



Winter Newsletter 2016/2017

The Newsletter Committee

The student newsletter committee gathered for the first time in September 2016, focusing on a variety of Ballymakenny College events. Articles in this newsletter have been planned, researched and written by the committee. Members include, Katelyn Rose Brady, Louise Cunningham, Ebipade Fufeyin, Linnea Hughes, Moya Louise Judge, Shaunamay Martin-Bohan and Sadhbh Mc Donough. Thank you to those who contributed and helped with the articles. We hope you enjoy reading this student edition of our school newsletter.



Amber Flag and Wellbeing Week

By Linnea Hughes and Sadhbh Mc Donough

In Ballymakenny College we are working on promoting positive mental health in the school. We help out once a week with the Amber Flag. We meet on Thursdays to gather together ideas and actions we could take to encourage positive mental health. There are lots of different groups that make up the Amber Flag team, such as the LGBT group, Mindfulness and the Environment group. We are a part of the Wellbeing group. Every group works towards raising awareness of positive mental health, and towards improving the wellbeing of students through work on the school environment in general. In November there was LGBT week and the LGBT group lead the various activities, helping to create a school environment that welcomed diversity.

Wellbeing week took place in November. Our group was made up of seven students and our teacher Lynn. We took a lot of time planning what we would do throughout the week, and we decided to have a different theme for each day.

Monday was friendship day; we made props and an Instagram board out of cardboard so that we could have a photo booth area in the cafeteria. This was a lot of fun and we would like to thank Laura for kindly coming in. After lunch, for fifteen minutes, we had a meditation session in the library with candles and soft music.

Tuesday was fitness and relaxation, Wednesday was healthy eating day and the cafeteria sold lovely smoothies at break and at lunch. Thursday was smile day and it was an amazing, happy school day. We were very fortunate as Glanbia had kindly given the whole school free milk. Everyone was thankful we all enjoyed the healthy addition to our lunch.

Since we had so much planned for Wellbeing week, we had to meet every day during the week before it so we could get everything ready. Thankfully we got everything done, it was a great success and very enjoyable!

Thank you to all who got involved and took part. Thanks to Labfitness and Glanbia for being so generous.



Team Hope by Linnea Hughes

Team Hope is an organisation founded in 2009. The charity is all about love. They called it a heart to heart. It means that it comes from your heart and you give to the hearts of those in need. Christmas in third world countries can be very hard as people can't afford the luxury of presents, some of the children are also suffering in hospitals or they are in orphanages. Team Hope works with lots of different countries like Africa and Eastern Europe.

When organising our Action Project for CSPE we learned what should go into the shoeboxes that Team Hope send to the children to make their Christmas better. When filling the boxes you have to keep in mind the 4 W's.

Write – Items for school e.g. pencils, paper etc.

Wash – Some hygiene items e.g. toothbrush, soap etc.

Wear – Warm items of clothing e.g. hats, gloves, scarf etc.

Wow – Something special e.g. Jellies, a letter, a teddy etc.

In my shoebox I put in a teddy, toothbrush, toothpaste, nail polish, hair bands, bracelets, earmuffs, lip gloss and soap to name just a few things.

We were very thankful to have received 70 shoeboxes from people in the school. This was great as our initial target was 50 shoe-

boxes. We spent one morning gathering all the shoeboxes together and donated them on the 23rd of November. Ten students from Yeats went to the Grammar school to help out.



It was a great activity and we were glad to have made a difference.

MS Readathon by Katelyn Rose Brady

This year at Ballymakenny College seventeen first years took part in the MS Readathon. They read from 7th October to the 7th November 2016. During that month the students read at school during DEAR time (Drop Everything And Read) and at home. We took part in the Readathon to help raise money for children with MS.



Together we raised €450. Well done to all who took part and thank you to anyone who sponsored us!



Credit Union Art Competition

by Shanunamay Martin-Bohan

In September and October both second and third year art classes worked on their art projects which would be entered into the 33rd annual Credit Union Art Competition. The Credit Union Art Competition is about rewarding self expression and the imagination of young artists across Ireland. The theme of this year's art competition. Was "Dreams were made of this" this was

truly evident in the winner's work. Students created pieces about travel and others about space. On the 27th of October Ballymakenny was glad to see six art student presented with awards in the 11-13 and 14 -17 categories for their outstanding pieces at The Westcourt Hotel .

Salisa Atthaisong (a third place winner in the 14-17 category) said her work was not about the art skills but about the imagination. When asked about the receiving of the award she described it as a phenomenal experience.



Maths Week

By Katelyn Rose Brady

Maths Week took place from the 17th to the 21st of October. It was a great way to promote Maths in the school and get people to think about Maths in a new light. There were competitions throughout the week which everyone could get involved in. One of the competitions was a multiplication speed test. I got through to the final of the competition and felt really proud. Unfortunately I did not win, but there is always next year. We also had a guess the number of sweets in the jar and other fun games.

