

BLACKROCK COLLEGE NEWSLETTER



Easter 2020

Dear Parents,

It has been a half-term like no other.

It started with our Environment Awareness Week, in which we affirmed our concern for our planet, and with Ash Wednesday, a solemn reminder of our own vulnerability. Sadly, this proved to be a portent of what was to come.

We must not forget the celebration of our musical and vocal talent at the Wesley Festival; our admiration for the direction, production and performance of our one act play, 'The Dumb Waiter'; our appreciation of the sporting prowess on show in Donnybrook and other venues and the issues discussed on our Addiction Awareness Day. We geared up for examinations, anticipated tours and planned for Machakos.

Then, STOP!!

We were reminded, abruptly, of how fragile we are as the flow of our lives grinded to a halt and we were literally put in our respective boxes, confined to our homes.

We have been challenged to come up with new ways to communicate, to show we care and to be there for one another. Solidarity and community have never been more important.

Technology has delivered but this crisis has confirmed that it will always play second fiddle to the craft of the teacher in the classroom. In our new reality, Teaching and Learning has 'virtually' continued through Moodle and MS Teams. I thank my colleagues for the way they have adapted to the changed circumstances and for the ingenuity and collegiality that have underpinned their delivery of the curriculum.

The response of the boys has also been excellent. Although denied the face to face encouragement of their Dean, they have stepped up to the plate and have embraced this new way of engaging with their Teachers and, if necessary, will get better at it.

And of course, this has brought a huge challenge to you also. Amid all else that you must do, you now have the school in your home. This is not easy. My message to you is that we will get through this and that your sons will be better for the experience. I have been impressed by the response of our House Captains and Student Council, their understanding of the situation and their determination to keep going. Their morale is good, and they are looking out for each other. Blackrock is much more than a place where you learn something; it is a place where you learn to be someone.; someone who cares, who is grateful; someone who gives service; someone who is driven by an inner voice that urges him to live his life with kindness, courage, faith and integrity; someone who makes a difference in the lives of others by being who he is.

In this maelstrom, there is the possibility that Easter could pass us by. I pray not. The daily messages, prayers and meditations by Father Cormac, our chaplains and pastoral team remind us that God is with us. Always. Easter provides a wellspring of hope as we live in the light of the Paschal Mystery, the mystery of death and resurrection. We are an Easter people, a people of Joy which stems from unselfish love. We all have our Good Fridays but also our Easter Sundays. It is our hope, our solidarity and our faith that sustains us. Easter assures that a better way will prevail. We will rise again.

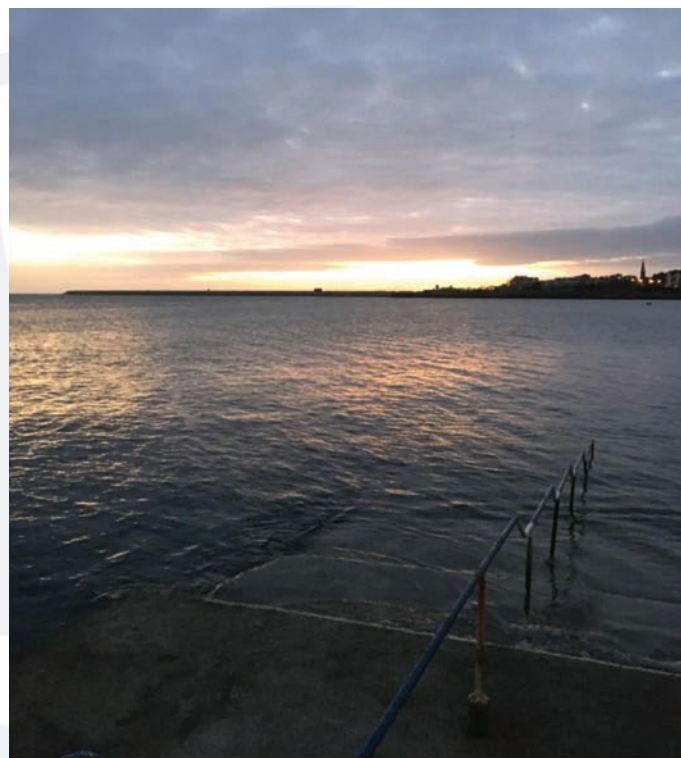
Ms Kelleher and Mr Orrock asked their English classes to reflect on what brings them joy. Their replies are uplifting and are on our website. They included family, hobbies, pets, school(!), nature, memories of places visited and times together.

One included the poem 'Leisure' by W.H. Davies. The first two lines are: **What is this life if, full of care
We have no time to stand and share.**

We now have this time. A halt has been called to our gallop and what may ordinarily go unstated can now be articulated. Ask your son what brings him joy, what is he grateful for. I think that you will be buoyed by the answer. We will rise again.

God Bless,

ALAN MacGINTY
Principal



"The sun does rise"

Seapoint, April 3rd 2020

Coping with our New World : Advice for Parents and Students

Schools have not ‘shut down’ – Although students are not physically attending school you are able to communicate with staff and friends through email , Moodle and Teams .

Expect stress – This is an uncertain and unpredictable situation, stress and anxiety are normal.

Stay connected with your friends -

Friendships are a key resiliency factor .

Talk to your friends on the phone, arrange a Teams chat, establish a group Skype or WhatsApp call?

Have a routine and structure – Having a plan and a predictable routine for the day can be very reassuring. A consistent routine lets everyone be secure about the plans for the day. Above all get up, wash and get dressed .

Don’t worry if the routine isn’t perfect – Remember, this isn’t a normal situation. Set goals but don’t be too hard on yourself when things don’t go according to plan.
Be kind to yourself and others .

Try to keep work in one place –

Try to work in one place so that it doesn’t spread out over the house. This can help to maintain a work/home boundary. We know that this isn’t always possible. Consider others in your house who are also adopting to new working conditions.

Reduce access to rolling news – We want to keep up to date with new developments and announcements, but it is important to switch off and reduce the time spent hearing, reading or watching news which can be overwhelming at the moment .

Monitor your screen time – You are undoubtedly spending more time on screens than you ever did before. Make sure to take screen breaks....go for a walk .

Try not to fret about exams -

While acknowledging that it is a bit uncertain right now be reassured the government and the DES are working on a plan. We advise you to proceed as if the exams will take place . We can only work with what we know. Speculating is not helpful .

Play/ Recreation – Play is fundamental to your wellbeing and development and a great way to reduce stress .

Gratitude/ Joy – it would be wrong to deny our collective anxiety in these difficult times but we should still practise gratitude and take moments to dwell on what brings us joy. Some students have compiled a PowerPoint which you can view on the Blackrock College about what brings them joy . Take a moment to view it and I hope it will bring you joy

And finally take comfort knowing you are not alone –

All over the world people are suffering . We are being asked to work together for the greater good . It’s a challenge worth accepting .

Two hundred years before coronavirus, the German writer Johann Wolfgang von Goethe had some poignant metaphorical advice about doing your part in this pandemic, when he wrote, "**Let everyone sweep in front of his own door, and the whole world will be clean.**"

Adapted from document published by the Division of Educational and Child Psychology (DECP) British Psychological Society (BPS)

Transition Year - Kenya



Machakos Immersion Trip 2020:

Over the February midterm, 28 TY students travelled to Machakos County, Kenya with Mr R. Kearney, Mr K. Grumley Traynor, Ms J. McGuire and Anne Cleary, CEO of Aidlink. The teachers and the boys left Dublin on Saturday the 8th of February and returned from Kenya on Wednesday the 19th of February.

The main focus of the Machakos Immersion Trip is an educational immersion programme with our sister school, Holy Ghost School in Sultan Hamud. The boys and teachers spent four days in Holy Ghost School, side by side with their Kenyan counterparts. The boys attended daily classes, while the teachers taught classes and attended teacher meetings with their Holy Ghost School counterparts. In the afternoon the boys and teachers participated in sport, musical entertainment and a whole school debate.

Once our time at Holy Ghost School had come to an end, the group spent two days visiting the Maasai communities with our immersion trip partner Aidlink. Finally, the group spent two more days in Nairobi where the boys met with the Irish Ambassador and played football with Aidlink partner Amani Kibera.

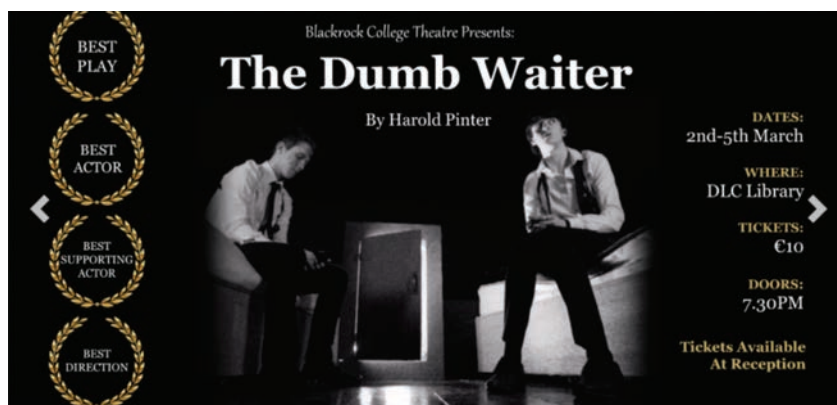


Transition Year - Kenya Cont'd



The One-Act Drama Festival

Well done to all the cast and crew who performed in the “The Dumb Waiter” by Harold Pinter at the St. Andrew’s One Act Play Festival where the play was awarded ‘Best Play’, ‘Best Actor’, ‘Best Supporting Actor’ and ‘Best Direction’. The adjudicator commented on the “maturity and complexity of their performance”. High praise indeed for John Daly, Adam Patterson and Michael Lucey and Colm Fagan. Mr Maher is equally deserving of acknowledgement and commendation. Thank you also to Matthew Kane (4th Year), and Michael Gadaloff and Jack Tiernan (6th Year) who gave generously of their time as crew.



Colm Fagan (Fourth Year) performing in ‘ the Dumb Waiter’



Michael Lucey (5th Year) performing in ‘ The Dumb Waiter’



John Daly (5th Year) performing in ‘The Dumb Waiter’

Wesley interschools Festival 2020 results

First Place	
Libermann Choir	3 or 4-Part Boys’ Choir
Callum Byrne	Brass Over 16
Callum Byrne & Mark Landers	Vocal Duet Over 15
Will Fitzgerald	Rock Guitar Over 15

Second Place	
Rockapella	Unaccompanied Vocal Ensemble
Blackrock College Jazz Band	Secondary Level Orchestral Band
Oliver Bosworth	Brass Over 16
Gavin Bowen-O’Connor	Wind Under 16
Alex Kelly	Piano Solo Over 16
Sam Loscher	Drum Kit Over 15

First Class Honours	
Gavin Bowen-O’Connor	Piano Solo Under 16
Joseph Gibney	Solo Singing Popular Under 16
Mark Landers	Solo Singing Popular Over 17
Freddie Noonan	Solo Singing Popular Over 17
Sean Treacy	Solo Singing Popular Under 16
Ruairi Stephens	Wind Under 16
Daniel Welch	Solo Singing Popular Over 17

Highly Commended	
Blackrock College Orchestra	Secondary Level Orchestras
Electric Ski	Rock Bands Over 15
Paradox	Rock Bands Over 15
Ciarán Drohan & Peter O’Grady	Vocal Duet Over 15
Oscar Bourke Mullaney	Solo Singing Popular Over 17
Mark Landers	Solo Singing Classical Over 17
Mark Landers (& Aidan Canavan)	Own Performed Song
Michael Lucey	Own Performed Song
Finn O’Hara	Solo Singing Popular Under 16
Patrick Ryan	Solo Singing Popular Under 16
Daniel Welch	Solo Singing Classical Over 17
Stephen Wong	Solo Singing Popular Under 16

Congratulations to **Willow Park Junior Choir** who were awarded **Highly Commended** in the *Taney School Cup* for Unison or 2-Part Primary Choirs.



The Libermann Choir, who won the Frank Hughes Cup at the Wesley Musical Festival for the 6th time in a row!



The Orchestra were 'Highly Commended' at the Wesley Musical Festival

ART CLUB

Some recent examples of printmaking by Fifth Year art students are reproduced in the newsletter as well as an accomplished oil painting by Third Year Art Club member, Fionn Graham. Fionn remotely submitted his picture for the newsletter with the title of *ISOLATION COTTAGE*.

The Art Club will soon have its own Moodle page where we will continue to display student artwork and chat about upcoming exhibition ideas.



Jacob Antonio (5th Year)



Ed Burke Kennedy (5th Year)



Ben Hogan (5th Year)



Ned Fitter (Fifth Year)



Fionn Graham (Third Year) Isolation Cottage

RockEd

HAVE YOUR VOICE HEARD

***Create Your Story and We'll
Help You Stage It!***

To get involved

Contact
rocked@blackrockcollege.com
by April 3rd

Be there!

Snapshot of 2nd Half Term 2020



Mikey Yarr and James O' Sullivan (Third Year),
JCT V Castleknock



Olympic Champion Ronnie Delany, and multiple (7) times All-Ireland winner Cian O'Sullivan (class of 2007) and TY students at the launch of this year's launch of this year's 5K Rock Run 2020 in aid of Machakos and GOAL.



Transition Year Latin students won the Athena Prize at the Young Classicists Awards for their project 'Modern Problems Require Ancient Solutions'.



Joseph Carroll (Third Year)
'Rock V Temple Carrig



Dylan O Meara (Second Year) 'Rock V Temple Carrig



Oscar Glavin and Mark Dempsey (Second Year) 'Rock V Temple Carrig



Louie Maguire (5th Year) 'Rock V Belvedere



Will Fitzgerald (Fourth Year) 'Rock V St. Columbas



Aidan Corrigan (Third Year)
' Rock V CBC Monkstown



Stephen Maher (Sixth Year) 'Rock V Roscrea



Cian Ryan (UI16 GAA Captain of the winning team in the "Dublin Schools UI16 Championship") receives the trophy from Cian O'Sullivan



Mr MacGinty leaving the College at 6.00 pm on March 30th as per the DES directive

Snapshot of 2nd Half Term 2020



Aidan Quigley, Oisín Luff, Keith Ahern and Spencer O'Hara 'Rock v Roscrea



'Rock V Belvedere



Ruben Moloney (Fourth Year) 'Rock V. Belvedere



Michael Colreavy, Tom Briggs (Third Year) JCT V Castleknock



Louis Dignam (Third Year) JCTV Castleknock



Oliver Coffey (JCTV Castleknock)



Theo Byrnes, Eoghan Walsh and Luke Kritzinger, (Third Year) JCTV Castleknock



Tom Briggs , Harry Whelan and Alex Mullan (JCTV Clongowes)



JCT V Clongowes

Snapshot of 2nd Half Term 2020



Harry Whelan (Third Year) JCTV Clongowes



Daniel Bennett (JCTV Clongowes)



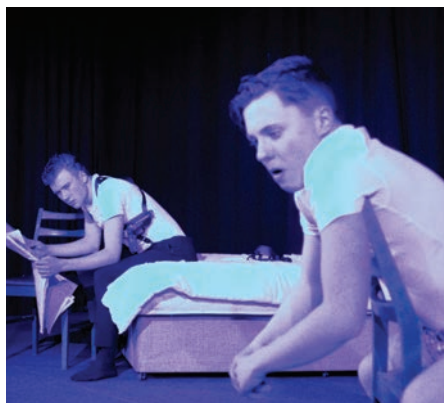
'Rock v St Michael's



'Rock v St Michael's



'Rock v St Michael's



John Daly and Adam Patterson (5th Year)
performing in 'The Dumb Waiter'



The Libermann Choir, who won the Frank Hughes Cup at the Wesley Musical Festival for the 6th time in a row!



Fionn McArdle , Leo Wyer ,Alexander Doyle
(6th Year) Castle Thirds V St Michael's



'Rock V Gonzaga .

Snapshot of 2nd Half Term 2020



Ryan Holmes (TY) V. Blackrock College AFC



Riley Smith (5th Year) V Blackrock College AFC



Blackrock College Soccer Team



House Fifts V CBC



Jamie Dowling scoring V Blackrock College AFC



Malachi McNamara (6th Year) 'Rock V Kilkenny College .



Rory O'Gorman, Jamie McMahon and Jake Crosbie. House 5ths
Undefeated! (House 5ths v CBC)



'Rock V Gonzaga

Pastoral Care Programme



Blackrock College Reflections March 2020

The current public health crisis has given rise to understandable anxiety. While mass gatherings are not possible we can remain united in prayer, music and reflection.

Here is a possible 8 step programme to follow or adapt to your own situation.

The music suggestions are taken from the Emmanuel 2020 Programme for second level schools in the Archdiocese of Dublin.

They are available on iTunes YouTube and Spotify
Music Suggestion:

Before each Reflection: Slow Me Down Lord:
https://www.youtube.com/watch?v=n_32jfDKUmo

Reflection 1: They'll Know We Are Christians:
<https://www.youtube.com/watch?v=LZg8Ho-INqk>

Reflection 2: The Face of Peace:
<https://www.youtube.com/watch?v=HqMysDQU-4>

Reflection 3: Lord I need you
<https://youtu.be/LuvfMDhTyMA>

Reflection 4: You, the Christ:
<https://www.youtube.com/watch?v=GO73akJq374>

Reflection 5: Be Nice:
<https://www.youtube.com/watch?v=5lz58ZwHKfA>

Reflection 6: Blinded by your Grace:
<https://www.youtube.com/watch?v=HPuj6UISMhs>

Reflection 7: Gospel Plow:
<https://www.youtube.com/watch?v=6DHqsejRgV4>

Reflection 8: Keep Me Safe, O God:
<https://www.youtube.com/watch?v=dQsl7b49sEk>

Before each Reflection:

Before each Reflection: Slow Me Down Lord:
https://www.youtube.com/watch?v=n_32jfDKUmo

S.T.O.P.

- **S** = Stop everything that you are doing, place all things out of your hands
- **T** = Take a deep breath, in for 5 out for 8, repeat this a number of times.
- **O** = Observe everything around you, perhaps if you are outside, listen to the birds, or just the silence around you
- **P** = Proceed, Proceed doing what you were about to do, or take one of the next reflections

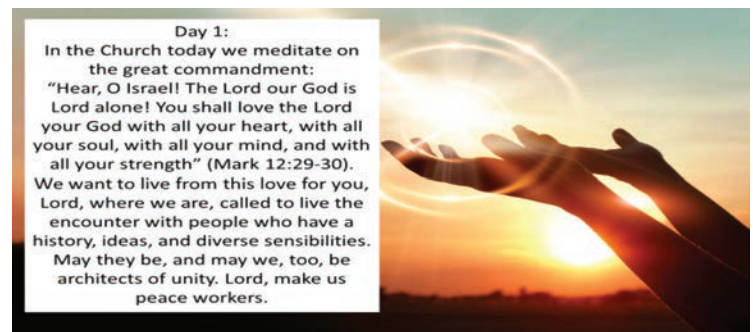


Reflection 1:

Sit on a step for five minutes.
Bring to mind a time when you were less than Christian
in your dealings with others.

'By this everyone will know that you are my disciples, if
you love one another.' (John 13:35)

Reflection 1: They'll Know We Are Christians:
<https://www.youtube.com/watch?v=LZg8Ho-INqk>



Reflection 2:

Turn off from technology.... Give your "time" to God
Become a hermit for a while. Take an hour off from
your mobile phone or internet to be quiet with your
own thoughts. Protect this 'Godly' time with a wall of
stillness

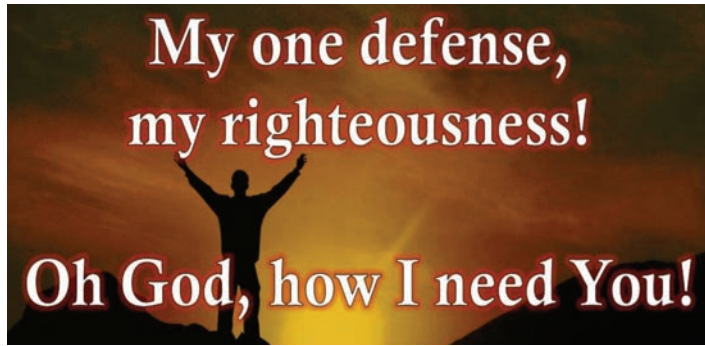
Reflection 2: The Face of Peace:
<https://www.youtube.com/watch?v=HqMysDQU-4>

Prayer for today

We pray for all those in our country and throughout the world suffering from the Corona Virus. May its victims and their families be strengthened by the support of our community of faith and restored soon to full health. We also pray for our leaders and medical personnel who deal with the virus. May we keep calm and may we join together in solidarity with care and compassion to tackle this emergency. This we ask in confidence through Christ Our Lord. Amen



Reflection 3:



Try to notice when your mind is taken over by cruel or vengeful thoughts about others.

Every time you wash your hands consciously let go of these thoughts.

Scripture for today : Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave Ephesians 4:32 <https://youtu.be/LuvfMDhTyMAYou>

Pope Francis' Prayer to Mary during the Coronavirus Pandemic

O Mary, you always shine on our path as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick,
who at the cross took part in Jesus' pain, keeping your faith firm.
You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.
Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection.
Amen.

Reflection 4

If going out for a walk put on the hat of thoughtfulness, the cloak of charity and shoes of goodness. Open yourself to an awareness of the presence of Christ in each other.

Scripture: You, the Christ:

<https://www.youtube.com/watch?v=GO73akJq374>

Step back from today's activities. Look at what you experienced and discover how God acted within you.

For what are you grateful? What good did you do today? What did those moments leave in your heart? Have you acted with generosity and dedication in your tasks, meetings and breaks? Think about something you would like to do differently tomorrow. Hail Mary...

Blackrock College Prayer

God and Creator and Lord of all,
I am *grateful* for my life
And the blessings that surround me.
I ask you to make me more aware
Of the gift of your Holy Spirit,
So that today, I may;
Be there, doing my best;
Be caring; especially for those in need,
Be truthful at all times.
Help me to have a deep faith in
Your Son Jesus and to be strong
In my desire to live like you.
Amen.



Reflection 5:

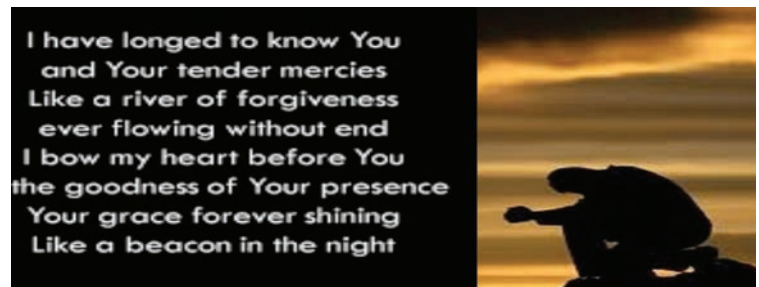
God's mercy is poured out freely on us. Every time you pour a glass of water, tea or milk simply stop and say, 'Lord have mercy'.

Be Nice:

<https://www.youtube.com/watch?v=5lz58ZwHKfA>

Lent is a time of conversion. The publican of the Gospel is a model for us, he has placed in you, Lord, his trust, saying: "O God, have mercy on the sinner that I am" (Luke 18:13). Paradoxically, sin is a springboard to hope.

Yes, you come to give salvation, we hope in you. With Mary, I offer you this day for the intention of Pope Francis this month, so that the Church may persevere in fidelity to the Gospel and grow in unity. I offer myself to you to live from the unity that you give. Where discord grows, let us make unity. Our Father...



Reflection 6:

The word humility has a root in the Latin for earth or ground. Every time you stand up or put your feet on the floor pray for humility. Become 'grounded' and aware of the source of your blessings

Blinded by your Grace:

<https://www.youtube.com/watch?v=HPuj6UISMhs>

Pope Francis suggests that we not allow the favourable time of Lent to pass in vain. "Let us ask God to help us set out on a path of true conversion. Let us abandon selfishness, the self-centred gaze and turn to the Passover of Jesus: let us be close to our brothers and sisters in difficulty by sharing with them our spiritual and material goods."



Lord, I've been broken
Although I'm not worthy
You fixed me, I'm blinded
By your grace
You came and saved me.
(Stormzy)

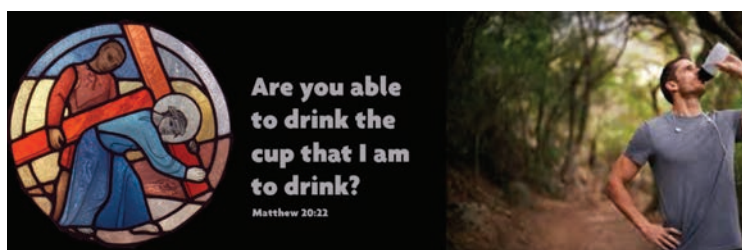
Reflection 7:

When you take a drink pause and listen for the voice of Jesus. 'Can you drink the cup that I am going to drink?' (Matthew 20:22)

Gospel Plow:

<https://www.youtube.com/watch?v=6DHqsejRgV4>

Give thanks to God for another day. Throughout your day, the Father calls to your heart in the small details, and he wants you to listen to him. Did you recognize the presence of the Lord? How did you respond? Do you want to thank God for some particular grace? Is there any situation that you need to ask for forgiveness? Take note of what you discover and resolve to do better tomorrow. Hail Mary...



Reflection 8:

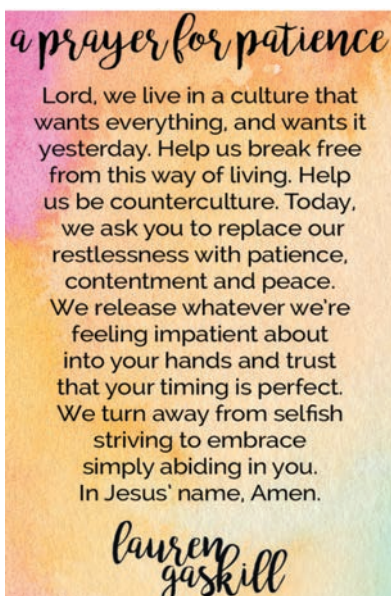
Patience is an important survival tool to have under our belt these days when we are doing our best to be safe and to protect others in our family and community. Keep Me Safe, O God:

<https://www.youtube.com/watch?v=dQsl7b49sEk>

'Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability— and that it may take a very long time.' (Pierre Teilhard de Chardin S.J.)

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.



Pastoral Programme Update

We have never experienced a half term like this half term! Did any of us anticipate in late February that by early April, daily life could and would have changed so much? But there is a constant behind and is woven into all this change – we are a people of Faith Hope and Love. Our College Community of boys, staff, PPU, Spiritan Community and all our families make up the Blackrock Community. We reflect on Fr Cormac's reflection at the beginning of the 2019/2020 academic year when he asked the question about which is the best school in Ireland? ... and his answer "the school that loves the most". Faith, Hope and Love is what will keep us going at this time.

Matthew 25 Programme

The two-week Matthew 25 Pastoral Placement Programme continued with a seventh group of 24 Transition Year boys going on placement to several centres. The boys' comments in their journals are encouraging reading... "I met with an elderly lady with Alzheimer's, she never knew me by name but she used to smile when I brought her a cup of tea – she was somebodies Grandmother – it was a privilege to meet her"... "A young boy in the class could not add simple numbers together – I spent 2 weeks trying to teach him 5 plus 5 – he never got the right answer but we had some great laughs at my efforts".

Matthew 25 Programme will continue in a virtual world

Since school was suspended in March, the Dean of Transition Year invited the Transition Year boys to continue with the Matthew 25 Programme virtually. The line in St Matthew's Gospel "I was in prison and you visited me" has never been more significant as grandparents are cocooning, while visiting is not possible, phone communication is possible. After Easter, there will be a group of Transition Year boys who have volunteered to email and write letters to the residents they met earlier in the year on the various placements. The boys in Blackrock are very much living by our 4 core values of Be Caring, Be There, Be Truthful and Be Grateful – the Matthew 25 Programme continues in a new innovative way. We can all strive to follow the content of Matthew Chapter 25.

Faith, Hope and Love is what will keep us going at this time.

All will be well – we are an Easter People.

Fitness for Families



I hope this message finds you and all your families in good health in what is a difficult period for so many. As we begin our first week of 'lockdown', never has regular exercise been so important for individuals and families. For this reason, we have replaced this term's sports notice with links instead to some key sites which might help you in some way to get through this extraordinary time. All the links and resources have also been placed in your Parent/Guardian Zone on Moodle as for your convenience.

Also, please note that your sons have age-appropriate activity programmes already assigned through their PE class Moodle pages and do encourage them to follow their plans.

As a guide, the WHO recommends the following levels of physical activity for adults (18-64):

- At least 150 minutes of moderate-intensity aerobic activity per week OR 75 minutes of vigorous-intensity aerobic activity per week OR a combination of both types.
- Aerobic activity should be performed in bouts of at least 10 minutes duration.
- For additional health benefits, adults should increase their moderate-intensity aerobic activity to 300 minutes or 150 minutes of vigorous-intensity activity.
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days also.

The resources below will help you reach these targets in a multitude of ways whilst we all follow advice to remain safe and save the lives of others by remaining at home.



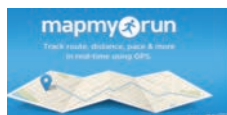
Welsh Rugby Union Exercise and Nutrition in Isolation -

<https://www.wru.wales/2020/03/stay-active-with-welsh-rugby/>

PDFs you can download courtesy of the Welsh Rugby Union who have put together some excellent resources for young kids, 12-16 year olds and late teenage years/adults - they include some age-specific home-based training sessions (with diagrams) and a nutrition pdf to accompany. Well worth a look!

PE with Joe (Wicks) - <https://www.youtube.com/watch?v=qGKGNzNbWjU>

9am live workouts with The Body Coach, Joe Wicks, on YouTube. He presents a 30-minute living room workout class for kids (and parents!) of all ages. A great way to start a day of home-schooling. (Note these can be viewed at your convenience later also)



MapMyRun - <https://www.mapmyrun.com/>

An app which allows you to map out your route in advance and then track your performance. All of which will add structure to your training. You could use this app in conjunction with the PE Department running programme which is in the Parent/Guardian Zone in Moodle.



My Fitness Pal - <https://www.myfitnesspal.com>

An app which helps you to monitor and log your food intake and then create your own personal food database.



Headspace - www.headspace.com

Headspace is a gym membership for the mind! A course of guided meditation delivered via an app or online. It provides ten free meditations to start. It is accessible as everyone can make an effort to take ten minutes out of even the busiest day! The gym connection also normalises the idea of meditation and emphasises that it is just as important to work out the mind and as well as the body.



Your Mental Health HSE website - <http://www.yourmentalhealth.ie/>

This is an excellent website that provides information and resources about different aspects of mental health. It is possible to participate in online wellness workshops and meditations as well as there being a range of resources from videos to posters to apps and podcasts.

There are so many options out there right now which individuals and companies have kindly made available to the public in recognition of how important it is for society to remain physically and mentally stimulated at this time. I hope that these help in some way if you have not already found something that works for you.

Take care everyone during this extraordinary time and best of luck incorporating an exercise routine into your day.

The PE Department

Wellbeing



Wellbeing in the College Community has never been more important than it is now. In these challenging times we maintain our focus on developing our Resilience. In the days before our Easter exams began, the Student Wellbeing Committee helped to promote and co-ordinate Addiction Awareness Day. Powerful messages were delivered to the students by several speakers. Our students learned about various aspects of addiction: the science behind the compulsion; the different types of addiction that people can experience as well as the reality of a gambling addiction. Our Student Wellbeing Committee has continued to meet during the school closure, discussing ways that they can support everyone's Wellbeing virtually. They have written a letter of advice to all students, available on Moodle. Please take the time to read it as there are some very useful suggestions contained therein in terms of keeping well as we all learn to adjust to the changed pattern in our days.

AND
BREATHE....



Reflection



Reflection for Easter 2020

Emily Dickinson's beautiful poem 'Hope is the thing with feathers' resonated with the Leaving Cert students in January 2020 when we studied it in class, long before we or they knew how much we would need it's soothing message.

Hope is the thing with feathers

by Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.



[Click here to hear David Ryan \(6th Year\) reciting the poem.](#)