

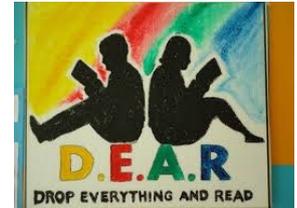


Coláiste Bríde
Presentation Secondary School
Newsletter, March 2015

Log on to our website to keep up-to-date—www.colaistebride.com

A Chairde

It is now an extremely busy time in school—post mock exams, preparing for orals, practicals, doing CSPE projects etc. A lot of hard work starts to come together, students have made choices re Senior Cycle, preparations are under way for TY and Junior tours, the final parent/teacher meetings are complete, we have held Wellbeing Week (see back page), we have promoted the development of literacy skills through Drop Everything And Read (DEAR) and students are preparing to celebrate Seachtain na Gaeilge.



I wish to congratulate our 2nd years, Isabella and Jessica on their Highly Commended Award in the Decent Work 4 Youth Awards; also Chantel and Chelsea from 5th year who won 1st and 2nd places in the recent Clondalkin Fairtrade Bake Off.



Other students have recently entered CAST Film Festival, Challenge to Change, Show Racism a Red Card, all initiatives which promote active citizenship and spirit of community not to mention ongoing work for YSI, COSI, Green Flag 6, CFES etc.

The behaviour of the students on our Ski Trip to Austria was so impressive that we have received letters of compliment, praising the excellent manners and responsibility of the girls which is desired, promoted, positive behaviour that we wish to see in our young girls.

However, I also wish to remind parents and students about appropriate behaviour, language, images that are used on social media. It has come to our attention that some girls are putting themselves into great risk by posting (semi) naked pictures of themselves for others to see. I remind students about self respect, I ask parents to address this topic with their daughters and to explain that any boy or girls that requests such images or passes them on is not a good friend, that these images are classified as child pornography and puts the student at risk. Please see the school website or twitter feed for more information and be assured that as a school we treat this matter very seriously. Parents need to be informed and check on their daughters online behaviour. Equally our staff do not request friends on Facebook from students and if you ever hear of this please report it immediately.



As Easter approaches fast, I thank everyone for their continued hard work on behalf of the school. I encourage students to put their heads down in final preparation for exams, awards etc. Hard work pays off!!

Is mise, le meas



Make A Book 2015



Congratulations to the second year JCSP students that are taking part in the Make a Book exhibition in Dublin's Civic Offices this week. The students worked really hard to produce a great maths board game called 'Mystic Maths Mountain' and an excellent photographic exhibition called 'Pathways through our school' depicting all aspects of life in Coláiste Bríde. Well done to students and teachers involved.

Does your daughter need to leave school early?

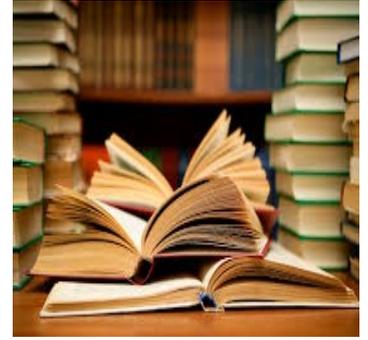
Please remember the rules:

1. Write a note in your daughters journal for her tutor
2. Telephone the office to confirm that your daughter is leaving school early



SCHOOL LIBRARY

Reminder to all students that the school library is open Monday and Wednesday lunchtime at G10. We have been lucky to receive funding to purchase new books. Thank you to the students for their suggestions on what books to buy. Ms D McArdle and Mr O Connor welcome our new library prefects and say goodbye to our dedicated sixth year prefects Jennifer, Lorenta and Julie.



John Lonergan Visits Coláiste Bríde

On Wednesday 21st January, John Lonergan, the former Governor of Mountjoy Prison, visited our school. He spoke to the students about the different stages of the legal and prison system, the importance of education in the lives of young people and he shared some real-life stories about the inmates he encountered from different walks of life. He informed us that only 7% of the prison population had stayed in full-time education after the age of 16. He said this often led to young people falling in with the wrong crowd and ending up in trouble. He made the point that education is extremely important in the lives of young people. He discussed the fact that the majority of those in prison are there on drugs charges and are often addicted to drugs themselves. He continued to stress the fact that all young people should use education as an opportunity to make the most of their future lives.

By Shauna Carter, R Caoilte

On Wednesday 21st January we had a very special visit from Mr John Lonergan, the former Governor of Mountjoy Prison. He came as part of our CSPE Action Project and explained how the Criminal Justice System works. He told us about his way of educating prisoners in the hope that he could help them have a better chance in life, which he believes will reduce crime and victims in the long term. He also explained how not all prisoners are bad people, some of them grow up in an environment of crime and poverty. He told us about a young girl who was imprisoned for non-payment of a bus ticket! Mr Lonergan's visit was very informative and I enjoyed it very much.

By Carly O'Keeffe, R Caoilte

DEAR 2015

Drop Everything And Read 2015 is taking place from Monday 9th to Friday 13th March this year. During this week, for one class period a day, the entire school community will stop what they are doing, sit back, relax and read a book. We hope all students enjoy this opportunity to 'read for pleasure' and continue to do so in their own time. Don't forget to check the RED wall for recommendations and to recommend a good book to others if you find one you enjoyed.

LCA NEWS

Well done to Rang Ceola (LCA 1) who recently organised an art exhibition in the school as part as their General Education Task. The class created masks, paintings on canvas and portraits. Their aim was to create a piece of art that reflected their identity. Over several months they prepared for the event held in January, from constructing the walls to display their pieces to making refreshments for the invited guests. The exhibition, facilitated by Mr Barry was a great success with family, friends and teachers in attendance. Also well done to all LCA students on recently completing their task interviews for Session 1 (R Ceola) and Session 3 (R Tomas). Once more they produced tasks to a very high standard varying from movie making in I.T. to research on contemporary issues in our society today.



Drugs Awareness Talk

Coláiste Bríde invites parents to a Drugs awareness talk in the school to be given by Drugs Task Force member Tara Deasy on Wednesday 25th March from 7.00 pm onwards in the school.

All welcome.





Dates for your Diary



Tue, Mar 17th
 Thurs, Mar 19th
 Wed, Mar 25th
 Thurs, Mar 26th
 Mon, Mar 30th–Fri, Apr 10th
 Mon, Apr 13th

St Patrick's Day—school closed
 Tour Meeting for Paris
 Meeting for parents re Drug Awareness
 Musical Concert by 3rd & 6th year students
 Easter Holidays
 School re-opens after Easter holidays



European Union Funded Inspiring Science Education Project.



Coláiste Bríde has been selected as one of 21 Irish Schools to partake in the Inspiring Science Education (ISE) project. This is a two year pan-European project which will bring together 5000 primary and secondary schools in 15 European countries. The aim of the project is to provide digital resources and opportunities for teachers to help them make science education more attractive and relevant to students' lives.

Coláiste Bríde and only 3 other schools in Ireland were successful in their Erasmus+ funding application. This funding will be used to train Science, Physics, Biology, Maths and Computer Programming teachers during the February mid-term in the latest, interactive tools and digital resources.

After the course teachers will also have access to remote and online labs, and relevant scenarios for use in the school classroom.

Students will be inspired to use these eTools and digital resources to complete projects and learn Science, Technology, Engineering and Maths (STEM related subjects) in a practical, competitive and exciting way.

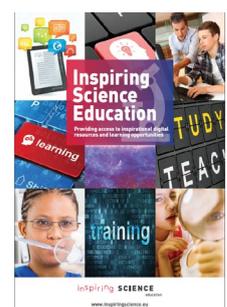
Inspiring Science Education Project showcased at the Microsoft/O2 Ireland 'Enhancing Education with Technology' Conference at Coláiste Bríde.

The Inspiring Science Education (ISE) project was highlighted at the Microsoft and O2 Ireland Enhancing Education with Technology conference on November 12th in Coláiste Bríde. The Science Department gave a workshop on two innovative ISE tools, the Worldwide Telescope and Stellarium. Both these tools use space science and astronomy to engage students in the sciences. The workshop also

used the opportunity to spread awareness of the huge work being done under the ISE project along with the resources and training being provided. The workshop also outlined what Irish schools need to do (register, e-maturity questionnaire, action plan) to become a pilot school.

A big thank you to Ms Madders' 6th year Physics class, who performed a very enjoyable and engaging trial run on the two Astronomy etools prior to the workshop.

The Inspiring Science Education Team.



Keep up to date with what is happening in Coláiste Bríde by following us on Twitter @colaistebride



Night Study Fees Now Due



All remaining night study fees should be paid before the Easter Break. Fees can be paid at Reception.



A reminder to all 2nd Year parents that there is a trip to see 'Romeo and Juliet' on the 20th March for all second years in the Helix.

Wellbeing Week

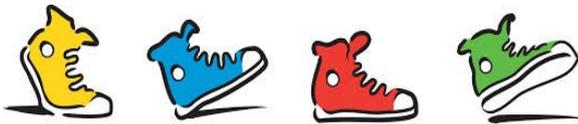
March 2nd - 6th 2015



Incorporating:

- ◆ Friendship & Antbullying
- ◆ Think Positive
- ◆ Fitness & Relaxation
- ◆ Healthy Eating
- ◆ Rainbow Day

Exercise big or small is so important to our well being. Especially in exam years . Sometimes we feel low and stressed and get ourselves all worked up and we end up getting nowhere . I know I do. We all do. A walk makes a huge difference, it gives us a chance to clear our head and get some air and it's even better if you do it with a friend.



The Rainbow represents pride—pride we have in ourselves as individuals. The different colours of the rainbow shows the diversity of the staff & students within our school. We are all accepting of everyone—regardless of religion, gender or sexual orientation because we know everyone is equal. Each year group wore a different colour of the rainbow—the colours show that we are all different, they represent us as individuals but when we come together we are united as one. One community, one school, one rainbow. Within this diverse union each and every one us should be proud of who we are.



Thursday was our healthy eating day—something we can all struggle with! The temptations get us all. But it's ok to enjoy our treats every now and then, let's face it sometimes we need them. That's all part of a balanced diet . But there are healthy treats that we can all enjoy too like smoothies and you'd be suprised how good they are. The extra engery from the good food will leave you feeling good.



Feeling good is to have positive mental health. We ALL have times when we dont feel good and we are a little bit down in the dumps. This is why as a school and a council we decided to run a Wellbeing Week. We are lucky that our school strongly believes in the wellbeing of our teachers, students, caretakers, cleaners, receptionists and the whole school community.

On our final day of Wellbeing Week the school was surprised with an exciting visit from Niall Breslin - also known as Bressie, from the Blizzards and as a professional rugby player. He talked to us very honestly about his own touching story and his experience with poor mental health. Despite having a loving and supportive family Bressie captivated us all with the tale of how, as a fifteen year old boy, he was trapped in his own suffering of anxiety and depression. He had many of us in tears as he told his own personal story but went on to lift our spirits as he told us how he deals with his anxiety and depression (“Jeffrey”) now. Bressie inspired us and reassured us that it is OK not to feel OK and that the first step to feeling better and addressing those feelings is to talk to someone - a parent, guardian, teacher, older sibling or any-one that the student trusts.

It is ok to ask for help

He left us in no doubt that help for mental health is becoming more hopeful than hopeless. There is help out there and it is OK to ask for that help. Hearing and seeing Bressie talk of his illness - while we believed that he had a “perfect” life - made us firmly believe that it's OK to ask for help, nobody is perfect but we don't have to be perfect to make a difference or to get where we want.

Bressie's message is making a phenomenal difference in breaking down the stereotypes given to mental health. It was a great pleasure to have him visit our school.

Thelma O'Connor, Deputy Head Girl