



# The Friday Note

## Friday 30<sup>th</sup> January 2026

**P7 Service of Light:** will take place on **Tuesday 3<sup>rd</sup> February at 10.00am Mass in St Colman's Church. Refreshments in the school hall afterwards.**

**Mid Term Break:** School will be closed for all pupils from **Monday 9<sup>th</sup> February to Friday 13<sup>th</sup> February**. School will return as normal on Monday 16<sup>th</sup> February.

**Tempest Photography:** Tempest has now been rescheduled to **Tuesday 17<sup>th</sup> February** to take individual and family photographs. Families who have younger siblings at home/preschool can have a full family photo taken in the school hall from 8.30am to 9.00am.

### Dates for your diary:

**P7 Confirmation:** Sunday 22<sup>nd</sup> February at 12noon Mass

**St Patrick's Day Holiday:** Monday 16<sup>th</sup> and Tuesday 17<sup>th</sup> March.

**Easter Holidays:** Friday 3<sup>rd</sup> April to Friday 10<sup>th</sup> April.

**P4 First Holy Communion:** Sunday 19<sup>th</sup> April & Sunday 26<sup>th</sup> April at 12 noon mass.

**P3 First Confession:** Thursday 28<sup>th</sup> May at 1.30pm

### Sacrament Information

**P3/P4/ Enrolment Ceremonies:** P4 - Tuesday 3<sup>rd</sup> March at 10am Mass, refreshments in hall after  
P3 - Tuesday 28<sup>th</sup> April at 10am Mass, refreshments in hall after

**P4 First Holy Communion:** Sunday 19<sup>th</sup> April – Mrs Monaghan's class  
Sunday 26<sup>th</sup> April – Mr Kernan & Mrs Toland's classes

**P3 First Confession:** Thursday 28<sup>th</sup> May at 1.30pm

### Afterschool Clubs / Activities for Week Beginning 12<sup>th</sup> January

Monday	Mrs Tandy's Boy's Soccer Club* MR Sports Martial Arts P3-P7	P6-P7	3-4pm on pitch 3-4pm in hall
Tuesday	Irish Dancing P1-P7 MR Sports Arts & Crafts P1-P7 MR Sports Soccer P1-P7**		2-3pm + 3-4pm in hall 2-3pm + 3-4pm in P1 block 2-3pm + 3-4pm on pitch
Wednesday	Mrs Hanna's & Miss Donnelly's Netball P6/7 MR Sports Hurling P3-P7** Film & Animation Club		3-4pm in hall 3-4pm on pitch 3-4 in Mr Deery's class
Thursday	Gaelic with Mr McCaffery, Miss McGinn & Ms Hannaway P5-P7		3-4pm on pitch

**\*\* On wet days MR Sports outdoor activities will be in the hall and dismissed from the bottom hall door.**



## School Meals: Week beginning Monday 2<sup>nd</sup> February 2026

We understand how busy family life can be over the weekends and how easy it is to forget to book dinners, breakfast clubs etc. With over 400 children in the school now, the canteen needs to prepare orders in advance and in particular special diet meals, with this in mind we ask that you book dinners over the weekend. The school money system will shut down on a Sunday evening, therefore All school dinners must be booked prior to Monday. We thank you for your cooperation in this matter.

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Fingers Peas & Sweetcorn Chipped/ Baked Potatoes Chocolate Mousse & Mandarin Oranges	Beef Bolognese Broccoli & Coleslaw Pasta Spirals or Baby Potatoes Apple Sponge & Custard	Lunch Bunch Chicken Curry with Mini Naan Bread Carrots & Peas Rice or Mashed Potatoes Vanilla Ice-cream & Pear Chunks	Roast Beef & Yorkshire Pudding with Stuffing & Gravy ~or~ Salmon with a Creamy Dill & Cheese Sauce Vegetables in Season Roast/ Mashed Potatoes Carrot Cake Slice	Hot Dog with Tomato Ketchup Corn on the Cob & Baked Beans Chipped/ Baked Potatoes Yoghurt & Chopped Fruit

### Pupil of the Week

Acorn Class Ms Hannaway P1 Mrs Hanna P1 Miss Donnelly	Michael Mc Closkey Niall Donaghy Matthew Rafferty	Donall Ward Rionagh Flanagan
P2 Ms Phoenix P2 Mrs Henry (Mrs Boden) P3 Mrs McDonnell P3 Mrs Casey (Miss Raffo) Mrs Toland	Cian Maguire Ella Conlon Eamon Art Grant Cormac Maguire The Whole Class	Erin McGuinness Rosa Brown Ruairi Tully Michael Graham
P4 Mr Kernan P4 Mrs Monaghan P5 Miss Cunningham/ Mrs Alexander P5 Miss McGinn	Erin McCorry Evie Maguire Oran Greer Eden Johannesson	Canice McCreight James Flanagan Stella McDonald Zara Donaghy
P6 Mrs Tandy P6 Mrs McGrath P7 Mr Deery P7 Mr McCaffery Mr Mc Cambridge	James Reid Orah Long Megan Mooney Aoife Tohill Leo Kelly	Emily Marley Ronan Maguire Patrick McElvanna Clíodhna O'Kane Cillian McCreight



**Principal's Award this week goes to..... Sean Vernon P7, Odhran Finnegan P4, Hugo Hanna P1, Jack Turley P1 and Emily Armstrong P6. Well done every one**

#### And finally.....

A huge well done to all of our P7 children who sat the Entrance Examinations and received their results last Saturday. We are so proud of each and every one of our P7s. They are a wonderful group who try so hard and add great value to the life of this school.

Their parents have now begun the process of applying to their choice of post-primary schools.

Any one of the schools they are applying to would be lucky to get our P7s - we know they would become absolute assets. It's just a pity they will be moving on from St. Colman's and leaving us behind.

Well done girls and boys - we are proud of you all.

Enjoy your weekend everyone.

Mr. Baine

# Internet Safety Day: Tuesday 3<sup>rd</sup> February

Our internet Safety Day will take place on Tuesday 3<sup>rd</sup> February. This year the theme is: '**Smart tech, safe choices - Exploring the safe and responsible use of AI.**' All children will be learning about the importance of internet safety with some classes also producing posters.

You can find more information and useful resources on our website:

<https://www.stcolmanslambeg.com/internet-safety-1/>

You can also find more e-safety information and resources on <https://stcolmans-ps.secure-primarvsite.net/e-safety/>

Tips for Parents and carers: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

Top tips for young people: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-young-people> :

## **Understand what AI is and how it can be used**

Artificial intelligence technology is used by lots of people every day. AI suggests videos on streaming apps like Disney+ and Netflix, gives directions on map apps, can help translate different languages and can even create music and poems. Talk to your friends and family to see what they know about AI and where they have used it.

## **Consider how using AI can impact you and other people**

Like a lot of other technology, AI can save us time and energy. You could use it to find the answer to a question, to check your spelling, or to create images or videos. Whilst AI can be a great tool, it's important that we think about when and how we are using AI, and don't use it in place of our own thinking and creativity, or to do things that may upset or worry other people.

## **Remember that AI is technology and isn't perfect**

Even though it might seem like it knows everything, AI can still get things wrong. If you are using AI to get information or help with something, it is important to think carefully about what it tells you and remember that it should never replace support from people you know and trust. If you are ever unsure about something AI has told you, check with other sources, this could include looking on websites you trust or talking to an adult.

## **Look out for signs that something might be AI generated**

It can feel hard to tell if something has been created using AI or not. Some websites and apps will tell you that AI was used, but this doesn't always happen. There are some signs you can look out for including if it looks surprising or shocking, if it looks too perfect, or if there are details you know aren't true. If you see something you are not sure is created using AI or not, speak to an adult about the signs they look for and try to work it out together.

## **Know where to get help**

Although we know that AI can be used in a lot of great ways, remember there is always someone who can help if you are worried about something that has been created by AI or if you have concerns about the way you or someone you know is using AI. You can speak to trusted adults like your parents, grandparents, teachers, or club leaders about any concerns you have online.

