



Student Newsletter





ALL-IRELAND FINALISTS

We are so Proud of You ALL



Thanks to all our amazing supporters who travelled to the match today, the team really appreciated it



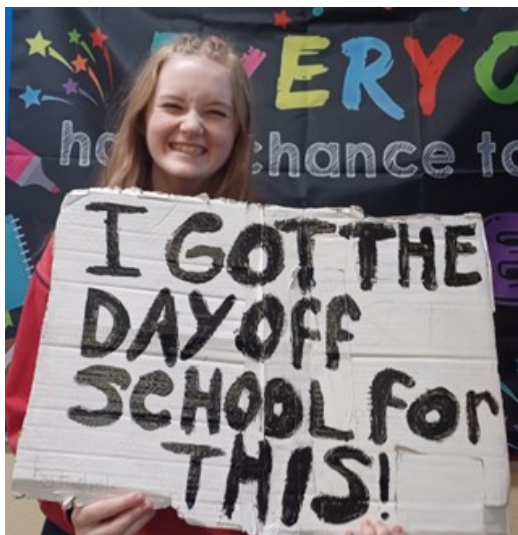
Commiserations to our fantastic Junior Football team who were beaten by an insurmountable Bailieborough CS team in yesterday's All-Ireland Final. Our girls fought valiantly until the bitter end and should be really proud of their performance.

The entire school community-fellow students, staff members, parents, friends, relatives-got behind the team for this very special occasion. All of the supporters who travelled added to the excitement and cheered the girls on throughout the match.

Reaching the All-Ireland final stage of this competition demonstrates the commitment, dedication, talent, skill and capacity of this amazing group of students. Sincere thanks to their coaches Ms. Kelly, Ms. O'Sullivan & Mr. Walsh.

Onwards & upwards for this team!!!





Morning of the Match



Seachtain na Gaeilge



Comghairdeas to all the daltaí sóisearacha who received a teastas speisialta for making a huge effort to speak as Gaeilge i rith Seachtain na Gaeilge.



Comghairdeas mór to the winners of the first year Tráth na gCeist for Seachtain na Gaeilge, Sorcha Doyle, Delfina Giles, Louise Carpenter and Ailbhe McDonald, representing rang 1D.

Comghairdeas freisin to the daltaí from rang 1E who came sa dara háit.

COMHGHAIRDEAS



Alaa Elagab 4D and Fatima Naeem 4D at the Young Environmentalist Awards semi-finals on Tuesday 10th March. They got to pitch their project 'The Perks of Being a Wildflower' to a panel of judges and will hopefully find out if they make it to the finals in a few weeks.



The Perks of Being a Wildflower

Follow us on insta:
ThePerksofBeingaWildflower_26



What are wildflowers?

Native flowers that are unaltered by people. They are flowers that grow in natural places

Why are they important?

1. **Support pollinators** - By providing nectar as food
2. **Strengthen soil and increase soil fertility**- the roots help bind the soil together and the excess nutrients in them fertilise the soil
3. **Store carbon in their roots** - Carbon is removed from the atmosphere and is stored in wildflower roots. They also photosynthesise which releases oxygen

The problem

Over the last few years, the number of wildflowers around Ireland has decreased drastically. This is a concerning problem as fewer wildflowers have a negative effect on our environment and biodiversity.

Causes

Some of the main causes of the depletion of wildflowers include:

- **Climate change**
- **Loss of their natural habitat**
- **Changes in farming practices** - More intense farming practices and the use of artificial fertilisers and pesticide can destroy wildflowers and their natural habitat
- **Modern gardening** - Regularly mowing the lawn, using artificial fertilisers and planting non-native plants can give a garden an ornamental look. However, this can destroy existing wildflowers and their habitats within the garden.

what can we do?

- Raise awareness
- Plant wildflowers in our local area
- Not destroy growing wildflowers by picking/ trampling them



Seachtain na Gaeilge



SEACHTAIN NA GAEILGE





3RD YEAR
SPHE
Baby Eggs



International Students

My name is Kotone Takagi 4D and I am from Osaka in Japan. My hobbies are listening to music, especially I love treasure's music. I think one of the differences between this school and my Japanese school is the diversity of the students. My favourite Japanese food is Takaoyaki and my favourite Irish food is Fish and chips.

Kotone & Miki from Japan

I am enjoying talking to friends in this school.

My name is Miki Sakai 4D. I am from Tokyo in Japan. I have a cat. It is a Norwegian Forest Cat. His name is Lucky. The origin of the name is because I hope he will be happy forever. And I have a younger brother. He is 14 years old. My favourite food is Taiyaki.



Taiyaki is a Japanese fish-shaped cake filled with

sweet red bean paste. My hobbies include flower arranging. I take part in a flower arrangements club.

When I first got here I was confused because the school system is very different from Japan but now it is very interesting. The food is also different, but I love Irish food. I especially like an Irish omelette.



IB Tráth na gCeist

SEACHTAIN
NA GAELIGE

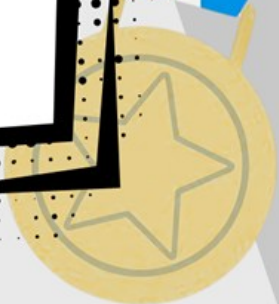




WE WANT YOUR BATTERIES

**THE CLASS
WITH THE
MOST
COLLECTED BY
EASTER IN
EACH YEAR
WILL, WIN SO
GET DONATING**

**RECYCLE YOUR USED
BATTERIES AND WIN
PRIZES FOR YOUR
CLASS!**





Weekly Hot Lunch Menu

Monday 23rd

- Spicy Chicken Noodles
- Spicy Noodles (V)

Tuesday 24th

- Chicken Pasta Bake
- Pasta Bake (V)

Wednesday 25th

- Chicken Curry & Rice
- Veg Curry & Rice (V)

Thursday 26th

- Homemade Beef Burger served with Salad & Chips
- Salad & Chips or Baked Potato (V)

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6

NEVER

underestimate

A GIRL WHO PLAYS

GAELIC

FOOTBALL



Mindful March 2026

SUNDAY

1 Set an intention to live with awareness and kindness

MONDAY

2 Notice three things you find beautiful in the outside world

TUESDAY

3 Start today by appreciating your body and that you're alive

WEDNESDAY

4 Notice how you speak to yourself and choose to use kind words

THURSDAY

5 Bring to mind people you care about and send love to them

FRIDAY

6 If you find yourself rushing, make an effort to slow down

SATURDAY

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible



29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

EXTRA-CURRICULAR AND SPORTS TIMETABLE 2026

	Monday 🏐	Tuesday 😊	Wednesday 🏐	Thursday 🏐
Before school 8:00 – 8:45	Senior & Cadette Volleyball Ms. O'Neill			
	10.55 Human Rights group Room 227 / Ms Cussen			
Lunch 1.20-1.55  THE LIBRARY is open every break and lunch times.  BOARD GAMES AVAILABLE Fitness suite Open at lunch for senior students. 	Senior & Cadette BASKETBALL Ms Bergin & Mr Woods 1 st year HOCKEY Ms. Hickey Crochet club Ms English & Ms Lennon Room 613 CHAMBER CHOIR MUSIC ROOM Ty, 5 th & 6 th years St Vincent de Paul Cairdeas - Ms Cradock	All years Badminton Ms Hennessy Junior Soccer Mr Walsh & Ms Lalor All years Zumba Assembly Hall Ms. Zadorozhna Folk Group Music Room Ms Cosgrave 1ST & 2^d Years Public speaking 1.30pm – Room 701 Mr O'Flaherty & MsA. Doyle Arts & Crafts Club Ms. Connors & Ms. Mullins 1.20pm Art Room 501 <i>-Poetry Aloud-</i> <i>All year groups</i> <i>Ms. O'Connell</i> <i>1.20pm</i> <i>R709</i>	Juniors Netball Ms Millward 1 st Year Gaelic Football Ms Kelly & Mr Walsh CHAMBER CHOIR MUSIC ROOM	All years Athletics Track Ms Graham/ Ms Hickey Senior, Cadette & 2 nd Year Volleyball Ms. O'Neill GREEN SCHOOLS Ms Davies/ Room 228 Chess club Library Club Gaelge Ms. Ní Mhuinnigh & Ms. Eirealla Snooker Club Assembly Hall
After school 4.15 – 5:15 pm	Seniors Netball Ms Millward Senior, 4 th , 5 th and 6 th year Hockey Justine Collins 4.10-5.10	2nd, 3rd year Hockey Justine Collins 4.10-5.10	Junior & Senior Gaelic Football Ms Kelly & Mr Walsh 5 TH YEARS Applied Maths 4.20 - 6.20.	6 TH YEARS Applied Maths 4.20 - 6.20.