

Scoil Mhuire Student Newsletter

By The Senior Prefect PR Team



November 2020

Edited by Emily Dowling

Head Girls' Interview

By Tiffany Kennedy

Earlier this month, Tiffany Kennedy got to interview her fellow classmates and Head Girls, Megan Jones and Dearbhla Brady.

Thank you to Megan and Dearbhla for taking the time to answer Tiffany's great questions!

Read below!



Megan Jones & Dearbhla Brady

Megan Jones, Head Girl 2020-2021

Introduce yourself

Hi, I'm Megan, Head Girl. I was born on 2nd June 2002 and I am a Gemini. I've a passion for music, I absolutely love to sing. I have taken vocal lessons from a young age, so I have always sung. Taking part in the musical in Transition year is one of the main highlights of my time here in school. It was a great way to get to know everyone better and to gain confidence. I also like to go for jogs and make sure I am getting enough fresh air in between work and school. I've one brother and one sister who are both older than me, so I am the baby of the family :))

How did it feel being elected as head girl?

When I was elected Head Girl, I was completely taken by surprise. I had no idea that I was even in the running! A few girls had said to me in passing that they voted for me, but I never thought that it was enough to get voted in. I just do my work and keep my head down, like the rest of the girls in the school so I was in shock when it was announced that I got Head Girl!

Do you feel as if you are being treated differently since being elected?

I do not feel like I am being treated differently in class since becoming Head girl. However, I have had a few younger students in Junior years stopping me and asking me a few questions because they heard I was Head girl. Those little things make a difference to my day and really give me a boost.

Dearbhla Brady, Deputy Head Girl 2020-2021

Introduce yourself

Hey there, I'm Dearbhla, Deputy Head Girl. My birthday is the 13th of February, making me an Aquarius, although I do not really know what that tells you about me. I play camogie and Gaelic football and they are what I really love doing. When I am at home, I love reading books or watching shows on Netflix. My favourite book would have to be 'The Rest of Us Just Live Here' by Patrick Ness, and my favourite Netflix series would have to be Umbrella Academy.

How did you react to being elected? Did you expect to be chosen?

No, I was in complete shock and the thought that I had been elected did not hit me until a few days later when I got my badge. I did not expect to be chosen at all as there are many lovely girls in my year who would be equally deserving of deputy head girl.

Do you feel as if you are being treated differently since being elected?

No, I do not because of the strange circumstances this year we do not get to interact as much with other year groups or other people out of our classes. So, to the people around me, I am still just myself!

Do you and Dearbhla work well together?

I feel myself and Dearbhla work well together and I am sure she would agree with me. It was great the way things worked out because me and Dearbhla were Athrús last year, so the fact that we already worked together has helped a lot.

What roles do you have as head girl?

This year has been quite different in terms of my duties as Head girl. Usually, the Head girl would address the school at the school mass but unfortunately this year that could not be facilitated with COVID 19. So instead, I had to address each year group via Teams video call and on the intercom. The head girl and deputy head girl are the two representatives of the school and everyday we've a duty to fulfil even if it doesn't seem obvious to others, we must ensure we are setting a good example for the students around us. I really enjoy being head girl so far though!

What do you wish to do after school?

After I finish school, I am hoping to study Primary teaching. I have always loved the idea of teaching, especially younger children. The points are quite high, so I am working hard to ensure I get my points that I need!

My favorite subject would be either Home Ec or Geography.

Who do you look up to?

One person who I look up to would probably be my mam. I just think she is so well able to cope with the challenges of life and I hope that I can gain the same strength and resilience throughout my own life going forward 😊

Do you and Megan work well together?

I think Megan and I work well together. We always get the job done while having a laugh as well!



What do you want to do after school?

I am not quite sure what kind of career I want to have yet, but I am hopefully going to be doing a degree in English literature and sociology as they are two subjects, I am passionate about. As I have mentioned before I would like to do a degree in English literature, so I would say English. I really enjoy reading and writing essays.

What inspires you?

Cliché as it sounds but I would say my friends and family inspire me. All my friends around me are always working 100% to achieve their best and this really motivates me to work harder and I just want to make my family proud of me and who I become. 😊

How to make a difference this Christmas

By Emily Halton



Due to the uncertain times and the stress of this year, the true meaning of Christmas can be easily forgotten. This festive season is a time of giving and spreading joy among others, but this does not necessarily mean giving expensive presents with a red silk bow wrapped around it. This year we especially must take the time to make a difference due to the current situation we find ourselves in.

The past year "lockdowns" and "quarantines" have been tiresome and difficult on people's mental health, having to isolate from our normal routines, friends and extended family. Once restrictions have eased, we can hope for a somewhat normal Christmas.

I think the best gift we can give this Christmas is the gift of social interaction, obviously adhering to the government guidelines, we should take the time to make a visit to someone we normally wouldn't, whether it's an elderly neighbour or a relative you don't regularly visit. This older generation has found the last few months extremely difficult and would appreciate a socially distance (and mask wearing) chat if we are able to do so, even if it is two meters from their front door.

If a visit is not possible or you are not comfortable, try taking the time to write a heart-warming letter. Imagine their faces surprised seeing a letter addressed to them in a special Christmas card. For less than €3 you can post someone a little bit of joy this Christmas.



As well as minding our mental health, Christmas can bring a lot of financial strain for people, but everyone does deserve a Christmas. Here is a list of some charities well worth your support and a little really and truly goes a long way.

- Focus Ireland www.focusireland.ie
 - Provides help, healthcare facilities and accommodation to the homeless people of Ireland 365 days of the year.
- Children's hospitals like:
 - Crumlin www.cmrf.org
 - Temple Street www.templestreet.ie
 - They provide fantastic care to the sick children of Ireland and even Santa manages to pay them a visit!
- If you want to keep your charitable donation local this Year:
 - St. Vincent de Paul www.svp.ie
 - They do fantastic work supporting families and people locally through their hard times.



Due to the current situation they are accepting online donations only.

Given the difficult year we have all been through, I think all our perspectives on life change. I for one am far more appreciative of all I already have, and I think we can agree that others may need more help this year. In keeping with the true Christmas meaning we should take the time to give more and make a difference this Christmas.

Merry Christmas to all your families,
Stay safe this year.



The Mindfulness Corner

With Mya Norman

We all know how busy and stressful life can get. (- especially in the middle of a pandemic!) From the second they wake up in the morning until the moment they get back into bed at night - most people do not have a second to themselves. Taking as much as an hour or as little as five minutes out of your day to be completely grounded in the present moment is extremely important and beneficial.

So here is a short list of mindfulness activities that could be perfect for you!

1. Meditation

Meditation is a simple and effective practice. Like most things, it takes time to get the hang of it, but through guided meditations you can progress from five minute to half an hour to even hour-long sessions.

Meditation helps to clear the mind and shift one's perspective and when practiced regularly is shown to increase self-awareness, imagination and patience and is said to reduce negative emotions. Guided meditations can be found all over YouTube or through apps such as 'Headspace' and 'Calm'.

print. If you are really stuck- ask a teacher if they have any to spare or print out the page below!

Listening to Music

A lot of the time we tell ourselves that we do not have the time of day to take a seat and meditate- which can be true. Why waste time just sitting there when you could be studying or doing homework or watching TV? But think about it; how often do you listen to music? Everyday? Do you have it on in the background throughout your day? Maybe you listen to it on the bus on the way to school? And did you know that even just that could be a form of mindfulness? If you pick a song, any song at all, and just sit there for those

3. Mindfulness Colouring

This is a concept I am sure we are all aware of. In taking part in mindfulness colouring it sets your mind at ease as you focus on nothing but the colours in front of you, allowing your mind and your body to rest. Colouring can relax the fear centre of your brain as it induces the same state as meditating by reducing the thoughts of a restless mind. There is an abundance of colouring books and pages in stores and online and free pdfs to

three or four minutes, focusing your mind on the lyrics, on what instruments you can hear in the background, that is mindfulness. Being present. It is said to reduce stress and help you reconnect with your body and breath.

4. Reading a book

Reading is another thing that some people do almost every day. In picking up a book and completely immersing yourself in those little worlds you allow your brain to disconnect from then busv world around

Incorporating meditation and mindfulness into our daily lives can have an amazing effect on our mindset and own mental health! If nothing on the list works for you, do not worry about it! Maybe playing an instrument, singing, painting, or walking is what relaxes you, and if that is so- that can be your form of mindfulness! If you are present and grounded, you do what makes you feel best!

(Also feel free to print out this page and try out the colouring page below!)

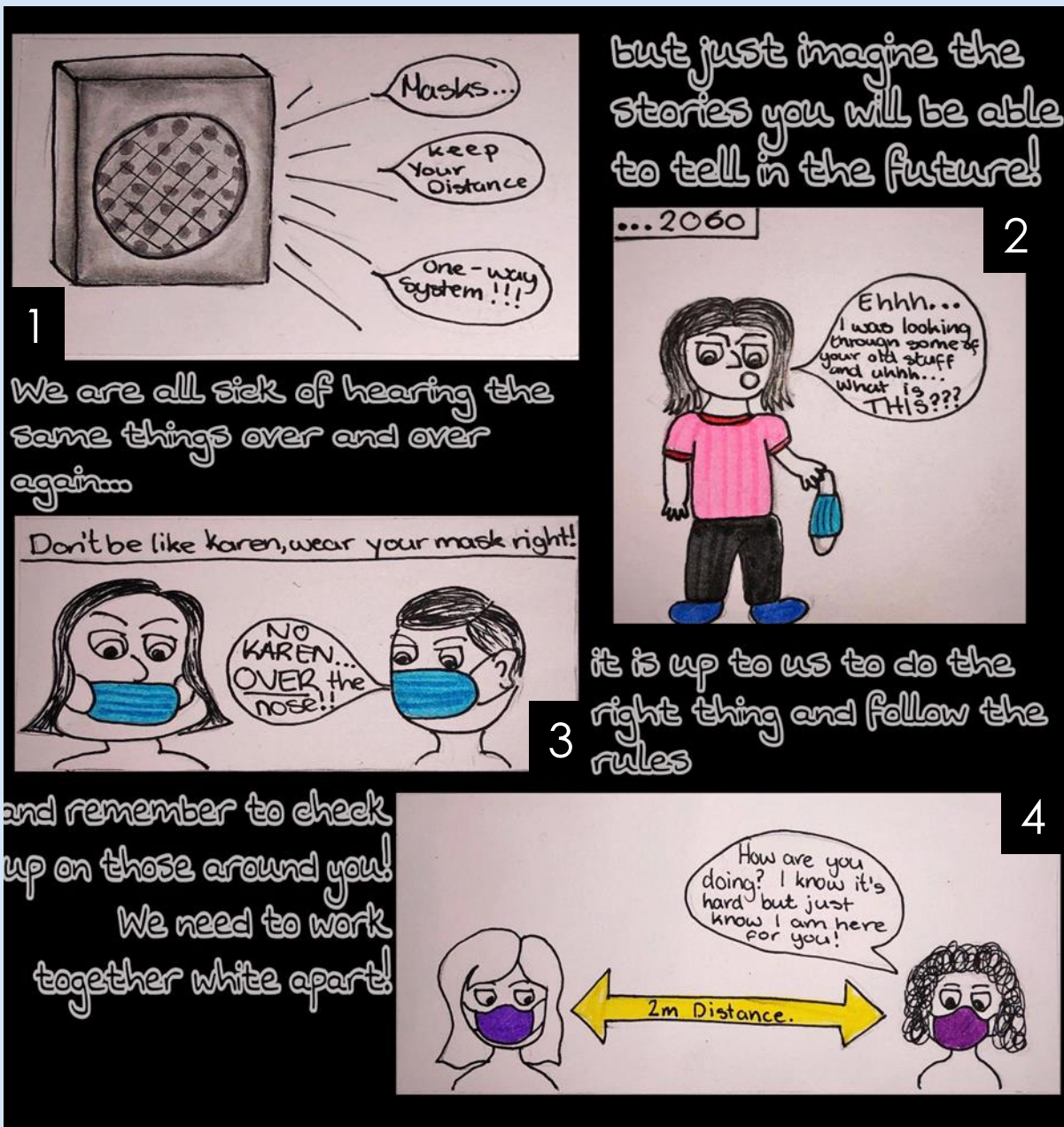


We just wanted to remind you guys of the importance of following the government guidelines to prevent the spread of COVID19. This virus has affected us all, one way or another and although we may all be frustrated and tired of this whole situation, it is most important that now more than ever, we stick to the guidelines and lower the case numbers.

We are all going to have to work together so that we can celebrate Christmas with our loved ones.

The comic below was designed by Ciara Martin, who hopes to shine some light on this situation and make you smile!

Stay safe everyone (and stay 2 metres apart!)



Senior Prefects 2020/2021

Along with the election of our Head Girls, Senior Prefects for this school year were elected. Due to the unique situation with all find us in this year, the Senior Prefects have new jobs and responsibilities to uphold this year. A Student Wellbeing team has been made. This group of prefects will be tasked with finding ways to maintain the Wellbeing of all students in the school, so be sure to attend their wellbeing events! A PR team has also been created and we are responsible for making this fantastic newsletter!

Congrats to all the girls elected!



Back Row (L-R): Ciara Martin, Ellen O'Hara, Aoife Ní Shlatara, Hazel O'Reilly-Higgins, Lauren Killalea, Tara Smyth, Leá Murray, Aoife O'Brien, Zoe Darling, Sarah O'Reilly, Charlotte Costigan, Niamh Coffey, Martyna Warczak, Abby Murphy, Ellen Higgins

Middle Row (L-R): Moya Gilligan, Emily Dowling, Megan Jones, Zara Darcy, Rebecca King, Tiffany Kennedy

Front Row (L-R): Eabha Lydon, Sarah O'Sullivan, Katie O'Connor, Jaime Kinsella, Dearbhla Brady, Jodie Leavy, Mya Norman, Princess-Mandisa Masuku, Áine McKeown, Allie Stack

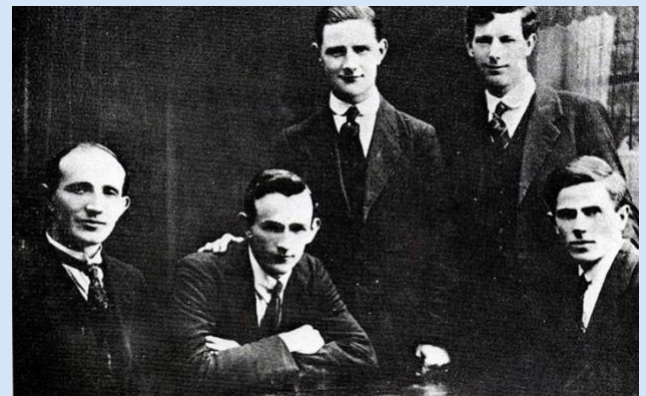
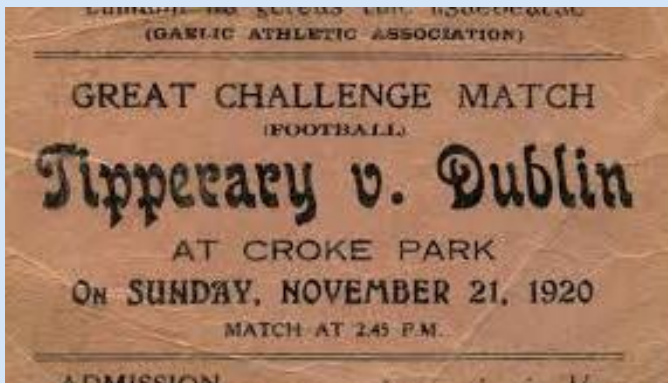
Missing from Photo: Emily Halton, Laoise Murray, Molly Fagan, Anna Valente

The Bloody Sunday Centenary

By Katie O'Connor

This year, we commemorate 100 years since the atrocity of Bloody Sunday. Bloody Sunday was a day of violence that occurred on November 21st, 1920. This event took place during the War of Independence, which saw Michael Collins and his army fight for Irish freedom. On the morning of November 21st, an elite assassination unit known as 'The Squad' began an operation planned by Michael Collins. Their orders were clear – they were to take out the backbone of the British Intelligence network in Ireland, specifically a group of officers known as 'The Cairo Gang'. These shootings took place in and around Dublin city and resulted in 14 deaths including six intelligence agents and two members of the British Auxiliary Force.

Later that afternoon Tipperary was scheduled to play Dublin at Croke Park. Tensions were high among the crowds as the



Members of 'The Squad'

news of the assassins had spread. Despite this a crowd of almost 10,000 gathered in Croke Park. Throw-in was scheduled for 2.45pm, but it did not start until 3.15pm as crowd congestion caused a delay. Five minutes after kick-off an airplane flew laps over Croke Park. A red flame was fired as a signal for the RIC. In the next few moments, the Auxiliary Police stormed the stadium and began to fire at the crowd.

That fateful afternoon in Croke Park, 14 people, including one player (Michael Hogan from Tipperary), lost their lives.

In 1925, the GAA's Central Council took the decision to name a stand in Croke Park after Michael Hogan.

The names of those who died in Croke Park on Bloody Sunday 1920 are:

James Burke, Jane Boyle, Daniel Carroll, Michael Feery, Michael Hogan, Thomas (Tom) Hogan, James Matthews, Patrick O'Dowd, Jerome O'Leary, William (Perry) Robinson, Tom Ryan, John William (Billy) Scott, James Teehan, Joseph Traynor.

Jerome O' Leary was only 10 years old.

May we never forget this tragedy or those lost.

Find out more about the commemorations at:

<https://crokepark.ie/bloodysunday/remembering-the-victims>



Stand Up Awareness Week 2020

By Emily Dowling



This year Stand Up Awareness Week took place from the 16th – 20th of November. Stand Up Awareness Week is a time for your school to take a stand against homophobic, transphobic, and biphobic bullying that many lesbian, gay, bisexual, transgender, and intersex (LGBTI+) students experience. It is a time for us to reflect on the importance of treating each other with respect and kindness. It is also important that we are all aware that we should always stand against homophobic, transphobic, and biphobic bullying, not just during Stand Up Awareness Week.

Homophobic, transphobic or biphobic bullying is not okay and should never take place in our school. If you are experiencing or know someone who is experiencing homophobic bullying just know that there are people who want to support you and help such as your teachers, senior prefects, Ms. Nulty, Mr. Maguire and Ms. Maher.

Find more resources at: www.belongto.org

You are loved and supported

BE YOU BE PROUD

Supporting Lesbian, Gay, Bisexual &
Trans Young People in Ireland



Christmas Movie Advent Calendar



Above is a Christmas movie advent calendar made by Mya!

For each day of December up until the 25th there is a different movie to watch to add some more excitement to your Christmas countdown!

Who doesn't love a good Christmas Movie? Make sure you watch in the correct order!



Student Achievements This Month

FRENCH DEBATING TEAM

Bravo to the French debating team who participated in the Annual Joutes Oratoires, conducted by the Alliance Francaise de Dublin and l'Ambassade de France en Irlande.

The team faced a well-coached Coláiste Craobh Abhann side. Despite a clear, well-constructed argument and the opposition being put under constant pressure by the Scoil Mhuire Girls, the judges sided with the Wicklow school.

The effort and dedication of the students was summed-up by the awarding of the prize of best speaker to current sixth year Aaliyah Clancy.

Team: Aoife Ní Shlatara (Capt.), Aaliyah Clancy, Kate Blake, Allie Stack and Roseanna Martyn.

With a special thanks to Marie Grace Savage, Martyna Miliukstyte and Zoé Coudray-Murray.

Bravo les filles



TY STUDENTS SUBMIT BT YOUNG SCIENTIST ENTRY 2021

Best of Luck to students Étaín McCarthy, Aoife Swan, and Jessica Varley who have submitted their entry to the BT Young Scientist Competition 2021:

High Five – Developing software to measure hand function improvement for those with Osteoarthritis, using the Leap Motion Controller

Well Done to the 3 students on all their hard work and amazing project!



WELLBEING OUTDOOR ACTIVITIES

Well Done to the Senior Prefects who organised some outdoor activities for students during lunchtime to encourage them to get outside and have some fresh air!

HOME ECONOMICS CBA TEXTILE PROJECTS

Well Done to the Junior Cert Home Economics classes who have completed their CBA textile projects!



Activities!



CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
C H Z Q E J A O R E I N D E E R I R L Q
M B M O L S Z T V W U P O B N D T T V V
N H N J O L L Y N U Y E N M I H C C E U
X P M N P P S F I A G K A C L Y V H S Z
D L A E H X C E L B S F P G C E T Q E G
Z O M N T H E D A Y S G N I T E E R G M
S D Z I R V T Q P S G S B W C C P W V Q
P U I Z O V A J A E O R U A C F S O G S
G R E H N X R L B P Y N N N H R S O I L
B N Z C S T B H J O M D P I M O A B V M
Y M I S T L E T O E Y R D E E S M C I U
G O C N O R L D K C O Q O N R T T W N B
W K Y Q C Z E J A G O V T D R Y S D G Q
L O R T K L C N I C G P N R Y L I N X S
J N X J I R E F B A V A P J E H R D C Z
X L W O N H T A E R W V I I L E H A Y E
W L R D G Z G Y L D J C G N X E C M B O
M Y A D I L O H L S U H J A W N Z A M J
I X P D B T V H S K M W S E L D N A C U

Bells Candles Candy Cane Carols
Celebrate Chimney Christmas Rudolph
Santa Season Sleigh Stocking Tree
Wreath Elves Frosty Gift Giving
Greeting Holiday Holly Joy Merry
Mistletoe Noel North Pole Reindeer

What is the color of an emerald?

- **Answer:** Green

How many planets are in our solar system?

- **Answer:** Eight

According to the Dr. Seuss book, who stole Christmas?

- **Answer:** The Grinch

In *Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind?

- **Answer:** Paris

What does Hakuna Matata mean?

- **Answer:** No worries.

RIDDLE

There are 12 kids in a classroom. 6 kids are wearing socks and 4 are wearing shoes. 3 kids are wearing both. How many are bare feet?

brainzilla.com/riddles

	4		1
3		4	
1			4
	2	1	

Thank You

Thank you to everyone who contributed to the Newsletter, we hoped you all liked it. The Senior Prefect PR Team will be publishing a newsletter every month, so keep an eye out for a next edition! If you have any feedback or suggestions let us know

And remember if you ever have a problem, if you every feel stressed or worried about something, reach out to someone you can trust. There are people who want to help so go find them be it inside or outside of the school.

Thanks for reading!



A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org