

Issue 20
Term 3
May 2015

Coláiste Nano Nagle Newsletter



Principal's Message

We arrive again at the end of another very busy school year and so much that has happened in the school throughout the year. I would like to thank all for the hard work and to thank those of you who have contributed to the many successes in the school.

Many students have participated and achieved great much in sporting creative music and business competitions and activities during the year. The school has also given much to the local community in fund raising and doing good deeds also. Well done to all of you who have been involved and my thanks to the teachers who have mentored and encouraged you throughout.

I would like to wish Mr. Carmody Ms. Gaughan and McCarthy the very best as they set off on a journey to India in June. This is part of the Global Schools Initiative which their school is involved in. I hope you have a wonderful trip and we look forward to hearing your stories of life in schools in the heart of India.

Our Leaving Cert, Leaving Cert Applied and Junior Cert students are counting down the days now for the start of their exams and I would like to wish all of you all students the very best of luck. It is a difficult time for you but it will come and go very fast and you have weeks ahead with no more study to look forward to. Remember that there is still plenty of time to catch up on your revision!

To the Leaving Cert students we say goodbye as they finish in Coláiste Nano Nagle and I wish all every happiness in your lives ahead. New journeys and new experiences with so much to look forward to. Enjoy your lives ahead, give of your best and look after yourselves.

We also say goodbye to Mrs. Dolores Hennigar who is retiring from teaching after 40 years teaching service in the school. I would like to thank you Dolores and thank you on behalf of the thousands of students you inspired and encouraged during your teaching career. You fully deserve your well earned rest and I wish you health and happiness in the new chapter you are about to embark on.

Kind regards, Marion Cummins, Principal.



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Leaving Certificate Class 2015 with Mrs Marion Cummins, Principal

Green School Achievements

Green School News

We are delighted to announce that on the 13th May, 2015 our Green School Students project entitled 'Waterworks' were the Overall Water Winner in the Junior Category. The students did environmental actions on water conservation. For example, they raised €248 euros for Trocaire for water pumps in the Developing World. They conserved water by identifying leaks in the school and putting filled water bottles into the toilet cisterns to reduce water used in the toilets. They had a day of action on water and produced a leaflet on how to save water. Finally, they looked at the unsustainable practice of supplying over 54,000 water bottles each year with school lunches from our school. They wanted to highlight and stop this unsustainable practice and that our school should provide students with reusable plastic bottles and a filtered tap.



The above students in the Mansion House, Dublin, 13th May 2015, at the Young Environmental awards in Dublin. L to R: Natasha Kelly, Emma O'Reilly, Nicole Kelly, Sophie O'Neill Dillon, Chloe Mason and Kerrienne O'Grady.

Students in TY produced a bottle dress representing 320 bottles that we give out to students each day to highlight this issue. The judges in Dublin were very impressed with this statement dress and with the student's enthusiasm over this issue. This work is still ongoing. **Over 75 schools pitched their projects to a panel of judges in the Mansion House in Dublin. They won a lovely framed Certificate and Trophy. Well done to all the girls involved especially as they worked on this project during lunch time once a week.**

One of our outfits reached the very competitive semi-finals of the Junk Kouture Fashion Competition in the University of Limerick in March of this year. Natasha Kelly and Kerrienne O'Grady's bottle dress was chosen. While they didn't reach the final this year, they performed brilliantly in the semi-finals and did both themselves and their school proud.



Finally, we have achieved **our third Green Flag for Water**. This is a two year programme and this would not be possible without the help and support of my excellent Green School Students who are always at meetings during their lunch time and always willing to help with any actions and jobs that need doing.

Well done to the Green Team from Ms. Ahern



Congratulations to Ms. Helen Ahern and the Green School Team who won a Green School Award in Dublin on May 14th 2015.

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Student Natasha Kelly

Development Education News! - Ireland & India

Development Education News!



Loreto Day School

Affiliated To WBBSE & WBCHSE **Sealdah, Kolkata**

Our commitment to Development Education (DE) has continued to blossom since our last newsletter. DE is essentially the inclusion in our learning of global issues to do with justice and human rights. *We especially focused in 2014-15 on "Girl Power Across the Globe" or education as a human right, especially for girls in developing countries or communities.* We are so grateful to WorldWise Global Schools (WWGS) for funding our project. We will continue in September!



In February our senior debating team in the Concern National Debating Competition went on to add yet another victory, this time against Ardscoil Mhuire, Corbally, to their unbeaten run that began well over a year ago! Alannah O'Neill (Captain), Liana Saveljeva, Rachel Constable, Nuschka Babela and Niamh O'Shea have all promoted DE in our school through the challenge of debating. Alannah says: "the team has plans to compete again next year and hopefully advance even further. I would recommend debating to anyone who wants to have their say on important issues (especially human rights), improve communication skills or even gain some confidence in public speaking"

Our Fifth Year Higher Level English class have completed a six-week creative writing project with Paula Leyden, a professional fiction writer, thanks to Poetry Ireland and



WWGS. They have produced a book of their own poetry and prose that focuses on intercultural identity and awareness of global justice issues. The book is due out soon and the girls hope to also sell some copies of the book to raise funds for earthquake victims in Nepal. Thanks to Bow for creating a wonderful front cover illustration!



Colaiste Nano Nagle will receive its *first ever "WorldWise Global Passport"* at Established level this May; this is a national award that recognises the efforts of post-primary schools in Ireland towards Development Education.



Finally, three teachers, Mr Carmody, Ms Ryan (Maths teacher) and Ms Gaughen are finalising their preparations to go to India in June. They will build on DE in our school by forging a partnership with two Loreto schools, one in the bustling city of Kolkata, one among the tea plantations and elephant habitat of Panighata. We very much hope that WWGS will fund two teachers from India to come here to spend time with us in the coming school year! We continue to explore DE together as partner schools!



Ceist Leadership & Choir Success

School Choir in Seinn Concert

On the 19th of March, members of the school choir took part in Seinn, a new initiative of the Limerick and Killaloe dioceses to promote liturgical music in schools. The day consisted of a variety of workshops and rehearsals before the main evening concert in UL concert hall. The girls had been preparing for the concert and learning the music in school



over the last few months. Over 500 students from various schools took part and many new friends were made along the way. Special congratulations to four of our students: Amanda Dawson, Rebecca Kiely, Katelyn Ryan and Nuschka Babela, who were chosen by the Seinn director to sing solo at the concert. All of the girls from our choir sang brilliantly and really enjoyed the experience. Well done girls.

Congratulations Ms. T. Gaughan on your outstanding work.

Singing at St. Camillus

Members of the school choir sang on two occasions at St. Camillus hospital recently. The girls provided the music for the Christmas mass for the residents and more recently at the mass for the month of May. The residents and staff were delighted to have the girls and singing and praying together was a very enjoyable experience for everyone present. The girls represented the school so well and are already looking forward to visiting again.



CEIST LEADERSHIP DAY

This year, three students attended the CEIST youth leadership conference. The conference was held in St. Patricks College in Dublin. During the conference the students were split up into groups for discussions, and to learn what it takes to be a leader in this day and age.

Students discussed how leadership styles were changing and how it is easier now, more than ever to inspire people, e.g. through social media.

They also discussed leadership within their own schools, the different systems used and how they thought that the young people could have more say.

Students were then given a speech from An Taoiseach before returning home.



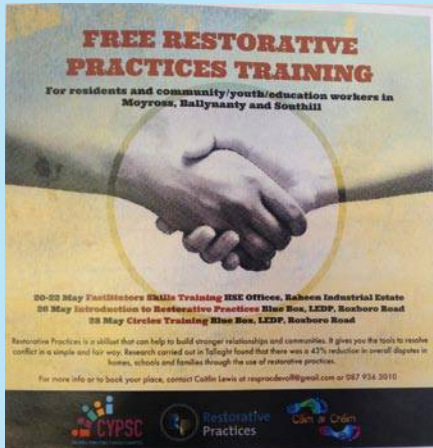
*...ceist Conference in
St. Patricks College, Drumcondra, Dublin.*

Parent's Corner

*Triona Murray,
Home School Community Liaison Officer, 085 1573302*

Restorative Practices Training for Parents

Restorative Practices is about managing conflict, harm and tensions by repairing and building relationships. Training is now available for parents and I would love if some of the parents would get on board. If you are interested in the one day introduction course on the 26th May please let me know and I will book you in.



Parenting Teenagers Support Programme



**Are your teenagers ruling the roost?
Do you find yourself shouting a lot?
Do you feel you have lost control in
your own home?
Are you worried about your child's
mental health?**

**Tuesdays
Parent's Room CBS Sexton Street
10.30am
Contact Triona Murray (HSCL) 085 1573302
for more details**

Let's Learn about Drugs and Alcohol Together is a workshop that took place in March for second year students and their parents. This workshop helped build the parents' knowledge of alcohol and drugs and gave them the confidence to talk to their children about them. Parents that attended were very happy they did and enjoyed having the opportunity to discuss it with their parents. This programme will be run again with next year's second year group.



Parents' Classes

Triona Murray helped organise a variety of free classes for parents throughout this school term. These courses included Cookery, Sewing and Crafts, Pilates, Spanish, Gaeilge, Computers, Decoupage and English as an additional language. All these courses are free to parents and more are welcome to join next year. All who took part this term enjoyed their class and are looking forward to courses that are offered in September. Contact Triona for more details on these classes at 085 1573302 or you can give her new suggestions. Here are some photos from some of the classes this year.

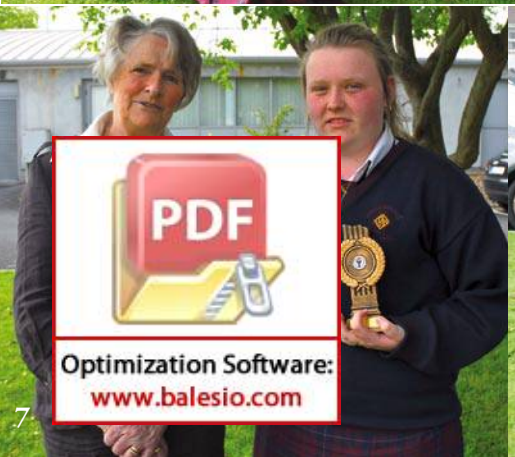


Comhghairdeas (Congratulations)



Awards Presentations by Chairperson of the Board of Management Mrs. Lelia Fitzgerald

1. *Junior Sports*
- Aicha Oyesola and Senior Sports - Kiera Reeves
2. *Student Year of the Year*
Anna Kern
3. *Carrie-Anne and Caitlin Stewart - 3rd year Students of the year*
4. *Chelsey Kinnane - 5th year Student of the year*
5. *Best LCA result 2014 - Eimear McMahon*
Best Leaving Cert. result 2014 - Ciara Judge
6. *Entrepreneur Award Winners*
7. *LCA Student of the year - Melissa Carey*
8. *SRC Prizewinners*




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Comhghairdeas

Prize Giving

Best Results Ciara Judge – LC
Alannah O’Neill – JC
Eimear McMahon – LCA

SRC Outgoing Rachel Doyle
Kara Hartigan
Ligita Lapinskaite
Sarah Little
Katelyn McMahon
Liana Saveljeva
Ailish Rowan

JRC Sophie Hannon – Yeats
Lauren Connery – Heaney
Kamila Kusiak – Joyce
Rebecca Kiely – Aine
Aicha Oyesola – Nessa
Claire Mullaney – Brid
Sophie Hayes – Deirdre
Nrden Tarabulsi – Una
Alannah O’Neill – TY

Head Girl Sarah Little and Ailish Rowan

Sports Kiera Reeves
(Senior Sports Person of the Year)
Aicha Oyesola
(Junior Sports Person of the Year)

Transition Year Fanie Hranda Carmody

Green School’s Chlie Mason
(to be accepted by Kerrie Anne O’Grady)

School Debating Alannah O’Neill
Liana Saveljeva
Nuschka Babela
Rachel Constable
Niamh O’Shea

Certificates in Excellence in recognition of outstanding school attendance
17 Students had full attendance this year.
This is a 33% increase from last year.

Caitriona O’Halloran, Aicha Oyesola, Caitlin Stewart, Rugh Greey, Nattawipha Promloi, Haboya Thabir, Lucia Hyde, Carrie-Ann Stewart, Chancelvie Mambouana Lisa Chi, Jessica Quinlivan, Lin Yu Long, Ranya Kodok, Naima Gabyow, Ailish Rowan, Emily Griffin and Benie Mambouana

Horse Riding Club Awards Rhia Carmody Kinnane
Clodagh Bannon
Leah Connors
Rebecca Cribbin

Entrepreneur Award Christine Franklin
Caitlin McCarthy
Emma Kelly
Suneika Khan

Rebecca Mangan
Zoe Jones
Veronika Ivanova
Lauryn Hamilton

Shannon Hickey
Magda Postawa
Rebecca Kiely
Daniella Deedigan

Rebecca Blake
Anastasia Perkova
Aisling Hanifin
Magda Walusiak

Junior “Student of the Year” Award
Carrie – Anne Stewart
Caitlin Stewart

5th year “Student of the Year” Award
Chelesa Kinnane



Senior “Student of the Year” Award
Anna Kern

LCA “Student of the Year” Award
Melissa Carey

Sen...yles

Bu... Emily Griffin

Co... Downey
on... Junior Cup
su... m all the
St... iste Nano
N... g...

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Training Programmes in TY

TY STUDENTS 2014- 2015



*L to R - Photo 1 -
TY students after their
skincare workshop with
make-up artist Laura
Halvey*

*Photo 2 -
TY students attending the
city gym for various fitness
classes with Mr. Downey*

*Photo 3 -
TY students learning how to
do CPR during their recent
First Aid Training*

*Photo 4 -
Nikola, Sasha and Natasha
at the Enterprise awards
with Ms. Hammill*

*Photo 5 -
TY students on completion
of their Cook It Programme
organised by Ms. Fogarty*




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Success at National Innovation Awards

To Ms. Edel Leahy for your inspirational leadership in TY and for the excellence in co-ordinating all programmes with your teaching team, we say thank you and well done.



- 1 TY students performing their two minute speak out in the Lime Tree Theatre as part of their young social innovator project
- 2 Déan é do nua-naíoch which was initiated by Ms. Madigan managed to raise almost €400 for the neo-natal unit in the Limerick Maternity Hospital
- 3 Sumika, Rebecca, Zoe and Lauryn whose Petmania project which was awarded second place in the Business through the ages competition in LIT pictured with Minister for Education Jan O'Connell
- 4 Waiting results' at the Limerick Business through the ages competition in LIT
- 5 The overall winners at the Limerick Business through the ages competition are Emma, Christine, Sumika and Caitlin
- 6 Students who competed in the Business through the ages competitions and won 5 dell tablets for our school - congratulations to you all!



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Be Active - Be Alive



A big thank you to Mr O' Sullivan for organising a fantastic health and fitness week. We are privileged to have you as a instructor and guide. We had fantastic fun events such as wellie throwing, hula hooping, a skipathon and drop everything and macarena. We also had a walk to school day. It was a great week and we are all much fitter and more active after it.

Health & Fitness Week




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Student vs Teacher Basketball Match

Begley beats the best in Basketball!



The annual student vs teacher basketball match.

The teachers put up a great battle but couldn't muster up the courage to defeat the senior basketball team, a nail biting finish saw youth winning the day and the six years running away with the silverware.

The winning team were coached by Ms. M Begley who is a former student now staff. Well done to everyone.



Pre-match team talk



Delighted Stars 2015

Jessica Coffey 1st Year Rang Heaney

Jessica plays Soccer with Mungret Regional under 14's. When she played with them under 12's she received a special trophy for top scorer for the season. She played on the Aviva where she participated in 3 matches from around the country and scored 1 goal. She and her team were very proud. Jessica continues to play for Mungret Regional and will participate in the under 14's tournament starting in September. Well done on your achievement. Thursday May 14th 2015.



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Seachtain na Gaeilge 2015

Seachtain na Gaeilge - Coláiste Nano Nagle



Scéalaíocht formed the theme of this years week of activities. Daisy Kearney, renowned Irish and local storyteller opened events on Monday 10th March. She was the highlight of the week and entertained 5th & 6th years and staff to many tales of life long ago. We, at Coláiste Nano Nagle were proud and honoured to have a lady of such presence, beauty and talent in our midst. Míle buíochas duit, Daisy agus Michéal d'fhear céile grámhar a bhí comh cinéalta agus cairdiul freisin.

1st and 2nd years took part in Tráth na gCeist while we had a lunchtime launch of Slabhra Lámha in the

garden. The theme of this new release is Is leatsa an Gaeilge. Ms. Marion Begley entertained on trumpet as well as our wonderful Ailish Ronan and Chloe Ahern who danced to entertain the students. Soloists and choir groups also sang amhráin as gaeilge.

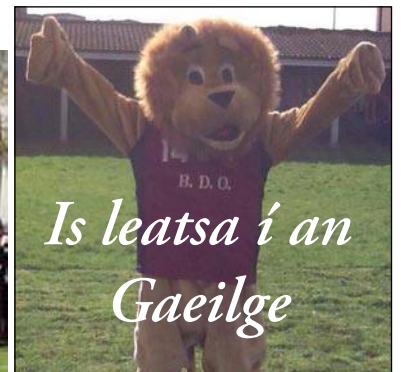
Ms. Catherine O'Sullivan entertained staff each morning with her story telling talents particularly Seomra a h'Ocht to a delighted audience.

Seachtain na Gaeilge concluded with a Lá Glas on Monday 16th March. €320 was collected from staff and students for Milford Hospice. Mrs. Marion Cummins presented this cheque on Sports Day to a representative of Milford Hospice Foundation. He was delighted to receive this money towards patient care at Milford Hospice, Limerick. Míle mór buíochas do mhúinteoirí agus daltaí a rinne iarracht cúpla focal a labhairt i rith na seachtaine.

Maith sibh!



Slabhra Láimhe i nGáirdín an Aoibhneas



Is leatsa í an Gaeilge

INSPIRE

The newly elected SRC had a great opportunity on Friday April 24th when they went to UL Concert Hall for the Tait House Community Enterprise Motivational Youth Conference 2015 called 'INSPIRE'. The event was

aimed to inspire and motivate the people in the audience. The newly elected SRC were truly inspired by each speaker and their stories. The speakers were Tony Sheridan, Chairperson Darkness into Light, Helen O'Donnell, of Tidy Towns, David Sheahan, Chief Superintendent, Vicki O'Toole, CEO of JJ O'Toole Ltd, Shane Mc Carthy, CEO of BlueChief and Munster and Ireland rugby legend Paul O Connell.

Richard Lynch, Paul O'Connell, Laura Moloney, Donna Ahern, Amy Ryan Quinlivan, Aisha, Chloe Hennigar, Rachel Constable and Samdba Gabyou at the conference.



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European School Tour

Brussels 2015

On Thursday the 30th of April, 21 students travelled to Brussels with Ms. Kavanagh and Ms. Duggan. We flew from Dublin direct to Brussels.

On the first day we did a walking tour of the city and took in some of the shops.

Day two was spent in Mini-Europe, this is a park where you can have a whistle stop tour around Europe in a few short hours, a truly unique voyage!

Day three, was the highlight of the tour. We went to Walibi Theme Park and experienced very exciting roller coasters and scary rides. We were very lucky with the weather.

Evenings were spent in around the Grand Place, where there are amazing restaurants. One of these was the Hard Rock Café where we ate on the Friday night.

We returned to Dublin on Sunday, feeling tired but everybody had a wonderful trip.

A huge thank you to Ms. Mary Kavanagh and Ms D Duggan for your time in organising this trip, travelling with the students and making the trip so memorable. Well done!



*Niamh Briggs (Garda and Winning Captain of the Irish Ladies Rugby Team who won the 2015 RBS 6 Nations and Women's Six Nations Champions 2015 with her colleague Niamh Keogh talking to students in the Library about **INTERNET SAFETY.***

A Healthy Mind in A Healthy Body

Sports Day

Our annual sports day was held on the 15th of May and as usual it was great fun. There were human pillows, human caterpillars, wellie racing, three legged races and sac races, to name but a few of the events. There was also the annual teacher vs student relay race which was won this year by a combined team of Mr Downey, Mr Daly, Nicole B and Sarah Q. Well done to Ms Murphy for organising another brilliant day. It was a great way to finish health and fitness week. Thanks to the PE department for all their work.



Science News - Ecology Field Trip

Ecology Field Trip

The fifth year biology students recently went on an ecology field trip to the Flaggy Sea Shore, Co. Clare. Here the girls carried out practical activities for their biology course and found many different types of plants and animals. Thank you to Ms Madigan and Ms O' Donovan who went with the girls on the day.



Stop cyberbullying Summit Coláiste Nano Nagle

Our school was recently selected to take part in a 'Stop Cyberbullying' summit in LIT. 18 first and second students were selected to attend this special event. The girls learned about the dangers of Cyberbullying and how to stop it. These girls will now be become anti-bullying ambassadors in our school. Well done girls.



Richard Lynch of 'I love Limerick' with a group of 1st year and 2nd year students at L.I.T. recently.

Lá le Pádraig i Luimneach 2015

Go raibh maith agat to Ms. Ceire O'Reilly for excellence in costume preparation an coaching the ladies of Coláiste Nano Nagle. It concluded Seachtain na Gaeilge in style. Mile mór buiochas do Sinead Moloney who co-ordinated the event for the second year in a row.



On Sunday the 15th March our students took part in the International Bands Championship. 27 students volunteered to take part in this spectacular event and had a very enjoyable day.

On the 17th of March we had a very special role to play in the St. Patrick's Day parade in Limerick, we were the official flag ambassadors for the parade. 30 of our fantastic students volunteered to take part in the parade and carry the largest tricolour flag in Ireland. As usual our students were amazing and did our school proud, we are so lucky to have such a wonder student body. We had a great day and we were all so proud to represent our school. Thank you to the students who took part in the band championship and in the parade. Thank you to Ms Moloney for all the work she did organising the school's participation in both these events.



Congratulations to the TY German students who recently sat their Fit in Deutsch exam. This exam proves that they can make themselves understood in simple German and is recognised across Europe.

Agricultural Science Trip



Fifth year ag science students on a trip to a local farm and to Killmallock mart. A big thank you Miss Hynes, Kevin, Tom and Jimmy for an amazing morning on the farm, and to PJ Buckley for giving the girls a tour of the mart. Well done to Ms Madigan for organising this trip with the girls.



Science News



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bring life to science.

Chone Ecuador South America

Greetings to all. As you know a long and wonderful part of my life was spent in Chone Ecuador. 1982-2000, before many of you were born. My work there was development and pastoral.



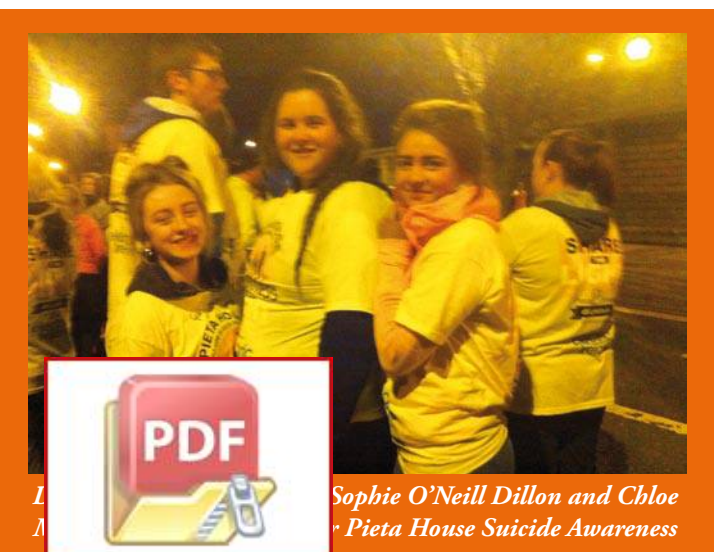
I have been blessed to have had the health and raised the finance to return every second year since my return and that has been seven summers and with

your help and the help of many friends good projects have been achieved, Thank God. Last September I went to Chone and my visit was cut short because of the death of my beloved Sister Margaret. However, I am happy to tell you that while I was there, four projects needing immediate help presented themselves to me.

1. The Indian Community in Quito are very poor and one of our Sisters has devoted her time and energy to work with them so I was able to help her with some development work and farm equipment for the Indian Community.
2. In Chone "Asmus" is a place that provides legal and psychological aid to young girls with children who are left abandoned and I was able to help them with your contribution from the school.
3. The local Hospital had very little medicine to attend the hundreds of patients that visited daily so they needed help.
4. An Irish priest Fr. Paul O'Connor had a housing project for very poor people and I was able to help there.

When one travels on a Missionary Journey the needs are many and it is always hard to choose just to say thank you and have a wonderful holiday.

Sr. Colette Hourigan



*Sophie O'Neill Dillon and Chloe
Pieta House Suicide Awareness*



Optimization Software:
www.balesio.com Basketball team and their coach
Ms. Degley this season.

Our Work is Our Prayer

Religious Education Department Review of 2015

We thank God for the gift of Faith which sustains and encourages us in Colaiste Nano Nagle. 2015 has given us many school celebrations and Reflection Days. T.Y. Students and Leaving Cert Students had their special days first term.

Our school team for Reflection Days this year are Maire Buckley, Srs. Ann and Colette and Miss O'Brien did all the background and preparation work with each of the groups.

On January 14th Third Years theme was decisions and choices. We had the experience of reflecting on Wisdom of our choices. The film Pay it Forward where Trevor McKinney uses his decision-making to pay forward not back.

February 4th Second Years prayed to special heroes and reflected on their lives. The group participated and meditated on the gifts and qualities we need to develop for each person's life. We were inspired by the heroic bravery of young people like Joanne O'Riordan and Donal Walsh as we viewed short film strips on their lives. Watching the film "Forest Gump" was very inspiring and greatest hero of all Jesus. Our theme song was "You are My Hero."

On March 4th First years shared the theme "Gifts and Talents" At morning reflection we shared the gifts and talents that we had developed in class. The gifts and fruits of the spirit that we remembered from our Confirmation. Then to the gifts we return to God – my heart, mind, dreams, ambitions, my voice, my hands, my feet and all my little worries. Each student read the parable of the talents and we watched short film strips on gifted people. We made and shared small gifts before watching and enjoying our film "The Lion King"

A beautiful sunny April 21st Fifth years enjoyed a day with the theme "Creation" We began with the prayer ble ns, North, South, East and We the elements of Earth, Water, Fir mic walk from the beginning of ago to the present day. Later cor Genesis and Meditation on Cre as exciting listening to Chris Ha ace and seeing the beauty of our world and watching "The Awakening Universe"

All our days were beautifully ended with celebration of Eucharist by Frs. Frank, Noel and Chris. Maybe for next year you would all like to make suggestions and help us to make these days more special.

January this year during Catholic Schools Week very special visitors came to our school. These were the grandparents of our 1st and 2nd years. It was a delightful evening having these wonderful people back in school again and this time accompanied and taken care of by their Grandchildren.

There were three main parts to our Easter Liturgy on April 24th. We journeyed with Christ on His final walk to Calvary. The hope and promise of the Resurrection at this time of year when the world is charged with the grandeur of God. The sharing and symbolism of Easter Eggs at this time of the year.

Prayer for Exams

Lord,
As I focus on these exams
Let me not waste time and energy
With senseless worry.
Help me to keep in mind
What is truly important.

As I prepare during these days
Let your Holy Spirit be with me
Guiding my studies
And giving me insight.

Help me during the exams
To stay calm and clear headed
To remember the things I have studied
And to do my best.

Nano Nagle, help me in my studies.

Let us all have a wonderful summer and remember to pray for all our students doing Junior and Leaving Cert this year.

All the best to our Leaving Cert students for Graduation Liturgy on May 21st.



