



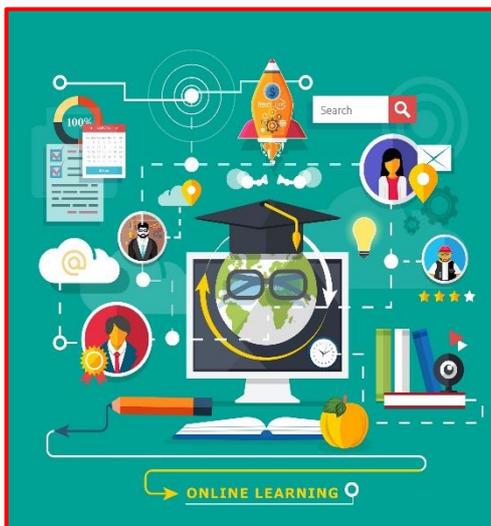
**St Aloysius
Secondary
School**

**Student Bulletin
May 1st 2020**



5TH EDITION

Find supports to help you with your online learning with links to tutorials and a reminder of the codes for free online books.



We hope you enjoy this week's edition of the Student Bulletin. This week we are focusing on your online learning and on what we can do to bring a little light to those around us in these strange times.

You have all made it safely to the end of our 5th week of online teaching and learning. Well done! Your teachers have all been working hard to support you in your learning and you have been working hard to keep up to date with as much of this work as you can. Well done! You should all be very proud of all you have achieved. If you haven't been putting in your best efforts, it's not too late to engage with your teachers and classmates with one final push before we face into our end of year assessments.



Results from our English 'Stranger Things' themed Competition will be revealed.

This week the Junior Cert students finally received some clarity about their exams. You must be relieved to know that you won't have to face any exams on your return to school! You will instead face an end of year assessment. These will contribute to your Junior Certificate School Report. We urge you all to continue to let your teachers know if you are having difficulties and remind you to thank them for the long hours of work they are putting in to support you. Leaving Cert students, we are thinking of you always as you pace yourselves for the months ahead. Keep up the good work girls and enjoy your long weekend!

Ms Savage & Ms McGlade

Light a candle tonight at 8pm to shine a light on our front-line hero's.

Share an image of your light for all to see online



How to access your books online for free


CjFallon
preparing the future

Simply click [here](#)
and filter to your
required title



Edco Learning

www.edcolearning.ie/login

Username:

Junior – jcedcobooks

Senior – lcedcobooks

Password:

edco2020

FolensOnline 



Go to FolensOnline.ie and
click register
Select Teacher
Fill in a username, email
and password
For Roll Number use the
code: Sec20

 **GILL**
EDUCATION

Go to
[www.gillexplore.ie/pro
ducts](http://www.gillexplore.ie/products) and find your
resources, For further
support contact
digitalsupport@gill.ie

Student Quick Guide to Google Classroom

Join at classroom.google.com

Go to Classwork Tab

Uncompleted work has a dark icon. Completed work is greyed.

Click on assignment stripe with dark icon to expand assignment preview.

Click on View Assignment

VIEW ASSIGNMENT

Add or Create Work

ADD CREATE

Click on Attachment Title to Edit

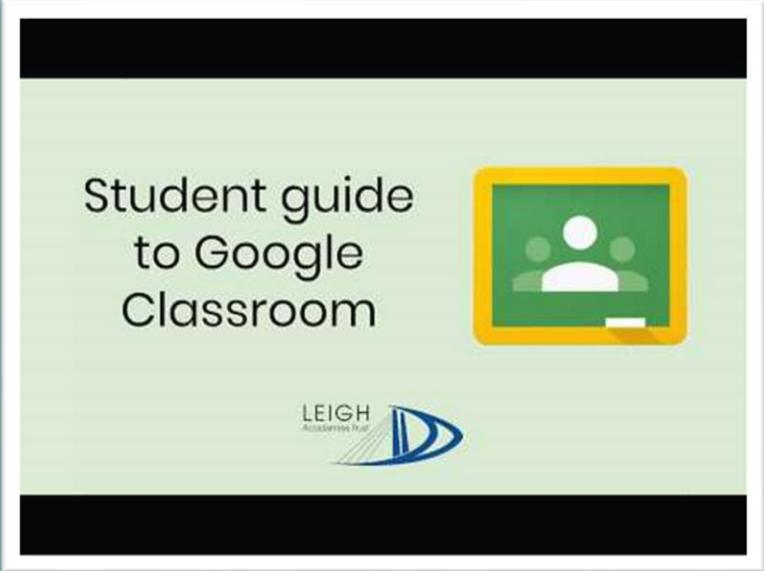
Mark as Done or Turn In

MARK AS DONE TURN IN

View Your Work

VIEW YOUR WORK

By Alex Kaefer © 2018



Click on the image above to get to a useful tutorial for using Google Classroom.

A STUDENT'S GUIDE TO ONLINE CLASSROOM ETIQUETTE

WORK SPACE
Choose a workspace that is suitable for the online classroom.

Be aware of what others will see in the background.

SHHHH...!
Mute your mic when you are not talking or typing. Only turn it on if you are asked to speak.

BE ON TIME
Turn up - the class is to help you and your learning

Be on time for your online classes

NO PHOTOS
Do not take screenshots or photos of others online

SCHOOL RULES
School rules apply in the online classroom

Think before you type. Keep focused on the task assigned.

PRESENTATION
Dress appropriately

SPEAK UP & ASK FOR HELP
Contact teachers during school hours or make an agreement about contact times

RESPECT
Respect everyone's views online

ENJOY IT!
Enjoy this new way of learning. It is new to a lot of people and it may take time to adapt



“Happiness can be found,
even in the darkest of times,
if one only remembers to
turn on the light.”

Dumbledore

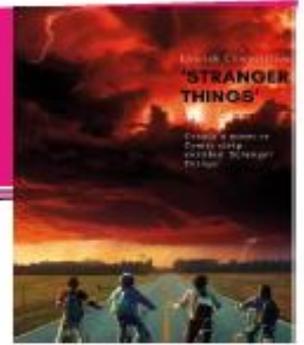
We ask all our students and their families to turn on your light this Friday at 8pm to show your support for our whole St Als community during this challenging time.

Light a candle to spread the message of hope for all those in our community who may be struggling to cope in this difficult situation. We will remember those in our wider community who are heroically working on the frontline to keep our country running, as well as our exam students who are staying positive in the face of an uncertain future. Happiness can still be found, particularly if we all stick together while we are getting through this and waiting for better times to return.

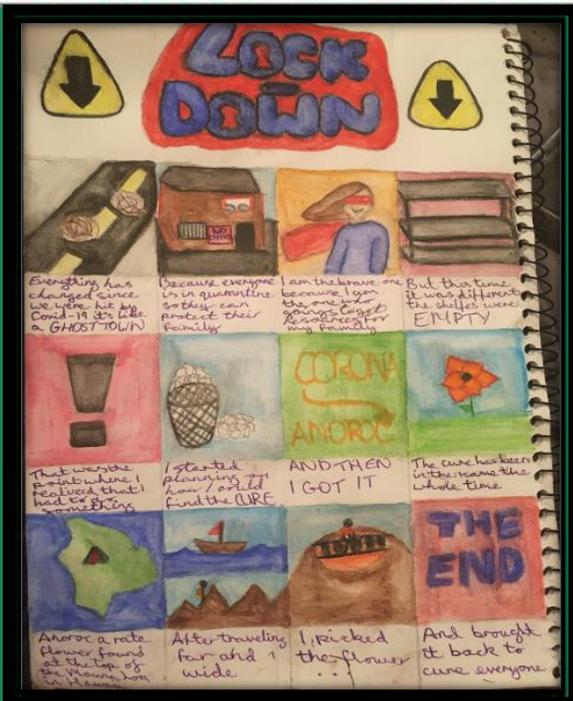
Please send a photo of your lit candle (or shining light) to @StAls_Guidance or mswhalley@stalscork.com so that we can share your message of encouragement with the rest of your school community.

Thank you all for your support!

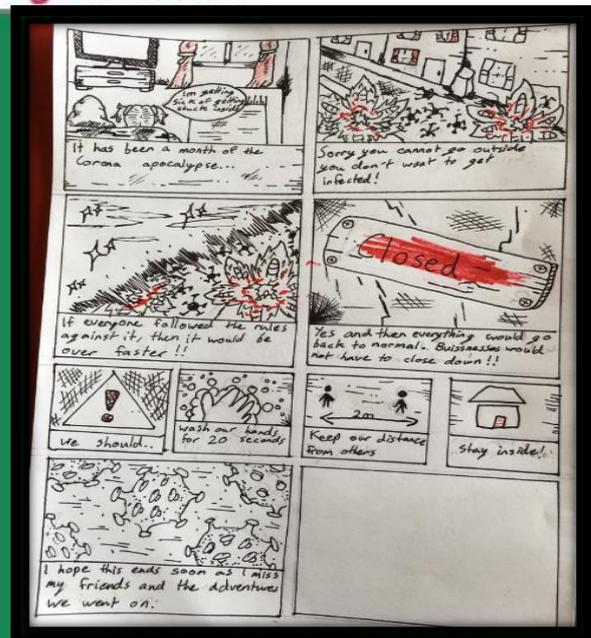
Stranger Things



Hi girls, many thanks for all the entries we received. Here are some of our favorite's - things are very strange indeed!!



Zoe Birmingham (2nd Year)



Jowita Skubisz (2nd Year)

Stranger Things

Busy streets, scraps and meets
Gone
Walking in town, buying a gown
Gone

Seeing friends, learning dance trends
Gone
Having fun, in the sun
Gone

Sleepovers, finding a four leaved clover
Gone
Playing sports, finding outdoor forts
Gone

Going to school, swimming in a pool
Gone
Haircuts, buying jam donuts
Gone

Lockdown really is a strange thing

Nathalie Afolabi

Strange times by Maria Murphy (2nd year)

Right now life is a bit strange.
For a lot of us this is a big change.
Back in February we did not know
what we were all about to undergo.

School work from home,
Who would have known!
Shops, restaurants, schools and more,
All closed, this is far from the norm.
Missing family and friends.
When will this end?

Well, the solution's simple you'll be glad to know,
We must social distance and stay at home.
Follow these guidelines to keep the virus confined
and life will be back to normal in no time!

Quarantine

At that time of the year
When the end seems to be near
And when you look for a trace
You find nothing but an empty space

And when you find your favorite show
You wish begging to slow
And when you sit down and relax
You forget about your malice

And when you try to find something to do
You get distracted by your phone saying
'Look, here's what's new'

When you realize you don't need to look
Up bright, shiny things through your mind
You built up all of your head
And decline fresh, sunny instead

When there is a time you want to cry
Think of good things and aim for the sky
So don't be afraid no one will judge
The lesson-come you made for a great great look

So yes? This year won't have such a bad end
Like the way it started off this year you're just read
So why not to share together in this time of need
Not literally of course, but virtually indeed!

Leila Abdurahmanova (2nd Year)

8/4/20 Stranger Things

You walk through the same paths,
That you used to
You breathe the same air,
That you used to
Except that now, your fear for
Your lungs, your body, your health.
There's a small enemy,
That our eye cannot see.
A Traveler through the air
That wants to enslave our cells,
wants to dominate us all
This small creature,
That makes the world stop
Everything is on hold,
Events good, and bad.
I stay at home, to remain safe,
A special day is no exception,
To risk the lives
Of the ones we love.
I recognize now, that
Time is plentiful,
Until there's no time at all.
Right now,
The world outside is uncanny,
But I know that,
Stranger things have
happened.

Mily Davison (2nd Year)

Quarantine

Lockdown is a very scary time,
So I thought I could write a rhyme,
To put a smile on lots of faces,
From around the world in lots of places.

Lots of time with my family,
Fills me with enormous glee,
Home school teaching from online,
So last most of the time.

Missing my bike rides and staying out,
It really makes me want to shout,
Friends and close ones can't see me,
But safety really is the tea.

Watching movies on Disney plus,
Keeps me from making such a fuss,
Eating ice cream in the garden,
Makes us burp, but we say pardon.

Missing my friends and all my teachers,
Watching Netflix to see what features,
In the list of videos that set us challenges,
Hope no one falls and ends up in bandages.

One day when this will come to an end,
Hopefully we won't have driven mum around the end,
We will look back and cherish the thought,
Of the lessons we learned and the ones we were taught.

Wiktorija Arendt (2nd Year)

Stranger Things

Corona Virus is here
We've got to stay inside
To protect those at risk
We have to put our ordinary lives aside.

Video chatting friends
Is just not the same
I really miss them
And I'm going insane.

I'm not in the mood
All I can think about is food
Every five minutes I'm at the fridge
Hoping to see something new inside.

The school work is piling up
But it gives me something to do
It causes a bit of stress
But I must progress.

Niamh Barrett (2nd Year)



And the winners are.....



Wiktorja Arendt (2nd Year)

Stranger things by Eve

I talk all night to sleepless friends.
We wonder, if when quarantine ends,
What our days will be like, when the ban is lifted?
Is this living free?
Or is my freedom being stripped of me?.

I'll stay awake,
Corona won't be taking us prisoner tonight.
We will fight the good fight for the sake of the high risk.
For now we wait at the mercy of leo.
Waiting like animals, we wait trapped in cages,
Here we stay, it could be ages.

No more Walking from Saturday nights into the candle lit mass of Sunday mornings,
No more tired eyes in mourning,
After early risings lost to the night's embrace,
The days melt into one.
Is it Monday? or thursday?
No more fun days in the sun days ,
Only lonely days cause of our loner ways.

Our apathy and boredom shines brighter.
The feeling of friendship is lighter and fleeting,
How I pray we keep meeting,
When everyone else keeps retreating.

Eve (4th Year)

On the 13th March two thousand and twenty
Among school children there was celebrating a pivity
School is closed, no need to go
This can't be true but it's according to leo

Days at home, staying in bed
This is great everybody said
Uniform hung up away out of sight
Why do my parents think Covid's a blight?

But soon with no friends, no parties or shopping
My love of this life is seriously dropping
This isn't so great, life without school
And the thought of Mcluggets is making me drool

Kitchen to Garden, Upstairs to down
Being at home is making me frown
I'm missing my friends, and hugs from my Granny
But vulnerable people she is one of many

So I'll wait and I'll wait, until Covid is gone
Even if all I do is yawn
I never again will say I'm staying at home
Around this whole world, one day I will roam.



Clodagh O'Neill (2nd Year)

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.

Jasmine Cotter Willows (4th Year)

Thank you for all of your wonderful entries. From your English teachers
Ms Gaine, Ms Howard, Mrs O'Donovan, Ms Twomey and Ms White

This Weeks Challenge!



This week, in association with the Smile Committee we are challenging you all to perform a random act of kindness. We are asking that you would share a photo of your random act and we will post it on twitter and Instagram to inspire others. Your post will be anonymous to keep the spirit of the act being for kindness and not for glory. Email your images to dp@stalscork.com We look forward to seeing your kindness spreading throughout your homes and communities.

Ms McGlade & Ms Robinson

Below is a list of suggestions to get you going.

- Make someone a cup of tea
- Leave someone an unexpected Thank You note
- Write a letter to an elderly person in your community
- Send your grandparents a letter/card/drawing....
- Wash your parent's car
- Do the housework without being asked
- Paint a stone with a positive message and leave it at the side of a pedestrian walkway to cheer people up
- Give a stranger a compliment
- Send a letter to a good friend instead of a text
- Water your neighbour's flowers
- Help a classmate or friend that is struggling with their school work
- Let someone else pick what to watch on TV
- Be kind to yourself!
- Plan a surprise birthday party for a friend on Zoom/What's App.....
- Clean up /paint / plant something in your local community (within 2km) Be inspired by this father and son duo featured in [Echo Live](#)
- Be kind to yourself!



How to improve Sleep and Wellbeing when Staying at Home & Social Distancing: 12 Things you can do

The advice below is adapted from a <https://sleepot.org/sleep-stay-home-social-distance/>

1) Stick to regular times for sleep, activity and meals

Even if these aren't exactly the same hours you usually keep establish regularly timed routines. Establish some contrast between 'day' and 'night', through your routines; for example, do you really feel equally daytime-ish in your pyjamas as when you are dressed?

2) Keep the 'bed-space' just for sleep

When doing your school work use another room than your bedroom if you can. If you have to do work in your bedroom, try to create a separate area. Some people have a make-shift office which they cover up with a throw at the end of their work day. Some people put their work things away. Make the space look and feel different in its 'work' and 'rest' modes. This will help you to still subconsciously associate your bed with sleep when it comes to bed time.

3.a) Get daytime light

Sit by a window at breakfast if you can. Morning light is important, and daytime light also helps with sleep and mood. If you have a garden or balcony, use it. If you are in a situation where you can go for a morning walk whilst social distancing (keeping at least 2m apart), then take advantage of this

& 3.b) Reduce your evening light exposure

You are probably getting less daytime light than usual by not going out, so lower the lights as much as you can in the evening. Don't watch TV too late, or use your phone too late. Set a screen dimmer or 'blue-light filter' on your smart-phone.

4) Limit social media and news time

Many smartphones have an option to set time limits for different apps. Set yourself limits on checking news and media, and set a time in the evening after which you will have no news or social media, and focus on something else of your choice.

5) Do productive activities

Whatever your situation we all benefit from a balance of different activities in our day. Productive activities give us a sense of purpose. Keeping up with your school work is very important for your own achievement in school but it is a good idea to have something other productive activity as well. Think about what else you can still do whilst staying at home. Some people have tackled some tidying up or organising that they been leaving for





ages. Perhaps you might take charge of some of the household tasks: ironing, clothes washing, wash the windows. Being mentally active and productive may help you feel more sleepy at night, can give you something to get up for, and may help you feel like you deserve to relax in the evening.

6) Physical activity

Exercise improves sleep. Plan to do some physical activity every day. What this is this depends how active you usually are. Find something at your level that you can do in your home and plan a regular time to do it so it becomes routine.

7) Avoid napping, lying in, or excessive sleep

Daytime napping can be useful for some people, such as people with certain health conditions or some older people, but if you don't usually nap, don't start now. It can be tempting to nap if tiredness creeps up on you in the daytime, but napping reduces the night-time drive to sleep. If you are going to nap, many experts advise to keep it to less than 30 minutes so that you don't go into deep sleep. Most teenagers need 8 to 10hrs sleep a night.

8) Reduce caffeine, alcohol and other sleep interferers

People's sensitivity to caffeine varies, but it is always a stimulant. Reduce caffeine or don't have it so late in the day

9) Take time to relax and wind down

This is a stressful time for many of us. There are many uncertainties but you can't solve everything right now, so make sure you allow yourself to put down your tasks and your worries. You can come back to them later if you want to. Do something relaxing to wind down. Choose what you enjoy and find relaxing, and decide what time your evening wind down should start, allowing an hour or so to wind down.

10) Don't focus effort on trying to sleep

Be kind to your sleep, but don't try to force it. If you find you are lying in bed getting frustrated trying to force yourself to sleep, get up for a bit and do something mundane in another room. Focus on something else for a bit and then go back to bed when you feel sleepy.

11) Connect socially

Feeling socially connected will help with your overall wellbeing and your sleep. Don't wait until things go back to normal to catch up with people. It might be a while and we need each other now. Establish new social routines, making regular contact with your friends and family using phone or video calling.

12) Ask for help if you need it



Don't forget!!!

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 8th May to be in with a chance of winning. Best of luck to all.

Ms. Carey and Ms. Coen



"Makeover May" Challenge

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



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 change 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 8th May 2020

Don't forget!!!

If you haven't yet completed the survey regarding the flags in the canteen then please follow the link:

[Nationality Survey for school flags](#)





May Day has always had significance in the year Calendar. For us, in Ireland, it marked the beginning of summer. The Celtic calendar follows that May, June and July are the summer months, so, welcome to summer.

The Celts marked the first day of May as important because it was midway through the year of darkness and light. In Europe and America countries traditionally celebrate May day with baskets of flowers and gifts. In many countries throughout the world May Day, often called Labour Day, is a holiday from work.

In Ireland in the past the Month of May was associated with Our Lady, Communion Children and May processions. Many of our teachers, and perhaps some students, will remember walking in May processions and singing the Hymn Flower of the Rarest (link below). Indeed, all our students may remember singing this hymn last May at different liturgical events in school. Have a listen to it now and sing along if you remember it. <https://www.youtube.com/watch?v=pWMEsCT8xZw>

