



The Teresian School

SA BHAILE

Week of 20-24 April, 2020

A Message from our Principal

Welcome everybody to edition 1 of our weekly bulletin for students, parents and staff. We hope that this will be a source of information, ideas and connection for all members of our school community.

I hope that you and family had an enjoyable Easter break and that you were able to enjoy the beautiful sunshine. Our main hope is that you are all keeping well during these challenging times. Please know that the school is here to support you as much as we can. How we care for one another will help sustain and strengthen us during these weeks and months. Ní neart go cur le chéile.

There are just five weeks remaining in this school term. We are now following our school timetable for all classes as much as is possible, with teachers connecting regularly with their students for live classes as well as being available to them online during their other class periods. It is important that students are present and online working during their class time. Where this is not possible, they need to let their teacher know and accommodations will be made.

All students now have a weekly assembly, again affording us the opportunity to get together, share information and have a sense of connection with one another. We expect that all students will attend their assembly. Where your daughter is unable to do so she should contact her Dean to let her know.

The PE teachers have a wonderful array of activities lined up for Active Schools Week (Active at Home for this year!). We ask you to encourage your daughter to participate as fully as possible. It would be great to see this engagement reflected on our social media via Instagram or Twitter (@teresiandublin). Handy links to these are available on FlexiBuzz and our website. I would like to thank parents for your continued support; to students for your engagement, positivity, resilience and good humour in the face of the challenges we are facing. I would like to express my deep gratitude to the teaching staff for the wonderful professionalism and incredible adaptability they have shown in changing their teaching practices in such a proactive and productive manner. To all the other staff, who are working side by side with the teachers or supporting them in the background, the wonderful work you are doing is having a huge impact.

Wishing everyone a restful, enjoyable weekend.

Yours faithfully,

Deirdre Hickey

Below are some thoughts from psychologist, Shane Martin, which you may find helpful.

SOME POSITIVES FROM THE CURRENT SITUATION

- Families spending quality time together
- Children playing with board games/jigsaws
- More books being read
- A greater appreciation of nurses and frontline staff
- Less pollution in the air
- People exercising more
- A sense of gratitude for things we took for granted
- Hearing birds sing, feeling the breeze
- Less traffic on the roads
- Communities coming together

Weekly Assemblies

Weekly Assemblies are compulsory for all students to attend.

Group	Day	Time
3rd Year Students	Wednesday	10.30
6th Year Students	Wednesday	10.45
1st and 2nd Year Students	Thursday	10.30
4th and 5th Year Students	Friday	10.30

The link to the meetings will be issued by the Dean of each group. Students must log on 5 minutes before the meeting is due to start.

Note from Senior Dean



It was lovely to catch up with you all during assembly this week. It is also great to hear that you are keeping up to date with your work, for those that are not quite there yet please contact your teachers to let them know your situation.



Well done to those of you that took part in the national DEAR today at 12pm, remember that 'reading gives us somewhere to go when we have to stay where we are'. If possible try to read for at least twenty minutes every day. Have a look at the Recommended Reads on our website for new ideas.

Next week is Active Schools Week, get involved as much as you can. As a class we are looking to see how far you can walk in five days. Hopefully teachers and parents will get involved as well. Can any class make it to Killarney or even further? No matter how slow you go, remember that you are still lapping everyone sitting on the couch. You will also have activities that will be taking place during your P.E. class so keep your eyes posted on Teams.

School is important but so is your health. Take care of yourself and each other. Be proud of yourself, your resilience and your ability to adapt in these circumstances. We will do our best to continue to support you as we all continue to wade through these uncharted waters.

On a final note this week it is important to remember the wonderful words of Seamus Heaney, '*If we winter this one out, we can summer anywhere.*'

Kindest regards,

Vivienne Naughton

Note from Junior Dean

It was great to see you lovely smiles during assembly this week. It is also great to hear that you are keeping up to date with your work and you are becoming more and more confident with technology. If you have any issues in completing the work, don't forget to let your teachers know. At this particular time it is very important that we keep communication open. Your teachers are here to support and guide you as you need. So please let us know if you are experiencing any issues which may delay your work. We all understand that we are working under challenging circumstances. In spite of that, the school community is responding very well, so keep it up!

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Enjoy the deserved weekend and may the good weather continue!

Lorena Lampedecchia

Active School Week

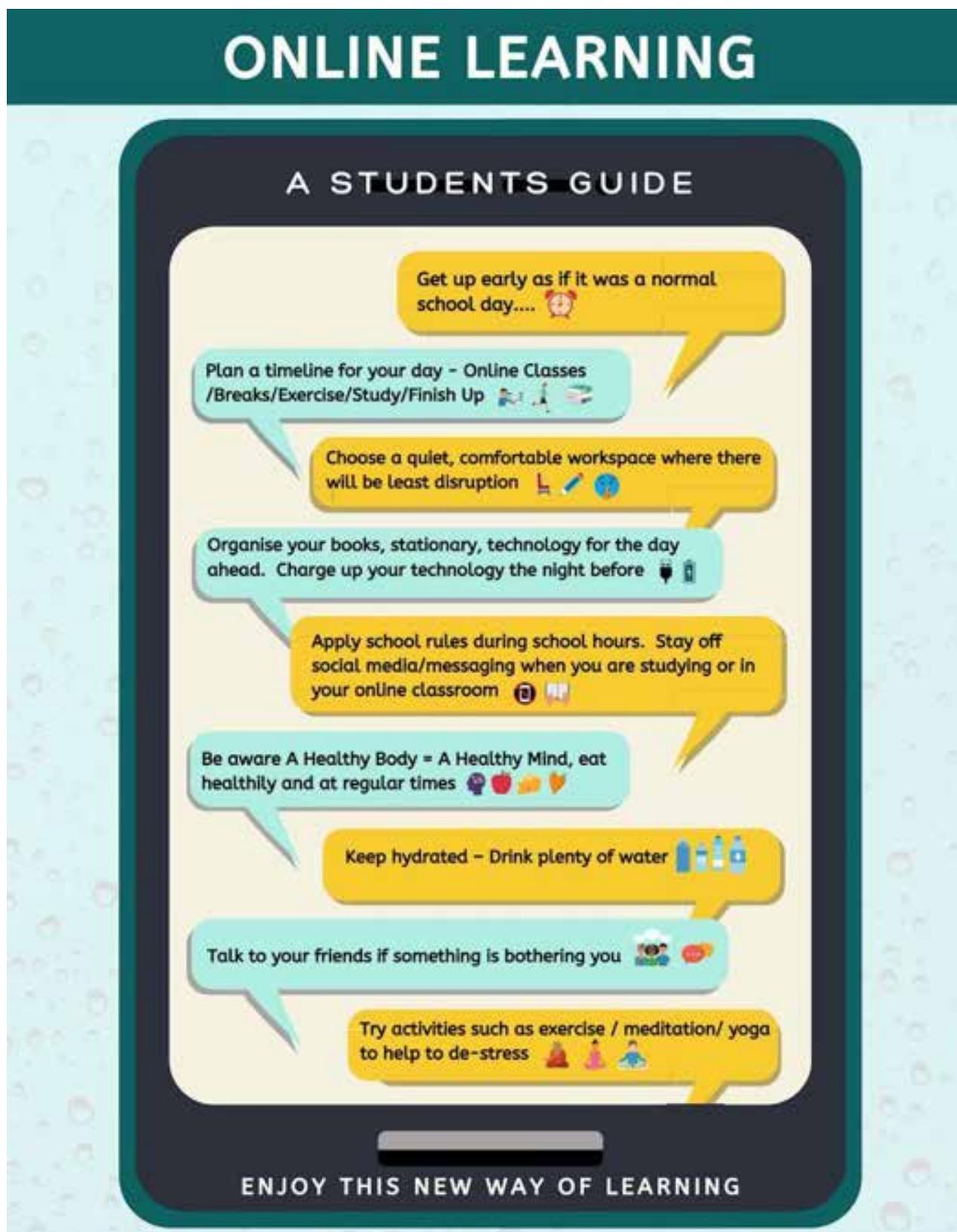
The PE Department have put together a fantastic Active School (Home) Week for next week. All students should have received their information already. It will be a great way to move 'together'!



Monday 27 th April 2020	<ul style="list-style-type: none">• 5V Just Dance – 10-10:30am• 3V Just Dance – 11-11:30am• 2S Just Dance – 2-2:30pm• All Years – Kerry Camino
Tuesday 28 th April 2020	<ul style="list-style-type: none">• 6th Year Just Dance – 2-2:30pm• All Years – Kerry Camino
Wednesday 29 th April 2020	<ul style="list-style-type: none">• 1V Just Dance – 10-10:30am• TY Just Dance – 11-11:30am• All Years – Kerry Camino• Whole School Kahoot! Quiz (prizes to be won!) 1:15pm
Thursday 30 th April 2020	<ul style="list-style-type: none">• 2V Just Dance – 2-2:30pm• All Years – Kerry Camino
Friday 1 st May 2020	<ul style="list-style-type: none">• 5S Just Dance – 10-10:30am• 3S Just Dance – 11:30-12:30pm• 1S Just Dance – 2-2:30pm• All Years – Kerry Camino

Acceptable Use of Technology

Please read the two infographics below. As a school we always expect that our students following the schools Acceptable Use Policy (AUP) and act and behave in appropriate ways when using technology and engaging in online lessons with teachers. Failure to do so will result in sanctions as outline in the AUP and the Code of Behaviour.



A STUDENT'S GUIDE TO ONLINE CLASSROOM ETIQUETTE

WORK SPACE

Choose a workspace that is suitable for the online classroom.



Be aware of what others will see in the background.

SHHHHH...!

Mute your mic when you are not talking or typing. Only turn it on if you are asked to speak.



BE ON TIME

Turn up – the class is to help you and your learning

Be on time for your online classes



NO PHOTOS

Do not take screenshots or photos of others online



SCHOOL RULES

School rules apply in the online classroom

Think before you type. Keep focused on the task assigned.



PRESENTATION

Dress appropriately



SPEAK UP & ASK FOR HELP

Contact teachers during school hours or make an agreement about contact times



RESPECT

Respect everyone's views online



ENJOY IT!

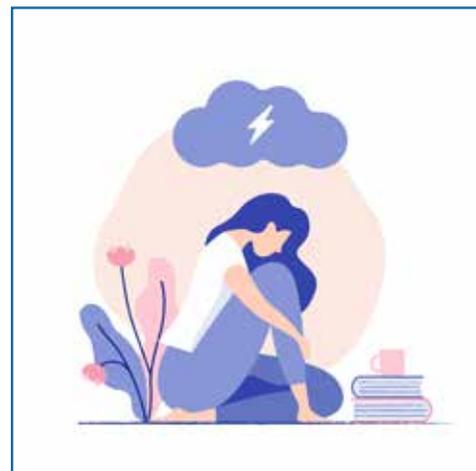
Enjoy this new way of learning. It is new to a lot of people and it may take time to adapt



Covid Grief

We are feeling an array of emotions during this time. A lot of what we are feeling could be grief. Most of us associate grief when we lose someone we love. But you can experience grief from any loss. We are missing our loved ones, our families, our friends, our normal routines and our freedom.

In some instances the grief may be overwhelming and intense particularly in the case of losing a loved one. Grief is natural and most people are resilient. You might be going between days where you accept the situation and days where you feel sad. There are several stages of grief; denial, bargaining, anger, sadness and acceptance. It feels like when we are in the middle of it that it will be like this forever but it won't. The process of grief helps us to realise that something has changed and that we need to adapt to it. We might even find some meaning from this period of time.



Ideas from the Anti-Bullying Ambassadors

Laura Nolan (2nd Year) shared that she finds it helpful to write a schedule for exercise. For example:

Exercise Record Table for May

Example	Week 1	Week 2	Week 3	Week 4
Monday	Long run			
Tuesday	Long Walk			
Wednesday	Shorter run			
Thursday	Long run			
Friday	Long Walk			
Saturday	HITT			
Sunday	HITT			

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Siofradh Fitzgerald (5th Year) has been trying some recipes from this link:

<https://www.bustle.com/p/30-things-to-bake-when-youre-bored-because-there-are-better-things-to-do-than-scroll-through-facebook-7313755>



Students and parents alike are encouraged to follow the Diana Awards Anti-Bullying Pro Instagram page:
<https://www.instagram.com/antibullyingpro/>

Dear Readers,

Now that you may have more free time it may be a good opportunity to try out something new or explore different ways of learning. The memory of my Headmaster, Mr. Cunnane’s voice has lingered with me for decades. Frequently he used to say, “You need to put on your Thinking Hat, Sarah”. I was an ever so slightly distracted 10-year-old who wondered what color this “Thinking Hat” the headmaster spoke about. How was I supposed to put on a Thinking Hat when I didn’t know what color it was? At the age of 24, I silently smiled, when I was introduced to Edward De Bono’s Six Thinking Hats.

De Bono’s Thinking Hats offer the user a systematic way of thinking and can scaffold learners at all stages of their educational life cycle. The Red Hat represents feelings, a hunch, or intuition, basically one’s gut instinct. The White Hat directs the learner towards extracting facts and information from a situation, idea, an article or a text. Following on, The Yellow Hat enables one to determine if an idea is useful or not or it can help to generate new ideas. The Black Hat helps the user to spot the risk or alert them to the possible dangers. New ideas can be generated by using The Green Hat. Finally, The Blue Hat helps one to understand why it is necessary to think and gives all the other Hats as tools to help organize one’s thinking or view a situation or piece of work from varying perspectives. Next week we can look at some of the practical uses of the Six Thinking Hats and we can use them to explore different situations or different ways of learning.

- Sarah Behan

Six Thinking Hats® Quick Summary

PROCESS		<p>Blue Hat - Process</p> <p>Thinking about thinking. What thinking is needed? Organizing the thinking. Planning for action.</p>
FACTS		<p>White Hat - Facts</p> <p>Information and data. Neutral and objective. What do I know? What do I need to find out? How will I get the information I need?</p>
FEELINGS		<p>Red Hat - Feelings</p> <p>Intuition, hunches, gut instinct. My feelings right now. Feelings can change. No reasons are given.</p>
CREATIVITY		<p>Green Hat - Creativity</p> <p>Ideas, alternatives, possibilities. Provocations - "PO". Solutions to black hat problems.</p>
BENEFITS		<p>Yellow Hat - Benefits</p> <p>Positives, plus points. Logical reasons are given. Why an idea is useful.</p>
CAUTIONS		<p>Black Hat - Cautions</p> <p>Difficulties, weaknesses, dangers. Logical reasons are given. Spotting the risks.</p>

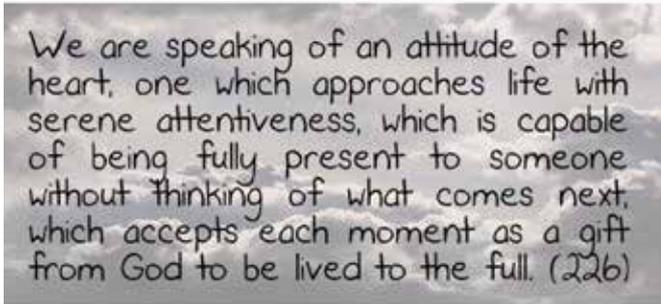
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Pastoral Care

2nd Week of Easter

Dóchas | Hope | Esperanza - The Power of Easter 2020

Bímís beo! ¡ViveLO+! Vivez-le plus!



Quote from Laudato Si'

The Power of Easter 2020

Faith invites us and urges us to experience this Easter with joy and hope in the midst of sorrow and adversity that can sometimes overwhelm us. We receive strength from the Risen Christ that makes us aware that we live in communion with one another. We have the certainty that pain and death do not have the last word.

As Victoria Diez said: *"Take courage, life is capable of more"*.

Yes, take courage because love and solidarity are capable of more.

A Motivational Message

by Grace T, 2 Segovia

It may look daunting now, as people suffer with the virus or with the fear of their loved ones getting it, it is a stressful time. During hard times we often stand together and look to the people we trust for help. It may look like we cannot do that anymore as we are stuck inside our houses, but we will and are doing it. So, let us stay home together, let us worry together, let us get through this time together.



Photo by Eliza, 1 Victoria

We wish our students, families and friends of the Muslim Community a Happy Ramadan, Ramadan Kareem!

From the Library

We were delighted to join Schools, Libraries, Book Clubs and Readers of all ages all across Ireland this afternoon (24th April) in Dropping Everything and Reading! I missed the buzz of students choosing library books for our regular school DEAR sessions, scheduled and arranged by Vivienne – always one of the busiest times for Senior School library book borrowing.

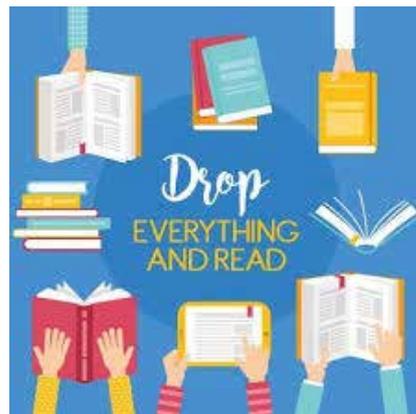
Over 340,000 people registered to take part in today's DEAR initiative, organised in association with Laureate na nÓg, Sarah Crossan. We were delighted that our neighbour, and a good friend of our Victoria Díez School Library, Ryan Tubridy got on board with promoting the National DEAR Initiative, and was joined by many Irish celebrities in sharing their DEAR moment on social media.

I used this DEAR as an opportunity to travel (virtually of course!) On the Shores of the Mediterranean with author Eric Newby (whose Round Ireland in Low Gear is one of our senior recommended reads this month). Usually more of a fiction reader, I'm enjoying evading lockdown and social isolation by reading a lot of Travel Non-Fiction at the moment, working my way through Eric Newby, Paul Theroux (father of Louis, uncle of Justin) and Jenny Diski's travelogues through places near and far, sometimes while listening to Joni Mitchell's sublime Travelogue album. My favourite travel-related book is The Blessings of a Good Thick Skirt: Women Travellers and Their World, by Mary Russell, a fascinating examination of the history of female explorers and adventurers – great title too!

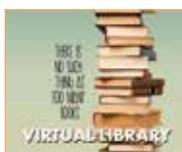
Although our school library is closed at present (I've had trouble trying to convince our Kindergarten girls that I'm not hiding out in the library during our Zoom Storytimes!), please continue to check the Distance Learning section of the school website for links to online resources. Remember, Libraries Ireland are allowing online registration for membership of Irish Public Libraries and have a huge range of excellent virtual resources. An Post have come to an arrangement with Irish booksellers too, limiting the cost of postage of books purchased online, so if you find your supply of physical books to read for pleasure is running low, check out your favourite local Dublin bookshop and see if something might entice you.

In these strange and unsettling times, reading for pleasure is more important than ever before – as a means of escapism, expression and as an empathy engine; as it says on the wall of our Victoria Díez Library, in a quote from American poet Rita Dove, books are “an arena of possibility, opening both a window into the soul and a door onto the world”. At this challenging time, social isolation melts away between the pages of a good book, providing virtual reality without using precious WiFi bandwidth! We can lose ourselves in books; we can find ourselves there too.

Robin Stewart



New Resources This Week



Don't forget to keep an eye on our **Distance Learning Resource Page** on our website for regular additions!

<https://teresian.ie/distance-learning-2020/>

