

Dominican College Muckross Park

Family and Student Update



May 15th, 2023

Creative Schools Week

Muckross had its very first Creative Schools Week this week, thanks to Ms Keane and her committee. It was a huge success, encompassing everything from meditation, to craft workshops, lunchtime concerts by both staff and students, music quizzes, intercom artist of the day announcements, inputs by writer Denise Deegan and artists Niamh Lawlor and Mirjam Keune, an art competition and the most amazing culmination - a colour run and colour explosion.





Creative Schools- Sugar Craft

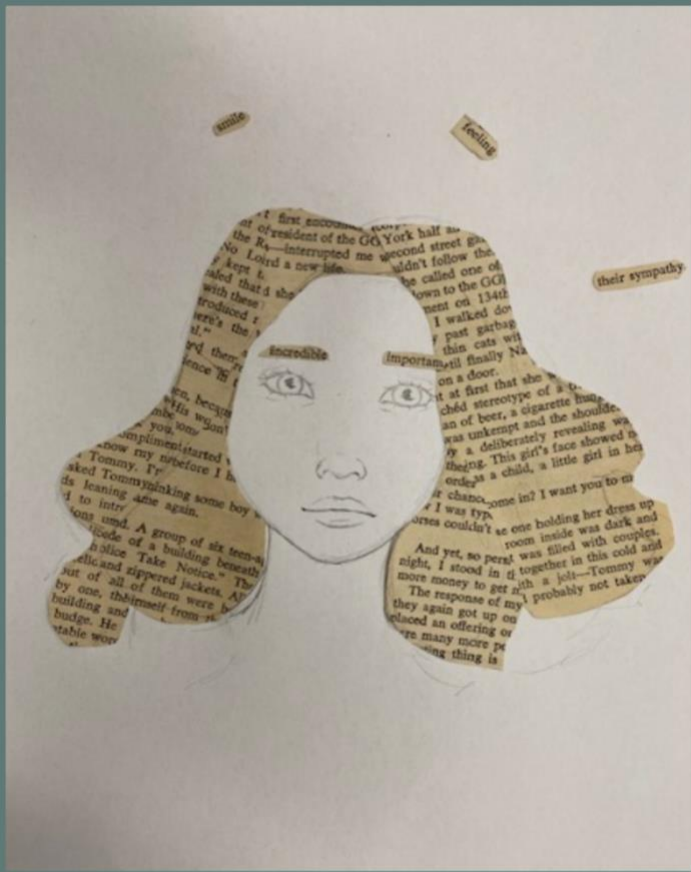
All Transition Year and 1st year students participated in cupcake decorating activities on Monday in the canteen under the careful eyes of Ms S Doyle and Ms O'Reilly, who organised the events. Students brought in cupcakes and got creative using coloured fondants and decorations. Each student had 40 minutes to decorate their cupcake according to the theme, 'Muckross'. After a tough competition, the four winners were Faye Hession Jordan, Penny Maloney, Heidi Groarke and Anna Sheehan. They created really innovative designs, including Penny's 'Muckross Girl Cupcake', a huge favourite! First year students, with Ms Doyle's help, also created stained glass cookies. They all had a blast thanks to Ms O'Reilly and Ms Doyle. Edible art - what's not to like?

Creative Schools- Workshops

One of the most heart-warming aspects of Creative School's Week was how many students volunteered to get involved, either as performers or by running workshops. While we had some workshops directed by adults, there were also a number of workshops meticulously prepared for and presented by students, such as the jewellery and henna workshops. Ruby Pentony and Jessica Flynn organised a lunchtime jewellery workshop which they held in the library. The girls are very talented makers and shared their skills with students from all year groups, and each participant was facilitated to make their own pair of earrings.



Third year, Suha Alraqi, trained Grace Kennedy, Tess Delahunty, Naomi Ni Dhuibhir and Alice de Chaumont and they were joined by Maliha Zaman in creating henna designs. The girls practised for weeks ahead of the event and designed a range of motifs that their clients could choose from. Ms Keane is so proud of them and the care and attention they brought to their beautiful work.



Denise Deegan



Niamh Lawlor



Mirjam Keune



There were also workshops facilitated by adults. Denise Deegan, an Irish writer of Young Adult fiction did an interactive creative writing workshop with the Fifth Years, which was hosted by Ms O'Grady in the library. Ms Deegan touched on themes such as building story-telling confidence, character development and the use of all the senses to embellish stories. Ms O'Grady also kindly donated the raw materials for Mirjam Keune's

(Creative Schools) workshop on book art with third year students, with beautiful results. Our own past pupil, Niamh Lawlor, facilitated both finger puppetry and a Spanish and Art cross-curricular puppetry workshop. The students learnt about animation and bringing their puppets to life using gentle movements and gestures. The art students had made beautiful puppets in art class during the year. The Spanish students then used these puppets to act out a piece of Spanish dialogue. Some used their wonderful CBAs, which they had spent so long perfecting and practising. It was a fun way of mixing art and Spanish and many thanks to the wonderful artist Niamh Lawlor, who so enthusiastically guided them along, and to Ms Donaghy and Ms Keane, who dreamt up the idea in the first place.

Creative Schools - Lunchtime performances

The inimitable Ms Cunningham encouraged students and staff to take part in lunchtime performances that were greeted with wild applause. Some took place on the concourse, with students seated on the ground and ringing the balconies of the floors higher up. Some took place outside, including a concert by staff, who showed off some of their fancy footwork and sensational singing.



Creative Schools - Food For Thought

Ms Doyle organised Devin O'Sullivan of Feast Ireland, <https://www.feastireland.net/our-workshops> to speak to students about sustainability in food. There are many foods which we think are good for us and the planet, however, the real story concealed behind the pretty labelling is very different. Devin looked at farmed salmon, avocados, almonds, industrial farming, a variety of 'superfoods' as well as food waste, supermarket tactics to fool us into thinking that food is produced locally, food miles, environmental damage, hunger and more. And of course, no talk about food is complete without a feast. The Galway oysters, a completely sustainable food, were a source of fascination for students as they egged each other on to try them but there was plenty more on offer.



FOOD FOR THOUGHT



Creative Schools - Art Competition

There was a special assembly to honour the winners of our Art Competition, and first year Penny Maloney was cheered to the rafters when she explained her painting, which won first prize. Ms Kelly instituted a new prize, the (Acting) Principal prize, for Tess Delahunty's lovely image of a dog, which did not quite meet the parameters of the competition but was exceptional, nonetheless.



ART ASSEMBLY



Overall Winner Penny Maloney

Creative Schools - Colour Run and Explosion



Some of the sixth years described it as the best day of

their lives! Mr McArdle, with some trusty TY volunteers, took on to organise stations around the grounds for a colour run. It was a surprise for students, who had been told only to wear a white T-shirt and tracksuit and to bring a change of clothes. As the students ran around the ground, they were pelted with brightly coloured (sustainable and washable) powders. When all the students had gathered back on the lawn outside the school, they were handed little packets of powder to shower each other with. Amazing sights ensued, as the pictures demonstrated. The atmosphere was full of joy - a perfect end to a wonderful Creative Schools Week. Thanks so much to everyone, staff and students alike, who made it such a special week, but in particular, to Ms Keane. We all benefit from her devotion to making the world a more colourful and creative place.



UCD School of Science Visit

David O'Connell, Research scientist and Associate Professor at the School of Biomolecular and Biomedical Science, UCD, and Prof Pat Guiry, Director of the Centre for Synthesis and Chemical Biology, UCD, who are also parents of Muckross girls, kindly facilitated tours of their teaching labs along with their PhD labs. The 2nd years had tours of the campus as well. All students then participated in a Bioeconomics workshop with the BiOrbic Bioeconomy research centre.

The new BiOrbic Bioeconomy Centre, which is a national collaboration of researchers, is focused on the development of a sustainable, circular bioeconomy. The fifth years were particularly blown away by the opportunity to see third level at close quarters but everyone had an informative and enjoyable morning. We are

very grateful for the opportunity and special thanks are due to David O'Connell and Pat Guiry, and to Mr O'Keefe and our own Science Department for seizing the opportunity.

UCD SCIENCE TOUR 2nd/5th





Sports Day

Some might call it the most important day of the year. Others call it Sports Day. Every year, each class chooses a colour unique to their year and competes for the most coveted title in all of Muckross, the winner of the sports day class competition.

This year the sports ranged from volleyball, frisbee, tennis, football, to basketball and athletics, and for the first time included the impromptu 100m speed walking, wheel-barrow and piggyback races for a few select year groups.

The 6th Years surpassed our expectations with their fantastic theme 'Under the Sea'. During lunchtime, the speedy 6th years faced the terrifying teachers' team in the annual rounders match. Despite being outnumbered by the time-honoured tactic of sixth years fielding a team that covered most of the pitch (and Riona's ball being caught!) the teachers came out winners once again.

After lunch, the one and only Sarah McAuley, past pupil and Irish international hockey player, came in to inspire us all. Sarah presented a multitude of awards for Player and Athlete of the Year and Most Dedicated Player of the Year for every Hockey, Tennis, Basketball, Athletics, Cross Country and GAA Team. There was also recognition for the many players on the Muckross Golf and Swim Teams. These awards were followed by the Sports Star of the Year awards. Every year there is a Sports Women of the Year Award that goes to a 6th Year to commemorate their contribution to sport during their time in Muckross. This year it was deservedly awarded to Elena Quinn, deputy Sports Captain. The award was presented after a slideshow featuring moments from her earliest days and her best sporting moments.

A massive thank you to the Sports Department, Mr McCarthy, Ms Galloway, Mr McGettigan and Riona, for organising yet another unforgettable sports day. Another big thank you to all the staff that helped run stations on the day and the PA for providing the much-needed and refreshing ice pops. (Submitted by Shona Watters + Aoife O'Meara)

Tennis

This week there have been a lot of tennis matches fitted in around the many other school events. On Monday, the Junior C team beat Teresians in their quarter-final. Unfortunately, they lost their semi to Mount Sackville on Thursday.

Tuesday saw our Senior team take on Andrews in their semi-Final. A first win for the McInerney sisters saw the Seniors make it through to the Final. The Minor A team also had their semi-Final. They came out winners against a tough Mount Anville side. On Thursday, our Minor C and Minor D teams battled it out in their quarter-final. The

Minor C team came out winners after two of the matches went to tiebreaks. The minor C team along with the Junior As played their respective, colourful semi-finals on Friday afternoon. The Minor Cs were winners over Alex and the Junior As won against Wesley. Best of luck to all teams in their finals on Monday, and thanks to Mr McCarthy and Riona for their coaching and organisation.





TY Night/Senior Cycle Talk for Parents

TY Presentation night saw the official launch of the digital portfolios that the girls have been working on all year and much more. Mr Farrell presented the details of the much-anticipated trip to Italy, while Ms Kelly, Ms McLoughlin and Mr Farrell gave a barnstorming introduction to Senior Cycle, emphasising that Muckross is a

happy school because we are not just focused narrowly on points but on creating an atmosphere where the whole person can thrive. The TY students took responsibility for presenting their year's modules, academics, trips and work experience this year to their parents and we were very proud of them. They also treated parents to a reprise of their musical with a medley of Abba songs. The yearbook with the theme of Muckify Wrapped (Spotify) was unveiled with a flourish and Mr McArdle, our tireless coordinator, presented awards. He was happy to receive a real-world (as opposed to digital) collage of photos for his classroom wall, representing an excellent Post-Covid year.

Gaelic - Scoop Cup

Muckross Green played Muckross White in the Division 2 final in Dartry Park. Both teams put on a great performance but two late goals helped push Muckross Green to the win. Muckross' Division 1 team played Loreto Dalkey in the Scoop Cup Division 1 final and played really well on a big pitch in the heat. It was a very competitive game with Muckross pulling away late in the second half to win the cup. Congratulations to all 1st Year Muckross players for their effort and skill throughout the tournament, and to Mr McGettigan and Mr McGrath for a powerful first venture for Gaelic in Muckross. Thanks, too, to Redmond Kennedy, father of Boinn, for his sponsorship.



Scoop Cup	
LADIES GAELIC FOOTBALL SECONDARY SCHOOL COMPETITION	
DIVISION 1	DIVISION 2
19 APR ST. LOUIS HIGH SCHOOL — ALEXANDRA COLLEGE A 2:00pm — Sandy Park MUCKROSS PARK COLLEGE — LORETO DALKEY 4:30pm — Castle ISG, Hyde Park, Dublin 26 APR MUCKROSS PARK COLLEGE — ALEXANDRA COLLEGE A 2:00pm — Castle ISG, Hyde Park, Dublin ST. LOUIS HIGH SCHOOL — LORETO DALKEY 4:30pm — Sandy Park 3 MAY LORETO DALKEY — ALEXANDRA COLLEGE A 2:00pm — Castle ISG, Hyde Park, Dublin MUCKROSS PARK COLLEGE — ST. LOUIS HIGH SCHOOL 4:30pm — Sandy Park	21 APR MUCKROSS PARK COLLEGE (GREEN) — CONELTUS COLLEGE 2pm — Sandy Park ALEXANDRA COLLEGE B — MUCKROSS PARK COLLEGE (WHITE) 2pm — Sandy Park 28 APR ALEXANDRA COLLEGE B — MUCKROSS PARK COLLEGE (GREEN) 2pm — Sandy Park CONELTUS COLLEGE — MUCKROSS PARK COLLEGE (WHITE) 2pm — Sandy Park 5 MAY ALEXANDRA COLLEGE B — CONELTUS COLLEGE 2pm — Sandy Park MUCKROSS PARK COLLEGE (W) — MUCKROSS PARK COLLEGE (G) 2pm — Sandy Park
FINALS DAY 12 MAY	
	1pm DIVISION 2 PLATE FINAL 2pm DIVISION 2 LEAGUE FINAL 3:15pm DIVISION 1 PLATE FINAL 4:30pm DIVISION 1 LEAGUE FINAL
Scoop Cup DESSERT PARLOUR	

Athletics Update (as promised in last week's Update)

Thursday, May 4th, saw 50 eager athletes head to UCD for day two of the East Leinster Athletics. The day got off to a rather quick start with many of the Muckross girls competing in the 100m heats and finals. Next up was the 75m hurdles where Victoria Lynch scored a bronze medal.

There were a huge number of runners at the Thursday event. Beth Dooley and Eve McGovern took part in the 500m race. Evie Hayes, Sophie Dooley, Aoibheann Wallis and Grace Cassidy all ran an impressive 1500m. Rachel O'Brien and Baily Columb competed strongly in the mile run while Aisling Marriott was strong in the 400m. Marley Nolan and Lara Fitzpatrick competed in the 1100m. Lara then quickly ran off after the race to play her school tennis Quarter Final. That's dedication. Thursday saw the turn of the minor relays. Following on from Tuesday's relay success, the relay finished 2nd in their heat and advanced to the final. Following her success the previous Tuesday, Rachel Lynch nabbed herself another medal on day 2, this time a 300m silver.

In the field events, well done to Julie Halpin, Isobel Gilmore, Shona Watters, Grace Dolly, Julie Walsh, Kate Gunne, Aisling Carroll and Aimée Fanning who all had strong discus throwing performances. Thursday also saw Nancy Browne, Alannah O'Keefe and Sarah Deavaney compete in the triple jump as well as Anna Ryan and Kate McAuliffe contest the long jump.

A massive well done to everyone that competed on both days and best of luck to those that have qualified for the Leinster Athletics Championships this week. Zoe Craig - High Jump

Laura Fielding - High Jump

Aoibhinn Cusack - 200m

Rachel Lynch- 300m + 300m Hurdle

Sophie Dooley/Clara McCormack/Rachel Lynch/Aoibhinn Cusack- Inter Relay

Kira Lynch - Javelin

Aisling Carroll - Shot

Thanks, too, to Riona and Ms Galloway. The latter worked the finish line all day on Thursday - almost as tiring as competing.



Dominican Sisters

Sr Elizabeth Delaney, one of the Muckcross sisters who moved to Cabra in 2019 after the closure of the Convent, has died. She was a relatively recent member of the Convent Community, having spent a lot of her life in Lisbon. Mr McArdle was summoned by her to set up her iPad, as she had learnt that he had helped several other sisters with their personal tech. Our sisters, intellectually curious long past retirement, were determined not to be left behind when it came to personal computing. In keeping with her lifelong devoted service as a Dominican sister, Sr Elizabeth has donated her body to science. Ar dheis Dé go raibh a hanam.

Thankfully, Sr Carmel is still very much with us and responded regally to a round of applause at the recent Muckcross Women's Fundraising lunch. Sr Carmel is pictured with Mrs Ann Carey, mother of past pupils Nuala (of RTÉ) and Brenda Carey.



UPCOMING

May 16th (Tue)	2nd Year Trip to Alive Outside Activity Centre
May 16th (Tue)	6th Grad Mass Rehearsal
May 16th (Tue)	PA Meeting
May 15th-19th (Mon-Fri)	TY Work Experience
May 17th (Wed)	8:40 -10:00 6th Grad Mass Rehearsal
May 18th (Thurs)	1:40-3:00 6th Grad Mass Rehearsal
May 18th (Thurs)	11:05 Achievements Assembly/ School Graduation/Spirit of Muckross
May 19th (Fri)	6th Year Graduation
May 24th (Wed)	5th Year Exams Begin
May 24th-28th (Wed-Sat)	TY Trip to Rome
May 29th (Mon)	Exam talk/Liturgy for Third Years
May 29th (Mon)	1st and 2nd Year Exams Begin
June 2nd (Fri)	Summer Holidays begin
June 7th (Wed)	State Examinations Begin