

Website: www.teresian.ie

Teresian Times

Joy, Fortitude and Love

EASTER 2018

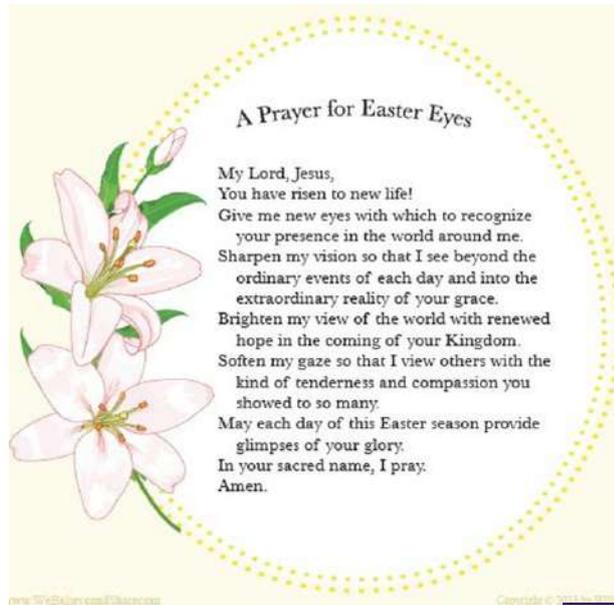
Aim for the year

*"United in
doing good"*

A Note from the Principal

When we reflect on Easter and the Resurrection we tend to think beyond our mortal lives. The Resurrection is a source of great hope for all of us and particularly for those who have lost someone they loved.

I recently came across this prayer which encourages us to bring the Resurrection in to our present daily lives and I would like to share it with you.



A Prayer for Easter Eyes

My Lord, Jesus,
You have risen to new life!
Give me new eyes with which to recognize
your presence in the world around me.
Sharpen my vision so that I see beyond the
ordinary events of each day and into the
extraordinary reality of your grace.
Brighten my view of the world with renewed
hope in the coming of your Kingdom.
Softens my gaze so that I view others with the
kind of tenderness and compassion you
showed to so many.
May each day of this Easter season provide
glimpses of your glory.
In your sacred name, I pray.
Amen.

Wishing you all the blessings of the Easter season.

Brenda Hynes

Acting Principal



R.I.P. Monsignor Richard Sherry

It was with deep sadness that we learned of the death of Mgr Richard Sherry, former parish priest of Donnybrook. Mgr Sherry was chaplain to the Teresian School for a great many years, from the 1980s until 2010, celebrating our school Masses and the sacraments, and sharing in the life of the school. Ever enthusiastic for handing on the Christian faith, he spent considerable time visiting classes at RE time, where he was renowned for his ability to ask questions. We wish to express our appreciation for his selfless dedication and spirit of service over so many years, for which we owe him a great debt of gratitude. Ar dheis Dé go raibh a anam dílis.



Young Scientist Exhibition

On Friday 12th January all 1st, 2nd and TY students attended the BT Young Scientist and Technology Exhibition in the RDS. Students enjoyed learning about the different projects being displayed, as well as getting involved in some of the games available, having a go at telling the weather with RTE, and watching some of the amazing shows such as the Ministry of Science and Mind-blowing Magic of Science.

New Junior Certificate Cycle



Congratulations to all the Transition Year students who received their Junior Cycle Profile of Achievement (JCPA) on Monday 22nd January 2018.

To read more about the new Junior Certificate Cycle – Click on the link below

<http://teresian.ie/new-junior-cycle/>

5th Year Business Bond Trading Event

The 5th Year Business students attended a Bond Trading event in the Talbot Hotel, Stillorgan along with twenty other schools. They pitched their ability to trade bonds and shares against all of the other schools in a fiercely contested competition which was eventually won by Blackrock College. A great time was had by all!



Upcoming Event

On **Sunday, 22nd April 2018**, the TY Victoria Business class will be hosting The Teresian 'Run to Peru'. It will **start** in The Teresian School at **10am**, and we will run, jog or walk to St. Michael's College, where we will be completing laps of their athletics track. It will **finish** in The Teresian School at **12 noon**. This is in aid of our projects helping underprivileged schools in Peru and it will also contribute to the fund for a new hockey pitch. For further information or offers of sponsorship please contact Business teacher Micheline Gilsean (michelinegilsean@teresian.ie).

School Musical - SOS

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This year our school musical was “SOS”, a take on Mamma Mia with all of the ABBA songs. I thoroughly enjoyed being part of the musical and it was a very enjoyable way to interact with different students from different years. With the new hall and stage, the production was a great success and we got a lot of positive feedback after our two performances.



A lot of hard work and dedication went in to making this play possible. We started rehearsals in September and since then have had after-school and weekend rehearsals.

There are many people to thank for making the play possible but most importantly on behalf of the cast our gratitude must go to Áine Keegan. Áine directed the play from the beginning, she was greatly loved by us all and her patience and drive was a true inspiration to us.

By: Amy Maguire - Transition Year



School Fitness Challenge

We are very excited to share the great news that our school has come 3rd in Ireland's Fittest Girls School Challenge 2017, run by Irish Life Health.

The girls have put a lot of hard work and effort into their PE, Sport and Physical activity and it is certainly paying off!

Well done to all our students

Since 2013, the Schools' Fitness Challenge has helped Irish students become fitter, faster and more energetic. The Schools' Fitness Challenge invites secondary schools throughout the country to join together in highlighting the importance of fitness to our future health and to make increasing physical activity a national priority. The challenge aims to get young people to adopt a healthier and more active lifestyle, which will positively benefit their long term health. The girls completed a bleep test in PE class in September, a term's fitness module (alongside sport and PA after school) and another bleep test in early December. Many thanks to Sandra Pye, Sports Coordinator for organising the schools participation.



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Transition Year Activities

Our TY students took part in an incredible Gaisce Adventure Journey in Larch Hill House in the Dublin Mountains. They had a truly wonderful time, competing in archery, rock climbing and other team challenges before devouring burritos and hot chocolate. The students got an "early" night before getting ready for their 4.30 am start to hike in minus temperatures to meet the sunrise atop Fairy Castle, with a spectacular view over Dublin City and County Wicklow. This was certainly an adventure that they won't forget!



Scifest@School 2018

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A huge well done to all 1st and 2nd Years for their participation in SciFest@School. SciFest took place on Thursday 1st February. The fair saw many visitors including students and teachers from the Junior and Secondary schools, other staff members and parents. The projects were judged by a panel of four external judges: Phil Smyth, Head of Public Engagement at Cool Planet Experience, Broadcaster and Science Communicator; Dr Rachel Clarke, Environmental Protection agency; Ciara Beausang, UCD School of Biosystems and Food Engineering and SciFest representative Anne Lynch. We were delighted to welcome back three judges from last year's SciFest@School. The School is indebted to the judges for giving so generously of their time and expertise. The judges were very impressed with the standard and variety of projects and commended all the students for their efforts and enthusiasm, encouraging them to actively keep up their interest in Science.

Winners on the day were:

First Prize: How does make up affect your skin?
Lauren Boyle and Lucy Curran (1st Year)

Second Prize: Are your siblings the reason you are so nice?
Siofra Delaney, Holly McHugh and Lucy Reynolds

Most Enthusiastic: Do people respond better to colour?
Jessica McConn Walsh and Emily Terry

Highly Commended: Rate of Evaporation
Kodi Leung, Sara Erdenesuren, Molly O'Beirne

Highly Commended: Music affects plant growth.
Nieves Chaves Perez, Iona Bi, Kylie Mae Cabamungan



In addition, each student received a SciFest@School certificate of participation.



Solidarity Week



Our Annual Solidarity week ran from Monday 5th March until Friday 9th. It is a very important week in our school calendar with lots of events happening. The aim of this week is to raise awareness of the importance of Solidarity in the world, how our actions can have a positive or negative effect on other people and how we should take personal responsibility for those actions.

In addition to raising awareness during this week we also raised funds for the Teresian Association Projects in the Republic of the Congo, India and our friends in the Peru Project.



Solidarity Poster Competition Winners

Environmental Committee

Active Student for Environmental Change - Plastic Committee Report

The environmental committee was set up by students to raise awareness about environmental issues. The first area we decided to look into was plastic and how it can have very dangerous effects on ecosystems. At assembly we asked students to guess what percentage of fish in the Atlantic Ocean had plastic in their stomachs. According to a recent study conducted by NUI Galway, 73% of fish just off the west coast of Ireland were found to have micro plastics in their stomachs. These plastics made their way into the ocean due to the reckless disposal of plastics we use in our everyday lives, such as plastic water bottles. A display was made on the corridor of pictures of fish with plastic water bottles in their stomachs surrounding the 73% figure. The display was made to remind students to think about the amount of plastic they use on a daily basis and to understand the detrimental effects that they have on marine life. The committee plan to continue this campaign in the future and we hope that the use of non-reusable plastic water bottles will be reduced in the school.



Katie Magee 6V

What countries are represented in our school?

The Student Council recently carried out research to find out what countries are represented in our school. We began by issuing a survey to students encouraging them to tell us what nationality they are followed by what nationality their parents are. Once all results were received, the Student Council calculated that over 20 countries are represented by our student body. We were astonished by the cultural diversity of our small school. Following these results, we would like to celebrate this diversity. In the coming weeks we hope to learn about these cultures through the students themselves and to become more aware of the cultural diversity within our school. We also have an excellent display in the entrance foyer of the school, highlighting these countries and various facts about them.

I would like to thank the Student Council representatives for their help throughout this important project. **Jane Terry 6V**

World Book Week

Congratulations to all students who were involved in World Book Week. Amelia Quinn won the 'Catch your pet reading' competition, Siofra Delaney won the 'Classics as Comics' competition. The 'Guess who is Reading?' competition was won by Chloe Costello.



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On Tuesday 27th February the Teresian Book Quiz was won by Lana Fitzgerald, Rachel Jameson and Julia O'Leary. The best quiz name went to The Three Booketeers.

All students were involved in D.E.A.R. (Drop everything and read) during the week.

On Friday 16th March, 5th and 6th Year students gathered for a Gatsby Tea Party and Quiz, congratulations to Team Vintage.

PE XPO - DCU

Well done to the following TY students who presented their Sport Science projects in the PE XPO held on Wed 7th March in DCU.



Ella McGrath – The Effects of Caffeine on Physically Active Teenagers

Emily McAlinden & India Costello – What Foods Have A Better Effect on Performance; Energy Bars or Natural Food

Isabelle Kennedy & Megan Colgan Smyth – The Effect of Performance Enhancing Drugs

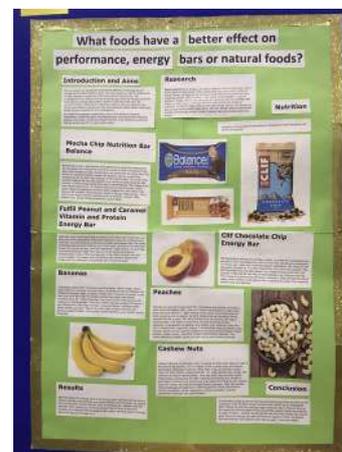
Sophie Casey, Maggie O'Gorman & Sophie McWilliams – How Sport has Affected Irish Communities

Ciara Xue, Xenia Ma, Holly Groom & Anna Byrne – Does Mental Toughness Have an Effect on Performance in Sport

Daniela Bowers & Kathryn Smyth – Effects of Injuries and Rehabilitation on Pro Athletes

Teresa Perez- Step Into Sport

Alexandra Duffy – Do Teenagers Know The Many Components of Fitness?



Sports



Follow Teresian Sports on Facebook, Twitter or Instagram. Get all the latest news on the Captain's Update on the website - click on the link <http://teresian.ie/secondary-school/sport/>

Our Secondary School students are getting great use out of our new suspension straps. Suspension training is designed to help develop functional strength.

Basketball

Our U16C Basketball team put up an excellent fight in the SDBL Final but sadly lost 25-32 to a great Loreto Dalkey team. Well done to all the girls and coach Des.



Well done to our U19C basketball team who reached the SDBL final. They sadly lost out to Loreto on the Green but put up a great fight every step of the way!



Cross Country Running



Well done to our 1st Year Cross Country team who competed in the Leinster competition in Santry. A huge congratulations to Lucie Ritchie who finished 6th overall and qualified for the All - Ireland competition where she ran a fantastic race and came 32nd overall with a time of 0:09:19

56 students from 1st - 3rd Year competed in Mount Sackville's Annual Muck Run on Wednesday 14th March. It never stopped raining all day, but I think that added to the fun of it. The girls had to make their way around a very muddy 3k track in the Phoenix Park, which included some obstacles! It was a team event and all the girls worked very hard to ensure every girl succeeded in finishing the race. Team spirit and camaraderie was at its best! A 1st year team of Lucie Ritchie, Evie O'Riordan, Jessie McConn Walsh and Johann Mullin came 2nd overall. It was a lovely way to close the Cross Country season. Well done to all the girls that took part.



Golf

Well done to Kate Eustace (6th Year) and Isabelle Banim (1st Year) who competed in the Irish Schools Golf Championship 2018 in Clontarf Golf Club. They both played extremely well and had great weather for it!



Hockey

Well done to the Senior Premier Team who reached the Plate Semi Final. They fought right from start to finish but sadly Alexandra College put one past them. Well done girls. You really did yourselves proud!

The Junior Premier Team have reached the final of the Plate competition and we look forward to supporting them in their match after the Easter holidays.

