

Community Mothers – supporting new parents in the area

Community Mothers are volunteers who use their experiences as mothers as well as local knowledge to support and encourage new parents. We aim to be a very valuable, local resource helping to reduce the isolation and stress many parents experience by offering mother-to-mother support and encouragement. We achieve this through our home visiting programme for families with children under 5 years old.

There are many reasons why parents use Community Mothers: Feeling isolated in the community because of no family or friends nearby; Finding it difficult adjusting to the life of being a parent; Wishing to know what is happening in the local community but don't know where to start.

Parent and Toddler Group - Meet every Tuesday and Thursday from 11am - 1pm in Harmony House Community Centre. Activities include hand painting, arts and crafts, story/

music time, bouncy castle, outings. New parents are always welcome and can come along and make new friends over a cuppa.

INFANT MASSAGE CLASSES

Baby massage is an ancient art. It is relaxing for the baby and improves sleep patterns, enhances development and boosts immunity. It can also help with relaxation. Above all baby massage is mutually enjoyable and fun. The effect of massage are immediate but can last a lifetime.

The co-ordinator is Elaine Keogh, Harmony House Community Centre, St. Michael's Road, Longford. Tel: 043.3348754 Fax: 043.3332110 or check out our website. www.cmums.ie for further details.

Pictured top right are members of Community Mothers group. Pictured (bottom) right are members of Longford Community Mothers pictured along with their children.



Rainbows –

*“it doesn't have
to hurt forever”*

Rainbows offers support for children and young adults grieving a death, separation, divorce or any other painful transition in their family.

Rainbows provides this help through trained facilitators, who become their loving listener. The experience of sharing their own story, when they are ready, gives children the opportunity to learn to reach out to others for support. This lesson, hopefully, will remain with them for life.

The Rainbows programme offers healing topics with which we assist children in the building of self esteem. Through these topics we aim also to direct them towards a healthy acceptance of the changes that have taken place in their lives.

This programme is available to children and young adults aged between 5 and 18 years old, who have experienced separation or death. It provides a confidential space for young people to express and understand their feelings regarding their experiences. It is free and there are both Christian and secular editions available.

We at Rainbows believe “it does not have to hurt forever” and since it is necessary for emotional healing to take place, the purpose of rainbows is to provide these young people with an opportunity to share their feelings in an acceptable environment supported by trained caring compassionate facilitators.

Indeed such is the success of the programme that we were delighted to welcome back recently children who had gone through the rainbows programme and are now returned as trained facilitators.

Rainbows programme is facilitated by Sr. Angela and her team including Anne, Rachel, Philomena and Elizabeth, within Longford parish at the Family Centre.

If you wish to join us at Rainbows please contact 043-3346827.

Cumann na bhFiann Longfort

“Promoting a love of the teanga”
Gaeilge amongst our teenagers still flourishes vibrantly, here in the heart of our county, as Cumann na bhFiann (Ireland's largest Irish Language Youth Organisation) provides a safe and well supervised environment for them to do so.

Every Friday evening Cumann na bhFiann organize two clubs, An Óg Cumann to cater for primary school goers, and a Sean Cumann, for secondary school students. Emma Ni Loinsigh from Ballinalree has been in charge of the Club for the past 3 years and commented that the Club has had a waiting list since before the Halloween break again this year. We have quite a long waiting list on both the Óg and Sean Cumann this year which is great. Parents and teachers alike really see the value of the work we carry out here.

Of course the fluency that students gain in Coláiste na bhFiann gaeltachts during Summer months greatly aids them as they return to both school and the Cumann in September. We make the Cumann appealing to all age groups through the different trips and activities we get up to throughout the year.

For further information on Cumann or Coláiste na bhFiann log onto www.cnb.ie or call 01 8259342.

Beatha agus sláinte ó Ghaelscoil Longfoirt!

Tá pobal na scoile idir dhaltai agus múinteoirí ag treabhadh an ghoirí i gcónaí i dtimpeallacht spreagúil thaitneamhach. Bíonn an Ghaeilge mar theanga phobail na scoile idir na páistí, na múinteoirí, na bhainistíocht agus na tuismitheoirí. Tá na daltaí i nGaeilscoil Longfoirt mar chuid de ghluaiseacht dhomhanda dhátheangach.

Tá Gaeilscoil Longfoirt an-bhródúil as a gcuid seirbhísí ICT atá curtha i bhfeidhm sa scoil le tamailín anuas. Most classes are enjoying learning interactively with our new touch-screen interactive whiteboards. As we all know the children of today have been born into this age of technology and they are generally very comfortable and capable users. The prevalence of ICT requires us to ensure that all children are capable of full participation in this digital world. We are also in the process of creating our new website to include a blog, wiki and podcasting.

PEIL 2011 - GIRLS DIVISION 1 VICTORY IS HIGHLIGHT OF YEAR

After narrowly missing out on last years final Gaeilscoil cailíní had a point to prove in 2011. After an unbeaten league campaign which saw wins over Newtownforbes, Colehill, Edgeworthstown and St Emer's, challenge matches and many training sessions the cailíní finally made it to the Cumann na mBunscoil Division 1 Final in Pearse Park.

A fantastic spirited team performance saw us through in a tough game in which we were losing at halftime. Longford Goalkeeper Damien Sheridan presented the medals to the team. Our excellent captain Eimear Ní Bhriain was our Player of the year while Chloe Ní Fhlanagáin received her Player of the Final trophy. The brilliant Aileen Ní Fhinneachta won defender of the year. Ace goalscorer Rachel Ní Bhaoil took the golden boot home and the fast and fearless Orla Nic Cháimhín received the young player of the year award.

Our mixed team represented our school very well this year in Division 1. They put in some excellent performances and had a brilliant last minute victory over local rivals St Emer's. Captain Iarla O Súilleabháin was our player of the year just ahead of the talented Proinsias Mac Thiarnáin who was last year's defender of the year. Both players have been fixtures on the Gaeilscoil team for many years and both were on



Ag baint taitnimh as an sneachta!



Maith sibh, a chailíní!

our cup winning team last year. Nathan O Tuathail won the coveted Golden boot award for his excellent scoring exploits. The fearless Terence Ó hEigeartaigh was our defender of the year and the skilful Dylan Ó Muiri won the young player of the year award.

SEACHTAIN NA GAELIGE

Bhí spiorad gaelach na scoile le feiceáil agus le cloisteáil timpeall na háite i rith Seachtain na Gaeilge i mbliana. Bhí na páistí agus na múinteoirí go léir an gnóthach ag damhsa agus ag canadh don seachtain! Bhí taispeántas dramaíochta den scoth againn le linn na seachtaine i mí Márta.

Mar chuid de Sheachtain na Gaeilge tháinig daltaí ón gcéad bhliain ó Choláiste Teampaill Mhíicil agus léigh siad scéalta i nGaeilge do na páistí i rang a dó. Chuaigh páistí ó rang a cúig isteach go rang na naonáin bheaga, na naonáin mhóra agus rang a haon freisin ag léamh scéalta.

Bhí lá iontach ag na páistí i lár na seachtaine nuair a ghléas siad ar fad i nglas. Bhí an ghrian ag scoilteadh na gcloch an mhaidin sin agus chuaigh gach rang amach go dtí an clós don chéilí mór. Bhí maidin bheomhar agus taitneamhach againn. Bhain idir mhúinteoirí agus daltaí an taitneamh go deo as Ballaí Luimnigh, Ionsaí na hInse, An Damhsa Mór agus An Dreoilín agus as imeachtaí Sheachtain na Gaeilge. Táimid ag siúl cheana féin leis an mbliain seo chugainn.

LÁ SPÓIRT

The highlight of the Summer Term in Gaeilscoil Longfoirt is our Lá Spóirt which takes place each June. We are fortunate in having the fantastic facilities at Slashers available to us on this day - Mile buíochas! 2011 saw a new departure for us as “Sports Days ‘R’ Us” brought their expertise and helped us organise a wonderful day for all.

SCHOLASTIC BOOK FAIR

Each March heralds the arrival of the much loved Scholastic Book Fair to Gaeilscoil Longfoirt. We organise the date each year to coincide with ‘World Book Day’ on which every páiste dresses up as their favourite character from their favourite book.

FÍS/FILM-MAKING

Last November the sixth class students from Gaeilscoil Longfoirt were given the chance to experiment with video-making. Enthusiastically they all put their heads together in order to write a script, which was then displayed through pictures on a storyboard. Each

group sourced a selection of props and costumes before setting out to film.

The sense of achievement and pride was evident on each face. The hard work was then over and the time had come to invite their biggest critics to view the premiere of their productions. The parents were welcomed to walk the red carpet, munch on popcorn as they were seated in the VIP area of Gaeilscoil Longfoirt's newly transformed cinema!

ATHCHÚRSÁIL/RECYCLING

We are currently working with Sheffield FC in an initiative to help children in Africa. The Boots for Africa appeal aims to help develop the skills and fitness of disadvantaged children and provide more children with the opportunity to play football.

It is our aim to collect as many unused and/or unwanted football boots as we can and send them on to Sheffield FC.

We are collecting old and unwanted mobile phones and sending them onto The Jack and Jill Children's Foundation who recycle them and this provides direct funding, to families of children with brain damage.

GAIRDÍN NA SCOILE

Gaeilscoil Longfoirt started their first ‘Gairdín na Scoile’ in February 2011. Four raised beds were made and placed in our Garden. Each class had a vegetable to grow. Naionáin Bheaga and Naionáin Mhóra had lettuce to plant, Ranga 1 & 2 had peas, Ranga 3 & 4 had radish and ranga 5 & 6 had potatoes and onions.

These started in the classroom and after a few weeks there were planted in the raised beds. The children enjoyed planting these and getting dirty! They also decorated their raised beds with colourful butterflies, lady birds and also windmills.

We have a compost bin in our school garden. Every day pencil parings, fruit skins and tea bags from the teacher's kitchen are collected and placed into the compost bin. After a few months these turn into compost and is used in our school garden.

MARY'S MEALS BACKPACK PROJECT:

We have been involved with The Backpack Project for a few years now. We have collected many old backpacks and schoolbags and filled them up with school supplies and clothes and they have been sent onto children in East Africa