

# CB STAFF NEWS



Volume 6 8th May 2020

# 4 WEEKS TO GO

1 GOOD PIECE OF  
WORK PER SUBJECT  
**PER WEEK**  
COUNTS FOR END OF  
YEAR ASSESSMENT



*A message from Mairead .....*

Hi Everyone,

I truly hope you all had a lovely weekend off and managed to enjoy the lovely weather. It's been amazing that in the midst of this pandemic, the weather has been amazing. I've been admiring the growth in the garden and generally taking pleasure in the simple things about my house. This week, I got a lovely letter from Pat, our resident in-school gardening expert and it was so lovely, as she extolled the virtues of daily pleasures, that I've included it in this week's newsletter.

There's not much to say to you all at this point, other than to encourage you to enjoy the simple pleasures of life, enjoy time at home with family and stay calm with work as we enter the final stretch.

*Mairead Earley*

## Simple Pleasures

Simple in appearance

Subtle in design

The framework of a friendship

That ages like fine wine

It is the simple pleasures

That makes it all worthwhile

Sometimes just a sunrise

Is enough to make me smile

So much is in the watching

Or listening to nature's voice

And knowing when to stop

And realize you have a choice

Take some time to just step back

And just take in the view

It's about the simple pleasures

That all of us once knew

**Robert Longley**



We encourage students, parents & staff to support [#DIL2020](#) by participating in watching the sunrise at **5.30 am on Saturday 9th May**. Wear yellow for Hope or a previous years t-shirt to show support. Spread hope and share your sunrise moment on social media using [#DIL2020](#). It's going to be a very special event.

**Don't forget to donate if you can - #DIL2020 or**  
[www.darknessintolight.ie/](http://www.darknessintolight.ie/)

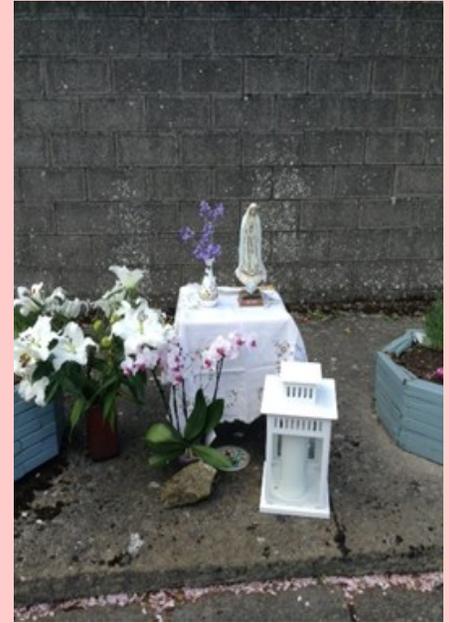


## *A message from the garden ...*

*After the school closed, I continued daily with my work in the garden. I finally got all the blackberry bushes completed, the potatoes sown and the raspberry bed weeded and fed. I removed the mouse guard from my hive, so bees can get through with their loads of pollen.*

*Since lockdown began, my day starts with breakfast, Mass on TV at 10.30am, then gardening until my bones call out for cycling on my exercise bike. May is the Month of Mary, and on May 1st my neighbours and I sang hymns to Our Lady at a little altar in our cul-de-sac, all socially distanced and we prayed for all our students.*

*God bless all at Coláiste Bride.  
Ms. Harrington*



### **MY TO-DO LIST FOR TODAY**

Count my blessings.  
Practice kindness.  
Let go of what I can't control.  
Listen to my heart.  
Be productive yet calm.  
Just breathe.  
Enjoy everything I do.  
Smell the flowers.



Every year Coláiste Bríde is very lucky to take part in the ‘Scholars Ireland’ programme which we offer to our 5<sup>th</sup> year students. This programme is a wonderful opportunity for students to see what the academic side of college life is like. Students are taught by PhD students from Trinity College over a 6 week period in an area of interest and research to the tutor.

At the end of the module, students submit a college style essay, which is then marked to college grading standards. As a recognition for successfully completing the programme, students are invited to a formal college graduation ceremony, usually at Queen’s University in Belfast, where they get rewarded and recognised for their hard work.

This year Coláiste Bríde was awarded a ‘Certificate of Appreciation’ for our participation in the programme from the organisers. Two of our current 5<sup>th</sup> year students, Naomi and Nicole, share their experiences on taking part in the programme.

Naomi Adenji

One of the greatest highlights of my secondary school experience was my participation in the Scholars Ireland 2019/20 Programme.

As a part of the neuroscience group working with a PhD student from TCD, we focused immensely on the impact of sports concussion on brain health.

Through our tutorials, I gained a deeper understanding of the expectations of college life. I learned practical skills such as effective note taking and referencing, as well as vital information that could potentially save someone’s life.

My final assignment discussed the appropriate steps to managing a concussive injury and the possibility of chronic traumatic encephalopathy.

I would advise anyone thinking of doing this programme to apply and enjoy the process because it is a worthwhile experience that will shape your view of college as well as your ability to achieve greatness.



Nicole Fitzmaurice

My topic for Scholars Ireland was ‘the right to freedom of religion: how ‘fundamental’ is this fundamental human right?’.

I was taught about this by a very inspiring and extremely intelligent PhD student from Trinity named Sahar. She gave us lessons where we had very insightful discussions about religious discrimination and we also learned about human rights laws.

Scholars Ireland gave us an authentic university experience as we got to attend an open day at Trinity and at the end, we had to write a 1500-word essay on our topic, and we were marked to a university standard.

I would recommend this programme to all the girls coming into 5<sup>th</sup> year as it really helped me to realise my potential and see that I am fully capable of attending university.

***Congratulations & well done to all students who took part***



Gabrielle, one of our SNAs, delivers hand-knitted blankets for patients in our local Peamount Hospital. Some of the blankets were made by our students and staff. Usually these blankets would be sent to Lourdes with our Parish Pilgrimage, but unfortunately that trip will not take place this year.



# Stress relief activities

**Engage one or more of your senses to relieve stress**



- Read a good book
- Watch your favourite film
- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualisation techniques
- Evoke good memories from look at memory or story board



- Sit outside and enjoy the sounds
- Listen to a favourite piece of music
- Listen to some sounds, lapping water
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio programme with your eyes closed



- Burn some aromatherapy oils
- Enjoy the aroma of scented candles
- Do some baking - the mixture of aromas and soothing movements
- Enjoy outdoor smells from walks in the country or near the sea
- Freshly brewed tea or coffee



- Sing
- Laugh
- Have a chat with someone who listens
- Chew a piece of sugarless gum
- Use deep breathing exercises
- Eat a piece of dark chocolate
- Use deep breathing exercises
- Repeat affirmations out loud



- Exercise
- Squeeze a stress ball
- Stroke a pet - particularly cats, dogs, rabbits
- Wear soft warm clothing. Bake - enjoy the soothing, repetitive movements
- Play a musical instrument
- Have a massage
- Yoga or pilates

Designed by B Ireland-Symonds