

COLÁISTE BRÍDE

WEEKLY NEWSLETTER



TAKE A PEEK!

1 GOOD PIECE OF WORK -
WE'RE NEARLY THERE!

COMPETITION TIME ~ JOURNAL
2020/21 - WHAT SHOULD YOUR
COVER LOOK LIKE?

PIETA HOUSE NEEDS YOUR
HELP - #DILSUNRISEAPPEAL

MANAGING YOUR MOOD & A
MESSAGE FROM MRS.
HARRINGTON!

ORGANIC GARDEN, IMPORTANT
CONTACT DETAILS & TAKE
WHAT YOU NEED WALL

A WORD FROM MS. RONAN...



Dear Students, Parents & Guardians,

I hope that you all remain safe and well as we enter the month of May. In school we often refer to the month of May as 'May Madness' where students begin revision, class trips are organised, award ceremonies planned for and the usual end of year rituals are in sight. This year May is very different for everyone. Students, parents, teachers and school leaders are faced with a new landscape. Getting to the finish line knowing we have done our very best is the goal we are all aiming for.

We strongly encourage students to stick with us, remain engaged with their online learning and seek out help if you are finding things difficult. We are here to support in any way we can. Parents, we would like to acknowledge how difficult this situation is on households. We are making check in phone calls to students and parents who may be finding things difficult. We are reaching out to show our support for our Coláiste Bríde girls. Please encourage your daughter to keep going. The end is fast approaching and with three weeks to go we remind you of our plan for 1 piece of work per subject per week. Focus at this time is so important. Trust the CB Team to guide, form and teach you to this finish line.

We would also encourage students to stay home and practice the public health advice given to us. This will ensure we can all return safe and well when our school doors reopen. We have done a fantastic job so far. Let us not lose the momentum, let's dig deep and let's do what is right for our families, our communities and our country.

Ms. Ronan, Deputy Principal



URGENT SUNRISE APPEAL

Join us at 5:30am on May 9th

Wear yellow and share your sunrise moment with #DIL2020

DARKNESS INTO LIGHT SUNRISE APPEAL

BY MS. FALLON

Most of you are familiar with the wonderful services provided by Pieta House, and like many essential services in our community, they rely heavily on fundraising and donations to keep their services up and running. Like so many of us right now, Pieta House (along with many other charities) have suffered greatly due to the Corona virus, at a time when their services are more vital than ever.

The Darkness into Light walk is their biggest annual fundraiser and is always greatly supported by many of our families and colleagues. As we will not be walking together this May, Pieta and Electric Ireland would like to invite everyone to show community spirit and solidarity with those impacted by suicide by getting up at **5:30am on 9th May** to watch the sunrise from their homes. Please spread our message and offer hope by wearing a Darkness Into Light t-shirt, or anything yellow, and sharing your sunrise moment using **#DILSunriseAppeal #DIL2020**.

1 GOOD PIECE OF
WORK PER SUBJECT
PER WEEK

COUNTS FOR END OF

YEAR ASSESSMENT

As outlined a few weeks back, as there will be no end of year exams this year, teachers are assigning one piece of work each week that will go towards students end of year grade. The work is emailed to students each week and for 1st to 3rd year students it is also posted on the Weekly Work tab on the homepage of our website. We know how much of a challenge this has been for everyone, but with only 3 weeks of term left, the end is in sight!!

Keep going ~ you're almost there!

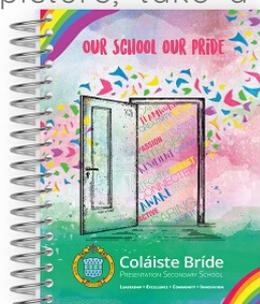
take a
deep breath

JOURNAL 2020/21 ~ WHAT DOES YOUR COVER LOOK LIKE?

It's competition time!

It's that time of year again when you get the chance to decide what next years journal cover will look like. One of the positives of this lockdown, is it has given us all a chance to reevaluate what's important to us, or perhaps even to recognise it for the first time. It's a challenging time for everyone and has brought lots of emotions to the surface. Take this as an opportunity to express some of what you have been feeling since we've been in lockdown. Have you been missing your friends, the outdoors, maybe even your teachers?! What have you found difficult to manage? What have you embraced? How has being a Coláiste Bríde student helped you through this? Use these feelings and incorporate them into your design. Your cover could be a reflection of what we have come through to get to the new school year. All entries this year will have to be by email. If your entry is a hand drawn or painted picture, take a photo and email it. We will request the winning entry only by post.

Email your entry to
mkelly@colaistebride.com
Closing date Friday May 16th!!



The Legend that is Mrs. Harrington!!

Anyone who is lucky enough to know Mrs. Harrington, will know only too well, it would take more than the Corona virus to get her down! Always an inspiration to us all, her spirit and positivity are embedded in our school.

Visit our website,
www.colaistebride.com, to see her inspirational video message to everyone, delivered as only Pat can!!

We love you Pat!!

Managing Your Mood

What do you call a big pile of kittens?
A Meow-ntain!

my mood is SO managed

Did you get 8 bugs today? How about 10?

Squeaky plays a mean banjo.

Dwell on the Beauty of Life. Watch the Stars and see yourself running with them.
- Marcus Aurelius

Moment of Mindfulness

RAINBOW Stretches

To start: stand with your hands at your sides in a relaxed position.

What makes your space feel safe and welcoming? What can you do to make it more so?

The frustrating "SHOULD"s

Feelings of frustration can get worse when we have thoughts that how things are "should" be different. Instead of saying or thinking about how it "should" be, try using "I wish..." "I wish quarantine was over!" It's less frustrating!

Now, taking in a big breath, reach your hands up to the sky like you're gathering up big handfuls of colors to become a RAINBOW

TODAY'S USELESS FACT:
Octopus and Squid each have 3 hearts!

Complete this sentence:
"I hope..." and "I need..."

Drop both of your arms down like you're trying to touch your toes. Arch your back to form a rainbow shape and stretch!

What feelings come up when you think about PEACE? What does Peace mean to you? What brings you Peace?

Stretching feels good!

Inhale and slowly bring your arms back over your head. Imagine the rainbow's colors are shooting out from the tips of your fingers. How did it feel to be a RAINBOW?

It's ok to not feel ok sometimes.

LMFT Robert Wolf 102816

Bug is having himself a dance.

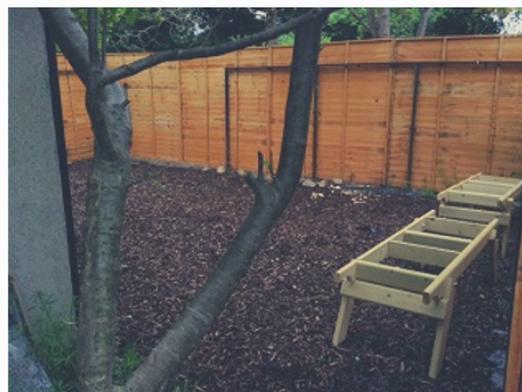
Organic Garden in CB

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.

After lockdown, my day started with breakfast, Mass on TV at 10.30am, then gardening, until my bones called out for cycling on my exercise bike. 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 prayed for all our students.

God bless all at Coláiste Bríde.

Ms. Harrington



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On our website this week we have added a virtual **Take What You Need** wall, a useful resource to help you through this situation. Across the top you will find 9 headings: Affirmations / Mental Health Supports / Calm & Connect / Meditation / Exercise / Bored?...Try This / Online Books & Study resources / 6th Yr Tips & Tricks / Parents.

Just as the title suggests, click in and out of whatever it is you might need help with at any given time. Whether you are just looking for a positive message to give you a boost or some time out to relax and disconnect, there are tools for everything here. Take the time to navigate through the page and see what it has to offer. And it's not just for students, there's something in there for everyone!

See www.colaistebride.com for more details