



## Fyffes Zuu Day

A few weeks ago Fyffes came to our school and taught us how to do Zuu exercises. We went to the Seomra Teacht le Chéile. The instructor taught us how to do frog squats, polar bear and gorilla walks. For a frog squat you bend down low to the floor and jump up like a frog. For a polar bear walk you crawl around on the floor like a polar bear. When doing gorilla exercises you tuck your fingers into your palm and start walking around on your fists and feet. At the end of the session each child got a leaflet about how to make a banana and strawberry smoothie and about the exercises we had learned. Each child got a banana as well. He took some pictures of us and we got to hold some posters. It was lots of fun.

By Lillian Troy, 1st Class



## Operation Transformation Walks

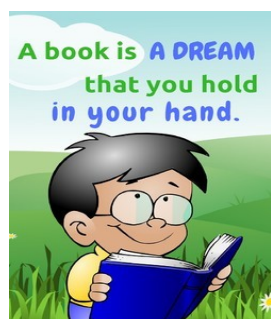
Every Friday the whole school went for a walk down Dan Tynan's farm. On Monday evenings we did another walk with the grown ups. We had to wear our Hi-Vis jackets because it was dark. One day we saw some cows and a bull. One night we brought walkie talkies so we could talk to each other. On the last night we had tea and treats after the walk.

By Shane Dunne, Molly Donoghue and Rebecca Peake, Senior Infants

## World Book Day

For World Book Day everyone dressed up as a character from their favourite book. Even the teachers dressed up. It was lots of fun. We wish it was World Book Day again.

By Junior Infants



## Seachtain na Gaeilge

For Seachtain na Gaeilge all the classes in the school came together for a Ceolchoirm. 5<sup>th</sup> and 6<sup>th</sup> class sang Trasna na dTonnta, 3<sup>rd</sup> and 4<sup>th</sup> class sang Gléas tú Fein mar is Ceart, 1<sup>st</sup> and 2<sup>nd</sup> sang Isteach is Amach trí na Clogaí and Juniors and Seniors sang Lámh Lámh Eile. The girls from 3<sup>rd</sup> to 6<sup>th</sup> class danced the Siege of Ennis. 3<sup>rd</sup> to 6<sup>th</sup> also took part in a Tráth na gCeist. It ended up as a draw so they had to nominate one person from each team, and they had to answer three questions. Each team had to have a name for their group. The names of the first, second and third place were Seáclaid, The Talking Oranges and The Pot Noodles. The team members in Seácláid, the winning team, were Christopher Phelan, May Phelan, Fionn O'Neill, Evan Farrell and Seána Dunne. The winning team each won an Easter egg. Seachtain na Gaeilge in Tobar an Léinn was lots of fun.



By Tom Coleman, Patrick Doogue, Aaliyah Troy

## Easter Competition

Bunnies, Bunnies, Everywhere! How many bunnies can you find hidden throughout this edition of the Nasc?



To enter our Easter Competition count all the bunnies and write your answer with your name and class on a piece of paper and give it to your class teacher by Friday 12th April. Good Luck!



Tobar An  
Léinn

# NASC

"Tús Maith"

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## Cool Dudes Cookery Classes

Every Friday for five weeks a woman named Anne-Marie came into our school to teach 4<sup>th</sup> class how to cook healthy meals and inform us about the food pyramid. The first week we made pizza baps, the second week we made meatball marinara and scones, the third week we made chicken risotto, apple and blackberry crumble and cookies, the fourth week we made mac and cheese and plain buns - we were meant to make raspberry buns but the boys forgot the raspberries! The final and fifth week, we made golden cod with wedges and barbeque sauce and we made our own vanilla ice cream. We all became friends with Anne-Marie and we all had five amazing weeks learning how

to cook. We would like to thank Mrs. Moore for organising the cooking lessons for us. We would also like to give a huge thanks to Anne-Marie for coming into our school and teaching us some valuable skills for life!

THANKS!!!!!!!

By May Phelan and Michaela Dunne, 4<sup>th</sup> class.



## Book Fair

Ms. Ní Leathlobhair organised the Book Fair when it came to our school. There were a lot of books to read and buy. It took place from the 20th to the 27th of March for one week. There was a section of books for Juniors from 5 to 6 years to choose from, a section for 1st up to 4th class and finally a section of books for 3rd up to 6th class to choose from. When the book fair wasn't open the books would be locked up safely. There was a stationery section that included rubbers, pointers, pencils, posters and magic wands. If you had a World Book Day token the price of the book you wanted would be reduced by €1.50. 3rd and 4th met up with their Reading Buddies from Infants to read and enjoy the great books in the Book Fair. The most popular books included Diary of a Wimpy Kid, Fing by David Walliams, Dog Man books and Ten Fat Sausages. Lots of children loved the Book Fair. It was a great success and now we'll get €1039 worth of new books for our classrooms.

By Darragh Maher, 4th Class and Barry Conroy, 3rd Class

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We wish a speedy recovery to Miss Hayes after her recent surgery on her shoulder.

Best wishes to all our student teachers, Mr Sinnott, Miss O'Neill and Miss McDonald.







## First Reconciliation

In 2nd class, we were busy learning the Act of Sorrow, Penitential Rite, Prayer for Forgiveness, Prayer After Forgiveness for April 10th. We learned about the parts of this special ceremony, thinking about our sins, confessing our sins, receiving our penance and forgiveness. The priest blesses us and from that day on we try to live as Jesus asked us to. All of 2nd class did some art from “The Lord is our Shepherd”.

We went down to the church and practised. We are all very excited about our Communion on 12th May.

**By Anna-May Hogan, Maja Wullich and Áine O’Sullivan, 2nd Class.**

## Blitz Fun

On the 3<sup>rd</sup> of April the pupils from 3<sup>rd</sup> and 4<sup>th</sup> classes of Shanahoe N.S., Killenure N.S., Trumera N.S and Tobar an Léinn N.S. came together for a hurling blitz. All the schools were split up into different teams. Every team played three 15 minute long matches. The referees were Mark Hearn, Lucy Donaghue, Liam Whelan, Liam Conroy and Aoife Delaney from 6<sup>th</sup> Class. Everyone had a great day and we hope it happens again next year as it was a great success.

**By Billy Brennan 4<sup>th</sup> Class and Seán Morgan 3<sup>rd</sup>**

## Girls Camogie Training

Every Wednesday, Fint Duff comes to our school to train 4th, 5th and 6th class for camogie. First we do some running to warm up, then we do some drills, such as hand passing. During training we also play some games, like heaven and hell. At the end we play a match. It is great fun. We learn lots of different skills and we enjoy playing camogie. We wish the best of luck to the girls in the Cumann na mBunscol competition. We would like to say a big thank you to Fint for giving up his time to train us. Thank you Fint!

**By Maya Donoghue and Bríd Delaney, 4th class**

## Swimming

Pupils from 1<sup>st</sup> to 6<sup>th</sup> class have attended swimming lessons in the Portlaoise Leisure Centre for the past 6 weeks. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> go to swimming at half past twelve and come back at half past 2. Fourth, fifth and sixth all go swimming at 1pm and return at 3pm.

On week one, we learned the basics of swimming. On week two, it was engineering week and things got a little mixed up with swimming. Normally 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> would go swimming together but 3<sup>rd</sup> class had to go with them on this particular week. Play-time is usually on week six. However, we had it on week two due to changes. On week three, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> swam the whole length of the pool while 1<sup>st</sup> to 3<sup>rd</sup> class were taught the backstroke. Over the next few weeks we were taught pencil diving, life-guarding and also the butterfly technique and how to dive backwards. Finally, we would like to thank all the swimming instructors for all their help.

**By Corey Carroll, 3rd Class and Áine O’Neill, 4th**

## Write -A-Book

Everyone in school entered the Write-A-Book competition. We all wrote our very own books. Some were short and some were long. We sent our books to the Laois Education Centre. Now we get to see books that children from another school wrote. It was fun.

**By Azalia Roe, Seosamh Lalor and Rebecca Seale, Senior Infants**

## Hurling Training

Every Friday in Tobar an Léinn Juniors to 6th class go with Con to the pitch for a hurling session. Hurling lessons used to be from 3rd to 6th class only but the school wanted everyone to get into the hurling. Everyone always has a smile on their face. Every week we make progress. Everyone wants to get straight into a match but when you do drills and skills you learn more. We hope that all the children from our school get involved in their local clubs. Thanks very much Con and thank you Colt G.A.A for letting us use the pitch and the ball wall and for giving our school sliotars.

**By Shane Phelan and Barra Farrell, 3rd Class.**



## Microsoft — Dream Space

On the 4th of April, 5th and 6th class were lucky enough to visit Microsoft in Dublin. At first, we headed into the ‘Dream Space’ room, where we were greeted by some of the staff. We all got name tags and ate some complimentary sandwiches and crisps! Yummy! One of the staff guided us to a corner of the room which had colourful tables and chairs; each corner was designed differently. We all took a seat as one of the employees demonstrated coding for beginners. He handed out small devices where we did some coding with partners. It was very interesting and educational! He also showed us videos of futuristic Microsoft technology, it was really intriguing.

Soon afterwards, we were brought on a tour around the Microsoft workplace. There were very out of this



world features in the decoration, such as a ‘lake’ which was actually just large screens in the ground that had the effect of looking like water. There is even a room which has cushions that are designed to look like stones! As we strolled around, one of the staff explained the perks of working there. Overall, I thought it was an amazing trip, and most of my classmates would agree! Thanks Ms. Campion!

**By Eabha Donovan, 5th Class**



## National Tree Week

On the first week of April it was National Tree Week. We went for a nature walk led by Coillte leaders. The tour guides’ names were Sharon Fitzpatrick, Seán Quely, Ger Buckley and Richard Jack. We learned that the bottom of the holly tree has spiky leaves and none at the top because the deer does not like to eat spiky leaves but will eat the non-spiky leaves. We also caught loads of insects using a pooter.

and we looked through a magnifying glass. The tour guides taught us about the Chiffchaff. The tour guides had a race to see who could hear the Chiffchaff first. We also learned that if you follow an animal’s trail you might find the animal. We really learned a lot. We also planted some new trees around the school.

**by Pauric Lalor, Mathew O’Sullivan and Jack Bergin.**



## Yoga

Everyone in school got to do Yoga this year. We did a lot of poses—the butterfly, the bridge, the rocket and surfing. At the end we imagined we were on clouds or blowing feathers. It was lots of fun and very relaxing.

**By Róisín O’Sullivan, Aaron Kenny and James Goode, Senior Infants.**



## STEPS

During Engineering Week 3rd, 4th, 5th and 6th class went to an engineering show in the Dunamase Theatre. We met a woman and she talked to us about all engineering in the past. The woman talked to us about different inventors for example Harry Ferguson who invented the Ferguson tractor, which is now one of the popular tractors in the world. She brought some people onto the stage to help her. She chose Tom to make and drink hot chocolate made from peppers and she brought Lucy up to make and eat ice cream. We learned a lot about inventors and engineering. We really enjoyed engineering week and hope to go again.

**By Emma O’Connor, 4th Class and Andrew Larkin, 3rd Class**

