

THE

KINTULLAGH

VOICE



The newsletter of
St Louis Grammar School
Ballymena

NEWSLETTER NUMBER 16

APRIL 2017

OPEN NIGHTS 2017

St Louis' Grammar School was filled to capacity with P6 and P7 students, marking a record-breaking attendance, as visitors sampled the experiences in a range of subject areas on both Open Nights on 25th and 26 January.

Parents and pupils were welcomed by Mr Rafferty, who addressed many of the positive dynamics of the school, not least of which being high quality pastoral care, personalising the learning programmes and the holistic learning experiences which indeed sets St Louis' Grammar School apart from most other schools. Mr Rafferty also referenced the outstanding ETI Report findings and the proposed new building upgrades, which will enhance the fabric of the school substantially over the incoming years.

Prospective parents and students were guided round our school by teachers and prefects and had the opportunity to hear musical delights, sample culinary treats, partake in science experiments, create games using Scratch coding, play basketball, listen to plays and poetry, make prayer petitions and much much more!

The atmosphere was one of engagement and the school was a buzz of activity with the many interactive demonstrations being led by current students and teachers.

Sincere thanks to all those who attended as guests and, as ever, to our best ambassadors - our fantastic students who facilitated the department stops. An excellent team effort!

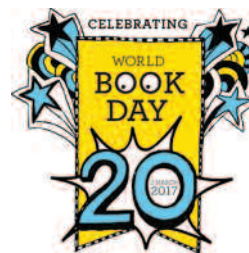


WORLD BOOK DAY CELEBRATIONS

World Book Day on Thursday 2nd March had lots in store for St. Louis. The festivities kicked off with Year 8 pupils donning fancy dress, masquerading as their favourite characters from their favourite novels. Everyone from 'Millionaire Boy' to 'Captain Underpants' was in attendance! We had lots of colourful, exuberant smiling faces!

Registration was replaced with a special assembly for Year 8, after which then the whole school took part in 'Drop Everything and Read.' Period two saw the first years have their prize giving ceremony for the 'Book Idol' presentation they had completed in English lessons in the lead up to World Book Day.

Writer Ashley McCook distributed prizes, read some excerpts of her novels and played some fun literary games! Next year we're hoping to open fancy dress to all KS3...maybe even staff!



BOOK FAIR 2017

Coinciding with World Book Day was the Book Fair! Scholastic Book Fair is a wonderful reading event held in St. Louis library on an annual basis, for everyone to enjoy and to develop a life-long love of reading.

The Book Fair has over 200 top children's titles from over fifty publishers, carefully chosen to reflect all tastes and abilities. With books starting from only £2.99 plus exclusive titles that you won't see in the shops or at any other fairs, there's sure to be a book for everyone!

Our school benefits from a Scholastic Book Fair too! Every book sold at your Fair can help to get free books for our school library.



BOOK FAIR COMPETITION

Pupils were also given the opportunity to complete a challenging fact finding competition, for which some great prizes were up for grabs. Congratulations to the following winners:

Year 8 winners

Joint 1st: Luke Dunne (8 Lyndon), Lara Ball (8 Lismoyle)
2nd: James Murray (8 Lyndon)
3rd: Anna Larkin (8 Laragh)

Year 9 winners

Joint 1st: Lauren McKillen (9 Lyndon), Katie Douthart (9 Laragh)
2nd: Chloe Mitchell (9 Layde)
3rd: Cara Kane (9 Lisbreen)

Year 10 winners

Joint 1st: Emma Murray (10 Lyndon), Daniel McNicholl (10 Lismoyle)
2nd: Patrick Ferris (10 Layde)
3rd: Hugh Totten (10 Lurig)



BOOK IDOL WINNERS

Luke Liddy (8 Laragh), Naoise McAleese (8 Layde),
Conan McAuley (8 Lisbreen), Lara Ball (8 Lismoyle),
Aoife Zensque (8 Lurig), P.J. McDonnell (8 Lyndon).

Congratulations to all six of these serious readers, who gave the best presentation in their classes and were awarded Amazon gift vouchers.

Extra special congratulations go to Lara Ball from 8 Lismoyle, who has earned the coveted title of Year 8 Book Idol, 2017, coming first in her year group!



BRITISH EDUCATION AWARDS

Congratulations to Aisling Laverty who was shortlisted as only one of four students in Northern Ireland for The British Education Awards (BEA).

The British Education Awards (BEA) have been established to promote excellence in British education. This award recognises the value and importance of education and learning as the foundation to a good quality of life and for future success.

The BEA identifies and celebrates individuals who have excelled within our British education system. In doing so, this award acknowledges that success comes down to personal endeavour and application.

Aisling was a worthy recipient of this award as she has achieved outstanding results at both GCSE and A2 level. She achieved eight A* grades and two A grades at GCSE and continued to achieve an A* and two A grades at A2 level.

In addition to her academic ability she has outstanding leadership skills demonstrated by her role as deputy Head Girl. She was on the school's Gifted and Talented register for STEM and is also creative and expressive evidenced by her outstanding ability in Drama and lead role in several school productions.

More importantly Aisling was an honest, hard working student who availed of and appreciated all of the opportunities provided within school. She had excellent attendance and punctuality. She always used her talents in a positive way to help others through volunteering and was always respectful towards her peers and teachers. These strong moral values coupled with excellent academic ability are what made Aisling stand out. She is an exemplary student and an excellent ambassador for this award and St Louis Grammar School.



Aisling and her family accompanied by Mrs O'Neill (Vice-Principal) attended a Gala Awards Ceremony on 30th January 2017 in the Grand Connaught Rooms, Great Queen St, London where Aisling was recognized for her achievements.

LIVING HISTORY FOR YEAR 10

Our Year 10 pupils had the opportunity to experience World War One weapons, trenches and uniforms courtesy of the Navan Centre in Armagh.

Pupils enjoyed getting to grips with life in the trenches and the wartime alliances, making their study of 'The Great War' a little more realistic. Some of our pupils really suited the helmets!



SPORTS AND WELLNESS CENTRE ON TARGET

Our fantastic new Sports and Wellness Centre is nearing completion here at St Louis. Staff and pupils alike have all been in a state of excitement as the final stages of the project unfold. Once the scaffolding came down and the external façade appeared, the sense of anticipation has been palpable.

At the time of going to press, floors are being laid, dance studio mirrors are being installed and final touches are being made to internal features. Early April will see the fit-out complete with equipment thanks to generous support from Sport NI. We should be operational after Easter, but it will most likely be September before we officially open for students and community user groups.

We would especially like to acknowledge the generous donations from parents and past pupils, which have enabled the school to match the 55% costs supplied by M.E.A. Council.

Watch this space for official opening details and look out for all those super-fit students and staff in the coming months!



CATHOLICS CARING TOY APPEAL

Well done to everyone who contributed to the Catholics Caring Toy Appeal before Christmas.

A special mention must be given to our Year 14 Enterprise class, who donated all their hard-earned profits to the appeal. A worthy cause indeed!



YEAR 11 GEOGRAPHY FIELD TRIP TO NEWCASTLE

On the 9th December, 2016 I was fortunately granted the opportunity to travel to Newcastle in order to strengthen my knowledge of the coastal management topic of my GCSE Geography course.

Whilst in Newcastle we examined the local coastal defences and mapped land use in the town. The trip was enjoyable and was immensely useful, as it has made it significantly easier to remember my GCSE case study of coastal defences. I would like to thank Ms Gildea and Mr Mc Mullan for making this trip possible.

Dylan Magill, Year 11



HEALTH & SOCIAL CARE TALK

Many thanks to Katrina Turner who spoke to our year 13 Health & Social Care students about her journey with breast cancer.

Katrina was diagnosed last October and has dedicated her time since to spreading awareness to both men and women. The pupils are looking at how ill health effects both individuals and their family and they found listening to Katrina's story very informative.

Read more about Katrina's journey here and follow her on Instagram, Twitter, Facebook and her website: www.katrinakickingcancer.com.

Katrina is climbing Mount Snowdon later this year. If you wish to support her, please visit her Just Giving page.



DESTINY CALLS FOR PAST PUPIL TARA!

SLG Past Pupil and musician, Tara McNeill travelled to Los Angeles in February, in search of her Destiny!

Tara performed at a ceremony in which she and the rest of the ladies in Celtic Woman were among the nominees for a Grammy award, for their Classical CD Destiny. She plays the harp on the album and is now a Celtic Woman violinist too!

Tara says, "I always admired the style of Celtic Woman and I used to tell my mum and dad, Martin and Kathleen, that I dreamt of playing with them – now it has come true!"

They have embarked on a four month tour of North America. We wish Tara and her band mates all the best!

HEANEY HOMEPLACE VISIT

Seamus Heaney has long been a highly respected poet within the Northern Irish community.

At St Louis we are lucky to have the opportunity to study the legacy of Heaney for GCSE and A Level. In December, Miss Wallace and Miss Wharry's A-Level classes had the opportunity to be the very first school to visit the much anticipated opening of the Homeplace.

The entrance to the centre immediately grasped our attention as it was occupied by many artefacts directly related to Heaney. The centre immersed us into his life and being able to listen to Heaney reading his own poems was mesmerising. It brought to life our studies and allowed us to see the man behind the poems in a much more realistic manner.

Furthermore, each of us got a taste of higher level education by being lucky enough to attend a lecture by University of Ulster's Frank Ferguson. He too introduced us to new and exciting ways to explore the man and his poetry and instilled us with added passion for our literary heritage. The trip was one that reminded us of the importance of exploring poetry as well as reading it.



WELL DONE TO OUR SUBWAY CHALLENGE FINALISTS!



Well done to our Year 14 Business Studies students **Matthew Dempsey, Catriona Graham, Aaron McLean, Sam Reilly and Geana Convery** who came second in the NI Subway Challenge!

The competition encouraged students to construct a brand new, healthy sub sandwich. Our team completed several tasks ranging from designing a low fat sub that had to meet certain limits of both saturated and unsaturated fat (thereby tying this to the competition's "#LiveFresh" theme), to creating a marketing campaign to promote the sub.

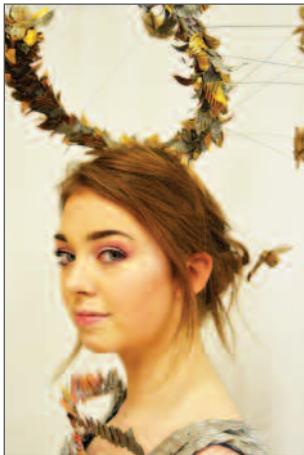
They then created a presentation to illustrate the proposals for the marketing campaign including TV, radio and social media advertisements. Furthermore, they displayed the costs of this and the production costs of the sub itself, along with other marketing proposals.

After pitching their Business Plan to a panel of judges made up of entrepreneurs and Subway Franchisees, they were awarded second place and won an impressive £750!

JUNK KOUTURE 2017

Well done to our Art and Design pupils Ruairi McLarnon, Caitlin Reid, Sandra Janik and Odhran Logan whose designs were successful in reaching the Ulster final in this year's Junk Kouture Final.

Pupils have made their creations this year from floor lining, binder twine, zips, hair dye tubes, scrap fabric, tin cans and foil plates. By creating these impressive designs, pupils are hoping to bring attention to the need for recycling and how old materials can be re-used to create something new. The creations were modelled by Ruairi and Odhran, as well as Catherine Lennon and Grace Dougan in the millennium Forum in Derry on Monday, 6th March. Designers and models did St Louis proud with their professional designs and energetic performances. With tough competition from 80 designs, Odhran and Sandra's garments were chosen to progress to the All-Ireland Final, which will take place in Dublin in April.



ROMANIA 2017

On Sunday 12th February, 36 students and 5 St Louis' staff travelled to Brasov for the school's annual winter Friends for Romania trip. Once again the St Louis students had undertaken a massive fundraising programme and their efforts resulted in the purchase of many essential items for all the children's homes, centres and schools they visited throughout the week.

It was an emotionally challenging week for the St Louis' group but the students were exceptional in their interaction and activities with all the various age groups they encountered. They brought joy and happiness to many, many people in a short time.

Year 13 pupil Aislinn McAleer reflects on her experience:

In February 2017, I had the amazing opportunity to visit the beautiful country of Romania. We stayed in a lovely accommodation called 'Casa Elim' which was about half an hour from the town centre Brasov. Thirty-six of my peers and I travelled along with five members of staff. The events I experienced on my visit are ones that I will never forget.

On the lead up to the trip, I tried to envision what I would soon experience when we arrived in Brasov. However looking back on my trip now, I realise that nothing could have prepared me for what I would witness. My fondest memory of the trip was the Monday after we arrived. Being part of Group 3, in the afternoon of the Monday we visited a boys orphanage called 'Peter Pan'. As none of us had ever been before we had an apprehensive bus journey to the orphanage as we attempted to visualise what awaited us.

The boys we standing waiting for us as we walked into the main room situated at the front of the compound. They seemed to be as nervous as the 12 of us all were. However, as soon as the balloons and face paints were brought out the atmosphere shifted to a lively one and the room became full of laughter and chaos.

The snow outside was at least ankle deep but despite the freezing temperature we were all eager to get out and play. I am honoured to have met the boys of 'Peter Pan' and everyone I met for that matter- young and old. Although I was able to give them an hour or so and happiness and fun, my experience opened my eyes and has inspired me to become more involved in charity work. I definitely have a different outlook on my life now and I am able to fully appreciate how lucky I am.

I am very grateful to have had the amazing opportunity to visit Romania on the 12th of February 2017.



LIVESTOCK AND MEAT COMMISSION (LMC)

On Wednesday 1st March Liz Brown from the LMC gave a demonstration during our Home Economics classes on Northern Irish approved meat.

She demonstrated how to prepare and cook Tikka mince, grilled lamb chops with mint and fruity couscous and Hoi sin beef with rice noodles.

We were also informed about storing, preparing and handling the different cuts of meat. Value for money also featured in the demonstration.

Overall, everyone really enjoyed the experience and the tasting session. It was very educational giving many useful examples that could be included in our GCSE practical.

Carla Dallat (11 Lismoyle)

SCÓR SUCCESS FOR MARY KATE!

Accomplished Year 8 reciter Mary Kate Bonnes describes her experience performing at county level and beyond!

My experience with Scór Na nÓg has been amazing; I have met so many inspirational people, I have been to so many different places and there have been so many opportunities. I was honoured to be asked to represent Antrim in the Easter Rising Centenary celebration and I have also recently performed for Aogán Ó Fearghail in the Hilton Hotel, Belfast.



ST LOUIS SENIOR CAMOGIE UPDATE

Our Senior Camogiers had a very successful Ulster Campaign despite losing out to St Pat's Maghera at the Semi-Final stages of the competition.

The girls were unlucky to lose out to St Pats Maghera by 3 points in a hard fought match, which could have gone in either team's favour. This group gave up school holidays to train and play challenge matches, which shows the dedication of this small panel of girls.

To reach the semi-final was a fantastic achievement for this talented group, many of whom were also on the school's junior team, who also reached the semi-final. They have shown great dedication and commitment towards St Louis Camogie over the past number of years, and with their hard work and determination, certainly have the potential to win Ulster titles in the future.



CONTINUED SUCCESS FOR SLG DEBATING TEAM

The St Louis debating team have carried their winning streak into the second term with two teams progressing to the quarter final stages of the Northern Ireland Schools Debating competition.

In late February both teams debated the motion 'this house believes we over promote the benefits of an academic education at the expense of technical and vocational training.' Each team faced tough competition against Dalriada and Bangor Grammar.

St Louis B had a triumphant win over Dalriada and will now progress to the semi-final stage at the end of March. This makes St Louis one out of only four schools to get this far in the competition. Preparations for the semi-final are already underway, preparing to debate the motion 'the liberal elites have lost their legitimacy by ignoring the fears and aspirations of ordinary people'.

By researching for motions we have become more in tune with current affairs and very topical issues which we might not have had an interest in or known about previously. Speaking in front of a crowd has developed our confidence and preparing speeches has meant our communication skills and ability to write fluently has improved, which is a great transferrable skill especially for A-Level students. It goes without saying that debate is a lot of fun and a great extra-curricular activity for making friends and building rapport with pupils from our own school and the schools we compete against.



FR DELARGY'S NEW PUBLICATION

Year 10 pupils last year were invited by Fr Paddy Delargy to create illustrations for his current book: *Praying to God our Father*.

Pictured are Ms Pickering and Mrs McAuley who supported the project, along with a selection of pupils who participated, at the launch of the book in Ballymena Parish Centre, Tuesday 13th December.



YEAR 14 MOCK INTERVIEWS

The Careers department recognise the importance of preparing our pupils for the highly competitive world that lies ahead as best as possible. Many of our Year 14s have applied to university with some opting for extremely high demand courses.

To give them a head start we teamed each year 14 with a professional in the course they have applied to and asked the professional to put them through their paces in an interview-typical of what they would face in reality. Afterwards all pupils received verbal and written feedback from their interviewer, allowing them to learn from their experience. The pupils applying for a course in Architecture had a particularly realistic experience as their portfolio of work was critiqued at the interview; a valuable learning experience for all of the pupils involved.

On the whole the evening was well received by all those taking part and hopefully gives our students the best chance of success in their upcoming university interviews, for which we wish them all the best.

We would like to take this opportunity to thank all the interviewers from a vast variety of employment backgrounds for their help and invaluable feedback.



SOCCER STAR CONAN BOUND FOR SPAIN!

We wish Conan McAuley (8 Lisbreen) all the best in his forthcoming sporting pursuits, in association with the Northern Ireland Boys' Football Association National Youth League.

As a member of the Cliftonville team, Conan will travel to Spain to take part in the Salou Football Tournament, wherein national teams from more than 10 countries from Europe and Asia will compete.

This is a fantastic opportunity for Conan, and we know that he will do us proud.



POPE JOHN PAUL II AWARD

On Thursday 10th February 22 sixth year students facilitated by Miss Bigmore received the Pope John Paul II Award.

The Pope John Paul II Award is dedicated to the memory of the late Pope John Paul II whose love of young people was so profound.

The Pope John Paul II Award will enable the pupils to become more actively involved in the life of their parish and community. Religion is not just for learning, nor a list of rules designed to stop you doing what you want. Religion is for living and through taking an active part in your church and community they will experience the contentment and fulfilment that comes from serving others, especially those in great need.

As well as the feeling of personal achievement that the young people will gain from taking part in the award, participation will help to show future employers and educators that they are a young person who can make an on-going commitment to a task. The award is non-competitive, flexible and voluntary.

Examples of activities in the parish that can be done for the Award are:

- Reading at Mass
- Altar Server
- Eucharistic Minister

Examples of activities in the area of Social Awareness that you could do for your Award are:

- Member of St. Vincent de Paul
- Spread
- Faith Friends

The 22 young people who received the award this year are:

- Aoibhinn Agnew
- Caoimhe Conlon
- Sarah Connon
- Geana Convery
- Niamh Dobbin
- Emma Doherty
- Roisin Ferris
- Orlaith Gribben
- Jakub Lawicki
- Grainne McAtamney
- Niamh McCamphill
- Martine McCann
- Naomi McConville
- Anthony McGuigan
- Catherine McHugh
- Anita McKeown
- Niamh McLaughlin
- Aaron McLean
- Mary McToal
- Roisin Rafferty
- Mary Shannon
- Ceara Smith

We will wish these 22 young people good luck as they move forward in their faith journey.



YEAR 10 EXTRA-CURRICULAR ART CLUB

Year 10 pupils are currently working on the second phase of their project for the newly-built Braid Health and Care Centre.

Pupils are creating abstract paintings on canvases that will be displayed in the centre later in the year.



BRING I.T. ON!

We welcomed Donal O'Hanlon from Bring It On to talk to our year 13 students studying an A level in the ICT field. Donal gave an insight into new opportunities for pupils who aspire to follow a career in ICT.

He provided information about the skills requirements and career opportunities with the IT sector in Northern Ireland and demonstrated the variety and attractiveness of a career in IT. A very worthwhile talk!



NEBSSA CROSS COUNTRY SUCCESS

Congratulations to Eimear Johnston in Year 8 who came 2nd in the North Eastern leg of the competition, and went on to finish 7th in Ulster. Ryan Thom in Year 8 came 3rd in the North East and placed 25th in Ulster. Beth Doherty (Year 13) came 4th in the North East.



YOUTH 2000 RETREAT

Hello, my name is Colleen McCloskey and I never thought I would say this, but...I spent the weekend in the school! Crazy I know, but along with me was Roisin Ferris, Sarah Connors and Jack Jaimon on a retreat with a group called 'Youth 2000'.

First of all let me let you what youth 2000 is. It's a Catholic youth organisation that arranges lively faith festivals, retreats, prayer groups and other events for young people aged 16-35 across the island of Ireland. We were invited through the school to come along to one of their upcoming events and experience something truly life changing.

At Youth 2000 retreats, we found out all you need to know about your Catholic faith in a practical language that you need to understand. Youth 2000 retreats are the places to learn the basics of your faith and discover the great love that God has for you, a love that is tangible. As a result, you find more peace, joy and purpose in your life.

During the weekend there were many inspiring talks and workshops, fantastic music, group activities, Youth Masses, Adoration, Drama, Reconciliation, confessions, plenty of time to chill out and meet loads of new people which the leaders Gemma and Jacinta had organised.

All these activities helped us find out what it meant to be young and catholic today! I had such an amazing time, I met some really lovely people and I'm definitely going to be returning! I strongly recommend going to Youth 2000 if you have never attended. I have found out things I have always wanted to know about my faith, shared aspects that opened others eyes and debated on different areas of focus, such as abortion.

Everything ran perfectly on time thanks to the group leaders, and everyone who helped organised the weekend. It gave us all the chance to slow down and catch up with ourselves. Along with all the students, Fr.Brennan joined us through prayer and also gave an inspirational talk

to everyone on the sacraments, the Eucharist and their importance in Catholics' lives today! Everyone really enjoyed it and kept talking about it for the entire weekend. So many thanks to Fr.Brennan for showing young Catholics today how important our faith is to us.

Here are just a few of the things the rest of St. Louis Grammar school attendees had to say about their weekend:

"Going into Youth 2000 and only knowing a couple of people from my own school was a bit scary, especially because I was the only boy! But everyone made me feel so welcome from day one. It was a different experience and it wasn't what I expected. I felt like I wanted the weekend to go on forever but unfortunately it couldn't. I loved the weekend! Group work, Mass and especially Fr.Brennan's- talk it was amazing!! Definitely recommend it to everyone and would 100% go again." **(Jack Jaimon)**

"The whole weekend was a really worthwhile experience; it brought me deeper into my faith and introduced me to new people who I hope to remain close friends with and see at other events. I would recommend it to everyone! I want to thank Mr.Rafferty for letting Youth 2000 facilitate themselves in our wonderful school!" **(Roisin Ferris, deputy head girl)**

"Fantastic, Amazing, Jaw dropping. Just a few of the words I would use to explain my weekend. The retreat programme was reflective on my faith. I felt it brought us all closer together as a younger group of people. Many thanks to Fr.Brennan for his inspiring talk about the sacraments. Although it was tiring after early mornings with the lord, I honestly didn't mind getting a few good graces there!!" **(Sarah Connors)**



CONNIE IS CADET OF THE YEAR!

Hi, my name is Connie Kelly; I joined St. John Ambulance three years ago, and since then I have learned invaluable first aid skills and have gone on two cadet leadership courses which have given me skills that I can take forward into university and the workplace.

Last November I took part in the annual National Cadet of the Year competition, where I competed against my fellow cadets from across Northern Ireland. We completed a first aid scenario, delivered a pre-planned presentation, an interview and a group discussion exercise and were scored throughout. I won the competition and became Cadet of the Year for 2017, and shortly after was promoted to Leading Cadet within my unit, giving me extra responsibilities and duties as a role model to other cadets within my unit. As part of my duties as National Cadet of the Year, I travelled to England on the 24th – 26th of February to compete in the District Cadet of the Year competition.

This competition lasted the whole weekend and we took part in similar tasks as the national competition, only at a higher level. Our assessors were trained paramedics for the first aid assessment and for the other assessments we were assessed by the Director of Youth and Community for SJA, a Major Trauma Nurse Specialist, the Assistant Director Operations South East Coast Ambulance, the Regional Director London and South East, a member of the RAF Police and the outgoing National Cadet of the Year.

On the Sunday there was an awards ceremony where the Regional and Deputy Regional Cadets of the Year, along with the National Cadet of the Year were announced. I won the title of Regional Cadet of the Year for the Commanderies where I now represent not only Northern Ireland but also Jersey, Guernsey and the Isle of Man. It has been a wonderful experience so far and the fact that I now get to travel as part of my role is a bonus. I hope to promote positive changes not only within my unit but throughout my region and be an inspiring role model to other young cadets.



YEAR 10 SKI TRIP TO ITALY

In the early hours of Saturday 7th January, ninety-five Year 10 students, accompanied by nine St Louis' staff, departed Belfast International for the school's bi-annual Ski trip. The group arrived in Milan and made the journey to the resort of Folgaria. While there was no snow in the village, the slopes were in perfect condition for the St Louis' group to enjoy six fun-filled, action packed days of skiing. Aoibhinn McCloskey (10 Lismoyle) describes her experience.

On Saturday 7th January, at the inhumanly time of 4am, many cars carrying eager pupils arrived at the departure gates of Belfast International Airport. We were on a 3½ hour flight which was bound for Folgaria, Italy. Once we arrived at our destination we endured a long bus journey which finally dropped us off at Hotel Irma, where we would be staying for the upcoming week.

Each morning we had an early start at 7:30am as this would ensure four hours of skiing for five days. There were two buses, which arrived outside the hotel every day to transport us up to the ski slopes. We received two hours of ski lessons each morning and then we had a hot lunch beside the slopes, before a further two hours of skiing. The majority of pupils had never skied before but after a few days' lessons, everyone had made a great amount of progress and had gained lots of confidence.

By the end of the week, each pupil had mastered the "magic carpet", the "button lift" and had moved on to the more advanced blue and red slopes. On our final day skiing, everyone took place in a slalom race, which was great fun! Then on the Friday evening, results were announced back at the hotel. There were many falls and tumbles throughout the week but luckily no one got hurt!

Most evenings after dinner, we took part in après-ski activities. These included shopping, ice-skating, going to the cinema and also a disco. We had attended mass on Sunday evening, which was spoken in Italian. The priest welcomed us and although we couldn't join in with saying the ceremony, we all listened attentively.

Our flight home was on Saturday 14th and we were all very upset leaving as we had experienced an unbelievable trip and made memories that we would not forget. We arrived back at Belfast International Airport to be greeted home by relieved parents who were all very happy to see us in one piece! Everyone had a great time in Italy and we were all very thankful for the opportunity.

Aoibhinn McCloskey, 10 Lismoyle



YEAR 14 HOME ECONOMICS VISIT TO FACTS

On Thursday 2nd February, Year 14 Home Economics Pupils visited the Food and Consumer Testing Suite (FACTS) at Ulster University's Coleraine Campus.

Dr Amy Burns presented an overview of the Consumer Management and Food Innovation degree programme. As Course Director and Module Coordinator for the Food Innovation module, she led a sensory overview and 'supertaster' challenge to familiarize the pupils with sensory characteristics. A sensory challenge (energy drinks) in their state of the art sensory booths gave our pupils first hand knowledge of participating in a consumer sensory trial.

The session included a consumer focus group, to evaluate what the pupils had tasted and reported upon. In addition, pupils had the opportunity to provide feedback on the proposed advertising logo of a new energy drink anticipated to be on the market by March this year called 'Shindig'.

A thoroughly enjoyable and productive afternoon was had by all.



MACLARNON CUP REPORT 2016/17

Once again our senior footballers had a very good MacLarnon Cup campaign this year and preparations began early in the school year ahead of the group stages starting before Halloween.

The squad had comprehensive victories over Virginia College Cavan and Holy Trinity Cookstown before a late flurry of scores saw St Ciaran's Ballygawley win the final group match of the competition. A superior score difference ensured St Louis' avoided the knock out stages to advance straight to the quarter final stage after Christmas.

Their opponents, Loreto Coleraine looked to have secured a semi-final slot as the game entered stoppage time at Owenbeg but Connor McAuley was the hero for St Louis' as his last gasp goal earned his side a draw. The replay was scheduled for two days later and while Loreto pushed hard and created chances, St Louis' were the much better side and progressed to the semi-final of the Danske Bank MacLarnon Cup for the third year in a row. On this occasion, St Louis faced group opponents, St Ciaran's Ballygawley again. Despite trailing for most of the opening thirty minutes of play, a Ronan Kelly goal gave St Louis a one point lead at half time. Both sides defended in numbers in the second half but it was the Tyrone side that were more accurate in front of the posts and progressed to their first MacLarnon final on St Patrick's Day.

Danske Bank MacLarnon Cup results 2016/17

Virginia College 1-2 SLG 2-8
SLG 3-12 Holy Trinity Cookstown 0-4
SLG 0-8 St Ciaran's Ballygawley 1-11

Quarter final (08/02/17): Loreto Coleraine 3-7 SLG 2-10

Quarter Final replay (10/02/17): SLG 2-8 Loreto Coleraine 0-12

Semi final (25/02/17): St Ciaran's Ballygawley 0-17 SLG 2-8

St Louis' 2016/17 MacLarnon Cup squad: Anton McGrath, Aaron McNeilly, Cillian Burke, Conor Carey, Conal Doherty Cuning, Cathair Henderson, Conor Kinsella (Capt), Cormac Lemon, Connor McAuley, Conor Stewart, Darragh Fagan, Declan Mallon, Eoin Campbell, Eoghan Daly, Eamonn Elliott, Eoin Walsh, Killian O'Boyle, Liam McCann, Liam McKernan, Michael Carberry, Patrick Graffin, Ruairi Griffin, Ronan Kelly, Ryan McGarry, Rory McLarnon, Sean Convery, Seaan Elliott, Shea Madden and Tiarnan Quigg.



GALLERY VISITS IN BELFAST

A-Level and GCSE pupils spent a beautiful, bright, Winter's day in Belfast on their annual gallery visit.

First stop, pupils took a walk through Belfast School of Art, where many of them aspire to study in the future. Next stop was the MAC gallery to view the MAC International exhibition. Pupils gained valuable inspiration from many of the contemporary artworks on show.

Our final stop of the day was a visit to the Ulster Museum to take photographs of objects and artefacts that could be used in their work.

Last but not least pupils viewed the True Colours Exhibition, which showcases many of the top marked candidate's work from Northern Ireland.



JUDE IN C.S. LEWIS ADAPTATION

The Belfast stage beckons for Year 11 pupil Jude Dobbin, who is currently starring in Youth Lyric's production of *The Lion, the Witch and the Wardrobe*.

The show is enjoying rave reviews and this is a real thrill for Jude, who we're sure has a bright future ahead.



2017 YOUTH AND PHILANTHROPY INITIATIVE

Nine groups of students from Year 10 battled it out on Friday last 3 March in the final of the YPI charities event with the winning group receiving £2000 for their chosen charity. All the groups presented excellent pitches for their respective charities and the preparation, enthusiasm and commitment to their individual causes was admirable.

After deliberating for some time due to the quality of the presentations, the judges decided to award this year's cheque for £2000 to 'The Can,' which is a local Ballymena charity supporting people with both learning and physical disabilities. 'The Can' has a facility situated in the People's Park in Ballymena and they operate 5 days per week, providing a bespoke venue for some 250 potential clients who use the facility as a social centre where they are given friendship support and respect.

The students in the winning Year 10 Lurig group were Maria McCann, Ciaran Agnew, Joseph Agnew and Siannah McKeown. The judges were very impressed by the research and personal input, which reflected some of the basic local issues confronting those people in our local community who have learning or physical impairments. The group go onto represent the school at a prize giving ceremony in Belfast in June when all the N.I. winners will be present.



GCSE ART & DESIGN

Some of the excellent exam works in progress in the Art & Design Department; Shannon O'Kane and Ellie O'Donnell demonstrate their artistic talent. Watch this space for the full exhibition next term!



ADDRESSING IMAGE & SELF ESTEEM AT ST LOUIS

Lily Cassidy creatively tackles the increasingly prevalent issue of self and body image, in the form of a poem with a powerful message.

Am I pretty now?

To others she is a sign of beauty and grace,
But when she looks in the mirror all she sees is disgrace.
She doesn't see her gorgeous long hair,
She doesn't see her skin so fair

She doesn't see her eyes so, blue,
She doesn't see herself like me or you.
She has an idea inside her head
So she sees her bleached hair as being dead,

She sees her eyes as dull and grey,
She wishes her spots would go away.
She covers herself in makeup and tan,
To be skinny, countless miles she has ran.

Her mother has warned her it's bad for her health,
But to her all that matters is beauty and wealth,
Or how many boys will call her pretty,
For she doesn't care about being witty

She's 'inspired' and corrupted by teen magazines
That show pictures of models in tight skinny jeans,
With makeup galore and Photoshop ripe,
There's a reason that teenagers don't sleep at night.

By Lily Cassidy (Year 12)

EXAM PRAYER

The coming months can be a challenging time, particularly for our GCSE and A-level pupils, as exam pressure builds. Together, we reflect in prayer for inspiration and guidance for all our pupils as they prepare for examinations, so that each and every candidate may fulfill their true potential.

St. Joseph of Cupertino

O St. Joseph of Cupertino who by your prayer obtained from God to be asked at your examination, the only preposition you knew. Grant that I may like you succeed in this examination. In return I promise to make you known and cause you to be invoked.

O St. Joseph of Cupertino pray for me,

O Holy Ghost enlighten me,

Our Lady of Good Studies pray for me,

Sacred Head of Jesus, Seat of divine wisdom, enlighten me.



SLG PROUD INVESTORS IN MENTAL HEALTH

St Louis are the proud to be named amongst the recipients of AWARE NI's new initiative, 'Investors in Mental Health.'

We are pleased to have been awarded this accolade on account of our commitment to the mental health and wellbeing of our pupils. To this end, we have participated in numerous programmes and workshops during the academic year, dedicated to addressing various aspects of mental health affecting young people today.

Here at St Louis, we recognize the importance of starting a dialogue surrounding mental health. The statistics speak for themselves; currently, one in ten children have a diagnosable mental health condition. Visiting AWARE NI representatives outline to our staff and pupils that by facing and confronting mental illness in the first instance, we can help destigmatise it, thus beginning the journey to health and happiness.

AWARE are the national depression Charity for N.I. and pupils have gained much enlightenment from their engaging 'Mood Matters Young Peoples Programme.' We look forward to maintaining our dedication in this area.



SPORTING ALL STARS AT ST LOUIS!

Congratulations to Eoghan Daly, Ryan McGarry and Conor Kinsella, who have received All Stars.

Eoghan Daly has been selected as a QUB Future Stars All Star. This QUB programme identifies elite athletes at a young age and supports a training programme to develop their sporting talents. Over the next two years Eoghan will receive specialist guidance on nutrition/diet and sports skills as well as careers guidance with a progression route to a QUB field of study. Eoghan is the first student from our school to avail of such a package!

Ryan and Conor received College All Stars for hurling, a great achievement for both pupils. Our PE department at St Louis are immensely proud of all three athletes, and believe that is a testament to their hard work. Mr Adams, head of PE states that the boys have *'always given tremendous commitment to sport in the school.'*

Congratulations to Eoghan, Ryan and Conor on such a prestigious achievement!



CAMOGIE ALL STARS 2017

Massive congratulations to Caoimhe Conlon, Catriona Graham and Victoria Edgar who all received a college All-Star in 2017. Caoimhe, Catriona and Victoria were selected out of approximately 100 girls to be awarded a college All-star. What a fantastic achievement!

Caoimhe received her first All-Star and has a most promising Camogie future ahead.

Victoria received her second All-Star in a row, and with this shows she has the upmost potential to become a great star in the future.

Catriona received her third All-Star in a row – an outstanding achievement that has only ever been accomplished by a very select few in the history of All Stars.

These three girls have worked tirelessly throughout their time in St Louis on and off the Camogie pitch, and to have their talent, hard work and skill recognised is truly fantastic. An excellent achievement for three girls who have shown the upmost dedication and commitment to St Louis Camogie over the last number of years.

Well Done girls!



ART AND DESIGN MOCK INTERVIEWS

The Art department have welcomed fashion designer Geraldine Connon to St Louis, to work with A-Level art and design pupils wishing to gain entry to university.

Geraldine advised pupils on interview skills and how to improve their portfolio, whilst providing valuable information on working in the creative industry.



FRIENDS OF ST LOUIS LAUNCH THE PRESIDENT'S AWARD



The President's Award is the world's leading youth achievement Award which gives 14-24 year olds the opportunity to gain recognition for all the fantastic activities that they partake in. There are three progressive levels of programmes, which when successfully completed, lead to a Bronze, Silver or Gold.

The award is a direct challenge from the President of Ireland to young people aged 15-25 to dream big and realise their potential. By taking part in this award, pupils of St Louis will take on exciting personal, physical and community challenges and develop new skills and new friendships.

St Louis pupils will complete Gold and Silver Expeditions this year. The Gold Award pupils will complete a hill walking expedition in the Wicklow Mountains National Park. The aim of this expedition is to develop initiative and a spirit of adventure by planning, training for and completing an adventurous journey as part of a team. The expeditions across all levels will involve one practice expedition and a qualifying expedition. Pupils will be camping and preparing their own food for the duration of the trip.

The award will also involve a volunteering section. The aim of this section is to inspire young people to make a difference within their local communities or an individual's life and develop compassion by giving service to others. There are many benefits to pupils of volunteering in St Louis; they have the opportunity to learn about their community and feel a sense of belonging and purpose.

Our school also has excellent sporting facilities that benefit the physical section of the award. St Louis competes across many different sporting fields, with individual and team sports catered for in the school. With a new state of the art gym under construction, the school is helping to inspire pupils achieve a greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

Finally, there is a skill section that the pupils must undertake. The aim of this section is to inspire to develop practical and social skills and personal interests. The school community offers a vast range of skills; everything from cooking, woodcraft, ICT and coding, through to developing musical and artistic talents. The school feels that by choosing to develop a particular skill, young people realise their unique potential and gain greater confidence and team building skills.

Friends of St Louis has provided much needed equipment; allowing the award to run properly and granting our students the opportunity to maximise their potential.

A Glimpse of what the Presidents' Award Pupils are Participating in:



Volunteering

Name: Jordayna Magill
Award Level: Silver
Activity: Sports Leadership

I will be based in Ahoghill Community Centre and will be helping to teach primary school kids Tae Kwon-do. I want to facilitate pupils moving from white belt through the grades



Physical

Name: Molly Brady
Award Level: Silver
Activity: Team Sports – Gaelic Football

To improve my Physical Fitness I am going to focus on Gaelic football with my Club All Saints'. I plan to train in St Patrick's College outdoor pitch and play competitive games on All Saints' pitches.



Skill

Name: Charlie Henry
Award Level: Gold
Activity: Focusing on a new skill – Learning to Drive

The target that I have set for myself and to work alongside achieving my Gold President's Award, is to attain my driving licence. In order to achieve this I will need to pass my theory and practical driving test. I plan to take driving lessons at least once a week to develop and improve my knowledge and skills on the road.



Residential

Name: Shannon Turner
Award Level: Gold
Activity: Learning about different Cultures and Education Systems in Finland

I am planning to travel to Finland with members of the Ballymena Learning Community and stay in a Finnish residential activity centre. There I will take classes in a Finnish school, and in the evening I will be participating in activities to learn about the Finnish Culture.

HEALTH, WELLBEING AND LIFESTYLE

In this edition of Kintullagh Voice we will discuss how refining and focusing our breathing technique can unlock greater levels of fitness and improved health.

The Oxygen Advantage

Oxygen is the most important nutrients in our body; we can survive for weeks and days without food and water, whereas only minutes without Oxygen. Respiratory muscles control airflow into and out of our lungs, while gas exchange occurs in the alveoli and muscles cells to ensure our tissues are saturated with Oxygen. Thankfully these processes are outside our conscious control - we don't have to remember to breathe!

It is instinctual for humans to breathe in and out their nose at rest, however somewhere along the line we have developed the process of using our mouths more to inhale and exhale. The problem associated with this is it starts to use muscles of the chest and neck to regulate breathing, rather than exclusively rely on the involuntary diaphragm and intercostal muscles. This means we use more than we need to, we over-complicate breathing and become inefficient.

Thankfully this is something that is easy to reverse; all you need to do is follow these simple steps - 'Breathe Light to Breathe Right'.

Breathe Light to Breathe Right

- At rest make a conscious effort to only breathe in and out through your nose - this may take effort at first but the more you practice it the more habitual it will become. A couple of minutes at time to begin with is fine.
- Let your diaphragm control your breathing. As you inhale your tummy should push out, then suck back in as you exhale.
- Focus on decreasing the frequency of your breathing, longer and slower breathes in and out is a lot more efficient than lots of little breathes.
- Where possible practice this technique lying down with your hands on your belly -this gives you a great appreciation of how the diaphragm can control breathing.
- Become aware of how breathing properly starts to make you feel more relaxed and better about yourself!

Further Strategies to Assess and Improve Breathing

Breathing Pyramids

This is a simple breathing exercise you can practice that will improve the efficiency of your respiratory system.

- Start by relaxing and regaining a normal breathing pattern. Breathe in and out through your nose.
- First of all inhale for 1 second and then exhale for 1 second.
- Then inhale for 2 seconds and exhale for 2 seconds. Continue to increase the length of each inhalation and exhalation.
- Work up to either 6 or 7 seconds inhalation/exhalation and then come back down the pyramid to 1 second.
- When inhaling concentrate on pushing your tummy out, exhaling sucking your tummy in. This ensures the diaphragm is controlling the process.
- Give yourself 1 minute rest and repeat a further 2 times. If you can do this once a day you will start to notice an improvement, a couple of times a day then even better!
- You can even practice this pyramid on the m---ove by replacing seconds with steps. Breathe in for a step out for a step, breathe in for 2 steps and out for 2 steps....

The final piece of advice is to consider where you get your supply of Oxygen from. The best place is from outside by going for a walk in a wood, on a beach, up a mountain, on an adventure! Improving health, wellbeing and lifestyle doesn't have to laborious, expensive and time-consuming! It's about making good decisions little and often that will make you feel better!

If you have any underlying health issues or concerns please consult your GP before taking on board any of the strategies outlined above..

FINLAND VISIT

Over the midterm break, myself, Priya Thomas, Shannon Turner, Emma McKeever Naomi Rafferty and 10 pupils from other local schools spent a week in Finland as part of a Finnish and Irish young women's exchange programme. The aim of the programme was to discuss our differing experiences and sometimes problems, growing up as young women in our respective countries.

Our first new experience came on our very first morning in Finland, when we were taken down to the seemingly endless frozen lake outside our accommodation and were amazed at how casually our Finnish friends stepped out onto the lake; not surprising considering they race their cars on the frozen lakes for fun! That evening we then got to try sledging down a candle lit slope and we also got to know the Finnish girls a bit better.

The next day we went shopping in Kotka and afterwards we spent the rest of the day skiing. For all the Northern Irish group it was our first time skiing, so it was both daunting and exciting to try it for the first time. As we grew in confidence we then could progress onto the bigger ski slope and were treated to a barbecue with toasted marshmallows in the evening. The next day we went to an event organised by a local school and got to make and try traditional Finnish foods such as sweet buns and meat pies. The Finnish group then prepared a Finnish culture night where we learnt Finnish phrases such as "Moi" (meaning hello) and "kiitos" (meaning thank you) and then we were allowed to try the Finnish obsession that is the sauna!

On Sunday we went to Helsinki, where we visited the modern art museum, local landmarks and shopped...a lot! On our sixth day we spent a school day at Pyhtää, which was a really eye opening and worthwhile experience. We learned that children don't start school until the age of seven and the particular school we visited caters for children aged seven to eighteen, meaning you could potentially be at the same school for eleven years.

While sitting in a Swedish lesson (although I didn't learn any Swedish), I discovered that if a child was restless they could sit on an exercise ball instead of a chair and there are 15 minutes breaks between each lesson!

What I learned from this experience was that the Finnish girls are really not that different from ourselves (although they may be more accustomed to ice and snow!) and we look forward to seeing them again when they come to visit in June. On behalf of the students from our school, I would like to thank Miss Pickering for her organisation of the trip and keeping us entertained with her singing on the bus journeys!

Eimear Smyth



FORTHCOMING EVENT FROM FRIENDS OF ST LOUIS (FOSL) ...SAVE THE DATE!

There will be a fabulous Afternoon Tea on Saturday 29th April, from 2.00pm to 4.00pm in Leighinmohr House Hotel (£18 per person, tickets to be purchased in advance – from the School), in support of PIPS and FOSL.

FOSL are a support group for the school who are striving to involve and include parents of pupils, past and present, to future benefit the school as a whole.

PIPS (Public Initiative for the Prevention of Suicide and Self Harm) provide support to individuals who are considering, or who have at some point considered, ending their own lives. PIPS can also provide support for families who have been touched by suicide.



Friends of St. Louis & (FOSL NIC 100223) St. Louis' Grammar School *- present -*

Fabulous Afternoon Tea



**Leighinmohr Hotel, Ballymena
Saturday 29th April 2017
2.00pm - 4.00pm**

*Admission by Ticket available at School
Tel: 028 2564 9534*

**Contact M. Henry - mhenry875@c2kni.net
Proceeds in aid of PIPS and FOSL
- Ticket: £18.00 each -**

THE WONDER OF TESSA

On Wednesday 22nd March, 8 Lismoyle spent a most memorable afternoon when they received a very special and spirited visitor to their English lesson. At just 4 years of age, little Tessa Evans from Maghera is the tiny girl with the big message: that different is beautiful.

Tessa was born with an extremely rare congenital facial condition known as 'Arhinia', meaning she was born without a nose. Her visit coincided with Year 8's current novel Wonder, a story by R.J. Palacio which follows the character of 10-year-old August Pullman, born with Treacher Collins syndrome and a cleft palate. The novel traces the difficulties faced by Auggie as he attempts to navigate the daunting and uncharted waters of middle school in New York.

Tessa's mum, Grainne, is a huge fan of the novel and welcomes the popularity it has rapidly gained since its publication in 2012. She has fully embraced the opportunity Wonder has granted their family to raise awareness about Tessa's condition and emphasise the importance of the book's central themes and message: to celebrate difference rather than 'looking away' from it.

Once the clear parallels between Auggie and Tessa's story were identified, it was agreed within the English department that there was enormous scope for a valuable learning opportunity. 8 Lismoyle were immediately excited and prepared so impressively for the event that Tessa was immediately at ease. Our pupils fell in love with her almost instantly! Demonstrating great sensitivity, the class introduced themselves individually and each member warmly shared the personal characteristic which distinguishes them as unique. As a result, many surprising and entertaining discoveries were made, and once the ice was broken it wasn't long before Tessa had hugs, high-fives and fist bumps for the entire group!

A lively and informative discussion stemmed from the varied questions 8 Lismoyle had carefully devised, which surrounded 3 main areas of focus: the fears Tessa's parents have for the future, negative experiences they've had in public, and lastly, the many positive aspects that Tessa's condition has brought to their lives.

Tessa then gave a very informative demonstration of how her tracheostomy worked, before introducing her special baby doll 'John' (pictured), who also wears a 'trachy.' With their help, Grainne showed pupils how they regularly have to clean it using a special suction machine.

All in all, it was a thoroughly productive and uplifting learning experience for our Year 8s. Thanks to little Tessa, they all made extremely perceptive and sophisticated connections with Wonder, and her magnetic personality really brought the novel to life!

They learned a valuable lesson in compassion and empathy from a wonderful teacher, who has since been unanimously conferred honorary membership to 8 Lismoyle!

Pupil Testimonials!

"Tessa is a miraculous wonder; she is only four years old, however she completely understands her condition, and she recognizes fully that she is different. She is a beautiful child, full of fun, laughter and personality. I loved when we got to tell her and her parents our names and what makes us unique, because we got to open up to Tessa and explain to her that she isn't the only person who's different. We all have our own personal quirks and flaws, which make us who we are." (Maevie McAuley)

"Tessa's visit was amazing! For a child so small, she had a personality so big! Being only four years old and coming into a class of 'giant' first years, you would have thought she'd be terrified, but I couldn't be more wrong! She announced her condition proudly. Even though my class were trying to make Tessa feel comfortable, I truly believe that it was Tessa that made us feel at ease! She was like a little parcel that couldn't wait to be opened, revealing all the fun, laughter and happiness that were neatly packaged inside." (Grace McVeigh)

"Tessa Evans isn't any 'normal' kid; she is a very funny, bubbly and cute kid who dances around the room, is great at telling stories... AND she just happens to have been born without a nose! We can learn a lot from Tessa; it's not what's on the outside that counts." (Michael Traynor)

"We were all expecting Tessa to be quite shy and nervous as she was only 4, but she was quite the opposite! She came running in to the library shouting 'Hello everybody! I'm Tessa and I was born without a nose!' She said it so proudly, giving everyone hugs and high fives. I loved how she was so confident and she's highly intelligent; the smartest 4 year-old I've ever met! Both the novel, and Tessa have taught me NEVER to judge a book by its cover; we are all unique and all equal." (Lara Ball)

"Tessa's mummy was very brave and answered everyone's questions in detail, even though some of them were hard to answer. She really gave us an insight of what Auggie's mum went through in the novel. It was such an interesting and enjoyable lesson!" (Katie Molloy)

Tessa's visit taught me not to be scared of people who look different, but to go over and talk to them instead of 'looking away quickly' as Grainne (Tessa's mummy) described it. Tessa is so full of life and she really brought happiness into ours. I really hope we see her again soon." (Aimee McBride)



ÁR dTEANGA ROINNTE

Pictured are some Year 10 students who participated in 'Ár dTeanga Roinnte', on Monday 20th March. It proved to be an engaging workshop which gave the pupils into Irish as a 'shared language.'



NORTHERN IRELAND UCAS CONFERENCE

UCAS

On Wednesday the 8th March, thirty Year 13 Students attended the Northern Ireland UCAS Conference in the Ekion Centre Lisburn.

This Conference brought together in excess of one hundred and fifty representatives from Higher Education Institutions across the UK and Ireland. The students had the opportunity to engage directly with University Admissions tutors, gaining valuable information on both the diversity of courses on offer and the selection process required. This event proved to be extremely valuable in helping to inform and inspire the students on their future career plans.

NEW ARRIVALS

We would all like to extend our congratulations to Mrs McAllister, Mr McGoldrick and Mrs McFadden on the birth of their babies. Welcome to the world little Suzi, Nora and Emma! Staff and pupils wish you all the best.



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UPCOMING DATES AND EVENTS

Monday 10th – Wednesday 12th April

Year 11 GCSE PE Orienteering

Tuesday 11th April

A Level Art Exam
Easter Concert

Tuesday 11th – Thursday 13th April

President's Award (Silver) Practice Expedition

Wednesday 12th April

Year 8/9 Easter Film (Periods 6/7)

Thursday 13th April

Staff Development Day (pupils should not attend)

Friday 14th – Friday 21st April inclusive

Easter Holidays

Monday 17th – Saturday 22nd April

Lourdes Trip (Years 13/14)

Tuesday 25th April

A Level Art Exam

Thursday 27th April

Year 8 Norman 'Living History' Workshop
Junior UK Maths Challenge

Monday 1st May

Holiday (school closed)

Tuesday 2nd May – Thursday 29th June

External Summer Examination Series

Thursday 4th May

Year 14 Mass

Friday 12th May

Year 12 Mass

Monday 29th May

Staff Development Day (pupils should not attend)

Wednesday 7th June

Sports Day

Wednesday 7th – Friday 9th June

President's Award (Silver) Qualifying Expedition

Friday 9th June

Year 9 HPV 2 Vaccine

Friday 9th – Wednesday 14th June

Junior Exams

Wednesday 21st – Sunday 25th June

President's Award (Gold) Qualifying Expedition