>

Counselling Service: With the help of ES funding & the PHA, we are now offering a specialist counselling service for selected pupils on Mondays (Mental Health Movement at the Marrowbone Hub) thanks to Caoimhin McNulty and on Wednesdays in the school with Anne.

Physical Education: Primary 6 had their final **Week 8** of Swimming on **Friday 17th November 2023** at the Falls Leisure Centre. Year 7 will start their 8 week swimming programme after Christmas on **Friday 12th January 2024**. The focus for the 2nd Physical Education theme for November/December is Gymnastics. Multipoint Games at the Ardoyne Community Centre with Community Sports Network continues on Thursdays for 6J (10.10-10.30), 6M (10.30-11.00), 7H (11.00-11.30) and 7L (11.30-12.00). Year 5 will have week 2 of their handball programme with Gaelfit's Oisín on Thursdays in the school hall. P5 classes will also have Gaelfit lessons on Tuesdays 5W R14 @1.10-1.50pm and 5C R14 @1.50-2.30pm. HCB's unbeaten run in all competitions this year came to an end at Solitude on Friday after a narrow 1-0 loss to Christ the Redeemer Primary School in the semi-final of the Cyril Murray Cup.

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. **BREAKFAST CLUB WILL BE FREE TO ALL PUPILS IN TERM 2.**

Mindfulness and Aromatherapy: A huge thanks to Donna Hawkins, as P7H had the 2nd of their 3 sessions last week, as they prepare for their GL Assessment on Saturday 25th Nov. The boys loved every minute of it. The 3rd session will be on **Friday 24th November 2023**.

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. The HCB choir, under the guidance of Mrs Martin, will perform at the Christmas Carol fest in St. Anne's Cathedral on Friday 1st Dec 2023.

Mental Health Awareness: The next session for P6 & 7 pupils will be on **Thursday 23rd November @9.30 to 10.30am** with specialist, Joe Watson.

Sport Changes Life - Honour Roll Programme with Aaron at AYC. The programme will be 8 weeks based around the transition from Primary 7 to first year. The next session of the 8-week programme is on tomorrow, **Monday 20th November** for P7L R18 and P7H R20.

Extended Schools Block 2/Week 3 will start tomorrow, **Monday 20th to Friday 24th November** and end on Week beginning **Monday 4th to Friday 8th December 2023**. Notes and reply slips have been sent home with the boys, detailing out extensive list of activities, including Sports (Multi-Sports, Soccer, Handball, Table tennis and Gaelic Football), Languages (Irish, French and Spanish) and Musical instruments (drums and guitar).

School Holidays 23/24 https://storage.googleapis.com/siteassetsswd/684/docletter/20230309120136_15_HCB_School_Holidays_for_Parents_2023-2024.pdf

HCB Healthy Eating Policy: https://storage.googleapis.com/siteassetsswd/684/docletter/20220705104703_11_Healthy_Eating_Policy.pdf

Wellbeing Weekly

Philosophy Question: What do you think your future self will remember about you now?

Weekly Challenge: Breathe in - smell the coffee, Breathe out - blow to cool down.

Motivational Quote: Dreams are extremely important. You can't do it unless you imagine it. George Lucas



Carter Baker, Fionn Bateson, Jacob Campbell, Oisín Largey-Reid, Harley Finnegan, Justin Osborne & Harlee Cooke-Faulkner.

Upcoming Events

Trainer Tuesday: Pupils can wear their trainers on **Tuesday 21st Nov** for 50p.

Breakfast Club FREE entry on **Wed 22nd Nov** for P2-7 pupils from 8am.

Tuckshop: will take place this **Fri 24th Nov**.

Solitude Friday Visits on **Friday 24th Nov**.

Hygiene Talk for P6 & P7 with Angela (School Nurse) on **Tue 28th Nov 2023** - P6M R19: 9.00-9.25, P6J R21: 9.25 to 9.50, P7L R18: 9.50 to 10.15 & P7H R20: 10.15 to 10.40.

Rewarding Pupils: Awards for Reading, Maths and Attendance at end of term 1 on **Monday 18th December 2023**.

CRIS: P3Mc R10 in HCB Hall with Glenwood 9.30-11.30am **Tue 21st Nov**.

TRIPS: Year 4 to Waterfront Hall (Ulster Orchestra) on **Mon 27 Nov**.

P7H Relaxation & Therapy sessions with Donna Hawkins **Wk 3 on Fri 24 November**

P7 Transfer Mock Day 2 **Tue 21st Nov 2023**.

OPEN DAY for prospective P1 pupils in

September 2024 on **Tue 28th Nov @9.30am**

***P1-3 Christmas Show:** Parents Day 1 on **Wed 13th** and Day 2 on **Thur 14th Dec 2023**.

***Santa visit (P1-4)/ Christmas Jumpers (All pupils)** & Christmas carol service (1.30pm) in church on **Tue 19th Dec 2023**

Christmas Dinner/Christmas Jumpers (all pupils) on **Wed 20th Dec 2023**.

Christmas Holidays: Pupils will finish earlier on **Thur 21st Dec** and return for Term 2 on **Mon 8th Jan 2024**.

Holy Communion on **Fri 17 May 24 @11am**.



	Monday 20 th Nov	Tuesday 21 st Nov	Wednesday 22 nd Nov	Thursday 23 rd Nov	Friday 24 th Nov
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/siteassetsswd/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 20th to Friday 24th November 2023