Hello Parents,

Happy New Year! Wishing you all good health and happiness in the year ahead. Here are some of the activities and courses available to you over the next few weeks! Come along and join in the fun! Don't miss the chance to get motivated and moving!

Classes continuing in January/February. All classes are <u>free</u>! Everyone is welcome to join at any time, just make contact with your HSCL to book a place!

# Wednesdays

#### Strength and Resistance Training

with Tommy will start on **Wednesday 22nd** from 10.30am in Tommy's Fitness
Studio, Bay Road Business Park,
Mountmellick.

R32 FX95



### **Thursdays**

#### Conversational English Group

Practise and improve your English speaking skills & enjoy a coffee.

Group meets on **Thursdays** from 9.30am-10.30am in St. Joseph's Girls National School. Starting back **Jan 23rd** 



## **Fridays**

**Dance Zone** classes with Louise is starting back on **Friday 31**st of **January**, from 9:30am in the Macra Hall.

Free of charge.

All Welcome!





### JUNIOR INFANT ENROLMENTS 2025/2026



Enrolment for **St. Joseph's Girls National school**, takes place until the 27<sup>th</sup> of January.

Enrolment for **Scoil Phadraig Naofa** (Boys School), takes place until the 27<sup>th</sup> of January.



#### HSCL CO-ORDINATORS

Elaine Boland St. Josephs GNS 0867037082 Helen Mulhare Scoil Phádraig Naofa 0867022573 Mags McLoughlin Mountmellick Community School 0831380148

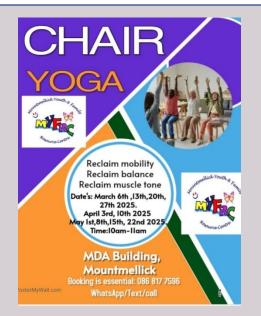


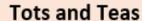
## **Ongoing Parent activities and courses with MYRFC!**

# Mindfulness with Tina Kennedy Thursday Morings in January and February 2025

Thursday Mornings 16th,23rd, ,21st,30th of January , 6th,, 13th,27th of February 2025

> from 10:00am - 11:30am MDA Building, Irishtown, Mountmellick





Parent and toddler play mornings. Come to the MDA with your baby/toddler to have a cuppa, meet others for a fun and friendly morning of play!

Returning on Tuesday 14th January



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From 10.00am -11.15am.





LOETB Mountmellick provide a range of full-time and part-time courses for adults.

For more information about courses available contact loetb.ie/mountmellick-fetc or check out their Facebook Page Mountmellick **Further Education and Training Centre** 

or phone (057) 8624196





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