



## Walking the Extra Mile

**It's a refreshing change to encounter people who are willing to go the extra mile.**

If we are lucky we encounter such people on a daily basis. A cashier who is particularly courteous, a colleague who helps you do something not in their job description, or even a family member who does something to lighten your load. Going beyond what others expect of you can never be a bad thing. It's a great principle to live by no matter who you are or what you do. Your attitude is something that shines out beyond the boundaries of what you present to others. There's nothing that beats the feeling when someone surprises you by going the extra mile. Nature encourages the habit of going the extra mile: it's as if Mother Nature encourages working harder than is called for. If every human on the planet adopted a philosophy of going the extra mile the world would undoubtedly be a better place. Imagine a world where service is always courteous and delivered with a smile. While it's possible to still earn a living without ever having to push boundaries, going the extra mile can stimulate your soul. That warm feeling you get inside when you go the extra mile for someone else is irreplaceable. There's no substitute for a heartfelt thanks and you can rest easy in the knowledge that you have made life just that little bit easier for those around you. Why not try to incorporate this idea into your daily life? By setting a goal that you will go out of your way for someone else on a daily basis – you commit yourself to that warm fuzzy glow daily too!

**"If anyone asks you to walk a mile with them, walk the extra mile." [Matthew 5: 41](#)**

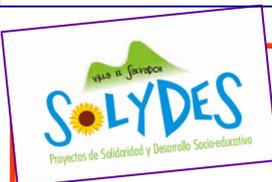
### Leaving Certificate 2009

#### Teresian Schools Results CAO Stats

		%	%
500+	13	48.15	8.40
450+	19	70.37	17.90
400+	22	89.00	30.00
340+	25	96.50	35.40

Our sincere Congratulations to the Class of 2009 who got such outstanding results in the Leaving Certificate.

A big CONGRATULATIONS to **Aoife Cooney** on her **600 points** ! Also to the UCD Scholars and the Exhibition winners in TCD. You did us proud!



### Lourdes

Towards the end of 5th Year our class was offered the opportunity to apply for a place to go on the annual Dublin Diocesan pilgrimage to Lourdes. Many put their names forward for the trip but there were only six places. The six of us who were chosen were delighted to get the opportunity to go. After one week back at school, we set off for the trip to Lourdes, feeling optimistic but unsure of what to expect. We met at the airport at seven a.m. From the minute we arrived we were assigned a pilgrim each to help through the airport and keep company during the flight. Instantly we knew that our contribution to the trip, even though small, would make a huge difference. Throughout the week in Lourdes we had long hours to work but

grew fonder of the whole experience every day. Many of us grew very close to the pilgrims in our wards who we would bring to Mass, to their meals and occasionally to the shops. We also got the sense that we were very much appreciated by each and every pilgrim even if we were just simply keeping them company. Many of pilgrims had great stories to tell and throughout the course of the week we learnt a lot about each and every one of them. When we left Lourdes we all felt a great sense of purpose but we were all sad to say goodbye. We all really enjoyed our week and many of us wish to go back in future years. Many thanks to **Luisa** who accompanied us on our journey to Lourdes

*Ria Farrell and Isobel Kelly*

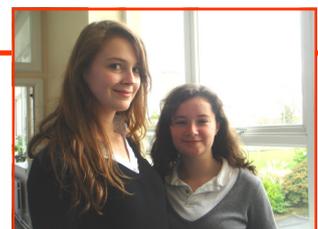
### PERU

Our deep appreciation goes to Hilda Geraghty and Cathie Hynes for accompanying our 5th Yr students to Villa El Salvador for three and half weeks last July . This Volunteer Programme will be offered to 5th Yr students again this Year.

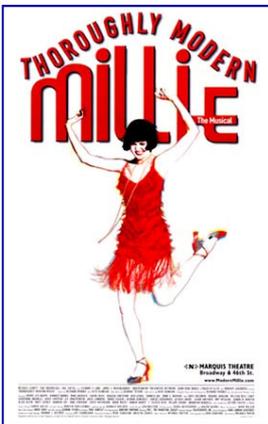
The Peru Sale will be on Mon 23rd November in the Pedro Poveda Pavillion between 8.30 –4.40 pm. We hope to have our Crew 2010 ready for that day.

### European Youth Parliament

Patricia Fitzpatrick, Lauran Kilmartin, from 5th Yr and Rachel Byrne and Grace de Blaca from TY will take part in the European Youth Council for several days at the end of October. We wish them the best of luck and look forward to hearing all about it afterwards!



Patricia Fitzpatrick, Lauran Kilmartin, 5th Yr,



## TERESIAN MUSICAL

Under the watchful eye of our new drama and musical director, Sharon Sexton, auditions and rehearsals are under way for the production of **Thoroughly Modern Millie**, in which 1st to 5th Year students are involved.

Thoroughly Modern Millie is a high-spirited musical romp that had all of New York dancing the Charleston. It's the zany new 1920s musical that took Broadway by storm! It takes place in New York City in 1922. So we will see some Charleston dancing during the next few weeks.

Congratulations to all the students who participated in auditions or who took on the task of Stage Manager and Team.

## MATHS WEEK

There was a great buzz around the School during Maths Week this year, what with puzzles and games or competitions. It was fantastic to see the enthusiasm for Maths it generated.

Some classes attended "The Magic of Maths" in the RDS and others went to a lecture in UCD.

Our thanks to the Maths teachers who masterminded the activities to highlight Maths Week.



Imelda Watson and a group from Madrid

## Exchanges

Our **Exchange** students this year have accompanied our School journey making great progress in English and enriching our lives too. We wish them well in the future. They look forward to hosting the Irish students in Valencia or Madrid in the coming months. Thank you for being here!



## Chemistry: 23rd October, Mole Day

Chemistry Mole Day was marked with a Mole Day Chemistry activities and party in the Yellow Lab. Chemistry students from 5th and 6th Yrs. prepared and enjoyed Chemistry in the making.

21 Oct 2009 ... Celebrated annually on October 23 from 6:02 a.m. to 6:02 p.m., *Mole Day* commemorates Avogadro's Number ( $6.02 \times 10^{23}$ ) 21 Oct 2009 ... Happy Mole Day to you!

## Sporting Hopes for the Future



*Here is a brief report from two of our Sports enthusiasts from 2nd Year. They embody the vibrant Sports spirit and commitment that is present in our School.*

Last year our 2nd Year "A" basketball team was very successful and we won our Dublin league. Then the big match came: the All-Ireland Final against Listowel, Kerry. Unfortunately, after a tough fight from both teams the scoreboard read 29 – 27 to Listowel. This year our aim is to train even harder and be victorious in the National Arena Tallaght. It will be much tougher as our success in the "B" division has promoted us to the "A" division this year. We have great hopes for our "B" team as well and thank them for the support last year!

As we were competing with some of the big hockey schools last year our "A" team were very proud to reach the semi-final. We have had two league matches so far this year and they have resulted in 2-0 to us and 1-1. Our big test will be when we face Wesley after the midterm

as they too reached the semi-final. This year we were delighted with our victory over Mt. Anville, 2-1.

Our "B" team played St. Andrews and were delighted with 0-0 as Andrews are one of the top teams this year. Our aim is to be successful with all our three teams this year and hopefully reach a Leinster final.

Last year Ariana Coyle Diaz and Lauren Murray were the runners up in the schools golf championship. This year we hope they can take home the trophy as both have been practising over the summer. Ariana has again lowered her handicap down to 4 in Spain!

Show jumping has been introduced in our school and the first years did very well and brought home rosettes for our school. Several students in the school are involved with horses so there's more potential for the future!

*Rachel Dillon and Anna Scott.*