



Enrolments 23/24

We are still accepting enrolments for this year.
Please be sure to pass on this
information to those with preschool aged
children.
For any queries email: office@whitegatens.ie

Hall for Hire

The school Hall is available for hire at an
extremely affordable rate.

For further information email:
office@whitegatens.ie
or call us on (021)4661622

Social Media

Check out our Social media pages on
instagram and facebook for all our up to date
action in Whitegate NS.



Have you seen our new website? Have a look
on www.whitegatens.ie!!! It is worth a look!!

Christmas Concerts

**The two best nights of the year are just
around the corner!**

**Join us on December 13th & 14th at
6.30pm for a night full of entertainment
and Christmas cheer.**

Tickets available from the office.



Christmas Market

Our Christmas Market is back!!



**Join us in the Halla, Whitegate NS on Sunday December 10th
for a wonderful Christmas Market.**

Wellbeing

Wellbeing Wednesday are in full swing here in Whitegate NS.

We are walking, talking, taking part in meditation and now are enjoying the introduction of
gymnastics with Claire from Salto!!

“Wellbeing is good because we can take a break from the ordinary and it allows us to relax and
regain focus” – 6th Class pupil.





Student voices – How it's all going

Junior & Senior Infants

I love school because it is fun and I get to play with my friends.

School is fun when I get to play outside at play time and Wellbeing Wednesdays.

I like Run around Ireland!! I like to get 3 laps everyday.

I like to play with my friends in Aistear and outside. It's fun!!!

1st & 2nd Class

School has been very active and I really like that.

I like everyone being very kind and polite, I feel happy.

I like being taught how to read and learn lots of new things.

I love school because I have lots of friends.

3rd & 4th Class

Whitegate has been very calm and tranquil with the help of Wellbeing Wednesdays.

The disco was really fun, it was great to party with our friends.

We love practicing our Christmas Show and we can't wait to show it to all the parents.

5th & 6th Class

Halloween walk was fun, we really enjoyed the spooky trail.

Sciath na Scol came to a close, a semi final, we're proud of ourselves.

The mural unveiling was nice, it allowed us to celebrate Sylvia.

Irish Dancing is back!!! The Scór cup will be coming back to Whitegate!!!!!!!



Pet Week

Pet Week ran from the 4th – 6th October which coincided with the feast day of St Francis of Assisi. St Francis is the patron saint of the environment, animals and birds.

We welcomed so many wonderful pets to school. It was so important and valuable to everyone, to not only see the wonderful relationships that our pupils have with their animals but also the dedication and knowledge for caring for their animals also! Well done to all our wonderful pupils on being such kind and caring people!

Thank you to all the parents and family members who took time out of their busy days to bring the pets to school.



Sciath na Scol

On the 23rd October, we travelled to Páirc Uí Chaoimh for the semi Final of the F4 football division.

We played Midleton CBS in what was a fiercely competitive match!!

From the throw in, it was very exciting for the spectators. Scores were exchanged at both ends!

Unfortunately, it was not our day. We are very proud to have got this far!



Mural unveiling.

It was with great pride that we unveiled the mural to Sylvia Cotter.
As a pupil body, it was wonderful to see familiar and new faces come in to our school grounds.

The feeling of community was very strong and a united feeling was present.
We did not know Sylvia however we felt huge pride to be able to honour a lady who we have heard so much about.

By students in 5th & 6th Class



Science Week

So many activities were held during Science Week. Children worked as engineers, biologists, chemists, environmentalists and physicians. With so many talented pupils, the world is definitely safe in Whitegate!!



Midleton Credit Union Art Competition

On 30th November we welcomed Becky from Midleton Union to award all of our prize winners from the competition. We had 24 entries with all children receiving a certificate and prize. We had two highly commended, Mariia and Ronel from Rang 5, well done!!!

In the 8-10 category, Ann from Rang 4 was a WINNER!!! Well done to all!!!



Winter Wellness Tips

- Call and/or talk to friends or family
- Eat plenty of fruits and veggies
- Stay Active
- Go Outdoors
- Smile!
- Jam to your favorite songs
- Drink water
- Meditate or Practice Mindfulness

7 STEP WINTER WELLNESS GUIDE

A SIMPLE GUIDE TO HELP YOU TO STAY FIT AND HEALTHY, SUPPORT THE IMMUNE SYSTEM AND REDUCE THE RISK OF INFECTIONS THIS WINTER

- 1 Eat the rainbow...**
Your immune system relies on a healthy and varied diet. Eating a variety of fruit, vegetables and also herbs, spices, nuts and seeds can help maintain your immune system. Try eating foods rich in vitamins B6, B12, C and D and minerals like zinc and folic acid, which work to help support your immune system.
- 2 Up your vitamin D...**
Did you know vitamin D is important for maintaining a healthy immune system? Everyone should take a daily supplement containing at least 10mcg of vitamin D between October and March, and some groups should take it all year round. Vitamin D is also found in foods such as oily fish, cheese and egg yolks.
- 3 Don't forget vitamin C...**
We often reach for the orange juice when unwell, but do you know why? Vitamin C can help support the function of the immune system* and it is found in oranges, red and green peppers, broccoli, strawberries and potatoes. Adults aged between 19 and 64 need 40mg of vitamin C daily – the same amount found in half an orange.
- 4 Catch those zzz**
A good night's sleep can help reduce daily stress levels and strengthen your immune system. When we sleep our immune system releases cytokines to help the body fight inflammation and infection. If you wake up tired and spend the day dreading about taking a nap, you're probably not getting enough sleep.
- 5 Step outside...**
Getting outside can do wonders for our mental and physical wellbeing. Regular exercise can give a boost to your immune system* and it doesn't have to involve running miles. Find something you enjoy doing such as a brisk dog walk, a bike ride or a forest yoga – even dancing is a great way to get moving! Exercise can help improve our lymphatic system which carries white blood cells to help fight infection. It is recommended that you get 150 minutes of exercise per week.
- 6 Time for yourself...**
High daily stress levels can impact your immune system and long-term stress may affect its ability to fight off infection. Try focusing your mind on something positive that you enjoy doing in the evenings like baking, sewing or painting. Listen to your body and know when it's time to slow down, try switching off electronics and reading a book, relaxing in the bath or meditating.
- 7 Prevention, prevention, prevention...**
Focus on prevention rather than cure. We used to be reactive when it came to our health, but COVID-19 has raised awareness of airborne viruses and we are more aware of how illnesses can spread and how to help prevent them. Prevention is key and taking small steps such as regularly washing your hands thoroughly for at least 20 seconds and avoiding touching your face, nose and mouth can help protect you over the coming months.

** See NHS website for details*