

*Inside the Issue*

TY MINI COMPANY

Meet our TY's who qualified for the semi finals of An Foróige NFTE Mini Company Competition

ANITA THOMA

AWARD WINNING CHEF & PAST PUPIL

Meet a former pupil who soared to the heights of head chef by the age of only 21. Anita shares her story and one of her favourite recipes with us

ALSO IN THIS ISSUE...

Competition Time, Scholars Ireland, A word from your Head Girl, Greetings from the BOM, Support line phone numbers, Contact emails, Active Home Week, ...

A WORD FROM THE PRINCIPAL...

A chairde,

May I start by saying a huge Well Done to everyone in the school community, by now we all are adapting to our new normal, missing school as we knew it. One thing that everyone agrees upon is that schools are more than places where information is passed on, schools are about relationships, connections, experiences, are dynamic and give stability. Students and teachers are truly missing each other, however having all of our year group assemblies & tutor time online has been helpful to get everyone to connect with their Year Heads, tutors, class mates etc.

As I promised all along, we shall communicate weekly with everyone and keep everyone updated. The big news yesterday was that **Junior Cycle students have no State Exams in September** and that they shall have school assessments. **News about exam fees has been sent to parents & students too**, that arrived today. So to facilitate all the planning that the staff needs to do for Junior Cycle Assessment and all end of year assessments for all years as well as nominating student awards, there shall be **No Online Classes tomorrow Friday 1st May**.

Our plan for **1 piece of work per subject per week will stand, as this work shall be the basis of end of term assessment**. There are no end of term exams. So please encourage your daughter to put her best into these pieces of work for her teachers. As parents of students in 1st, 2nd, 3rd Year you can check the link to your daughter's assignments on the school website. Already some parents have said they find this very useful.

As always, I encourage you to read all the information that we are sending out, there is a fabulous meditation by Ms. Kelly on the **Learning Hub tab on the website**, along with their newsletter and fabulous wellbeing tips for all. I am really proud of all the students and staff who are doing fantastic work to support each other and connect - Please make sure your daughter is doing her bit by attending class and getting her work done as she is required to do. School may be closed but classes, learning, homework, assignments are all continuing.

Beir bua agus beannacht,





TY MINI COMPANY - MEET OUR SEMI FINALISTS!!

by Ms. Lanigan

A huge congratulations to the following Coláiste Bríde TY students on progressing to the semi-finals of the Foróige Network for Teaching Entrepreneurship (NFTE) Mini-Company Competition. And of course big thanks to Mr. Cuttle for his guidance and support in getting the girls to the semi finals!

Oluwatomi Alabi and Sophie Murray went through to the next round in the Best Business Plan Category with their fantastic new start-up 'Fluffy Cakes'. They charmed the judging panel with a well rehearsed presentation as well as a beautifully packaged and even better tasting product.

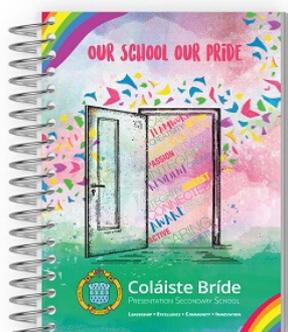
Julie Tran Nguyen went through in the Best Innovation Category with her impressive new start-up 'Resin Inspired' showcasing incredibly creative products made out of Resin. Again wooing the judges with pure passion peppered with the confidence of a budding entrepreneur.

You have done yourselves and your school proud girls. Best of luck in the semi-finals on the 5th/6th of May ☺



2020/21 Journal Cover Competition

It's that time of year again girls 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 any or all of these feelings and incorporate them in to 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.

All entries by email to:
mkelly@colaistebride.com

Closing date is Friday May 15th!!

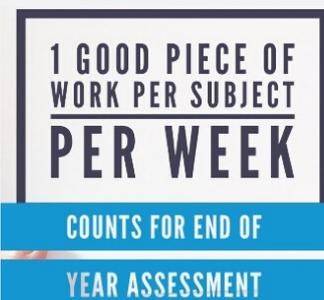
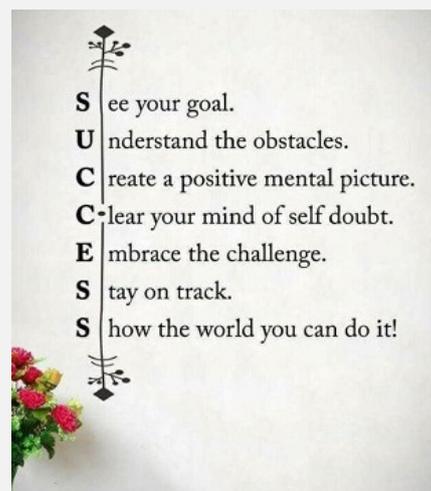
IT'S NOT ALL ABOUT THE STUDYING...

by Ava Dowd, Head Girl

Hi Girls, we hope you are all keeping well. In these difficult times. Though it is important to keep up with studies, it is just as important to keep fit and stay active. You cannot take anything in if your head isn't in the game.

So remember to take a break from studying and try to incorporate physical activity into your day. This may include exercising at home in front of the T.V, making up your own dance routine or even going out for a cycle. Try your best to go outside and clear your head.

Have chats with your family and friends, whoever you want, find someone or something to make you laugh and lift your spirits. But whatever you do, make sure to stay safe.



From Pres girl to Head Chef

Anita Thoma is an award winning chef who has worked in restaurants such as Il Primo in Dublins city centre and Farmhill Restaurant in Goatstown. She shares her insights and journey with us...



Sometimes I have to pinch myself when I think that I did my leaving cert in 1984 in Coláiste Bríde. For anyone in school at the moment, particularly waiting to do exams, it probably feels like time is dragging but believe me, time fly's and before you know it, the school year will be behind you. Remember this time of uncertainty too will pass.

Things were different in CB back then. No internet, no diversity and a much smaller building. Times move on and with it comes change, growth and a journey that can take any of you anywhere... that's really up to you. It's hard to know at a younger age "what you want to do" when you leave school and some will only work that out as you discover that in yourselves. I wasn't a great student academically in school. It's not that I wasn't able, I just struggled to apply myself. On reflection, I think working out my own sexuality at a time when there were no positive LGBT messages, was hard. Thankfully things have changed, we all said YES and Kathy and I will be getting married this July (hopefully) having been together for 14 years.

I had ups and downs in school as I'm sure many of you do, try always to talk things out with the people you trust. I've always had really strong friendships and still after all these years I am close to several people I was in CB with. Having a sense of shared history and social, cultural experiences has bound us together in often unspoken loyalty. Talking things out and being there for each other without judgement has created a strong bond between us. Even now in our 50's we talk about CB and about some of the teachers and the many experiences and "firsts" we had while at school. We all ended up in different worlds of work which is great when you need unbiased advice.

Teaching is a challenging job I think, after all, teachers are just people trying to do a job as best they can. I wouldn't have liked to have been one of my teachers back then. I had one teacher for 5 years (Mary Kennedy) she was a great teacher and made me want to be a better student. I often had far too much to say for myself apparently...This personal trait has stood me well over the years, achieving my first head chef position at 21, no mean feat for a woman, then or now. I always wanted to be a chef (my father was a chef). After the leaving cert I attended Cathal Brugha Street. My chosen profession led me to work and live in Paris and Switzerland, to travel extensively and to eventually be a partner in my own business. Whatever you want to do when you leave school, you can do it, but only if you are willing to work hard (sometimes harder than others when you are a woman), to never give up or give in.

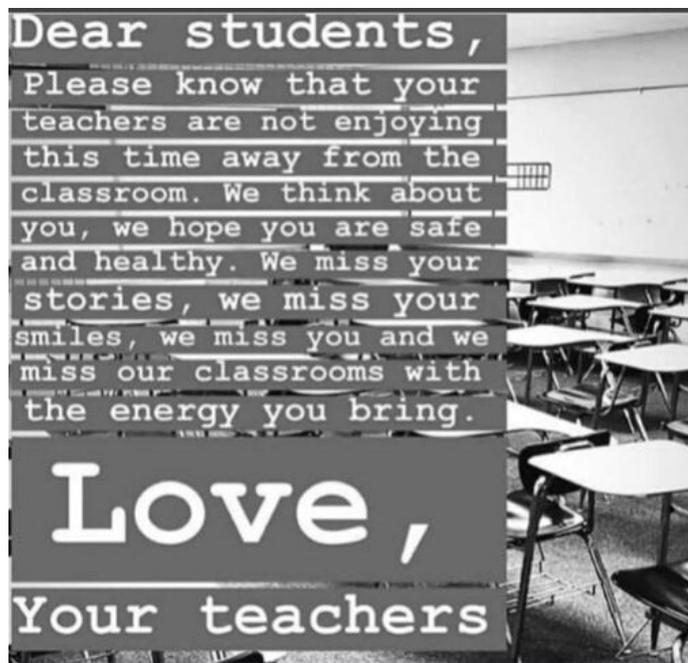
Hopefully you will find, just like I did, that the same ethos will apply to the relationships you have made while at CB.

Pan fried marinated sirloin with rocket & parmesan shavings

<p><u>Ingredients</u></p> <p>550g sirloin steak, trimmed 1tbsp Dijon mustard Black pepper Dash of tabasco Dash of Worcestershire sauce Olive oil 50g rocket A little balsamic vinegar 75g of Parmesan shavings (to serve)</p> <p>Serves 4</p> <p><u>To serve:</u></p> <p>Place a bed of rocket on each plate. Put strips of sirloin on top and scatter over the parmesan shavings.</p>	<p><u>Method</u></p> <ul style="list-style-type: none">• Prepare the meat by cutting it into finger sized thin strips.• Make the marinade by mixing the mustard, a little black pepper, a dash of tabasco and a dash of Worcestershire. Place the strips of sirloin in the marinade. You need only enough mustard to coat the meat. If you have time, marinate for a couple of days; if you don't, then at least overnight, covered in clingfilm in the fridge.• Heat a little oil in the pan until it is very hot. It's important it's hot because you want to seal in the flavour and juices. Cook the meat quickly for 1 minute on each side until it is well sealed and browned.• Dress the rocket with enough olive oil and balsamic vinegar to just coat the leaves.
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A word from the Board of Management



These days are not easy for anyone, trying to keep everything going is challenging to say the least. As we approach this bank holiday weekend the Board of Management would like to congratulate and commend each and every member of the school community for its constructive and engaged response to the current Covid-19 pandemic.

We have been heartened and filled with pride with the way in which our students, parents and families, and our teachers and wider school staff have demonstrated their capacity to respond in these unprecedented times. You have modelled great leadership and resilience in your approach to dealing with the situation.

To our students and their families, we know that the current situation causes you much anxiety and frustration, affecting many of the daily activities we all once took for granted. We thank you for trusting your teachers and engaging so well with these new processes. Your levels of engagement and support for one another at this time have been so impressive. Parents, we thank you for sharing your support, encouragement and feedback - it's very much appreciated.

To our teachers and staff of Coláiste Bríde, we applaud your capacity to adapt the ways in which you work to enable the school to move to operating in an online space, with minimal time for preparation. We thank you teachers for your hard work, support, care and dedication to your students. You have ensured that students can continue to learn and have their wellbeing supported through their engagement with you.

We wish to publicly acknowledge the huge amount of online support and encouragement offered by the Principal, Ms Kilmartin, Deputy Principals and all of the staff to the pupils of the school during these extraordinarily difficult times. The school's motto "To Teach, To Guide, To Form" is certainly being fulfilled.

The recently published Whole School Examination by Inspectors from the Department of Education highlighted the exceptionally high standard of teaching in the school and the exemplary good behaviour of the pupils. The Board of Management acknowledges this and congratulates the entire school community on such an excellent report. It is clear to see, even in these unusual times, that both of these observations by the Inspectorate continue to be evident.

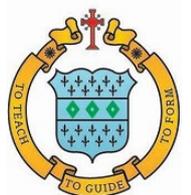
With only four weeks of term left, we need to support each other with kind and thoughtful words and actions, never losing sight of the fact that we are all in this together. We acknowledge that some families in our school community have already suffered from the COVID 19 illness and the Board of Management has sanctioned the creation of a memorial the will mark both the memory of loved ones who suffered and this time of challenge for everyone. We will come through this crisis together as a school community.

Finally, it would be very remiss of us not to let both Basketball teams know that we recognize and salute their efforts in reaching both Finals and would like our best wishes conveyed to every teacher and pupil involved in the preparation of the teams and indeed of U16 Team in winning the Final in what appeared to be a thrilling match...well done to everyone concerned.

In the meanwhile, look after yourselves and those around you.

Stay safe.

The Board of Management



SCHOLARS IRELAND PROGRAMME

by Mr. Kennedy

Every year Coláiste Bríde is very lucky to take part in the 'Scholars Ireland' programme which we offer to our 5th 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 Queen's University in Belfast, where they get rewarded and recognised for their hard work. Below, two of our current 5th year students, Naomi and Nicole, share their experiences on taking part in the programme, as this year Coláiste Bríde was awarded a 'Certificate of Appreciation' for participating in the programme from the organisers.

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 5th year as it really helped me to realise my potential and see that I am fully capable of attending university.

Naomi Adeniji

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 while 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.



Support Phone lines

This time of isolation can be difficult for everyone. If you feel you need support, please reach out to one of the organisations below:

Jigsaw - for parents and students alike - **1800 544729**

Pieta House - **1800 247247** or **TEXT HELP** to **51444**

Samaritans - Freephone **116123**

Teenline - **1800 833634**



Need help accessing a laptop?

If you are without a device to complete school work please TEXT 0852131644 or email your relevant Deputy Principal.



CONTACT EMAIL ADDRESSES

As always, we are doing our best to support both our parents and students as much as possible. Please see below a list of email addresses for our staff. If you are having difficulty in any area, please contact the relevant person by email. We will try to get back to you with a solution as soon as we can.

General Enquiries	info@colaistebride.com
Vsware issues	mkelly@colaistebride.com
Student email issues	sjcarey@colaistebride.com
1st Yr Year Head	mokeeffe@colaistebride.com
2nd Yr Year Head	ubracken@colaistebride.com
3rd Yr Year Head	lfarrell@colaistebride.com
TY	ggontyte@colaistebride.com glanigan@colaistebride.com
5th Yr Year Head	elawlor@colaistebride.com
6th Yr Year Head	swhite@colaistebride.com
SEN Department	ccomerford@colaistebride.com doylec@colaistebride.com sslattery@colaistebride.com
Guidance Department	lfallon@colaistebride.com cdeane@colaistebride.com vcarson@colaistebride.com

Leaving Cert & Junior Cycle Fee Update

The Department of Education have released the following update in relation to payments for both the Junior Cycle and the Leaving Certificate:

Junior Cycle: Students **will not be required to pay an examination fees** to the SEC in relation to the 2020 Junior Cycle examinations, the SEC will be issuing a refund to all students who have already paid. There is **no need to contact the State Examinations Commission** as **refunds will be made automatically**. Further details will be sent to all schools in the coming days.

Leaving Certificate: The **closing date** for payment of the Leaving Cert examination fee is being **extended until after the exams are complete** and the results has issued.

To read the DES statement in full, please log on to:

<https://www.education.ie/en/Press-Events/Press-Releases/2020-press-releases/PR20-04-29.html>

ACTIVE HOME WEEK

by Ms. O'Donnell

Active Schools Week is usually a big event in our school. Staff and students get really involved, it brings out everyone's sporty (and competitive!) side. As we are all home this year, the event was changed to Active Home Week.

All details can be found on our website www.colaistebride.com or through the Active Schools website, www.activeschoolflag.ie. The challenge is for one week, daily challenges to keep us all active. Why not make it a family event and see who comes out the winner!

Children and young people need at least 60 minutes of physical activity every day
World Health Organization

