



Latisha Miguel

Rinse Lather Repeat

This month is National Handwashing month. Personal hygiene starts with our hands. According to the Centre for Disease and Prevention, hand washing can prevent illness including flu.

History of Handwashing

Years ago a hospital in Austria had two parts- the Doctors side and Midwives side. The midwives helped women give birth. The doctors also helped women give birth as well as examined dead bodies for medical purposes. On the doctors side the women were dying twice as much as on the midwives side. Semmelweis, a doctor at the hospital, realised that it was because the doctors were not washing their hands after touching dead bodies. He tried to tell people but they didn't listen and fired him. A few years later people finally listened and started washing their hands.

Why is washing your hands good?

Washing your hands is good for you because it prevents you from getting you or others sick. Especially at dinner time, always wash your hands no matter what it is you are eating. Clean hands make you happy and healthy at home. Think about the different objects you touch around the day. They may look clean but could have many bacteria on them.

How to wash your hands properly

First clean your hands with water and apply soap. Second, rub your hands together. Then rub the back of your hand and between your fingers. Rub all over your hands and wrists. Rinse your hands with clean water. To finish it off, dry your hands with a paper towel.



The Menorah

Roksana Liczmanska

Hanukkah

Hanukkah is a Jewish celebration that is eight days long. Hanukkah can also be called the Festival of Light. Candles are lit every night of Hanukkah, in honour of a miracle that happened. Hanukkah is celebrated in late November and December.

Here are a few traditional dishes from Hanukkah. Latke is a potato pancake made out of potatoes, cheese, onions and zucchini. Another traditional dish is kugel. Kugel is a baked casserole made from eggs, noodles, sour cream and cottage cheese. One last traditional dish is challah. Challah is white braided bread made out of eggs, yeast, flour, honey, sugar and salt. Foods you can't have on Hanukkah are pork and shellfish.

On Hanukkah these are a few traditions Jewish people do. They light the menorah which is a candle because of the miracle that happened. They play with a dreidel.

A dreidel is a wooden toy with four sides that has a Hebrew letter on each side. Another thing is giving gifts to each other. They also sing and listen to Hanukkah music. One last tradition is giving gelt which means giving a chocolate coin.

You might be wondering why Hanukkah is celebrated. Hanukkah is celebrated in honour of two miracles that happened. The first miracle is that a group of Jewish people won against the Syrian Greeks. The reason they were fighting was because the Syrians were forbidding Jewish religious practice. Secondly, Hanukkah is also celebrated because oil meant to burn for one day lasted for eight days and eight nights because of a miracle.

Happy Hanukkah to everyone who celebrates Hanukkah in St Aidan's.

St Aidan's News Today

James McLoughlin, Paul Byrne & Isabella Cawley

Our tireless investigators James, Isabella and Paul uncover the latest on Green Schools, St Brigid's, and the Loreto Party. And be sure to play Cillian's Guessing Game!

Page 2, 5, 6

Features

Latish Miguel, Roksana Liczmanska, Holly Harte, Adam Worth

Our Pulitzer chasing journalists, Latisha, Roksana, Adam and Holly, examine everything from Hannukah to handwashing, from human rights to Christmas traditions.

Page 3

Reviews & Advice

Gladys Okeke and Conor Clarke

Read Conor's 9/10 review for Diary of a Wimpy Kid; The Long Haul and discover Gladys' top tips to help YOU win Student of the Week

Page 4

James McLoughlin

Splash of Success

St Aidan's SNS Win Funding for Pond



Two months ago the green schools committee submitted a video to get a pond worth €10,000.00 to a competition. This article is going to be about how we got it, where it will be and how to be more green.

We sent a video to the pond competition two months ago asking for more trees and a pond. In this video a few children go on a trip to a place that doesn't have that many trees. The point that we make is that there is no wildlife nearby without taking a car ride for about 10 minutes. The video showed some places where we could put trees and the pond. At the end of the video it said please consider our entry to the competition. After the green schools sent the video, a few weeks later the school won the pond. The pond is still being built but it will be near the hurling wall and it is also going to have plants beside it. The pond will be a good place to study and observe the water and plants.

The video was very convincing to the people in the competition so when we sent the video to the competition for the pond we won. The video takes place at St. Aidans and the field near Glenshane.

We should be getting the pond in a few months depending on how quick the people who are building it are going to take. Hopefully if all goes well we'll get the pond in early to mid 2024. The pond will most likely need a key to get in so that kids don't walk in and mess inside and possibly fall in.

The pond will probably be there for going outside and looking at it, studying wildlife and for the children to have a better understanding about how it actually looks and the surroundings of it.

Be Green!

Some quick tips for living a greener life

- As you already know, you should put waste like blue tissue/towel in the waste bin, recycling like paper and plastic in the recycling bin and compost like food in the compost bin.
- Turn off lights when they are not in use.
- Try to put rubbish in the right bin and help others do the same to help the



Cillian O Neill

The Present Puzzle:

Match the People to their Presents

_____ class says that their favourite present was a Playmobil House. They were nine years old. They liked it because you have to build it and have fun.

_____ says that their favourite present was a homemade card from a student. They were 25 years old when they got it.

_____ says their favourite present was a bike they got when they were eleven years old.

_____ favourite Christmas present was a Barbie house. They wanted it for so long. They were six years old.

_____ favourite present was their Liverpool and Ireland football kit.

_____ favourite present was star wars stuff like the ship.

_____ favourite present was an engagement ring. They were 20 years old. Their boyfriend had no money.

- | | | | | |
|------------|-----------|----------------|---------------|----------|
| Ms Murtagh | Mr Hanley | Mr Smith | Ms Ni Almhain | Mr Hayes |
| Cathal | Mr Hayes | Ms Sommerville | | |

Paul Byrne

What's new in St Brigid's SNS?

St Brigid's has evolved so much since we were last there. If you're in 6th class it's been nearly 4 years since you left so a lot has changed. I interviewed Mrs Cloak about all that has happened over the past few years.

There has not been many changes to the classrooms yet but there has been changes to the yard and to the garden. Ms Cloak says "I want people outside in the garden more". There will be more changes to the garden and yard, maybe even the classrooms in the future but for now only the yard, garden and P.E hall have received upgrade.

Some upgrades to the P.E hall include new equipment like a rebounder, football goals, basketball hoops and other little bits thanks to someone donating money to the school.

I asked would you recommend this job to someone else. She said "I would recommend this job to anyone who gets the chance. It can be difficult and busy but it has a good variety so you won't get bored of the job for a long time. She also said she loves to meet new people and the parents and children and that she loves her job.

Finally I also asked what would you be if you were not a principal and she said a therapist.

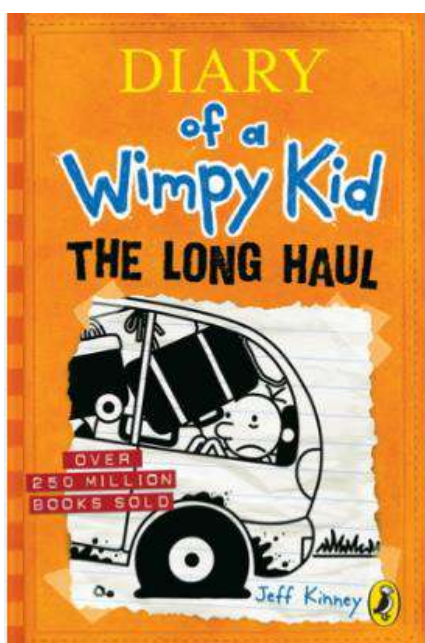
It was a good experience going back over to St Brigid's and seeing all the teachers and decorations, the rooms and all of the other stuff. I would definitely go again if I could.



Conor Clarke

Diary of a Wimpy Kid: The Long Haul

A review from Conor of the popular children's book



XXXXXXXXXX

The Diary of a Wimpy Kid book is a huge franchise with 18 different books being made and 6 different movies. The author of the Diary of a Wimpy Kid book is Jeff Kenny. In total there was 275 million copies of Diary of a Wimpy Kid books sold.

At the start of The Long Haul, Greg is looking forward to having a nice and calm summer watching television all day until Greg's mam interrupts and says pack your bags we are going on a road trip without warning anybody. It wasn't the first time the mam said they're going on a road trip without warning anybody. The last time they went on a road trip Greg went to visit Aunt Loretta at the nursing home. Greg and his brother Rodrick think they are going to the nursing home again until mam tells them where they are actually going - Disneyland. Along the way on their road trip a lot of disasters happen. They get robbed, Greg gets bitten by a pig, there sunroof brakes their car and Manny cries a lot.

Overall personally I think the Diary of a Wimpy Kid franchise is really good in particular The Long Haul. I would give this a score of 9/10.

Gladys Okeke

Advice Column

Gladys shares some helpful tips on the burning issues affecting 3rd class in her termly column

I want to win Student of the Week. What should I do?

Getting 'Star Of The Week' isn't the easiest thing to achieve but it's not very tricky. One of the most important things is to stand out. It can show your teacher that you should get star of the week because your behaviour is outstanding and it gives you a chance to get a special mention too.

If you really want to try hard to get student of the week, student of the term etc. Try the following:

- Have Outstanding Behaviour
- Always have pleasing work so the teacher can think about choosing you
- Listen to the teacher and set examples for the class

If you are a person that struggles with behaviour then you can do the things like saying, thank you and please when you ask for something. Trying your best to improve your behaviour and figure out the wrong things you are doing to improve it.

In conclusion, teachers don't expect you to be perfect. All you have to do is improve your behaviour and the things that you are doing wrong then improve on it too. Try your best because that's what will make you a student of the week.



All 30 Human Rights

Adam Worth

International Human Rights

Everyone is given 30 basic human rights, these were declared by the United Nations (UN) 75 years ago. They are outlined in the UDHR (Universal Declaration of Human Rights), signed by the UN General Assembly. The UDHR is the world's most translated document with it being translated into upwards of 500 languages.

A few examples of key human rights:

Article 3; Everyone has the right to life, liberty, and security of person.

Article 5; No one shall be subjected to torture or to cruel, inhuman or degrading treatment, or punishment.

Article 7; All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8; No one shall be subjected to arbitrary arrest, detention, or exile.

It is important that governments uphold all of the 30 rights, as not doing so can/will result in citizens being unfairly treated which can make them feel ostracised and marginalised.

Some governments and world leaders believe that these human rights do not have to be upheld, one of these would be North Korea; known to violate several human rights such as Article 14, Article 26, and Article 27.

They have been known to not allow their citizens to leave their country, not have proper education, and force their citizens to follow the religion of their government

National Human Rights day is held every year on the tenth of December

The High Commissioner for human rights is the official human rights ambassador for the UN. The Secretary General is the head of the High Commissioner. It's the High Commissioner's job to advise the Secretary General on the policies for human rights, represents the Secretary General at all UN events, and ensures that support is given to projects, activities, organisations and bodies relating to human rights.

The first female president of Ireland, Mary Robinson was well known for her involvement in human rights, she held the position of High Commissioner from September 1997 until 2002, and she enabled the UN to allow Human Rights to be involved in more UN events.

Holly Harte

Christmas Around the World

Every country has their own **Christmas traditions** that they carry out year after year.

Spain - Christmas Piñatas & Pooping Logs !

In Catalonia, Spain there is a tradition where kids have to take good care of their Christmas logs. It is an ordinary log that has stick legs, a little hat and a cute face drawn on. They have to make sure it is warm, well fed and happy. It is like looking after a baby. On Christmas Eve the log is fed nuts, dried fruits and water. The log will digest these overnight and in the morning the children will beat them and they will poop out gifts!



Another Spanish Christmas tradition is the Christmas piñata which is shaped like a seven pointed star, or a ball with points. Each represents one of the Seven Deadly Sins: pride, greed, lust, envy, gluttony, wrath, and sloth.

The word comes from the Italian word pigna, meaning cone-shaped. By the middle of the 16th century, Italians had brought their pignatta custom to other countries in Europe. In Spain the word pignatta was changed to Spanish word piñata.

Norway - Brooms and mops!

Norwegians believe that witches come out at Christmas Eve to steal peoples brooms and mops. The Norwegians hide their brooms and mops so the witches don't steal them and fly away on them.

Ukraine - Giant spiders

This tradition comes from an old folklore tale about a woman who had no ornaments to decorate her tree. She had woken up the next morning to find her tree covered in sparkling spider webs. People also decorate their tree with trinkets that look like spiders. People say that these trinkets and webs bring good luck. People to this day still decorate their trees with these decorations.



Isabella Cawley

A Special Day for 3rd Class

On the 15th of December the 3rd class pupils went to the Loretto 3rd class party. At this event the 3rd class are paired with big sister elves. Each student was assigned 2 or 3 big sister elves. The Loretto school girls are the big sister elves. They wrote our 3rd class pupils letters and they went to see them in person for the first time. The Loretto party is located in Rathfarnham. The third class got on a bus to travel to go see the The Loretto school girls.

Here are some of the students' opinions on it.

Andy Cawley from Mrs Somerville's 3rd class opinion was that it was very good , wonderful and Christmassy. He got loads of presents and he did loads of activities such as football ,art and face painting there and even got a nice hot chocolate. He also said that the journey was fun and only about 15 - 20 minutes

We have another opinion from Ruby Maguire who is also from Mrs Somerville's 3rd class. Ruby said it was lots of fun and that she had a great time. Ruby said that she played basketball and even made reindeer food. She also said that the journey was fun.

We also got one of the teacher's opinions. We decided it was only fitting to ask Mrs Somerville. She said the pupils said it was the best day ever and she would love to go every day if she could.

Read some of the wonderful poems written by our poets in St Aidan's SNS

Around Christmas Time

All the joy and all the cheer,
Everyone is happy that christmas is near,
Christmas dinner and christmas trees,
Santa is sitting there waiting for me,
I countdown the days and countdown the weeks,
It's just so near, I cannot sleep,
Just come santa, I beg you please!

As it comes closer, I put up the tree,
It's beautiful and bright, it's just so pretty!
I track santa down on my tracker tonight,
It's 12 days until it's finally the night!
As i sit on my bed, gaze in the distance,
I just wanna see Santa higher than the trees!

It's finally the day, it's christmas eve,
Its six hours till the time,
We drink hot chocolate all night,
And sit gazing at the snow,
all the cheer in the air,
I get ready to go to bed,
I cannot sleep, just help me please,
I am just too excited!

Finally, it's christmas morning,
I give everyone a fright,
'wake up everyone, it's Christmas time!'
I run in the room, looking for presents,
Until I see a something bright,
Its santa's reindeer, sitting on the couch,
His beautiful nose turned white!
I run over, dazzling at the sight,
It's a reindeer, so small and light,
I go to pet him and say hi,
Until he vanishes into the light!

After a while, I settle down,
Get out of my bed again and run around,
I finally found my present laying down,
It was a bike, I'm so happy now!
I went outside and didn't put on a frown,
This is the best christmas ever,
Santa never lets me down!

By Khloe Tierney Kelly

Christmas is Here

Christmas is here
Angels are near
Kids have no fear
They shed a tear

Christmas dinner yum
Presents under the tree
Let's make some nice buns
The Elves are let free

Everyone loves the snow
The streets full of bright lights
A girl with a red bow
The girl got a big fright

All the kids love the snow
Santa is ready
The angel had a glow
All people are friendly

By Sophie O Reilly

Christmas is the best time of year!
Have a wonderful Christmas
Rudolph is a red nosed reindeer
Ice is most likely to be seen in December
Snow is the best!
The weather is so cold in November and December
Merry Christmas!
And a Hppy New Year!
So enjoy it while it's here.

By Brody Howard

Christmas month is here.

How merry this month is. I will always remember you
in memory of this month with love and joy.

Reindeer and snow with a big man who loves cookies
and milk and his reindeer love carrots.

I was always grateful for the gifts you gave to me.

So this year with snow and joy I will love you.

The sky is white and children are skating.

Make my night by holding me tight.

All the stars spell me and you together forever.

Sleep tight through the night.

By Daniel Shallow

Santa's Treat

Christmas is so fun
Children like it too
Santa got some buns
To share them with you

Santa's making some gifts
People are excited
Santa checked the list
And I got invited

Santa ate a cake
While I ate a fish
Then we had to make
A super cool dish

We shared all the food
And a Christmas cheer
For everyone of you
Thank you for being here