

## CEIST Education Conference 2010

The Fifth Annual CEIST Education Conference was held in the Killashee House Hotel, Naas on the 30th September and 1st of October. CEIST was delighted with the number of School Principals, Deputy Principals and Chairpersons of our Boards of Management who attended, and which proved to be our biggest attendance to date.

Our conference provides an opportunity for our School leaders to network and share ideas. It thankfully proved to be an enjoyable and beneficial conference, with inspiring key note speakers and some very useful workshops from our presenters. CEIST would like to very much thank our keynote speakers and workshop presenters for their time and energy given to the conference.

We would also like to extend our sincere gratitude to the three excellent school choirs who participated at the conference. The three schools were **Ard Scoil na Tríonóide Choir, Athy, Presentation Secondary School Choir, Kildare Town, and St. Mary's College Choir, Naas.**



*Choir of St Mary's Secondary School, Naas, Co. Kildare, who closed the CEIST 2010 conference.*



*Pictured Right: Keynote speaker Baroness Nuala O'Loan pictured with Senator Ronan Mullen at the conference.*

*Pictured Left: Anne Kelleher, CEO, CEIST, with keynote speaker Baroness Nuala O'Loan, DBE.*



*Ard Scoil na Tríonóide Choir, Athy, Co. Kildare, getting ready to sing on the opening morning of the conference.*



*Left: Sr. Mary Corr, Chairperson, St. Mary's Secondary School, Ballina, Mrs. Breda McDonald, Chairperson, Presentation de la Salle College, Bagenalstown, Co. Carlow, Baroness O'Loan and Ms. Mary Galvin, Chairperson, Scoil Mhuire, Greenhill, Carrick-on-Suir.*

## Greetings from the CEO's desk

What a privilege it is to acknowledge, to show appreciation, to express thanks. We look back at the year that was and from our reflections, bring greater experience and learning to bear on the work of the year ahead.



We are grateful to all of you who so warmly

embrace the ideals of the CEIST Charter and who daily endeavour to be true to achieving those ideals. I believe that this Newsletter illustrates the myriad of ways in which our schools give expression to the Charter, each in their own unique ways.

The rich diversity of each CEIST school community provides our young people with the best opportunities to grow in understanding, appreciation and respect for one another. In this regard, I acknowledge the extra effort that school leadership and management makes to ensure their school respects the unique and intrinsic value of every person and the promotion of Spiritual and Human Development.

The Charter states that our schools are places of welcome and hospitality and throughout this Newsletter, we see manifest the lived expression of the ongoing work to create community. To our Principals and Deputy Principals, we say a huge "Thank you" for turning up in such numbers for the CEIST 2010 Education Conference. This year has seen the largest attendance yet and we are truly grateful that you make the efforts to attend. In so doing, you convey your regard for the importance of the Trust, and especially, your regard for the value of Community. We have been blessed to secure three very gifted key-note speakers to address you at this year's conference and we hope you enjoy some of the Conference photos included in this issue.

This Newsletter is published as we approach the season of Advent, a time of waiting and reflection. As we reflect upon the year that was, let us remember with thanks, all those who contributed to our school community and especially those who have retired and are probably missing the frenetic- yet energising-pace of school life. Let us give thanks for all those who have stepped up to the challenge of school leadership, actively support them in all they do and keep them in our prayers.

Finally, let us look forward to the events of the weeks ahead in Advent and beyond, to the promise of a new year and the opportunities it holds for all of us.

Le gach dea guí agus beannachtaí,

**Anne Kelleher, CEO.**

**Our contact numbers:**

**Tel: 01 - 6510350**

**Fax: 01 - 6510180**

**Web: [www.ceist.ie](http://www.ceist.ie)**

**Email: [info@ceist.ie](mailto:info@ceist.ie)**

# CEIST Schools China Educational Experience

A number of CEIST School Principals and students recently visited China to learn more about their educational system. One of the CEIST Principals who visited was Mary Keane of Christ King Secondary School, Cork. Mary was part of the Viewing and Emulating Camp for the 3rd Chinese Bridge – Chinese proficiency Competition for Foreign Secondary School Students. This competition is organised by Hanban, the agency responsible for teacher training in China. Some 150 foreign secondary students from 35 countries took part in the competition. Emily Kate O'Mahony who is a student in Christ King Secondary School also participated in the competition. Emily was invited to China for three weeks. In this time she stayed with a local Chinese family and each day she went to school to prepare for the competition. All of this was funded by the UCC Confucius Institute. Emily found it an amazing experience and her spoken Mandarin Chinese really improved. Other CEIST schools from Cork who participated in the competition were St. Aloysius School, St. Mary's Secondary School, Middleton and Mount Mercy College, Model Farm Road, Cork. The CEIST website features an account from student Carolina Cordero of St. Aloysius School of her experiences during her visit to the country.

Mary Keane, School Principal of Christ King Secondary School, kindly shared the following with us on her experiences from the visit.

"From the moment I landed in Beijing Airport I was looked after very well. The trip organisers did a very professional job and struck a very good balance between giving us a flavour of the amazing 5000 year old Chinese culture and an insight into the Chinese education system.

I must say I was very impressed with our first school visit – Nankai Middle School. In this school we had a very lively debate around assessment which was chaired by Professor Zhao Yong. We had a very fruitful meeting with one of the Deputy Principals who provided us with relevant information about the school. It was there we were invited to see a section of the Chinese Bridge Competition in a superb concert hall. I was very impressed with the standard of the facilities I saw in Chinese schools. But what I found more amazing was the level of proficiency of our students who were



*Pictured above Mary Keane, Principal of Christ King Secondary School, Cork and Student Emily Kate O'Mahony on their recent educational trip to China*

in China for just 3 weeks. The teachers had worked so hard with them in teaching them aspects of Chinese culture and language resulting in a huge improvement in both their oral and aural Chinese. It really showed us that immersion in a language has a huge benefit for the learner.

Our student, Emily Kate, herself, noticed the gap between her knowledge of spoken Chinese language and that of other foreign students who had many years of studying Chinese and more class work assigned in Chinese Studies per week. She in fact asked if the school could increase the time allocated to Chinese back in Ireland. She came up to me on the last night and spoke Chinese very naturally, and only changed back to English in mid-stream to say, "I forgot Miss, you do not speak Chinese!"

This for me summed up the value of her trip.

I myself learned a lot about their education system during the day I spent in Chongqing Railway Middle School. The English teacher assigned to me was very pleasant and gave me a great flavour of how hard the teaching staff worked in China. The Principal was very hospitable and I participated in a very informative teacher and student forum. The students in the school were very respectful and most polite to me. I was impressed with the level of engagement in the classroom

Indeed the teacher in Chinese schools is paid on their results and to achieve the status of Master Teacher, which is the highest paid; the teacher needs to start at 7.00 in the morning and regularly works to 10.00 at night! Schools receive a certain amount of funding from the State and then the balance of their funding is paid to them on the results of their students in the entrance examinations into the Universities. One school had 15,000 students and 800 teachers.

The final show of the 'Chinese Bridge Competition' was very enjoyable and a credit to all involved.

Visit the CEIST website for a more detailed account from Mary and we also feature an article from a student in St. Aloysius School, Cork, detailing her experiences from the visit.

## MORE PHOTOS FROM CEIST EDUCATION CONFERENCE 2010



*Presentation Secondary School Choir, Kildare Town, performing at the start of the 2nd day of the conference.*



*A section of the audience at the conference.*

*Pictured right are Mrs. Brenda Byrne, Deputy Principal, St. Mary's College, Arklow, Ms. Patricia Dwyer, Principal, Mercy College, Coolock, and Sr. Moira Lynam, Chairperson, Mercy College, Coolock.*



## Nuala O'Loan Visit to St. Brigid's College Callan



Baroness Nuala O'Loan visited St. Brigid's College Callan on Thursday 4th November 2010 and addressed the whole school community. Students, teachers and members of the Parents' Council listened with great respect as Baroness O'Loan shared her thoughts and experiences on life both personally and professionally under the heading "Personal leadership, from the heart".

Invited guests included Ann Kelleher, CEO CEIST, and Michael Lane, Director of School Support Services, CEIST and sisters from the local convent. Baroness O'Loan told the girls that they have much potential, many gifts and plenty of opportunities before them. Baroness O'Loan encouraged all to live everyday as fully as they can, to be good to others and to themselves, to do their best, to not underestimate their effect on others and not to underestimate themselves, that leadership does lie within everybody.

Baroness O'Loan also spoke of the importance of God and church in our lives and the reassuring presence that God is with us all, and of how the Baroness feels blessed. Baroness O'Loan spoke of her life experiences re challenges, conflict, fear, hope and faith and how this meant that people who had suffered great tragedies trusted her in her role as police ombudsman in Northern Ireland because they believed that she would understand something of their pain. Baroness O'Loan also answered many questions from the students ranging from who she admired as a teenager to who she admires now to her thoughts on surviving an IRA bombing, to what she would do if she was Taoiseach!

It was a privilege to have a lady of such humanity, bravery and intellect address St Brigid's and no doubt some of Baroness O'Loan's wonderful spirit remains with us from her inspiring presentation.

## CS-COP – COMMENCED 1ST SEPT'10

The CEIST Schools Co-Operative Programme ("CS-COP") commenced trading at the start of this school year, after two months trading, we wish to thank the schools that have supported the programme by placing orders with our preferred suppliers. The take up in **Stationery** supplied by **Codex** has been very encouraging and we are pleased with the savings achieved in this product category. Again, we would urge those schools who have not discussed the opportunities with **Codex** to do so over the coming weeks.

### SERVICE LEVEL AGREEMENTS ("SLA'S")

Last month, SLA's were issued to the Boards of Management seeking their commitment, we wish to thank those schools who have already returned their SLA's, it would be appreciated if schools could complete and return their agreements by 10th December. In order to make the programme viable and to provide costs savings for your school based on bulk purchasing targets, we are seeking your commitment to source half of your annual spend through the programme, obviously it must make economic sense for your school.

### ENERGY AND TELECOM OFFERINGS

We have a number of initiatives in progress for your school's benefit, this month we are focusing on **Utilities** and **Telecoms**. We have very competitive deals with reputable and well established suppliers in **Energia** and **Imagine** and urge all schools to meet with or discuss over the phone the potential savings. We estimate potential savings of €200,000 per annum can be achieved by switching to these suppliers. Letters and contracts have been issued to individual schools highlighting these opportunities. A separate communication covering offers from **Imagine** in respect of telecoms & broadband will issue shortly.

### ICT REGIONAL WORKSHOP

In conjunction with our suppliers **Unity** we are hosting this month an **ICT Workshop "A Road Map for Schools ICT"** involving 20 CEIST schools. We plan to host a number of regional workshops early in the New Year and if you have interest in any particular ICT area, please advise John Woods by email at [jwoods@ceist.ie](mailto:jwoods@ceist.ie) The workshops are primarily designed as a platform to receive schools feedback on ICT and represents a great opportunity for schools to meet, share experiences and suggest areas where we can offer support.

### CAPITAL EXPENDITURE

As you are aware 3 quotes are required when applying to the CEIST Board for capital expenditure approvals. We ask you to source and include a quotation from a CS-COP preferred supplier, in particular relating to ICT investments through Unity and for photocopiers through Canon. This will assist you in benchmarking the market.

### PLANNING AHEAD

We look forward to receiving your support and working with you in realising cost savings over this school year.

We will consider extending the range of products having achieved good momentum with the current product offerings. For more information on CS-COP please visit the members' section of our website. Please remember **"The more we buy together the greater will be the savings!"**

## Catholic Schools Week...Catholic Schools Week...Catholic Schools Week

**Theme:** "Rooted in Jesus Christ"

**Date:** 30 January – 5 February 2011

The Papal visit to Twickenham London in October was characterised by joy and pride in Catholic Education. It is hoped that we will capture this same joy and pride in this year's Catholic Schools Week.

Catholic Schools Week will be an opportunity, again, to celebrate the contribution that Catholic Education makes to the wider community. In particular the occasion acknowledges the vibrant and concrete way

faith is lived out in our schools. The face of Christ is very evident in this aspect of Church life as the school community endeavours to lift the burden of humanity. Catholic schools seek to provide the yeast of Christ that will provide effects beyond our capabilities (Bsp. Oscar Romero).

This year's theme is inspired by the Pastoral Letter of Holy Father, Pope Benedict XVI to the Catholics of Ireland. In this letter the Pope addresses the young people of Ireland when he says: 'He (Jesus Christ) loves you and he offered himself on the cross for you...Keep

your eyes fixed on Jesus and his goodness, and shelter the flame of faith in your hearts'.

All schools and parishes will receive resources that will support the effort to unpack the richness of this year's theme: 'Rooted in Jesus Christ'.

Catholic Schools Week will be launched on the 24 January in Mount Sion Waterford. Lloyd Bracken represents CEIST on the organising committee where our Board of Directors members, Mons. Jim Cassin and Maeve Mahon are leading lights.

## Board of Management Training: A Collaborative Model

Over three Saturdays in November, CEIST staff were involved in the delivery of training to new boards of management of voluntary secondary schools. This national in-service had been planned collaboratively by the JMB and Trust Bodies and is in its second year under this model.

In total there were nine different locations countrywide and the training was very well attended and received. The training programme provides Board members with a clear insight into the roles and responsibilities of trustees as well as those of a Board.

In addition the programme concentrates on the responsibility of members of Boards of Management and the role and functions of the Board with particular reference to the Articles of Management and legislation.

## ADVENT PRAYER

*May we become a light for those in darkness,  
A source of hope for those in despair,  
A companion for those who are burdened,  
A peacemaker for those who are gripped with anger,  
A selfless giver for those who are without,  
A compassionate friend for those who mourn,  
A protector for those without protection,  
A bridge for those separated from love.  
On this day and onwards,  
May we become fully human,  
fully alive in the Spirit.  
Amen*



## List of New Boards of Management 2010 – 2013

CEIST congratulates all newly appointed members serving on our Boards of Management for 2010 – 2013. The Board plays a crucial role in nurturing and developing the ethos of the school and CEIST would also like to thank members who have agreed to continue serving on the board and to all who assisted in the nominations of members.

Name of School	Address	Secretary	Chairperson
St. Joseph's Secondary School	Abbeyfeale, Co. Limerick	Mr. Liam Murphy (A)	Sr. Margaret Hogan
Presentation College	Athenry, Co. Galway	Ms. Mary Forde	Mr. Paddy Boyle
St. Mary's Secondary School	Ballina, Co. Mayo	Ms. Patsy Sweeney	Sr. Mary Corr
Sancta Maria College	Ballyroan, Dublin 16	Ms. Gerardine Kennedy	Mr. Seán Gilroy
Coláiste na Toirbhirte	Bandon, Co. Cork	Ms. Frances O'Mahony	Mrs. Breda Fleming
Our Lady's Secondary School	Belmullet, Co. Mayo	Ms. Josephine Moran (A)	Mr. Thomas Duffy
Presentation Secondary School	Blackrock, Co. Dublin	Ms. Elizabeth Caffrey	Mr. Michael Curley
St. Brigid's College	Callan, Co. Kilkenny	Mr. Pat Power	Ms. Kathleen Morrissey
St. Joseph's Secondary School	Castleisland, Co. Kerry	Mr. Seamus Falvey	Mr. Ned Callaghan
Mount St. Michael Secondary School	Claremorris, Co. Mayo	Ms. Fionnghuala King	Sr. Mary Glynn
Sacred Heart Secondary School	Clonakilty, Co. Cork	Ms. Ann Marie Brosnan	Mr. Ted Murphy
Mercy College	Coolock, Dublin 5	Ms. Patricia Dwyer	Sr. Moira Lynam
Ardsoil Mhuire	Corbally, Limerick	Ms. Collette McGrath	Mrs. Bridget Herbert
St. Joseph's Secondary School	Doon, Co. Limerick	Mr. Ted O'Connor	Dr. John O'Brien
Our Lady's College	Drogheda, Co. Louth	Mr. Geraldine Mulvihill	Sr. Dominica Murphy
St. Vincent's Secondary School	Dundalk, Co. Louth	Ms. Deirdre Matthews	Mr. Frank Cooney
Scoil Mhuire	Ennistymon, Co. Clare	Ms. Seosaimhín Uí Dhomhnaill	Sr. Maura Crowe
Presentation Secondary School	Grogan's Road, Wexford	Ms. Breda Cogley (A)	Mr. Tony Dempsey
Mercy Secondary School, Kanturk	Kanturk, Co. Cork	Mr. Garrett Farrell (A)	Sr. Nuala O'Gorman
Meán Scoil an Chlochair	Kilbeggan, Co. Westmeath	Mr. Herbie Wilkins	Mr. Jerry Kearney
Presentation Secondary School	Kildare Town, Co. Kildare	Ms. Margaret McCormack	Mrs. Helen Conlon
St. Brigid's Secondary School	Killarney, Co. Kerry	Mr. John O'Loughlin	Mr. John Reidy
Mary Immaculate Secondary School	Lisdoonvarna, Co. Clare	Sr. Nuala O'Leary	Sr. Maura Crowe
Presentation Secondary School	Listowel, Co. Kerry	Ms. Pauline Moran	Mr. Michael Sheehy
Sancta Maria College	Louisburgh, Co. Mayo	Mr. Ciaran Cooke	Mr. Pat Sheridan
St. Mary's Secondary School	Macroom, Co. Cork	Sr. Bríd Biggane	Sr. Eilish McGrath
St. Mary's Secondary School	Mallow, Co. Cork	Mr. Donal Cronin	Mr. Jim Woulfe
St. Mary's High School	Midleton, Co. Cork	Mr. Cormac Bonner	Mr. Denis O'Sullivan
Presentation Secondary School	Miltown, Co. Kerry	Ms. Padraigín Uí Riordáin	Mr. Eamonn Fitzgerald
Mount Mercy College	Model Farm Road, Cork	Mr. John Fahey	Mr. John Kennedy
Holy Rosary College	Mountbellew, Co. Galway	Ms. Marie O'Neill	Mr. Patrick J Newell
Coláiste Naomh Mhuire	Naas, Co. Kildare	Mr. Vincent Donovan	Mr. Moling Ryan
St. Joseph's Secondary School	Navan, Co. Meath	Ms. Mary Sweeney (A)	Ms. Anne O'Malley
Meán Scoil Mhuire	Newtownsmith, Co. Galway	Ms. Orla Malone	Sr. Rosarii McGuane
St. Paul's Secondary School	Oughterard, Co. Galway	Ms. Helen O'Donnell	Ms. Margaret McLoughlin
Scoil Chríost Rí	Portlaoise, Co. Laois	Ms. Marion Cummins	Sr. Evelyn Byrne
Presentation Secondary School	Sexton Street, Limerick	Ms. Vivien Fitzgerald-Smith	Ms. Lelia Fitzgerald
St. Aloysius School	Sharman Crawford Street, Cork	Mr. Anton O'Mahony	Dr. Frank Steele
Mercy Heights Secondary School	Skibbereen, Co. Cork	Ms. Mary Keane	Mr. Michael Lucitt
Christ King Secondary School	South Douglas Road, Cork	Ms. Triona Uí Mhurchú	Mr. Brendan Goggin
Coláiste Chroí Mhuire	Spiddal, Co. Galway	Ms. Maeve Scully	Sr. Dolores Fallon
St. Columba's College	Stranorlar, Co. Donegal	Mr. Martin Carney	Sr. Anne McLoone
Scoil Mhuire agus Padraig	Swinford, Co. Mayo	Ms. Patricia Higgins	Fr. Stephen O'Mahony
Our Lady's Secondary School	Templemore, Co. Tipperary	Ms. Marie Collins	Mr. John Lynagh
Presentation Secondary School	Thurles, Co. Tipperary	Ms. Rosemary O'Sullivan	Sr. Fidelis Purcell
Presentation Secondary School	Tralee, Co. Kerry	Mr. Gearóid Leen	Mr. Bill Looney
Scoil Bhríde	Tuam, Co. Galway	Ms. Maree O'Rourke	Ms. Lil Brún
Presentation College	Tuam, Co. Galway		Sr. Dorothy Somers

# Health & Safety Training for School Caretakers



Four very successful training sessions were held for School Caretakers from 26th to 29th October 2010. The venues were Maynooth, Athlone, Charleville and Kilkenny and was funded jointly by Allianz and CEIST.

The topics covered included fire safety, fire extinguisher use, fire prevention and manual handling both in a presentational and practical format. These courses will ensure that our School Caretakers have fulfilled their legal obligations in relation to health and safety training in these areas.

Some very positive and constructive feedback was received. In total 102 Caretakers attended representing 76 schools (68% of the CEIST cohort of schools). It is currently being considered whether or not to hold a final day's training during the February 2011 midterm break to try and capture the remaining Caretakers. We will keep you informed.

## Supporting Middle Leaders in the South East



Congratulations to the Principal and twenty three teachers who are participating in the CEIST in-service programme for "Middle Leaders" in the South East. This programme helps teachers explore the value systems and leadership issues in their own schools.

Teachers have examined the "theory of change," looked at best practice in relation to preparing for a M.L.L. and examined issues around effective teamwork. In the New Year we will explore issues around Ethos and examine the benefits of good honest communication in the school context.

Our thanks to everyone who has responded with such good will and enthusiasm to this pilot project and to our CEIST Principal colleagues who have facilitated these sessions.

## MA in Christian Leadership in Education

Applications are currently invited for the second running of the above professional qualification programme which will combine practice, policy and theory of education and education leadership with a strong theology component. This programme is ideally suited for those working, or intending to work, in leadership roles in the education sector. Successful applicants will be eligible for grant aid.

**Course commences June 2011.**

**Further information available from Course Co-ordinator:**

**Dr. Eugene Duffy T: 061 204968**

**E: [Eugene.Duffy@mic.ul.ie](mailto:Eugene.Duffy@mic.ul.ie)**

**Application forms available from**

**Admissions Office, Mary Immaculate College,**

**South Circular Road, Limerick T: + 353 61 204929/204348**

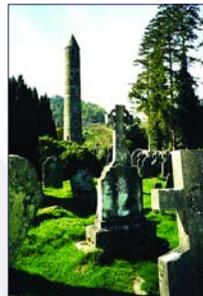
**E: [admissions@mic.ul.ie](mailto:admissions@mic.ul.ie) W: [www.mic.ul.ie](http://www.mic.ul.ie)**

## GLENDALOUGH 2011: CEIST Retreat Reminder...

The CEIST Holy Week Retreat 2011 will be taking place in Glendalough from the evening of Palm Sunday 17th April, to lunchtime on Tuesday 19th April.

Once again our days of reflection will be led by Fr. Michael Rodgers of the Tearmann Spirituality Centre, assisted by Sr. Breda Ahearne C.P.

If you would like to join us and avail of this opportunity to take "time out" during Holy Week, or for more information, please contact Ned Prendergast: Tel: 086 0437139 or Email: [nprendergast@ceist.ie](mailto:nprendergast@ceist.ie).



Visit [www.ceist.ie](http://www.ceist.ie) for further news items or subscribe to our e-newsletter. We very much welcome your news items or pictures for our website and monthly e-news editions.

## Finance Matters...Finance Matters...Finance Matters

### Annual School Accounts 2009-2010

Thank you to all those schools who have submitted their annual accounts for the 2009-2010 academic year!

These were due in the CEIST Office by 1st November 2010. We are grateful also to the

schools who experienced difficulties of one kind or the other in meeting the deadline but who contacted the CEIST Office and advised accordingly.

We look forward to receiving all outstanding accounts over the coming weeks to ensure that our Boards of Management will be in a position to fulfill their obligations.



## INSURANCE AND FROST PROTECTION FOR SCHOOLS

The icy conditions that we all experienced at the end of 2009 and into the early part of 2010 are upon us again! Significant damage was caused to some of our schools due to frozen and burst pipes which resulted in flooding in classrooms and collapsed ceilings along with damage to furniture and equipment.



In order to minimise a reoccurrence of frost damage listed below are some precautionary measures that should be adopted in schools:

- Ideally heat should be maintained in the building during periods of severe cold weather:
  - a) If the heating system is fitted with a frost thermostat, ensure that it is correctly set i.e. 35°F or 2°C if located indoors or 32°F or 0°C if outdoors. Test its effectiveness by setting it at the surrounding temperature. If the system does not start up get it checked by an engineer.
  - b) If the heating system in the school has no frost thermostat fitted, the system should be started manually and checked by a responsible person and kept running long enough to keep temperatures in the building and the boiler room at a safe level.
- Remember to protect your oil supply against freezing. Precautions listed above will be ineffective if the oil is frozen and cannot reach the boiler. The oil supply pipe can be protected with weather-proof insulation and a tarpaulin cover will provide emergency protection for the tank.
- Where the heating system is used, internal doors should be left open to protect unheated or poorly heated compartments but always subject to applicable fire safety rules and regulations which should take precedence. Make sure all radiators are on.
- If air vents in the boiler room are closed off, leave sufficient opening to allow an adequate supply of air for combustion.
- If the system is not to be kept running during periods of severe cold, the entire system and boiler must be drained. Remember to open radiator vents to ensure complete drainage.
- Where the system is drained or the building is otherwise unheated, all sanitary and domestic water services should be drained by shutting off at the mains and running and flushing off all water in pipes, tanks and cisterns. In these circumstances outside toilets and pump houses should be similarly protected.
- Make sure that all tanks and pipes in the roof space and all external vent or expansion pipes are well lagged or insulated.

**NOTE: When a heating system is drained, switch off at the main switch and place a prominent notice on the switch stating – SYSTEM DRAINED – DO NOT START.**

*The information provided in this article is intended for use as a guideline only in assisting schools to assess preparedness for frost conditions during severe or prolonged cold weather and to encourage appropriate preventative measures.*

(Source: Allianz: Risk Management, Schools Journal 02.09)

## Coláiste Chroí Mhuire, An Spidéal ag obair leis an 'Alan Kerins Project'

Gach bliain déanann rang na hIdirbliana cúrsa bliana le 'Foróige'. Is cúrsa ceannasaíochta é seo a bhfuil beim curtha ar fhorbairt scilleanna cinneachta agus féinchinneachta ann. Mar thoradh ar an gcúrsa seo tá seans ag na daltaí pointí breise don CAO a shaothrú don todcháil. I mbliana, le cur leis an gcúrsa, tá muid ag tógáil céim eile. Tá Coláiste Chroí Mhuire, Foróige agus Alan Kerins ag obair le chéile i dtogra a fheicfidh muid ag tabhairt cúnamh don obair atá ar siúl ag an 'Alan Kerins Project' i Zambia. Mar chuid den togra seo tá sé i gceist ag roinnt den rang taistil go Zambia um Cháisc, chun cúnamh fisiciúil a thabhairt. Beidh said ag cuidiú leis an obair tógála, ag obair sna scoileanna agus sa teach dílleachta, agus ag cur dlúthceirnín de cheol dheagóirí Zambia agus dheagóirí CCM le chéile. Oibríonn said ar na scilleanna a bhéas ag teastáil uathu chun an togra seo a thabhairt chun críche, ar scoil agus sa chlub atá bunaithe acu a chasann ar a cheile gach trathnóna De hAoine. Bíonn a gcuid tuismitheoirí agus áisitheoirí Foróige leo ar oicheannta cluib. Le hairgead a bhailiú do Zambia agus le cuidiú leis na costais taistil a bhéas acu fein, tá said ag eagrú go leor imeachtaí laistigh agus lasmuigh don scoil. Mar atá le feiceáil thíos, is dream fuinneamhúil iad an rang seo:

- 'gearradh puimcíní' le bunscoil áitiúil,
- bailiúcháin sráide,
- bailiúcháin seanéadaí
- Tráth na gceist.
- Tá feilire á chur le chéile acu le díol sa scoil
- D'eagraigh said comórtas ealaíne le cartaí na Nollag a chur le chéile le díol sa scoil agus sna siopaí aitiúla.
- Beidh ceolchoirm acu ar an 9ú Nollaig a mbeidh go leor de phobal na scoile pairteach ann chomh maith le cóir áitiúil a bhíonn ag teacht le chéile sa scoil.
- Beidh said ag canadh carúil ar shráideanna na Gaillimhe roimh Nollaig
- Beidh oíche rásaí capall acu i óstan i mBothar na Trá, 'The Galway Bay' ar an 26ú Samhain
- Tá sé i gceist acu seó faisíuín a bheith acu chomh maith le rásaí na gcon.
- Tá seandaoine áitiúla ag eagrú díolachán cacáí le cuidiú leo chomh maith

Tá súil acu go leor airgid a bhailiú ar son mhuintir Zambia, agus go leanfar leis an nasc seo idir CCM agus Zambia ó bhliain go bliain.



### FOR YOUR DIARY

#### CATHOLIC SCHOOLS WEEK

**Date:** Sunday 30th January to Saturday 5th February.

#### CEIST HOLY WEEK RETREAT

**Date:** Sunday 17th April – Tuesday 19th April.

**Venue:** Tearmann Spirituality Centre in Glendalough.

Visit [www.ceist.ie](http://www.ceist.ie) for further news items or subscribe to our e-newsletter. We very much welcome your news items or pictures for our website and monthly e-news editions.