



## Journal Entry

It is hard to believe that our lives have changed so dramatically over the past few weeks. There is plenty to be gained from this experience although it is extremely challenging for all. I have certainly learnt that comments such as this generation of young people are the snowflake generation could not be further from the truth. They are managing so well considering all the uncertainty that is in their lives. The spirit and resilience they have demonstrated during the past three weeks can only be admired.

On a normal day in the Sacred Heart School we have assembly every morning for the whole school community at 8.50am. We have continued with our assembly at 8.50am by sending it out to our school community email which includes all staff. I have been completely taken aback by the comments that parents and students have shared with us on how keeping their day normal and continuing to provide a sense of belonging has been extremely beneficial. Something that Deirdre and I take for granted has impacted so positively on keeping the girls motivated. The students have contributed to our assembly through reflections they wished to share, prayers and inspirational quotes and most importantly the feel good Friday song suggestions, all of which are part of our normal assembly. I asked the Head Girl would she like to share some thoughts on this crisis with the school community as a form of support and I have attached the presentation she shared. I thought when I read the presentation how I hoped that every member of school community took the time to read it as if they did they would know that they were not on their own, they were an important and valued person in our school community and we had the Head Girl willing to do all she could to help. Most importantly she put a smile on their face through the kind thoughts and pictures she shared.

In the challenges we face it is our hope that a rainbow shines through the darkness. In our school community and I know in every other community we are blessed to have rainbows shining through each and every day by the kindness and care shared among the members our school community. At this time our school community spirit and our shared faith help us get through and I thank God every day that I am the Principal of a faith based school. Thank you to Clare Ryan and all the team in CEIST for continuing the work of the founders of our schools. I am aware that this is an uphill battle but it is battle worth fighting.

Warmest regards,

*Leoni Carroll*

*Principal,  
Sacred Heart Secondary School,  
Sunnyside,  
Drogheda,  
Co. Louth*