



## Love is patient and kind

### MOTTO for 2011-2012: Courtesy and kindness

Many people wonder how to change the world for the better. The answer? One random act of kindness at a time. If you want to be respected, or just want to be nice.

**Hold doors open for people.** It may seem small, but it doesn't take a lot of time or effort, and someone holding open a door with a smile can make someone's day. Helping or just being courteous to other people can make you feel good about yourself.

**Be kind to the elderly.** Give up your seat on the train or bus. If you think someone else needs it more than you, let them have the seat. You will feel good about it.

**Be generous.** If someone is missing a few cents for their purchase in a store, give it to them. Give generously to organizations which feed the homeless.

**Offer to be friends with people you have known for even a short time or who you know are going through a tough time.** They need to know you care -especially if you are the only one who does.

**Kindness begins at home.** Obey your parents if you are a teenager, and help with chores, or do your homework.

**Remember you have a responsibility to society as well.** Apart from our own needs and satisfaction, one needs to offer a helping hand to the immediate society as well. This can be done in small, yet in significant ways. Offering to switch on the lights for a neighbour or to feed their pet when they are away are examples of gestures that reciprocate kindness.

**Show kindness and responsible behaviour to the environment.** Attempt to protect the planet by contributing to the upkeep of public parks, gardens that fall outside the realms of your property. By helping an elderly or sick person to tend their gardens or even plant a tree shows goodwill and selflessness.

#### ÁTHAS

**CAPTAIN Nicola Blake**

**Vice Captain:**

**Molly Featherstone**

As leaders of Áthas we hope to raise awareness for the Victoria Diez Centre the Kikwit Foundation, which is set up in the Democratic Republic of Congo, Africa. Our school along with the Teresian Association has a great connection with this centre and I, as the team captain along with Molly Featherstone the vice captain, hope to educate our School about what goes on in the centre. We will provide information and pictures on our notice board and the information will be updated regularly, we hope that this will let the students know what is going on in the wider world of the Teresian Association! We also hope to get in touch with

those in the Kikwit Foundation, finding out more information as we go along.



Last week the Áthas team took part in the School's Maths quiz and had a great time competing against our rivals Misneach and Grá! We hope to continue these team games and quizzes bringing each year closer

together and forming a strong bond between our team mates. If anyone has any ideas for more school activities we would be grateful to hear your ideas and you can let Molly or me know. We hope to get in the lead on the notice board this following term

so any ideas that will help us get there would be much appreciated.

#### MISNEACH

**CAPTAIN Jane Gilsenan.**

**Vice Captain: Julia McCarthy**

Misneach's project this year is The Pedro Poveda Special School in **Honavar**, India. Myself and the vice captain, Julia McCarthy, along with the Misneach class leaders, have provided information about the project on our notice board and will continue to raise awareness of the project throughout the year. We plan to



send a letter to The Pedro Poveda Special School and hope to strengthen connections between our school and theirs.

Unfortunately our Maths team was not as successful in the Maths quiz as we would have hoped, however, we will learn from that significant defeat and rise to victory in the next competition, ending Grá's reign at the top of the leader board. In the weeks leading up to Christmas, we hope to see Misneach emerge triumphant over Grá and Áthas.

#### GRÁ

**CAPTAIN Emmagh O'Reilly**

**Vice Captain:**

**Sarah-Louise Sommerville**



The Grá team is raising awareness for the Teresian project in **Villa El Salvador, Peru**. Our main aims are to make contact with the people in Peru and to give information to our fellow students and also the teachers about the project itself. As well as this, we are hoping to raise some money for the project but our primary aim is to raise awareness. So far we have written out a letter to send to Peru, and it is now hanging up on the notice board.

It was a happy assembly on Monday when we got the news that we won the Maths quiz, so congrats to all the members of the junior and senior teams who took part! I hope Grá's motivation will remain high throughout the rest of the term so we can continue to work together and keep our winning streak alive.



**Basketball**

Basketball is off to a flying start this year, the U16a team are through to the All-Ireland Quarter Final of the Cup, they will play Colaiste an Phiarsigh, Cork. They have also won two out of three of their last league games.

The Cadette B & Senior B teams have both won their opening games. The Cadette team beat Loreto, Beaufort and the Senior B team beat St. Joseph of Cluny and Loreto, Beaufort.

The best of luck to all teams in their remaining league matches. The 1<sup>st</sup> and 2<sup>nd</sup> year leagues will not commence until January but they will have plenty of friendlies to look forward to. *Vivienne Naughton*

The Teresian School this year has

- 3 Senior teams,
- 2 Junior teams,
- 2 Minor teams and
- 2 First Year teams.

The Leinster League games have begun with all of the above teams getting off to a good start.

The Senior 1 have their first league game the Saturday we come back.

The first years start their league the middle of November, so they still have a few more weeks to prepare.

Hopefully we will see as many of the above team members over the mid-term break for some extra training on the 3rd and 4th November.

Enjoy the HALLOWE'EN break and I'll see you all on Thursday 3rd. November. *Nikki Lyons*

**Important Calendar Dates**

November	
Sat 5	Past Pupils' Association Dinner, Thomas Prior Hall, Bewley's, Ballsbridge
Mon 7	School reopens. Full Day
Weds 9	Full day of classes. 5th Year Parent/Teacher Meeting 4.15 - 6.45pm.
Fri 11	Feast of Blessed Victoria Díez.
Fri 11	Debs night for last year's Sixth Year Students
Sat 12	UCD Open Day for 6th Year Students and their Parents
Mon 14-Thurs 17	Musical: The Pirates of Penzance
Mon 21	Staff Meeting Subject Planning 3.45-4.45
Tues 22	Careers Evening for TY, 5th & 6th Yrs, organised by Parents Council. Date confirmed.
Weds 23	Mass for Deceased Past Pupils, Staff and Family Members, 8 pm in School Chapel. Date confirmed
Sun 27	Advent Begins. Whole School Penitential Service during Advent
Mon 28	Transition Year Work Experience I
Mon 28 - Fri 2 Dec	Christmas Examinations for 1st, 2nd, 3rd and 5th Yrs.
Weds 30	Mock Interviews for 6th Yr Students. Date confirmed.
<b>December</b>	
Sat 3	Feast of St Pedro Poveda
Tues 8	Feast of the Immaculate Conception. School closed.
Fri 16	Christmas Campaigns, 2.15 - 3.45 pm
Mon 19	No after school study this week
Wed 21	Advent Penitential Service, 8.45
Thurs 22	Prayer Service. Christmas Holidays begin at 12 noon. Term Reports for all years.



**CODE OF DRESS**  
Representing Ourselves and the School

What every student should wear
A kilt of the student's choice, plain or tartan, properly kilted, worn below the knee.
A white shirt with a collar, which should always be tucked in.
Plain dark shoes.
Ankle/knee length dark socks or tights.
A plain coat, anorak, jacket or raincoat. Hoodies are not allowed with the Code of Dress.
Hair tidy and tied back from the face.
A bracelet, a ring and one pair of stud earrings (in the ear lobe) may be worn.
Light make-up only worn by 5th and 6th Years.
No logos and fashion labels.