



Lehinch Primary & Lehinch Little Learners, Lissatava, Hollymount, Co. Mayo

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Dear Andy,

We are a small group of students who attend school at Lehinch N.S in Hollymount, Co. Mayo. We are just a one teacher school with eleven students. We have a pre-school with six pupils. We are applying for a 21st Century School of Distinction Award with Trinity College. We love Science, Technology, Engineering and Maths. We build lots of great things on Minecraft like our own houses; the Taj Mahal and the Temple of the Inscriptions. We made a traffic lights system work using Scratch programming and Raspberry Pis. We even made our own dance game using Scratch. We always present our projects to the class and talk about what went well and what we could do better next time. In the morning we do a 'Wake and Shake' workout which we follow on YouTube. We also like 'The Gummy Bears' activity video. We do 10@10 too with Operation Transformation. When we get angry, which isn't often, we have hand pads that we can punch.

We play hockey most days during break time. We like football too; a man named Pat Kennedy comes to do Gaelic training with us once a week. When our pitch gets a bit drier, we will play more football. We like to keep fit and are always interested in ways of helping keep our body and mind active and healthy. We walk a mile every day. The Mayo Sports Partnership sent a letter asking if we would be interested in doing this so we jumped at the idea. We've been doing it since November 2016 now. We feel rejuvenated and refreshed for more learning after our walk each day. We also like chatting and looking at the countryside as we walk. We did a skype call with Blackrock Education Centre to tell them all about how we're safe on the road and are mindful of traffic when doing the Daily Mile. We told them that we wear high-vis vests when we go out on walks. We stay in pairs mostly but sometimes if the road is really narrow, we walk in single file.

We really admire your football skills and fitness levels. How do you continue to stay interested and enthusiastic when you have had to walk away from Sam so many times? Do you ever get angry? Were you sad when you got injured and couldn't play for your team? What kind of diet have you got? We try to keep healthy. At school, we study a different country each month and we do food tasting of that country. This month was India and last month was South America. We like being adventurous with food. We know that some foods make you sluggish and tired and others give you energy and help keep your brain healthy.

Our school pays particular attention to STEM and mindfulness, this means we are very hands on in the classroom, we work in teams a lot and we focus a lot on Science, Technology, Engineering and Maths activities. We also know the importance of fresh air for a healthy mind. We would love if you could come visit our school and share your diet and exercise ideas with us. We would also like you to share your ideas on how to keep enthusiastic and stay focused even when things get really difficult and we fail.

Thank you for taking the time to read our letter, we looking forward to hearing from you.

Yours Faithfully,

The Students of Lehinch N.S