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Good morning, hope this email finds you well.

Trócaire.

We welcome Patricia to our school this morning, she works with Trócaire and will speak to classes about all the work that Trócaire does in helping to relieve poverty and tackle injustice.

Irish Blood Transfusion Service.

To let you know that the Irish Blood Transfusion Service will be visiting the Mountrath area on Thursday, 23rd March from 15.45pm - 20.00pm (St. Fintan's Hall).

Information talk with Dr. Gavin.

Following an unprecedented interest in Cycle Against Suicide's recent information talk with Dr. Blanaid Gavin <https://people.ucd.ie/blanaid.gavin> on 'Understanding Anxiety in Teenagers', parents can now register for access to the recording.

Understanding Anxiety in Teenagers: In this session, Dr. Gavin talks about what anxiety is, why it happens, when to be concerned, and how to help.

Understanding Depression in Teenagers: Dr. Gavin also discusses what is known about the causes and consequences of depression and what is known to aid recovery. This recording is free to all parents.

For access, parents can register at: <https://www.cycleagainstsucide.com/parent-talks/>

Author visit to Infants.

We were delighted to welcome Donna Mills to our Infant classroom last week. Donna is a local children's author, the children listened to a reading of her new story 'What Can I Do?'. They thoroughly enjoyed her visit.

St. Patrick's Day.

The children are welcome to **dress in green this Thursday** in celebration of St. Patrick. Thanks Marion and Mary for decorating the front porch. We have a few whole school activities planned for the week that's in it! - All classes will participate in a **Tráth na gCeist** (table quiz) on Wednesday, thanks Ms. Sheppard for organising. We will enjoy a school **céilí** on Thursday with the welcome help of Ms. Kilmartin who most recently qualified as an Irish dancing teacher, successfully completing her TCRG exams (Teagascóir Choimisiúin le Rincí Gaelacha). Well done!

We hope you all have a lovely St. Patrick's Day on Friday, celebrating our Irish culture and heritage.

Beannachtaí na féile Pádraig oraibh go léir.

Slán go fóill,

M. Rohan.