



# Teresian Times

Joy, Fortitude and Love

SUMMER 2017

Aim for the year

*"Let your light  
shine for others"*

## The Shining Light

We have all worked together this year to make a future. Any change takes us out of our comfortable place. With that in mind, we have had to manage our spaces quite carefully this year!

But as the year has gone on and a new school has grown up around us, we see the new spaces that we will inhabit. We see

the new educational possibilities that will exist in the school. And we know that we have so much to be thankful for.

Optimism exists even where many see no hope. Optimism is a light that shines for others. It spreads to and warms people, bringing things to life.

With the great people that we have in this school, let us be as



optimistic as we ever have been, seeking out the best in the world. Let this light shine in the darkness, making the world a better place.

Anthony Carty, Principal

## Jubilee Building Project

We all look forward with great excitement to the opening of our new multi-purpose sports hall and additional classrooms in September 2017. The building is making steady progress and as you can see from the photo below is really taking shape.



# Grandparents Mass

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On Friday May 5<sup>th</sup> Transition Year Students hosted a mass and a lunch for their grandparents.

Áine, Frances and Sarah helped us to organise it. Father Conor Harper celebrated the mass for us. It was a lovely occasion and it is one we won't forget. Everybody in the year was involved and it was a really sentimental gathering. Some people did readings and others helped to set up the tables. In Home Economics Class we prepared sandwiches and we also made sweet treats. After the mass the grandparents ate lunch and had tea and coffee. They were all very proud of their granddaughters. It was a really nice time to bond.



Ciara McPhillips

## STEM Club

We have had some extremely exciting events in STEM Club over the past three weeks run by our 6<sup>th</sup> Years...

It began with a spectacular 'Biology Bonanza', held by Sibéal O'Briain. On the morning, we transformed the Green Lab into a real life operating room. We had to 'scrub up' in order to perform dissections on a frog and various hearts and kidneys. It was great fun, and everybody enjoyed poking around the different parts of the dissections. Our Bonanza showcased all the intriguing aspects of Biology, which were very appealing to the younger years!

In our 'Physics Phiesta', co-ordinated by Tanya Suhinthan, we experimented with extreme physics. We had heat sensitive slime which changed colour in our own hands! We also had a liquid rainbow made from colourful sugar solutions, which the students used to design their own rainbow! Next there were mysterious magnets which moved all by themselves. Overall, the Phiesta was a great success and demonstrated just how exciting Physics can be!

Our last STEM Club activity was our Chemistry Carnival run by Roisín McGrath. The carnival was filled with exciting experiments, which evoked thrill in everybody. We began with Elephant's Toothpaste, an experiment that produces masses of foam, resembling an Elephant's toothpaste tube being squeezed. Next we had a solution which went three different colours in a space of just two minutes. We also set fire to methane bubbles on Roisín's hand, which was thrilling to watch. We had such a fantastic time experimenting with fire, colours and various chemicals!

Our last three Stem Clubs were extremely enjoyable and we thoroughly enjoyed getting involved! We hope that everybody will come along in September and we encourage everyone to take part .

6<sup>th</sup> Years



## Camino Trip



We arrived in Santiago de Compostela on the 25th of April and drove for 2 hours to Sarria. We stayed the night in an albergue and started our Camino trip the next day from there. We walked 21 km the first day to Portomarín. The next morning we walked 26 km to Palas De Rei. The third day was the toughest because we had to walk 29 km to Arzuá. The next day we walked 19 km to Pedrouzo. Then on the last day we walked 22 km to the cathedral in Santiago. We walked around Santiago for the next two days sight seeing. The Camino was a very enjoyable experience and one to remember.

Jennifer Horgan



## Salters' Chemistry Festival



Salters' Festival of Chemistry for 1<sup>st</sup> Year students took place in Trinity College Dublin on Saturday 6<sup>th</sup> May. The day involved two practical challenges, "The Salters' Challenge" in the morning and "The University Challenge" in the afternoon. Over 20 schools took part. The Teresian School was represented by Iona Bi, Marcella Buono, Laura Perpelicini and Saumia Suhinthan. The students had a fantastic day working in the Cocker Chemistry laboratory in TCD and the day ended with an exciting live Science show. Congratulations to our students who represented the school so well!



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The annual Summer Fair took place on Saturday 29th April. It was a wonderful family day with plenty to enjoy including - Cake Sale, Tombola, Bric a Brac, Teresian Café, flowers and plants and books and toys.

Congratulations to all 6th Year parents and all involved for their dedication and commitment.

The funds raised will be used to purchase equipment for the new dining area (in the "old" hall) as part of the School Development Plan.

## **Junior Cert Science Quiz**



Congratulations to the 3rd Years who took part in the Junior Cert Science Quiz in Belvedere College. We had two teams in the competition. Sarah Holmes, Aisling Dwyer and Caroline Collins represented 3S. India Costelloe, Elizabeth Tansey and Alison O'Connor represented 3V. Both teams did extremely well and answered some very challenging questions.



### Scifest@School 2017

The Teresian School hosted its inaugural SciFest@School science fair on Wednesday 17<sup>th</sup> May. The school has brought projects to Scifest@College on many occasions but this is the first time SciFest has been held in the School.

All 1<sup>st</sup> and 2<sup>nd</sup> Year students took part, entering 27 projects in all. The fair was organised and overseen by Science teacher Rachel Hynes Roche. The participants were delighted to see Principals Rosaleen Doherty and Anthony Carty, teachers, Junior and Senior School students and many parents popping in to view the projects during the afternoon.

The projects were judged by a panel of four judges from outside the School, including Phil Smyth, Head of Public Engagement at Cool Planet Experience, Broadcaster and Science Communicator, Dr Rachel Clarke and Dr Amanda Sosa, UCD School of Biosystems and Food Engineering and Anne Lynch, Scifest Representative. 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 the 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:

**2<sup>nd</sup> Years First Prize:** *Lucozade vs Water*  
Anna Keane, Zara Lynch and Sophie Ritchie

**2<sup>nd</sup> Years Runner up:** *An Acid Test for Tooth Decay*  
Caoimhe Egan and Kate McAlinden

**1<sup>st</sup> Years First Prize:** *Is Plant Growth Affected by Different Types of Water?*  
Emma Bodley and Penny Caraher

**1<sup>st</sup> Years Runner up:** *Water Intake – the Effect it has on our Well-being*  
Sarah Evans, Jenny Murphy and Eve Nolan

#### **Best Experimental Design:**

*Do People Prefer Salt and Vinegar Crisps with or without MSG?*  
Annabella Moloney and Luise Stanley

In addition, each student received a SciFest@School certificate of participation. Our first SciFest@School was a great success - congratulations to everyone involved!



## EDIT Games



On 4th May 2017 28 1st Years went to EDIT, a sports event with all the schools in Spain that are part of the Teresian Association. This year EDIT was held in Teruel. When we arrived, we went to the Opening Ceremony which was a parade and we walked around Teruel with the other schools holding the Dublin flag. The next day we took a cultural visit around Teruel and later went to Dinopolis – a dinosaur adventure museum.



On the third day we played many sports and games against the other schools including basketball, football, ultimate frisbee and volleyball. The next day we went to the athletics track and we participated in activities including high jump, long jump, 60m sprint and relay. We had a fantastic time at EDIT. It was an incredible experience that we will never forget. We made many friends while we were there. On our last night we went to a party and we had so much fun. When it was time to go we were all very sad because we didn't want to leave. We would all love to repeat EDIT in the future!



Written by Anna Cusack (1st Year)

## Jump for Joy



Our annual Jump for Joy event was once again a huge success. The 6<sup>th</sup> Years planned a fantastic event with the help of our Sports Coordinator, Sandra. This year the theme was Superheroes. The team colours were red/blue for Áthas, green for Misneach and black for Grá. The students really embraced the theme and enjoyed the activities which were: Human Hungry Hippos, Dodgeball, an Obstacle Course, Sticks (Long Jump Competition), Gutter Ball Relay and a Caterpillar Relay. All money raised on the day goes to Our Lady's Children's Hospital, Crumlin.



## Farewell to our 6th Years



The 19<sup>th</sup> of May marked the end of an era for the class of 2017. The 5<sup>th</sup> years had been working away in secret all week as we anxiously awaited to find out the theme for this year.

The evening started off at 6pm with a beautiful mass in the Poveda Pavilion with parents, teachers and all the students taking part. As the evening progressed we all moved to the amazingly decorated hall where we discovered that this year's theme was 'Tangled'. This was followed by a delightful sit down meal filled with funny and nostalgic speeches and videos. It was a very memorable evening and we couldn't have asked for a better way to end our time in school.

**By: Róisín McGrath, Sarah Gardiner and Jodie Gardiner**



## Transition Year

On Thursday May 25th a few of my classmates and I went to the National Maternity Hospital. We started at 9:45 am when we gathered in a room with students from other schools. We were introduced to all the staff there and were given a brief history of the hospital. A gynaecologist came in and gave us an introductory talk on the surgery they undertake. We were given a tour by one of the doctors and visited NICU, this is where the premature and sick babies are held. They showed us how to perform ultrasounds and showed us videos which helped a lot. They then examined one of the premature babies in the NICU. Later on we met a midwife and she explained to us about antenatal care and the classes that they hold for the expectant mums. After our lunch we learnt how to examine a pregnant lady's abdomen. We practiced our surgical skills using the method called key hole. This is where they make very small incisions which leaves very small marks after the surgery has finished. A dietician came in and gave us a talk on how important it is for mums to eat properly as they are not only eating for themselves, they are eating for two. We were then shown a video of twins being born which was extremely fascinating as it was a caesarean section. Our day was packed with loads of new experiences and achievements and felt very rewarding. **Sophie Smith**



## Launch of Physical Activity Strategy



Dr Donal O'Shea, Aideen McGuinness, Rosaleen Doherty, Sandra Pye, Anthony Carty.

Here at The Teresian School we have an extra-curriculum timetable which encompasses a lot of different sports (Hockey, Basketball, Athletics, Tennis and Cricket). We are looking to broaden our activities and include ones which are not competitive. In order to facilitate this, the school has employed Aideen McGuinness as the new Physical Activity Coordinator. Aideen will organise new activities for the students to access regardless of whether they are already enjoying sports. She will work very closely with our Sports Coordinator, Sandra Pye, to ensure that all students will be able to access all areas of our new extra-curricular timetable.

The school launched its Physical Activity Strategy on Wed 10<sup>th</sup> May. Dr Donal O'Shea was the guest speaker on the night and he, Aideen and the new strategy were very well received.

# Sports

## Tennis

Well done to the Junior Tennis Team who won the Leinster Schoolgirls B League Final against St. Andrew's in Lansdowne Lawn Tennis Club on Monday May 22nd. They beat St. Andrew's 2-1. The Teresian Team was -

Olivia Mariotti & Caroline Collins  
Emily McAlinden & Kate McAlinden  
Cameron Kelly & Isabelle Flavin

## Cricket

Well done to both cricket teams - 1<sup>st</sup> Year and Junior (which is a combination of 2<sup>nd</sup> & 3<sup>rd</sup> Years). It was the first year that our school has entered a Cricket league and the uptake was brilliant. Hopefully as we progress, we can be more competitive and bring home some trophies for the school!

## Athletics

After competing in the East Leinster **Athletics** Competition, three of our students qualified for the Leinster Championships. They competed last week and Sophie Ritchie finished 6<sup>th</sup> in 100m, Alannah Fäsenfeld finished 5<sup>th</sup> in Hammer and Katie Magee finished 6<sup>th</sup> in 200m.

### **Athletics Leinster Combined Championship, Claremont Stadium, Navan May 2017**

Huge congratulations to Alannah Fäsenfeld (2<sup>nd</sup> Yr) who came 2<sup>nd</sup> in the Leinster U15 Girls Pentathlon in Navan. Alannah performed consistently in all events -

High Jump - 1.40m  
80m Hurdles - 13.56s  
Long Jump - 4.29m  
Shot Putt - 9.07m  
800m - 2.44.80m



Congratulations to our Basketball & Cricket coach, Des Fitzgerald. Des represented Ireland in the World Masters Games in New Zealand in April. They beat Australia in the final to be crowned World Champions.

### ***Congratulations to our Sports Award winners for this year***

Basketball Award	Róisín McGrath
Hockey Award	Sarah Gardiner
Junior Sportsperson of the Year	Sarah Holmes
Senior Sportsperson of the Year	Alva Lawler

Congratulations to Isabelle McGrath (TY - U18), Rebecca McConn Walsh and Sophie Ritchie (2<sup>nd</sup> Year - U16) who have been selected for the Leinster Girls Summer Panel. Over the last number of years there has been a huge increase in the number of girls playing hockey and the standard of players attending Leinster development sessions has risen each year. Best of luck to all three girls.



Congratulations to Anna Keane 2<sup>nd</sup> Year who has won a scholarship to the Joffrey Ballet School in New York over the summer. She will be spending two weeks at the school doing an intensive summer course. We wish her the best of luck!