



Plean Covid-19 Meán Fómhair 2021

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Comhoibriú

Ag teacht leis an bPrótacal um Fhilleadh ar an Obair go Sábháilte, teastaíonn cumarsáid láidir agus cur chuige comhoibritheach roinnte idir an Bord Bainistíochta, foireann, daltaí agus tuismitheoirí chun fillleadh ar an obair go sábháilte agus go leanúnach. Tá cúnamh agus comhoibriú an fhoireann, na ndaltaí, na dtuismitheoirí / na gcaomhnóirí, na gconraitheoirí agus na gcuairteoirí go léir ríthábhachtach do rath an phlean.

It is advised that in order to return to school safely and ensure that school remains open, good communication between all parties including Board of Management, staff, pupils and parents is vital. The success of this plan depends upon good communication between all parties.



Comhairle ghinearálta chun scaipeadh an víris a chosc i Scoil Naomh Ciarán

Déanfaidh an scoil cinnte go gcuirfear fáisnéis suas chun dáta maidir leis an víreas faoi bhráid pobal na scoile chun eolas ar an an víreas a scaipeadh. Déanfar an t-eolas seo a scaipeadh ar shuíomh idirlíon na scoile sula bhfillleann gach duine ar ais ar scoil.

The school will ensure that up to date information regarding the virus is shared with the school community. This information will be shared on the school website, through text message and email when necessary.

Meabhraítear do thuismitheoirí / caomhnóirí **gan** a bpáistí a chuir ag an scoil má tá siomptóim d'ionfhabhtú riospráide víreasach orthu nó ar aon duine ina dteaghlach. Meabhraítear freisin d'fhoireann na scoile gan teacht ar scoil má tá siomptóim d'ionfhabhtú riospráide víreasach orthu nó ar aon duine ina dteaghlach.

*Parents / Guardians are advised **not** to send their child to school if the child or anyone in the household has symptoms of viral respiratory infection. The same applies to members of staff or members of their household, who have symptoms of viral respiratory infection, not to come to school.*

Iarrtar freisin at thuismitheoirí / caomhnóirí gan páiste a sheoladh ag an scoil má tá baol nó má tá sé deimhnithe go bhfuil Covid 19 ar duine ina dteaghlach nó má tá siad ainnte mar theagmhál gaolmhar do dhuine leis an víreas. Moltar an rud céanna d'fhoireann na scoile.

Parents / Guardians are also asked not to send their child to school if there is a risk or if it has been confirmed that someone in their family has tested positive for Covid-19, or if they are named as a close contact to someone who has contracted the virus. The same applies to members of staff.

Coimeádaimid an ceart i Scoil Naomh Ciarán cead isteach sa scoil a dhiúltú má fheictear dúinn go bhfuil siomptóm ionfhabhtú riospráide víreasach nó má tá fiabhras ar pháiste nó ball foirne ar maidin sula dtosaíonn ceachtanna. Beidh muid ag tógáil teocht gach ball foirne / páiste gach mhaidin. (Níos mó eolais faoi seo thíosluaite.)

The school reserves the right refuse entry to staff / children who present with symptoms of viral respiratory infection or if a child / staff member has a fever / high temperature in the morning. We will be taking temperatures of staff / pupils in the morning before school begins. (more information on this below.)

Nósanna Imeachta Laethúla / Everyday Routines

Teocht (temperature) an Fhoireann agus na bPáistí

- Má tá teocht an pháiste níos airde ná 38 céim Celsius, tá an scoil ag moladh go dtabharfar abhaile an páiste agus comhairle dochtúra a fháil. Le bhur dtoil, beidh clúdach aghaidhe le caitheamh ag gach duine fásta ag am scoile ar maidin agus arís ag am abhaile tráthnóna.
If a child's temperature is above 38 degrees Celsius, parents will be advised to take their child home and seek medical advice. All adults are reminded to wear face coverings at drop off and pick up times.
- Má tá teocht níos airde ná 38 céim Celsius, moltar don fhoireann dul abhaile agus comhairle dochtúra a fháil.
If a staff member's temperature is 38 degrees or above, staff will be advised to go home immediately and seek doctor's advice.
- **Bolgáin Ranga / Class Bubbles:** Tá dhá bholgán sa scoil seo. Níl cead ag na bolgáin meascadh lena chéile faraor, chun deis scaipeadh an víreas a laghdú.
SNC has two class bubbles. Unfortunately, mixing between bubbles is not permitted to reduce the chance of virus transmission.

- **Bolgán 1: Na Bunranganna – gasúir i rang Chliona agus Éabha**
- **Bubble 1: The Junior Classes – children in Cliona and Éabha's classes**
- **Bolgán 2: Na hArdranganna – gasúir i rang Cáit**
- **Bubble 2: The Senior Classes – children in Cáit's class**

- **Níochán Lámha:** Nuair a thagann muid isteach ar scoil, beidh muid níochán na lámha an chéad rud ar maidin.
Upon entering the school building, handwashing being the first item on our to do list.

- **Bealach isteach sa scoil:** Mar a bhí i gcleachtadh anuraidh, beidh Bolgán na mBunranganna ag dul isteach an príomhdhoras, agus beidh Bolgán na hArdranganna ag dul isteach an taobhdhoras. Níl cead ag gasúir an geata ag an bpríomhbhóthar a úsáid chun dul isteach / amach chuig an scoil. Meabhraítear d'fhoireann na scoile an glas a chur ar an ngeata tosaigh agus an taobh gheata tar éis dul isteach / amach as an scoil.

As was in place last school year, the Junior Bubble will enter the school through the main door and Senior Bubble will enter through the side door directly into their classroom. Children are not allowed to use the gate at the front of the school, this is for staff use only. Staff are reminded to place the lock on the front and side gates after entry/exit.

- **Am spraoi taobh amuigh:** Mar a bhí i gcleachtadh i dtéarma a 1, beidh zón éagsúl ag gach bolgán. Caithfidh gach bolgán fanacht ina zón féin chun deis scaipeadh an víreas a laghdú. Ní bheidh cead meascadh idir na Bunranganna agus na hArdranganna.
Playtime outside: as was in place in term 1, each bubble will have its own zone on the playground. Class bubbles will have to stay in their own zone, as mixing between the bubbles is not permitted to reduce the risk of virus transmission.

- **Am Oscailte & Abhaile:**

- Cé go bhfuil scoileanna oscailte arís, tá muid fós i lár paindéim agus caithfidh muid cloí le treoirínte sláinte agus sábháilteachta chun deis scaipeadh an víreas a laghdú. *We are still in a pandemic, despite the return to school and opening up of society again.*
- Dá bhrí sin, iarrtar ar thuismitheoirí fanacht ina gcuid caranna ag am oscailte agus am abhaile, seachas tuistí Naíonáin Bheaga agus Naíonáin Mhóra. Iarrtar ar tuistí na ranganna seo seasamh ag taobh bhalla na scoile chun a gcuid páistí a threorú chuig a gcuid caranna. Tar éis cupla seachtain, déanfaidh an Scoil athbhreithniú ar seo nuair a bheidh cleachtadh ag na páistí beaga ar an ngnáthamh seo. Nuair atá siad goite sa gcleachtadh ar seo, is féidir le tuistí fanacht sa gcarr agus tabharfaidh múinteoir / CRS na páistí amach chuig na caranna ag an timpeallán.

Parents are asked to stay in their cars at drop off and collection times, except for parents of Naíonáin Bheaga agus Naíonáin Mhóra who are asked to wait at the side gate to collect their children. The school will review this arrangement after a couple of weeks. When Naíonáin Bheaga & Mhóra have become accustomed to this routine, parents can remain in their cars and teachers / SNA will guide them to the cars at the roundabout.

- Iarrtar ar thuistí clúdach aghaidhe a chaitheamh agus treoirínite scara shóisialta a ghlacadh chun deis scaipeadh an víreas a laghdú. *Parents/guardians are reminded to wear face coverings and observe social distancing guidelines to reduce risk of virus transmission.*
- Níl cead ag aon pháiste amach ó shuíomh na scoile go bhfeiceann an múinteoir / CRS carr an tuismitheora. Siúilfidh an múinteoir / CRS amach chuig an bpríomhbhóthar agus stiúrfaidh sé/sí na páistí chuig a gcuid caranna. Ár míle buíochas libh as bhur gcomhoibriú ina thaobh seo. *Children are not allowed to leave the school premises until the teacher / SNA sees parents have arrived. We thank you in advance for your cooperation.*

Ag glacadh le páistí ar maidin

- Tá Foirm Um Fhilleadh ar láthair Oideachasúil le líonadh ag tuismitheoirí sula dtosaíonn páistí ar ais ar scoil, chun sláinte agus sábháilteacht na bpáistí agus foireann na scoile a chinntiú. Tá an fhoirm le fáil tríd “textaparent”. Iarrtar ar thuistí é seo a dhéanamh tar éis aon thréimhse díláthreachais. *Parents are asked to fill the form entitled “Return to Educational Facility” before their child’s return to school, to ensure the health and safety of pupils and staff. The form can be filled online through the “textaparent” portal. Parents/Guardians are asked to fill this form after any absence.*
- Beidh an scoil ag glacadh le páistí idir 9:10 agus 9:20 ar maidin mar is iondúil. *The school will accept children from 9:10 – 9:20 a.m.*
- Leanfar ar aghaidh leis an gcóras tráchta ag Timpeallán an tSéipéil. Fan sa gcarr le bhur bpáiste(i) go dtí go dtiocfaidh an múinteoir / cúntóir riachtanais speisialta amach. *Parents can park at the roundabout at the church and stay in their cars until the teacher / SNA comes to collect the children.*
- Ar nós an téarma seo caite, tá fíor-aifeála orainn ach ní féidir tuismitheoirí / caomhnóirí theacht isteach ar láthair na scoile, chun deis scaipeadh an víris a laghdú. Tá brón ó chroí orainn faoi seo, ach ní féidir linn aon eisceachtaí a dhéanamh. *Just like last term, we cannot permit parents / guardians to enter the school premises, to reduce contacts and risk of spreading the virus. Our sincerest apologies for this.*

Sláinte a sheiceáil gach lá: Daltaí & Foireann

Bí aireach do shiomptóim breise "Delta". Cuirfear liosta ar fáil do phobal na scoile nuair a fhoilseofar liosta siomtóim ó fhoinsé oifigiúil / Please be vigilant on symptoms of the Delta Variant, which will be shared with the school community when a reliable list of symptoms from a trusted source becomes available.

Cén uair ar chóir do bhall foirne / do pháiste fanacht sa mbaile agus glaoch ar do dhochtúir? *When should children / school staff stay at home and seek medical advice?*

1. Má tá siomtóim acu d'ionfhabhtú riospráide víreasach: *If they have symptoms of viral respiratory infection:*
 - **Fiabhras** (teocht ard - 38 céim Celsius nó os a chionn) - *a fever (high temperature - 38 degrees Celsius or above).*
 - **Casacht nua** - casacht de chineál ar bith, seachas casacht thirim amháin - *A new cough - this can be any kind of cough, not just dry.*
 - **Gearranáil nó deacrachtaí anála** - *shortness of breath or breathing difficulties.*
 - **Boladh nó blaiseadh cailte nó athraithe** – ciallaíonn sé seo gur thug tú faoi deara nach féidir leat aon rud a bholadh nó a bhlaiseadh, nó nach bhfuil boladh nó blaiseadh rudaí mar a bhíonn de ghnáth / *Loss or change in your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*
2. Má bhí do pháiste i ngar theagmháil le duine atá an víreas COVID-19 acu. *If your child has been in close contact with somebody who has contracted COVID-19*
3. Má tá duine éigin sa teach atá amhras ann fúthú, nó go bhfuil fios ann go bhfuil COVID-19 orthu. *If there is somebody in the household who has been advised to isolate due to symptoms, or if it is known that they have COVID-19*
4. Má tá imní ort faoi do shláinte nó sláinte do chlann, cur glaoch ar do dhochtúir láithreach bonn. *If you have worries about your or a member of your family's health, contact your GP immediately for advice.*
5. Má tharlaíonn sé go bhfuil cás COVID-19 sa scoil, cuirfear pobal na scoile ar an eolas maidir le seo ag luí le treoir oifigiúil An Rialtais. Bíodh le fios go bhfuil cearta rúndachta an duine atá tinn **ríthábhachtach** i gcás mar seo. *If a case of COVID-19 is reported in the school, this news will be communicated to the school community following public health and government guidelines. The school community must be aware that **the person who is ill is entitled to their privacy** and GDPR guidelines will be followed in this instance.*

Treoir d'Fhoireann & Pobal na Scoile
Advice for School Staff and wider School Community

Má tá aon cheann de ghnáthshiomptóim COVID-19 (coróinvíreas) agat, déan [féin-aonrú](#) (fan i do sheomra) agus glaoigh ar an dochtúir teaghlach ar an bpointe chun fáil amach an bhfuil gá agat le [tástáil COVID-19](#). Beidh ar dhaoine eile i do theaghlach [srian a chur lena ngluaiseachtaí](#) (fanacht sa bhaile). Nuair a fhaightear diagnóis go luath, is féidir leat an cúnamh a bhíonn de dhíth ort a fháil agus céimeanna a ghlacadh chun cosc a chur le scaipeadh an víris, má bhíonn sé agat. Chun breathnú ar liosta iomlán na siomptóm, féach [láithreán gréasáin](#) FSS.

If you have any common symptoms of COVID-19 (coronavirus), [self-isolate](#) (stay in your room) and phone your family doctor straight away to see if you need [a COVID-19 test](#). Other people in your household will need to [restrict their movements](#) (stay at home). Getting an early diagnosis means, you can get the help you need and take steps to avoid spreading the virus, if you have it. For the complete list of symptoms, please refer to the HSE [Website](#).

Leigheas/ Medicine

- Iarrtar ar thuistí má bhíonn fiabhras ar do pháiste ar maidin **gan iad a chur ar scoil**, agus comhairle a fháil ón dochtúir. *Parents are asked not to send their child to school if symptoms of fever are present, and to seek advice from their GP.*
- **Níor chóir** iarracht a dhéanamh teocht an pháiste a íslú le Calpol / Nurofen nó aon chóir leigheas eile, agus ansin iad a chur ar scoil. Más rud é go bhfuil teocht ag do pháiste, is comhartha é seo go bhfuil siad tinn agus gur chóir dóibh fanacht sa mbaile agus comhairle dochtúra a fháil. *It is not advised that a child's temperature be reduced with Calpol / Nurofen or any other medicine before sending to school. If a child has a temperature, it is a sign that they are sick & should be kept at home, GP advice sought.*
- Dá dtabharfaí Calpol / Nurofen don pháiste agus gur COVID-19 a bhí ag an bpáiste, bheadh baol mór ann go scaipfeadh an víreas ar fud na scoile. *If a child has COVID-19 and is given Calpol / Nurofen to reduce temperature and then sent to school, there is a very real risk that the virus will be spread at school.*
- **Bí aireach le bhur dtoil.** Má tá do pháiste / ball foirne tinn, fan sa mbaile agus faigh comhairle ón dochtúir. Is ar mhaithe le sláinte pobal na scoile atá muid. *Please, be aware of signs and symptoms of illness. If your child / member of staff is sick, please stay at home and seek medical advice. It is in the best interests of the health and safety of our school community.*

Iarraimis ar Thuismitheoirí / Caomhnóirí:

- Dea-chleachtais na níos chléimhe a chleachtadh sa mbaile. *Practice hand washing routines at home.*
- Cinntiú go bhfuil lámha agus ingne glan ag na gasúir sula dtagann siad ar scoil chuile mhaidin. *Ensure that hands and fingernails are clean before children come to school in the morning.*
- Cinntiú nach bhfuil do pháiste ag tabhairt aon rud ar scoil seachas an bosca lóin & buidéal uisce. Níl cead bréagáin/rudaí beaga pearsanta a thabhairt isteach ar scoil. *Ensure that your child only brings their lunch box and water bottle to school. Toys / personal items are not permitted.*

Ag déileáil le cás amhrasta de Covid-19 ar scoil. *Dealing with a suspected case of Covid-19 at school.*

Arís, meabhraítear nár chóir d'fhoireann ná do dhaltaí freastal ar scoil má tá aon comharthaí de Covid-19 acu. *School staff and pupils are reminded not to attend school if they have symptoms of Covid-19.*

Tugann an méid seo a leanas breac-chuntas ar an gcaoi a ndéileálfadh Scoil Naomh Ciarán le cás amhrasta a d'fhéadfadh teacht chun cinn le linn na hoibre. Má cheapann ball foirne go bhfuil siomptóim acu féin, moltar dóibh dul abhaile ar an bpointe boise, féin aonrú a dhéanamh agus comhairle dochtúra a fháil. *The following is a summary of the steps the school will take if it is suspected that a child may have Covid-19 symptoms. If a member of staff has symptoms, they will be advised to go home immediately, self-isolate and seek medical advice.*

- Tá **Spás Aonrúcháin** taobh istigh d'fhoirgneamh na scoile. Beidh dhá shuíochán ann, atá dhá mhéadar scartha amach óna chéile. *There is an Isolation Area in the school. There are two seats in the isolation area, which are separated 2m apart.*
- Sa gcás go bhfuil siomptóim COVID-19 ag beirt nó níos mó páistí, caithfidh siad suí 2m scartha amach óna chéile. *If there are two suspected cases of Covid-19, the children will sit 2m apart from each other in the isolation area.*
- Tá an Seomra Aonrúcháin coinnte amach ó bhail foirne agus ó dhaltaí eile. Tá seastán dubh ann chun príobháideachas a chinntiú. *The isolation area is situated away from other children and staff. A black partition can be placed at the entrance to the isolation area to ensure privacy.*
- Caithfidh an Oifigeach COVID-19 (Éabha) nó an Leas Oifigeach (Cáit) fanacht leis an bpáiste chun feitheoireacht a dhéanamh san fhaid is atá muid ag fanacht ar thuismitheoir / caomhnóir chun an páiste a bhailiú. *Covid-19 Lead Representative (Éabha) or Deputy Lead Covid-19 Representative (Cáit) will stay with the child while we wait for parents/guardians to collect their child.*

Amanna Oscailte na Scoile

- Beidh an scoil ag glacadh le páistí idir 9:10 agus 9:20 ar maidin mar is iondúil.
- Tosaíonn an lá scoile ag 9:20 ar maidin, agus críochnaíonn lá scoile na Naíonáin Bheaga ag 14:00 iarnóin, mar is gnáth. Críochnaíonn an lá scoile ag 15:00 iarnóin do chuile rang eile. Tabharfaidh Máistreás Clíona do pháiste amach ag an gcarr tráthnóna ag an am chúí.
- **Ag dul abhaile luath ar chúiseanna áirithe:** Iarraimid ar thuismitheoirí / caomhnóirí gan theacht isteach ar láthair na scoile sa chás seo. Má tá páiste le bailiú agaibh i rith an lá scoile, iarraidimid oraibh glaoch a chur ar **fhón póca** na scoile agus tiocfaidh CRS amach ag an taobh-ghaeta leis an bpáiste. *Going home early for various reasons: We ask parents / guardians not to come onto the school premises in these cases. If you need to collect your child during the school day, we ask you to call the school mobile and a SNA (Ann/Kim) will bring your child out to the side gate.*

An Clós

- Ní bheidh aon athrú ag teacht ar chlár ama an chlóis. Beidh na gasúir ag spraoi taobh amuigh ón 11:20 – 11:40 r.n agus arís ón 1:00 – 1:20 i.n.
- Beidh múinteoir agus cúntóirí riachtanais speisialta ar an gclós ag an dá am lóin.

Sa chás go bhfuil páiste as láthair ón scoil ar feadh tréimhse de bharr tinneas

- Cuirfear obair scoile abhaile ag thuismitheoirí an pháiste tríd an aip SeeSaw, agus réiteofar pacáiste oibre don pháiste gur féidir a bhailiú ón scoil. Is féidir le páistí a bheith ag obair ar na rudaí seo má tá siad in-ann aige. Níl aon bhrú an obair a chríochnú má tá siad tinn, níl an scoil ag súil leis sin. Is féidir leo an obair a dhéanamh nuair atá siad ag mothú níos fearr. *School work will be sent home through the Seesaw app, and work packs can be collected from school. The child can work on these items if they are able for it. There is no pressure on children to do school work if they are ill, the school does not expect this. They can resume school work when they feel better.*
- Beidh gá bheith aireach go bhfuil an múinteoir ag obair ar scoil ón 9 – 3 i.n, agus ní bheidh sí ar fáil le haghaidh cumarsáid ar líne idir na huaireanta sin. *If a child is at home due to illness, the class teacher will not be available for communication purposes between 9am – 3 pm.*
- Má dhúntar scoileanna arís, leanfar ar aghaidh le hObair ar Zoom, agus obair a chur abhaile tríd an aip SeeSaw. Freisin, réiteoidh na múinteoirí pacáistí oibre chuile mhí agus cuirfear ar an eolas sibh maidir leis seo. *If schools are closed again in the coming months, we will continue with Zoom Lessons, sending work home through Seesaw and work packs at the beginning of each month. Parents / guardians will be kept informed of all new developments.*

Ag Laghdú Scaipeadh COVID-19

Reducing the spread of COVID-19

Dea-chleachtais Níochán & Díghalrú láimhe a chur chun cinn

- Beidh póstéir ar fud na scoile ag moladh an dea-chleachtais seo. *Handwashing posters will be placed throughout the school.*
- Déanfar ceachtanna le linn an chéad cupla lá ar ais, ina dtaispeánfar an bealach atá molta ag an WHO chun na lámha a níochán. *Lessons on recommended WHO handwashing steps will be taught during the first few days back to school.*
- Tá físeán ag taispeáint cén chaoi na lámha a ghlanadh i gceart (WHO) ar fáil ar an suíomh idirlíon, rud a bheidh Pobal na scoile in ann a chleachtadh lena bpáistí sula bhfileann siad ar an scoil. *A video showing the correct method of handwashing is on the school website, which the school community can practice at home before the return to school.*
- Beidh fearas díghalraithe taobh amuigh do chuile sheomra agus beidh siad le húsáid tar éis murlán dorais a úsáid. *Hand Sanitizing equipment is placed outside each room and can be used after touching door handles / before entering rooms.*
- Ba cheart do dhaltaí agus foireann na scoile na lámha a níochán ag na hamanna seo: *Pupils and staff should wash their hands at these hands:*
 - nuair a thagann siad ar scoil, *upon arriving at school*
 - roimh ithe/ól, *before eating/drinking*
 - tar éis an leithreas a úsáid, *after using the toilet*
 - tar éis a bheith ag spraoi taobh amuigh / ceachtanna Corp Oideachais (daltaí & foireann atá i bhfeighil) *After playtime outside / PE lessons (pupils and staff)*
 - tar éis dromchla a ghlanadh síos nó seomra / bréagáin a ghlanadh (foireann) *After cleaning surfaces or classrooms / toys (staff)*
 - tar éis siad sraoth nó casacht / *after sneezing or coughing*
 - Sula bhfágann siad an scoil tráthnóna / *before leaving school in the evening*



Ag laghdú scaipeadh trí úsáid fearais / áiseanna scoile

Reducing spread of virus when using school resources / equipment

Tá sé molta nár cheart do mhúinteoirí agus páistí a bheith ag roinnt a gcuid rudaí pearsanta, mar sin tá na socruithe seo a leanas beartaithe againn. Tá na rudaí seo curtha ar fáil ag an scoil, agus ní bheidh cead ag na gasúir/foireann iad a thabhairt abhaile leo.

It is advised that children and staff do not share their personal items, therefore the following arrangements have been made. These items will remain at school and the children/staff cannot take them home.

- **Beidh fillteán plaisteach “Mesh” ag gach páiste** ina gcuirfear a gcuid leabhra & cóipleabhar scoile. Coinneoidh siad an fillteán seo sa gciseán atá faoina mbord.
A plastic Mesh folder will be provided for each child, for their school assignments etc. This folder will be kept in a basket under their table.
- **Tá cás peann luaidhe ceannaithe ag an scoil do chuile pháiste, chomh maith le na rudaí seo a leanas:** réimse leathan pinn, pinn luaidhe, barradóirí, rialóirí, scriosáin, dathanna, siosúir, gliú, scuab péint phearsanta, bosca mhatamaitice srl.
Ní bheidh cead acu na rudaí seo a roinnt lena chéile.
Each child has a school pencil case along with the following: a wide range of pencils / pens/ toppers / rulers / rubbers / colours / scissors / glue / paint brush / maths set etc. The children are not allowed to share these items with each other.
- **Le haghaidh obair bhaile, tá sé molta go mbeadh cás peann luaidhe & dathanna eile sa mbaile.** Ní bheidh cead ag na gasúir a gcuid cásanna peann luaidhe féin a thabhairt ar scoil, áirítear bréagáin ansin.
It is advised that children have their own pencil case and colours at home for homework. The children are not allowed to bring their own pencil cases to school, toys are also not allowed.
- **Déanfaidh an múinteoir/CRS díghalrú ar aon áiseanna múinte** a bheidh gá a roinnt (mata, eolaíocht, corp oideachas srl) tar éis gach úsáid.
Resources / equipment which must be shared i.e. maths / science / PE equipment will be sanitised after each use by the teacher / SNA.

Ag laghdú scaipeadh: Aeráil na Seomraí

Reducing the spread: Ventilation of Rooms

- Tá sé molta go ndéanfar aerú ar na seomraí go rialta, chun scaipeadh an víris a laghdú. *It is advised that rooms are ventilated regularly, to reduce the spread of the virus.*
- Beidh fuinneoga oscailte ar laiste le linn ceachtanna, agus osclófar amach iad nuair atá na gasúir amuigh ag spraoi, chun na seomraí a aerú. *Windows will be opened on latch during lessons and they will be opened out while the children are outside during playtime to ventilate the rooms.*
- B'fhéidir go mbeadh sé beagáinín fuar sa rang tar éis am spraoi, dá bhrí sin moltar go mbeadh veist ar pháistí faoi na t-léinte, agus seaicéidín éadrom “fleece” ar fhaitíos go mbeidís fuar. Bíodh cóta acu freisin mar is gnáth.

If it is a little cold in the classroom after playtime, children can wear a vest under their t-shirt and a light fleece coat. They can also have their regular coat to wear outside.

Obair Bhaile & Málaí Scoile

Homework and School Bags

- Sa gcéad choicís ar ais ní bheidh ach léitheoireacht agus táblaí don obair bhaile, chun deis a thabhairt do na páistí dul i gcleachtadh ar bheith ar ais ar scoil.
During the first fortnight back to school, only reading and tables will be assigned for homework to help the children get back into the routine of school.
- Dialann Obair Bhaile: Ní bheidh sé seo in úsáid don chéad cupla seachtain ar ais. Cuirfidh an múinteoir pictiúr den Obair Bhaile suas ar Seesaw/Class Dojo, chun traschur leabhra idir an scoil / baile a laghdú.
Homework Diary: this will not be in use for the first few weeks back. The teacher will put pictures of homework on Seesaw/Class Dojo to reduce transfer of items between home/school.
- Nuair a thosóidh obair bhaile ar ais, beidh an córas céanna i bhfeidhm againn is a bhí an bhliain seo caite. Cuirfidh na múinteoirí an fillteán obair bhaile sna málaí scoile gach Luain agus is féidir libh a bheith ag obair as le linn na seachtaine. Cur isteach ar scoil é Dé hAoine le ceartú. Laghdóidh sé seo traschur idir scoil agus baile.
The same system will be in operation for Homework again this year. Teachers will send the homework folder home each Monday and the children can work away

during the week. Send the folder into school again on Fridays for correction. Again, this will help to reduce the transfer of items between home /school.

- **Sa mála scoile**, ba chóir go mbeadh bosca lóin agus deoch do pháiste. Ní theastaíonn aon rud eile, chun deis scaipeadh an víreas a laghdú. *The child's school bag should contain only their lunch box and drinks. Nothing else is required, to reduce chance of virus transmission.*

Deochanna - Drinks

- Má tá tart ar pháiste agus a mbuidéal féin ólta acu (go háirithe tar éis ceacht corp oideachais nó spraoi ar an gclós ag am lóin) líonfaidh an Múinteoir / CRS buidéal an pháiste le huisce ón gcistin. Moltar buidéal mór uisce a bheith agat ar scoil, nó dhá bhuidéal beag.
If a child is thirsty and they have finished their drinks, (especially after PE or playtime outside) the teacher / SNA will fill a bottle with water from the kitchen. A big beaker of water is recommended, or 2x small bottles.

Na Leithris & Dlúthchúram Leanaí – Toileting and Intimate Care

- **Mar a bhí anuraidh**, beidh Bolgán na Naíonáin Bheaga go Rang a 2 ag úsáid an leithreas a bhíodh á úsáid ag na buachaillí. Beidh Rang a 3 – 6 ag úsáid na leithris a bhíodh in úsáid ag na cailíní. Beidh cubhachail amháin ag na cailíní agus cubhachail eile ag na buachaillí. Tá na páistí i gcleachtadh ar an gcóras seo.

As was in place last year, Naíonáin Bheaga – Rang a 2 will use the toilets previously known as leithreas na mbuachaillí. Rang a 3 – 6 will use the toilets previously known as leithreas na gcailíní, one cubicle for the girls and one for the boys. The children are used to this routine.

- **An Leithreas:** Ní bheidh cead ach ag duine amháin an leithreas a úsáid ag aon am chun scaradh sóisialta a chinntiú. Beidh gá do na múinteoirí/CRS ranga cinntiú nach bhfuil ach páiste amháin ag dul amach ag an am.

Only one child is permitted to use the toilet during lessons to ensure social distancing. Teachers / SNA's are asked to ensure that only one child goes out at a time.

- Rachaidh na páistí ag an leithreas mar is gnáth le linn ranganna, ach ní bheidh cead isteach i bhfoirgneamh na scoile acu i rith am lóin, go díreach mura bhfuil gear-ghá leis nó i gcás éigeandála. Dá bhrí sin, iarrtar ar mhúinteoirí / CRS cinntiú go bhfaighfidh gach páiste deis dul ag an leithreas roimh nó tar éis am spraoi taobh amuigh nó ceachtanna Corp Oideachais.

Children can use the toilet as normal during classes, but they will not be permitted to enter the school building during lunchtime play outside, unless there is an urgent need or emergency. Teachers & SNA's are asked to ensure every child has had a chance to use the toilet before and after playtime outside & PE lessons.

➤ **Dlúthchúram Leanaí:** Is iondúil go mbíonn timpistí leithris ag gasúir óga. Moltar fó-éadaí, stocaí, bróga agus treabhsar bhreise a chur isteach ar scoil i mála bheag le do pháiste, agus coinneofar na héadaí breise seo sa seomra stórais. *Intimate care: Toileting accidents can occur at school quite often. The school recommends that parents send in a change of underwear, socks, shoes and extra trousers in a small bag with your child, and this change of clothes will be kept in the storage room.*

➤ I gcásanna timpiste leithris agus i gcásanna go bhfuil dlúth-cabhair ag teastáil ó pháiste tar éis timpiste leithris, beidh beirt dhaoine fásta i bhfeighil, múinteoir agus CRS nó dhá múinteoir nó dhá CRS. Tá gá do mhúinteoirí / CRS miotóga, masc, agus naprún a chaitheamh sna cásanna seo.

In cases where a child needs intimate care after a toileting accident, two adults must be present to assist the child, that is: teacher/SNA, two SNA's or two teachers. Teachers and SNA's must wear gloves, face covering and disposable apron in these cases.

➤ **Laethanta Báistí:** sa chás go bhfuil sé ag báisteach ag am spraoi, beidh gá do mhúinteoirí ranga agus CRS fanacht sa rang le na páistí chun feitheoireacht a dhéanamh le linn am spraoi.

Rainy Days: if it is raining at playtime, teachers and SNA's must remain inside the school with their class to supervise during playtime.

➤ Cuirfear leabhra/ ábhar ealaíne / cluichí boird / míreanna mearaí / físeáin nó ceol ar siúl ar laethanta báistí. Déanfaidh an CRS díghalrú ar aon bhréagáin srl tar éis am lóin.

Children will be provided with books / artwork / board games / jigsaws / videos or music on rainy days. SNA's will ensure that all toys/equipment are sanitised after use.

Éide Scoile

➤ Ba chóir go mbeadh dhá gheansaí / treabhsar / sciorta / t-léine ag gach páiste, agus iad a rothlú gach dara lá.

➤ Ní mhór an t-éadach seo a níochán ag teocht ard.

Ar ais ar Scoil ☺ Béim ar Theangacha, Léamh, Scríobh agus Mata

- **Agus muid ag teacht ar ais ar scoil,** beidh béim mhór á chur ar Ghaeilge agus Mata don chéad 3 seachtainí. Tosófar ceachtanna Béarla ó Rang a 1 ar aghaidh ag luí leis an bPolasaí Oideachas Gaeltachta, ag deireadh Mí Meán Fómhair. Beidh muid ag foghlaim go leor Mata Meabhrach, fíricí mata, Táblaí agus cleasanna éagsúla cur le chéile, baint ó chéile, méadú agus roinnt.
As we return to school, emphasis will be placed on Gaeilge and Mata for the first 3 weeks. English lessons will begin for 1st class upwards as per our Polasaí Oideachas Gaeltachta, at the end of September.
- **An scríbhneoireacht:** Chun cur le láidreacht sna lámha beaga agus líofacht sa scríbhneoireacht, beidh muid ag díriú ar scileanna mín luáile. (fine motor skills) Ag brath ar rang leibhéal, díreoidh muid ar amharcfhocla, struchtúr abairte, deachtú, (dictation) struchtúr agus pleanáil scéil, ag scríobh altanna, ag cóipeáil ón gclár bán, gramadach Gaeilge & Béarla, agus cleasanna don litriú.
Writing: To strengthen little hands and handwriting fluency, we will focus on fine motor skills. Depending on the class level, we will also focus on sight words, sentence structure, dictations, story structure and planning, writing paragraphs, copying from the board, grammar and tricks for spelling.
- **Béim láidir ach go háirithe ar an léitheoireacht.** Ba mhaith linn díriú ar líofacht sa léitheoireacht a fhorbairt arís an téarma seo. (Increase and develop reading fluency.) Ní mhór do ghasúir as gach rang a bheith ag léamh gach uile lá. Beidh siad ag léamh leabhra scoile, ach freisin, rud éigin breise sa mbaile ar a laghad 30 nóiméad sa ló. Ar nós iad seo a leanas:
A Strong emphasis will be placed on reading this term. We will focus on increasing and developing reading fluency again this term. Children from each class level should read every single day. They can read their school books, but also a book or other interesting reading material from the home for at least 30 minutes each day, such as:
 - **Úrscéalta as Gaeilge / Béarla** (Irish / English Novels)
 - **Leabhra le fíricí éagsúla faoin nádúr srl.** (fact books about nature/science etc.)
 - **Leabhra oideas chócaireachta** (cook books)
 - **Irisleabhair spóirt & Irisleabhair do pháistí** (Sports & childrens' magazines)
 - **Sceideal teilifíse** (television schedules)
 - **Leabhair grinn** (comic books, tá siad seo iontach)
 - **Biachláir / bileoga eolais ó ghnólachtaí an cheantair** (food menus, information leaflets from local businesses)
 - **Nuachtáin ar nós An Advertiser / Connacht Tribune** (Ardranganna) **Newspapers such as The Advertiser / Connacht Tribune** (Senior Classes)
 - **Bosca calóga ar maidin** (Cereal boxes in the morning)

- Rud ar bith a chuireann do pháiste suim ann agus atá feiliúnach dá n-aois ghrúpa... bígí ag léamh! ☺ (any reading materials that are suitable for their age group... keep reading!)

Meabharshláinte – Mental Health

Creideann muid go bhfuil dearcadh dearfach i leith an meabharshláinte thar a bheith tábhachtach anseo i SNC. Tá go leor tárlaithe fud fad na tíre agus mórthimpeall an domhain le bliain anuas. Tá tionchar ag an bpaindéim ar leibhéal imní gach duine, daoine fásta agus páistí araon. Beidh muid ag cur 40 nóiméad go leataobh chuile sheachtain don meabharshláinte. Tá clár Fí na Folláine sa scoil á mhúineadh sa scoil, agus beidh muid ag déanamh neart rudaí eile chun an meabharshláinte a chur chun cinn agus ár ndaltaí ag fás & forbairt.

We believe a positive attitude toward mental health is very important here in SNC. A lot has happened across the country and indeed around the world during the past year. This pandemic has had an effect on us all, adults and children alike. We will set aside 40 minutes per week for the practice of mental health strategies. We follow the Weaving Wellbeing Programme, and we will also employ a lot of other strategies to encourage our pupils to be aware of their mental health as they grow and develop.

Guímís athoscailt scoile rathúil ar phobal na scoile uilig.

We wish our school community a successful reopening.

Mór a' bhuíochas libh ar fad as ucht bhur dtuisceana, bhur dtacaíocht agus bhur gcomhoibriú le linn am an Chóibhéid.

Our sincerest gratitude to you all for your understanding, your support and your cooperation during this pandemic.

Le meas agus dea-ghuí,

Éabha Ní Chualáin, Príomhoide.

