



St. Ultan's Special School

Roll Number: 19216E

Lámh School Plan 2023 - 2024

Lámh was introduced to our school as part of our SSE in September 2019, the following is a **suggested** list of words and timetable that may be used by teachers and staff members. Staff are encouraged to use words beyond this list too promoting the use of Lámh among our whole school community.

Lámh assemblies take place once a month with each class performing a new song for the school.

This school plan will be reviewed and updated in 2024

List 1

Week	Words 1	2	3	4	5
1&2	happy	I/me	Hello	good	friend
3&4	crisps	cake	eat	Love to	sweet
5&6	bag	bed	book	cup	door
7&8	money	shower	toilet	home	bottle
9&10	school	bus	car	ball	game
11&12	party	holiday	dance	clothes	birthday
13&14	glasses	medicine	money	music	apple
15&16	banana	yellow	biscuit	chips	food
17&18	milk	sausage	sandwich	bread	water
19&20	tired	thirsty	hot	cold	sore

21&22	afraid	hungry	small	blue	happy
23&24	good	morning	angry	again	quickly
25&26	dirty	All gone	To buy	To go	To like
27&28	To play	To wash	To work	green	To help

List 2

Week	Words 1	2	3	4	5
1&2	brown	white	boy	pink	eyes
3&4	cat	chair	cheese	chicken	clean
5&6	coat	nose	Christmas	mum	dad
7&8	dinner	dog	brother	sister	duck
9&10	easter	egg	empty	dry	down
11&12	family	fire	fish	flower	tree
13&14	rain	football	finish	full	snow
15&16	girl	wind	group	grandma	grandpa
17&18	hat	horse	hospital	coat	jam
19&20	juice	jump	jumper	key	Santa
21&22	happy	lady	light	listen	look
23&24	blanket	man	meat	morning	mouse
25&26	nice	night	sick	chocolate	drink
27&28	danger	one	orange	phone	uniform



September

Myself	Me, boy, girl, eyes, nose, school, toilet, shower, hello, jumper
My Family	Mum, dad, brother, sister, home, family, gran, grandad

October

Autumn	Tree, happy, friend, coat, morning, bed, dinner, night
Halloween	Halloween, apple, surprise, bag, party

November

Winter	Rain, snow, wind, coat, warm, hot chocolate, fire, book
Safety	Bus, car, uniform, help, danger, sick, hospital, medicine

December

Safety	tired, phone, home, mammy, daddy, money, help, danger
Christmas	Christmas, Santa, tree, music, party, food, holiday, toy, ball

January

Feelings	Afraid, hungry, thirsty, happy, sore, angry, full
Food / home	Sandwich, dinner, drink, juice, Sausage, chips, cake

February

love	Love, thank you, sweets, good morning, play, football, finish
Animals	Farm, dog, cat, mouse, horse, cow, bird, duck

March

Spring	Flower, rain, tree, smell, dirty, dance, birthday, jump
St. Patrick's Day	Book, colour, garden, game, cheese bread, water

April

Mother's Day	Kiss, card, nice, happy, present, biscuits, clothes, milk, banana, glasses
Easter	Eggs, Easter, hat, blue, black, green, pink, white, cup, fish, chicken

May and June: Revision

Patricia Lee 12.01.23.