

# OSSB

DIFIGEACH SÓISEARACH SÁBHAILTEACHTA AR BHÓITHRE

# JRSO

JUNIOR ROAD SAFETY OFFICER



Comhairle Contae Mhaigh Eo  
Mayo County Council

An Chomhairle um Oideachas  
Gaeltachta & Gaelscolaíochta



**OSSB**

OIFIGEACH SÓISEARACH SÁBHAILTEACHTA AR BHÓITHRE

Is le

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an leabhar seo

rang: \_\_\_\_\_

An tOifigeach Sóisearach Sábháilteachta ar Bhóithre i mbunscoil

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Oifigeach Sóisearach Sábháilteachta ar Bhóithre

**JRSO**

JUNIOR ROAD SAFETY OFFICER

this book belongs to

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class: \_\_\_\_\_

the Junior Road Safety Officer at

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primary school



Junior Road Safety Officer

## Clár

Fáilte	1
Pleanálaí Bliana	2
Clár Fógraí	3 - 11
Tionóil	12
Páipéar Ceannchlóite	13
Gnéithe faoi Shábháilteacht ar Bhóithre	14
Stór Focal	15
Comórtais	17-30
Teastas do Bhuaiteoirí na gComórtas	31
Freagraí	32
Foirm iarratais	33
Fógra	34

## Contents

Welcome	1
Year Planner	2
Notice Board	3 - 11
Assemblies	12
Headed Notepaper	13
Road Safety Topics	14
Word Bank	16
Competitions	17-30
Competition Winner Certificate	31
Answers	32
Application Form	33
Advertisement	34

## Fáilte

### Comhghairdeas leat! Is tú an tOSSB nua thar ceann do scoile!

Táimid an-sásta go mbeidh tú ag oibriú linn.

I mbliana beidh tú ag oibriú leis an Oifigeach Áitiúil Sábháilteachta ar Bhóithre chun gach duine a chur ar an eolas faoi na dainséir ar bhóithre. Beidh neart rudaí spraiúla le déanamh agat, m.sh. comórtais, taispeántais, agus tionóil. Beidh téamaí difriúla agat le hoibriú orthu i rith na bliana agus déanfaimid iarracht tú a choinneáil ar an eolas faoi na rudaí atá na OSSBanna eile a dhéanamh.

Úsáid an pleanálaí bliana chun nótaí a breacadh síos ar conas atá rudaí ag teacht ar aghaidh agus ar na cruinnithe a bheidh agat. Tá bileoga ann freisin agus is féidir leat fótachóipeanna a dhéanamh díobh agus iad a chrochadh ar an gclár fógraí - comórtais, foirm iarratais agus póstaer le haghaidh OSSB na bliana seo chugainn. Más mian leat litir a chur chuig aon duine, is féidir leat fótachóip a dhéanamh den pháipéar ceannchlóite agus é a úsáid.

Tá teastas ann freisin agus is féidir leat fótachóip a dhéanamh de seo ar chárta crua agus é a thabhairt do dhaltaí a bhfuil rud éigin déanta acu a chuidíonn le sábháilteacht bhóthair a chur chun cinn (e.g daltaí a bhuaigh na comórtais).

**Táimid ag súil go mór leis na torthaí a bheidh ar do chuid oibre – níl aon amhras faoi ach go ndéanfaidh tú an-obair.**

## Welcome

### Congratulations on becoming the new JRSO for your school!

We are pleased to have you on board.

Over the year you will be working with your Road Safety Officer (RSO) to make everyone in your school more aware of the dangers on the road. There will be lots of fun things for you to do such as competitions, displays and assemblies. You will have different themes to work on during the year, and we'll try to keep you up-to-date on what other JRSOs are doing.

Use the year planner to keep a note of how things are going and when you have meetings. There are also pages for you to photocopy for the noticeboard, competitions and a job application and poster for next year's JRSOs. You can copy the headed letter paper if you want to write to anyone. There is also a certificate which you can copy onto card and give to pupils in your school who have done something special for road safety (such as competition winners).

**We look forward to seeing the results of your hard work – we know you will do a great job.**

## pleanálaí bliana

mí	coinne	rudaí le déanamh
Meán Fómhair		
Deireadh Fómhair		
Samhain		
Nollaig		
Eanáir		
Feabhra		
Márta		
Aibreán		
Bealtaine		
Meitheamh		

## year planner

month	appointments	things to do
September		
October		
November		
December		
January		
February		
March		
April		
May		
June		

## Conas...

# Clár Fógraí a Chur le Chéile.

Iarr ar an múinteoir an féidir leat clár fógraí a bheith agat sa scoil chun póstaer, fógraí agus comórtais a chur suas air.

Déan cinnte go mbeidh do chláir in áit a mbeidh gach duine ábalta é a fheiceáil go héasca.

Cuir ainm ar bharr do chláir fógraí. D'fhéadfá "Sábháilteacht ar Bhóithre: Clár Fógraí an OSSB" a thabhairt air.

Déan cinnte go bhfuil do chláir geal agus go bhfuil ord maith ar na rudaí atá air. Athraigh na rudaí go rialta. Coinnigh an t-ord simplí.

Go minic, tabharfar ábhair duit le taispeáint ar an gclár fógraí. Ach is féidir leat do chuid pictiúr féin agus do chuid fógraí féin a thaispeáint nuair a oireann siad don téama reatha. Aon obair mhaith atá déanta ag páistí do scoile is féidir leat sin a thaispeáint ar an gclár fógraí freisin.

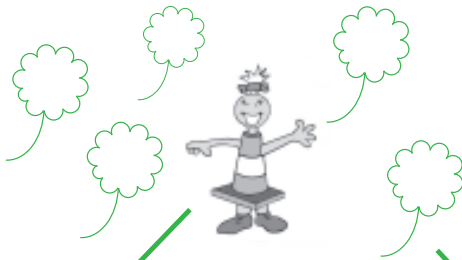
## Cruthaigh taispeántas a léiríonn eolas ar shábháilteacht ar bhóithre le haghaidh na 4 séasúr.

Istigh sa phacáiste seo tá smaointe le haghaidh na 4 séasúr. Le haghaidh gach séasúir tá pictiúr lárnach, ceannteideal, agus 4 nó 5 chóip den íomhá céanna. Is féidir iad uile a fótachóipeáil. Mar shampla, an tEarrach:

### Cóip den íomhá céanna:

Méadaigh í seo go A4, gearr amach í, agus cuir dath uirthi más mian leat, agus scríobh do chuid teachtaireachtaí uirthi faoi shábháilteacht ar bhóithre.

### Sábháilteacht ar Bhóithre san Earrach



**An ceannteideal:**  
Méadaigh é seo go A3 agus cuir dath air.

**An Príomhpictiúr:**  
Méadaigh é seo go A3, gearr amach é agus cuir dath air.

Chun an taispeántas a mhaisiú greamaigh píosaí sreinge nó páipéir den phictiúr.

## How to...

# Set up a Notice Board

Ask your teacher if you can have a notice board in the school to put up posters, notices and competitions.

Make sure your board is in a place which is easily seen by everyone in the school.

Give your board a heading. You could call it 'JRSO Road Safety Notice Board'. Make sure your board is bright and well set out. Change it regularly. Keep it simple.

Often you will be given display materials. However, you can display your own pictures and notices to go along with the current theme.

You can also use the board to display any good work that children in your school have done.

## Creating a Display of Road Safety Information for the 4 Seasons

Included in this pack are ideas for the 4 seasons. For each one there is a central picture, a banner and a repeated picture to photocopy. For example, Spring:

**the repeated picture**  
enlarge this to A4, cut out, colour in if you want, and write your road safety message on them.



**the banner**  
enlarge this to A3 and colour in.

**the central picture**  
enlarge this to A3, cut out and colour in.

Add some pieces of string or strips of paper to complete the display.

## **Smaointe ar Shábháilteacht san Fhómhar**

**D'fhéadfá na teachtaireachtaí  
seo a scríobh ar na duilleoga:**

**cuirimid na cloig siar: bíonn sé dorcha uair  
an chloig níos luaithe tráthnóna: bí cúramach  
sa dorchadas**

**bí sábháilte: bí feiceálach**

**bíonn an ghrian íseal sa spéir agus d'fhéadfadh  
tiománaithe bheith dall ag an solas**

**caith críos sábhála i gcónaí**

**cuimhnigh an Cód Sábhála a úsáid**

## **Autumn Road Safety Ideas**

**You could write these  
messages on the leaves:**

**clocks change :  
beware of darker evenings**

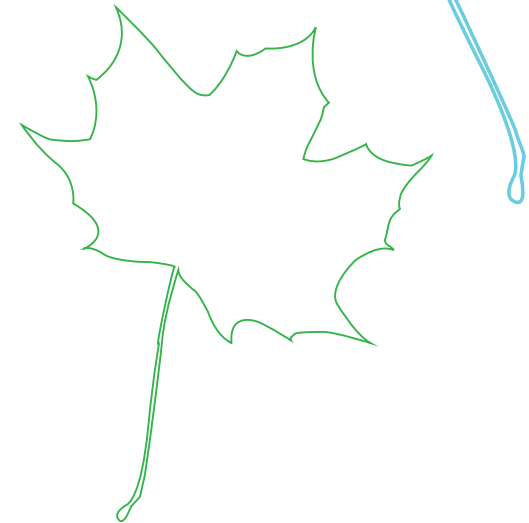
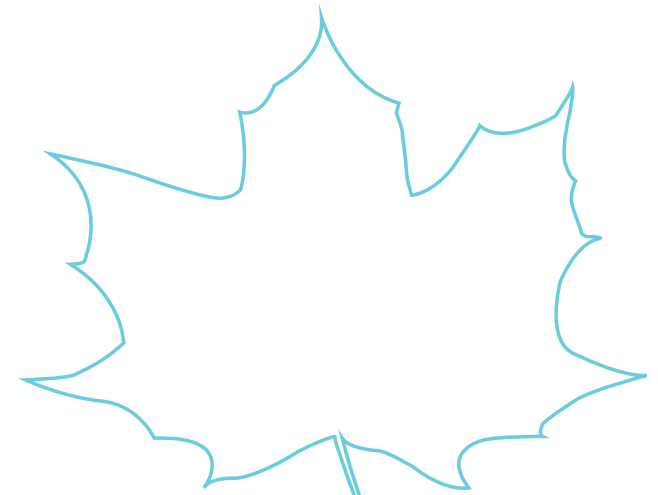
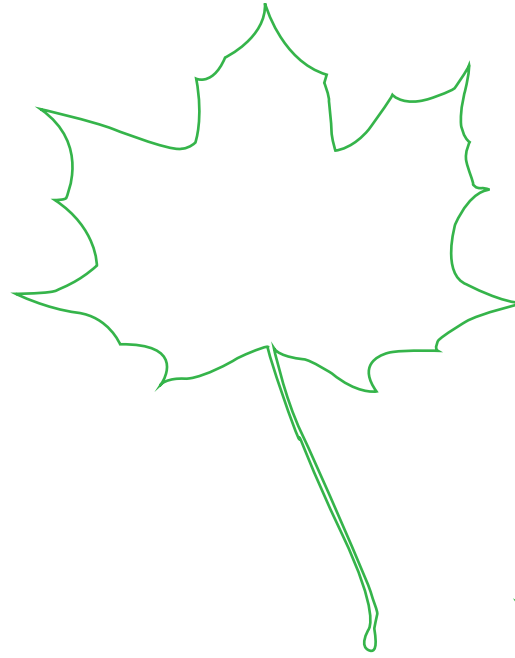
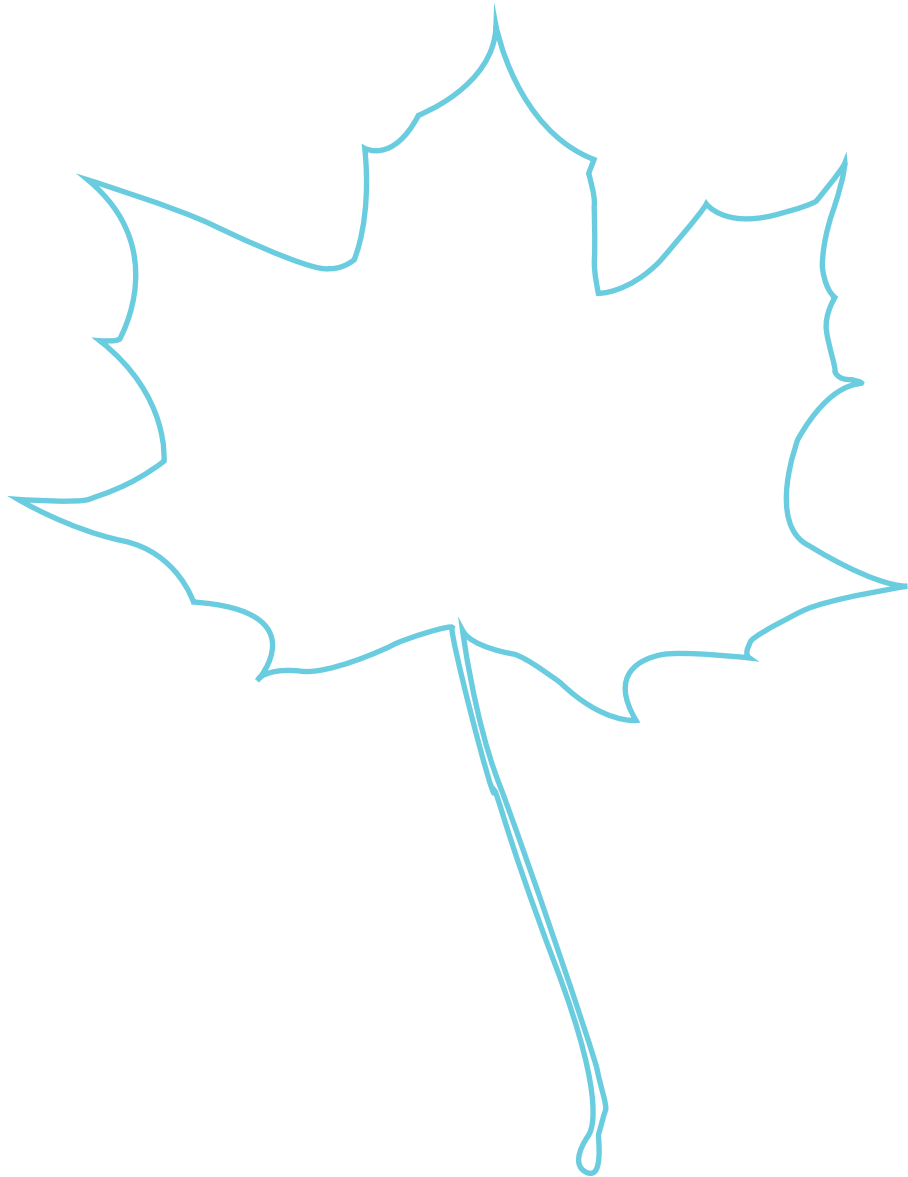
**be safe: be seen**

**the sun is low and could  
dazzle drivers**

**always wear a seatbelt**

**remember to use the  
Safe Cross Code**

# Sábháilteacht ar Bhóithre san Fhómhar



Autumn Road Safety



## Smaointe ar Shábháilteacht sa Gheimhreadh

D'fhéadfá na teachtaireachtaí seo  
a scríobh ar na callóga sneachta:

**cuimhnigh:** ní furasta do thiománaí rudaí  
a fheiceáil i gceart trí shneachta

**bí sábháilte:** bí feiceálach

bí cúramach ar bhóithre agus ar  
chosáin sráide atá sleamhain sa sioc

**cuimhnigh:** tá trácht dainséarach

an bhfuair tú rothar nua ag an Nollaig?  
má fuair, an bhfuair tú soilse agus clogad freisin?

## Winter Road Safety Ideas

You could write these  
messages on the snowflakes:

**remember:** snow can stop a  
driver from seeing properly

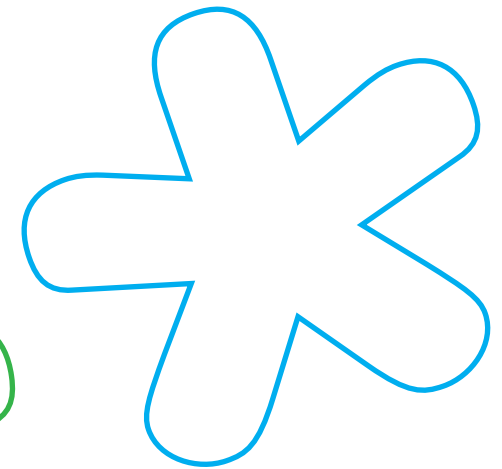
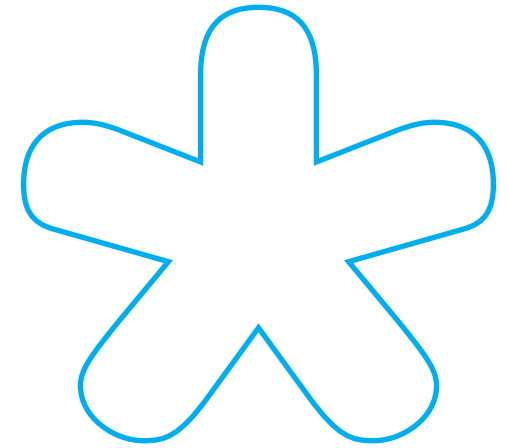
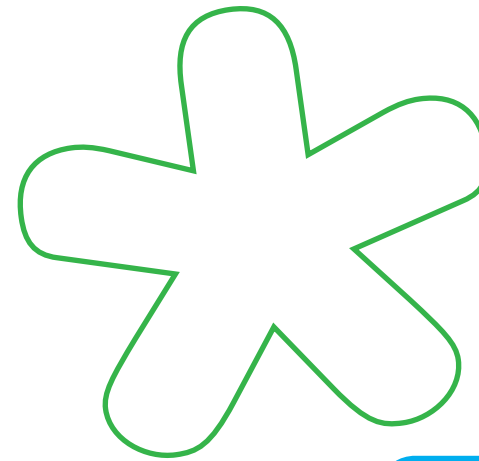
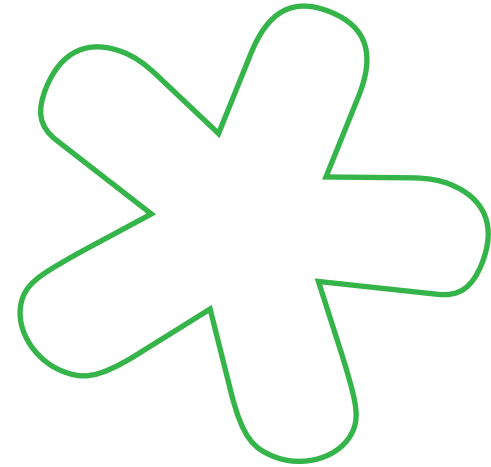
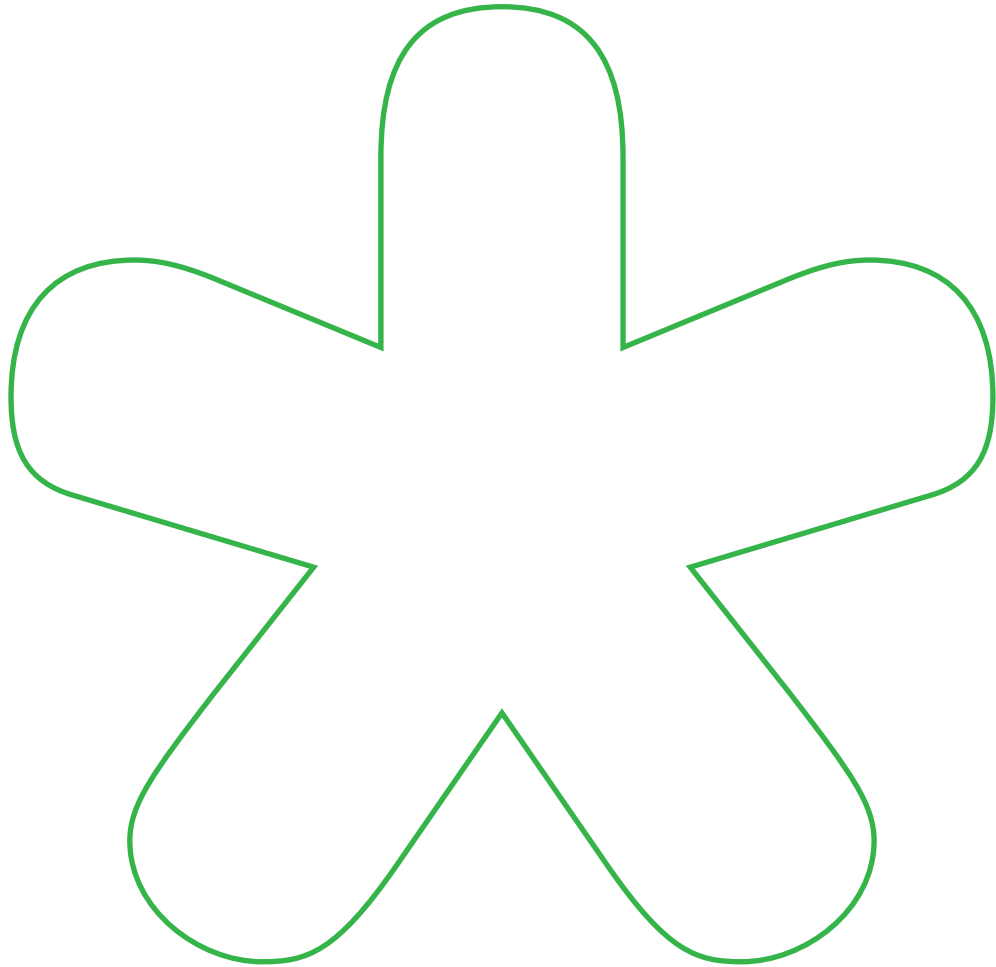
**be safe:** be seen

beware of icy footpaths  
and roads

**remember:** traffic is dangerous

did you get a new bike for Christmas?  
did you get lights and a helmet as well?

**Sábháilteacht ar Bhóithre sa Gheimhreadh**



## Smaointe ar Shábháilteacht san Earrach

D'fhéadfá na teachtaireachtaí seo a scríobh ar na bláthanna:

Cuirimid na cloig chun tosaigh: bíonn sé dorchá níos faide ar maidin: bí cúramach sna maidineacha dorchá

**bí sábháilte: bí feiceálach**

bíonn an ghrian íseal sa spéir agus d'fhéadfadh tiománaithe bheith dall ag an solas

**tabhair aire agus tú i do phaisinéir i gcarr**

faigh áit shábháilte a mbeidh tú ábalta an bóthar a thrasnú go héasca

## Spring Road Safety Ideas

You could write these messages on the flowers:

clocks change :  
beware of darker mornings

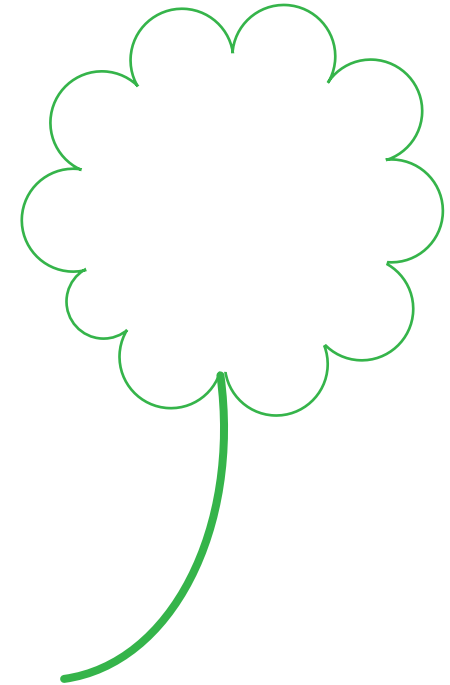
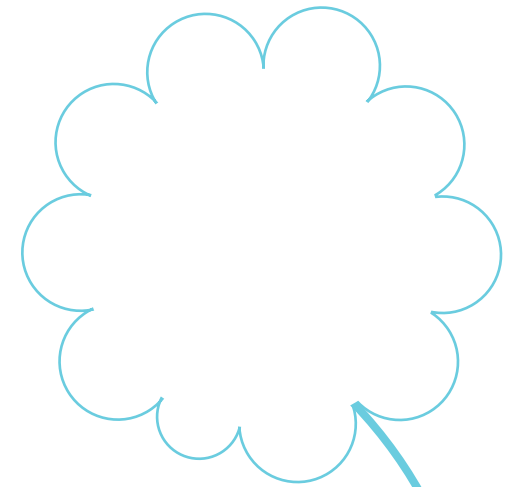
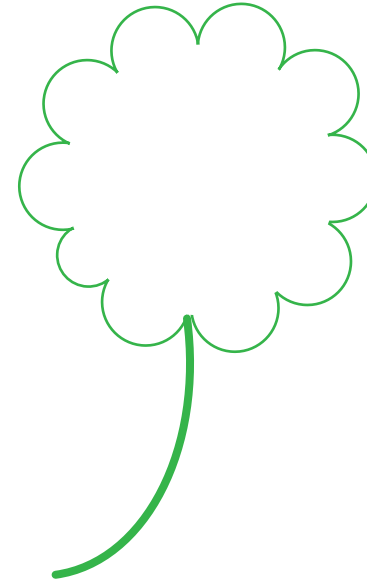
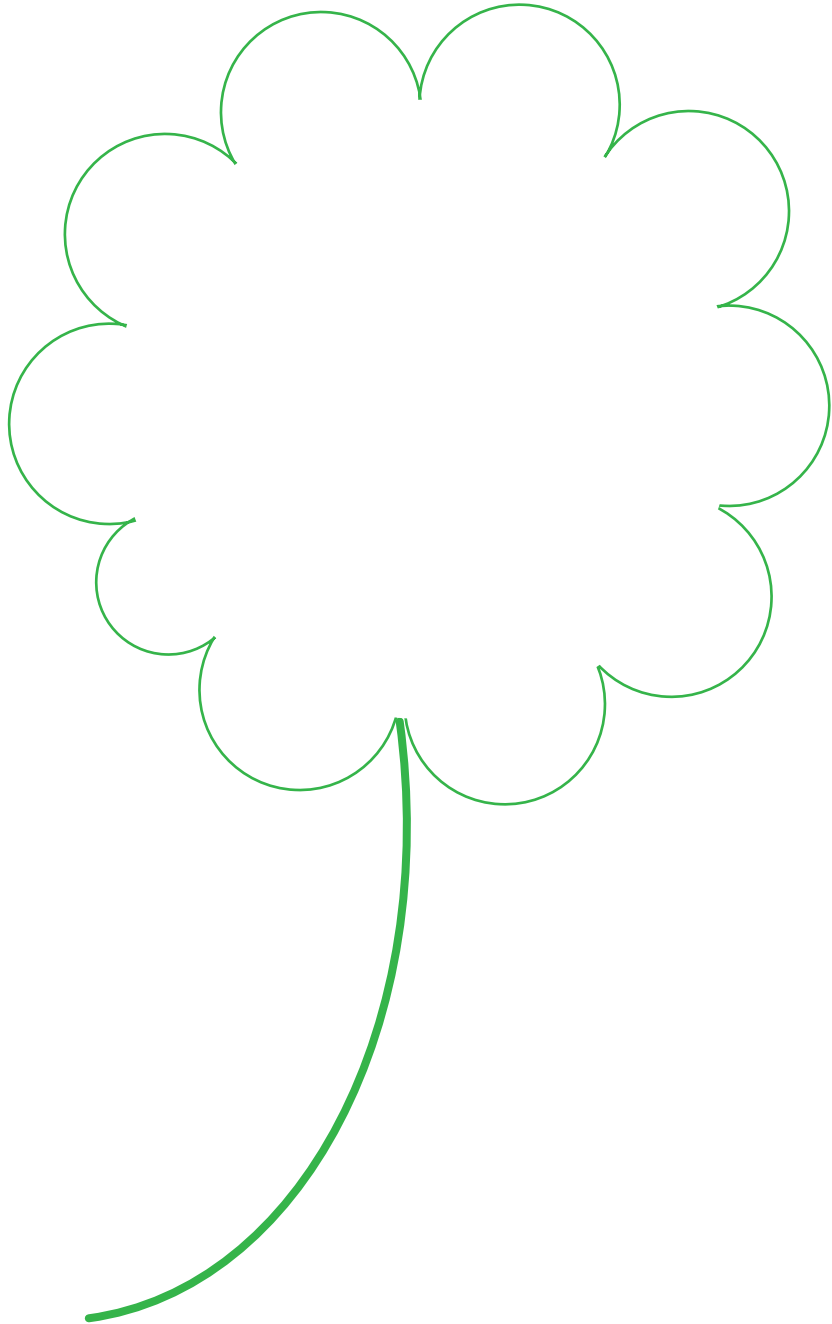
**be safe: be seen**

the sun is low and could  
dazzle drivers

**be a safe passenger**

always find a safe place  
to cross the road

# Sábháilteacht ar Bhóithre san Earrach



Spring Road Safety

## Smaointe ar Shábháilteacht sa Samhradh

D'fhéadfá na teachtaireachtaí  
seo a scríobh ar na scamail:

faigh áit shábháilte le himirt i bhfad ó thrácht i gcónaí

**bí sábháilte: bí feiceálach**

Déan machnamh ar an turas atá romhat

**cuimhnigh: tá daoine ann a chabhróidh  
leat dul go dtí an taobh eile den bhóthar**

bí cúramach agus tú ag siúl  
nó ag rothaíocht chuig an scoil

## Summer Road Safety Ideas

You could write these  
messages on the clouds:

always find a safe place  
to play away from traffic

**be safe: be seen**

think about your route

**remember: there are people  
who can help you cross the road**

take care when walking  
or cycling to school.

**Sábháilteacht ar Bhóithre sa Samhradh**



**Summer Road Safety**

## Conas...

# Labhairt ag Tionól

### Cead

Iarr cead ar do mhúinteoir i gcónaí páirt a ghlacadh sa tionól mar tá seans ann go mbeidh an múinteoir ábalta cabhrú leat.

### Plean

Déan amach plean le haghaidh an tionóil. Caithfidh tú rogha a dhéanamh i dtaobh céard a bheidh ar siúl ag an tionól: Seó faisin, píosa cainte, dráma gearr, amhrán, dán nó seans go mbeidh smaoineamh éigin eile agat féin. D'fhéadfá a iarraidh ar dhaltáí eile cúnamh a thabhairt duit.

### Ullmhúchán

Tabhair neart ama duit féin chun an tionól a ullmhú. Seans go mbeidh ort cúnamh a fháil ó dhaltáí nó ó dhaoine fásta eile. Faigh na feistis agus an trealamh a bheidh uait agus déan amach póstaer, fógraí. Seans go mbeidh ort dhá thionól a réachtáil – ceann do naíonáin bheaga agus naíonáin mhóra agus ceann eile do na daltaí níos sine.

### Cleachtadh

Déan cinnte go mbeidh neart ama agat chun an tionól a chleachtadh. Déan iarracht am a shocrú chun teacht le chéile le do chomhdhaltáí le dul tríd an méid ar fad atá le déanamh agaibh ag an tionól.

## How to...

# Speak at an Assembly

### Permission

Always ask permission from your teacher to take part in an assembly as they may be able to help you.

### Plan

Always work out a plan for your assembly. You will have to decide whether you want to do a fashion show, a talk, a short play or a rap, song or poem. You may also have a super idea of your own. You could also get other pupils from your class or other classes to help.

### Prepare

Give yourself plenty of time to prepare your assembly. You may have to get help from other pupils or adults. Sort out any costumes or props you may need and make any posters, banners, etc. You may need to do two assemblies – one for the infants and one for the upper school.

### Practice

Give yourself plenty of time to practice your assembly. Try and ask for some time to get together with your helpers and go through the material you have prepared.





## GNÉITHE FAOI SHÁBHÁILTEACHT AR BHÓITHRE

### Ag Siúl

- Áit a bhfuil cosán nó cosán sráide, bain úsáid as.
- Stop, breathnaigh timpeall, agus éist. Cuimhnigh ar an gCód Sábhála agus tú ag dul trasna an bhóthair.
- Roghnaigh áit SHÁBHÁILTE le dul trasna an bhóthair: trasrian peileacánach, trasrian síogach, oileán tráchta, íosbhealach, nó áit éigin a bhfuil maor scoile ann.
- Caith éadaí frithchaiteacha i gcónaí san oíche agus caith éadaí geala i rith an lae.
- Faigh amach an difríocht idir ábhar FLUARAISEACH agus ábhar FRITHCHAITEACH.
- Mura bhfuil aon chosán ann, siúil ar thaobh na lámhe déise den bhóthar, d'aghaidh ar an trácht.

### Rothaí

- Ná húsáid scútaí, scátaí rotha ná a leithéidí in aice leis an mbóthar.
- Déan cinnte go bhfuil do rothar sábháilte le bheith ar an mbóthar, go háirithe na coscáin agus na boinn.
- Caith clogad a luíonn leat go maith i gcónaí mar go gcosnóidh sé do cheann i dtimpiste.
- Déan cinnte go mbeidh daoine eile ábalta tú a fheiceáil ar an mbóthar – caith éadaí GEALA.
- Tabhair aird ar chomharthaí bóthair.
- Foghlaim Rialacha an Bhóthair.
- Iarrtar ar rothaithe lampa le solas bán nó buí a bheith ar thosach an rothair agus lampa dearg a bheith ar chúl an rothair agus iad ag taisteal san oíche. Tá soilse gealánacha ar rothair níos fearr ná soilse seasta ó thaobh infheictheachta na rothaithe ar na bóithre.

### Sábháilteacht an Phaisinéara

- Paisinéirí sa suíochán tosaigh AGUS sna suíocháin chúil, IS GÁ DÓIBH crios sábhála a chur orthu i gcónaí.
- Ná cuir isteach ar an tiománaí agus ná dall a (h)amharc sa scáthán.
- Ná hoscail doirse ná fuinneoga mura bhfuil sé sábháilte.
- Téigh amach as an gcar ar an taobh is gaire den chosán.
- Fan socair ar an mbus agus fan i do shuíochán fad is a bhíonn an bus ag gluaiseacht.

## ROAD SAFETY TOPICS

### Walking

- Where there is a footpath, use it.
- Stop, look and listen when crossing remembering the Safe Cross Code.
- Use a SAFE place to cross such as a pelican crossing, zebra crossing, traffic island, underpass or lollipop person.
- Always wear reflective clothing at night and bright clothing during the day.
- Know the difference between FLUORESCENT and REFLECTIVE material.
- If there is no footpath walk at the right hand side of the road, facing traffic coming towards you.

### Wheels

- Always use scooters, skateboards and rollerblades away from the road.
- Make sure your cycle is safe to ride, especially your brakes and tyres.
- Always wear a cycle helmet that fits, it will protect you if you have a crash.
- Make sure other road users can see you – wear BRIGHT clothes.
- Always obey road signs.
- Learn the Rules of the Road.
- At night cyclists must carry a lamp showing a white or yellow light to the front and a lamp showing a red light to the back. The use of flashing rather than static lights on the front or rear of bicycles allow cyclists to be more visible on the road.

### Passenger Safety

- Safety belts MUST be worn all the time in the front AND the back.
- Do not annoy the driver or block his or her view in the mirror.
- Only open doors or windows if it is safe.
- Get out of the car on the side nearest to the pavement.
- Behave on the bus and stay in your seat when the bus is moving.

# Stór Focal

## Fluaraiseach

Dath geal (e.g buí, oráiste, bándearg) a fheiceann tú ar dhaoine (cosúil le garda, maor tráchta, maor scoile, srl) a bhíonn in aice leis an mbóthar i rith an lae.

Tá ábhair fhluaraiseacha iontach le caitheamh i rith an lae mar is féidir iad a fheiceáil go héasca. Níl siad go maith le caitheamh san oíche mar níl siad éasca le feiceáil.

Tá ábhair áirithe ann atá fluaraiseach agus frithchaiteach.

## An Cód Sábhála

Is treoir é an Cód Sábhála agus taispeánann sé duit conas dul trasna an bhóthair go sábháilte.

Tá 6 threoir sa Chód Sábhála:

1. Faigh áit shábháilte, ná bí buartha, stop agus fan
2. Féach timpeall ort agus éist sula dtéann tú trasna an bhóthair
3. Cuimhnigh ligean don trácht go léir dul tharat
4. Agus tú ag siúl díreach trasna
5. Lean ag féachaint, agus is é sín an cód sábhála
6. Sin an cód sábhála. Foghlaim an cód sábhála. Foghlaim an cód

## Rialacha an bhóthair

Is leabhrán é seo d'aon duine a úsáideann an bóthar. Tá rialacha faoi leith le leanúint nuair a bhíonn tú ag úsáid an bhóthair.

## Coisí

Duine a bhíonn ag siúl.

## Íosbhealach

Is tollán é íosbhealach agus tá an tollán faoi bhóthar nó líne iarnróid. Is áit shábháilte do choisithe é atá ag dul ó thaobh amháin go dtí an taobh eile.

## Trasrian peileacánach

Is trasnán é trasnán peileacánach: tá cnaipe rialaithe, fear uaine, agus fear dearg air. Brúigh an cnaipe rialaithe. Nuair a fheiceann tú solas taobh thiar den fhear dearg, ná téigh trasna. Nuair a fheiceann tú solas buan taobh thiar den fhear uaine, siúil trasna go cúramach. Nuair a thosaíonn an solas ag scaladh taobh thiar den fhear uaine, ná téigh trasna. Má tá tú ar an mbealach trasna an bhóthair cheana féin, ba chóir go mbeadh dóthain ama agat le dul trasna go sábháilte.

## Tearmann tráchta

I lár an bhóthair, is píosa tarmac é tearmann tráchta. Tá sé níos airde ná an bóthar. Is áit shábháilte é tearmann tráchta le fanacht agus tú ag dul trasna an bhóthair.

## Trasrian síogach

Tá stríocaí dubha agus stríocaí bána ar thrasrian síogach. Tá solas oráiste ar dhá thaobh an bhóthair. “Rabhcháin Belisha” an t-ainm atá orthu.

Fan ar an gcosán go dtí go stopann na carranna. Ansin siúil trasna ar na stríocaí dubha agus bána agus tú ag breathnú agus ag éisteacht an t-am ar fad.

## Frithchaiteach

Tá cuma liath nó airgeadúil ar ábhar frithchaiteach i solas an lae. Níl aon mhaith ann i rith an lae mar níl sé feiceálach.

Is fearr ábhar frithchaiteach a chaitheamh san oíche nó sa dorchadas. Má tá tú i seomra dorcha, agus má shoilsiúnn tú tóirse ar ábhar frithchaiteach, frithchaitheadh sé an solas ar ais agus is furasta é a fheiceáil. Tarlaíonn an rud céanna nuair a shoilsiúnn soilse cairr air. Tá ábhair áirithe ann atá frithchaiteach agus fluaraiseach (- féach fluaraiseach.)

## Word Bank

### Fluorescent

A bright colour (e.g. yellow, orange, pink) that you see people wearing near roads during the day (such as traffic wardens, police, dustbin men).

Fluorescent materials are great in the daytime because they are easily seen. They are not good at night because you cannot see them. Some materials are both fluorescent and reflective.

### Safe Cross Code

The Safe Cross Code is a guide to show you how to cross the road safely.

There are six points in the Safe Cross Code:

1. Look for a safe place, don't worry, stop and wait
2. Look all around and listen before you cross the road remember
3. Let all the traffic pass you
4. And walking straight across you
5. Keep watching that's the safe cross code
6. That's the safe cross code. Know the safe cross code. Know the code

### Pelican Crossing

A pelican crossing is a road crossing with a control button and a red and green man. Press the control button. When the red man shows, do not cross. When a steady green man shows, cross with care. When the green man starts to flash, do not cross. If you have already started crossing, you should have time to finish crossing safely.

### Reflective

Reflective material looks grey or silver in daylight. It's not good during the day because it doesn't stand out.

Reflective material is best at night or in the dark. If you are in a dark room and you shine a torch on reflective material, it reflects the light back and is easily seen. The same happens when car lights shine on it. Some materials are both reflective and fluorescent (– see fluorescent.)

### Pedestrian

A pedestrian is someone who walks somewhere.

### Traffic Island

A traffic island is a raised piece of tarmac, usually in the middle of the road. A traffic island is somewhere safe to wait while crossing a main road.

### Underpass

An underpass is a tunnel underneath a road or railway line. It is a safe place for pedestrians to get from one side to another.

### Zebra Crossing

A zebra crossing is made up of black and white stripes on the road. It has an orange light at both sides called a "Belisha Beacon". Wait on the pavement, until all the cars stop. Then walk across the black and white stripes, looking and listening all the time.

### Rules of the Road

The Rules of the Road is a booklet for everyone who uses the road. It is a set of rules for using the road.

## Conas...

# Comórtas a Reáchtáil

Is maith le daoine óga páirt a ghlacadh i gcomórtais agus is bealach maith iad chun daltaí a chur ag smaoineamh ar shábháilteacht ar bhóithre. Seo cúpla rud a chuideoidh leat.

### Bí réidh

Ar dtús, smaoinigh ar an gcineál comórtais ba mhaith leat a reáchtáil: dán, scéal, tráth na gceist, dearadh póstaer, cuardach focal, nó rud ar bith eile ar a smaoiníonn tú.

### Déan cinnte go bhfuil sé simplí

Smaoinigh ar aoisghrúpa na ndaltaí. Smaoinigh ar na rudaí a thaitneodh leo, agus ar na rudaí a bheidís ábalta a dhéanamh.

### Roghnaigh dáta deireanach le haghaidh iontrálacha

Déan cinnte go bhfuil ainm, aois agus rang scríofa ar chúl gach iarratais.

### Duaiseanna

Ba chóir na hiarratais atá ceart a chur le chéile agus buaiteoir a roghnú astu sin. D'fhéadfá duine éigin eile taobh amuigh de lucht na scoile a roghnú chun a bheith mar mholtóir ar na hiarratais ar fad.

Caithfidh tú smaoineamh ar na duaiseanna a gheobhaidh na buaiteoirí. B'fhéidir go bhfaighfeá duais ón scoil, nó d'fhéadfá iarraidh ar shiopa áitiúil nó ar chomhlacht áitiúil nó b'fhéidir go bhfaighfeá rud éigin ó d'Oifigeach Sábháilteachta ar Bhóithre. Ní gá duais mhór a thabhairt. D'fhéadfá peann luaidhe, rialóir, nó banda muinchille a thabhairt. Bheadh sé go maith dá mbeadh baint éigin ag an duais le sábháilteacht ar bhóithre.

### Bíodh spraoi agaibh!

## How to...

# Run a Competition

Children like to take part in competitions and they are a good way of making pupils in your school think about road safety. Here are a few tips to help you.

### Get Ready

First of all, think about the type of competition you would like to do. It could be design a poster, word search, poem, story, quiz, or anything else you can think of.

### Make Sure It's Simple

Think about the age group you are aiming at. Think about the type of things they might like, and be able to do.

### Set a Closing Date for Entries

Make sure each entry has a name, age and class written on the back of each entry.

### Prizes

For most of these you should draw a winner from all the correct entries. You might like to get someone from outside the school to judge your competitions. You need to think about what the prizes will be. You might get a prize from the school, you could ask a local shop or company or you might get something from your Road Safety Officer. It does not have to be a big prize, it could be a pencil, ruler or an armband. It would be good if it was about road safety.

### Have Fun!

## Comórtas 1

## Naíonáin bheaga & Naíonáin mhóra

### A bheith sábháilte i gcarr.

1. Déan fótachóip den taobh eile den leathanach agus méadaigh é go A4.
2. Tabhair cóip do gach dalta atá ag glacadh páirte sa chomórtas.
3. Inis dóibh go mbeidh an bua ag an duine a cheanglóidh na poncanna le chéile i gceart agus a dhathóidh an pictiúr níos néata ná aon duine eile.

### Cuir ort do Chríos Sábhála! Smaoineamh do Chomórtas Ginearálta

Dear póstaer a spreagfaidh daoine chun crios sábhála a chaitheamh agus iad sa charr.

- ba chóir an comórtas seo a dhéanamh de réir aoighrúpa (naíonáin, ranganna 1-4, ranganna 5-6) agus duaiseanna le haghaidh gach aoisghrúpa.

Comórtas OSSB:

**A BHEITH SÁBHÁILTE i gCARR**

Ainm \_\_\_\_\_ Rang \_\_\_\_\_

1. Ceangal na poncanna le chéile le go mbeidh Seán sábháilte.
2. Dathaigh an pictiúr.





## Competition 1

### Infants Junior & Senior

## Being safe in a car.

1. Photocopy the other half of this page enlarging it to A4.
2. Give a copy to all the children taking part.
3. Tell them the winner will be the one that has joined the dots correctly and is coloured in the neatest.

### Belt up!

#### General Competition Idea

Design a poster to encourage everyone in a car to wear a seat belt

- this competition should be judged in age groups (eg infants, 1-4 class, 5-6 class) with prizes for each.

JRSO Competition:

**BEING SAFE IN A CAR**

Name \_\_\_\_\_ Class \_\_\_\_\_

1. Join the dots to make Seán safe.
2. Colour the picture.



## Comórtas 2

### Naíonáin bheaga & Naíonáin mhóra

## Tú féin a choinneáil sábháilte i dtrácht.

1. Déan fótachóip den taobh eile den leathanach agus méadaigh é go A4.
2. Tabhair cóip do gach dalta atá ag glacadh páirte sa chomórtas.
3. Mínigh dóibh go gcaithfidh siad an pictiúr a dhathú ag baint úsáide as na treoracha atá faoin bpictiúr.
4. Inis dóibh go mbeidh an bua ag an duine a cheanglóidh na poncanna le chéile i gceart agus a dhathóidh an pictiúr níos néata ná aon duine eile.

### Bí Sábháilte – Bí Feiceálach! Smaoineamh do Chomórtas Ginearálta

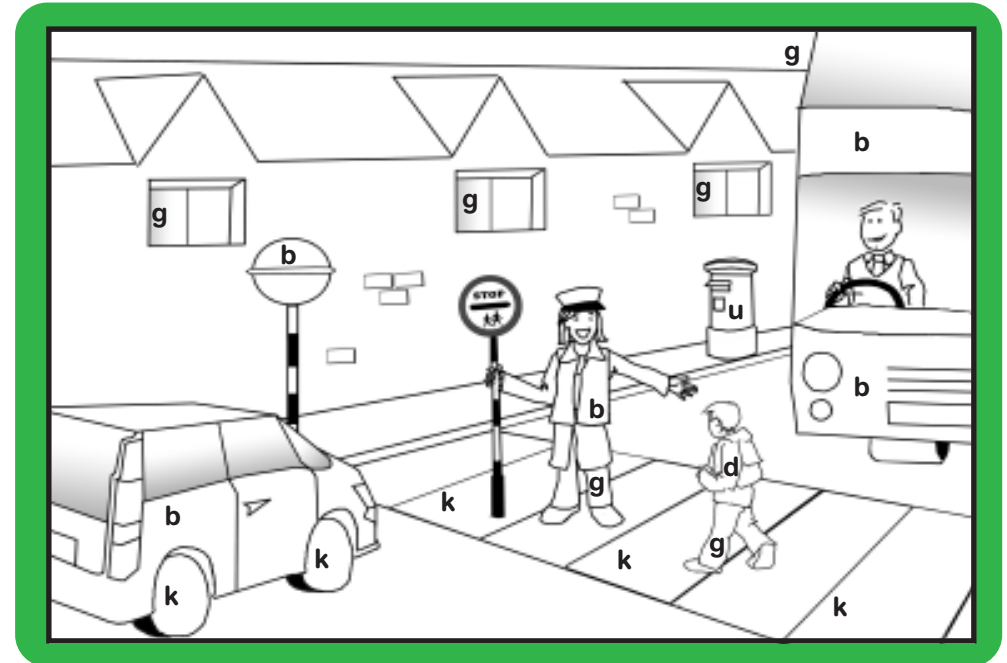
Cum amhrán, dán, nó rapcheol a spreagfaidh daoine óga na héadaí cearta a chaitheamh ionas go mbeidh siad feiceálach.

- ba chóir an comórtas seo a dhéanamh de réir aoighrúpa (naíonáin, ranganna 1-4, ranganna 5-6) agus duaiseanna le haghaidh gach aoisghrúpa .

Comórtas OSSB:

TÚ FÉIN A CHOINNEÁIL  
SÁBHÁILTE I DTRÁCHT

Ainm \_\_\_\_\_ Rang \_\_\_\_\_



g: gorm

d: dearg

k: dubh

b: buí

u: glas

## Competition 2

### Infants Junior & Senior

JRSO Competition:

**KEEP YOURSELF  
SAFE IN TRAFFIC**

Name \_\_\_\_\_ Class \_\_\_\_\_

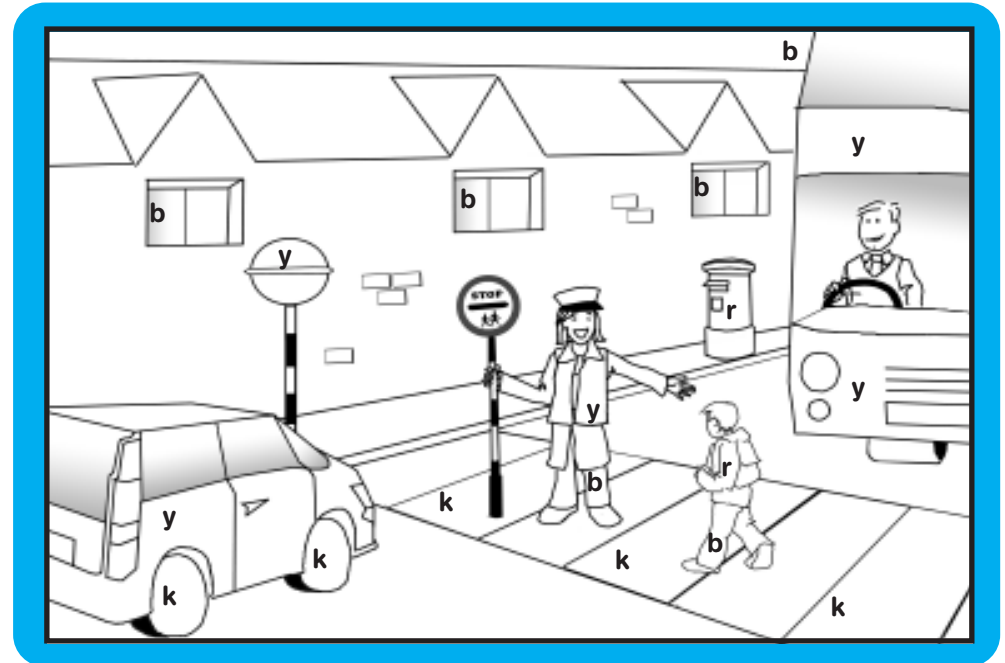
## Keep yourself safe in traffic.

1. Photocopy the other half of this page enlarging it to A4.
2. Give a copy to all the children taking part.
3. Explain that they have to colour the picture using the instructions on the sheet.
4. The winner will be the one who colours it correctly and is the neatest.

### Be Safe, Be Seen! General Competition Idea

Create a song, poem or rap encouraging children to wear the right clothing so they can be seen.

- this competition should be judged in age groups (eg infants, 1-4 class, 5-6 class) with prizes for each.



**b: blue**

**r: red**

**k: black**

**y: yellow**

**g: green**



## Comórtas 3 Ranganna 1 - 4

# An Cód Sábhála

1. Déan fótachóip den taobh eile den leathanach agus méadaigh é go A4.
2. Tabhair cóip do gach dalta atá ag glacadh páirte sa chomórtas.
3. Mínigh go gcaithfidh siad an Cód Sábhála a chur san ord ceart.
4. Ansin scríobhann siad abairt ghreannmhar sa cheist réitigh.
5. Beidh an bua ag an duine a chuirfidh an Cód Sábhála san ord ceart agus a scríobhfaidh an abairt is greannmhaire ar an gceist réitigh.

### Smaoineamh do Chomórtas Ginearálta

Dear carachtar a d'fhéadfaí a úsáid sa tseachtain "Siúil chuig an Scoil".

- ba chóir an comórtas seo a dhéanamh de réir aoighrúpa (naíonáin, ranganna 1-4, ranganna 5-6) agus duaiseanna le haghaidh gach aoisghrúpa.

Comórtas OSSB:

AN CÓD SÁBHÁLA

Ainm \_\_\_\_\_ Rang \_\_\_\_\_

Tá an Cód Sábhála ina chior thuathail! An féidir leat na focail a chur san ord ceart arís ionas go mbeidh ciall leis na habairtí?

1. áit faigh shábháilte buartha bí fan stop agus ná

\_\_\_\_\_

2. trasna timpeall éist ort féach agus dtéann bhóthair sula tú an

\_\_\_\_\_

3. go ligean cuimhnigh dul don trácht tharat léir

\_\_\_\_\_

4. tú trasna ag agus díreach siúl

\_\_\_\_\_

5. lean agus ag cód féachaint sábhála is é sín an

\_\_\_\_\_

6. cód Sin sábhála an. an Foghlaim sábhála cód. cód Foghlaim an.

\_\_\_\_\_

**An cheist réitigh: scríobh rud éigin greannmhar chun an abairt seo a chríochnú.**

Úsáid an Cód Sábhála i gcónaí agus tú ag trasnú an bhóthair mar:

\_\_\_\_\_

## Competition 3

Class 1 - 4

# The Safe Cross Code

1. Photocopy the other half of this page enlarging it to A4.
2. Give a copy to all the children taking part.
3. Explain that they have to correctly rearrange the Safe Cross Code.
4. Then they do the tie-breaker.
5. The winner will be the one who correctly rearranges the Safe Cross Code and comes up with the funniest and most original tie-breaker.

### General Competition Idea

Design a character that can be used for "Walk to School Week".

- this competition should be judged in age groups (eg infants, 1-4 class, 5-6 class) with prizes for each.

JRSO Competition:

THE SAFE CROSS CODE

Name \_\_\_\_\_ Class \_\_\_\_\_

The Safe Cross Code has been muddled up!  
Can you help by unscrambling the words in each sentence?

1. safe for don't wait a stop hurry and look place

\_\_\_\_\_

2. listen around all cross before the road you remember look

\_\_\_\_\_

3. you let pass all the traffic

\_\_\_\_\_

4. across straight and you walking

\_\_\_\_\_

5. keep code safe that's watching the cross

\_\_\_\_\_

6. code the safe that's cross know code the safe cross the know code

\_\_\_\_\_

Now complete the tie-breaker in a funny & original way:

Always use the Safe Cross Code when crossing the road because:

\_\_\_\_\_

## Comórtas 4 Ranganna 1 - 4

### An Cód Sábhála

1. Déan fótachóip den taobh eile den leathanach agus méadaigh é go A4.
2. Tabhair cóip do gach dalta atá ag glacadh páirte sa chomórtas.
3. Mínigh go gcaithfidh siad na focail ar fad atá i bhfolach sa bhosca thall a aimsiú agus an cheist a fhreagairt i gceart.
4. Má bhíonn níos mó ná duine amháin ann leis an bhfreagra ceart, cuirfead a n-ainmneacha síos i hata agus roghnófar buaiteoir amháin.

#### Smaoineamh do Chomórtas Ginearálta

Scríobh dán faoin gCód Sábhála.

- ba chóir trí aoisghrúpa a bheith sa chomórtas seo (naíonáin, ranganna 1-4, ranganna 5-6) agus duais a bheith ag dul do dhuine amháin as gach aoisghrúpa.

Comórtas OSSB:

AN CÓD SÁBHÁLA

Ainm \_\_\_\_\_ Rang \_\_\_\_\_

s s i b g d e a r g  
t e t r l í f s a f  
o a r e a r a á b a  
p s a a s e d b ó n  
é i s t e a c h t c  
t ú n h a c ó á h o  
a i a n t h d i a s  
o l h ú e r e l r á  
b m t r á c h t ú n  
h é i n a i c e ó n

Is féidir na focail seo ar fad a fháil i bhfolach i measc na litreacha sa bhosca thuas. Tá siad ag dul i dtreonna éagsúla: trasna nó síos.  
Cuir dath ar na focail nuair a aimsíonn tú iad.

Cosán	Seas	Trasna
Breathnú	Glas	In aice
Éisteacht	Díreach	Fan
Trácht	Taobh	Siúil
Sábháilte	Fad	Bóthar
Stop	Cód	Dearg

Cén dath de na soilse tráchta ATÁ i bhfolach i measc na litreacha sa bhosca thall?

\_\_\_\_\_

## Competition 4

Class 1 - 4

# The Safe Cross Code

1. Photocopy the other half of this page enlarging it to A4.
2. Give a copy to all the children taking part.
3. Explain that they have to find all the words in the wordsearch grid and answer the question.
4. Then they do the tie-breaker.
5. If there is more than one correct answer, the winner will be drawn out of a hat.

### General Competition Idea

Write a poem about the Safe Cross Code.

- this competition should be judged in age groups (eg infants, 1-4 class, 5-6 class) with prizes for each.

JRSO Competition:

THE SAFE CROSS CODE

Name \_\_\_\_\_ Class \_\_\_\_\_

d g e p a v e m e n t  
s t r a i g h t n k a  
t e q l y i g r e e n  
a d r o s s w a a r w  
n w p o t a a f r b a  
d h a k o f l f e p i  
s i s i p e k i d f t  
a l s n y z d c o d e  
x e d g a c r o s s u  
l i s t e n i n g e t

All of these words can be found across or from top to bottom in the word search. Colour them when you find them.

Pavement  
Looking  
Listening  
Traffic  
Safe  
Stop

Stand  
Green  
Straight  
Kerb  
While  
Code

Across  
Near  
Wait  
Walk  
Pass  
Red

Which traffic light colour  
is NOT in the grid?

\_\_\_\_\_

## Comórtas 5 Ranganna 5 & 6

### Crosfhocal

1. Déan fótachóip den taobh eile den leathanach agus méadaigh é go A4.
2. Tabhair cóip do gach dalta atá ag glacadh páirte sa chomórtas.
3. Mínigh go gcaithfidh siad an crosfhocal iomlán a chríochnú.
4. Má éiríonn le níos mó ná duine amháin crosfhocal iomlán ceart a líonadh isteach, piocfaidh duine éigin ainm an bhuaiteora ó hata.

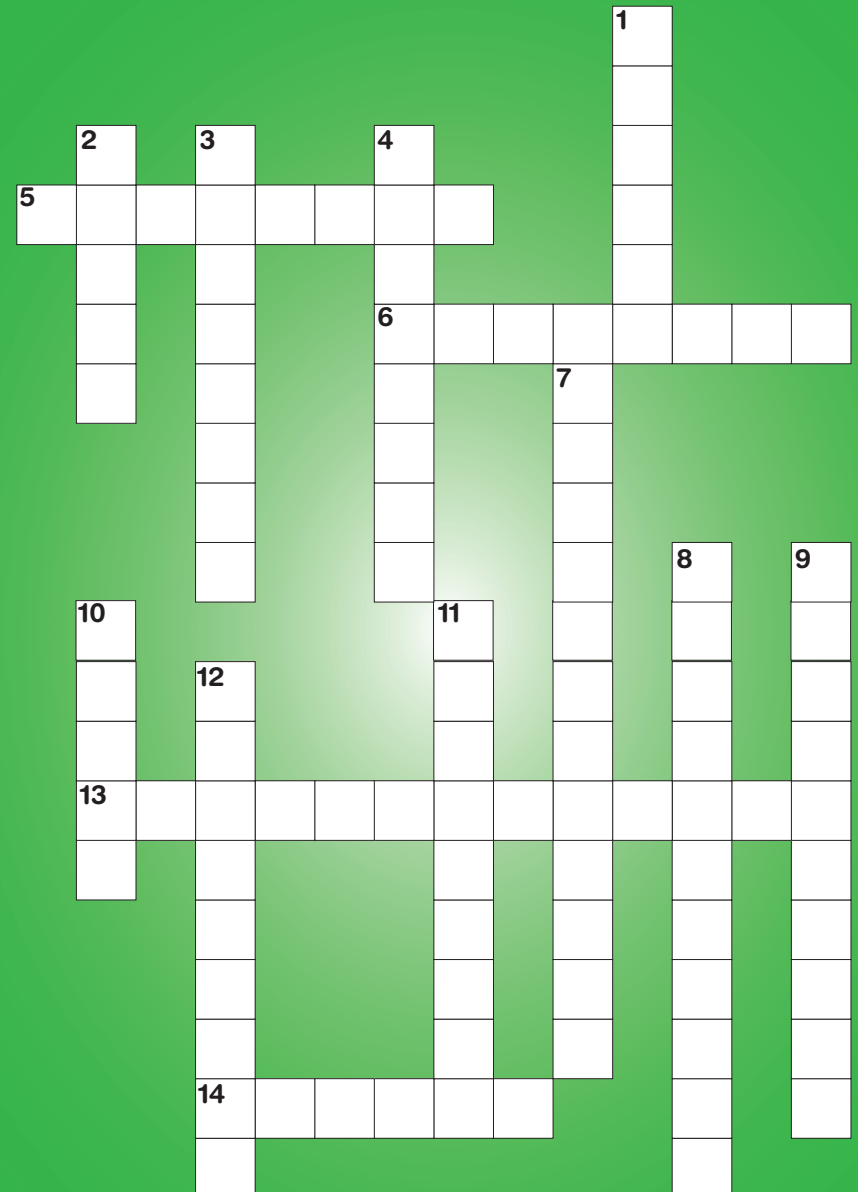
#### Trasna

5. Glaoitear \_\_\_\_\_ tráchta ar an rud a bhíonn i lár an bhóthair chun cuidiú leat agus tú ag trasnú an bhóthair (8)
6. Bíonn an duine seo ag tiomáint (8)
13. Stopann siad seo an trácht (6, 7)
14. Feithicil mhór a iompraíonn earraí (6)

#### Síos

1. Taobh an chosáin sráide (6)
2. Bíonn fear an phoist ag tiomáint na feithicle seo go minic (5)
3. Bíonn siad seo le feiceáil os cionn aibhneacha agus canálacha (8)
4. Nuair a bhíonn go leor tráchta ann, bíonn an bóthar \_\_\_\_\_ (8)
7. Is bóthar an-ghnóthach é seo agus tá áit le tarraingt isteach ar an gcolbha aige (13)
8. Tá sé seo faoin mbóthar agus úsáideann coisithe é (11)
9. Insíonn siad seo duit céard ba chóir duit a dhéanamh ar an mbóthar (10)
10. Duine a bhíonn ag siúl (5)
11. Bíonn na marcanna seo i lár an bhóthair (5, 4)
12. Tá rothaí orthu seo agus bíonn siad ag imeacht ar an mbóthar (9)

Ainm \_\_\_\_\_ Rang \_\_\_\_\_



## Crossword

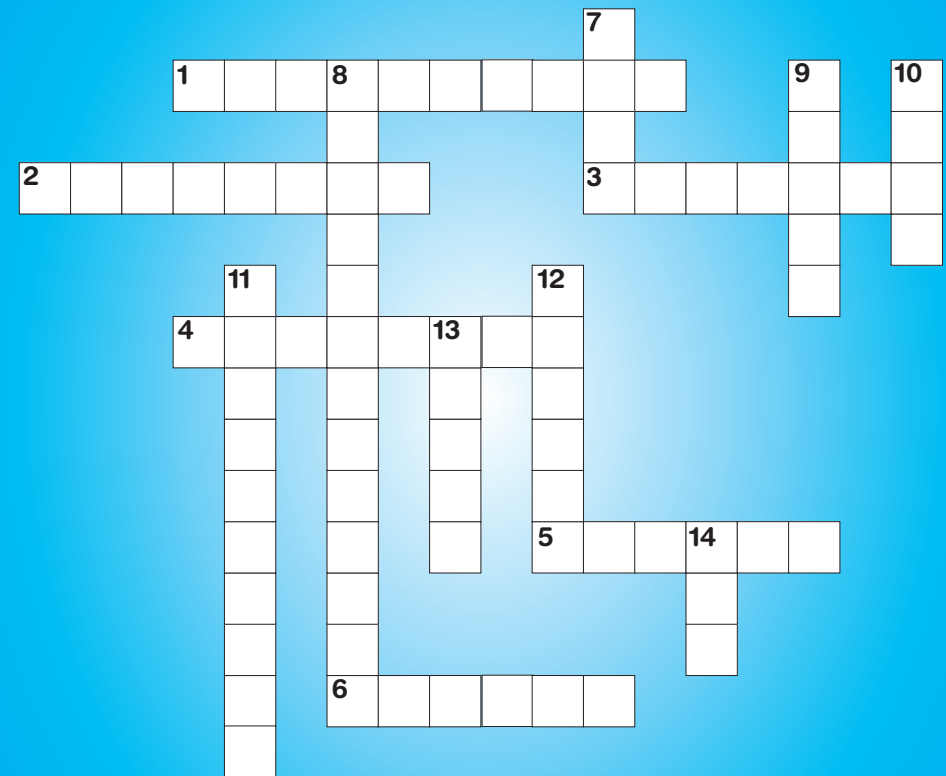
1. Photocopy the other half of this page enlarging it to A4.
2. Give a copy to all the children taking part.
3. Explain that they have to complete the crossword.
4. If there is more than one correct answer, the winner will be drawn out of a hat.

### Across

1. These mark the middle of the road (5,5)
2. This is a very busy road with a hard shoulder (8)
3. These go over rivers and canals (7)
4. These are things with wheels which go on the roads (8)
5. This is someone who drives (6)
6. This goes under the road and is for pedestrians (6)

### Down

7. The edge of the pavement (4)
8. These stop the traffic (7,6)
9. These tell you what to do (5)
10. When there is a lot of traffic the road is \_\_\_\_\_ (4)
11. Someone who walks (10)
12. Something in the middle of the road to help you cross is called a traffic \_\_\_\_\_ (6)
13. A big vehicle which carries goods (5)
14. The postman sometimes drives one of these (3)



## **Smaoineamh do Chomórtas Ginearálta**

Póstaer a dhearadh.

Ranganna 5 agus 6: Dear póstaer faoi na contúirtí a bhaineann le tiomáint faoi thionchar an óil nó le tiomáint faoi thionchar drugaí.

Ranganna 1 - 4: Dear póstaer chun daltaí a mhealladh le siúl chuig an scoil.

Ba chóir dhá aoisghrúpa a bheith sa chomórtas seo (ranganna 1-4, ranganna 5-6) agus duaiseanna le haghaidh gach aoisghrúpa.

## **General Competition Idea**

Design a poster.

Class 5 & 6: Design a poster about the dangers of drink driving or drug driving.

Class 1 - 4: Design a poster encouraging pupils to walk to school.

This competition should be judged in age groups (eg class 1-4 and class 5 - 6) with prizes for each.

## Comórtas 6 Ranganna 5 & 6

### Cuardach focal: Rothar

1. Déan fótachóip den taobh eile den leathanach agus méadaigh é go A4.
2. Tabhair cóip do gach dalta atá ag glacadh páirte sa chomórtas.
3. Míneigh dóibh go bhfuil na focail ar fad i bhfolach sa bhosca thall agus go mbeidh orthu iad aimsiú.
4. Má tá an freagra ceart ag níos mó ná duine amháin, piocfaidh duine éigin ainm an bhuaiteora ó hata.

#### Smaoineamh do Chomórtas Ginearálta

Dear lógó agus/nó mana a spreagfaidh páistí chun scrúdú rialta a dhéanamh ar a rothar chun aon locht a fháil.

- ba chóir dhá aoisghrúpa a bheith sa chomórtas seo (ranganna 1-4, ranganna 5-6) agus duaiseanna le haghaidh gach aoisghrúpa.

Ainm \_\_\_\_\_ Rang \_\_\_\_\_

s o l a s a á l i l o o o o  
 p m t e a n n a i r e m h i  
 ó o r d i h c g o o h ó g a  
 c l o i g í n i m i a o g i  
 a s i a h s i a p t a b l a  
 í l t l c l r r n ó r b g  
 o a h l r a r a ó s c i a í  
 í b e a o i n n i í h d b i  
 l h á i t a r n r e t c o o  
 f r i t h c h a i t e o i r  
 h a n l a í c á b l a s n a  
 s a d r í c a a b l o c n h  
 i m i a m a a a r f r á m a  
 s i b o g c a n o n i n o r

Is féidir na focail seo ar fad a fháil i bhfolach i measc na litreacha sa bhosca thuas. Tá siad ag dul i dtreonna éagsúla: trasna nó síos. Cuir dath ar na focail nuair a aimsíonn tú iad.

Fráma  
Boinn  
Frithchaiteoir  
Spócaí  
Mol  
Cloigín

Cábla  
Iompróir  
Giaranna  
Hanlaí  
Solas  
Troitheáin

Coscán  
Bloc  
Slabhra  
Diallait  
Rothaí



## Competition 6

## Class 5 & 6

# Bicycle Wordsearch

1. Photocopy the other half of this page enlarging it to A4.
2. Give a copy to all the children taking part.
3. Explain that they have to find all the words in the wordsearch grid.
4. Then they rearrange all the unused letters to make some good advice for pedestrians.
5. If there is more than one correct answer, the winner will be drawn out of a hat.

### General Competition Idea

Design a logo and/or slogan that can be used to encourage all children to check their bikes regularly for faults.

- this competition should be judged in two age groups (1-4 class, 5-6 class) with prizes for each.

JRSO Competition:

BICYCLE WORDSEARCH

Name \_\_\_\_\_ Class \_\_\_\_\_

b	e	l	l	l	a	c	c	c	a	w
g	r	e	h	u	b	r	a	h	e	y
g	h	a	n	d	l	e	b	a	r	s
m	e	s	k	h	i	f	l	i	s	p
b	u	a	t	e	g	l	e	n	u	o
l	p	d	r	r	h	e	e	s	w	k
o	u	d	g	s	t	c	o	f	h	e
c	m	l	n	u	d	t	y	r	e	s
k	p	e	e	c	a	o	e	a	e	s
p	e	d	a	l	s	r	r	m	l	o
c	a	r	r	i	e	r	d	e	s	s

All of these words can be found across or from top to bottom in the word search. Colour them when you find them.

Frame  
Tyres  
Reflector  
Spokes  
Hub  
Bell

Mudguard  
Cable  
Carrier  
Gears  
Light  
Handlebars

Pedals  
Brake  
Block  
Chain  
Saddle  
Wheels

**OSSB**

OIFIGEACH SÓISEARACH SÁBHAILTEACHTA AR BHÓITHRE

**Comhghairdeas!!  
ARD-GHRADAM**

bronnta ar

---

as

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Oifigeach Sóisearach Sábháilteachta ar Bhóithre

**JRSO**

JUNIOR ROAD SAFETY OFFICER

**well done!!  
AWARD OF MERIT**

goes to

---

for

---

---

---



Junior Road Safety Officer

## Freagraí

### Comórtas 3

1. Faigh áit shábháilte, ná bí buartha, stop agus fan
2. Féach timpeall ort agus éist sula dtéann tú trasna an bhóthair
3. Cuimhnigh ligean don trácht go léir dul tharat
4. Agus tú ag siúl díreach trasna
5. Lean ag féachaint, agus is é sín an cód sábhála
6. Sin an cód sábhála. Foghlaim an cód sábhála. Foghlaim an cód.

### Comórtas 4

Is é ómra an dath.

### Comórtas 5

#### Trasna:

5. Tearmann
6. Tiománaí
13. Soilse tráchta
14. Leoraí

#### Síos:

1. Colbha
2. Veain
3. Droichid
4. Gnóthach
7. Mótarbhealach
8. Íosbhealach
9. Comharthaí
10. Coisí
11. Línte bána
12. Feithiclí

## Answers

### Competition 3

1. Look for a safe place, don't worry stop and wait
2. Look all around and listen before you cross the road remember
3. Let all the traffic pass you
4. And walking straight across you
5. Keep watching that's the safe cross code
6. That's the safe cross code. Know the safe cross code. Know the code.

### Competition 4

Amber is the missing traffic light colour.

### Competition 5

#### Across:

1. White lines
2. Motorway
3. Bridges
4. Vehicles
5. Driver
6. Subway

#### Down:

7. Kerb
8. Traffic lights
9. Signs
10. Busy
11. Pedestrian
12. Island
13. Lorry
14. Van

## FOIRM IARRATAIS DO PHOST MAR OSSB

Freagair na ceistanna ar fad go néata, le do thoil.

Ainm

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Rang & Scoil

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Cén fáth ar mhaith leat an post seo a bheith agat?

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Cén fáth a mbeifeá go maith ag an bpost seo, dar leat?

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Céard a bheidh le déanamh agat sa phost seo mar OSSB, dar leat?

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Céard iad na caithimh aimsire atá agat?

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Iarr bileog páipéir eile, le do thoil, má tá ceann uait.

## JOB APPLICATION FORM

Please answer all the questions in neat writing.

Name

---

Class & School

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Why do you want this job?

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Why do you think you would be good at this job?

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What do you think you have to do in your job as a JRSO?

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What are your hobbies and interests?

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If you need more room, please ask for another sheet of paper.

ba mhaith linn **TÚ!**

**Ba mhaith linn oifigigh nua shóisearacha sábháilteachta ar bhóithre (OSSBanna) a bheith againn i do scoilse. Beidh do phost ann ar feadh bliana agus beidh ort cabhrú le daltaí foghlaim faoi conas fanacht sábháilte ar bhóithre nó cóngarach do bhóithre timpeall do scoile.**

B'fhéidir go mbeidh an deis agat bualadh le OSSBanna eile agus leis an Oifigeach Áitiúil Sábháilteachta ar Bhóithre ag an gcéad chruinniú i mí Mheán Fómhair. Ansin eagróidh an tOifigeach cruinnithe leat i rith na bliana i do scoil. B'fhéidir go n-iarrfaidh sé ort oibriú ar théama éigin a bhainfidh le sábháilteacht ar bhóithre agus go dtabharfaidh sé póstaer, bileoga eolais, agus bileoga oibre duit. Chomh maith leis sin, inseoidh sé duit aon eolas eile a bheidh uait.

**Beidh neart rudaí spraiúla le déanamh agat.  
Ina measc, tá:**

- **Tionóil:** D'fhéadfá seó faisin a chur le chéile – seó leis an téama “Bí sábháilte, Bí feiceálach.”
- **Comórtais:** Cuardach focal, crosfhocail, póstaer, nó rud ar bith eile ba mhaith leat a dhéanamh.
- Clár fógraí a dhearadh: clár a dhíreoidh ar shábháilteacht ar bhóithre.

Ba mhaith linn daltaí cairdiúla a bheith againn, daltaí nach miste leo bheith ag labhairt os comhair daltaí agus daoine fásta eile. Is fearr i bhfad é, más mian leat cabhrú le daoine bheith sábháilte in aice le bóithre.

**Is féidir leat foirm iarratais a fháil ó do mhúinteoir nó ón OSSB i do scoil féin.**

we want **YOU!**

**We are looking for new Junior Road Safety Officers (JRSOs) in your school. Your job, which will last for one year, will be to help more pupils learn about keeping safe on or near roads around your school.**

You might have the chance to meet other JRSOs and your Road Safety Officer (RSO) at your first meeting around September. Your RSO will then organise meetings with you over the next year at your school. They might give you a road safety theme to work on and give you posters, leaflets and worksheets, as well as telling you anything else you need to know.

**There will be lots of fun things to do including:**

- **Assemblies:** you could do your own ‘Be Safe, Be Seen’ fashion show.
- **Competitions:** word searches, crosswords, posters, whatever you like.
- Designing your own road safety Notice Board.

We are looking for pupils who are outgoing and don't mind speaking in front of other pupils and adults. If you want to help others be safe near roads then that is even better.

**You can get a form to fill in from your teacher or the school JRSO.**