



**Summer/
Samhradh 2022**

St Louis High School *Newsletter/Nuachtlitir*

**Let peace fill our hearts,
our world and our
universe.**

**Let us dream together,
pray together and work
together,
to build one world of
peace and justice for all.**



As we approach the end of the academic year '21-22, we applaud our school community for successfully navigating yet another challenging year.

When we returned to school in Autumn 2021, covid restrictions were still in place. We were accustomed to this routine and in the spirit of *Ut Sint Unum* (that we may be one), we got on with it throughout the Winter months. Covid numbers rose and fell and the ever-present thought that we may have to return to a lock-down scenario was always in our consciousness.

After Spring midterm break, we were suddenly jettisoned into the easing of restrictions and clarity about the Leaving and Junior Certificate examinations was eventually provided. Striving to keep the school community safe, getting on with the business of teaching and learning whilst balancing the desire for a return to normality have been challenging. There was great joy in seeing each other's faces again, hearing the return of chatter and laughter to classrooms, the reinstatement of lockers, and the simple enjoyment of each other's company in a more relaxed manner. We have acquired a new respect for the outdoors and have become seasoned to all weathers! Whilst we are aware that we should never take Covid for granted, we are in a much better place and look forward, with optimism, to a brighter future. We especially thank the scientists, medics and frontline workers for their immense support throughout this time, many of whom are among our parent population. Míle buíochas.

The end of February brought with it the news of the conflict in Ukraine. We welcomed three Ukrainian students to SLHS and we hope that they enjoyed their time with us. The school community came together to raise funds through various events – a bake sale, a monster raffle and a musical showcase, all of which raised over €6000 for charities supporting people affected by this conflict. Sincere thanks to everybody who made this happen and we pray for a peaceful resolution to the conflict as soon as possible.



As we conclude the year, we wish our 3rd and 6th Years every success in the Leaving and Junior Certificate exams. We hope that end-of-year exams have gone well for the 1st, 2nd and 5th Years and that TYs have thoroughly enjoyed their year. We hope that all students and staff have a relaxing and enjoyable summer break. We thank parents for your support and for working with us throughout the year. Staff (teachers, snas, guidance counsellors, admin, caretakers, supervisors, housekeepers, senior management) have worked in very challenging circumstances during this period and have successfully navigated the journey for all out of these restrictions. Sincere thanks to the Board of Management and the Parents' Council for their support, wisdom and guidance throughout. Míle buíochas do chách. Wishing you all a very happy and safe summer.

- C McDonough (Principal)



Congratulations to the Class of 2022

We celebrated the 6th Year's graduation with families on May 23rd. It was such a joyous occasion, particularly given that we haven't been in a position to host a full, in-person graduation in two years. The ceremony's MC, Ms Thornton (deputy principal) guided us through the afternoon which commenced with a beautiful prayer service enhanced with music from the 6th Year and Staff choirs and the school's instrumental group. Our Trad. group provided further beautiful music throughout the afternoon. Ms Rodgers (year head) and Ms McDonough (principal) presented every student with their individual graduation certificate and a special gift from the school. Thank you to staff and students, including the newly elected SRC who helped with preparations and catering, ensuring this occasion proved to be extremely memorable for the Class of 2022 and their families. Ms Rodgers warmly recounted the year-group's journey over the past six years and Sophie (head girl) eloquently shared many special memories with the captive audience. Ms McDonough (principal) expressed her joy at the school community of students, parents and staff gathering together to celebrate the graduation. We wish the Class of 2022 every success and happiness in their future lives.

"Most of the old ladies I know wish they had looked less to their fears and more to their dreams."



CLASS of 2022

"What do you want to be when you grow up?"



"Kind," said the boy

Charles Mackay

SRC 2021-2022

Well done to the SRC, led so ably by Sophie McGrath and Holly Lewis. The SRC's leadership, characterised by welcome, friendship, kindness and encouragement of fellow students was appreciated throughout the school community. Well done to Sophie, Holly, Avril, Emma, Guylor, Jessie, Kate M, Kate KH, Laura, Niamh, Saoirse and Sophie H. Thank you to Ms Stenson for her mentorship throughout the year. We wish them well in their future lives.

"In the future when you look back and see yourself now..."



"You'll be so proud," said the mole.



SRC 2021-2022

END-OF-YEAR ASSEMBLIES

Year groups 1st, 2nd, 3rd and 5th Yrs came together in their respective year groups for end-of-year assemblies in Cuisle. Each assembly commenced with a short prayer and candle-lighting service. Students from each class shared their memories of the year gone by, recounting achievements, challenges, victories, school events, trips, funny stories and sports day. Thoughts on the importance of friendship and gratitude were also expressed. Ms McDonough, Ms Thornton and the respective year heads, shared their thoughts and memories and wished every year group a very happy summer, whilst congratulating them on their positive engagement with school life throughout the year. At the close of each assembly the year group came together to sing one of the Beatles' famous songs, *Let it Be*, led by Grace Byrne (TY), Áine O'Malley (TY) and Anthea Richard (5th Yr). Thank you to Ms Warren for her assistance with the beautiful prayer services. Míle buíochas to all students for the generous gifts presented to class teachers, year heads, snas, guidance counsellors, Ms Thornton and Ms McDonough.

Thank you to all Year Heads for the support and care they offer students: Ms Brady & Ms Madden (1st Yr); Ms Davitt & Ms Doyle (2nd Yr); Ms Carragher (3rd Yr); Ms Muldoon (5th Yr), Ms McNamee (TY) and Ms Rodgers (6th Yr); Guidance counsellors, Ms Farragher and Ms Mulcahy, snas, class and subject teachers. A special word of thanks to the SRC who treated all year groups to a picnic following their assembly.



TY Celebration/Ceiliúradh

The TY Ceiliúradh was held on Wednesday 25th May. It was wonderful to welcome parents into the school for this important celebration. The ceremony commenced with Smaranda leading those gathered in prayer, followed by Ciara, Grace and Lisa sharing special TY memories. Ms Farragher (Programme Co-ordinator) beautifully summarised the many achievements, opportunities and activities students, thankfully, were able to engage with during the course of the year. There was a sense of gratitude that students had managed to participate in all that had been planned despite the worries covid restrictions could potentially scupper best-made plans. Thankfully, students got to participate in work experience, workshops, wide variety of local trips and travel to Petersburg, Co. Galway for their 4-day outdoor pursuits trip which Ms McNamee (Year Head) described in great comedic detail! 52 of the TYs were presented with their bronze Gaisce medals the day before and 40 succeeded in securing an Amber Flag for the school in recognition of the school's efforts to promote positive mental health.

We have seen the TY class of 2022 grow in confidence throughout the year. We congratulate them on their positive engagement and we hope they will build on this as they move into the leaving certificate cycle. Ms McDonough, presented each student with their own personal portfolio and expressed her joy at being able to welcome parents and guardians to the celebration, the first one held in two years and that despite restrictions, students had experienced a very positive TY overall. A wonderful video, which was produced and edited by Ellen Escanillas and team, was shared which provided an overview of many of the learning activities and opportunities that came their way during TY. The ceremony concluded with a rendition of *Let it Be* accompanied by Grace Byrne and Áine O'Malley. Sincere thanks to Programme Co-ordinator, Ms Farragher, Year Head, Ms McNamee, class and subject teachers for ensuring the students had such a busy, active and positive TY experience.

The Trad. Group, led by Ms O'Tiarnaigh, provided beautiful music in the foyer whilst parents, students and teachers mingled and enjoyed some delicious refreshments. Sincere thanks to staff and students who helped to ensure that the ceremony was great success. We congratulate TY class of 2022 and wish them a very happy and safe summer.



Photographs from 6th Yr Graduation and tree-planting ceremony



Congratulations



Message from Ms Thornton (Deputy Principal)

Congratulations to everyone in St. Louis High School on the successful completion of another school year. It has been such a positive year, with so many highlights and wonderful memories for us all to cherish. Well done to all who have represented the school across such a broad spectrum of activities including the arts, music, sports and debating to name but a few. Congratulations also to the students who represented our school at national level in the Student Enterprise Awards, Angus Beef Competition and Junk Kouture final.

As another school year comes to an end, we are afforded an opportunity to reflect on all we have collectively accomplished here in St. Louis High School. Our school permeates beyond the four walls of the classroom, and our sense of school community is at the core of all of our endeavours.

It is wonderful to hear music once again in the school as it is such an integral part of school life here in St. Louis High School. It is also lovely to hear the excitement around the building when students are heading out to represent the school at various activities. There is immense value in engaging in activities outside of the classroom and as a school community, these experiences enrich all of our lives.

When we reflect on this year, we can be immensely proud of our collective efforts in all that we have achieved. As always, we consider the value of our community and our motto 'Ut Sint Unum', we truly understand the significance of being part of our wonderful school.

I wish our entire school community a relaxing and enjoyable summer break.



NEW UNIFORM SUPPLIERS

The School Wear House is our new supplier for uniforms. Please contact them directly.

Their website is: <https://schoolwearhouse.ie>

Unit 7 Ballymount Cross Industrial Estate, Ballymount, Dublin 24

Email: info@schoolwearhouse.ie TEL: 01 4604371

Opening Hours: Mon-Fri 10am-5pm; Saturday 10am-4pm.

Reflection poem on school life during Covid from 3rd Years

2019 was the year we all started,
From primary schools all over we sadly departed,
St. Louis, Rathmines was the school we all chose,
A new path for us all, exciting, I suppose....

New teachers, new subjects

New lockers, new friends,

The homework, the study,

It sure never ends.

But little did we know it was to all be interrupted
When this unusual new virus called Covid erupted.

March 2020 is when it all changed,
Little did we know, things would never be the same....

The Taoiseach announced the schools were to close,
"Two weeks off school!"

Is what we were told....

Weeks turned into months and months into years,
A time of reflection, excitement, and of course fears

Teams calls and zoom calls from our kitchen table,

But with the support of our teachers,

We knew we'd be able.

Pjs, messy hair, and dreading the calls,
Hoping the teachers wouldn't say,
"CAMERAS ON!!"

Masks, washing hands, and 2km walks,

Covid tests, antigen tests,

Was it ever going to stop?

Missing family, grandparents, neighbours and friends,

Watching the numbers, "was it coming to an end?"

After what seemed like forever,

We were back in school,

One-way corridors and Co2 monitors,

Shouting teachers,

"KEEP 2 METRES!"

This is our school life now as we know it,

Homework and study,

We better not blow it.

Better get our priorities straight,

Junior Cert will be here before we know it.

Written by Orla

Social
stancing



NEW
NORM

SRC PICNICS

For each of the year-group assemblies, the SRC organised special picnics for fellow students. They ensured that the year groups relaxed and enjoyed each other's company. Thank you SRC.



GARDENING CLUB



Following the great success of our Meitheal on the 12th March last, where parents, students and staff joined together to build raised beds and prepare the geodome for spring planting, the gardening club has been very industrious. Already, some of the produce has been harvested – delicious radishes and lettuce. Herbs are now thriving along with chillis, tomatoes, pumpkins and a variety of flowers. Our incoming first years, on their open morning, planted seeds, and when they join us in September, they will plant those plants on. In the outdoor area, peas and potatoes grace the new raised beds. We are really looking forward to further developing this area. Sincere thanks to Ms Earwaker and Ms Collins for all their work in inspiring a love of gardening amongst students.

GARDENING IN SLHS

Gardening maintains us in two worlds at the same time: reality and nature. Arguably, nature is a part of reality, yet for me, gardening means entering another dimension in which everything is possible; it is like doing magic with your own hands. The world of shrubs, plants, and flowers with all their endless beauty. The geodome has become a second home for me; I go there every Tuesday at lunch with boundless joy to work on planting, watering and just admiring the growth of our chillis, tomatoes, potatoes, oregano, radishes, and so on. For a while, I forget about my worries and issues in life. I live in a realm much above the conventional one of "duties and pleasures."

As you approach the geodome, you will notice a plethora of colours, which are all the flowers we planted this year that add a splash of colour and life to the school. But as soon as you enter the geodome, you can see the actual result of our arduous work throughout the year, the vast kingdom of greenery that looks so alive in the warm sunlight of spring.

Our work in the geodome varies according to the season. We collect leaves in the autumn, plant bulbs and chillis in the winter, and sow radishes, potatoes, oregano, and lettuce seeds in the spring, which are a major success thanks to Ms. Earwaker.

What a joy it is to see the flowers bloom and the plants germinate! How satisfying it is to witness the fruits of one's labour. Gardening taught me so many things, among which is the fact that in order to enjoy the fruits of our labour we must work hard, which not only applies in the gardening world but also in our day-to-day lives.

- LIVIA CEBAN 3I

1ST Year Trip to Causey Farm

On May 6th, 2022 we went on a school trip to Causey Farm. The buses left school at 8 am and arrived at 9:15. When we arrived, we were split into 4 groups of 23.

We started the day by baking fresh bread, which we got to take home at the end of the day. Afterwards, our group leader brought us around the farm to see the animals such as chickens, roosters, horses, alpacas, lambs, and bunnies. We took a quick 20-minute break to have a bite to eat and then it was the event we were all waiting for, bog jumping!!

They took 46 people at a time, so we joined another group, and we were off. It was about a 15-minute trip to the bog from Causey Farm. We took our socks and shoes off and jumped in. Although not everyone went in the bog, I think it was safe to say it was most people's favourite activity of the day.

In conclusion, it was a wonderful day out and one of the highlights of first year. Thank you to our year heads, Ms Brady and Ms Madden for organising.



Heading off to the farm for the day!

SURVIVING 5th Year

It's been a long year. September of fifth year feels so far away, and I honestly can't fathom how a year ago I was sitting upstairs, twiddling my thumbs, laughing at the poor fifth years doing their exams while we got to watch film after film. We've been through a lot this year. From sitting our first exam week since our mock exams way back in third year, to finding out that we most likely will have to do 20 sraith pictiúirí, it's been an emotional roller coaster. We've come together as a group quite well this year, blending naïve TYs with third years who kept the grind going academically and it's crazy how we've come so far in the span of a few months.

It's been a blur really, but within that, there have been many highlights. Firstly, a number of my fellow fifth year students and I have been able to hang out with the more spirited members of our school community: the first years. Every Wednesday, my friends and I hung out with the cool kids and imparted our knowledge on the impressionable youth. We shared our own experiences while learning about those junior cycle shenanigans, which honestly, was a great reminder of how far we have come since first year. It's also been quite the year for the fifth-year choir. We've sang Christmas carols for the St. Louis nuns, sang at prayer services throughout the year and even managed to put on an amazing Musical Showcase for the school. The sports side of things has also been very exciting with a trip to the National Indoor Arena in Blanchardstown. Our Gaisce award participants also went on, what I heard, was a rewarding two-day hike.

On the approaching storm called our future, Ms. Mulcahy has given us all the tools we need to survive thus far. We've had multiple talks from various universities and people from all walks of life. We even got to go on our first whole year trip to UCD in April! The lakes on campus were a great change of scenery, not to mention the food trucks! (Although nothing will ever beat Breda's hot food Fridays.) We also got to practise some democracy through the SRC elections! It's been something everyone has been looking forward to since our first day in this school, and it honestly did not disappoint. While every single person who put their name forward for election delivered amazing speeches to the year group, current SRC and SRC reps from other years, only 12 could get a spot. It was the most nerve-wracking experience since sitting my junior cert mock exams, but at the end of the day, I'm happy to say we have an amazing mix of individuals to represent the school.

We've done quite a bit this year in retrospect and while I don't think I could ever do a comprehensive fifth-year roundup, it's fair to say that we've had a good year. I have no doubt that our year group can weather through just about anything, but honestly, right now all I want to say is: Good luck TYs.

-Kerry Reyes 5o



by Amy O'Connor (5th Yr)

SPORTS DAY

There was great fun and sport on our Sports Day on May 13th. This was the first Sports day in three years, and it was fantastic that 1st, 2nd and 3rd Years could experience this special day for the very first time. Whilst there was great fun and themed class groups, serious sporting competitiveness was evident in football, basketball, and volleyball matches, athletics, tug-of-war and three-legged races. The relays provided great excitement in all year groups and especially between the 6th Years and teachers. One class in each year group was presented with medals as overall winners in their respective year group. It was lovely to see students supporting one another. Whilst the sun struggled to appear in the morning, the day remained dry and most enjoyed a lovely 99 ice cream. The sun eventually appeared in time for the presentations and for the climax of the day, Staff vs 6th Yrs annual rounders match. Out came the SRC and 6th Yrs dressed as pirates, ready to take on the staff who appeared dressed as sharks, determined to put in a good display. By the end of the match, the 6th Yrs triumphed and enjoyed the celebrations – how sweet that victory was! Well done to one and all for participating so positively in the day. Thank you to Ms McNamee, Ms Begley, Ms Hiney, Ms Rodgers and Mr Brennan for organising.



Sports Day 2022



SPORTING SUCCESS



SLHS Sporting Success



Congratulations to our Basketball and Camogie players who reached finals in their respective competitions. Great to see St Louis High School winning so many competitions this year – well done to all the players, their coaches and managers.



ANNOUNCING THE SRC FOR 2022-2023

The SRC elections were held in early May. Twenty eight 5th Year students put their names forward for selection for the 6th Yr SRC for 2022-2023. Well done to all who engaged with this election process. The new SRC has already been extremely busy with helping with Sports Day, organising a party for the outgoing SRC and doing a fantastic job assisting with the 6th Yr graduation and TY celebration. Well done on a very positive start. The new council is full of ideas to develop and enhance the school for all. We wish Neasa O'Brien (head girl); Ellena Brady (deputy-head girl); Alessia Borza; Molly Boon Lawless; Aobh Counihan; Róisín Crowley; Thea Davis; Amira Elbharoui; Katie Magee; Cara O'Reilly; Kerry Reyes; Anthea Richard the very best for the coming year. We look forward to seeing them in green jumpers and leading the student voice in the school community.



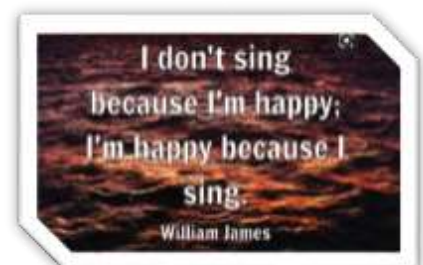
Appreciation Strategy Humility
Commitment Responsibility Listening
Integrity **Leadership** Listening
Honest Communication
Values Purpose Determination
Passion Principles

5th Yr Musical Showcase



Our 5th Yrs have a real passion for musical theatre. Along with Ms Brady and Ms Madden, they performed a wonderfully energetic musical showcase for year groups and parents in May. Solo songs and big ensemble numbers from Grease, Mamma Mia, Wicked and Les Misérables rang out loudly from the stage. Congratulations to all the performers – it was a joy to see the concert hall's stage back in use again with bright lights, colourful costumes, fine acting and dancing, melodious singing and youthful exuberance in full flight! Sincere thanks to Ms Brady and Ms Madden who directed and produced this fantastic show.

Research has shown that singing can be good for you on many levels. It may help lower stress, boost immunity and lung function, enhance memory, improve mental health and help you cope with physical and emotional challenges. We look forward to the musical next year, which St Mary's is leading on this occasion. Little Shop of Horrors will grace the stage in October and no doubt there will be plenty of St Louis musical theatre talent on stage. Happy singing!



VISIT of WRITER, ANN MURTAGH TO ST LOUIS HIGH SCHOOL

On 28th April, Ann Murtagh, an Irish author, was invited to come to our school to talk to Ms. Muldoon's 5th year English class about writing historical fiction. She was invited in, and very generously accepted the invitation to teach us some skills and tips she had learned and picked up while writing her novels. Ann Murtagh has written three novels, two have been published, *The Sound of Freedom* and *The Kids of Summerhill*, and one is set to be published in March of next year.

The Sound of Freedom is set in 1919 in County Westmeath, during the Irish War of Independence and focuses on a young boy called Colm who aspires to join the local volunteers and dreams of an Independent Ireland. *The Kids of Summerhill* centres around four kids who live in the Dublin tenements in 1945, and whose mother has just passed and are left to fend for themselves.

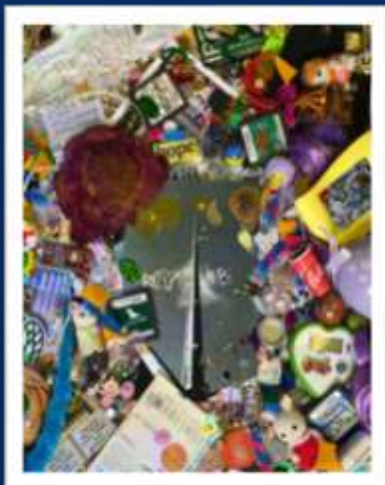
Something that Ann focused on during her time speaking with us was where she got her inspiration from and how she used this to create a story. She talked about the value of primary sources in order to spark ideas and build your world accurately. She often researches to find things like newspapers, witness statements and censuses from the times and events that she wants to explore. These have significance because they are first-hand accounts of people's reactions and experiences during that time period.

Ann Murtagh's talk was an interesting view into the life of a writer. Our class learned a lot about how to write a story based in a time that you do not know much about. There was a very positive reaction and consensus during and after Ann Murtagh had come in to speak to us. There was great engagement, with lots asking questions about her process of writing and how other places and people can inspire her to write a story. Many of my classmates benefitted from listening to Ann Murtagh explain how world-building is so important for creative writing.

- *Emily Downes*

Congratulations to the TY Journalism class and to Ms Davitt and Mr Gough for the wonderful publication they have produced this year - SLY 22.

Enjoy the read.



Congratulations to Beibhinn and Amira (5th Yr) who participated in the final of Junk Kouture on 5th May. Well done on your creativity. Thanks to Ms Howard, Ms Carolan and Ms Lucaci for all the support.

Poetry from 2nd Year Literacy Group



I got Married in Primary School.



*I got married in primary school,
A Haribo ring was my wedding jewel,
Bridesmaids brought me up the red-tiled aisle,
With paper daisies that made me smile.*

*I told Rory he must marry me,
If he refused, I'd throw him in the sea,
He replied, 'Will you be my wife?'
I was never so happy in all my life.*

*When we met at the altar,
I reached out, but Rory faltered,
He roared at me, 'I've changed my mind',
And ran away leaving me behind.*

*The bridesmaids branded me a messer,
For putting him under pressure.
All I could do was cry and cry
To see my dearest dream destroyed.*

*Well, that event was years ago,
When I was only six years old.
Yet now when I have a hard day,
It pops into mind and says:*

*'Things just seem worse at the time,
But come tomorrow, you'll be fine!'*

*Written by Tori MacDonald, Hollie Herridge, Keira Bridgeman,
Darcey Browne and Alex Martin.*

Congratulations to Caoimhe Whelan (5th Year) & Maya O'Keeffe

Congratulations to Caoimhe for being awarded 3rd place and to Maya O'Keeffe (Highly Commended) in UCD Sociology Department's competition – Young Sociologist of the Year Award.

For our winter exams in the 5th Year politics and society class, we wrote an essay entitled "*Would Theorist Kathleen Lynch agree that inequality in Irish Society is perpetuated by the education system.*" When Ms. Stenson brought the competition to the attention of the class, I knew this was what I wanted to submit. I had done well in the exam, and I am deeply passionate about the topic. I edited and rewrote the piece for weeks until it was at a standard I was happy with. Throughout the essay I discuss inequalities through the lenses of social class and membership of the Travelling community. I further go on to outline changes that can be implemented to stop the perpetuation of these inequalities. The competition is open to all politics and society students in Ireland and Northern Ireland. I am grateful to have been awarded third place with my essay, with much support from Ms. Stenson. I would highly implore all incoming Politics students to enter next year as it improved my discursive writing skills and general knowledge on this section of our course.

– C Whelan



Ms Stenson & Caoimhe on receipt of her award.

The Inaugural St Louis Network Debating League



This year saw the introduction of the St Louis Network debating league for 2nd year students in St Louis schools. Schools from around Ireland and Northern Ireland participated in the competition. St Louis High School reached the final, and debated against Ramsgrange Community School, Co. Wexford. Congratulations to the students from both schools who debated so passionately and eloquently. St Louis High School triumphed in the end. We are delighted to be the first school named as winners on the new plaque. Well done to Xin Min Chen; Yewande Afolabi, Nivedha Sounthararaj; Yuxin Wang; Lucie Walsh. Thanks to Ms Tyndall and Ms Eustace for all their help and guidance. Sr Finola Cunnane SSL was instrumental in establishing this competition for St Louis students and we thank her most sincerely.



Certified Irish Angus Beef Competition



What a year our 5th Year students, Ella, Mya and Niamh have had with this competition! From the visit of the 5 calves to our school back in September 2021 to their trip to Belgium in March 2022 and to representing the school at Bord Bia Bloom Festival in the Phoenix Park this June bank holiday weekend, it has been a rollercoaster and a fantastic learning experience. Sincere thanks to the Certified Irish Angus Beef producer group that has encouraged and supported our students throughout the competition. A whole-new world has been opened up to them. We would encourage other students to engage with this wonderful competition. Special word of thanks to Charles Smith and William Delaney of CIA producer group.

Our trip in March to Brussels and Bruges

On the 21st of March we headed towards Houston station where we met with the other groups involved in the competition. From there we headed to the bus where we embarked on our journey to Mullagh, Co. Cavan. Everyone was excited about the trip ahead and all our hard work over the last few months was about to be presented. We checked into Killian's Lodge and went to have lunch. Afterwards, we headed to the local community hall for an afternoon of media training to prepare us for our presentations the following day. We really enjoyed this as it eased the nerves and made us more comfortable with our project. During our media training, we encountered some technical difficulties, but that didn't stop us! Then we headed back to the lodge, where we had dinner and free time before heading to bed.

On the 22nd of March, we headed to the cookery school and we spent the bus journey practising our presentation. When we arrived at the cookery school, we were greeted by representatives from Tesco and the competition's judges. The day started with the finalists presenting to the judges and Tesco representatives. Following this, Tesco made their presentations and explained their role in the market. This was very interesting as we got a personal insight into the supply chain. The next presentation was with Bord Bia. We got an insight into job opportunities within Bord Bia. The day was jam-packed. We cooked steaks and presented them to the judges and we also played a taste-testing game. We were blind folded and had to guess which steak was Angus beef and which was not branded based on the texture and flavour. It was fascinating to see what people picked without looking at the label.

Following these activities, we headed to Dublin Airport, to embark on our journey to Brussels. This competition is an amazing experience for us to learn about future career opportunities. We arrived in Brussels and got settled in ahead of the presentations the following day. It was an early start as we headed to the EU Parliament. This was very exciting as we were representing St Louis High School to Irish MEPs, and all our hard work over the past few months was going to be showcased. When we finished our presentations, we enjoyed a tour of the EU parliament and got to take pictures with the MEPs.

The schedule was very full and then we headed to a butchery school in Bruges. Here, we were introduced to trainee butchers and chefs and it gave us an insight into the supply chain of meat first hand. We learned about the prices and how different meat is cooked. After a long day we headed back and went to a restaurant for our final night. We explored the city of Bruges before returning home to Ireland. The following day we headed home after the most amazing four days. Sincere thanks to Ms Lanigan who accompanied us on the trip, to Ms McArdle who entered us in the competition, Ms Muldoon, our Year Head and to all in the Angus Beef competition, especially Charles Smith, Ciara Smith and William Delaney for their support and encouragement.

- Ella, Mya and Niamh (5th Yr)



School life for a 3rd year

My name is Eve O'Callaghan and I am a third-year student in the school. This year will be my first full year in the school as my two previous years in the school were cut short due to the Covid 19 pandemic. Due to the pandemic I hadn't been able to fully experience all the joys of school life. Now, back in the school building I have been able to take part in lots of experiences and activities that were once put on hold.

After-school sports recommenced which I personally, and a lot of the other students, are very happy about. School sports is a great aspect of school which brings students together to learn leadership, sportsmanship and co-operation skills. With sports back in full swing students have been able to improve and showcase their talents through training and matches. Sport is a great way to escape your worries and have fun. Sports day, which recently passed, was an amazing day for all the students to come together and show off their sporting abilities whether it be running, soccer, basketball etc. All students participated in a great and competitive day of fun.

Another aspect of school life that had been greatly missed were school assemblies. During the pandemic gatherings were unable to happen and were missed dearly. Now in the spirit of *Ut sint Unum* we are able to come together as a school community and properly celebrate as one.

The little things we once took for granted as normal to school life have now become great joy to students around St. Louis. The return of lockers, proper classrooms, school trips etc, have really made students appreciate and cherish the small joys of school life. I am extremely thankful that we are nearly fully back to normal school life and hope the next school year brings more activities and fun for all the girls at St. Louis.

Lifesaving

Aisling McGeever 3i

After a long wait and much anticipation, lifesaving finally returned for St Louis students this year. Each Tuesday and Thursday morning, early at 7am, up to twenty students come to the Swan Leisure centre to learn rescues, practise dives and improve their swimming skills. With the help of Terence and the other wonderful Swan Leisure staff, our skills have continued to improve, and every person is making great progress on the way to becoming a qualified lifeguard.

As well as the job opportunities that it can provide, I have found that lifesaving has many other benefits too. For me, it serves as a distraction and escape from the pressure of exams, assignments and projects. For an hour in the morning, my only focus is the water and the rescues, and all my other thoughts disappear. It gives me something else to work towards and I get a lot of satisfaction when I notice that I'm making progress.

As our lifesaving group is quite small, it has given us the opportunity to form a close bond. We have learned to trust each other when doing rescues and have had great fun trying to drag the manikin up the pool. We have learned to work together as a team and cooperate with each other and I have found that my leadership and communication skills are improving as a result. Lifesaving is also a great start to the day, and I feel that by eight o'clock I have already achieved something, and am always energized and ready to go for class on a Tuesday and Thursday morning.

Lifesaving this year has been an enjoyable and meaningful experience where I have learned so much. I have made so many amazing memories and I can't wait to make even more next year!

A Year of Murals

Our 5th & 6th Yr Art students were very busy creating beautiful murals in the school this year. Thank you to our artists for sharing their talent and enhancing our school environment. Thank you to Ms Howard for her guidance and support.





Garden mural as part of the Creative Engagement project. Thank you to Mirjam Keune, our Creative Engagement advisor for all her support and to DECOY, our visiting artist.



Graffiti wall led by TY Journalism Class



Career Guidance

Leaving Certificate students

We wish our Leaving Certificate and Junior Cycle students every success in their examinations. Many Leaving Certificate students already have provisional offers for their course of choice and look forward to furthering their studies next year. Most of our students will have to wait until CAO offers have been made before decisions are finalised.

Don't forget, you have until July 1st at 5.00pm to change your mind about your order of preference. However, we caution against making any drastic changes at such a late stage. A deliberate and balanced approach to the order of preference list on the CAO has been taken all year, both in guidance classes and at the sixth years' individual meetings with their guidance counsellor. Ms Farragher will be available on the day of the Leaving Certificate results, as well as during the crucial CAO offers stage for any help, support and guidance needed.

Career Related Information for Students and Parents

We would like to remind parents to regularly check the Guidance and Counselling section of the school website. It provides very useful information as well as details of the many opportunities available to your daughters. A number of our Transition Year and 5th Year students have signed up for the UCD and Maynooth summer school which will take place this month. This affords our students a fantastic opportunity to sample subjects available at degree level, well in advance of decision-making time in 6th year.

The Guidance website provides information about further opportunities for which there are still places available. Such opportunities include a camp in app-building/coding, portfolio courses in NCAD and a summer school in DCU to learn Chinese. Full details can be found under the 'Guidance Noticeboard' section of our website and information is posted very regularly. We also post articles to help parents in guidance related areas and these can be found under the 'Careers Articles' section of the website.

N. Mulcahy & R. Farragher Guidance Department

Promoting Positive Mental Health

Managing device usage

Increasingly each year, we hear from students and their parents/guardians about excessive time spent on social media. SPHE teachers have learned from students in class discussions that screen times can exceed four/five hours each day, which is extremely worrying. Many parents have commented to us those multiple notifications arrive onto their child's phone from friends/contacts in the middle of the night. We are aware of the negative impact that this is having on the mental health and wellbeing of our young people. We see reduced concentration, sleepiness in class and, unfortunately heightened anxiety levels and low mood. Our teenagers need peaceful, uninterrupted sleep at night.

While there are many reasons for this increase in students' anxiety and low mood, we believe that there is a strong correlation between use of social media and these issues of concern. While it can be so difficult for parents/guardians to manage the use of social media with their children, we highly recommend that, at the very least, your children do not keep their device/s in their bedrooms overnight. This habit can be difficult to introduce. However, summer-time might offer a window to introduce this change for your child. We believe that this change would be beneficial for your daughters' physical and mental health.

Managing Anxiety Levels

We have purchased a 2.5 hour programme for parents/guardians to help manage anxiety levels with teenagers, as well as managing one's own anxiety levels.

This Programme Supports Parents to:

1. Understand anxiety as a normal response to danger and/or perceived danger;
2. Recognise the impact early childhood experiences and key developmental milestones can have;
3. Consider the impact of their own anxiety on themselves and their child;
4. Manage their child's anxiety through using key cognitive behavioural principles to acknowledge feelings, manage thoughts, challenge beliefs and focus particularly on helpful actions. 'Understanding and Managing Your Child's Anxiety' has evolved from Dr. Claire Hayes's combined thirty-eight years of training and experience as a clinical psychologist, lecturer, author and teacher as well as by her training with Professor Philip Kendall, Temple University. Please see details below:

Dr. Claire Hayes: Anxiety Programme - Understanding and Managing Your Child's Anxiety
Private video link: <https://vimeo.com/599028429>

Solely for the use of the staff and parents of St. Louis High School, Rathmines.
Password: XUzvF67SgLSrEv5F



Opening of the new Le Chéile Education Centre, Templeogue



On Wednesday 15th June, Le Chéile's new education centre was officially opened. Great joy was evident as the Le Chéile community gathered to celebrate. The beautiful ceremony was led by Marie-Thérèse Kilmartin (Le Chéile CEO) and Claire Kilroy (Le Chéile Ethos Leadership Officer). It was wonderful to see Eilís Humphreys (former Le Chéile CEO and former principal of St Louis High School (2000-2005)) who retired from Le Chéile last August, being recognised for her immense contribution and unstinting service to Le Chéile over 12 years. The religious congregations of the trust body, one of which is the St Louis Order, were sincerely thanked for their vision, investment and commitment to the formation and development of Le Chéile Schools Trust.

Thank you to our students Neasa O'Brien, Ellena Brady and Molly Boon Lawless who, along with students from other Le Chéile schools, helped on the day. Fr Michael Troy led the blessing ceremony and the history of Le Chéile's development as a trust body and the new education centre's interesting building journey were shared with all present. We hope that this beautiful building will, over future years, provide a welcoming haven for the Le Chéile community to gather, share wisdom and nurture the witness of Catholic education. We thank the Le Chéile team of Marie-Thérèse, Claire, Tony, Thérèse, Eleanor and Pat for their support to our school and wish them well. Please click on the link below to view some photos from this event.



BR: Claire Kilroy (Le Chéile Ethos Leadership Officer) Molly Boon Lawless (SRC – SLHS) ; Marie-Thérèse Kilmartin (Le Chéile CEO)

FR: Neasa O'Brien (SLHS Head Girl 22-23) Cliona McDonough (Principal SLHS); Ellena Brady (Deputy Head Girl SLHS 22-23)

<https://www.youtube.com/watch?v=GIhu1RWuDk>

CREATIVE IRELAND PROGRAMME



The Creative Schools programme is an initiative of the Creative Ireland Programme run by the Arts Council and the Department of Education. “The Creative Schools initiative supports schools/centres to put the arts and creativity at the heart of children’s and young people’s lives. This initiative provides opportunities for children and young people to build their artistic and creative skills; to communicate, collaborate, stimulate their imaginations, be inventive, and to harness their curiosity. It will empower children and young people to develop, implement and evaluate arts and creative activity throughout their schools/centres and stimulate additional ways of working that reinforce the impact of creativity on children and young people’s learning, development and well-being.”

(<http://www.artscouncil.ie/creative-schools>)

The Arts Council assigned a Creative Associate, Mirjam Keune to St Louis High School. The Creative Associate worked with the coordinator and the school on understanding creativity, planning a creative vision for the school and developing creative opportunities from this plan. Mirjam Keune is a visual artist. Her work includes mixed media and crafts. She has worked extensively in primary schools and also works with adults in Mental Health Services and adult education.

Creative workshops were held with 1st, 2nd, 3rd, TY and 5th year students and started with an informal discussion about creativity, followed by a hands-on creative workshop. A general survey on matters discussed by the students was shared with all students in the school.

Mirjam found the students very engaged and vocal and said that they were not afraid to speak their mind, listened to each other and came up with great ideas. Often a suggestion would be made, and students would start to brainstorm there and then. They were welcoming, curious, respectful and very open to share their own experiences.

As Mirjam outlined in her report: *‘I was approached by a group of 5th year students in the corridor, welcoming me as they thought I was a new teacher. A conversation about creativity started there and then. To see that kind of confidence and eloquence in students is a credit to the school. After my workshop with another group of 5th year students, two approached me afterwards saying that they would be very keen to share their creative knowledge with younger students. This willingness to share, to give up personal time and to work together I came across in all classes.’*

The plan for the future is to engage with the students, teaching staff, management and the wider school community on developing creative opportunities for the young people and the staff in the school. We are also hoping to create a Creative Collective with interested teachers.

There have already been some great opportunities for students to engage with the Creative Schools Programme this year. This academic year, Ms Kehoe (teacher) organised various creative activities and events. This included a whole-school bottle cap collection and mural on the art corridor organised by TY students and the Art and Performing/Creative Arts classes. Funding was awarded from the **Irish Hospice Foundation** for the **‘Reflections’** project. Ms Slattery and Ms Kehoe organised an origami crane project for all members of staff, linking in with Decorative Artist, Patricia O’Malley. Students from various year groups worked with Dublin street artist **DECOY** to create a beautiful mural beside the school’s Geodome. The ‘Reflections’ project culminated with a celebration of the arts, music, prayer and poetry for students and staff in March with our event **‘Cuimhní is Céiliúradh San Lughaidh’**. Other creative initiatives throughout the year, facilitated by staff, included a variety of workshops, such as drumming, poetry, creative writing and a school danceathon. For the coming academic year, we hope to build on these opportunities and create new ones. <https://www.creativeireland.gov.ie/en/>

Thank you to everybody who was involved with these projects, and to thank Mirjam Keune (Creative Associate) and Ms Kehoe, Ms Madden, Ms Howard, Ms Brady and Ms Slattery and all the students.





St Louis High School Parents' Council (PC) 2021/22



As always, this year's Council was formed after the AGM in September. We were a good mix of new and continuing members. The main theme of the year was (slowly) re-building momentum after the pandemic. This started with all members contributing their ideas about what we might do. We agreed our overall objective is to support SLHS and its ethos, which we do through a combination of fundraising, making all parents feel welcome, involved and supported, providing input to the Board of Management, and promoting St Louis in the local community.

The new Council met over Zoom in September and November, and finally met in person outside the GeoDome in early December 2021. At this point much discussion was about possible fundraising activities to replace the Christmas Fair which was cancelled again last year. We planned a Quiz Night in April for which some members were remarkably successful in obtaining donations from local businesses. Regrettably but sensibly, we postponed the Quiz in response to understandable caution among a significant number of parents in light of increasing infection rates. The good news is that the donated prizes are not perishable and will be put to their intended use when we set a new date in the Autumn term.

PC members were out in force to support Meitheal in March which we all felt started to re-establish connections with and among parents that the pandemic had weakened. In May PC members participated in the open day for parents of incoming First Years, again building connections and, we hope, encouraging new parents to join the PC in the years to come.

Our January meeting was back on Zoom whereas we managed to meet face-to-face in March and May. The principal and a parent representative on the Board of Management attend PC meetings, which gives PC members the opportunity to input to wider topics that are important to the school. Over 2021/2 the PC was consulted about the school's new Mission Statement, the Strategic Development Plan, the uniform policy, the punctuality policy, child protection policies and procedures, the new timetable, and arrangements for meetings (information and parent-teacher meetings) in the 2022/3 school year (online/in-person).

The members of the PC have rich and diverse knowledge, perspectives and ideas, and are all willing to assist whenever an opportunity arises. There are enough of us that we can cover for each other's other commitments and still do what needs to be done. I mention this by way of encouragement for parents (of new, junior, TY or senior students) to join the PC next year. You will build your personal connections with the school and get involved with varied and interesting topics, while the time commitment is very manageable. I thank the current members (listed below) for all their contributions and enthusiasm, not to mention making me feel welcome.

Ian Kingston

Ian Kingston (Chair)

Elizabeth Bolger (Secretary)

Stephen Cunningham (Treasurer)

Jennifer Bracken

Kathleen Eakins

Anne O'Brien

Gráinne O'Malley

Bertille Rogez

Keith Sunderland (Board of Management)

Susan Yang

SLHS Parents' Council can be contacted at parentcouncil@stlouishighschool.ie

Introduction of new timetable structure for 2022-2023



Following consultation with students, staff, parents and the Board of Management, we have decided to trial the 58 min timetable structure next year. You will see below the layout of the school week for students. With the changes to the new Junior Cycle and also the introduction of new senior cycle curricula and specifications in the coming years, these longer class periods should afford more time and space to deepen the learning the experience for students and afford teachers time to fully embrace new teaching methodologies. As you will see from the timetable below, there will be 6 class periods in a day, Monday-Thursday and 5 periods on a Friday with an earlier finish. Having fewer periods in the day will mean that students will have fewer books to carry to school each day and should be able to better manage homework throughout the week. We also hope that this will help with the transition from primary into post-primary school for our new first years. The school building will be open from 8am for students. Students should be in school by 8.20am at the latest in order to be ready for class, which will commence at 8.30am.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8.30-9.28	Period 1	Period 1	Period 1	Period 1	8.30-9.28	Period 1
9.28-10.26	Period 2	Period 2	Period 2	Period 2	9.28-10.26	Period 2
10.26-10.46	Break	Break	Break	Break	10.26-11.24	Period 3
10.46-11.44	Period 3	Period 3	Period 3	Period 3	11.24-11.44	BREAK
11.44-12.42	Period 4	Period 4	Period 4	Period 4	11.44-12.42	Period 4
12.42-13.22	LUNCH	LUNCH	LUNCH	LUNCH	12.42-13.40	Period 5
13.22-14.20	Period 5	Period 5	Period 5	Period 5		
14.20-15.18	Period 6	Period 6	Period 6	Period 6		



Ceardlann Chonradh na Gaeilge

Seachtain amháin ag tús Mí an Mhárta, d'fhreastail mé féin agus thart ar chaoga scoláire eile ó na ranganna sínsearacha ar cheardlann le Róisín ó Conradh na Gaeilge. Thaitin an cheardlann go mór liom toisc go raibh sí eolasach, idirghníomhach agus so-aimsithe. Chuir Róisín an cheardlann i láthair le cúnaimh aipe dar teideal “mentimeter” agus bhí sé an-deas. Bhí suirbhéanna agus ceistneoirí ann agus bhí sé go hiomlán anaithnid, bhí sé an-chomparadach i ndáiríre. Labhair sí faoin réimse leathan teangacha atá labhartha ar fud na cruinne agus cad a tharlóidh dóibh sa todhchaí. Luaigh sí na hacmhainní atá ar fáil ar fáil trí mheán na Gaeilge freisin, cur i gcás; TikTok, aipeanna éagsúla, stáisiúin raidió, suíomh idirlín dár teideal “Peig.ie” agus a lán rudaí eile mar sin. Ag deireadh na ceardlainne, dúirt sí go ndéanfaimis tráth na gceist agus go bhfaighfeadh an buaiteoir duais iontach. Bhí an-chraic againn. Buíochas mór le hIníon Nic Dhonncha a reachtáil an cheardlann dúinn.

- Nina Ní Mhuirí

An Tábhacht a Bhaineann le Folláine

le Sandybelle

I mo thuairim, is rud an-tábhachtach í an fholláine i saol an duine. Bíonn a lán brú ar dhaoine na laethanta seo. Cuireann na múinteoirí agus ár dtuismitheoirí brú orainn staidéar a dhéanamh, mar sin, éistim le ceol ar m'fhón póca uaireanta mar tá cuntas iTunes agam. Cabhraíonn sé liom mar tugann sé seans dom éalú ó bhrú na scoile.

Tá sé tábhachtach aire a thabhairt don sláinte intinne freisin. Téim ar shiúlóid go dtí an pháirc le mo theaghlach nuair a bhíonn an ghrian ag scoilteadh na gcloch. Ar an drochuair, níorbh fhéidir linn taisteal os cionn cúig chhíliméadar amanta i rith na paindéime. Tá sé tábhachtach bia fholláin a ithe i láthair na huair. Cabhraíonn sé le féin-chúram. Le cúnaimh Dé, beimid críochnaithe le gach a bhaineann leis an bpaindéim. Bíim ag caint le mo chairde ar Instagram agus ar Snapchat chomh maith le ar scoil.

Faoi dheireadh, is féidir liom mo scíth a ligint agus déanaim iarracht gan smaoineamh ar an strus a bhaineann leis an bpaindéim. Caithfidimid aire a thabhairt dúinn féin i rith na paindéime agus dearmad a dhéanamh ar ár bhfadhbanna.



Congratulations to the two winning school entries in the competition for the **AWS GetIT** competition, an initiative designed by **Amazon Web Services (AWS)**, to encourage girls aged 12-13 to consider a career in technology.



School Office opening hours during the summer months

The school office will be open at the following times:

June – 8.30am - 4pm

July up until August 5th 9.30am- 1pm

Return to normal hours week of August 8th 2022 8.30am-4pm

Booklists for '22-'23 will be uploaded on the school website: www.stlouishschool.ie and sent via email to parents.

Email: stlouishs.rathmines@gmail.com

Phone: 014975458