

Scoil Dara

Meeting of Families 2018

FAITH - FAMILY - FRIENDSHIP

Learning Together

Saturday 10th March 2018

Family Workshops in:

- ✓ Art
- ✓ Cookery
- ✓ Creative Writing
- ✓ Relaxation and Helping us to Cope a Little Better
- ✓ Science
- ✓ Study Skills
- ✓ Woodwork



* Please note all workshops are free of charge.

“Learning Together” Family Workshops
Saturday, March 10th 10.00am to 12.30pm

Each workshop can accommodate up to 4 family groups
(minimum 1 adult per group with a total of 4 people per group)
– children, minimum age fifth class primary school).

Book as soon as possible as places are limited for each workshop
To help us prepare for workshops booking will close at 1.20pm on Friday
March 2nd 2018

Art ‘Get Connected’

Spend a little quality family time together at this Acrylic Painting Art Workshop in Scoil Dara.

Paint your family tree/ hand print artworks together on a canvas at this fun filled workshop hosted by art teacher Teresa Ellis. No art painting experience required to enjoy art this activity.

Cookery – Let Baking Brighten Your Day in G8

Four family groups are kindly invited to join Carolyn **O’Loughlin** and some helpers to a morning of colour, creativity and community.

“Families who bake together have fun together”

We would love to have you and your family along to make sweet and savory delights. (No previous experience required)

Creative Writing

An introduction to creative writing including fiction, poetry and drama. Participants will be encouraged to create a piece of writing on their own or working in family groups. This workshop, hosted by Sarah Butler and Karl Whelan, hopes to show how much fun writing can be and to inspire future writers.

Relaxation & Helping Us to Cope a Little Better

This workshop, facilitated by Judith Glennon, will provide

- a List of Tips to help calm nervousness or stress (activities the whole family can do)
e.g. 5 minute breathing exercise, think and share, exercise and chat
- Guided Meditation, which a family can do together
- Yoga for Rest – before bedtime activity
- Journal/Diary for dealing with worry.

The whole focus of this workshop will be to build resilience and coping skills

Science in the Sitting Room

This workshop, presented by Isobel Dalgarno, will incorporate a physics, chemistry and biology activity. Possible activities: the science of making slime, dissection of the lungs and heart, make hydrogen gas, 4d anatomy (ipad simulation of body parts), burn your money, coke and mentos rocket, show the magnetic field, make a compass, make a volcano etc, etc.

Study Skills. Building Learning: approaches to home learning

This workshop, facilitated by Clodagh Ward, will examine positive learning habits and the establishment of effective approaches to engagement with learning. Together parents and students will explore issues such as motivation, purpose, reward, application and self regulation

Woodwork

Mr. Farrell will aim to help you complete a small project or two!! in this workshop. Projects could include a puzzle piece, a small airplane or a small turned item. In doing so learn how to use basic woodwork tools and equipment and learn new skills.



Application Form

Please tick the course you are interested in participating:

Art	
Cookery	
Creative Writing	
Relaxation and Helping Us Cope Better	
Science in The Sitting Room	
Study Skills – Building Learning	
Woodwork	

Names of Family Participants and ages of Children

Participant One: _____
Name

Participant Two: _____
Name Age (if Child)

Participant Three: _____
Name Age (if Child)

Participant Four: _____
Name Age (if Child)

Address: _____

Contact No: _____
Phone email

Please print off this form, complete and forward to Eileen Teahon, Scoil Dara



THE WORLD

WORLD

MEETING of

FAMILIES