



St.Dominic's College

December 2022 Newsletter



A Dhaoine Uaisle,

It is with some disbelief that I find myself writing to you just before Christmas 2022. September to December is usually the longest term and yet it has flown by. It was an incredibly active and productive term which kept everyone busy. The amount of events happening in the school was incredible and they all weaved nicely together so that the school experience your daughter has is the very best. We cannot emphasise that enough to everyone. The learning and educational journey through St. Dominic's College for the students will always be one that they enjoy and will include skills they will use right through their lives. This includes how to form and sustain healthy relationships with their peers and teachers in their school community.

One thing that has struck me this year is how lucky we are despite all we hear in the media. I imagine myself, my family or any member of our school community having to go through the trauma of being displaced by war such as is happening in the Ukraine and other places now, or having to leave a country for another one where they don't speak the language or have had to leave their loved ones and possessions behind them. Compared to this we are doing well. The world is a very volatile place at the moment and we think of those with very little and try to lighten their burden and help them when we can. To this end the students of St. Dominic's College have been very generous with their donations to our Vincent de Paul Food Hamper Appeal and Yellow Day fundraising drive. Many thanks to the teachers who educate our students inside the classrooms, on co-curricular school trips and during all our sporting and non-sporting clubs. I thank them for all their hard work and their spirit of volunteerism. A school is only as good as the teachers and SNAs and other school staff who teach, inspire and motivate our students to want to help themselves and do well. We are a lucky school to have such a fine teaching and non-teaching team. A special word of thanks to the deputy principals, Ms Maher Smyth and Ms McGowan. Thank you to the Student Leadership teams who enjoy their various roles. Student leadership is very important to us. The young people of today are the leaders of tomorrow so having opportunities for leadership in school is a wonderful and enjoyable experience.

Thank you to the Parents' Association for their work raising funds for the school. Fundraising is only one part of what the PA do but of course in these days it is necessary. So now that Covid is not holding us back from arranging events, the Parents' Association organised the Cash for Clobber in May, the Sponsored School Walk that took place in November and most recently the beautiful Carol Service we had in December. These few events mean the PA has some funds to donate to school projects. Thank you to everyone for this hard but enjoyable work.

I would like to welcome the new Board of Management and thank them for their voluntary term of service of three years. We have some new and exciting projects ahead of us and we look forward to rolling them out gradually. Our new building which houses our special autism class is almost completed so we look forward to furnishing it as soon as the building is handed over to us. The pitch development should begin next Spring too. I will keep you posted on all these developments.

I wish you and your families a very Happy Christmas and I hope that 2023 will be a healthy and happy year for you all. Nollaig Shona agus athbhliain faoi shéan is faoi mhaise daoibh go léir.

Is mise, le meas,
Ms Ann Cameron
Principal

YELLOW DAY 2022

Yellow Day takes place each year in St. Dominic's College and is held to support people in need in our local area through the Society of St Vincent de Paul. We collect food items and they are made into Christmas hampers for SVP. Staff and students donate 2 euro to buy meat for the hampers on Yellow Day!

Yamin Sagal







On Tuesday 6th Dec we celebrated yellow day. Students really enjoyed themselves and all money collected will go towards purchasing meat vouchers for the St. Vincent de Paul Christmas hampers.

Our TY students helped prepare a record breaking number of hampers this year for the SVP. Thank you to all those who donated and those students who helped with our hamper appeal.

Ms Hogan



ENTERPRISE IN ACTION



Many groups at St. Dominic's get opportunities to try something new!

TY, Leaving Certificate Applied, LCVP and 2nd Years have embraced their inner entrepreneurs and showed us what they can do!

As you can see, it is important to see what your customer wants as we all know the customer is always right after all! Our budding entrepreneurs created surveys, asked their target market what their interests and needs were and they then gathered valuable feedback.

Students get the chance to set up their own businesses, meet entrepreneurs and visit local businesses.



Entrepreneur Ms Kate Hickey, a Marketing Consultant visited our 6th year LCVP class. She gave us a great insight into her career and lots of advice on how to become a successful entrepreneur.



Trade Fair by Kira Simuzingili

On Thursday the 1st of December, the trade fair took place in Halla Lydia. The trade fair is an annual event which showcases products made by business students in the school. This year the 2nd years, as well as the 4th and 5th year mini-companies were asked to take part. Each class in the school got the opportunity to come down and view or purchase from the different businesses.

Items and products sold by the students included handmade bracelets and jewellery, phone charms, self-care hampers, raffle hampers, and so much more. This year, there were many small businesses that took an eco-friendly approach to their companies.

A second year company called Candleco, for example, sold candles made from soy wax. Soy wax is made from plant oils which are natural, biodegradable, and renewable and are a lot more environmentally friendly compared to other candles that use petroleum in their wax. The packaging was also made from reusable and sustainable materials. Another company, called Papercraft Co. sold bookmarks and photo frames made from reused and recycled materials.

Fourth year students got creative and sold items such as wax melts, personalised picture frames, customisable goodie bags and much, much more. One stall in particular called Fine Pine got into the Christmas spirit creating ornaments for the season using recycled materials. Another store Totally Tote created eco friendly tote bags that are also customisable.

Ms Bergin, the main organiser of the event , told us that it takes months beforehand of planning , choosing a date and approving and denying potential companies to run the trade fair seamlessly. With help from the business faculty and LCVP students, the trade fair was able to run smoothly and was a great success and experience for all involved.

WINNERS!

Senior

Best Business

3rd place - The Girlie Place

2nd place - Book Note

1st Place - Totally Totes

Best Sales Pitch - Magnetique

Best Stall - Fine Pine



Junior

Best Business

3rd place - The Quigaminess

2nd place - RAID

1st Place - Candle Eco



Best Sales Pitch - Christmas Night Box

Best Stall - Little Thing Phone Charms

Transition Year!

So far Transition Year 2022 has been a very busy year with many exciting events and experiences! In September we went to Carlingford Adventure Centre for our team-building trip. Everyone got a chance to make new friends and learn new skills kayaking, doing laser combat and surviving the crystal maze! We returned home the next day tired but happy!

A week later we were off again to visit the National Art Gallery and also had a very interesting group tour of the Dáil. A sincere thank you to Nessa Hourigan TD who took the time to meet with us that day. We headed to the Ploughing Championships a week later. So many stalls and sights that we won't ever forget. Since then there have been so many other experiences: The TY Show, the Scéal workshop, our Rowing Blitz in Trinity College, an IBM workshop, our Community Care Work Experience week, the Trade Fair and the Ice-Skating trip. It really has been such an action-packed year so far!

Visiting speaker Michelle Harding from the School of Life introduced the TY students to tips on boosting confidence, raising awareness of personal etiquette as well as table and restaurant etiquette. Our Sixth Class Transfer Programme has 12 TY students helping Primary School students make the transition from Primary to Secondary school. This is a really valuable experience for both groups, our TY students as well as the Primary School students.

Many of the TY girls have been actively involved in helping organise and run a number of important school events . Yellow Day, the Christmas Hampers for St Vincent de Paul and our School Walk to name just a few. Well done to all the TY students and the teachers Ms Hogan and Ms Shanley Blake for all their hard work.

Students presented the first of their three Portfolio Assessments, embracing the opportunity to present their best quality work and reflect on their particular interests and strengths. All TY students had to present their products and services at the recent Trade Fair. Some of these companies will certainly produce successful entrepreneurs of the future!

We now look forward to 2023 with work experience, the TY skiing trip and many rewarding and valuable experiences in the new year. Many thanks to all the hard-working Transition Year teachers and students. Nollaig Shona Daoibh.

Gemma Branigan
TY Co-ordinator



TY Carlingford Adventure Trip by Rebecca McDonald 4Y



Carlingford is an overnight trip that takes place at the beginning of Transition Year in September each year. It is a trip that is very worthwhile and beneficial for the year group, to get to know each other better on a personal level and to bond with one another. This year the trip took place on 8th-9th of September and I thoroughly enjoyed the experience. I got to know many girls in my year that I had never spoken to previously and I created many memories with them, that I will look back upon fondly.



Not only did we get to know each other better and create new friendships but we also learned to work alongside each other in many fun activities which included kayaking, laser tag, crystal maze challenges and a skywalk activity. The trip has been one of the highlights of my Transition Year experience so far and I hope future Transition Year students will also get to experience this trip.



TY National Ploughing Championships Trip by Chloe Bolton 4Y

During September TY students went to the National Ploughing Championships in County Laois and 6th year business went as well. When we arrived the large group split into smaller groups and had a look around by ourselves. At the National Ploughing Championships there were a huge variety of stalls and huts to explore. Many huts were filled with tractors and other farming equipment. Others were filled with farm animals and others were stalls for companies such as Pink Lady, Coca Cola and Aldi.

There were many food stalls where we were able to get a tasty lunch and also a carnival at the back which many students enjoyed!! Coming home both students and teachers had bags filled with goodies that different stalls and huts were giving out for free!! Overall everyone really enjoyed themselves as this was a fun day for all.



TY Kilternan Ski Class Trip by Lucy-Mae Brennan 4Y

On November 28th, the TY students travelled to Kilternan Ski Club. The purpose of this trip was to practice our skiing skills to help prepare us for when we jet off to Italy on our TY Ski Trip in February 2023!

We all had great fun learning how to ski on the artificial ski slopes at Kiltiernan. We learned how to stop and how to start using positions such as the Pizza Slice. Some of the girls did so well that they were allowed to ski off the highest slope! They were really good! A few slips and falls definitely happened, but that made it even more fun. Kilternan was a great experience for us all and we feel a lot more confident in our skiing skills now. Not only had we a great day out but we are now set for Italy!!



TY Chinese Module by Alison Koci 4T

The Chinese language, being by far the most spoken language in the world with over 1.31 billion speakers, is now being taught to TY students with the opportunity to take part in Chinese classes for a ten-week module. During these 10 weeks we were taught by our teacher Xiaoyue, who came especially from China to teach us the Chinese language as well as to immerse us in the rich and diverse culture of China.

We all had a blast learning simple Chinese greetings as well as different cultural aspects of daily life in China. We got to watch videos on Chinese festivals and food and also got to listen to Chinese songs while participating in a few fun mini-games as well! Learning the language has allowed us to be more open to the beautiful variety of cultures in the world and broaden our mind about lifestyles that we would not know about. Now, whenever any TY students find themselves caught in a conversation about the Chinese language, we can show off with our Chinese conversational skills that we have learned in this incredible class.





TY Community Care Work Experience by Sadhbh Dunne 4Y

In Transition year we partake in a week of Community Care. This is a week of work experience with a charity of our choice to give a helping hand. My placement was in the organisation **Friends of the Elderly** which is a very worthwhile charity that works with older people to alleviate loneliness amongst the elderly. It does this by hosting different social events for its members, sending cards and making calls.

During my week there I helped out along with other volunteers. I helped to organise a number of social events on Tuesday, Wednesday and Friday. I helped out with Christmas hampers that were to be sent out to the charity's clients. I also helped organise donations and worked on the charity shop floor. It was really great to have this experience and it definitely taught me a lot about myself. I enjoyed the working week where I learned a lot about working life and am really looking forward to our next two weeks Work Experience at the end of January.



TY Community Care Week by Tori Ormsby Kelly 4Y

In Transition Year we did a Community Care Work Experience week. You could choose to work in a charity shop or an organisation helping elderly people, for example. Community Care can be really beneficial because it can help you find a future career path.

I worked in **Missus Tatty's Nursery**, and worked with children from ages two to four. I personally had a great time working there and I learned a lot about the working life. I never thought I would consider working with children in the future but now I think it might be a good fit for me.

LEAVING CERT APPLIED

UPDATE

The Leaving Cert Applied students in 5th and 6th year have had a very busy term. The students have been involved in lots of different activities including many trips out to Blanchardstown Centre, the Library, the Viking Splash tour and visiting Henrietta Street.

Every Friday the students go to work experience. Over the two years of the Leaving Cert Applied Programme they will have placements in four different jobs. The work placements that students are doing this session are in Primary Schools, Creches, Hairdressers, Coffee Shops, Restaurants, Hotels and Shops. The work experience is a fantastic chance for us to experience the world of work and help with future career choices.

The 5th year students are completing their Art Education Task this session. The students made emotion dolls. These look fantastic, well done!

There are two tasks in this session in 6th year, the task in IT and the Practical Achievement Task(PAT). As part of the PAT the students must learn or develop a skill in their own time. They all have embraced this challenge. Some of the skills that are being learned include balloon making, swimming, crafting, nail art and going to the gym.



Congratulations to the 6th year Leaving Cert Applied students who received their year 1 results



6th Year students were busy this term learning all about Tourism in Hotel, Catering and Tourism.

We visited No. 14 Henrietta Street Museum. This is a Georgian Townhouse built in 1720's and it became a tenement dwelling in 1911 where it housed over 100 people. We experienced over 300 years of city life in the walls of one address.

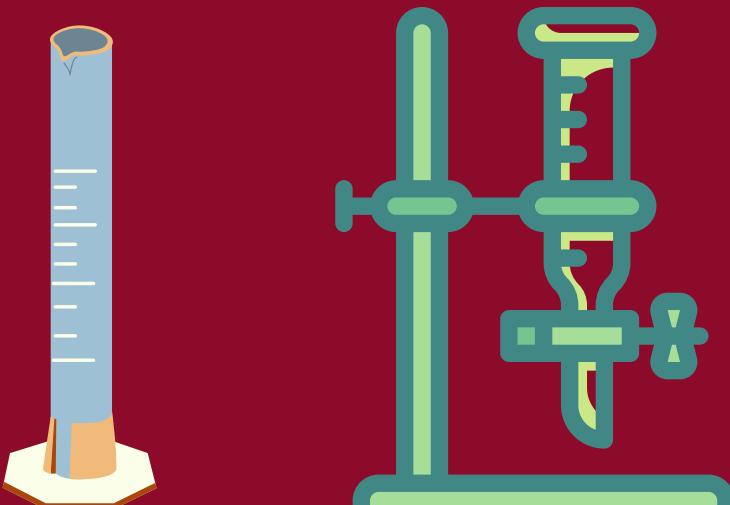
Next, it was off on a boat trip of the River Liffey, which in spite of the awful weather we enjoyed travelling under the bridges and seeing Dublin from another angle. We then had lunch in a Mc Donald's restaurant in the middle of a thunder storm and the experience was enjoyed by all.



Science Week

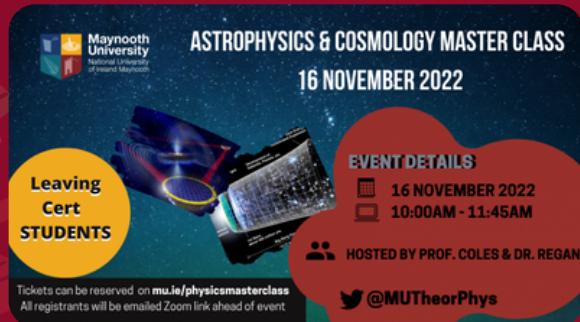
This year's Science Week found us exploring the theme of infinite possibilities, with many events hosted in class and as year groups.

1st year science students took part in a science quiz on Thursday as part of Science Week. This was arranged in self-selected teams which created a lot of excitement .



Ms Dowling's fifth and sixth year physics classes participated in a physics workshop this past month. The topic was cosmology and astrophysics and the workshop was hosted by Professor Coles and Dr Regan of Maynooth University. We learned about the complex topics such as black holes, the big bang theory, the cosmic web and many other interesting concepts. This workshop proved very useful and inspired many students to want to further their interest in physics and astronomy and study it in university.

Thank you to Ms. Dowling for coordinating this event and all the students who attended! Tehreem Cheema



5th year biology students also took part in Science Week, where in groups they composed letters either commenting on or highlighting a person's impact on climate. Important names were mentioned such as Greta Thunberg and Leonardo DiCaprio, along with members of the Irish Government.

The TYs participated in the ReelLIFE Science Competition 2022 in the first term of school. They were tasked to submit 3-4 minute video projects about a science-related topic. Groups were chosen and a maximum of 4 per group and were given the freedom to choose their own topics. This was a valuable and educational experience that allowed them to delve deeper into group work and to effectively research various scientific concepts and condense them and present them in a fun and visual way. Ms. Holland and Ms. McGowan judged the competition and took the time to assess the hard work put into the videos. 3 winners were then chosen. Well done to everyone.



ST DOMINIC'S SPORTS ROUND-UP

SEPTEMBER - DECEMBER 2022

It has been a busy term for extra-curricular sport in St. Dominic's College, with our Gaelic football, camogie and athletics students competing in various competitions. Our programme of extra curricular sports is also back in full swing, and we have added rowing to the range of sports that our Physical Education classes can try.

Starting with athletics, our students have taken part in numerous competitions throughout the term under the mentorship of coach Mary McKenna.

Among the highlights are the annual Clonliffe Harriers Schools Cross Country race in the Phoenix Park on October 5th. In the First Year team it was the first occasion that some of our students participated in a race, and there is great potential in the ranks. St. Dominic's entered Junior, Senior and Intermediate teams and won best school overall. The race was sponsored by Brother, and the girls won a printer for the school. The Intermediate team won second place in the 2km race, with the Senior team taking first place. Well done to Cliodhna Ryan who came in first place, and Clare O'Connor who came in fourth place in the Senior category.

On 6th November our students competed in the Dublin Cross Country Championships and did very well. Goda Buivydyte came in 2nd place across 3,500m. At the Cross Country Relay Races in Mount Temple in November our Intermediate team won first place and our Junior team won second place.

Finally, we'd like to congratulate Goda Buivydyte in 3 Kestrel who finished in an impressive 12th place in the All Ireland U15 Cross Country Championship race in Cork on Sunday 4th December. Goda helped her Dublin team win the Inter-County competition. Well done Goda on this achievement and to coach Mary McKenna for all her hard work.

In Gaelic Games our Junior and Senior Football teams have enjoyed getting back to playing matches again. Our Junior team faced tough opponents in Portmarnock Community School, Colaiste Cois Life and Mount Sackville, and have now finished playing all of their games. They demonstrated great skill, athleticism and teamwork, and there is huge potential among the students, with many of the students also playing for their clubs outside of school. Our Senior team conceded a loss against St. Colmcille's CS, but won their match against Coláiste Cois Life and played excellently, coming away with a very impressive score of 9-13. In camogie our Senior and Junior teams are coming to the end of their season and have enjoyed playing Loreto Balbriggan and Loreto Swords, with a loss and a win respectively.



This year we have also had an instructor from **Rowing Ireland** who is giving workshops to students from all year groups for the past number of weeks. On 27th October a group of Transition Year students took part in the 5th annual Indoor Rowing Blitz in Trinity College Dublin. We congratulate the team '**The Stars**' which consisted of Éva Corcoran, Niamh O'Connor, Lucy-Mae Brennan, Ellen Blarney and the leader Sadhbh Dunne on winning a bronze medal for their performance. Well done girls!

St Dominic's College Hockey will have 4 teams playing league matches after Christmas. First years will compete in their first matches playing **Xtreme 8s** (X8s). The Minors (second years) will step up to playing full 11 v 11 this season. We will also have a Junior (third and fourth years) and Senior (TY - sixth years) team who look forward to playing their matches. We wish all players and their teams the best of luck with their upcoming games in the new year.

Finally, we would like to acknowledge the sporting achievements of our students outside of school. We congratulate Erin McLoughlin (1 Caffrey) on being selected for the Ireland U14 girls soccer team as part of the FAI **Emerging Talent Programme** at the beginning of November. We also applaud our students Nicole Crowe, Macy Davis, Angel Ennis, Nicole Healy, Yazmin McAuley, Niamh McGaughran, Leah O'Neill and Grace Tyrrell, who represented **Finbar's GAA Club** in the camogie final against Lucan Sarsfield's on Sunday 30th Oct.

Last but not least we congratulate Hazel Shaughnessy (6th year) and Emily Harold (5th Year) on winning bronze medals in the **Sofia World Taekwondo Championships** in Bulgaria in November. Emily also won two gold and two silver medals at the **Taekwondo Alliance European Championships** in Dublin in September, and was recently named Junior Female All-Irish Taekwondo Champion in the black belt category.

Well done to all our students for their participation and achievement in sport both inside and outside of school!





On Mondays, the junior frisbee team trains. This is a non- competitive sport, catering for all students. It is great to see them all in action and working together as a team. I would also like to say a huge thank you to Dominick from Ultimate frisbee Ireland, who joined some of our sessions to help the students learn new skills.

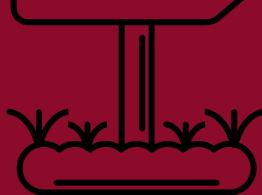
Ms. Goulding and Ms. Conway

Sponsored walk

On the 29th of November 2022, we held our annual sponsored walk. It was a cool, breezy afternoon as the students circled through Cabra, looking colourful and bright in their accessorised uniforms. The students then got refreshments and treats from the teachers. It was a wonderful opportunity for the whole school to come together as one and enjoy something as simple as a walk. We raised a lot of money. A big thanks to all the teachers and students for participating, and of course, the Parents' Association for organising this event.

- Anum Syeda





A busy term for our guidance department!

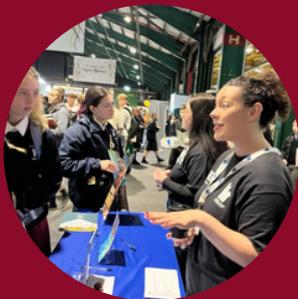
It has been a very busy first term for the Guidance Department. We started off with a visit to Higher Options in the RDS and followed that with a “Life After School” evening event for 6th Year students and their parents. During this event, Dr. John McGinitty of Maynooth University and Ms Maeve Nimmo of Dunboyne College outlined the many options available to students after the Leaving Certificate.

Over the rest of the term, 6th year students received talks from a wide variety of third level institutions including Dublin City University, Maynooth University, University College Dublin and Trinity College including the Trinity Access Programme. Technological University Dublin (TU Dublin) presented the Level 6 (Higher Certificate) and Level 7 (Ordinary Degree) routes to college and their progression routes to Level 8 (Honours Degree). Similarly, Colleges of Further Education such as Coláiste Íde and Coláiste Dhulaigh outlined the entry route from Level 5 Post Leaving Cert courses to TU Dublin and beyond. Talks scheduled for after Christmas include Apprenticeship Ireland among others.

College Awareness Week kicked off on Monday 21st November in St Dominic’s with the Student Council presenting each student arriving to school with the name of a college to expand students’ awareness of the range of colleges in Ireland. They also visited all the assemblies wearing a graduation cap and gown to talk about college and career choices for all. Twice during the week, teaching was paused for 10 minutes to give time for teachers to present their career path to the class – called Stop and Talk Careers (SATC).

However, the highlight of the College Awareness Week was probably the visit to the school of seven past pupils of St. Dominic’s College to present their career journey to all 6th Years. Speakers ranged from Chloe Rochfort talking about her persistence in securing a career in an An Garda Síochána, to Alanna O’Rourke’s experience of the Business, Economics and Social Studies (BESS) degree course in Trinity College Dublin and Carissa Okoro’s computer science course. Lauren Larkin outlined how she changed her career from Midwifery to the ups and downs of the world of acting. Rebecca Keating told the 6th years about Physiotherapy while Eimear Carney explained her career in Quantity Surveying. Finally, Kelly Richardson brought the Past Pupil Panel to a close with a riveting presentation of her unusual journey from running her own Beauty Salon to embarking on a successful career as a Barrister.

Both Guidance Counsellors, Ms. M. Lynch and Ms. A. Lynch, hope that these talks will help the 6th Years to decide which career pathway to pursue when they leave St. Dominic’s next June and will continue guiding and supporting students in their decision making. The Guidance Department also support all students in all year groups on a daily basis with personal and career counselling appointments.



College Awareness Week



We had an amazing College awareness week full of activities. Some students attended all assemblies in their graduation robes talking about college and career choices for all.

We had an amazing panel of past students who spoke to our 6th year students.

Thank you Lauren Larkin, Chloe Rochfort, Kelly Richardson, Carissa Okoro, Alanna O'Rourke, Rebecca Keating and Eimear Carney. They were truly inspiring.



Life After School!

St. Dominic's College 6th Years have also been meeting with a variety of college speakers since the beginning of school term. In the past weeks we have had UCD, Dunboyne College, Apprenticeship Ireland and Ballsbridge College, DCU and TU Dublin. Other universities scheduled to visit include Maynooth University and Trinity College.

In addition, several Colleges of Further Education (or PLC colleges) have and will be presenting to students including Crumlin College, Ballyfermot College, Liberties College, Coláiste Íde and Coláiste Dhúlaigh among others. Both Ms. M. Lynch and Ms. A. Lynch of the Guidance Department are aiming to have the students well prepared for "Life After School"!



Our 6th Year Religion Programme

The 6th year religion programme continues this year and it is wonderful to be able to welcome back, in person, many of the speakers. This course offers the students an opportunity to hear from outside experts on many topics in preparation for college and adult life. Topics covered include, world religions, faith stories and social issues as varied as human trafficking, cruelty to animals, meditation, drugs and alcohol, traveller lives etc . We also welcome in speakers from our partner charities such as Vincent de Paul and homeless charities to name but a few.

Recently we welcomed Senator Eileen Flynn, a past pupil of Dominican education who, as well sharing her story with 6th years, caught up with Sr. Carmel her principal from her primary days.



Transition into 1st year

As part of the 1st year Wellbeing Programme all first years completed a six-week programme designed by staff members in conjunction with Forbairt. This programme covers topics such as friendship, getting to know the school, organisation, homework, studyskills and school ethos. All this work aims to assist the transition from primary to secondary school, a huge stage in each young person's life. Upon completion of this section the students moved onto modules in wellbeing which they will complete over the year. The modules this year include, mindfulness, learning to learn, First Aid, personal development and chess.

1st and 6th year masses

The religion department were delighted to again organise and celebrate the beginning of the school year with masses for 1st and 6th year students. Covid restrictions has made sure that these events were not held in recent times.

1st years were welcomed into the St. Dominic's School community with the theme of friendship running through the reflections and readings. Meanwhile courage was the theme to help prepare students for the Leaving Certificate exams and also for the transition to college and adult life. Both masses were very spiritual occasions created in collaboration with the music department and our new Parish Priest, Fr Paul Thornton.

In the words of the students it was a peaceful, joyful, respectful calming opportunity to come together as the classes of 22/23.

SIXTH YEAR TRIP TO GERMANY!



On Wednesday the 5th October the sixth years flew to Munich. We arrived back in Dublin on Saturday afternoon.

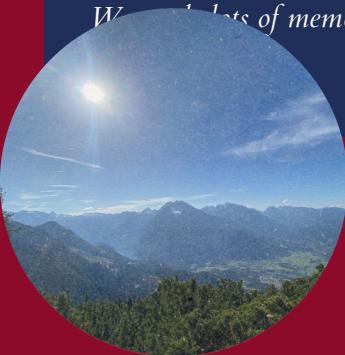
We spent three days in Munich where we saw and experienced such a lot.

On the first day we visited the Allianz Arena. I really enjoyed that. The Allianz Arena is the home stadium of FC Bayern Munich. On the second day we did an excursion to the Salt Mines in Berchtesgaden. That was really fun! I found the history of salt mines very interesting. On the third day we visited the concentration camp Dachau.

The visit really affected me, but I find that it is very important that we learn about such things.

We travelled by underground and commuter train every day.

We made lots of memories. A big thank you to all the teachers!



"Im Oktober war ich auf Klassenfahrt in München mit meiner Schule. Ich hatte viel Spaß mit meiner Klasse. Ich fand das Salzbergwerk lustig, denn wir haben uns die Anzüge der Bergwerker angezogen und sind mit einer Bahn in den Berg gefahren. Es gab eine Rutsche und wir sind damit in die Tiefe gerutscht! Dann sind wir in die Alpen gefahren. Ich fand die Landschaft atemberaubend schön. Meine Lieblingserinnerung war, auf der Spitze des Berges zu sitzen. Am dritten Tag sind wir in die Altstadt gefahren und haben eingekauft. Wir haben das berühmte Glockenspiel am Rathaus gesehen. Wir hatten Glück, denn das Wetter war perfekt - wir hatten Temperaturen von 22 Grad! Die Reise hat mir viel Spaß gemacht. Wir alle sind unseren Lehrerinnen sehr dankbar!" - Emma O'Shea

(6B2)

"Am Mittwoch den 5ten Oktober ist die sechste Stufe nach München geflogen. Wir sind am Samstagnachmittag zurück in Dublin angekommen. Wir haben drei Tage in München verbracht, aber wir haben trotzdem viel gesehen und viel erlebt.

Am ersten Tag haben wir die Allianz-Arena besucht. Das hat mir sehr gefallen. Die Allianz-Arena ist das Heimstadion für den Fußballverein FC Bayern München. Am zweiten Tag hatten wir einen Ausflug ins Salzbergwerk Berchtesgaden.

Das hat viel Spaß gemacht! Die Geschichte des Bergwerks fand ich auch sehr interessant. Wir haben am dritten Tag den Konzentrationslager Dachau besucht. Der Besuch hat mich sehr betroffen, aber ich finde es wichtig, dass wir über solche Sachen lernen.

Wir sind jeden Tag mit der U-Bahn und der S-Bahn gefahren. Wir haben viele Erinnerungen gemacht. Ein großes Dankeschön an allen Lehrerinnen!" - Alanna Taite, 6C1



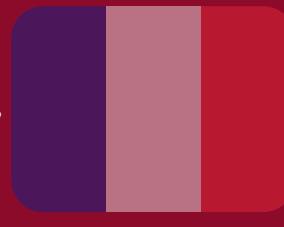
In October I was on a class trip in Munich with my school. I had lots of fun with my class. I found the salt mines fun, because we wore the suits of the miners and we took a train into the mountain. There was a slide and we slid into the depths of the mine. Then we drove into the Alps. I found the landscape breathtakingly beautiful. My favourite memory was to sit on the peak of the mountain. On the third day we went into the old town and went shopping. We saw the famous 'Glockenspiel' at the town hall. We were lucky because the weather was perfect - it was 22 degrees!

The trip was a lot of fun. We are very grateful to all our teachers.

Last October students from St. Dominic's College embarked on a trip to Paris. We were a group of fifty, accompanied by our teachers Ms Cluskey, Ms McManus, Ms O Sullivan and Mr Gormley. The excitement was huge in the weeks leading up to our trip. This was the first foreign trip since Covid so we were going to appreciate every minute!

Our trip started very early when we met at 3:40am in Dublin Airport on Thursday morning. No one minded the early start because we were so excited. We landed in Paris and got a bus to the city centre. There we encountered the first marvel of Paris: traffic! Our bus driver was amazing as he weaved in and out of busy streets with some less than patient drivers! We had to use our French for the first time when we ordered our own lunch which was a bit scary but good to show what French we knew. After lunch we got on our bus for a guided bus tour of Paris. Some of the things we saw were the Eiffel Tower, the Arc de Triomphe and the Obelisk, and our guide told us some funny stories. Then we visited the Musée d'Orsay. This was a nineteenth century train station converted into an art gallery and museum: a majestic building housing some gems from artists such as Monet and Van Gough. A great one for the culture hungry among us! We then had some time to take in the sights around the Louvre with the iconic glass pyramid and cobbled square. Magnifique!

Friday was the day that everyone was most excited for because we were going to have a lot of fun in.....Disneyland! After a delicious breakfast of croissants and pain au chocolats in our cosy hotel, we left early to make the most of our day. Then it was hitting as many rides as we could pack into one day. The Dominics girls are not scared of speed and heights- The teachers also got in on the action- Ratatouille was a big hit with them! Some of the most popular rides were Space Mountain, the Hollywood Tower, the Haunted Mansion, Indiana Jones and Big Thunder Mountain. The parades were gorgeous and colourful and we bought some souvenirs to remember the amazing day.



Paris Trip!

The next morning we had a morning's shopping in a très chic out of town shopping centre. Then we went on a boat tour on the Seine. It was lovely and sunny and you could get a great view of all around from standing on the deck. On the boat we passed the Eiffel Tower, Notre Dame and went under lots of pretty bridges. Some of the girls really got into the Parisian ambiance sporting their elegant French outfits complete with berets!

On Sunday we went to a part of Paris called Montmartre. This is the site of the Sacré Coeur Basilica, a very famous church. It is on a hill overlooking the city of Paris. We climbed up about a thousand steps to the Sacré-Coeur where there was time to visit the church from which we had a stunning view over Paris. In Montmartre also was a lovely square teeming with Parisians (and a few tourists!) enjoying a sunny Sunday morning. There were fountains, cafés, street artists, stalls with delightful French food. Delicieux! There were also lots of shops and bakeries around Montmartre and lots of the girls managed to buy some more souvenirs! Then it was another highlight, La Tour Eiffel (Eiffel Tower). A few brave people took the stairs up (another thousand steps) but most of us went up in the lift. And wow what a view from the Tower: You could see all across Paris and we took tons of pictures. There were shops and even pizza to be had up there. Then it was time to go and we got the bus back to the airport. Everyone was sad to leave after such a great time. We all had so much fun and made lots of amazing memories. Many thanks to our French teachers for making all of it happen. Formidable? Mais oui!

Sarah and Rachel Fitzmaurice



Glasnevin Cemetery!

On the 13th of October our class, 2 Nephin and our history teacher Ms. Whelan went on a trip to Glasnevin Cemetery. We went on this trip as a possible topic for our CBA 1 "The Past in my Place".

We started the tour at "The O'Connell Tower", the grave of Daniel O'Connell, The Liberator, who in 1829 helped Catholics in Ireland win the right to become Members of Parliament.

We then made our way to Charles Stewart Parnell's Grave. He was described as a kind and fair landlord. Parnell died in 1891 of an illness known as Cholera. Parnell's grave is marked by a huge granite rock where over 11,388 other people who died from Cholera are buried. The rock is made from granite to commemorate his Wicklow heritage.



We then visited other areas of the graveyard including the watchtowers, where people stood guard to protect against grave robbers! We also visited the graves of Eamon de Valera, one of Ireland's most famous presidents and Elizabeth O'Farrell, an Irish nurse, known best for delivering the surrender in the Easter Rising 1916 alongside Patrick Pearse.

We saw the grave of Jeremiah O'Donovan Rossa, an Irish Fenian leader whose grave contains the powerful message "But the fools, the fools, the fools! They have left us our Fenian dead". This forms part of a speech that was delivered by Patrick Pearse at O'Rossa's funeral



We finally visited Michael Collins' grave, where we were told stories of his girlfriend Kitty Kiernan and his two admirers who send flowers from France and America! It was a wonderful day where we all learnt something new about Ireland's history!

By:Niamh Munnelly, Caitriona Corbett and Lynn Geoghegan!

3Siskin's educational trip to Glasnevin Cemetery

Reporter: Aamna Iqbal 3 Siskin

On Thursday November 13th 3 Siskin went to Glasnevin cemetery by foot. They went on a guided tour and learned about the lives of famous people involved with Ireland's history but especially relating to Ireland's struggle for independence, through both constitutional and revolutionary means. This is a required trip as we may have to answer a question for our Junior Cycle exam.

It was a bright sunny day when 3 Siskin went on their informative trip to Glasnevin cemetery. At 9 o clock 3 Siskin and another 2nd year class met in Halla Lydia. The teachers in charge, Ms. Whelan and Ms. Hanrahan called the roll and students prepared for the trip. It was a well organised event and we had fun walking and chatting.

The students were delighted to bhe having this trip and lovely walk of about 40 minutes. Once they entered, they were welcomed by staff and guides, showing them around. Students took time to visit the toilets and then the tour started. The tour guide spoke about Glasnevin's history. He talked about the founder, Daniel O' Connell, and why he wanted to build the cemetery. He wanted to make one in northern Dublin, where anyone could be buried regardless of social status, religion or class. He organised it when he was the Lord Mayor of Dublin explained one of our students Maheen, a diligent student who had obviously done her research before the trip.

Afterwards, we moved onto a long shared grave, with multiple names on it. There were 10 names. The guide, Alton, explained the lives of the people in it and talked about their relevance. After visiting two more graves we got the opportunity to enter the round tower holding Daniel O' Connell's tomb. We descended the staircase and stood outside the round tower. Several ebony doors were circling the round tower. Some people had such dedication to Daniel O' Connell that they bought the tombs around the round tower to be as near as possible to him the guide informed us.

We then entered the crypt and he talked about the man himself. He told us how important Daniel O Connell was and how significant he was. We learned lots of new things! He also told us about the explosion that happened here and how he was called the Liberator. We looked around, and although sadly we couldn't go up the round tower we still had fun. After we left he showed us many other significant graves and told us about their stories and lives.

The last grave we visited was Michael Collins. His funeral was one of the biggest in Ireland's history. People from all around Ireland came to attend his funeral, covering the whole area of Glasnevin cemetery. On his grave, fresh flowers are placed daily and a red lipstick mark is visible on his headstone despite the staff's constant attempts at washing it off. After Michael Collins' grave, our tour was over, so as a treat the students went to the café nearby and enjoyed some food and drinks. "It was nice being able to get some food afterward, plus the hot chocolate was nice and warm," says Prisca, a third-year student. After the food, the students returned to school, with new knowledge in their heads and a brighter outlook on their lives, grateful for the sacrifices of their people.

Poetry Corner

Our God

by Joanna Thomas



Our God created the universe, the heavens, and the earth
He's known each and every one of us from the moment of our birth

He has carved our names on the palm of his hands
And is the only reason as to why we all still withstand

He came down from heaven to save us all
And even to this day He will hear us when we call
He is the Father, the Holy Spirit, and the Son

Yes, our God he truly is the three in one
He has promised us strength for each and every day
And light for each one of us along the way

He heals our hearts and makes us clean
He opens up our eyes to the things that are unseen

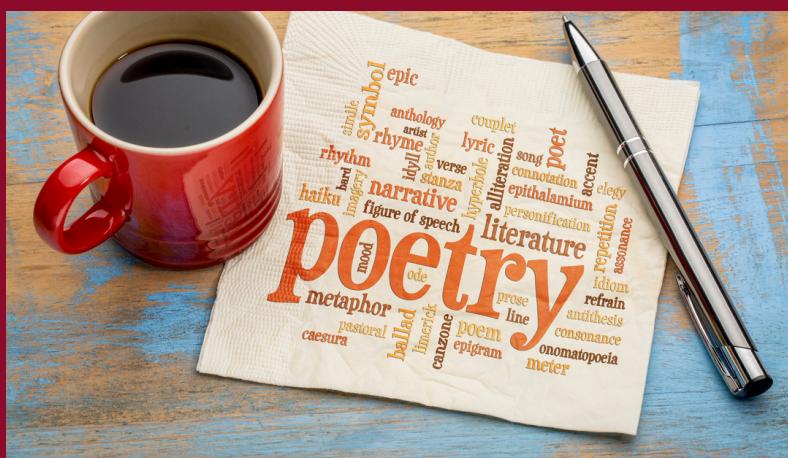
He fought for us with so much love
And His eyes are always on us from above
"Who was, and is, and is to come"- God said

And He truly fulfilled this, with His body - the Living Bread

He is beside us and therefore we shall not be shaken
For it is our pain and suffering that He has taken

With God there is nothing that is impossible
His love, kindness, and mercy, it's truly unstoppable
Our God is the Good Shepherd as seen in Psalm 23
He paid the price for our sins and he has set us free
He is always there for us, even in times we cannot see

He is loving, and forever faithful,
So the question is, are we?



Halloween Cooking!

The second years in Ms Brazil's class dished up some spooky yet delicious treats!



The St. Dominic's Choir!

The St. Dominic's College choir is back! For the past couple of years the choir has not been able to take place due to Covid but now it's back up and running.

Rehearsals for the choir take place after school, on Tuesday, for an hour and is run by our two fabulous teachers Ms. Dowling and Ms. Hughes. The choir has an amazing group of singers which range from Soprano (higher voice) to Altos (lower voice). The choir has been learning an array of different songs including "Happy" by Pharrell Williams, "When Will My Life Begin" from Tangled, "Ho Hey" by The Lumineers and "Let It Be" by The Beatles. The choir is also hoping to soon compete against other schools!

THE WELLBEING COMMITTEE 2022-2023

The Wellbeing Committee in St. Dominics consists of a number of students from both the Junior and Senior Cycle and is led by Ms. McGoldrick, Ms. Mc Garry and Ms. Hanrahan. We meet once a month to discuss ways and means of Wellbeing for our school. We have a notice board that is located beside the CAD room with useful information on mental health and wellbeing.

Some of our committee members attended assemblies to explain our work and what we do. During the 1st year assembly the ‘positive thoughts’ competition was promoted. This competition was for 1st years to hand in a ‘positive thought’ to be displayed around our school and on the notice boards. We received multiple fantastic entries and we have chosen three winners who will be announced soon. Well done to everyone who participated!

DEAR time will take place in November. We are focusing on Drop Everything and Read this month. Students will be allowed to take time to sit back, and read all the information in their school Journal. Here you will find brilliant tips and ideas for study, attendance, exam success, managing your time, ways to de-stress, health and fitness tips and much more!

We have a wellbeing suggestion post box located beside the library. This box is checked regularly by one of our committee members. Please feel free to write and post any ideas or concerns that you have that may help benefit the Wellbeing of our school. Thank you,

Joanna Thomas and the Wellbeing Committee



FUSE PROGRAMME

FUSE is the first research-based Anti-Bullying and Online Safety Programme designed to comply with UNESCO's Whole Education Approach to tackle bullying and online safety in schools. It is based on 25 years of research on bullying prevention and intervention and is designed to support the wider SPHE/RSE/Wellbeing curricula in schools.

At the heart of FUSE is the aim of building capacity in schools themselves to tackle bullying and online safety issues and to empower children and adolescents to understand their own behaviour, be able to recognise bullying and online safety risks and be confident in how to report and seek support when they need it.

This is delivered through the Fuse website with a suite of workshops and resources which our SPHE teachers deliver in the classroom. Online CPD is available on how to access the website which the Co-ordinator attended and then delivers the information via the Google classroom SPHE portal to the sphe teachers involved.

Our school first registered for the programme in 2021, it was introduced to teachers, the workshops are delivered to our 2nd year students and at the end of the programme the students and teachers take part in a survey. It is recommended that the workshop is for 2nd year students in the Junior cycle. The Website explains how it all works.

There is a list of four compulsory workshops that our students must complete and thereafter schools may deliverer additional workshops to the students at their discretion with complete teacher resources for delivering the workshop. The FUSE programme is developed based on current research and is made up of a suite of workshops on the topics on Bullying, Cyberbullying and Online Safety. These workshops are classroom based and delivered by the relevant class teacher. All workshops contain Teachers Notes and accompanying PowerPoint Presentations which include Videos &/or Scenario Analysis & Activity Sheets to ensure effective and efficient delivery of the core topics & key learnings by the class teacher.

The Fuse badge is available on our school website to demonstrate that we are taking part in the anti-bullying programme in our school. Thank you to all our 2nd year students and SPHE teachers involved in running our programme.

Ms. Mc Goldrick



SHAHRP PROGRAMME

The School Health and Alcohol Harm Reduction Project (SHAHRP) aims to decrease the harmful consequences of drinking, rather than advocating abstinence. It uses education, skills training, small-group decision making, and discussion and activities to encourage positive behavioural change as a result of a better understanding of the negative outcomes of drinking. It is delivered in two phases, over two academic years, in classrooms. The first phase consists of six sessions (16 activities) and is delivered in first year (ages 13-14); the second is delivered in second year and consists of four sessions (10 activities). It can be delivered by trained teachers or outside facilitators such as community-based drug and alcohol workers. We are currently delivering the programme through our first year SPHE classes. Each first year student receives their own SHAHRP programme book where they learn about the programme through a series of worksheets, debates, power point resources, questioning and discussion work and factual information about Alcohol Harm.

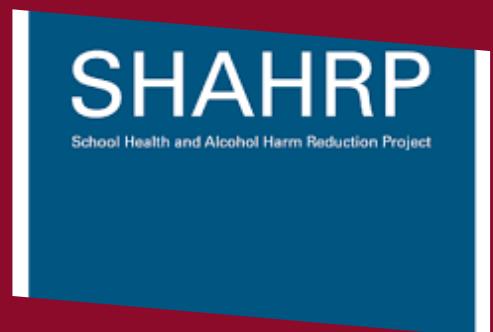
The programme rationale is that social competence, problem-solving, autonomy and a sense of purpose are key attributes of resilience which in turn reinforces the importance of interactive and applied learning strategies.

There is an emphasis on identifying alcohol-related harms in specific scenarios (e.g. a night out) and discussions on strategies to reduce harm. The teachers are trained over two days in each of the two years of the programme.

As in other life skill approaches, the curriculum uses learning strategies which aim to enhance knowledge and negotiation skills; involve pupils in rehearsing problem-solving and problem-prevention strategies; and engage them in deconstructing social pressures to use substances and beliefs about how common substance use is among their peers. Joint home activities are intended to engage parents in the learning process. An expectation of this non-directive approach is that an interactive discovery process which promotes responsible substance use would reinforce ownership and adoption of that behaviour.

Thank you to all our 1st year students and SPHE teachers involved in running the programme.

Ms. Mc Goldrick





Rainbows Ireland provides peer group support to children and young people who have been impacted following a bereavement or parental separation or a divorce.

When significant change and loss happens in a family, the entire family can be affected, including children and young people. Children and young people can generally find it difficult to understand their feelings and often do not have the words to express how they feel.

Rainbows provides group support for children of a similar age and loss experience. Meeting others in a similar situation can be very supportive for children and young people.

Rainbows is not a counselling group or professional therapy.

It is a free service.

If you would like your daughter to attend Rainbows or you would like to know more,

Please contact rainbows@stdominics.ie

The Rainbows programmes will start in St. Dominic's College in the new year.

The Rainbows Programmes provide

- a 10-week listening, group support programme for children and young people following a bereavement or parental separation.
- Children of a similar age and loss experience are in separate groups.
- Rainbows is not counselling or professional therapy.

For further enquiries or to enrol your daughter please contact rainbows@stdominics.ie



1st year Wellbeing Competition

The Wellbeing Committee put together a competition for Mental Health Month in October for 1st years. They ran a “Positive Thought” Competition. There were loads of entries but the Committee choose four winners whose positive thoughts were:

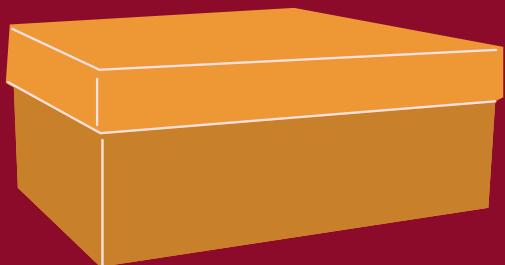
- *Be Who you want to be and set the World on Fire!*
- *You Can do it – think big, dream BIG!*
- *Train your mind to see the good in every situation*
- *60 Seconds spent being angry is a minute less of happiness.*

For their effort and hard work they received a little gift. I would like to thank all those who got involved and to the Wellbeing committee who put together posters for the positive thoughts to go on the Notice board. Well done.

Ms. Mc Goldrick



1 Maguire CSPE helping with Ms.McGarry's shoe box appeal



Causey Farm

Our 5th Year visited Causey Farm in Fordstown, Co Meath. It was a bonding trip for our 5th Year students. The trip to Causey Farm together was a great chance for them to get to know their classmates.

Students had the opportunity to interact with farm animals and take a tractor-trailer ride to a bog. We also got to make brown soda bread, view the farm animals, did spray painting and bog jumping. We really enjoyed these highlights.



6TH YEAR ART TRIP

In October, our 6th years went out to the 'Bones in the attic' exhibition in Hugh Lanne Gallery,

They had the chance to experience masterpieces of famous Irish artists in person.



Students got a guided tour around the exhibition and got a hint into the emotions and thoughts put into each piece. After coming back from the breath taking exhibition they had the opportunity to reflect on the work and the impact it had on them and society around them.

Niall De Búrca's Visit to Dominic's

On Monday the 28th of November 2022, St. Dominic's College welcomed the famed storyteller, Niall De Búrca, to the school to speak to 1st, 2nd and 3rd year students. Unfortunately, due to the ongoing situation of COVID19, the storyteller's visit had been delayed. Students in 2nd and 3rd year had long anticipated and looked forward to his visit and were very enthusiastic after hearing of his arrival. At 11.05, the 3rd year students made their way down to the library where the storyteller was waiting. Niall De Búrca, started off by introducing himself, with great interest, and displayed the passion he has for his job through his actions and words. He shared his experiences of giving various talks across the world, including the tale of his visit to a jail in Hawaii. Through his tale, he gave tips on the art of communication and how essential it is, which left many of us third years more confident to present in class than when we first came in. His personal experiences were followed by a very spooky story which left the students on the edge of their seats, eager and keen to know what was to come. De Búrca ended his story with a bang and the visit was a huge success. The library was left bustling with enthusiastic students who couldn't keep themselves from chatting and smiling while on their way back to class.

By Fatimah Yousaf 3 Lark.



OPEN NIGHT 2022

We were delighted to be able to welcome students and their families to our Open Night 2022. These few pictures may give a feel for what was a fun and informative evening.





STUDENT LEADERSHIP

We are lucky to have head and deputy head girls for both our junior and senior students

Aishling Lynch

Head Girl of the Senior School

Irza Yousaf

Head Girl of the Junior School

Michelle Olakanye

Deputy Head Girl of the Senior School

Niamh Ward

Deputy Head Girl of the Junior School



1. What have you contributed to the school community so far?

Irza: So far we have attended various assemblies to give opportunities to the juniors to come talk to us. This October, we also held a Halloween costume event where we judged and chose 3 winners from each year who each received a prize. We also participated in the open night and 2nd year parent teacher meeting where we got to interact with the parents of the current second years and possible future 1st years of the school.

2. What do you plan to contribute to the school in the future?

Niamh: We want to attend more assemblies so that we are more approachable. We also want to continue the ‘good news’ announcements on the intercom and organise more days like the dress up day we had for Halloween so that students can interact and enjoy school to the fullest.

3. How has your experience as head girls impacted your daily life in school?

Niamh: We occasionally have to come in early to give out the muffins and juices in the mornings. From time to time, we also have to make announcements on the intercom and visit assemblies which may interrupt some classes. But this also means we are recognised more by students and staff and often say hello to them.

Irza: The role of head girl allowed me to be more social as it helped me meet more people from various years. I got the chance to step out of my comfort zone which in turn boosted my confidence.

4. What advice would you give to students who would like to run for head girl in the future?

Niamh: I would say try to attempt public speaking as much as you can because the more often you speak in public the easier it gets, so don't let the public speaking element put you off. I would also say to try and get involved in school activities as much as you can.

Irza: I feel that it is very important to know how to prioritise and manage your time, as I personally find it to be one of the struggles. Balancing school work and head girl duties can be challenging so you should definitely consider it before running for head girl.

Student Interview by Fatima Yousaf

Social Justice Committee!

Jamie Dunne is in 6th year and is chairperson for the school's social justice committee. She first joined the committee in 5th year as she wanted to help bring representation to the students in our school. One of the committee's main goals is to help represent all of our students. The committee helps to bring awareness to topics such as racism, religion and students' home countries. The Social Justice Committee

also helps our students to have their voices heard within the school and their opinions listened to. The committee works to help bring representation awareness and appreciation to our school!



The committee representatives use the intercom to read out about important religious and cultural celebrations that our school community celebrates. Ms Cameron, Ms Whelan and Ms McGarry attend our meetings every second Tuesday at 8.20am. When students want to work on their many projects they will get work done over a working lunch in the board room. The highlight of last year's Social Justice Committee was the huge Intercultural Day we hosted in Halla Lydia where the full school got to see all the exhibitions which included national dress, food and customs of each country.

Student Council



The Student Council have been busy since September engaging in various projects and representing our student cohort. After elections were completed, we welcomed our new representatives from 1st year, Transition Year and 5th year, and then began to prepare for the Open Night. The Student Council had a stand in Halla Lydia, displaying our projects and work from the past year. We had the pleasure of speaking to people from the area about the work the Student Council does and how it benefits the school community. In October the Student Council played a big part in running our school's College Awareness Week. We visited all year groups' assemblies, wearing graduation gowns and caps; we told the stories of some of our past pupils' journeys into third level education and highlighted the fact there truly is a route for everyone, irrespective of your backgrounds or abilities. Along with this we spoke on the intercom, inviting teachers to have 'Stop and Talk' - career talks with their class. The Student Council is consulted about school policies before they are approved and ratified.

We have recently designed a COVID questionnaire and a reflection, in order to learn about the impact of COVID-19 on our student population. Ms. Lynch is our mentoring teacher and the Student Council liaises with Ms. Cameron, regarding general school wellbeing and student welfare. We give Ms. Cameron feedback on her ideas regarding school development and proposed changes. She visits the meetings on a regular basis every so often. One of the developments has been the introduction and building of Tigín Odhrán, our special class. It is a wonderful new part of the school and something we are excited to see further develop.

Louise Owen

Ding dong merrily on high

After 2 years our Christmas carol service is back with a bang!
An amazing evening was held on the 7th of December.

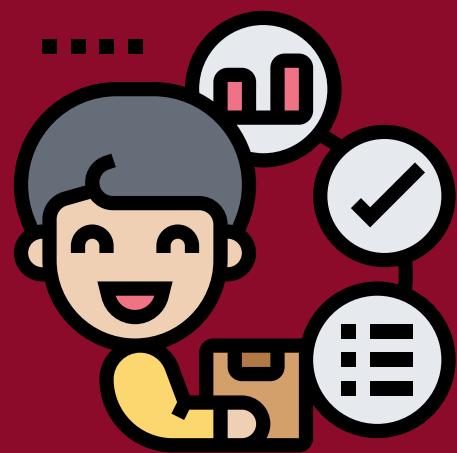




SCHOOL POLICES AND SCHOOL SELF EVALUATION

We have just ratified our Relationship and Sexual Education policy and our Special Educational Needs policy. We will now be working on our SPHE policy and our Wellbeing policy.

We are working on implementing our School Improvement Plan and Digital Plan. In terms of school self evaluation we will be using the SSE process to identify and reflect on the impact of Covid 19 on pupils' wellbeing, their educational experiences and outcomes, their motivation to learn and their engagement in learning. We will also be looking at previous cycles of SSE to see what we can learn from these previous cycles.



Don't believe

Everything you

Online



Internet SAFETY RULES



10 SAFETY RULES

- 1 protect your personal information with strong passwords
- 2 change your passwords regularly
- 3 have different passwords on different devices, don't keep them all the exact same
- 4 never share your password with anyone, not even close friends
- 5 be skeptical about internet attachments and links
- 6 don't access personal or financial information with public WiFi
- 7 turn off anything you are not using or don't need eg. location, hotspot
- 8 do not open mail or messages from people you don't know
- 9 use two-factor authentication, this strengthens security by requiring two forms of authentication
- 10 keep all of your software and operating systems up-to-date

THE DAILY STANDARD

FAKE NEWS

1 ISLEADING INACCURATE FALSE



Fake News
misleading information shown in the form of news articles etc used to influence views and political decisions.

CHECK OTHER SOURCES



Double check what your reading is true by looking at other news stations

Catfishing

What is it?

THE PROCESS OF LURING SOMEONE INTO A RELATIONSHIP BY MEANS OF A FICTIONAL ONLINE PERSONA

HOW TO PREVENT IT

- KNOW THE SIGNS OF CATFISHING
- NEVER SHARE YOUR PERSONAL INFORMATION
- BE SUSPICIOUS OF THOSE YOU DON'T KNOW
- KEEP YOUR ACCOUNT ON PRIVATE
- DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS

Spend too much time online?

01 READ

It's a great distraction to pass the time.

08 REFLECT

Reflect on the past week, what did you enjoy?

02 EXERCISE

Exercise is healthy and a fun way to stay off electronics.

03 NAP

Give your body and mind a rest by taking a nap.

04 SHOPPING

Spend the day window shopping.

05 WALK

Go for a walk without your phone.

06 CLEAN

Clean your room and donate any old clothes.

07 HOBBY

Start a hobby or work on an existing one.

8 Things to do instead

You should aim to spend less than 2 hours online per day.

Made with PosterMyWall.com

BEING SECURE ONLINE!

TIPS TO BE SAFE:

- Keep personal information private and secure
- Be aware of unsafe behaviour
- Never click on random links
- Be aware of false information
- Remember you can always block and report
- Check the website you are using
- Make your social media accounts private
- Never share personal information
- Your accounts can be hacked
- Your information can be stolen
- You can be scammed

Be Smart When Being Online!

Digital Citizenship Module in Transition Year

As part of our Transition Year programme our students are studying Digital Citizenship with Ms Doohan.

This module explores our lives online along with a focus on wellbeing and rights online.

They have created these amazing posters which will be on display around the school.

How To Be More Secure Online

- Install an antivirus and keep it updated
- Use unique passwords for every login
- Turn off the 'save password' feature in browsers
- Avoid using unsecured public WiFi
- Use two-factor authentication
- Read the website's privacy policies

Digital Citizenship Niamh O'Connor 4Y

NO ONE DESERVES TO BE CYBER BULLIED!

STOP CYBER BULLYING

Block the bully and save all evidence of bullying. Show it to a trusted adult.

Girls are about TWICE as likely to be victims and perpetrators of cyber bullying.

Span & Dulles Senses

The constant stream of 7 second videos with new ideas stimulate our brain and body. The result of constantly being stimulated leads to a shortened attention span to other institutions in day to day life e.g. in class, or even holding a conversation with someone.

Affects Mental Health

Many videos on Tiktok can make us feel very self-conscious and unsatisfied with ourselves because of the beauty standards on the app.



False Information

Tiktok is known for spreading false information. This can easily be used as a platform to spread false ideas. This can hurt the person who is the target of the information and can lead to detrimental effects such as warping your reality.

Addictive & Inappropriate Content

Tiktok is an app made to be brainwashing and addictive. The constant stream of seven second videos makes it incredibly easy to spend hours just scrolling and scrolling. Tiktok promotes unsafe challenges and the content is made by

WHEN HACKED

Freak out and panic
Disconnect from all your networks
Keep quiet and handle it on your own
Spam click everything
Turn off your phone



HOW TO PREVENT BEING HACKED

Use security software
Use two-factor identification e.g. a pin and a fingerprint identification

Tips to remember online...

Turn on privacy settings.
Take control of how companies use your data by enabling privacy features.

Fact check before reposting

It is very easy to trust a piece of information as it seems reliable. This is not always the case and can cause lots of confusion and uncertainty.

Think before you post.

Avoid posting sensitive personal information online. Don't share too much information either.

Create strong passwords.

Use passwords that are hard to guess, and keep track of it using a password manager.

Be aware of the bigger picture

Not everything you see online is the true story. People may seem like their life is perfect but they are only showing you what you want to see.



Experts estimate 65% of children starting primary school today will end up working in a specific job that doesn't exist yet. Technical, critical thinking, and creative problem-solving skills will be in demand in the future and you can prepare for this new reality with SkillsBuild.

Future of Jobs report, World Economic Forum



Our TY students have been given the opportunity to take part in the IBM Skills Build Programme facilitated by our IBM mentor Kashif Salahuddin. Students get to explore new technologies, build skills that are foundational for the workplace, and earn digital credentials to show what they have learned. They start building the core skills needed to transition successfully from school to work and earn digital badges for their CVs.

Practical technical skills are important but also professional skills are just as important if you want to succeed in your future career. Critical thinking, collaboration, problem solving, flexibility—these are skills that are needed now and in the future!

During this 5 week programme students are led through the skillsbuild programme which included a visit out to IBM offices in Dublin where we finally met Kashif in person!

Thank you to IBM and Kashif for welcoming us to their offices and guiding us through this fantastic programme.



DIGITAL TEAM

This year has seen the introduction of a student digital team at St Dominic's College following on from the establishment of our staff team last April.

There are over 50 students who are interested in getting involved and to help develop our future digital strategies, develop their own skills and help others in school and local communities.

The group have identified key areas that they would like to explore, digital media including newsletters, student journalism and photography, coding, video editing, animation, the possibilities are endless.

We are planning to expand our use of digital technologies with 4 computer rooms, 90 chromebooks and our new digital hub coming soon. The hub will allow us put into practice the plans made by our staff and student digital teams!

I would like to thank all those on the team, too many to mention but especially the newsletter and student journalist teams who have added so much to this edition. This team only started working together since mid November and I am amazed at their enthusiasm, dedication and the talent we have here!



THANK
YOU