

Website: www.teresian.ie

Teresian Times

Joy, Fortitude and Love

OCTOBER 2018

Aim for the year

*"Every journey
begins with a
single step"*

Message from the Principal

How appropriate that the Motto for Teresian Schools this year is "Every journey begins with a single step" ... As I take my first steps as Principal in The Teresian School, getting to know the pupils, staff, parents and The Teresian Association members, I would like to express my deepest gratitude for the warmth of the welcome I have received. What a blessing it is to lead such a beautiful school as this - the vibrant sense of community and solidarity among students, staff and parents is in the ether of The Teresian School.

It was wonderful to gather as a whole-school community in The Church of the Sacred Heart in Donnybrook for the Opening of the School Year Mass on September 26th. Our school community is very proud of and grateful for those students in fifth year who were commissioned as Extra-Ordinary Ministers of the Eucharist. I hope that this special ministry will bring many blessings on them and on those to whom they minister. This is a special expression of being a person for others which is central to our school ethos. The events of Solidarity Week further highlighted the importance of outreach, community and its centrality in our school.

On Saturday October 13th, we held our School Open Day and despite the torrential rain it was an extremely positive morning. We were delighted to showcase our new sporting facilities and the girls' pride in their school was very evident. Again the generous spirit of our students and parents was to the fore as they helped in many ways throughout the morning. Our students are wonderful ambassadors for the school - articulate, enthusiastic, helpful and giving. They are a credit to their parents/guardians and to the school.

Ag súil go mbainfidh sibh uile sult as an sos lár-téarma agus go bhfillimid ar ais lán le fuinneamh agus spleodar.

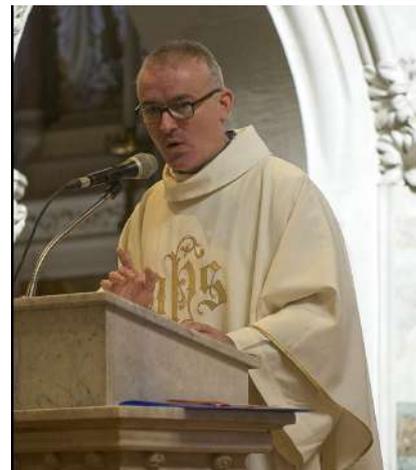
Deirdre Hickey
Principal

A very happy and restful mid term break to everyone

Opening Mass

On Wednesday 26th September, our whole school community went down to Donnybrook church to celebrate mass for the beginning of a new school year. Fr. Gerard Ryan joined us as our celebrant and our readings and music reflected our theme of the year, 'Every Journey Begins with a Single Step'. Our mass also reflected the Church's Season of Creation, with particular reference to Pope Francis' encyclical, *Ladato Si: The Care for Our Common Home*. Our duty of care for the planet was also echoed in Fr. Ryan's homily inviting us all to take immediate action to help save the planet. Many thanks to all the wonderful readers, musicians, singers and organisers who helped make the mass a wonderful celebration of joy and faith.

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Spanish Exchanges

In September five lovely Spanish girls - Carla, Maria, Claudia, Sasha and Almu from Valencia came to Dublin as part of our Spanish Exchange Programme. They were very friendly and outgoing and had an amazing experience here in Dublin. Over the month we saw a great improvement in their English and we are looking forward to seeing them again in March.

By: Rebecca McConn Walsh



Wellread Initiative

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As part of our whole school literacy plan we are aiming to create a heightened awareness of the importance of creating a culture of reading in our school. It is envisaged that the 'Wellread National Award' will explicitly foster and nurture a reading culture in our school and will bring about an overall improvement in students' literacy skills in a fun and engaging way.



So far we have set up a Book Club which is open to Junior students on a Tuesday lunchtime and Senior students on a Thursday. We have also created a new initiative whereby once a month all students will Drop, Everything and Read during a specific class period.

Our 'Little Free Library' opened on Tuesday 23rd October. This mobile library is open on a Tuesday, Wednesday and Thursday from 8.00 – 8.25am and at lunchtime. It is open to all students, parents and staff.

Take a book, leave a book, have you one to share? Take one or leave one, that's why they are there!

Find us at the school entrance.



TAKE A BOOK LEAVE A BOOK

The Free Library

OPEN

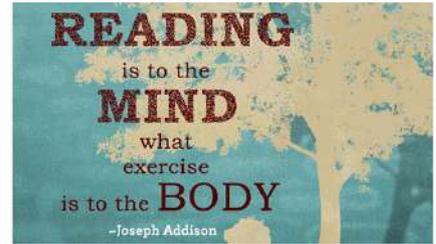
**TUESDAY, WEDNESDAY &
THURSDAY 8.00 – 8.25AM (school
entrance)**

Lunchtime (Library)

Suggested Reads for September/October 2018

Senior

A Gentleman in Moscow – Amor Towles
The Catcher in the Rye - J D Salinger
Foster – Claire Keegan
The Dry - Jane Harper (Adult)
Half of a Yellow Sun - Chimamanda Ngozi Adiche



Junior

Spare and Found Parts - Sarah Maria Griffen
White Rabbit, Red Wolf - Tom Pollock
One of us is Lying - Karen M McManus
All the Light we Cannot See – Anthony Doer
The Curious Incident of the Dog in the Night-time – Mark Haddon

Macbeth

6th Year students went to the Mill Theatre on Wednesday 17th October to see a performance of Macbeth.



European Day of Languages



The girls enjoyed doing Quizzes and playing Games to Celebrate European Day of Languages

On the last day of our exchanges visit we held a Spanish and French lunch as a going away party. The exchanges and their hosts prepared traditional Spanish tortillas and the rest of the Spanish class made some tapas. It was great fun learning how to make a tortilla. The French class prepared crepes and quiches. All senior cycle students were invited to come and enjoy the food we prepared, to say goodbye to the exchanges and celebrate together European Day of Languages.

By: Sophie Banim and Siofrádh Fitzgerald



Science and STEM Club

STEM Club Egg Drop Challenge

Over a four week period, students designed and built various contraptions that they hoped would protect an egg when dropped from a height. A lot of work went into building the contraptions, with some teams trying out several different designs. Once finished, all the contraptions were dropped from the 1st floor and **ALL** of the eggs survived the fall. We will have a 2nd drop from the second floor in the coming weeks to determine a winner. Well done to all participants.



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Sport

Cross Country Running

On Wednesday 10th October, 26 students from 1st and 2nd Year entered the Brothers Invitation Cross Country in Santry Demesne. They were fortunate enough to have fantastic weather for the event and really put on a great performance. Zoie Ritchie (1st Year) individually came 1st in the Minor category, her sister Lucie Ritchie (2nd Year) came 2nd in the Junior Category and as a team our Juniors came 2nd overall. A fabulous day out for all involved - Well done.



Transition Year Activities

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The Soup Run

Every Monday 4th Years do the soup run. We prepare soup and sandwiches in our double home economics class. We also give chocolate and bring hot water so that we can make tea and coffee for the homeless. We take the bus into town and start at the top of Grafton street and work our way to O' Connell Street. The soup run is an eye opening experience and is very fulfilling, you realise how much you have compared to some people and see how hard life can be for the people on the streets of Dublin city. You see how something that can mean so little to yourself can mean the absolute world to someone else. The homeless probably see hundreds of people a day passing them on the streets but people do not understand how lonely their days are. It means a lot to them that you go over to them to give them food and to ask how they are. It is a very interesting and fulfilling experience and I advise everyone to do it.

By: Kate Hudson, Transition Year

Barista Course

We were very privileged to be able to complete the barista course with the Way Ahead Centre. It was a great experience and we achieved a certificate which will help us when applying for jobs in the future.

We firstly learned the theory behind becoming a barista. This included safety in the kitchen, hygiene, how to clean the equipment, customer service, how to be a good employee, the different types of coffee and the different types of equipment. We were also taught how to make the different types of coffee. We started with how to make an espresso as it is usually the source of all coffees. We then learned how to make a cappuccino, laté, americano, a mocha and finally hot chocolate. We also learned things like tamping, the use of coffee machines, how to steam milk properly for the correct coffee and finally the pouring and a bit about the coffee design.

In conclusion it was a fantastic experience and I would very much recommend it to any student seeking a job as a barrista.

By: Luíse Stanley, Transition Year



Amber Flag Initiative

This term saw the launch of the Amber Flag Initiative in The Teresian School. A large number of students are involved in this Project. The Amber Flag promotes Positive Mental Health and Wellbeing. The 'Amber Flag' project is similar to 'Green Schools' where a school must promote the values of the flag, with Amber symbolising Mental Health. As a school we are already doing a huge amount of work in promoting positive mental health and attaining this flag will signify our positive approach towards Mental Health Awareness. We have established an Amber Flag committee team comprising staff and student representatives to drive this initiative and are currently carrying out an audit of the existing activities that promote the cause and which will help identify goals / tasks for the year ahead.

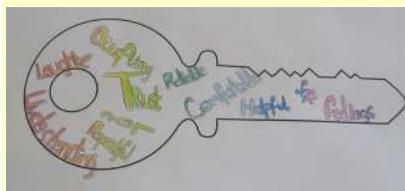
We have confirmed the following as some of our goals:

- A Mental Health Awareness (Wellbeing) Week to be held in March.
- A series of talks relating to Wellbeing and Positive Mental Health from organisations such as Aware and Soar.
- An Amber Flag noticeboard, which is on the 1st Floor beside the Deputy Principals Office.

Here is a list of everyday things you can do to promote your own positive mental health:

- *Eat a balanced diet and drink plenty of water.*
- *Get a good night's sleep, at least 7 hours of sleep each night.*
- *Talk it out with family members, friends or teachers. As they say a problem shared is a problem halved.*
- *Take time out to spend alone to relax and have some "me time".*

Amber Flag 1st Year Art - Wellbeing Keys to Friendship



WorldWise Global Schools



Development Education

This year our school is working towards becoming a WorldWise Global School. This means that The Teresian School is working towards demonstrating an increasing awareness and understanding of the rapidly changing interdependent and unequal world in which we all live.

WorldWise Global Schools (WWGS), is the Irish Government's National Development Education Programme for post-primary schools. Development Education is an educational process, which aims to increase awareness and understanding of the world we live in. It challenges perceptions and aims to create a just world. Our school is now a part of this process.



Thanks to Caoilfhionn Casey and Sophia Barretto for designing our noticeboard header.

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'Spooky Spectacle'

Well done to our Transition Year Victoria Business Class who ran a Halloween theme-based fun event on Thursday October 25th in aid of the Make-a-Wish Foundation. The Halloween Event, aptly called 'Spooky Spectacle' included all of the Junior School and Secondary School and was thoroughly enjoyed by all. Each class from 4th Class up took part in a theme based classroom decoration competition and all the Junior School Classes took part in a fancy dress parade. Additional fundraising activities included a bake sale, raffle and a variety of Halloween games. A total of €2,886 was raised in total. Thank you to the all those who made donations and provided props for the event.



Maths Week

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This year Maths week got off to a wonderful start as it coincided with our school open day which was held on Saturday 13th October. We set match stick challenges for the students, while the infamous “Tower of Hanoi” was also tackled by the students eagerly and with a positive attitude.



This led us to the official “Maths week”. 1st and 2nd Years were asked to make a poster to illustrate and explain how Mathematics is important in their chosen career. The students’ posters encapsulated the relevance of Maths across society. Whether it is a career in acting or engineering, the students created wonderful posters which highlighted the important role mathematics plays in everyday life. The following girls received a prize for their poster: 1S Elizabeth Leahy, Zoie Richie and Shi Wan Bai. 1V Sarah Lee, Catriona Clery and Celia Martinez-Sanz. 2V Aishwarya Senthil, Evie O’Riordan and Lucie Richie. 2S Sally Zixuan, Katherine Clarke and Jessica O’ Hagan.



Some of the winners can be seen in the photos. The standard was excellent and we were very pleased with the effort, creativity and enthusiasm displayed by the girls.

During lunchtime the students also took part in Maths puzzles. The puzzles were suitable for junior and senior students alike. Working in teams, the activities encouraged the students to develop their reasoning skills, logical thinking, mental fluency and perseverance. The students got really involved and savoured the challenge.

**Thank you to everyone for getting involved, we look forward to
Maths week 2019.**