



St Aloysius  
Secondary  
School

Student Bulletin  
May 29<sup>th</sup> 2020



END OF YEAR EDITION

Some  
pictures from  
our Annual  
School Walk



Welcome to the final edition of the bulletin for this year. Let us start by saying well done and congratulations to each and every one of you who have worked so hard this past 9 months, and in particular over the past two months. It is a year we will never forget and one that has earned it's place in all future History books. We have become acquainted with new phrases like Contingency plans, socially distancing and are now receiving covid-19 daily updates. Our lives have changed immeasurably and maybe for the better, we now discuss things like the birds singing, virtual meetings, the ducks on wellington road, wildflowers on our daily walks, the stunning skyline in the evening ... we have gained a new appreciation of nature, of family and of social interaction.

During this time of uncertainty, it has been an absolute privilege for us to be a part of the St. Aloysius Community. We can see clearly how well this community works together to support each other and help you grow into young independent learners. Each of you has achieved so much during this difficult process, you have learned to work independently, getting up each day and mastering your own schedule, uploading your work and meeting deadlines for assignments. You have greatly developed your IT skills. All of these traits and skills will benefit you in every way moving into the future. We are very proud of you and what you have achieved over the past ten weeks. The year has been filled with memories, some of which are shared at the end of this bulletin for you to enjoy. We've also included some images from our school walk yesterday which was a lovely way to end our year as a community. We wish each and every one of you a happy and safe summer break.

A look back  
at 2019/2020  
in pictures



One final  
challenge for  
the summer  
ahead!



*Ms Savage & Ms McGlade*



## End of year salutations

Not the ending we expected, Jiang and Maham here to wish ye all the best of luck and a sad goodbye.

It has been an absolute honour being the representatives of the St.Aloysius student body. There is no question but that we are a kind caring community that look out for one another, I know this will continue long after we're gone.

The past six years have flown by for us, so make sure you all enjoy your time together. Make the most of it. These are the years that you won't be able to experience again. We are going to miss all of ye so much, walking the corridors in the bottle green uniforms, make sure that skirt hits the knees, the ankles are even better!

Thank you to all our teachers for constantly being there to guide and support us. We have had great chats and we will miss you all too.

Finally, be kind to one another, treat others the way you wish to be treated. It has been a pleasure, ye better not forget us or how to pronounce our names.

Love,  
Jiang and Maham,

Here is a photo in case ye forgot what we looked like after all this time



Jiang (left) Maham (Right)

## **“Summer Inspiration”**

Our Champion of Reading Sarah Maria Griffin is hoping to provide inspiration as you begin your well-deserved summer break. In the two videos linked below Ms. Griffin goes into more detail on how to plan, begin and complete a zine from first concept to finished product. What a great activity to try on a lazy summer afternoon!

As Ms Griffin will be visiting our school next year in order to launch our new books from the Robert Dunbarr Memorial Fund it would be wonderful to be able to show her examples of zines that were inspired by her videos. Feel free to email pictures of your completed zines to Ms. Walsh over the summer and they will be forwarded to Ms Griffin before she makes one final video in September and visits the school.

Links to video three and four from our Champion of reading;

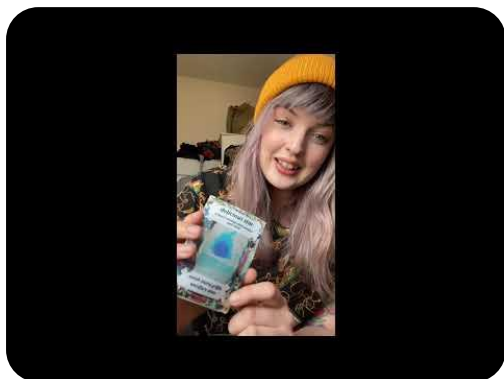
<https://www.youtube.com/watch?v=qu8u8uj3vKM&feature=youtu.be>

<https://www.youtube.com/watch?v=rVTQXBkENpQ>

Ms. Griffin’s zine prompts and workbook (log into school email address to view):

<https://drive.google.com/open?id=1migHPj-VxiJqMPL7VAjiF2yfLYbASIY->

Happy writing,  
Ms Walsh”







## SCRAP BOOK CHALLENGES

The Transition Year students took on the challenge of creating a scrapbook of their experience of the past few months. Now we are challenging all students to save their memories in a scrapbook over the summer months! Your aim is to fill a scrapbook with as many of these challenges as possible. No need to buy a scrapbook, improvise with what you have at home. The more original the better. When we are all together again, we can gather them together and exhibit them.

**1. Read a book/listen to an audiobook (and write about it!)**

Pick a book, any book. Share what you liked or didn't like, any significant messages it had and your thoughts on the characters, settings and major plot points.

**2. Do something to give back**

Send a letter thanking a healthcare worker, make a donation to charity, volunteer to walk an elderly neighbour's dog or do their shopping (but make sure you maintain social distancing!)

**3. High, Low, Kudos of TY**

Share a high point (a positive memory or experience, something meaningful that you learned or something that helped you grow during the year), a low point (some challenge or obstacle you faced, and if and how you overcame it), and someone/something that you feel deserves special recognition.

**4. Share some images that you think reflects your experiences during this time.**

Get creative! This can take the form of visual art, photographs or whatever other medium you choose.

**5. Make a COVID-19-time capsule**

During the time we are out of school, collect pictures, objects and mementoes that you could share with a 16-year-old in 50 years' time that serve as a reminder of this time.

**6. Get outside!**

Whether it's for a walk, cycle or just a breath of fresh air, get out into the open and enjoy the sunshine. OBSERVE SOCIAL DISTANCING AND HSE GUIDELINES AND EXERCISE YOUR SOCIAL CONSCIENCE.

**7. Cook a meal for yourself and your family.**

Be sure to include the recipe along with any photographs in your scrapbook and ask them to give a star rating!

**8. Be active!**

How have you been keeping fit and healthy in mind and body, write about it and attach some pics.

### 9. Teach yourself a new skill

Pick up a new hobby - there are plenty of tutorials online, from learning a new musical instrument to teaching yourself yoga, a language, juggling, whatever you like or ask a family member to pass on their knowledge and teach you a skill.

### 10. Beg, borrow or steal a roll of toilet paper and make something impressive with it

Try origami, towers, arts and crafts...

### 11. Make a list of your top 10 movies to watch while quarantined.

Review them! Why did you choose these ones? What star rating would you give them?

### 12. Build a fort in your house or garden, put all your family in it and take a photo

Take it all the way back to your childhood.

### 13. Have lunch with one or more friends over facetime, google hangouts, zoom or some other platform

Make use of all the online resources available to keep in touch.

### 14. Take a photograph of your pet and create a bio for them.

Include their name, age, breed, funny anecdotes and more.

### 15. Send a letter or postcard to a loved one letting them know you're thinking of them.

Get in contact with your grandparents, extended family, or friends who live far away - social distancing doesn't mean you can't talk to them.

### 16. The Great Quarantine Bake Off

Challenge your friends to bake the best cookie, buns, cake etc -share through pics, instagram or similar and decide on the winner!

### 17. Make a social distancing playlist.

### 18. Make a Covid-19 survival kit (8 items)

EG: Toilet paper, pasta, hand sanitiser...

### 19. Design a poster to encourage young people to practice social distancing

Check the HSE guidelines for pointers.

### 20. Write an acrostic poem using the word ST ALOYSIUS

The first letter of each line should spell out ST ALOYSIUS at the end.

Dedicate a page in your scrapbook to each challenge. Feel free to take as much artistic license as you like. Drawings and artwork are welcome and encouraged! Include photographic evidence wherever possible - websites like snapfish.ie print and deliver images from your phone and are very cheap to use. Many local printing businesses are delivering prints to your doorstep at a reasonable price

Remember, this is for your enjoyment. Have fun, and try to use your time productively. Most importantly, however, be safe, take care of yourselves and your families.

A big thank you to Miss Twomey and Ms Gaine for sharing this challenge!!

# TY SCRAPBOOK CHALLENGE

During Lockdown, our Transition year Students participated in a scrapbook challenge, in which they had to give a written account of different tasks that they have undertaken during lockdown. Well done on all of your hard work girls. Here are some of the entries.

One of the challenges was to show kindness and give back. Alex Deady Matthews did the following



## 2: Something to give back

To give back i wrote to my grandmother, who just so happens to be a healthcare worker. I used the post cards that An Post delivered to every house along with various other things.

My nan, le liz, does Home Helps. Essentially this job requires her to visit elderly on a daily or weekly basis depending on their needs. This was made difficult as she is in the grouping at risk, but that was difficult for both her and her regular clients as they need somebody to depend on.

In the letter i wrote about how much i miss her and the family and how all the grankids can't wait to come hug her again.

My family is trying to stay positive and we have been baking for eachother an awful lot, but dont worry we are dropping things off in an almost knock knock run away fashion, minus not knowing who it is and with the perks of baked goods. We have also had many zoom calls where we've played bingo, done quizzes and so much more.

We are doing our best to be together while apart :)

Lucia has been in Spain during the Covid-19 pandemic and this is how she has given back

## Something to give back



My school company has a ONG and two years ago I became part of it. FISC is collecting money to invest in medical elements to help hospitals locally.



Due Covid-19 people are really worried and getting nervous. So what me and some friends are doing is writing a digital news paper but instead of writing about people infected we write about people saved.



My sister and I have been done posters saying that everything is going to be fine and we have hang them on our balcony .

Everyday at 8 o'clock most of the people in Spain clap in our balcony's to thank medical workers for working every day that hard to help us.



My music company plays a song through the windows so people can sing and have fun for a few minutes, we try to encourage people to stay home as they can also do interesting things even though they





## Meal for my family

My new skill was to make lasagne. I learned how to do it and that's why I made lasagne for my family. My mom scored 9 points out of 10 for lasagna and my dad scored 9 points out of 10. They said it was tasty but a little bit dry.



Another one of the challenges was to start baking/cooking. Elza has been cooking for her family

## 16. The Great Quarantine Bake Off

Me and my friend Jasmine had a bake up! I baked Chocolate fudgy brownies and she baked an orange and walnut cake. We decided that it was a draw. We both had amazing textures and flavours in our dishes.

This was Jasmine's dish:



This is my dish:



Kealynn and Jasmine had a Bakeoff!!!!

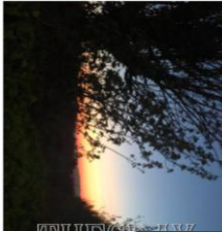
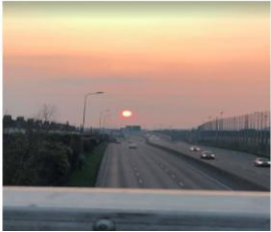
Abi has also been going on walks and gave us an insight into her daily views



get outside

&

be active



Megan has been enjoying the wonders of Nature

*I went to the beach with my mom and my brother, where there was only a few people*

Nutsa has also been enjoying Nature



Pera has also been practicing her Art Skills





Another challenge was to make an isolation playlist. This is Cáit's entry...

### Challenge 17: Make a social distancing playlist

"Sometimes you just got to use humour in light of serious situations."

- Survivor by 2WEI
- Danger Zone by Kenny Loggins
- Stayin' Alive by the Bee Gees
- U Can't Touch This by MC Hammer
  - Toxic by Britney Spears
- (Don't Fear) The Reaper by Blue Öyster Cult
  - I Wanna Be Sedated by Ramones
  - School's Out by Alice Cooper
  - No Time To Die by Billie Eilish
  - The Final Countdown by Europe
  - Mad World by Tears For Fears
- Another One Bites The Dust by Queen
- Around The World by Daft Punk
  - SOS by Rihanna
- I Want To Break Free by Queen

- Everybody Hurts by R.E.M.
- You Need To Calm Down by Taylor Swift
  - Die Young by Kesha
- How to Save a Life by The Fray
- Stronger ( What Doesn't Kill You) by Kelly Clarkson
  - Livin' On A Prayer by Bon Jovi
- Only the Good Die Young by Billy Joel
  - bury a friend by Billie Eilish
  - I Predict A Riot by Kaiser Chiefs
- We Didn't Start The Fire by Billy Joel
- Everytime We Touch by Cascada
- Highway To Hell by AC/DC

Eve made a tent for her and her family



I put up a tent for my younger brothers and sisters to play in because they were starting to feel the boredom of the quarantine. I also use it when I need to escape from the house. I bring blankets and a book and I just hang out there for a while.



Poem:

Transition year;

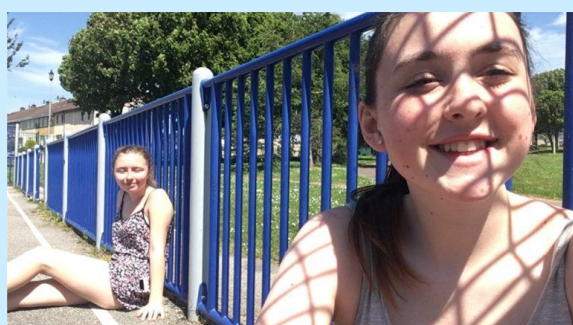
The year that would alter our lives,  
And hopefully, open our minds,  
Yet another stage, another step,  
Another challenge, Another breath,  
We're all excited, Let's all cheer,  
To the sounds of hummingbirds as we hear,  
Transitioning from who I was to who I ought to be,  
Opening my eyes, allowing me to see  
Exposing my truest self, living carefree  
Transition Year , I say, is the year for me

Another one of the challenges was to write a poem about TY. This is Viviane's entry



# Annual School Walk

# Annual School Walk



Virtual 5k walk.

Well done to all who participated in the virtual walk yesterday. We hope you had a good time. Between both students and staff on the Strava App, there was a combined total of 286.67km walked. That is the equivalent of going from St Als to Swords, which is located just outside Dublin. Many more completed the walk without the app so our journey took us beyond this!

*From the PE department.*



# Annual School Walk



# Annual School Walk





1<sup>st</sup> year student Jodie McCarthy holds several Irish, European and World Championship titles in Muay Thai, K-1 and JiuJitsu. Gaining such a high standard in her chosen sport takes huge discipline and personal commitment, something we admire in our St Al's students. Jodie has asked to share one of her workouts to help inspire you to keep fit this summer.

Don't forget to warm up before doing any workout! You might need to build yourself up to this one!

5 rounds with a 1 minute break in between rounds



Shadow Boxing 20 seconds

10 seconds rest 🧑 Walk out push ups 20 seconds

10 seconds rest 🧑 Squat with front kick

10 seconds rest 🧑 Mountain climbers with a donkey kick 20 seconds

10 seconds rest 🧑 Burpees 20 seconds

10 seconds rest 🧑 Sit up with rotations 20 seconds

10 seconds rest 🧑 Explosive Jumping Jacks 20 seconds

10 seconds rest 🧑 V ups 20 seconds

10 seconds rest 🧑 Squat Jumps 20 seconds

10 seconds rest 🧑 Jumping Lunges 20 seconds

10 seconds rest 🧑 Rest 1 minute and start from the first exercise again for 3 to 5 rounds

depending on your fitness levels



Follow this link to watch our champion show you how to complete the workout as detailed above

<https://drive.google.com/open?id=17zMIZ94cFXgXH5ZWWh-MVfnlpPcHGqoTN>



It is the end of the year....



*Welcome Holidays.*

We have all made virtual history this year ladies. Time now for rest and relaxation. Time to give our eyes a rest from the computer. A perfect time to use your aural skill and listen to MUSIC.

Try to listen to one upbeat, positive piece of music each day. You can also use your vocal skills and sing out loud, your physical skills to dance and jump to the MUSIC. Here are a few random links to get you started - included is one song As Gaeilge!

## ENJOY THE SUMMER HOLIDAYS

<https://www.youtube.com/watch?v=xJOtaWyEzal>

<https://www.youtube.com/watch?v=6l2TTKA8uNk>

<https://www.youtube.com/watch?v=uMuJxd2Gpxo>

<https://www.youtube.com/watch?v=TLBk6Bj2Ja4>

<https://www.youtube.com/watch?v=5bQ7FnIES8Q>

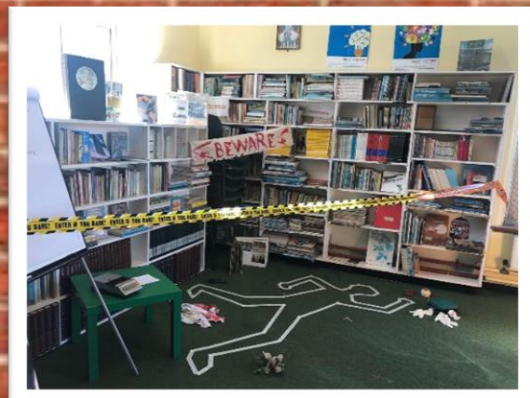
<https://www.youtube.com/watch?v=dvgZkm1xWPE>





2019/2020

Some of the highlights shared in pictures



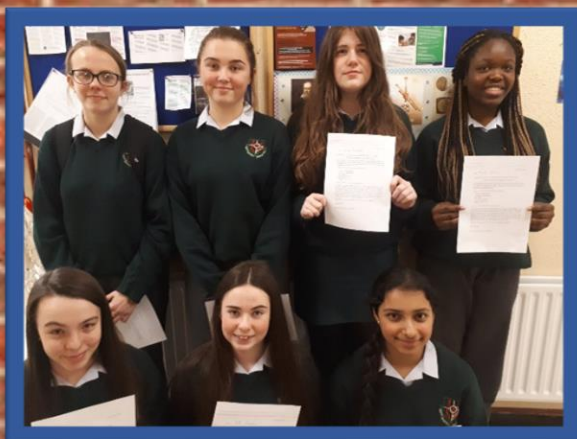












<https://twitter.com/i/status/1171081063503937537>



## St Aloysius School offers the opportunity to experience and access life in Cork like no others

St. Aloysius Secondary School is steeped in tradition and this year proudly celebrates its 180th Anniversary of providing education to young women in Cork City. Our location in the heart of the city with close links to UCC and other local amenities gives St. Als students the opportunity to experience and access life in Cork like no others.

The ethos of our school is centred on a community spirit, grounded in respect and care for all of our students, staff and every member of our school community. Our dedicated staff

provide academic excellence in our teaching and offer a holistic education where every student feels included, supported and cared for. We strive to help each and every student reach their individual potential so that they can achieve in life.

St Aloysius have a wonderful library and fabulous sporting facilities including 3 tennis courts, a playing pitch and access to our local NRG fitness centre and swimming pool in the nearby River Lee Hotel. The school has excellent I.T. teaching resources and constantly strives to improve and upgrade

the facilities in line with changes in education and technology. We have experienced staff who are progressive in their approach to education and work with the student as an individual to meet their personal needs at both an academic and holistic level.

It is with great pleasure that we invite you and your daughter to the Open Night in St. Aloysius secondary school. Management, staff and the student council look forward to welcoming you to our school to give you a taste of life in St Al's during our Open Night on Wednesday 25th September at 6pm.



January 22, 2020

Viewpoints



echolive.ie

EchoLIVE.ie



Diary

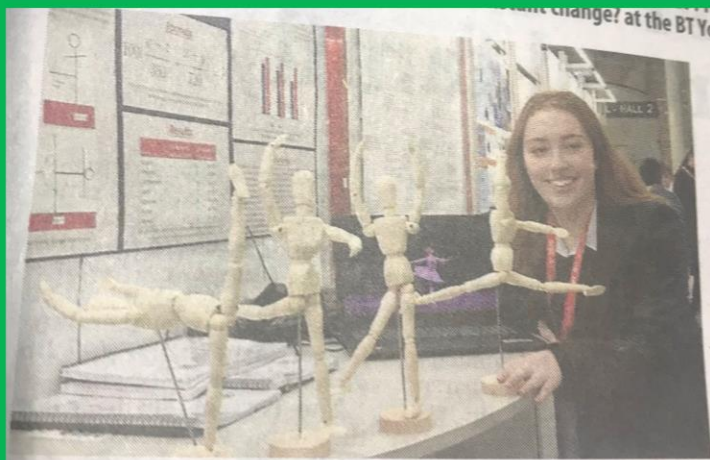
SWITCHED ON TO TECHNOLOGY: Pupils from St Aloysius Secondary School, Cork, at the Robotics Competition, which took place at the



The college of knowledge  
Jessica O'Brien, Magda Paszkiewicz, Christina Maher, Alex Deady Matthews, Megan O'Driscoll, St Aloysius Secondary School students, at the Local Enterprise Office's Student Enterprise Day for Cork Secondary Schools at Devere Hall, UCC.  
Picture: Brian Lough



Students from St Aloysius' Cork, taking part in the Cork Climate Strike rally on Grand Parade.



Andrea Marshall, 16, from St Aloysius Secondary School, Cork, with her project, Better angles, more roles? An investigation into ideal angles in the Royal Ballet.

Climate Change? at the BT Young & the Sun Climate Change Awards  
The Youth Climate Movement, who sat in the Dáil this year, heeding the alarm bells that the generations have been ignoring for so long them is Cork-based teenager Alma Krause, right.

Manchester City (Premier Sports, who meet as the home side try and stay in on for a European place, while the champions try to enter the new year with optimism. Pro14 rugby includes Connacht (Eir Sports, who 7.35pm; on TG4 at 9.30pm).

Des O'Driscoll



SKY ATLANTIC

NEWS 6.40 Moon and Me 7.05 Curious

BOB THE BUILDER: MEGA

6.00 STORM CITY (S) 7.00 The Guest Wing (S) 8.00 Richard E Grant's Hotel Secrets (S) 9.00 Richard E Grant's Hotel Secrets (S) 10.00 The West Wing (S) 11.00 The West Wing (S) 12.00



ALMA VICTORIA KRAUSE

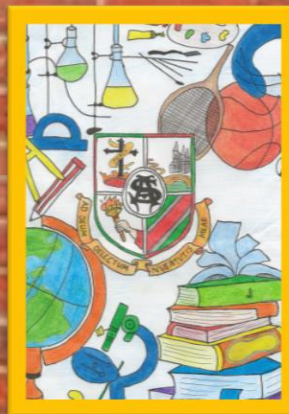
Dáil 100

YOUTH ASSEMBLY - FOOD & FARMING

Write a comment...







### **Stranger Things** by Jasmine Cotter Willows

The new normal isn't normal at all,  
It's like I was flying, but now I'm learning to crawl.  
I had just gotten used to growing up,  
It's like the world's plan is to always disrupt.

When you get used to it, it isn't all bad,  
Once you get over the fun that you could've had.  
It can get boring, but most things do.  
I just can't wait to be outside spending time with you.

It's definitely weird, I'll never feel the same,  
Even when we can do what we want to again.  
I'll never forget our locked in Spring,  
But I guess there have been stranger things.

