



# Notre Dame Secondary School

Summer 2016

Newsletter

## *Principal's Message*

*As another academic year draws to a close I would like to thank all our students for their commitment to achieving their academic and personal goals for this year. This would not be possible without the strong link between school and home. Thank you to parents for your involvement in your daughter's education and for your valuable support throughout the year. Thank you to teachers for your commitment to student-centred education, giving each student the opportunity to be involved in her own learning in the classroom, beyond the classroom and through extra-curricular activities. I would like to wish you all a happy, safe and restful holiday.*

*Mildred Brannigan*

## *Congratulations to :*

*Aoife Fahy, Caoimhe Johnson, Kate Kenny (Captain), Elena McCrory and Eilish McDonnell who represented Ireland in the Netball U17 European Championships.*

*Olivia Byrne, Aisling O'Neill and Kim Sherlock who qualified into round 2 of the All Ireland Linguistic Olympiad.*

*Kate Kenny and Amy Neligan Coleman who were selected as Head Girl & Deputy Head Girl for the forthcoming academic year 2016/2017.*

*All the class of 2016 who graduated on Thursday 26<sup>th</sup> May 2016.*

*All of our Transition Year students who graduated on Monday 30<sup>th</sup> May 2016.*

### **Contact Us**

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Please visit our website  
**[www.notredame.ie](http://www.notredame.ie)**



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## Proclamation Day 15<sup>th</sup> March 2016



On Wednesday 15<sup>th</sup> March 2016 Notre Dame, together with all Primary, Secondary and Third Level Institutes across Ireland celebrated Proclamation Day, Commemorations of the 1916 Proclamation and the Easter Rising. We were asked to reimagine and remember the importance of the 1916 Proclamation and what this Proclamation means to us today in the Ireland of 2016.

Using the 1916 Proclamation as a foundation, primary and post-primary schools were invited to write a new Proclamation for 2016, for a New Generation. The intention is that the new Proclamation will reflect the values, ideals and aspirations of the generation of 2016 and beyond.

This was a historical day for us as a school, individually and as a country. To illustrate this Mrs Brannigan shared a letter she received from a past pupil who was the Head Girl in Notre Dame School in 1966 when the 50 year commemorations were held.

The ceremony helped us focus on what kind of Ireland you would like to be living in in 2066 and our responsibilities to ensure that we can still be proud of our heritage, culture and quality of life. To mark this occasion all students and staff were presented with a specially commissioned commemorative pin. The 1916 Proclamation underpins the State's commemoration of 1916, known as 'Ireland 2016'.

During the course of the ceremony we heard the story of the Rising from Ms Casey.

We listened to Ms O'Rahilly reading the letter her Great Gandfather 'The O'Rahilly' wrote to his wife as he lay dying between Moore Street and Sackville Parade on Friday 28<sup>th</sup> April, the Friday after the Rising.

We heard about the signatories of the original proclamation as béarla agus gaeilge.

We had poetry readings from the period read by Aisling, Emily and Caoimhe followed by Sorcha who played a selection of Irish melodies on the flute.

Ms Caldwell outlined for us the focus of the Proclamation for a new generation.

Amy Neligan Coleman read the original 1916 Proclamation and Sorcha Nic Gabhann played Amhran Na Bhfiann on the flute.

This was followed then by a number of new Proclamations for a new generation written by the young women of Notre Dame School.

Ms Casey and Inion De Burca explained the symbolism of the Tricolour, it's significance for us today and the pride and gratitude we should have in our language and culture.

We closed the ceremony outside with the raising of the flag and the singing of Amhran Na Bhfiann – with pride we remembered the past but more importantly to look forward to a shared future; a future we all have a part in shaping!

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## 1916 Bus Tour

By Rhiann McCarthy and Eva Nugent 5th Year



On Tuesday 12<sup>th</sup> April, 4<sup>th</sup> and 5<sup>th</sup> Year history students went on a 1916 bus tour. Our journey began by getting the Luas from Dundrum to Stephen's Green and then we made our way to O'Connell Street. The tour began from here at 10.30am and when we stepped onto the bus it was dark and there was a smoky effect. The actors then set the scene taking us back as if it was 1916. There were two actors and they re-enacted the stories of lesser known rebels. They used props to make their performances very dramatic and it really felt like we had travelled back in time with them. The tour bus took us to St. Stephen's Green, the Shelbourne Hotel and Dublin Castle and told stories about what happened there during the Rising. We were given an account of the last days of the Rising and how they surrendered. It was very interesting to hear stories of less well known people involved in the Rising. The experience was very realistic.



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## Sports Day 2016

Headed up by our PE teacher, Miss Jordan, each student (and teacher) was given a colour and set off for the afternoon to earn their team points through the various events.

Alongside the usual athletics events, there were plenty of others involving throwing, obstacle courses, wheelbarrows, heavy ropes and three-legs. The blue team emerged victorious, earning themselves medals at the end-of-year awards ceremony. The penultimate event was the 100m sprint. Each year group competed against each other to discover the fastest student in each year. These students then went forward to the final and the overall winner for the second year running was Hannah Wagner Coffey in 3<sup>rd</sup> Year and she received the overall sprinter of the year plaque.



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## Supervised Evening Study

Supervised Evening Study is available to students from 2<sup>nd</sup> Year, 3<sup>rd</sup> Year, 5<sup>th</sup> Year and 6<sup>th</sup> Year. Evening study begins on Monday 05<sup>th</sup> September 2016. This is an opportunity for students to stay on top of their study. Booking forms available from the school office.

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## Business Enterprise Awards

By Yvonne O’Kiersey Transition Year

This year the Transition Year students in Notre Dame took part in the Business Enterprise Awards. At the beginning of the year we all had to come up with a product and create a powerpoint presentation regarding our product and all the costings to produce this product. We began the process in September and spent the school year perfecting the products and powerpoint presentation. In May we then selected, as a group, what we thought were the best 3 products and presented them to a group from the Dun Laoghaire Rathdown County Enterprise Board.

I helped to present my classmate Megan Broe’s product on the day as she was not able to attend and her product won. She received a €100 One-for-All voucher.

I think this was a very good project for us to be involved in as it let us unleash our inner entrepreneurship and if we have a multi-million dollar idea in the future we know how to go about presenting it!!



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## Business Enterprise Awards

By Megan Broe

My experience of the Business Enterprise Awards was challenging but fun and enlightening at the same time. I learnt so much about business and accounting during this process.

My idea was to make full size foldable goalposts for Gaelic Football, Camogie and Hurling. I got the idea from my Dad and other coaches who I had watched on many occasions carry cumbersome metal poles to build goalposts for matches and training. My goalposts are lightweight yet durable which makes them easier to transport around.

I presented my idea to my classmates with a powerpoint presentation and also talked about cash flow and USP (Unique Selling Point). They provided me with constructive criticism.

My project was chosen to be presented in the Mill Theatre in Dundrum. As I was unable to present my idea my friend Yvonne presented it for me. She did an amazing job and I won a €100 One-for-All voucher. All my hardwork paid off.

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## Notre Dame Prizegiving 2016

On Wednesday 25<sup>th</sup> May 2016 we celebrated the outstanding achievements of our students over the course of this academic year. In presenting special awards we also acknowledge the hard work and commitment of all students. Congratulations to all our prize winners especially our cup winners.

### **Joanne Cregan Cup** (Good Fellowship at Senior Cycle) – **Sophie Cross**

This cup is awarded each year to the student who, in the opinion of her teachers is an asset to her class and school and who is a positive presence in Notre Dame.

### **Caroline Healy Cup** (Mathematical Sciences) – **Sophie Quinn**

This cup is awarded each year to the student who shows great skill, endeavour and ability in the area of Mathematics and Science.

### **Hilary Fanning Cup** (Student of the Year Award) – **Erica Fenner**

Each year this cup is awarded to the student who demonstrates skill, ability and commitment in her academic work and is also very involved in extracurricular activities within the school. The recipient of this cup is described by her teachers as a student who attained high academic standards all through her school years. She has worked consistently and has been supportive of other students. This cup is awarded each year to the Notre Dame student of the year.



### **Senior Hockey Cup** – **Ellen Bradley**

Each year this award goes to the student who gives her all on the hockey pitch. This student inspired and encouraged others, particularly the younger players. Ellen is a very positive sports person with a great attitude.

### **Sports Shield** - **Jeseta Kelly**

All round sports person of the year

### **Good Fellowship Junior Cycle** – **Caoimhe Johnson**

This award is given each year to the student who, in the opinion of her teachers is an asset to her class and school and who is a positive presence in Notre Dame.



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## All Ireland Linguistic Olympiad 2016

Well done to all the girls who took part in Round 1 of the All Ireland Linguistic Olympiad 2016. A total of 1,277 students participated and only the top 100 students attended round 2, in Trinity College in March. Olivia Byrne, Aisling O'Neill and Kim Sherlock really enjoyed the challenge of round 2 and their day in TCD. We look forward to next year's competition and well done again to all involved!

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## Iceland Trip

By Kim Sherlock Transition Year



In March, Geography students from 4th, 5th and 6th Year went on a trip of a lifetime to Iceland. Iceland is a huge topic in Leaving Cert Geography so it was educational as well as enjoyable. All the sites we went to were so unique and breathtakingly beautiful. There were so many highlights. The fantastic waterfalls, the massive glaciers, the basalt columns, the volcanoes, the geothermal power plant, the black beaches and their sea stacks. And of course the famous blue lagoon spa which is one of the most visited attractions in Iceland, the spa is located in a lava field in southwestern Iceland. The lagoon is man-made which is fed by the water output of the nearby geothermal power plant and is renewed every two days. Superheated water is vented from the ground near a lava flow and used to run turbines that generate electricity. After going through the turbines, the steam and hot water passes through a heat exchanger to provide heat for a municipal water heating system. Then the water is fed into the lagoon for recreational and medicinal users to bathe in. We happily spent a couple of hours relaxing and enjoying this famous landmark.

We stayed in a lovely eco-friendly hostel with great food and lovely rooms. Five minutes stroll down the road from our hostel was an outdoor geothermal swimming pool and hot tubs with a really big waterslide. Luckily we got to go there every night. Ms Keogh's huge effort to organise the trip really paid off and Ms de Burca and Ms White graciously gave up their Easter holidays to come with us. It was an incredible trip and one which we will never forget. It truly was the trip of a lifetime.

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## YSI Showcase



On Tuesday 10<sup>th</sup> May all the Transition Year students attended the YSI Showcase which was held in Citywest Hotel and Convention Centre. The showcase was presented by Miriam O'Callaghan. We made posters to bring to the showcase on our project "Sexual Rape and Consent". Transition Year students from all over the country attended and had a great day taking part in activities such as archery, wall climbing, dancing, open mic and silent disco to name a few. The whole day was filled with fun and we really enjoyed taking part.

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## Music Mania 2016

By Lianna, Kim, Sarah, Seonwoo & Katie (Transition Year)



An action packed music-filled three days were had in Notre Dame for Music Mania from the 11<sup>th</sup> to 13<sup>th</sup> May. Over the 3 days there were plenty of organised events and competitions around the school. All the teachers got into the spirit of music mania and dressed up as their favourite artists such as Bob Marley and Bob Dylan. Throughout the three days teachers played us their favourite songs during class and all the students got to vote for the teacher with the best taste.

Wednesday night was our annual end of Year Gala Concert. A wonderful night was enjoyed by our audience, as they were treated to Choir performances, Dramas, Solo singers and instrumentalists as well as Junior and Leaving Cert practical students performing some of their well-polished exam pieces.

On Thursday morning the Transition Year students hosted a music workshop for the students in the Junior School where they were shown how to play the Ukulele, taught dance routines, rhythm games and even musical chairs. Friday was a bustling day in the Notre Dame Music Department! *Music Mania* climaxed in a whole school event on Friday afternoon, the Notre Dame Talent Show and Quiz. Each class entered an act, plus a few solo acts, a few surprise acts and of course the Teachers Group.

Friday was a bustling day in the Notre Dame Music Department! *Music Mania* climaxed in a whole school event on Friday afternoon.

A huge THANK YOU to our Transition Year students for all of their hardwork before and during Music Mania. Thank you to all the teachers who made lots of fun cross-curricular links - adding music to their classes throughout the three days. And thank you to ALL of the students for their enthusiasm, energy, singing and dancing!! You all made MUSIC MANIA a huge success!!

There was a fantastic buzz of music around the school, with live performances to be heard, competitions to be won and even our wonderful teachers were keen to show off their talents!

KEEP MAKING MUSIC!!



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## World Book Day

World Book Day took place on Thursday 3<sup>rd</sup> March 2016. The main aim of World Book Day is to encourage students to explore the pleasure of books and reading.

Irish author and former past-pupil of Notre Dame, Cathy Kelly, came back to the school to celebrate World Book Day.

Cathy Kelly is one of Ireland's best-loved storytellers and has sold millions of copies of her books around the world. She is a number one best-seller in the UK, Ireland and Australia. The students of Notre Dame were privileged to have





the opportunity to listen to her speak about her writing career.

During the talk, Cathy spoke to the students about her former school days in Notre Dame, life as a teenage girl, college choices and her career as a journalist working for an Irish newspaper. She reminisced about her days spent in the Notre Dame Library, her passion for reading, her favourite books as a teenager and what led her to writing novels.

Students and aspiring writers had the opportunity to ask Cathy questions and get advice on writing during a Q&A session at the end of the talk. The students found the talk very interesting and beneficial – perhaps we may have some budding fiction writers hot on Cathy's heels!

Notre Dame also celebrated the occasion by staging a series of literary events around the school. Both students and teachers dressed up as female authors and famous literary characters from history- Jane Austen, Emily Bronte, Agatha Christie, Emily Dickenson, Beatrix Potter, Mary Shelley and Peig Sayers but to name a few. In class, students had the opportunity to listen to extracts from famous novels and poetry that was acted out by students and teachers. Everyone thoroughly enjoyed the day!



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## Emmanuel 16

***Congratulations to Notre Dame 2nd and 3rd Years who participated in Emmanuel 16 on Monday 29<sup>th</sup> February in the Helix.***

Emmanuel is a project of the Dublin Diocesan Liturgical Resource Centre, now in its 9th Year, and promotes the use of Sacred Music in Secondary Schools. A unique collaboration of deaf and hearing students raise their voices and hands on the stage of the Helix in March as part of the Emmanuel concert series. Second and Third Year students from Notre Dame along with 700 other students from schools across the Archdiocese of Dublin took part in "Emmanuel 16."

I took part in Emmanuel 2016 and I was delighted to be chosen to sing two solos. I spent weeks learning the words of the songs. We were called in for rehearsals a few weeks before the concert. It was great, I met some of the other soloists and we had a lot of fun. At the rehearsal we ran through the whole concert and we were given helpful criticism. They told me just to smile more and also said that I was the only person who knew all my words off by heart. I was delighted to hear this. My teacher Miss White received an email the following day to say that we had got on great and that we weren't needed for another rehearsal. When the day for Emmanuel arrived we travelled by bus to a church near the Helix to practice. We then walked to the Helix and had lunch. My song was close to the beginning of the show and I was getting very nervous. The lights on stage radiated a lot of heat so I was getting very warm. Everyone said I sang wonderfully so I was happy with that. If I ever got the chance to do this again I would. I would like to thank my teacher Miss White and all the girls for being so good to me when I was nervous and offering lots of support.

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## CINECOURTS EN HERBE 2016

Le Lycée français Jean Monnet de Bruxelles en partenariat avec le Lycée français de Stockholm a organisé pour la première fois cette année un Festival du court métrage scolaire francophone afin de mettre en lumière la richesse de la production artistique des élèves de l'Europe du Nord.

Notre Dame School was delighted to participate in "Cinécourts en Herbe", a festival of francophone school short films, whose goal is to show the diversity of the artistic production of the students in Northern Europe. The competition is aimed at French International schools abroad, but Irish schools were encouraged by the 'Ambassade de France en Irlande' to take part in the competition. Jaco van Dormael, well known Belgian film director, screenwriter and playwright was the guest of honour and opened the festival.

Congratulations to the girls for their entry 'L'amour non partagé'. Monsieur Federic Dinel, organiser of the competition was highly complimentary of the girls and their production during his visit to Notre Dame with Mlle. Nathalie-Zoé Fabert of L'Ambassade de la France en Irlande, recently. Congratulations to all involved and we look forward to entering again next year!



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## Spraoi agus spórt le linn SnaG!

**Feachtas póstaí, comórtas Gaeilge, cad é an áit is fearr ar fúd na tíre seo le do mhúinteoir, Ballaí Luimnigh, Ionsaí na hInse, Cailín na Gaillimhe agus ho háirithe i mbliana, Amhrán na bhFiann—gan ach cuid de na himeachtaí a lua! Ach, gan aon agó, ba é an turas go Las Gaelgas buaic na seachtaine leis an séipeál, na cluichí, an photo booth, cúirt colscartha agus dar ndóigh na mná feasa agus gach rud trí mheán na Gaeilge!**



This year's Seachtain na Gaeilge had to be our biggest and best yet to commemorate 1916. A huge congratulations to this year's Transition Year Students for organising our many competitions including a poster campaign, an Irish language competition and "where in Ireland would a teacher go"? We danced and sang our way through the fortnight too, with the 'Walls of Limerick, the Siege of Ennis, Galway Girl' and our aim, this year in particular, of teaching every student our National Anthem. The highlight of Seachtain na Gaeilge, was without doubt, our daytrip to Las Gaelgas with fun photos in the booth, games, refreshments and our two wonderful fortune tellers, Lizzie and Emma with a constant queue to their corner and all through the medium of our national language! Our Principal, Mrs Brannigan even got in on the act with her car being auctioned off at the end of the day!

***Comhghairdeachas arís a chailíní!***

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## TY Trip to Italy

By Nadia Doherty



As part of the TY Classical Studies module, the Transition Year students went on a trip to Italy. We spent two nights in Rome and two nights in Sorrento. In Rome we visited many historical buildings and sites, such as the Colosseum, St. Peter's Cathedral, the Pantheon and Trevi Fountain. We also got to see many paintings and works of art like the Sistine Chapel in Vatican City. In Sorrento we drove to Pompeii and did a tour of the ancient city, then we climbed Mt. Vesuvius – the volcano which destroyed Pompeii thousands of years ago.

My favourite part of the trip was seeing the sculptures and paintings. They were all amazing especially the Sistine Chapel. What made it more interesting for me was that I had based my Junior Cert Art Project on Renaissance artists and their work so it was brilliant to see this work up close.

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## Gaisce Awards

By Nadia Doherty



In Transition Year we have the chance to take part in the Gaisce Awards which is the President's Award. This award encourages you to find your passion, get active and make a difference in your community. There are four key challenge areas to get the Gaisce Bronze Award – community involvement, learning a new personal skill, physical activity and an adventure journey.



For my physical activity I took up walking every Tuesday evening for an hour around my local area for 13 weeks. For my community involvement I volunteered in Oxfam for 26 weeks and my new personal skill was computer coding. The last challenge was to plan, prepare and take part in an adventure journey so along with my classmates we planned a trip. We stayed in Knockree hostel overnight and prepared all our own meals and walked 30km over two days. We found the walking very tough as most of us had never done hillwalking before but even though we all had sore feet we had a great time. It was a great trip. We are very grateful to our teachers Miss Keogh, Miss Higgins, Miss McCarthy and Mr Kinsella who walked with us and supervised us at the hostel because without their involvement the trip wouldn't have taken place. I would recommend taking part in Gaisce because not only did I learn a lot from the experience I also made some great memories with my friends.

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## My Transition Year Experience

By Becky Doggett

During Transition Year I took part in lots of extracurricular activities which I believe helped me to grow as a person. I worked hard to complete the Gaisce Award by completing 13 weeks of community involvement, by developing a new skill, doing physical activity and going on an adventure journey. For my community involvement I spent time with an elderly relation every week, whether it was doing their shopping or going over to their house for a cup of tea to keep them company. I really enjoyed getting to know them better and I will of course keep visiting them. When it came to developing a new interest or skill, I took part in a navigational course which ran from September to the end of April. This course ran in my Scout den in Dun Laoghaire. Although I didn't really enjoy the course as I found the course quite difficult, I did really enjoy the social side of it and it helped me to develop new friendships with other people on the course. It taught me that to succeed you must challenge yourself and if you want to do well in something you must really push yourself. For the physical activity I continued to play hockey for my school and club. I continued being involved in Scouts. Even though I have been in the Scouts since a young age I was able to show a lot more commitment this year. As part of our PE course we completed the couch to 5K and completed the Marley 5k run. This course taught me that I am a lot stronger than I thought and that if I really put my mind to something I can accomplish it. My fitness has improved greatly and I am happy to say that I have continued with my running and I feel a lot better about myself.

As part of TY we do 2 weeks of work experience. I did my first week in a crèche and a second week in a shop. Work experience has helped to boost my confidence and giving me experience of working life. We also did 2 weeks community care and I went to Bon Accord, one of the branches of St. Michael's House. I can honestly say that these two weeks were the most rewarding weeks ever and they really taught me a huge lesson. They taught me that no matter what disability someone has, that they really are just like me and to be honest they are often kinder than your average person, no matter what mood I was in when I arrived in Bon Accord I was instantly happy!

Obviously all these extracurricular activities I have taken part in have had a huge impact on how I have grown as a person and have taught me a lot about myself and life.

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## Parents Association

The Parent's Association Committee would like to thank the parents, guardians and students for the support you have shown our events throughout the past academic year - from the sponsored walk and ice cream days back in September, the table quiz, raffles, right up to the Garden Fete in May. We think it's fair to say that the Garden Fete was even bigger and better than last year's successful revival of this Notre Dame tradition and a whopping €5,195 was raised on the day.

We would like to extend a sincere thank you to everyone who supported this event, in particular to those

- Who volunteered and gave so generously of their time both in the preparations and on the day
- Who charitably donated items
- And a special thanks to all who came along on the day and supported the event

The Parents Association would also like to take this opportunity to thank the following parents and businesses who supported the Garden Fete

Isa Nacewa, Little Miss Party Nails, Howard's Way, Irish Party Supplies, Venuesource.ie, Lansdowne Partnership, Parental donations, Michael Kenny Vaughan, Obsession Salsa Zumba.

The committee would welcome your feedback and any suggestions you may have regarding any of our events.

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## 1<sup>st</sup> Year Retreat

On Tuesday the 8th of March, 1st Years enjoyed a retreat day in Benildus Pastoral Centre, Kilmacud.

### Here are some of their thoughts on the day:

*"I really enjoyed the retreat in Benildus Pastoral centre. I thought it was very relaxing and I can't wait to go back again!" (Emily)*

*"The retreat was great, I got to know everyone better and I was able to have a relaxing day."*

*"I thought it was very good and fun to do, I loved the meditation."*

*"My favourite part was the meditation, because it was very relaxing and peaceful." (Lara)*

*"The retreat was very good because we all played together and did things together. My favourite part was the meditation - it was very relaxing and peaceful." (Nashira)*





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## T.Y Couch to 5km Project



They say the hardest step of a session for a seasoned runner is the first step out the door well it's certainly no easier for a complete beginner either! But just like a run is completed in small steps, our Transition Year students found out the transition from beginner to 5km race runner can be made similarly with willpower and consistency.

After a happy midterm sightseeing in Italy, I first mentioned to TY students "In eight weeks time you WILL be able to run 5km". Fear, groans and sheer disbelief were the emotions of choice that Monday morning. Despite the doubt students felt about the mammoth task ahead, they set about carving time for training into their weekly schedule, with trust that if the training programme had worked for millions before surely it could work for us, wouldn't it?

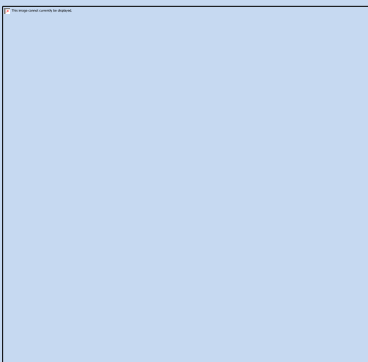


Week after week, there were subtle changes in attitude and fitness. Small milestones were achieved. Running buddies were found. Inspirational quotes were printed and power songs shared. Classes began to radiate belief and determination in earning their goal as a group, not just as individuals. "We CAN run faster, we CAN run for longer, we CAN run further. We are going to complete this run, we don't have to see the finish line yet, we just have to keep training."

However, it was not all easy. Holidays, spells of sickness, mental blocks, tiredness, bad weather and even the cosy couch became obstacles to training, hindered willpower and provided excuses to retire from the project. But while any of these may have set the group back a session or two, they did not stop our students who had already begun to visualise the taste of success and the accolade of "5km" runner forevermore.

On Saturday the 16<sup>th</sup> of April, TY students arose early from their beds, climbed into their running gear and headed to Marley Park. This was no ordinary Saturday, there was no time to lie on. There, with over 300 other competitors, Notre Dame TY students would complete their 5km run, a complete first for most students. Despite the early hour, there was a definite energy as we met before the run. "The hard work had been put in for the last seven weeks, now reap the rewards". Lined up as a whole group, we crossed the start line together.

The first kilometre of the race climbed up a steep hill, which all girls jogged up with considerable ease.....or at least that's how it appeared! Each student grinned upon reaching the top and earning a loud applause from bystanders. With sheer grit and determination we wound our way through the gruelling course. Upon finishing the girls gathered together to discuss their accomplishment, their delight and some even began discussing their next 5km race!





I personally would like to extend my sincere thanks to all the TY students for the level of determination and maturity they have shown throughout the "Couch to 5km" project. It takes a huge amount of willpower to work consistently towards a goal which may have seemed out of reach. You put faith in the project, yourselves and progressed an incredible amount from day one until the 5km event. Without reservation, each students 5km result and time was hugely impressive and I was over the moon for you all. You are all a credit to Notre Dame, transition year and yourselves. What did you do in 2016? You ran 5km.....and better still.....you earned it!

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## Transition Year Retreat

On Tuesday the 26th of April, Transition Year students enjoyed their retreat day in Glendalough facilitated by the Mustard Seed Retreat Team.

### Here are some of their thoughts on the day:

*"I really enjoyed the day because I felt really good afterwards and it was also a really good bonding day with friends."*

*"It was great for me because I love walking and hiking. When I was at the top of the mountain, the view was really nice. I will never forget it."*

*"I found the day really interesting and different. The retreat leaders were very inspirational and easy-going. We all had a great time."*

*"This trip was very different from the other trips that I had experienced! The guides gave us some interesting stories that made me think about my life."*

*"I feel more spiritual. It was a great day. I was surprised at how good it was!"*

*"I felt it was really beneficial and I took a lot from it."*

*"I learned that some people are in your life for a reason, some for a season and others for a life time....and that's OK!"*

*"I felt that the day was really peaceful and good for reflecting!"*

*"Close your eyes and think who you really want to be in your life for a lifetime. If you could read people's entire files you'd probably treat them differently. I put masks on myself so you can't see what I really feel - these are some of the themes we explored on our retreat day in Glendalough."*

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## National Flag Presentation Ceremony

On Monday the 7th of March, the National Flag Post-Primary Presentation Ceremony took place in Croke Park Stadium. Every school in the country was invited to attend this historic occasion. Three of our 5<sup>th</sup> Year history students - Ruth Purcell, Lucy Bradley and Amy Neligan Coleman along with two teachers - Ms Casey and Ms Gallagher were selected to represent Notre Dame Secondary School at the event.

RTE star Ryan Tubridy hosted the event and got the crowd going early on as they awaited the arrival of the President of Ireland, Michael D. Higgins. The ceremony began with President Higgins inspecting the Guard of Honour – 12<sup>th</sup> Infantry Battalion after which he took to the stage to give a speech on the Irish Tricolour flag. This was then followed by a message from Reverend Michael Cavanagh, Chair of the Thomas F. Meagher Foundation. Spectators got to witness a video clip from President John F. Kennedy's visit to Ireland in 1963 and the crowd was entertained by a musical performance from special guests Seo Linn.



A representative from each school in the stadium was then invited to come up to the stage to receive a Tricolour flag and a copy of the Irish Proclamation. Ruth Purcell went up on behalf of Notre Dame to receive the Proclamation. This memorable ceremony then came to a close with the National Anthem.

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## My TY Journey

By Megan Broe



Transition Year has been an unforgettable experience for me. I have learnt so much in the past year such as organisational and I.T. skills. I feel that by me engaging in the TY Programme I have become a more confident and outgoing person.

My academic views have changed dramatically. Going through Junior Cycle, I use to dislike Science and History. This year Science has become one of my favourite subjects – I never knew Biology could be so interesting! I have now learnt that history isn't all about facts and figures it's about where we came from and what our ancestors were doing all those years ago. Transition Year has given me the opportunity to try out all the subjects available to me in the Senior Cycle and has helped me to make my subject choices for my Leaving Certificate. Transition Year has also helped shaped the course I would like to study in college.



On a personal level I have become more confident and I am more capable of speaking in public which I used to dislike. I have learnt not to be so hard on myself and to take pride in what I have achieved. I've made friends with people who I never thought I'd share an interest with and developed even stronger bonds with those I am already friends with.

I took part in many extracurricular activities over the past academic year- Gaisce, Hockey, Camogie, School Musical, Couch to 5K, Classical Studies TY Trip to Rome & Sorrento, Senior Cycle Geography Trip to Iceland, Business Enterprise, Work Experience and Community Care.



One of the most enjoyable and worthwhile experiences of Transition Year has got to be the Gaisce Awards. I got to learn new skills like bread making and First Aid. As a result of taking up First Aid for my Bronze Gaisce Award I've successfully passed my First Aid exams and will be enrolling on the 1<sup>st</sup> of June as a member of St. John's Ambulance. With this skill I will be able to go out on duty with St. John's Ambulance. I also took up a bread making course, I didn't know that there are so many different types of bread. The Gaisce hike took us all over the Dublin-Wicklow Mountains, we walked 31km over two days. We stayed in a hostel which was an amazing experience as we got to do our own cooking and our surprisingly our meals were really nice.

I was very lucky to get into a course specifically for Transition Year students in Trinity College for Nursing and Midwifery. This course helped me to decide which course I would like to do in college when I finish school. I got to listen to lectures on all five areas of nursing and also got to go out to the clinical labs in St. James Hospital for two days. This experience has really had a major impact on me. I would advise everyone doing Transition Year to try and take part in college programmes set up for Transition Year students as they are very informative and useful if you are unsure of what area you would like to pursue in college.



Overall Transition Year has been one of the best years I have ever had as I have learnt so much and had so many amazing and incredible experiences.

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