






Hello Parents,

Happy New Year! 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 for the year ahead!

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

# HSCL Newsletter

<b>Wednesdays</b>	<p><b>Conversational English Group</b> Practise and improve your English speaking skills &amp; enjoy a coffee. Group meets on <b>Wednesdays</b> from 9.30am-10.30am in Mountmellick Community School.</p> 
<b>Thursdays</b>	<p><b>Yoga</b> with Jacinta will start on Thursdays from 9.30am – 10.30am in the Prayer Room in Mountmellick Community School.</p> 
<b>Fridays</b>	<p><b>Dance Zone</b> classes with Louise are on every <b>Friday</b> from 9:30am in the Macra Hall. Free of charge. All Welcome!</p> 



## JUNIOR INFANT ENROLMENTS 2024/2025



Enrolment for **St. Joseph's Girls National school**, takes place until the 24<sup>th</sup> of January.

Enrolment for **Scoil Phadraig Naofa (Boys School)**, takes place until the 29<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

## Tots and Teas

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 **Wednesday 17th**

From 10.00am -11.15am.



## Wellness and Beauty

Wellness and beauty course starting with Serene on Thurs 25<sup>th</sup> of January for 4 weeks. Mornings from 10-12.

Contact Sarah (086) 8177596



# HSCL Newsletter

## LOETB

### Mountmellick

**loetb**  
**Form Filling & Digital/Online Support**

Free and confidential service to support people with form filling, digital queries and accessing available services.

- Form Filling Support
- Digital/Smartphone Support
- Free & Confidential Service

Portlaoise Library  
Tuesdays 10am-12pm

More info  
tatham@loetb.ie or  
085 8560160

Drop in clinic

## Mountmellick Library

### MOUNTMELICK LIBRARY'S BOOK CLUBS

WHY NOT START THE NEW YEAR BY JOINING ONE OF OUR BOOK CLUBS? WE HAVE CLUBS TO SUIT EVERYONE! COME TO LAUGH, SHARE STORIES AND MAKE NEW FRIENDS.

OUR NEXT BOOK CLUBS ARE:  
 BABY BOOK CLUB (0-3s) ON TUES 16TH JAN AT 10.30AM  
 JUNIOR BOOK CLUB (4-6s) ON TUES 13TH FEB AT 3.30PM  
 JUNIOR BOOK CLUB (7-9s) ON TUES 6TH FEB AT 3.30PM  
 JUNIOR BOOK CLUB (10-12s) ON TUES 6TH FEB AT 4PM  
 ADULT BOOK CLUB ON FRIDAY 26TH JAN AT 11AM  
 SHORT STORY BOOK CLUB DATE TBC

CONTACT MOUNTMELICK LIBRARY ON 051 86 44512 OR EMAIL: MOUNTMELICKLIBRARY@LADISCOG.IE FOR MORE DETAILS OR TO BOOK A PLACE.



**One Family** is Ireland's national organisation for people parenting alone, sharing parenting and separating.

One Family offer courses for parents nationwide. Learn more and register at [www.onefamily.ie](http://www.onefamily.ie)

### PARENTING UNDER PRESSURE COURSE VIA ZOOM



One Family's Parenting Under Pressure 8-week parenting course offers a group-based learning environment facilitated by an experienced, accredited parenting facilitator.

Course Fee  
**€50**  
Fee can be waived

**REGISTER NOW!**

#### Course Info

- Parenting Under Pressure (PuP) Programme
- Starts Tue 30th Jan - Tue 19th March 2024
- Time 10am - 11.30am

Learn more and register at [www.onefamily.ie](http://www.onefamily.ie)



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