



St Aloysius  
Secondary  
School

Student Bulletin  
May 15<sup>th</sup> 2020



7<sup>TH</sup> EDITION

The 1<sup>st</sup> instalment  
from our  
Champion Reader,  
successful author  
Sarah Maria Griffin



Photo from The Irish Times

As sun shines brightly outside the window with the birds chirping in the background it seems hard to believe that we are living through a worldwide pandemic. In the midst of all that is happening around us it is important to take a moment to be grateful for the blessings in our lives. This has not been an easy time for any of us, each of us has had our own struggle in coping with working from home away from many of the people that we take for granted in our lives, our grandparents, our friends, our teachers, our colleagues. Some have had to contend with the worry about a loved one that may be unwell, others have had to face the anxiety of their Leaving or Junior cert being changed in ways they had never imagined. There are many struggles that have come with this virus but as we begin to see our world opening up a little over the coming weeks, I hope that we also remember the good that we've seen in all of this. Communities have come together for each other in ways we never knew they could, the earth has been healed a little with less human activity, birds are chirping and bees are buzzing. We have had time to take stock and spend time with our families. We have had time to slow down.

This week let us continue to be the positive in the world around us, light a candle, perform a random act of kindness, say thank you for what you have. Enjoy the words of John O'Donoghue's poem 'This is the time to be slow' at the end of this bulletin!

Ms Savage & Ms McGlade



dear stress,  
lets break up.  
  
♥ me

Some tips to help  
you through your  
end of year  
assessments.

A message from  
your Meitheal team  
of 2019/2020



# Student Notice Board



Let's keep the light of hope shining. Light your candle at 8pm tonight to show your support for those out there who are struggling or working in difficult conditions to keep everyone safe. Email pics to [mshalley@stalscork.com](mailto:mshalley@stalscork.com)

## Random Acts of Kindness

Keep smiles on the faces of those around you and let this week be another week to consider doing some random acts of kindness!

1. Post positive notes on people's social media pages
2. Send letters with tons of stickers and colours to the kids in your life.
3. Give a compliment to as many people as you can
4. Use pavement chalk to write out positive messages.



## SAVE THE DATE

Thursday 28<sup>th</sup> May  
Annual School Walk

Download the Strava App to join in  
Further details to follow!!

## SCHOOL UNIFORMS

Buckley's and Laura's Schoolwear will re-open for business **on Monday June 8<sup>th</sup>**. In line with the present government guidelines it is their initial intention to operate an appointment only service. To make an appointment, please ring or email at your earliest convenience.

To encourage customers to shop early we will offer a **10% discount** on all items of the St Aloysius School Uniform purchased in June.



Buckley's Schoolwear. Shandon Street 021/4304426

Laura's Schoolwear. Douglas 021/4368210

Email: [corkschooloruniforms@gmail.com](mailto:corkschooloruniforms@gmail.com)

laura

## A message for our Junior Cycle students from our Meitheal Team



Hey my first years! It's the Meitheal team. 2020 sure gave us an unexpected twist! I know you're all bored out of your wits and stressed because of all the work you're getting online. This probably wasn't what you were expecting secondary to turn out to be!!

But it's a new experience. Utilise the time. Take out those dusty musical instruments or that art book you only used 2 pages of and let your minds travel. Try out a new dance or research about the planets beyond us. Don't be on phones snapping #quarantine! No matter what happens this year, be proud of yourself, your resilience, and your ability to adapt to extreme circumstances. I am proud of each and every one of you.

- Sancta



Hey Second Years, you are probably wondering whether you should be happy or scared about quarantine! It's the pre exams years that are really troubled by all of this. I can relate to that too since I'm in 5<sup>th</sup> year. But in the middle of difficulties there are opportunities. Take the time to catch up on the work you felt was whizzed through in class. If you have serious revision done there is nothing else to worry about, just relax and enjoy the time off this is your big break to get rid of useless things like stress.

Chin up! Summer is just around the corner!



Hey Third Years. Junior Cycle/cert this year sure is a weird one. One set of people saying there is no JC, another set saying something else. It must be hard feeling like a ping pong ball!!! You may not be able to celebrate the end of your junior years but hey, there's no JC! You can rest your brains soon enough, but make sure you don't lose touch altogether. Remember, our St Al's teachers always have our backs no matter what. Don't shy away from asking questions. Stay strong and stay safe. See you all in September!

## A Challenge from our Champion of Reading, Sarah Maria Griffin

Do you like art? Do you like writing? Our Champion of Reading has a challenge for you!

Our eagle-eyed readers may remember that St Aloysius has been awarded a Robert Dunbar Memorial Library and a Champion of Reading. Sarah Maria Griffin has been given the role of promoting reading, writing and art in St Al's. Excitingly as Ms. Griffin cannot meet us in school at the moment, she has recorded a video message about her work and the wonderful world of creating Zines (making a small booklet with your writing or thoughts and decorating it).

Ms. Griffin has put together a collection of prompts and challenged us to try to create our own zines from a simple A4 page using her helpful tips.

If you have any questions for Ms. Griffin or want to share a picture of your finished zine with her, please forward them to Ms. Walsh via her school email address and she will make sure Ms. Griffin receives them.

Ms. Griffin writes poetry, articles, podcasts and novels. Her book *Other Words for Smoke*, about three generations of witches living in Dublin, won the Irish Book Award for Young Adult books in 2019.

Happy writing,

*Ms. Walsh*



Ms. Griffin's video



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

<https://drive.google.com/open?id=1migHPj-VxiJqMPL7VAjIF2yfLYbASIY->

# BEAT EXAM STRESS!



## GET SOME SLEEP

If you go to bed feeling anxious, you'll find it harder to fall asleep. Avoid starting a new chapter of your revision book late in the day. It'll still be there in the morning when your mind is fresh.



## DON'T AVOID TOPICS YOU DISLIKE

If a particular subject is causing issues don't dwell on it for too long but don't forget about it completely. Changing your study environment or talking it through with someone can work wonders.



## FUEL YOURSELF EFFECTIVELY

Snacking on junk food while revising is all too easy, but won't do you any good. Brain foods like blueberries, avocados and salmon genuinely aid memory function. And don't be tempted to overdo the caffeine or drugs that claim to enhance performance - the downsides outweigh any supposed benefits.



## FLEX YOUR MIND AND BODY

Any form of exercise is good during exam time. Yoga is particularly good at stimulating your brain to produce chemicals to control calmness. Deep, slow breathing techniques can aid relaxation. And even a few daily minutes of mindfulness can stop you feeling overwhelmed.



## AVOID NEGATIVE VIBES

Avoid being a sounding board for moans from your friends - a 'Who's more stressed?' contest will do neither of you any good. Tune your TV to a comedy series rather than a news bulletin about impending World War 3.



## SCHEDULE IN A TREAT

Have something other than a single track focus on exam day. Book in a break away with friends that you can start looking forward to. Research things to see and plan some activities to take your mind off the task at hand.

## BONUS TIP

### EMBRACE THE STRESS

If you weren't nervous during exam time, you wouldn't be human. It's not about not being stressed, it's about how you channel your energies to achieve the results you deserve. Exams only count for a tiny fraction of your life, so don't forget about the rest of it.

@rhealeyart

[www.patient.info/coping-with-exam-stress](http://www.patient.info/coping-with-exam-stress)



For advice from the HSE on how to manage exam stress go to:

<https://www2.hse.ie/wellbeing/mental-health/managing-exam-stress.html>

Here are some tips from the Department of Education:

<https://www.gov.ie/en/publication/256911-leaving-cert-2020-practical-supports/>

A Special message for our Leaving Cert's

Follow this link for up to date information regarding the Leaving Cert this year  
<https://www.gov.ie/en/publication/d8920-c-leaving-cert-2020/>

GOD,  
GRANT ME THE  
*Serenity*  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
*Courage*  
TO CHANGE THE THINGS  
I CAN; AND  
*Wisdom*  
TO KNOW THE DIFFERENCE.

Here are some samples of the wonderful work happening in St Al's online learning

1<sup>st</sup> year Home Economics



TY Art

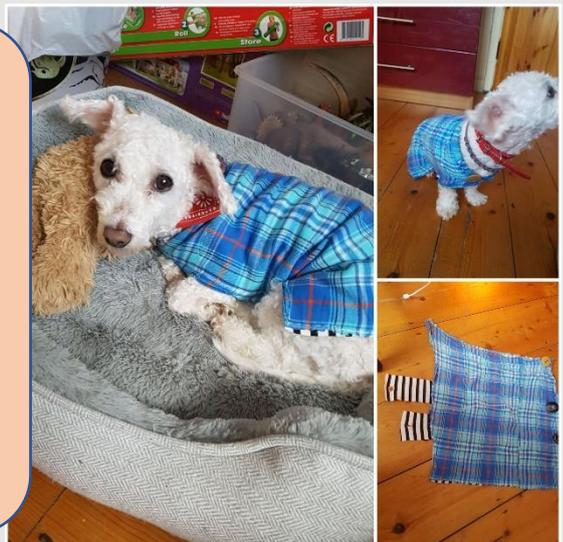
An excerpt from her review and evaluation..... *Quarantine is a time that many of us have never experienced before. It is a time without friends, without family and without opportunities. During my time in quarantine, I have realized how I should've done certain things when I had the chance, went on all those trips, went to town with my friends every weekend, etc. Now that these opportunities have been taken from me, I have realized how we should stop wishing things could happen, stop waiting for your friends to ask you to go to town, stop waiting for the opportunities to come to you and start making them for yourself. Start doing. This was a positive thing that I have taken from my time in quarantine. .... I chose to create this piece as it says the quote "stop wishing, start doing". It has a colourful background made from individually cut pieces of coloured paper. This, to me, shows that at any time, even right now, there is colour. There is something bright that will literally, brighten up your day. The confetti celebrates this time coming to an end and also the fact that this time made us all realize how precious moments are. The newspaper cut outs are put behind the quote to show that the hard times are behind us, hopefully. It shows that the brighter times outdo the bad. The artwork as a whole represents that good times are ahead. I have learned that keeping positive during this time is key and this is what that piece represents.*

*(I apologize for the spelling mistake in the wishing. I didn't realize this till afterwards) by Kealynn, TY*

The Home Economics Department challenged you to upcycle for #MakeoverMay in conjunction with ATHE. Here are our top 2 examples of the work you did! With a long summer ahead, why not be inspired by these ideas and try some upcycling yourselves!



This tired old children's bench was transformed by Leah in 1<sup>st</sup> year. While Anna put her old clothes to good use to make a coat for her dog!



# COVID19

For now, we are all living in a very different world to the one we are used. This won't be forever but to ensure that we protect those around us and ourselves as we ride out the storm of this pandemic it is important to follow the safety guidelines we are given. This section is dedicated to being prepared and doing our part to reduce the risks to our community.

**COVER YOUR COUGH AND SNEEZE**  
STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK

When you cough or sneeze **cover your nose and mouth with a tissue**  
**DO** Cough or sneeze into your elbow, **not your hands.**

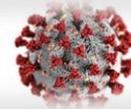
**Throw away your tissue!**

**Clean your hands after coughing or sneezing.**

**THANKS!**

HE Building a Better Health Service | Health Service Executive | hpsc | RESIST

COVID-19, colds and flus, runny noses and chest infections, many tummy bugs that cause diarrhoea and vomiting

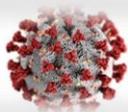


Advice during Covid 19:

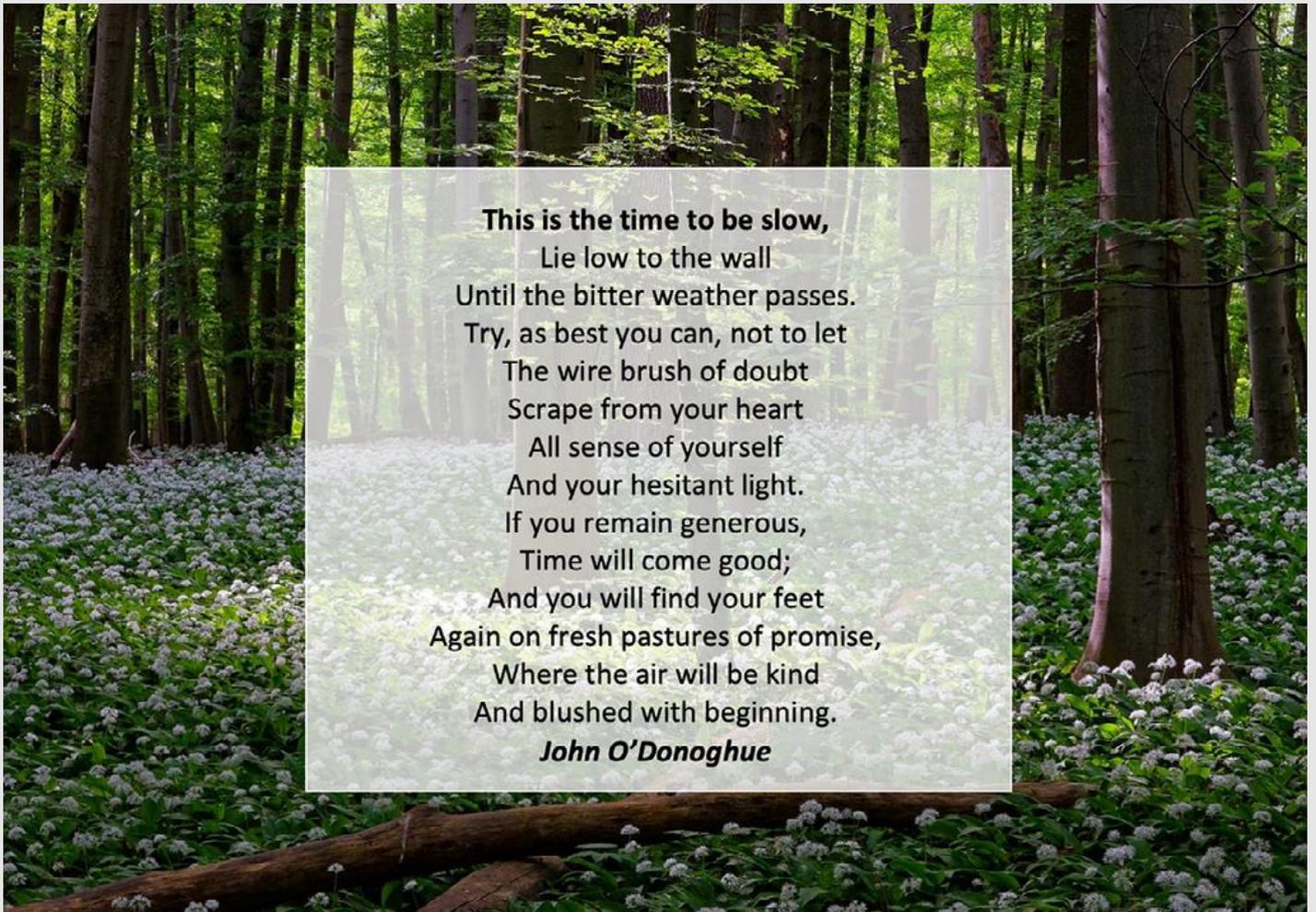
**STAY RESPONSIBLE AND INFORMED**

As a Public Health Organisation, the Health Service Executive (HSE) is committed to providing the best possible health services for the people of Ireland. We are working closely with the Government and other public health organisations to ensure that we are providing the best possible health services for the people of Ireland.

You can create a Plan for the Day, every evening for the day ahead



Remember that there is a lot of 'fake news' going around



**This is the time to be slow,  
Lie low to the wall  
Until the bitter weather passes.  
Try, as best you can, not to let  
The wire brush of doubt  
Scrape from your heart  
All sense of yourself  
And your hesitant light.  
If you remain generous,  
Time will come good;  
And you will find your feet  
Again on fresh pastures of promise,  
Where the air will be kind  
And blushed with beginning.  
*John O'Donoghue***

[Listen to this poem here](#)

**We are asking you to contribute to this years Summer Newsletter and celebrate all the amazing successes and achievements that happened in our school community throughout the year 2019/2020.**

**If you were involved in an activity, group, club, class activity or achieved in school life and wish to celebrate any successes from the last year, we want your voice in this years Summer Newsletter.**

**Send any photos and a short written piece to Ms McGlade at [dp@stalscork.com](mailto:dp@stalscork.com) as soon as possible!!**

