



## Skryne's Killian Cahill moves to Brighton and Hove Albion

**Skryne teenager Killian Cahill has joined Brighton and Hove Albion's under-18 squad in the January transfers.**

The 18 year-old goalkeeper, who was playing with Shamrock Rovers, had been the focus of a number of UK clubs in recent months and years, with the Covid-19 pandemic and Brexit employment difficulties delaying earlier moves.

A protege of Skryne Tara AFC who went on to the Shamrock Rovers Academy, he was part of his team's success in becoming Under-19 League of Ireland Champions for 2021.

Killian, who stands at 6'3", was goalkeeper for the Hoops youngsters, and has been playing League of Ireland with them

since he was 14, having joined the club at the age of 12.

Killian attended St Patrick's Classical School in Navan until the end of transition year.

He received a scholarship to Ashfield College, Dublin, to facilitate him training with Shamrock Rovers first team in the mornings, allowing him to complete his Leaving Certificate through blended learning.

While he doesn't have a soccer background, he has a strong sporting pedigree, as his parents are former Irish



athletes, Olympic hurdler, Sean Cahill, and high jumper, Terry Horgan.



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## Battle of Tara.

In the year 1798 a band of three thousand Irishmen came from Vinegar Hill to the Hill of Tara to give battle to the English. At first the Irish were winning but after some time the battle turned and the Irish were killed in great numbers.

The remainder fled from the battle field but the English followed them and any they overtook they hanged them along the roadside.

Some were overtaken in Rathfeigh in a field at present belonging to Mrs. Rully and hanged there. Others were caught in the valley of Rathfeigh and shot. Three more Irishmen were captured on the Slane-Dublin road and also hanged. Their grave is

plain to be seen even to this day and it is called the Croppies grave.

Peggy Lillicrapp Rathfeigh, Navan

# The Advent of Spring

Anne Frehill

**“Already now the snowdrop dares appear,  
The first pale blossom of the unripened year:  
As Flora`s breath, by some transforming power,  
Had changed an icicle into a flower...”**

**Mrs Anna Laetitia Barbauld** (English poet - 1743-1825)



I write this on January 20th and to my absolute delight nature is already calling some sleepers deep in the earth from their winter slumbers. Snowdrops are usually the first to show their beautiful little heads. *Galanthus nivalis* or snowdrop is my favourite of all flowers. Given that it is such a tiny and indeed delicate flower, it punches far above its weight because it is a harbinger of spring on this island. It is viewed by many as a defiant symbol of hope despite the frost or snow covering the ground while the New Year is still in it`s infancy.

The purity of the white petals surrounded by vibrant shades of green that only nature could produce must be sufficient to gladden the heart of anyone weary after the cocooning of Covid 19 or the light -starved days of winter. Snowdrops originally came from central and eastern Europe, but by Victorian times, a single snowdrop signified death and it was considered bad luck to bring one into the house. It appears that this belief could be related to the fact that the bulb of a snowdrop for all its charms, is highly poisonous if eaten.

Called “Death`s Flower”, seeing a lone snowdrop was feared because it was said to be a portent of death in England.

There are now thousands of varieties of snowdrops, but my favourites are those that grow wild beside streams, on roadsides or in damp woods. For many years in Dalgan park, (until Covid arrived and it was closed to the public), I looked forward each January to clusters of snowdrops which seemed to huddle under the giant trees from the piercing clutches of the four winds.

Of course, by mid -February, many other flowers synonymous with Spring will appear in our gardens, including crocuses and primroses all symbolising new beginnings and rebirth. And who could forget the most vaunted of them all, the daffodil. It`s unforgettable trumpet-shaped flower in a glorious shade of bright yellow has inspired artists, poets and writers for hundreds of years.

As the years roll by, and it seems that each one comes around at a faster speed than its predecessor I am reminded every Spring as I walk in the garden or wander through woodland, of Mother Nature`s rhythm and her cycles of birth -death -birth.

And just like those times during recent Lockdowns when I visited deserted churches in Skryne, Navan, or Dunshaughlin to light candles, the words of Rainer Maria Rilke -Austrian poet -(1875-1926) resonate with me.

**Why, then, have to be human?  
Oh, not because happiness exists,  
Nor out of curiosity...  
But because being here means so much;  
Because everything here,  
Vanishing so quickly, seems to need us,  
And strangely keeps calling to us ... To have been  
here once, completely, even if  
only once,  
to have been at one with the earth—  
this is beyond undoing.”**

**Beannachtaí na Féile Bríde oraibh go léir.**



# Sam Maguire

Michael Mulvaney

**Sam Maguire was a Protestant farmer from West Cork who became a close ally of Michael Collins in London in the struggle for Irish independence. In 1928, the year after he died, the Sam Maguire Cup was created and presented to the GAA to commemorate his contributions to that quest for freedom and to the GAA.**



These days, everyone knows about the Sam Maguire Cup, presented to the winner of the GAA All-Ireland football final.

But few people remember who Sam Maguire was and his birthplace, 6km north of Dunmanway in West Cork, is now a mere shell.

He is buried in St Mary's Protestant cemetery in Dunmanway, his grave marked by a Celtic cross. The local GAA grounds was named the Sam Maguire Memorial Park after him, in 1974, but otherwise, he has been completely forgotten about, as have the details of his life.

The Maguires, who were Church of Ireland, had a large farm in the townland

of Mallabraca, where Sam was born in 1879.

The family was relatively well-to-do and were noted locally for always going out of their way to help neighbours whether Protestant or Catholic.

When Sam was 20, he passed the British civil service exam and got a job in the post office in London.

In London, he joined the London Hibernians, even though he had never played GAA at home.

However, he played in the All-Ireland finals on at least-three occasions at the beginning of the 20th century. Sam was also the only Protestant to have

captained a team in the All-Ireland final.

In London, he became a close friend of Michael Collins, another West Cork man, and Sam became the head of intelligence in Britain for the Irish Republican Brotherhood.

He was also the main agent for Collins in Britain for smuggling weapons to Ireland for the War Of Independence.

Sam's work in the Post Office also meant he was able to access much vital intelligence from the mail. When the new Irish State came into being Sam supported the pro-treaty side and returned home to Ireland. He got a job with the new Irish civil service, but soon clashed with the pro-British staff who had stayed on after the treaty.

In 1924, he was dismissed from the Irish civil service, with no pension but with a gratuity of £100 from the new Free State government.

Sam returned to the family farm in West Cork, but soon developed TB. He died in 1927 at the age of 48, penniless.

On his last visit to Dunmanway, he gave away his last £5, saying that he wouldn't need it anymore.

Soon after he died a group of his friends in Dublin got together to create a permanent memorial to him. They paid £300 (just over €26,000 in today's money) to get the Sam Maguire Cup made in Dublin.

The GAA were proud to accept it as recognition of Sam's twin contributions, to the War Of Independence and his role as a Protestant player and captain in the GAA.

These days, Sam Maguire's work with Michael Collins has been almost completely airbrushed out of history, but even though his achievements have been long forgotten, his name lives on, revered by anyone with even the slightest interest in Gaelic football.

Pat O'Donnell, Douglas, Cork.

# Night Sky February 2022

by Tony Canavan

**Sunrise:** 08:09am **Sunset:** 5:08 pm **Moon:** New Moon: 1st February, **First Quarter:** 8th February

**Full Moon:** 16th February (Snow Moon) **Last Quarter:** 23rd February.

We are in New Moon phase so dark skies in the evenings to view Orion and all his troop.

**February 2nd:** Evening sky has Orion in the southern sky with Jupiter followed by Neptune setting in the early evening sky in the West. Cassiopeia is in the NW (azimuth 300°) with Andromeda, Capella, and the constellation of Perseus close by.

**February 7th:** At 8:30 pm crescent moon in the west is close to The Pleiades and Hyades (marking the horns of Taurus) with Orion prominent in the south.

**February 9th:** At 7 am about one hour before sunrise, Venus already has an altitude of 10°. Directly under Venus is Mars and rising on the horizon is Mercury. From 70° through to 90° the triangle of Altair, Vega and Deneb with altitudes 50° through to 65°.

**February 17th:** We have a full moon. But before the moon rises between 6 - 7 pm it is worth looking for Sirius, the brightest star in the sky, always just below and to the left of Orion. It is in Canis Major (The Greater Dog) and so it is commonly referred to as the 'Dog Star'. It is 'metal rich' with double the amount of iron as our sun. It is a binary system (2 stars). Sirius B is a white dwarf (similar to the end product of our own sun, a remnant of what was once a nuclear fusing core that ran out of fuel).

**February 23rd:** in the evening sky (any evening in February without a strong moon) top left of Orion, try and identify the constellation of Gemini (The Heavenly Twins). Pollux is

the brighter star, Castor fainter and nearest to the pole star. Castor is a remarkable multiple system consisting of no less than six individual stars. Although they appear together in the sky they actually have no relationship as they are separated in 'line of sight' by 20 light years. Ironically Castor consists of three sets of twins as there are three double sets of stars in this system. Castor may also be part of a bigger group of stars called 'Castor Moving Group'.

**February 27th:** At about 6:45 am on the eastern horizon you can see Venus with Mars and a small crescent moon almost in a vertical liner. They are followed by Mercury and Saturn and then sunrise shortly after at about 7 am. So four planets, a moon and a star rising!

**Betelgeuse in Orion:** This star has been watched for many years. Its central hydrogen fuel has run out and its core has contracted, and its outer shell has swelled outwards. It should now be fusing helium into carbon and oxygen at its core and may be now fusing elements through neon, magnesium, sodium, silicon all the way to iron. The core will collapse, and the star will blow up as a supernova. In our sky it would be as bright as the gibbous moon and would be seen even in daylight. At 600 light years away it does not pose a threat. The supernova would be approximately 600 years old by the time the light reaches us. It would be the astronomical event of the year/decade.

## 2022 Events:

**The JWST will be reaching its destination 1.5 million kilometres from the earth and will enter orbit around Lagrange Point 2. The latter is like a 'parking space' in space. JWST will effectively be orbiting nothing. It will still remain in the same line of sight with the earth and the sun at all times using minimum power to maintain its orbit, completing orbits of the sun in line with the earth.**

The deployment of the sun shields (a layer of five sheets) was a huge relief for the team. It involved the correct operation of hundreds of pulleys and lines and various motors to complete the task. Each sheet is the size of a tennis court. This gives the equipment a sun protection factor of one million (as opposed to a factor 30 or 50 we are used to). This is because it is vital that there is no infrared interference (heat) from any source (including the telescope itself) other than the celestial object that the telescope is pointed at.

If successful it will revolutionize our understanding of almost every branch of astrophysics, from studying our neighbour planets to revealing the light from the earliest stars. The Hubble famous 'Ultra Deep Field' image will be studied again, a small section of seemingly empty sky that was shown to contain thousands of galaxies some over 13 billion years old (the universe is about 13.8 billion years old). The light from these earliest galaxies will have shifted into the infrared because of the expansion of the universe. JWST

imaging is designed to capture this light.

**Exoplanets** (newly discovered planets, about 4000+) will be a big focus for JWST. Fifty hours has been allocated to the study of the Trappist-1 system, seven planets orbiting a small cool star in the constellation of Aquarius (see image below).

**Trappist 1e** is in the habitable zone, it is a rocky planet similar to earth and where it is thought liquid water should exist. These planets are tidally locked

to their host star i.e. they show the same face to their sun at all times, similar to our moon ( so either all day or all night). The planets are packed together looming large in each other's skies. So it would be like being in a system where you would look up and see continental features on the next planet. One to watch!

**Moons:** The important moons, mentioned in previous editions, e.g., Europa (Jupiter) and Enceladus (Saturn) will be examined closely for clues as to what lies beneath their frozen surfaces.



## Artemis 1: Voyage Back to the Moon:

Main emphasis in 2022 will be the moon. Artemis 1 is NASA's multibillion dollar effort to return astronauts to the moon later in this decade. In order to carry this out, unmanned missions will have to start happening this year. The first of these missions could happen as early as **March 2022**.

**Dart:** NASA's DART will arrive at its destination in September 2022. The mission is designed to test a new method called the 'Kinetic Impactor' technique to deflect near earth asteroids for the purpose earth defence.

**EXO Mars:** The Exo Mars mission is a joint mission by ESA (European Space Agency) and the Russian space agency 'Roscosmos' to explore the red planet. It is expected to launch between August and October 2022. The rover has been named the 'Rosalind Franklin'.

**Starlink:** Starlink has now launched more than 1890 satellites to low earth orbit for its broadband network as it builds global coverage. Supply chain problems has delayed its roll out of user terminals.

**Jeff Bezos** private company 'Blue Origin' will send its first **orbital rocket** to space in late 2022 called 'New Glen'.

**Juno mission** will continue to explore Jupiter in 2022 and will pass close (300 kilometres) to its moon Europa.

**Dream Chaser:** a private spacecraft from the Sierra Nevada Corporation will start flying cargo missions to the ISS (International Space Station) in 2022.

**Perseverance:** Perseverance and his helicopter companion 'Ingenuity' spent Christmas on Mars. The rover has moved much closer to the delta formations in **Jezero Crater** where the river spilled over into the lake 3.7 billion years ago. It took its first sample on September 2nd 2021. Perseverance has 43 sampling tubes which will eventually be brought back to earth. Ingenuity had completed 18 flights up to recently helping to guide Perseverance on best tack to follow.

**Parker Solar Probe:** Nasa Solar Probe is the first ever mission to 'touch' the Sun. The spacecraft is about the size of a small car. It was launched in 2018 and is now dipping its feet into the suns atmosphere. The spacecraft uses Venus to change

its trajectory so that it can progressively pass nearer to the Sun. The temperature of the sun's surface is thousands of degrees but in the upper reaches of its atmosphere it is millions of degrees. Astronomers do not know fully why this happens but is thought to be related to the Sun's very strong gravitational field. This is a hugely important mission.



*'The history of astronomy is the history of receding horizons'*

**Edwin Hubble**



# Skryne Community Alert

## What is it?

The purpose of the Seniors Alert Scheme is to enable older persons of limited means to continue to live securely in their own homes with confidence, independence and peace of mind by providing them with a free personal monitored alarm. It is administered locally by community and voluntary groups from your area. Skryne Community Alert Group administer the scheme in our area.



## How does it work?

Older people get a free personal alarm or pendant. The alarm can be worn as a pendant or around the wrist like a watch. When pressed it connects wirelessly to a base unit, usually attached to a phone. The base unit immediately initiates a call to a 24 hour monitored centre.

## Who is eligible to apply for an alarm?

A person will be eligible if he or she is:

- Aged 65 years or older;
- Of limited means or resources;
- Living alone, living with another person who meets the eligibility criteria;
- Resides within the geographical area of Skryne Community Alert;
- Able to benefit from the equipment supplied;
- Prepared to maintain contact with Skryne Community Alert Group.

## How much will it cost?

The equipment is funded through the Department of Housing, Planning, Community and Local Government. It will be installed free of charge. In the case of a landline-connected alarm, the first year monitoring fee is also covered.

You will be asked to pay the ongoing annual monitoring fee of €66 from year 2 onwards. If you do not have a landline you can use a GSM base unit which uses a SIM card, like your mobile phone. The unit will be provided and installed free of charge, but there is an upfront charge of €66 for the SIM card credit. The first year monitoring is free, and there is an annual monitoring/SIM rental fee of €132 from year 2 onwards.

There is also now an option of a Digital Alarm which uses your broadband as the primary communication method (if you have a good broadband signal). In the event that your broadband is temporarily unavailable, it will fall back to using the provided SIM card. Pricing is the same as the above GSM option.

## How do you get an alarm?

Please contact Patricia Conway (086 838 8017), or any member of Skryne Community Alert Group. We will apply for the alarm on your behalf.

## Can I make an application on behalf of another person?

Yes. You can contact Skryne Community Alert on behalf of a loved one or neighbour. However, the application details must be in that person's name.

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# Movie Review

Darragh O'Dowd

While some may see them as like watching a kid smashing all his action-figures together, the genre we're going to look at this time can be exciting, colourful, and most of all action-packed; the superhero genre.



## The Dark Knight (2008)

Christopher Nolan completely reinvented the superhero genre with this brooding masterpiece. From then on, superhero movies weren't only viewed as glitzy colourful sugar-rushes to entertain the kids, as *The Dark Knight* proved they could be dark, contemplative and almost Shakespearean in execution. Nolan directs with absolute gusto, especially with the many action scenes, aided by fantastic work from Christian Bale, Michael Caine and a legendary final performance from Heath Ledger which created one of the most iconic film villains of all time. It's exciting and jaw-dropping like all good superhero movies and yet contains a thought-provoking tragedy at its centre that sets it apart from all of those. In an age of endless comic-book adaptations, *The Dark Knight* has yet to be topped.

## Thor: Ragnarok (2017)

The *Thor* series was in a bit of a slump pre-2017. While the rest of the Marvel Universe thrived, *Thor* contained some of the most boring movies in the expanding franchise. Then in came Taika Waititi. Injecting *Thor* with an irreverent sense of humour never seen before, *Ragnarok* provided Chris Hemsworth with ample opportunity to demonstrate his comedy chops. Packed to the brim with eyeball-blitzing imagery and hilarious physical and verbal comedy, *Ragnarok* epitomises everything that the MCU should be; action-packed, grandiose, comedic, and most of all fun.



## Avengers: Endgame (2019)

*Endgame* was always gonna have a lot to live up to. Juggling 23 movies and hundreds of characters, it was destined to fail. That's why it's amazing that the film we got works as well as it does. Like its characters, it does "whatever it takes" to deliver a satisfying finale, even if that means brushing off plot holes and inconsistencies. But that kind of doesn't matter. The movie is so enjoyable and so full of characters we love that it's a joy throughout its 3-hour runtime. Epic, moving and exciting, *Endgame* balances tragedy and comedy in a masterful way, creating an epic behemoth of a film will have you in tears by the end.



Looking for more superhero action, check out *Avengers: Infinity War*, *Guardians of the Galaxy*, *Batman Returns*, *The Dark Knight Rises*, *Batman* and *Logan*.

# Flexible Desk Spaces Now Available in RST Community Centre

[WorkSpot.ie](https://www.workspot.ie) was launched in 2021 by Skryne native, Caroline (Curran) Price. Its aim is to be an Airbnb of desk space by providing remote/hybrid workers with a variety of flexible desk spaces nationwide.

## Flexible Desk Space For People Who Need It



#workfromanywhere  
#workspotie

Since launching in 2021, [WorkSpot.ie](https://www.workspot.ie) is delighted to have the RST Centre onboard as one of its listings for desk spaces.

Remote workers can book a desk space with Wi-Fi for an hour, a day or week through [www.workspot.ie](https://www.workspot.ie) and can rest assured that they have a quiet, comfortable space to work from with Wi-Fi in the RST Centre. Additional extras like natural light, kitchen facilities, parking and wheelchair access make the RST Centre a popular listing for remote workers to work from.

To book your WorkSpot desk today in the RST Community Centre or for further information; head to [www.workspot.ie](https://www.workspot.ie).

# The RST Community Centre AGM

will be held on

**WEDNESDAY**

**16th February @ 8 pm.**

**You are cordially invited to attend.**

There will be no pressure on anybody to take jobs or to join our committee – come along and get an update on how the Community Centre is doing. We greatly appreciate the support we get from the Rathfeigh-Skryne-Tara community.





# Skryne Ladies GFC

by Ruth Moore



Skryne Minor Girls began their campaign when they Played Walterstown (home) first and won convincingly. The next round saw then at home again against St Colmcilles and they took away a great win from it making it two from two. They were away next to Seneschalstown and it was a much tighter affair coming out winners by only a goal. They played O'Mahonys in the last round this Wednesday 26th away, final results O'Mahonys 5-14 to Skryne 3-12. They still qualify for semi-finals.

## Grandparents

Written by a Class of 7-year-olds

You'll love it...

- 👨‍👩‍👧‍👦 Grandparents are a lady and a man who have no little children of their own.
- 👨‍👩‍👧‍👦 They like other people's children.
- 👨‍👩‍👧‍👦 A grandfather is a man, and a grandmother is a lady!
- 👨‍👩‍👧‍👦 Grandparents don't have to do anything except be there when we come to see them.
- 👨‍👩‍👧‍👦 They are so old they shouldn't play hard or run.
- 👨‍👩‍👧‍👦 It is good if they drive us to the shops and give us money.
- 👨‍👩‍👧‍👦 When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- 👨‍👩‍👧‍👦 They show us and talk to us about the colors of the flowers and also why we shouldn't step on 'cracks.'
- 👨‍👩‍👧‍👦 They don't say, 'Hurry up.'
- 👨‍👩‍👧‍👦 Usually they are fat but not too fat to tie your shoes.
- 👨‍👩‍👧‍👦 They wear glasses and funny underwear.
- 👨‍👩‍👧‍👦 They can take their teeth and gums out.
- 👨‍👩‍👧‍👦 Grandparents don't have to be smart.
- 👨‍👩‍👧‍👦 They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'
- 👨‍👩‍👧‍👦 When they read to us, they don't skip.
- 👨‍👩‍👧‍👦 They don't mind if we ask for the same story over again.
- 👨‍👩‍👧‍👦 Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us...
- 👨‍👩‍👧‍👦 They know we should have snack time before bed time.
- 👨‍👩‍👧‍👦 They say prayers with us and kiss us even when we've acted bad.
- 👨‍👩‍👧‍👦 Grandpa is the smartest man on earth!
- 👨‍👩‍👧‍👦 He teaches me good things, but I don't get to see him enough to get as smart as he is.

# Rathfeigh National School

Seamus Tansley

## “Dá fhad an oíche, tagann an lá”

March 20th 2020 will always be remembered as it was the day the Taoiseach announced that schools would close for a few weeks due to Covid-19! Little did we know then that we would have five waves of the virus ahead of us and that we would have lockdowns and restrictions of some sort for the next two years. So when the Taoiseach announced on January 21st that most restrictions were to be lifted it reminded me of the Irish proverb “dá fhad an oíche, tagann an lá” – however long the night, day comes. We all have had to endure a lot of darkness due to Covid-19 but, hopefully, we can all look forward to brighter days ahead. Like everyone in our society our children deserve to live their lives like children should do! Although the children will still have to wear face masks (3rd-6th) we hope schools will revert back to the way they were pre-pandemic. The rest of the 2022 school year brings huge optimism and we hope the children will now be able to participate in sports against other schools, take part in school dramas, have school tours, céilis, make panackes on Pancake Tuesday etc. Our children deserve this, so with fingers crossed let's hope 2022 will be a year the children will remember forever for the right reasons!

## Admissions for 2022/23 School Year

We are currently taking enrolments for children starting school in September 2022. Our Admissions Policy and Admissions Statement can be found on the school website. A hard copy is available on request from the office. March 1st 2022 is the date at which we cease accepting applications for admission in September 2022. If you have a child starting in Rathfeigh in September please send in the Enrolment form as soon as possible. The Enrolment form can be downloaded from the school website. If you know families that have children starting school in September please let them know.

**We have an Open Week from Tuesday February 1st to Friday 4th. Parents/guardians who have children starting school in September can make an appointment to visit the school at any time during this week. Please e-mail the school [rathfeighns@outlook.com](mailto:rathfeighns@outlook.com) or phone 041-9825156. We would be delighted to show prospective parents/guardians around the school and answer any questions they may have. More information on the school can be found on the school website [rathfeighns.org](http://rathfeighns.org).**



## The Hideaway

A few weeks after the *Meath Chronicle* published a nice article on the official opening of our sensory room “The Hideaway” we were delighted with the unexpected visit of the Minister for Justice, Helen McEntee, to our school.

It was nice that she gave of her time to view “The Hideaway” and talk to us about what we are trying to achieve in the school in relation to well-being, mindfulness and anxiety among children resulting from Covid-19. We thank Helen for visiting our school and for her advice in relation to supports that we can use, going forward, which may help us in developing further initiatives in relation to well-being.

(Pictured left is Helen McEntee at “The Hideaway”.



WELL-BEING WITH UNA CURRAN

SUPPORTING YOUR OWN & YOUR CHILDS WELL-BEING

WEDNESDAY 2ND FEBRUARY

AT 7.30PM VIA ZOOM

Experienced Primary teacher & Mum of three children Una Curran will discuss the Well-being programme she taught to your children.

Learn simple Breathing techniques & exercises that can be used at home to help your child feel calm & relaxed.

During the session you will get the opportunity to relax and enjoy the benefits of these techniques yourself.



FINDING YOUR WINGS - WELLBEING WITH UNA CURRAN



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## Mindfulness

Una Curran completed six weeks of mindfulness classes in our school before Christmas. The feedback from the children, teachers and parents/guardians has been fantastic.

We hope to be in a position to have Una back in the school at some stage this year for more mindfulness lessons with the children.

As parents it can be difficult to make time for ourselves with the demands of work and rearing children. Are we aware of our own stress and anxiety levels? Are we doing anything about it? If we don't then this may impact negatively on our own children.

**With this in mind we have asked Una Curran to have a Zoom session with parents/guardians of children in Rathfeigh N.S. The Zoom session will take place on**

**Wednesday February 2nd from 7.30pm. to 8.30pm.**

We will give the Zoom details closer to the event. We thank the Board of Management for paying for the event and for always supporting the school in our endeavours in putting well-being and mindfulness central to what we do in the school.



## Confirmation

Our sixth class pupils will be receiving their Confirmation on Thursday February 10th. The children have been preparing well for their big day and we wish them, their families and their sponsors an enjoyable and spiritual day.

## Catholic Schools Week

We celebrated Catholic Schools Week this week. The theme this year was "Catholic Schools: Living life to the full". The children engaged very positively with the variety of interesting lessons and activities. We will have pictures of the children's work next week which we will upload to the school website.

## Science –in-a-Box

We introduced Science-in-a-Box to the school (5th & 6th class) a few years ago and it continues to go from strength to strength. The 5th/6th class pupils have enjoyed a number of Zoom sessions weekly. Timmy, Sarah and Archie have written short accounts of the science lessons and we thank them for giving their accounts of these lessons.

### Sarah (6th class)

*"A few months ago we started Science-in-a-Box. We do Zoom calls every Tuesday with a scientist named Caoimhe. She teaches us cool and amazing things about science. This week we got to see what our temperatures were and last week we traced our hands and cut them out. Then we taped straws on top and put string through the straws. The outcome was you were able to move it like a real hand. I really enjoy Science-in-a-Box and I hope we continue with the lessons."*

### Timmy (6th class)

*"On Tuesday every week we do Science-in-a-Box. Last Tuesday we learned about human physiology and vital signs. We learned about the four main things to look for to see if something is alive or not. We did an activity where we got a sheet that had breathing rate, heartbeat, temperature and reflexes on it and with "superhuman" powers such as a guy who can resist nearly any temperature, a guy with super strong arms and a guy with reflexes fast enough to cut a pellet shot from a gun. Overall it was great"*

### Archie (5th class)

*"Science-in-a-Box has been a great experience so far. I've enjoyed every single bit of it. We have done a lot of fun stuff through the weeks. We made models of*

*both lungs, and a heart out of play dough. We did a skeleton puzzle. We made a model of a hand made from straws and string. We learned how to take a person's temperature, check a heart rate and do breathing and reaction tests. The scientist is very nice and Science-in-a-Box has been the best experience this year"*

## Minute Silence

Like all schools in Ireland we observed a minute silence at 11am on January 17th for the sad passing of Offaly school teacher Ashling Murphy. The circumstances of her death have horrified the entire country. On behalf of everyone in the Rathfeigh school community we offer our condolences to her family and friends.

## Chinese New Year

2022 is a Year of the Tiger according to the Chinese zodiac, starting from February 1st, 2022, and lasting until January 21st, 2023. People born in a year of the Tiger are predicted to be brave, competitive, unpredictable, and confident. The children in the senior classes in Rathfeigh enjoyed learning about the Chinese New Year – traditions, customs, art, food etc. They particularly enjoyed learning about the various animals associated with the twelve year zodiac cycle. We hope to have pictures of the children's work on the school website shortly.

## Gardening

The children are always excited when Mary McCarron visits the school to do some gardening with the children. They love the opportunity to go outdoors and get their hands dirty. Mary visited the school last week and below are pictures of the children engaged in various outdoor activities! We look forward to Mary visiting again this year as her enthusiasm and optimism is infectious. Thanks Mary.

## Happy 2022

We wish everyone in the Rathfeigh and Skryne community a happy, safe and enjoyable New Year. The future looks a lot brighter at last. Hopefully, we can all make up for lost time resulting from Covid-19!! Let's all make the most of 2022.

***"The bad news is that time flies.  
The good news is you're the pilot"***

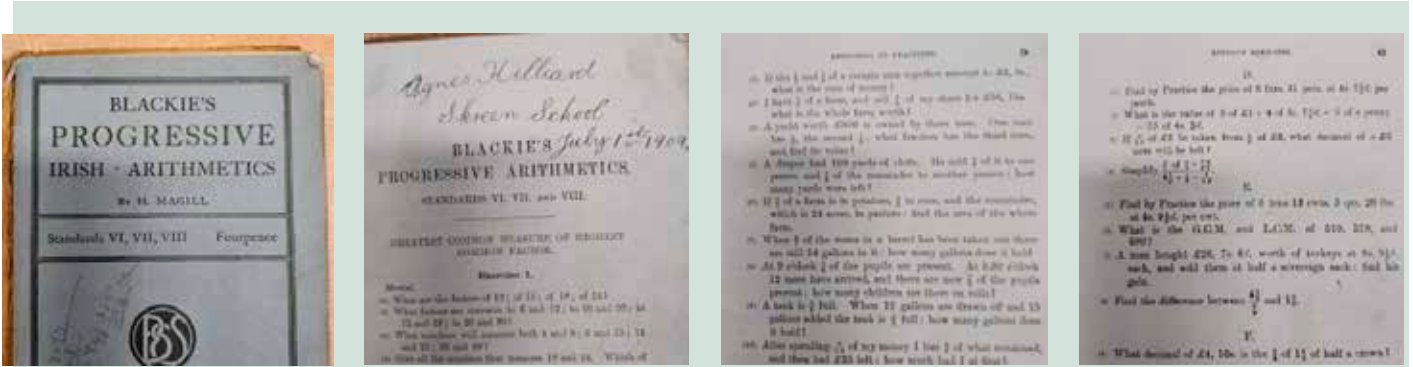
(Michael Altshuler)



# Scoil Cholmcille, Skryne

Tom Brennan

On behalf of us all here in the Skryne school community, we would like to wish everyone a happy new year and every good wish for 2022. In the flowerbeds outside the school, snowdrops are cautiously emerging heralding an end to Winter and promises of Spring. The snowdrop is also a great symbol of hope. Quite apt then as we start a new year with renewed hope of an end to the restrictions that COVID-19 has imposed on school life.



## History: SN Cholmcille in 1909

Laura in Mr. Fanning's 4th Class brought in a Maths book which was used by a pupil in Scoil Cholmcille over 110 years ago in 1909. The problems in the book caused great difficulty for the students. The teachers weren't so sure either. Have a look at the pictures above. Can you answer any of the questions?

## Confirmation

Confirmation will take place for our girls and boys on Thursday, Feb 10th, 2022. We hope the ceremony will take place in our church here in Skryne but we are awaiting confirmation of this. Back in November, Bishop Tom Deenihan wrote a letter to all candidates outlining the importance of the Sacrament of Confirmation as a proclamation of their faith. We hope that all our 6th Class pupils will have a joyful and special celebration on the day.

## Sport

Liam, our hurling coach will return to Scoil Cholmcille this term. For 12 weeks he will be focusing on fundamental movement skills. Fundamental movement skills (FMS) are the basic movements essential for hurling but also for human physical activity of any kind. The most common FMS include skills such as running, jumping, throwing, catching, skipping, and hopping. Pupils from 5th and 6th Class will take part in the first orienteering event of 2022 in Cabinteely Park on February 9th. Here's hoping we can continue the great form we showed in the last event. From a Gaelic games perspective, we are still waiting for clearance from Cumann na mBunscol to resume football activity. It is hoped that after the February mid-term the way may be clear to organise games once again. The blue and white jerseys are being dusted down as we speak!

## Enrolment for September 2022

Scoil Cholmcille is now accepting applications for Junior Infants for the 2022/23 school year. The closing date for applications is March 1st. To get an application form please visit our website at [skryneschool.blogspot.com](http://skryneschool.blogspot.com) You can

also get an application form by phoning the school on (046) 9025003 or through email at [skryne.n.s@gmail.com](mailto:skryne.n.s@gmail.com)

## Farm Safety – 2nd Class Pupils Appear on TV

January was a very exciting time for our 2nd Class pupils. They took part in a workshop to explore the topic of farm safety run in conjunction with Agri Aware. The girls and boys learned a lot about the dangers present on the farm but the workshop also empowered them to be educators and to bring the message home to others.



To make the day even more special, the 'News2day' team from RTE were present to talk to the boys and girls about what they learned. Watch our budding TV stars by clicking on the link below. Or alternatively, go to the RTE Player and search for the 'News2day' episode which aired on Monday, 17<sup>th</sup> January.

<https://www.rte.ie/player/series/news2day/SI0000001210?epguid=IH000412359>



# LAINÉY K wins best gift brand at The Irish Made Awards 2021

Liam Kellegher

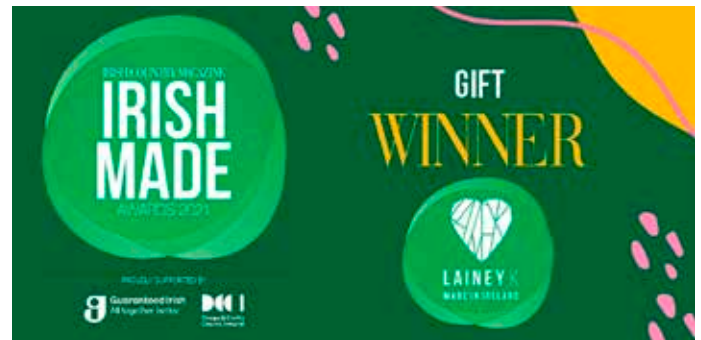
Irish brand LAINÉY K, founded in 2016, was a big winner at the annual Irish Made Awards. The feel-good Greeting Card and Art Print brand won BEST GIFT BRAND, and the awards which were announced On Friday 12th November at the Gibson Hotel.

The annual 'Irish Made Awards', run by Irish Country Magazine, award the very best in Irish brands and produce. Brands are initially selected by an esteemed panel of industry leaders and experts, and scored across fields such as product quality, branding, digital and more. Scores were collated and finalists chosen, which then went to a public vote, where LAINÉY K came out as overall winner in the Gift Category.

This year's awards were exemplary of an incredible Irish industry, with 116 finalists across ten categories. From gift to beauty, there was an array of Irish craftsmanship on display.

Founded in 2016 by Elaine Kellegher from Skryne, Co. Meath, LAINÉY K's range of greeting cards & wall art contain a mix of standout typography and creative design features, each with a contemporary feel. Elaine's designs are packed with a mix of wit, inspiration, happiness and fun. Every design starts off with an illustration on paper, which is followed by a transformation of the illustrations digitally, fusing both traditional and present-day processes. LAINÉY K is passionate about producing unique and contemporary designs – designed to give you a little giggle and a definite 'feel good factor' every time you see them, leaving you excited to share the experience and dying to come back for more. You can purchase the LAINÉY K Greeting Card Collections on [WWW.LAINEYK.COM](http://WWW.LAINEYK.COM) and follow the brand on Instagram @laineykofficial.

Cards printed locally by A & J Print.



...AND LOTS MORE AVAILABLE ON [WWW.LAINEYK.COM](http://WWW.LAINEYK.COM)





**A PART TIME ASSISTANT COOK is required for Hillview Nursing Home**

Qualification not necessary, but must be able to cook for large numbers.

Will include evenings and some weekends.

**Please contact Rebecca on 041 9825698 or email [info@hillviewcare.ie](mailto:info@hillviewcare.ie)**



**HOUSEKEEPING /LAUNDRY**

**Part-time morning work in the Navan-Dunshaughlin Area**

**Contact Liz or Helen by text, whatsapp or call 085-1437645**

**LOOKING FOR A LIVE OUT NANNY**

**in Rathfeigh to help with 3 children and everyday household chores.**

Experience in additional needs/special needs would be great, but not essential.

**Please call (089) 479 8137 to discuss.**







Rathfeigh Choir pictured in Rathfeigh Church prior to their outdoor carol service on Sunday 19th December 2021.







## AWFUL JOKES



Find the 8 differences hidden in these two seemingly identical pictures



### Winter travel

A government warning said that anyone travelling in icy conditions should take: shovel, blankets, sleeping bag, scarf, hat and gloves, 24 hours supply of food and drink, de-icer, rock salt, torch, spare batteries, road flares, reflective triangles, tow rope, a five gallon petrol jerrycan, first aid kit, and jump leads. So ... I looked a complete pratt on the bus this morning!

### Spotted on a church notice board:

When you were born, your mother brought you here.  
When you were married, your partner brought you here.  
When you die, your family will bring you here.  
In the meantime, why not try coming on your own sometimes?

### Quasimodo's Hump

Quasimodo goes to the doctor about his hump.  
The doctor asks Quasimodo to take off his raincoat.  
"Remove your overcoat as well, please", adds the doctor.  
"And your jacket..."  
"And your waistcoat..."  
"And your shirt..."  
"When did you last go to school?" asks the doctor.  
"About 15 years ago", replies Quasimodo.  
The doctor asks, "Did you ever wonder where you'd left your satchel?!"

Can you solve this Dingbats challenge? Answers to the wingdings are directly below the quiz

|                          |                       |                   |                |
|--------------------------|-----------------------|-------------------|----------------|
| 011011010<br>HOPE, DYLAN | ON<br>THOUGHT THOUGHT | FAR               | <del>BAD</del> |
| 01                       | 02                    | 03                | 04             |
| NOXQQIVT                 | SOUP                  | TIMING<br>TIM ING | _PROGRAM       |
| 05                       | 06                    | 07                | 08             |
| FX THE                   | TRUTHEDER             | RE<br>RE          | NOON T2HE      |
| 09                       | 10                    | 11                | 12             |

### Answers to Dingbats challenge

1 Bits & Bobs, 2 On Second Thought, 3 Far Out, 4 Not Bad, 5 No Excuse For It, 6

Split Pea Soup, 7 Split Second Timing, 8 Space Programme, 9 The After Effects, 10 The Intruder, 11 Repair, 12

Two In The Afternoon



# Candlehill Growers



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Basket & Pot Refill



A wide range of festive planters available which can make the perfect gift this Christmas.  
Also ideal for graves.

*Contact Willie at 087 130 9060*

Candlehill, Oberstown, Tara, Co. Meath, C15 RK54.



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# Condolences

We extend our sympathy to the

- Yvonne, Sarah and Jennifer & the extended Greally family, Lismullen on the death of James (Jimmy)
- Charlie & the Keogh family, Macetown on the death of Angie
- Staunton family, Riggins on the death of their mother Mary
- Paul Dowling, Edoxtown on the death of his mother.
- Angela Lynch, Oberstown on the death of her sister.
- Allen family, Oberstown on the death of Jimmy



## Local Handy Man Available

### SERVICES PROVIDED:

Carpentry / Wooden Floors / Cabinet Making  
Radiator covers made to measure  
Shelving for Hot Presses  
Side Gates made to measure  
Under Stairs storage units  
Garden Maintenance including Hedge Cutting  
Power-washing Paths & Patios  
PVC Window & Door Maintenance  
repair of Hinges & Locks  
Supply and Fitting of Fireplaces & Stoves

**NO JOB TOO SMALL!**

**Contact: Pauric**

**T: 046 9034846**

**M: 085 1597105**

## SPONSORSHIP OF THE RST NEWSLETTER

**BECOME A SPONSOR**

### We require sponsors for future editions of RST Newsletter.

The cost of sponsorship is €100 which will include a half page advertisement. Interested sponsors please contact [Therstnewsletter@gmail.com](mailto:Therstnewsletter@gmail.com) or telephone Patricia 086 838 8017.

Same contact details apply for advertisements and cost

**€25 per half page or €20 for regular repeated half page advertisement.**

**Smaller advertisements cost €10.**

All money raised from this source will be spent to the benefit of the community. Our initial project is to help the RST Community Centre update and further develop their website.

We take this opportunity to thank those who continue to support us through their sponsorship and advertising.

## Editorial Notice

**The Rathfeigh, Skryne and Tara newsletter ( RST ) is published by the RST committee supported by submissions from the local community.**

It provides a community news and information service to the people and organisations in the area as well as people from further afield.

The RST is provided digitally, free of charge, to anyone who provides their e-mail to the RST committee. E-mails are not shared with anyone outside the committee. Anyone or any company who would like to sponsor the RST are welcome to make a request to the committee.

Anyone who wishes to advertise anything in the RST are asked to make a small contribution to have their advert published.

The RST committee reserves the right to alter, abridge, or omit material, including advertisements submitted, if in its opinion such submissions are seen to affect the Newsletter's function to the community as a whole.

The RST is open to all Articles, letters or other submissions from contributors and are always welcome. However, such published contributions do not necessarily reflect the views of the RST committee. The RST committee are committed to trying to ensure only accurate and legal articles are published.



## Next Issue

**Saturday 26th February**

Submissions on or before  
**Sunday 20th February**

Contact:

Jim: (086) 383 7436

Patricia: (086) 838 8017

Email: [therstnewsletter@gmail.com](mailto:therstnewsletter@gmail.com)