

Nurturing Talent & Fulfilling Potential



H.C.B School of Philosophy House System Winners

Rainbow Rm: Seb Burns **Starlight Rm:** Dylan Óg Kelly **P1F:** Ethan Trainor & Jay Smyth **P1T:** Lucas Teggart & Brody Oliver **2Q:** Theo Hughes & Jude Lagan **P2M:** Noah Prenter & Thomas Casey **P3M:** Caelan Murphy & James Braniff **P3L:** Ethan McStravick & Odhran Braniff **P4W:** Donal Lindsay & Calvin McGeough **P4M:** Nathan Ewing & Jake Mailey **P5C:** Fionn Johnston & Jay Taylor **P5M:** Noah McKeown & Caoimhin Catney **P6EJ:** Danny McGonigle & Riley Harper **6MJ:** Sean O'g Copeland & Jack Stewart **7H:** Nathan Doherty & Fionn Morgan **7M:** Conghal McTasney & Jayden O'Shea

Solitude Winners: Well done to the following boys who were selected to go to Solitude on Friday 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. **RR & P4:** Harlee Cooke-Faulkner, Stephen Marley, Lu Daire Clarke, Michael Ferry, Jaxson Bittles, Colm O'g Lavery, Jake Frame-Donaghy, Jack McAuley-Reid, Aidan Toal & Lorchain Keenan. **P5:** Nathan Haughey, Jay Taylor, Alex Cameron, Brooklyn O'Neill, Caoimhin Catney, Jake Boyle-Higney, Michael Burns & Noah McKeown. **P7:** Ryland Perry, Alex Hamilton, Cain Sproule, Conghal McTasney, Stephen Turley, Jack Gouldie, Nathan Doherty & Kieran James-Foster.

Book Fair: The annual Book Fair returns to HCB this week. Remember we get 60% of your total spend back in book vouchers, which we can use to purchase new novels, reading and story books for the school. We rely heavily on this to replenish and update our book collections. Please read the information and check the timetable, which will be sent home tomorrow with your son.

World Mental Health Day: HCB celebrated World Mental Health Day last Monday with every class in the school having a superb Aromatherapy and Relaxation session with Donna Hawkins. Thank you so much to Donna for providing an amazing experience for every single boy in the school and for giving each pupil a free bottle of Aromatherapy Oil. Any parent interested in purchasing a 2nd bottle for £4.00, please leave your name and money with Cathy in the office before the end of November, when the order will be made. Thank you to our Mental Health Coordinator, Mr Mullan, for organising this fantastic Health and Well-being week.

Philosophy: Philosopher of the week goes to a boy in P4 R12, for daring to think differently on the morality of what you would do against what you should do!

Physical Education P6EJ, P6MJ, & M & P7H are really looking forward to their 6th and final session of handball on Friday from 9.00 to 12.00noon, after a brilliant first 5 weeks with former three time World Senior Champion, Antrim's Fiona Shannon. Primary 6 classes started their Gaelic/Hurling sessions with Gaelfit's head coach, Oisín McVicker on Thursday, while the School Handball Team began their handball training in the Ardoyne GAA Handball court. Thank you to the Ardoyne Kickhams for the use of their excellent facilities and for their support in helping to raise the standards of Gaelic Games in the school. Swimming: Primary 6 will have the 4th of their 8 weeks on Fri 21st October.

Cyril Murray Cup: Last week, the HCB soccer team had the pleasure of an inspirational pre match team talk from former teacher, Mr Anthony Smyth, which inspired the boys to a 6 - 1 victory over St Oliver Plunkett P.S. in the first round of the Cyril Murray 7 - a - side cup.

Counselling Service (CALM with Carole)/ Pupil Mental Health: With the help of ES funding, we have started to offer a specialist counselling service for selected pupils, every Tuesday (working individually and/or in small groups). A different class will also receive a one hour session each week to highlight the importance of dealing with emotions and mental health strategies. P7H R20 will have their class session this Tues.

Mental Health Awareness: Sessions will continue for P6 & 7 pupils on Thursday 20th October with specialist, Joe Watson.

Rewarding Pupils: Awards for Reading, Maths and Attendance at Mid-term will be given out on Monday 24th October. Pupils who have had excellent attendance since the start of the new school year to present and those boys who have put in an outstanding effort with AR/ Reading and Menatal Maths/FRECKLE will receive a prize when Mr McAreevy and Mr Curran will visit the classes.

Extended Schools: Please see ES Timetable/Dates using the following link:

https://storage.googleapis.com/sitesassetswd/684/docletter/20220929124746_21_202223ESDATESTIMETABLE.pdf

Halloween Holidays: The Halloween Hooley will take place on Wed 26th Oct. Pupils will finish earlier on this day at the following times: P1-3 @ 11.45am and P4-7 @ 12.00noon. Pupils will return on Wed 3rd Nov 2021 at the normal times.

Wellbeing Weekly

Philosophy Question: Stuck on a desert island – how would you survive?

Weekly Challenge: Help mum/dad with the dishes.

Motivational Quote: Fall down seven times, get up eight.

Japanese Proverb.



Kai Lyttle McMurtry
Caleb Donaghy
Cian Nolan
Caodhan Lowry
Gavin O'g McKeown
Michael Ferry
Stephen Turley
Padraig Mallon
Cain Whelan

Upcoming EVENTS

- * Assemblies:** P5C R15 on Thursday 20th Oct & P3L R10 on Friday 21st Oct.
- *Primary 6 Swimming:** Week Number 4 of 8, starting on Friday 21st Oct at Falls Leisure Centre.
- *Trainer Tuesday:** Pupils can wear their trainers on Tuesday 18th October for 50p
- *Friday Tuckshop** will take place every Friday, continuing Friday 21st Oct 2022.
- *CRIS** Dates for 3L (Wed 19 Oct, 2 & 9 Nov 22
- *Book Fair** starts tomorrow - Monday 17th October (Details to follow).
- *Rewarding Pupils:** Awards for Reading, Maths and Attendance at Mid-term and end of term to start on Monday 24th October.
- *Halloween Break** for pupils will be from Thur 27th Oct to Tuesday 1st Nov inclusive. Early finish on Wed 26th Oct.
- *Anti-Bullying Week:** - Odd Socks Day and Poster competition on 14th - 18th Nov.
- *World Philosophy Day** is on Thursday 17th November (Focus on Plato).
- *P5 Trip:** Waterfront Hall on Mon 21 Nov to attend a Primary Schools Concert with the Ulster Orchestra.
- *FLU Vaccine P1 - P7** on Wed 7th Dec 22.
- *First Holy Communion:** Sat 20th May, 2023 at 11am.



Philosopher of the Week



Sports Star of the Week



Reader of the Week



Mathematician of the Week



Musician of the Week



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breaded Chicken Goujons Sweetcorn Mashed Potatoes Salad Selection Vanilla Ice-cream, Oranges & Chocolate Sauce	Breaded Fish Fingers Baked Beans Mixed Vegetables Mashed Potato Fresh Fruit Selection & Yoghurt	Breast of Chicken Curry Boiled Rice Nann Bread Garden Peas Jam & Coconut Sponge & Custard	Roast Chicken Traditional Stuffing, Gravy, Fresh Baton Carrots & Broccoli Florets Oven Dry Roast & Mashed Potatoes Frozen Smoothies & Fish Fruit	Steak Burger in a Bap Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuit & Fresh Fruit

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

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Weekly Bulletin for Monday 17th to Friday 21st October 2022