



# POBALSCOIL NA BÓINNE BOYNE COMMUNITY SCHOOL

Trim, Co. Meath. C15RK79

30<sup>th</sup> of August 2024

Dear 1st Year Parent/Guardian,

From Monday, and over the next few weeks 1<sup>st</sup> years classes will be taking part in Motus talks which are all about emotional identification, emotion regulation, neuroscience and decision making, wellbeing, sleep and diet, mindfulness and Social skills.

The timetable of events is as follows:

## **Monday 2nd September:**

Aron: 9:00 - 12:00 (with 15-minute break in between)

Binchy: 12:50 - 15:50 (with 15-minute break in between)

### Monday 9th September:

Carr: 9:00 - 12:00 (with 15-minute break in between)

Donoghue: 12:50 - 15:50 (with 15-minute break in between)

#### **Monday 16th September:**

Gregory: 9:00 - 12:00 (with 15-minute break in between)

Keane: 12:50 - 15:50 (with 15-minute break in between)

#### **Monday 23rd September:**

Manning: 9:00 - 12:00 (with 15-minute break in between)

A parent webinar will then take place on the 25<sup>th</sup> of September at 7pm and all are invited and encouraged to participate. The link to the zoom meeting is below along with the passcode and ID.

https://us06web.zoom.us/j/85434868030?pwd=bRlat19GtnSwAkfmdbSaghCdGUwyGh.1

Meeting ID: 854 3486 8030

Passcode: 577747 Kind Regards,

Susan McNamara

Home School Community Liaison