



St Aloysius  
Secondary  
School

Student Bulletin  
April 24<sup>th</sup> 2020



WELCOME BACK

Results from our  
St Als Home  
Economics Easter  
challenge and some  
more competitions  
to keep you busy!

Competition  
time

Welcome back after what we hope was a restful Easter break for all of our school community. We hope you enjoy this week's edition of the Student Bulletin, as always, we are asking you to contribute anything that you feel may help cheer up, inspire or support your friends, teachers and parents in this most unusual of times. Any ideas, suggestions or requests should be sent to [dp@stalscork.com](mailto:dp@stalscork.com).

Many of you may be feeling anxious at this time for various reasons. In relation to your school work, we ask you to ask yourself one simple question, 'Am I doing my best?' We are all facing different realities in our homes, if you can honestly say that you are doing your best in your personal circumstances then you should be proud and not criticise yourself. We are here to support you in any way that we can so don't be afraid to reach out! Keep in regular contact with your friends and stay active and positive! Keep engaged with school and your teachers!

*Ms Savage & Ms McGlade*



Routine  
Calm  
Support

Some thoughts on  
how to get back  
into home school.

A sneaky peak at  
next year's  
Student Journal  
cover!!



‘If we winter this  
one out, we can  
summer  
anywhere’

*taken from an interview with  
Seamus Heaney, 1972*



## Wellbeing for All

**Routine**

**Calm**

**Support**

We have now returned after our Easter break and a successful three weeks of online learning before a well-earned rest. Well done everyone on such great work before the Easter break, you all did a great job! Issues arose and will continue to arise and I'm sure students and parents are feeling anxious and overwhelmed at the thoughts of facing into the rest of the school year learning from home. This is normal in a situation like this and we will take each week as it comes from now until the end of May, and until the Leaving Certificate at the end of the summer for our 6<sup>th</sup> year students.

Parents are the primary educators of each of our students. In crisis situations children of every age look to their parents for coping strategies making it very important that we all remain calm in the midst of the uncertainty around us. Key to keeping calm is keeping a routine and structure in your day. Having a focus each day helps to give it meaning and helps you to continue to progress in your learning and achieve in your life each day. I hope everyone took time to relax and recuperate over the Easter break. Now is the time to refocus and bring some routine back into the day if you lost it over the 2 weeks break. Below are some tips for you and your parents that may help support you during this time.

### Tips for students & parents

**Google Classroom support**

[https://edu.google.com/products/classroom/?modal\\_active=none](https://edu.google.com/products/classroom/?modal_active=none)

**We thrive on routine and predictability**

<https://www.upworthy.com/tips-for-parents-coronavirus>

**Home-schooling during coronavirus closures: advice for parents**

[https://www.irishtimes.com/news/education/home-schooling-during-coronavirus-closures-advice-from-experts-1.4202372?utm\\_source=dlvr.it&utm\\_medium=twitter](https://www.irishtimes.com/news/education/home-schooling-during-coronavirus-closures-advice-from-experts-1.4202372?utm_source=dlvr.it&utm_medium=twitter)

**Advice to Young People while Schools Are closed**

<https://www.education.ie/en/The-Department/Announcements/advice-to-young-people-while-schools-are-closed.pdf>

**Ms McGlade – Deputy Principal**

Competition  
time



Competition  
time

Over the last number of weeks, here in the Home Economics department we have been blown away by the array of talent displayed by our amazing students. The images submitted for the 'St Als Home Ec At Home' competition were heart-warming and uplifting. We are delighted to announce that the winner of the competition is Greta in 5<sup>th</sup> year. Greta produced an amazing chocolate fruit cake with a very much professional finish. Congratulations Greta, we would be hard pushed to find this high standard in a French patisserie! A one for All Voucher will make it's way to you shortly!

During this difficult time, baking and cooking have become a form of escapism and have no doubt provided a sense of joy for many families around the country. Recent weeks have seen flour flying off the shelves and have taken many families back to basics, enjoying quality time and the sharing of age-old recipes.

Of late well-being has become an important aspect of our everyday lives. For us, an important feature of well-being is the ability to provide healthy homemade dishes which can positively impact both our physical and mental health. The skills learned daily in Home Economics truly are skills for life and it is safe to say that the future is bright for the students of St. Als Cork.

Recent weeks have seen our students preparing dishes for birthdays, anniversaries, family members and for the sheer joy of it. Many grandparents were surprised with doorstep gifts while some even managed to provide baking tutorials to their grandchildren through facetime. What better way to stay connected which keeping well apart!

To reinforce the words of our LC textbook author Laura Healy, a lovely bonus of the lockdown has been seeing Home Economics teachers across the country tweeting pictures of dishes prepared and baked by their students. Observing our students putting their skills into action outside the classroom can be seen as one of the best rewards for a Home Economics teacher, giving us yet another reason to love our job.

Stay safe and keep baking!!

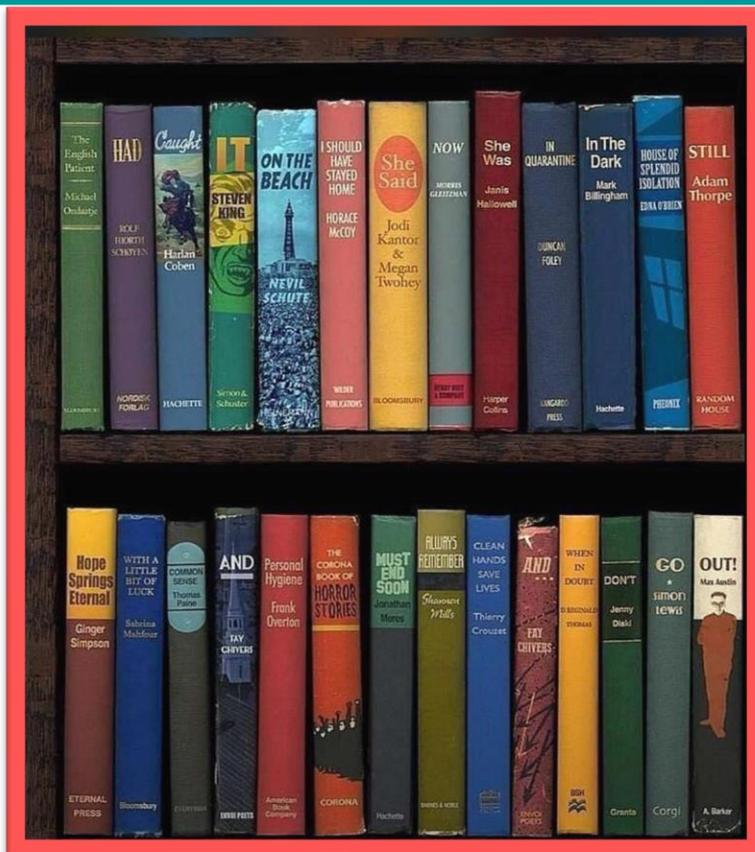
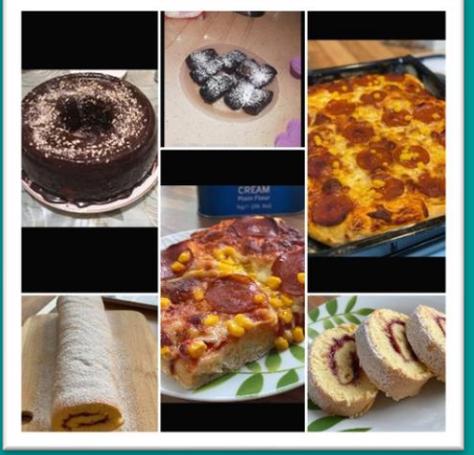
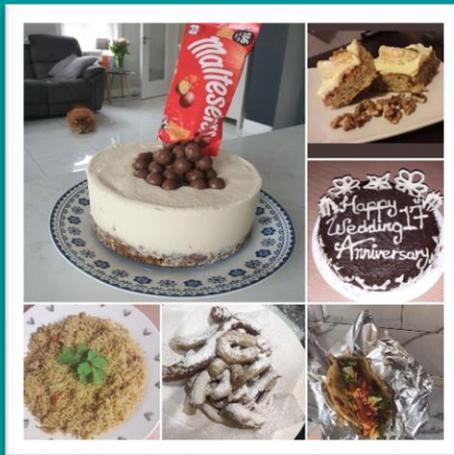
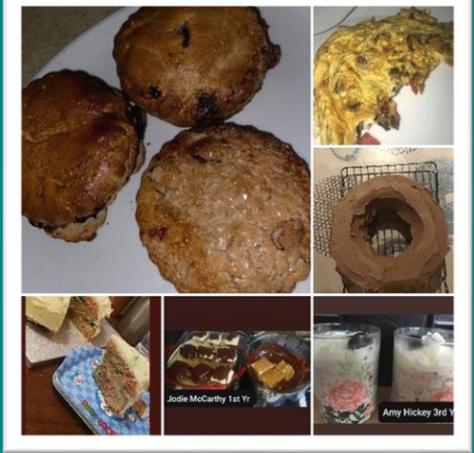
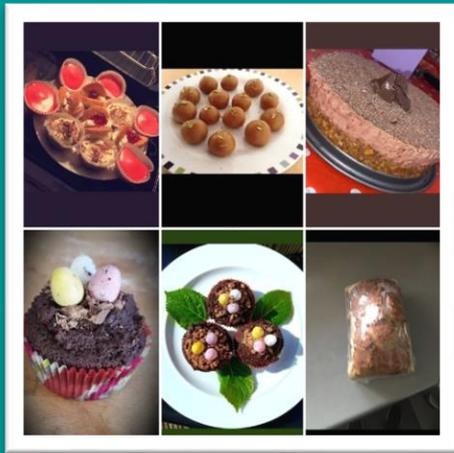
Ms. Carey and Ms. Coen.



Competition  
time

Well done to everyone who participated!  
Here is a taste of the wonderful cooking  
and baking going on in St Al's homes

Competition  
time



# Meanwhile in other Home Ec related news!!!

This month we are asking all student to get creative for the 'Makeover May' challenge!! It's time to remake, remodel or re-imagine any old item to give it a new lease of life!! Email all pictures to either Ms. Carey or Ms. Coen before 8<sup>th</sup> May to be in with a chance of winning.

Best of luck to all.

Ms. Carey and Ms. Coen



ATHE

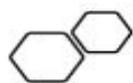
@ATHE\_HomeEc

'Makeover May" Competition 2020. Get creative and remake, remodel or re-imagine something old into something new. Submit your fabulous photos to be in with a chance to win a prize. All info below: [#makeovermay2020](#) [#Homeeconomics](#) [#athe](#)



## How to enter:

- Submit any pictures of your "Makeover task" on twitter
- Tweet @ATHE\_Homeec and use the hashtag #homeeconomics and #Makeovermay2020
- Multiple entries accepted. Through teacher/student account.
- Prize: €50 voucher for student and €50 voucher for winning teacher.
- Winner shall be announced on twitter on 8<sup>th</sup> May 2020



## "Makeover May" Challenge

Put your upcycling ideas into reality with this Challenge: **Remake, Remodel or Reimagine** something old into something new.

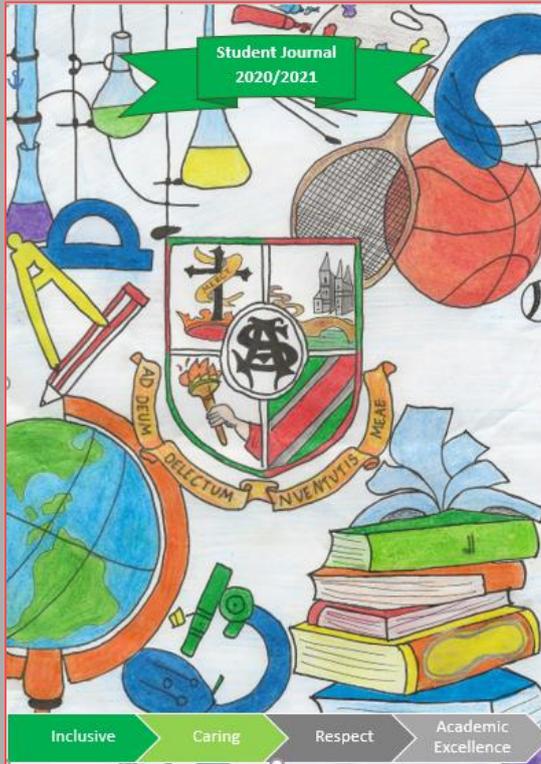




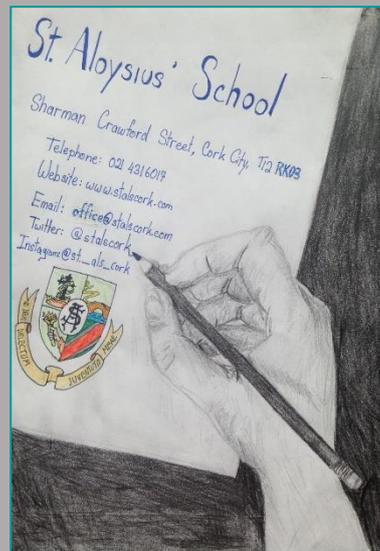
Competition  
time

# Student Journal 2020 2021

Competition  
time

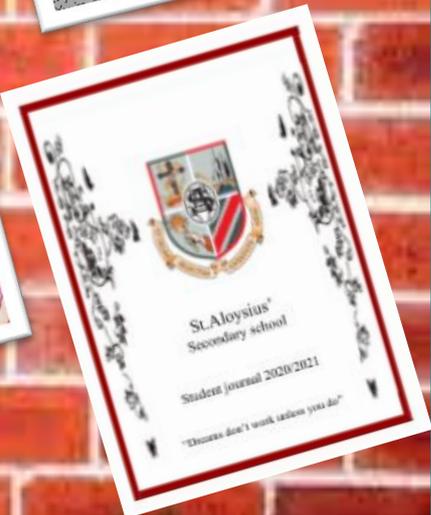
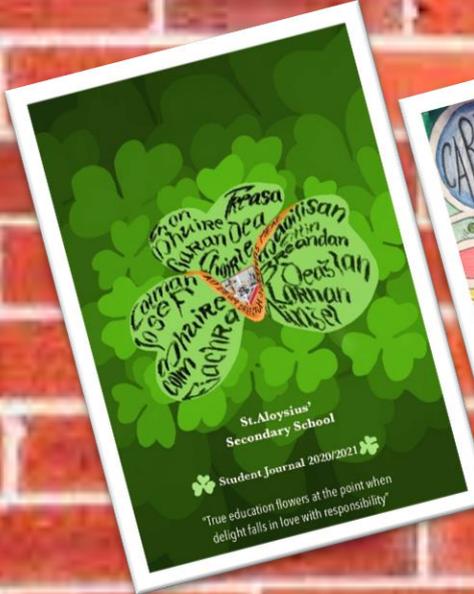
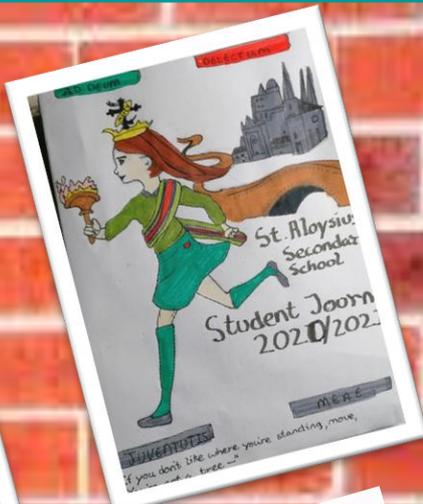


The winning design is by Wiktorja in 2<sup>nd</sup> year who will have her design as the cover of next year's journal and receive a €25 voucher for Vibes and Scribes.



Well done to runner up Sarah in 5<sup>th</sup> year, we were so impressed with her entry we have decided to include it within the journal next year.

These are some of the wonderful entries for our student journal competition. Catarina (5<sup>th</sup> year), Sarah (5<sup>th</sup> year), Doan (3<sup>rd</sup> year) and Chelsea (5<sup>th</sup> year). Well done and thank you to everyone who took part.



Competition  
time



Competition  
time

## Competition Time

All students are invited to create a comic strip or write a poem.

With 'The Lockdown' in mind, the theme of the competition this week is

### 'Stranger Things!'

Entries can be submitted directly to your English teacher or to Ms McGlade via email by Wednesday the 29<sup>th</sup> of April.

A poster for the English Competition 'Stranger Things'. The background is a dramatic, dark, stormy sky with a bright sun or moon breaking through the clouds, casting a long shadow on a road. In the foreground, four children are riding bicycles away from the viewer down the road. The text is overlaid on the right side of the image.

English Competition  
**'STRANGER THINGS'**  
Create a poem or  
Comic strip  
entitled 'Stranger  
Things'

Entries can be submitted to  
your English teacher by  
Wednesday the 29<sup>th</sup> of April

This year celebrates the 50th anniversary of Earth Day. It was founded by Senator Nelson in America who recognised 1) humans were not taking good care of the earth but 2) when humans are made aware of their effects on the planet, they can activate change. Activists marched for better protection of our environment. These protests lead to the foundation of the EPA (environmental Protection Agency) in America and it is now a worldwide organization. The EPA established safe levels of the basic planetary systems that ensure human survival on Earth such as the pollution levels of Air and Water. One very significant event happened in 2016 in Paris on Earth Day at COP21, leaders from 190 countries signed an agreement to work towards reducing the rate of global warming. Each year Earth Day has a different theme, this year it is *Climate Action*. We can all help our planet even if it is a small change - small is manageable, worthwhile and will make a difference for us, future generations and our planet - Earth.

Earth Day 2020  
April 22nd



## THANK GOD IT'S FRIDAY 🤪.

Well we made it back to virtual school and the first week is over. Hurray. Why not listen and sing along to the following selection of songs to celebrate. "Sing out loud and sing out strong".

From the Music Department



Happy



Friday I'm in love. (some strobe effect in this video)



We're all in this together