

## Love, Laughter and Learning

Be proud everyone, the year comes to a close and again this school has shown itself to be an incredible place where the 3 L's are there in abundance. *Love, laughter and learning.* We are proud of those L's. We have earned them, we have lived them and again and again we will make sure they are the heart of our school. To all the people who bring all that good energy into our halls, the students, the staff, the parents, the past pupils and everyone connected to the school you are what makes this a special place. Thank you for all that you do, for all the unseen deeds and the love, laughter and learning that you bring. Enjoy the final edition of Sallemanac and we'll see you on the other side.



INSIDE THIS  
EDITION

*News + Events*

*Movie Review*

*Climate Change*

*Addiction PSA*

*Year Photos*

**AND MORE**



@DeLaSalleCtown



@DeLaSalleChurchtown



@DeLaSalleCtown

# Sallemanac

## News and Events

As we all know schools for a number of months were closed but we are delighted that our staff and students did exceptionally well throughout. We did so much despite we were all at home. So what did we do you ask?

Well here is a little taste.

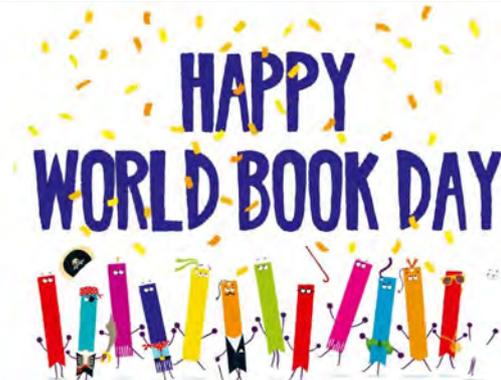
### Online Class

First and foremost we kept learning and participating in our classes. Students followed their timetable and participated just as they would in class. Well done to all of our students for doing well in such difficult circumstances.



### World Book Day

We celebrated World Book Day with all of our students reading a short story and listening to the classic 'The Twits' by Roald Dahl.



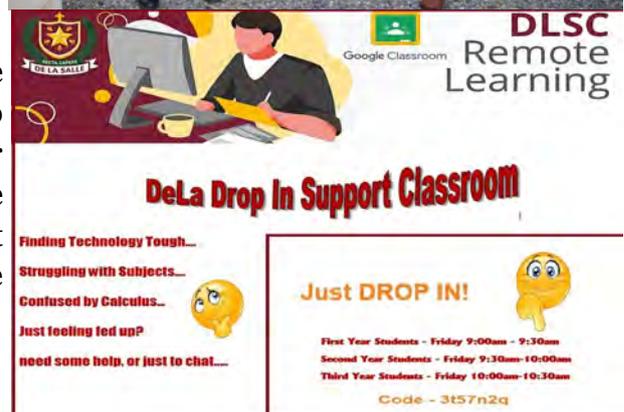
### Mr. Tom Smyth

We were very sad to say goodbye to our past principal and member of the De La Salle Community Mr. Tom Smyth who passed away on February 28th. He was principal of the school from 1987-1999 and was seen as an incredible person who was always willing to help a student in need. We think of his family and close friends who will miss him and thank him for everything he has done for the school.



### Virtual Support Classrooms

Learning online can be tough for any student. We decided that we would create virtual drop in support classrooms. The purpose of these classes was simply to help students who are struggling with their subjects, might need some technical help, are fed up of being online or might even just want a chat. The message is that we are here to



**DLSC Remote Learning**

**DeLa Drop In Support Classroom**

Finding Technology Tough...  
Struggling with Subjects...  
Confused by Calculus...  
Just feeling fed up?  
need some help, or just to chat...

**Just DROP IN!**

First Year Students - Friday 9:00am - 9:30am  
Second Year Students - Friday 9:30am - 10:00am  
Third Year Students - Friday 10:00am - 10:30am  
Code - 3t57n2q



# Sallemanac

## Student Steps Initiative

Sitting down all day at a computer is tough so we created an initiative to help get our students moving. We wanted to try and walk 10,000,000 steps as a school per week. Our students and staff were incredible. We saw people walking before, after and even sometimes during class. Our students' health is one of our primary concerns and we were simply delighted to see students, parents, past pupils and staff get involved. Well done everybody!

## TY Tracksuit Tops

Our TY students' new tracksuit tops are looking very nice. Almost fashionable!



## Community Clean Up

Our TY students have been doing incredible work in the local community picking litter and doing their bit to keep the environment clean and green.



**50,000+**  
Steps a Week

**Community Challenge!**

**OUR GOAL...**

1. Get You Moving
2. **50,000** Steps Each per Week
3. **10,000,000+** combined weekly target

**SO WHAT NOW?**

1. Start Moving Every Day
2. Record Your Steps
3. Report your steps (Google link every Monday)

Students • Staff • Parents • Past-Pupils



# Sallemanac

## Darkness into Light

Every year we have supported Pieta House and this year is no different. Traditionally we meet in Marlay Park at 5am donning our bright yellow t-shirts ready to run and walk our 5km in the dark. This year we will each rise with the sun in our respective locations and again walk or run our 5km from wherever we are. Some will just head out their door, others have grand plans for hills and rivers to be crossed but what matters most is that we are supporting Pieta house and all the people in need of their support. We have asked all people in the school to participate and get involved, so much so that we have asked our participants to get active as part of the initiative. We have placed a map on our pitches that students and staff walk around every day and you can find words of encouragement along the way. So well done to everyone who is getting involved and rising with the sun to support an incredible charity.



The poster features a yellow t-shirt with the Pieta House logo and the text 'DARKNESS INTO LIGHT'. To the right, the event title 'DE LA SALLE & PIETA HOUSE DARKNESS INTO LIGHT' is displayed in yellow and white, with the date 'Saturday May 8th 2021'. A list of five instructions is provided on the right side of the poster.

**DE LA SALLE & PIETA HOUSE  
DARKNESS INTO LIGHT  
Saturday May 8th 2021**

1. Sign up on [www.darknessintolight.ie](http://www.darknessintolight.ie)
2. Link your page to the De La Salle College page.
3. Set yourself a physical challenge and complete it!
4. Share your fundraising link with family and friends.
5. On May 8th **RISE WITH THE SUN** and walk, run, swim, bike and share your sunrise moment.

## DLSC Annual Writing Competition

Our future budding writers have been busy at it. With the theme of heroism in place we are getting some great entries from all years and look forward to announcing our winner.



**Theme: HEROISM**

**Deadline: Friday 7th of May**

**Prizes: €30 voucher for winner each year & €50 voucher for overall winner**

**Format: Any original piece, short story, poem, drama, essay**

**Email: [writingcomp@delasallecollege.com](mailto:writingcomp@delasallecollege.com)**



## PS5 Library Competition

While we have spent much of the year learning from home our library has been still very active. We have spent so much of our time reading and see its value far beyond simply doing well in school. This year we have one major competition. Any students who hit their reading target in the accelerated reader will go into a raffle for a PS5. So needless to say our students are still reading and eager to hit their targets.







# *Live the Lasallian way*

Quality Education, Inclusive Community,  
Respect for all persons, Concern for social  
justice, Faith in the presence of God.



Coronavirus  
**COVID-19**  
Public Health  
Advice



masking  
FOR a  
FRIEND

WEARING A FACE COVERING HELPS  
US TO PROTECT EACH OTHER



**Stay safe.**  
**Protect each other.**  
hse.ie



Rialtas na hÉireann  
Government of Ireland

## Coca Cola Belgian crisis

The most damaging of Coca-Cola's crises—and a situation dreaded by every company—began in June 1999 when about thirty Belgian children became ill after consuming Coke products. Although the company issued an isolated product recall, the problem escalated. The Belgian government eventually ordered the recall of all Coca-Cola products, which prompted officials in Luxembourg and the Netherlands to recall Coke products as well. Coca-Cola finally determined that the illnesses were the result of an improperly processed batch of carbon dioxide. Coca-Cola was slow to issue a response to the problem, taking several days to address the media.

The company had initially judged the problem to be minor and did not immediately investigate the extent of the issue. The slow response time led to a public relations nightmare. France soon reported more than 100 people sick from bad Coke and temporarily banned all Coca-Cola products as well. Soon thereafter, a shipment of Bonaqua, a new Coca-Cola water product, arrived in Poland contaminated with mould. In each of these instances, the company's slow responses and failure to acknowledge the severity of the situation harmed its reputation and cast doubt on the then-CEO Investor's ability to successfully lead.

The contamination crisis was exacerbated in December 1999 when Belgium ordered Coca-Cola to halt the "Restore" marketing campaign it had launched in order to regain consumer trust and sales in Belgium. A rival firm claimed that the campaign strategy—which included free cases of the product, discounts to wholesalers and retailers, and extra promotion personnel—was unlawful. The claim was upheld under Belgium's strict antitrust laws, and Coca-Cola was forced to abandon the campaign. This decision, following the previous crisis, further reduced Coca-Cola's market standing in Europe.





Coronavirus  
**COVID-19**  
Public Health  
Advice



# Step UP & Step Back



GO **ONE STEP FURTHER**  
TO KEEP EACH  
OTHER SAFE



Stay safe.  
Protect each other.  
[hse.ie](http://hse.ie)



Rialtas na hÉireann  
Government of Ireland

## Should we trust the police?

The police are a force setup by the government whose main purpose is to protect the city/country from those who break the law.

While the police are regarded as the “hero’s” of their respective towns, there has always been this utterly bad image that police officers gets when they're on duty.

Some people distrust the police as they complain that they're always misjudging people just by appearance alone and are too rash when it comes to making decisions. The heaviest criticism that the police get is that they are racist. This point can be evidently seen with cops of the U.S. where so many black people have lost their lives due to police shootings. Some would argue that the police use their powers to perhaps to instigate injustices and find fault where there is none. With all that being said, people also say that without the police, the streets will become a lawless war zone, resulting In total chaos.

Let’s not forget that they're the people who bring people to justice and protect us all. At the end of the day, whether you do to do not trust the police it is up to you, but at the end of the day one thing is certain:

The police is there for you, always.



# Testimonial

**Charlie Byrne - Class Year Class of 2019  
Studying English and Information and  
Communication Studies, in UCD.**

"Having the opportunity to socialise on a daily basis with a range of students from different areas, backgrounds, nationalities, religions and personalities is something I think is highly beneficial and important when transferring into the outside world. The day to day atmosphere, humour and enjoyment between students is something that is hard to encounter in any other place and I believe it speaks volumes how I have maintained the same level of contact, and even became closer, with the people from my friend group in De La Salle. I firmly believe that my 6 years in De La Salle, helped morph me into the person I am today."



# Testimonial

**Morgan Merriman -Class of 2016- Graduated  
2020 BA French & Mathematics**

"As a past pupil I am delighted to spend this year back in De La Salle College supporting and supervising students as I am considering completing a PME to become a second level teacher. My favourite thing about De La Salle was and still is the genuinely friendly atmosphere. There is great collegiality. Every one works together with a common goal to get the best from each student. I also enjoyed playing rugby, a sport that was introduced to me in DLS and one that I still love to play to this day."



# Sallemanac

## Aaron Homoki



Aaron Homoki is a professional skateboarder who is sponsored by the skate company birdhouse. He is from Phoenix Arizona and is famous for his ability to withstand large drops and clear big gaps. He first got recognised when he ollie down "Lyon 25" which is the largest set of stairs ever jumped on a skateboard.

He skates with Tony Hawk who is one of the most well known skateboarders. Aaron Homoki is better known as Jaws because he had braces and his teeth are very crooked. He has many skate decks and shoe sponsors which gives him a very large income.

In my opinion Aaron "Jaws" Homoki is one of the best skateboarders.

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## Some weird fears

Optophobia: The fear of opening your eyes.

Hippopotomonstrosesquippedaliophobia: The fear of long words (the person who made this word hates people with this phobia).

Omphalophobia: The fear of belly buttons.

Trypophobia: The fear of holes.

Santaphobia: The fear of Santa Claus.

Eisoptrophobia: The fear of your own reflection.

Phobophobia: The fear of fear.

Urophobia: The fear of urinating.

Vestiphobia: The fear of clothing.

Lovecraft phobia: Only ever diagnosed to one man (H.P Lovecraft) the fear of everything that isn't his home of providence road island.



A stylized illustration of a person wearing a red hard hat and a brown shirt. The person is shown from the chest up, with their head tilted back and mouth open as if coughing or sneezing. Their right arm is raised, with their hand covering their mouth and nose. The background is a bright blue sky with a white cloud in the upper left and another white cloud in the lower right. The overall style is simple and graphic.

Let's arm  
ourselves

against COVID-19

COVER YOUR COUGH  
OR SNEEZE WITH YOUR  
SLEEVE OR A TISSUE



#HOLDFIRM

## Movie Review—Soul

### Overview

Directed by Pete Doctor (also known for Toy Story 1 and 2, a Bug's Life and Monster, Inc.) and co-directed by Kemp Powers. Soul revolves around Joe Gardner, a temporary middle school music teacher who believes music is his purpose in life. Pursuing multiple gigs with no intent on settling down with a full-time job. However, after considering taking the full-time job as a teacher Joe decided to get this one big gig. Unfortunately his plans to make it to the stage are cut short when Joe passes away in an accident, severing the connection of his soul to his body. Leaving Joe asking himself, how to get back home.

### Review

As expected from Pete Doctor, his directory skills are known to pull at our heart strings. Invoking a great deal of emotion from us all. I also have to Pixar kudos for keeping religion out of the plotline, as to prevent any sort of controversy between external groups.

From a movie about finding yourself and soul jazz, the music did not disappoint. A big credit to Trent Reznor and Atticus Ross (of Nine Inch-Nails) for their compositions in the movie. Even Jon Batiste, an American musician, composed a number of original jazz songs. Batiste really nailed the “user-friendly jazz” he was going for. Meaning he went for an “authentic” feel of black improvisational music yet still appreciated by a larger audience.

The characters felt real and relatable. The movie itself is centred around Joe, an African-American. Who has a deep passion

for traditional black music that sprouted in The United States; Jazz. So we meet a plethora of similar characters who either share the same interest or relate to Joe in a manner to truly make the cast feel like a tightly knit-community. However, the same can not be said for a separate character Joe meets in the movie. Coming off as unlikeable and irritating. Even though their character does develop as the movie progresses, the way it is done can be seen as generic and tired. Not bringing too much new to the table.

As for the storyline as a whole, it takes the regular Pixar plot points with a dash of existentialism added on. I can safely say that Soul has given me a new perspective on the sanctity of human life and what happens before and after. The sheer creativity and world building found in the tight space of 101 minutes would astonish me as a child and even now is enough to get me thinking.

My final thoughts on the film are if you're looking to enjoy some good music, light-hearted story, incredible visuals and the feeling of existential dread/piece of mind. This movie is for you.

7/10



# WASH YOUR HANDS

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK

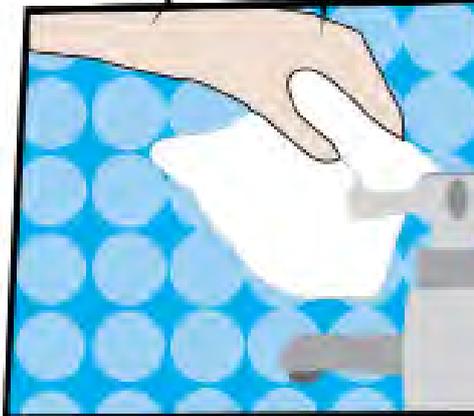
- You can use hand sanitiser to clean your hands but you need to use soap and water if they look dirty
- Wet your hands under warm running water and then apply soap
- Rub your hands together until the soap forms a lather



- Rub the top of your hands, between your fingers and clean your fingertips
- Do this for about 20 seconds



Do not turn off the tap with your cleaned hands  
- use a piece of tissue if it is a twist tap



# THANKS!



Salisbury Stables | Building a  
NICE Team | Better Health  
& Portraits | Service



## A word on Addiction

We have seen on the news once in a while, someone who has a psychotic obsession with a person or object. He either acts in an odd way to others, is very possessive of his object in question or worships a person he idolises so badly that he loses his mind. I know we all say to ourselves 'I would rather die than be an addictive monster like this guy', but this does not just happen to a specific person: this can happen to any of you's. Example, take Justin Bieber. You listen to one song of his and you absolutely love it. At first you listen to him for enjoyment and maybe even because you think his vocals are good. It only becomes an addiction when you begin to centre yourself around him, meaning your whole life and personality in this instance. Justin fans aren't the worst examples of this however. The worst of this has got to be with K-pop fans, mainly because of how viciously defensive they are of their group or fandom and how self-centred they are about their obsession. It's not just people. All of us can have an inescapable attraction to something which can either end up ruining our lives down the line or improve our lives for the better and this depends on how you take it. Addiction is something that needs to be avoided by both adults and children by all means necessary. If you're having any difficulties with your obsession then please reach out to someone for help...there will always be someone to help through those tough times. Stay safe and remember:

Keep away at all times.



# Testimonial

**Patrick Riordan - Class of 2019 studying for a BA History & Geography in UCD and planning to complete a PME and become a teacher.**

"The friendly, yet educational and focused atmosphere undoubtedly fostered my love for history and geography, and inspired me to study the subjects at Third Level, leading me to select both as a double major in college. De La Salle College is where I developed my passion for sports and fitness through playing for the school rugby team from 1st to 6th year and taking part in the many other sporting activities available. It was through such sports in school that I connected with many of the friends I am still close to now."



# Testimonial

**Fergus Balfe - Class of 2017. I am currently pursuing a Masters in Structural Engineering at UCD, having received First Class Honours in my initial Bachelor degree, and also spent a year abroad studying at the University of Sydney.**

"I look back with great fondness on my time in De La Salle, where there is a real sense of a school community. While students are encouraged to aim high in an academic sense, the school also encouraged and provided excellent platforms to hone other skills. Through my roles as a First Year Mentor, sitting on the Student Council, playing rugby, volunteering on a pilgrimage to Lourdes, and the wide-ranging experiences offered in Transition Year, I learned leadership, responsibility, teamwork and more, giving me the rounded education that made me ready for the real world."



## Why we shouldn't **hate** the **rain**



We often sulk at the glance of rain outside our front windows as we mumble to ourselves “I really wish this rain would go away”. The reason many of us are not satisfied with rain is because all of the kinds of fun that humans enjoy are mostly outdoors. We therefore despise the rain as it takes away those chances of having fun away from us and makes us

bored inside our homes. Now here is a question no one really asks: have you ever wondered what would happen if there was no rain? Well, the response to that question is severe drought. See, there are some countries who rarely get any rain all year round. This means that the majority of these countries are covered in dry land and this creates another problem as well: thirst. While some countries like Spain and Saudi Arabia aren't doing badly, most of North Africa is covered in nothing but dry land and the people are suffering as a result due to lack of water. Meanwhile, you're getting the blessing of rain maybe once or twice a week and don't have to worry or fear about drought or getting thirsty. God created rain, but not for bad intentions. He made it so that land wouldn't go dry, so that we can obtain something to drink and so that we can clean ourselves every week. You may not like rain, but it does not change the fact that it's what gives plants and animals life and is what keeps humanity alive as well. Now what are you waiting for: enjoy the relaxing rain while you still can.

-Ahmed Bouslah

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## The rarest Car

There are many different types of cars, but the amount of each type varies widely. Have you ever wondered what the rarest car was? Well, it is the 1957 Jaguar XKSS. Only 16 of these cars were ever made. Originally, these were never going to be made because there were no plans for them or anything. Jaguar weren't planning to make a new car model, as their newest model, the iconic D-type Jaguar had sold well. The problem was what they were going to do with the remaining 29 cars they hadn't sold. Jaguar then decided on the spot to turn the remainder into road-going sport cars. They began to modify the D-type, and found it was quite easy to do so. It took a mere 3 days for the first prototype to be made. They started to modify the other 28, but a fire broke out in the factory before they were completed meaning only 16 were left. The other 13 were destroyed in the fire, and Jaguar decided not to resume production of this model when the factory was rebuilt in 1959. When they were first made, you could get a Jaguar XKSS for 5000 US dollars. Over time, the price increased due to its rarity, especially because of the original 16, less than half have survived to date.



# Sallemanac

In 2014, Steve McQueen had the exact car and the value was estimated to be about 30 million us dollars, meaning now this car might also be one of the most expensive, as well as the rarest. Sadly, this value went down as jaguar said they planned on making 9 more of the XKSS. They did so, keeping every detail the same as it was in 1957, from the leather seats, to the type of wood used for the steering wheel. It was a huge success, and 25 more type XKSS's are soon to be made, but their value is far less than the original 16.



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## Elon Musk

### *Who is Elon Musk?*

He is an entrepreneur and businessman who funded several companies such as SpaceX, Tesla Motors and X.com which later became Paypal after he sold it. Musk became a millionaire in his late twenties when he sold his company Zip2 to Compaq Computers. Then he sold X.com to Ebay and made 1.5 billion in stock. He is famous for his electric cars such as the Model S and Y which is advertised as an environmentally friendly alternative to regular gas powered cars. As of the Year 2021 he is considered as the richest human passing Jeff Bezos.

### *Early Life*

Elon's father was South African while his mom was Canadian. Even when he was he showed great interest and aptitude for computers. When he was 12 he created a game and had sold it to a computer magazine. As soon as he got his passport he left South Africa as he did not support Apartheid through military service. He had also wanted to start businesses in America.

### *Tesla*

Elon Musk saw a possible market in electric cars in 2004. So he had funded a

huge amount of money in Tesla Motors (Later renamed as just Tesla), an electric car company founded by Martin Eberhard and Marc Tarpinning. In 2006, Tesla unveiled its first car the Roadster. It was said that it could go 397 kilometres with one charge and 0-97 kilometres in less than four seconds. This car was praised and loved by the general public. The company had raised



## Carbonation

Everyone likes a good fizzy drink, and despite the differences between them, they all have one thing in common, It's that they all have been through the process of carbonation. Carbonated water is the key ingredient in all fizzy drinks, and ranges up to 5 levels. Sparkling water is normally weak, at about 1.5 volumes, while drinks such as cider are normally in between 4 and 5 volumes. Most drinks such as coke and fanta keep it to around 3.5 volumes. The higher the price of the drink, the higher the levels of carbonation are. While factories tend to use machines to inject carbon under high pressures into their drinks, with the right ingredients you can easily carbonate your own drinks at home.

Any water based drink would work for these two methods. For the first method, all you need is a drink of your choice, some dry ice and a large bottle. Just fill the bottle halfway with your drink, then add the dry ice. The amount of ice should depend on how fizzy you want the beverage to be. If you want it to be very fizzy, use more ice and the same goes for the opposite. If you value your skin over the environment use disposable plastic gloves while handling the ice, or metal tongs if you have them. Drill small holes in the lid of the bottle, with a spare for later undamaged. If there

aren't any holes the carbon would build up too much in the bottle, so some small holes are necessary to allow the pressure to escape. Wait 10 minutes for the ice to melt, then put it into a fridge to make it cold. Afterwards, you will have a cold and fizzy drink ready to be served. The second process takes longer, but does not require dry ice, only common dry yeast and a drink of choice. For each litre of liquid you have, add 0.35 grams of yeast. Make sure the bottle has some room at the top, then close the lid and shake until the yeast dissolves.

Leave the beverage to ferment in a room temperature, dry place for 12 to 48 hours, depending on the yeast. Check from time to time if the drink is carbonated by squeezing the bottle. If it is completely firm, then it is ready. Afterwards, store in a refrigerated place for up to two weeks. Make sure to consume the beverage before the two weeks are up. While any water based drink can be used, fruit juice is also a valid option for these methods. If you don't have an idea what drink you want to make, try using syrup and water at a 1:2 ratio and add any artificial flavouring for your homemade fizzy beverage.





Coronavirus  
COVID-19  
Public Health  
Advisory

# WASH and GO

CLEAN HANDS STOP THE  
SPREAD OF COVID-19

Stay safe.  
Protect each other.

[hse.ie](https://www.hse.ie)



Státas na hÉireann  
Government of Ireland

## How is climate change changing our lives?

In the last two weeks, the North Pole has registered the highest temperatures in the history and that's not really good for the Earth. The ice caps are melting and this is releasing large masses of cold air towards the Earth which are causing major changes in temperatures.

Last week NASA was posting many pictures about how climate change has started to affect the Earth. In the next pictures, you can see with absolute clarity the devastating impact that global warming has and is causing, as well as the serious damage caused by floods, forest fires, as well as by the ever-greater urbanization that has been registered in the last decades in the whole world.

According to data released by NASA, the area covered by ice in the Arctic Ocean increases during the winter and retreats during the summer. Generally reaching the lowest point of the year in September but reached its historical minimum in 2012, since at least 1979. When the first reliable satellite measurements began, while the 2016 low was the second-lowest ever recorded.

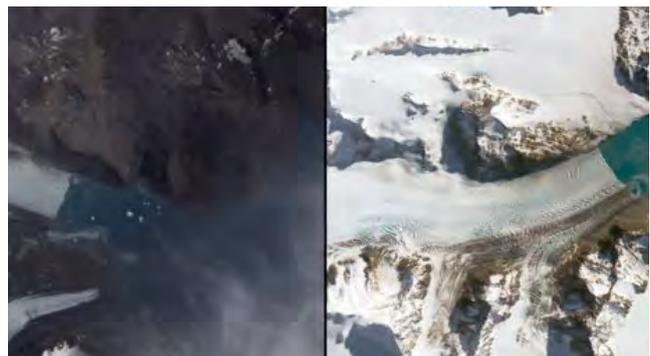
Joey Comiso a NASA scientist has commented to the BBC that "At the rate, we are seeing of this decline, it is very likely that the Arctic summer sea ice will disappear completely in this century"

As shown in the picture. We can see the Neumayer glacier, located in the east coast of San Pedro Island, situated at the east of the southern tip of South America;

changed during the last 16 years due to a little change of the temperature in the ocean, affecting how fast it melts.

In Madrid it has been snowing during the last 3 days and this has been the biggest snowfall in Madrid, causing the paralysis of the city throughout the week since the streets were frozen. It has never been this snowy as I have said before due to the strong cold air masses that have been detached from the Arctic causing a drop in temperature.

In my opinion, all the governments have to do is start to think about how to adapt to the speed of climate change because of the disastrous effects it could cause.



## The Hybrid Assistive Limbs

Kristen Sorenson was paralysed at the age of 55, she states that it came out of nowhere, and beforehand she'd been exercising regularly. She was diagnosed with Guillain barre syndrome in 2018.



The Brooks Cybernetic Treatment Centre in Jacksonville, Florida was working on a device called HAL or hybrid assistive limbs, which is an exoskeleton made for people with spinal cord injuries and people who have difficulties walking.

But it is estimated that by 2050 there would be roughly 2 billion people over the age of 60 and it's expected that exoskeletons will

be able to assist the elderly and keep people on their feet even with the old age in line.

Even though it takes weeks of rehabilitation for patients to be able to fully use HAL. The suit tracks your brainwaves in order to determine how you want to move your legs, then completes the action smoothly. As long as your legs can receive partial signals from your brain the suit can help you walk again.

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## Random Facts

- The Bible is the most shoplifted book in the world.
- Swearing on the Bible is forbidden by the Bible, So don't do it, please.
- Adolf Hitler was nominated for the Nobel peace prize in 1939.
- Researchers have successfully used Tetris to treat lazy eyes in adults.
- The colour your eyes see in complete darkness is called eigengrau.
- When you donate your body to science it can get used as a crash test dummy.
- 80 percent of plane crashes occur in the first 3 or last 8 minutes of a flight.
- Sphenopalatine ganglioneuralgia is the scientific word for brain freeze.
- Apple earns 300,000 dollars per minute.
- People develop first impressions of you in a tenth of a second.
- The blue whale produces the loudest sound of any animal at 188 decibels
- It is believed that whales walked on land about 50 million years ago and are related to cows and horses.
- Romantic love is biochemically indistinguishable from an obsessive compulsive disorder.



# Sallemanac

- In word form the numbers 1 to 100 don't have the letter "a" in any of them.
- The opposite sides of a die will always add up to seven.
- The king of hearts is the only king in a deck of cards without a moustache.
- If you go into a dark room and close your eyes for a bit then open them, the dark grey colour you see is called eigengrau.
- Cats can't taste sweet things.
- Someone turned peanut butter into diamond.
- Your fingernails grow quicker on the hand you write with.
- A 'jiffy' is a trillionth of a second.
- A golf ball has 336 grooves on its surface.
- Apple seeds contain cyanide.

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## Dolphins

When people normally think of dolphins, they think of smart, friendly and playful mammals. Most would even consider them to be 'cute'. So how would you react if I told you those same dolphins that do tricks for children at Sea world are actually cruel and vicious creatures. For instance, dolphins are highly territorial to the point where they will pulverise their own offspring to ensure they can keep



their space. They rarely play nice around any newcomers, and have no problem grouping up on an individual to torture them to death. Even sometimes by repeated bashing, or if they're feeling particularly cruel, they will bring whatever unfortunate creature that crossed them up to the surface and keep it there to suffocate above the water. And the group viciousness doesn't end there. Around mating season, is a particularly rough time, because male dolphins will form groups of 3,4 or even up to 14 and chase down and capture female dolphins. The females will make escape attempts, but only one in every 4 makes an escape. And when the offspring is born, the males then like to play a game called 'calf' tossing, which isn't as fun as it sounds. Whether it's to avoid future competition or just for fun, adult male dolphins will play a game which involves bashing their young to death. The only way for mother dolphins to keep their young is to have different mates, so the dolphins wouldn't know if the calf was theirs or not. So the next time you see a dolphin with their smiles and tricks, think about what they are like in their own habitat.



# COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



When you cough or sneeze **cover your nose and mouth** with a tissue

**OR** Cough or sneeze into your elbow, not your hands.

**Throw away your tissue!**



**Clean your hands after coughing or sneezing.**



# THANKS!



Building a  
Better Health  
Service

Saibhís Síolta  
Níos Fóim  
& Fuilbhe



# Sallemanac

## The Sallemanac Team

The Sallemanac team have been fantastic from start to finish. The team includes

- Conor Rochford
- Matthew Escanillas
- Uzziel Cabrera
- Jack Gray
- Josiah Mahady
- Ahmed Bouslah
- Hazem Ibrahim Aly



They each brought their own je ne sais quoi and were a great addition to the yearly publication. Well done to you all and the school would like to personally thank all of you for the great work and dedication that you have brought to Sallemanac. You also did an exceptional job of making the paper your own and sharing your views and also all the good things that happen in our school with our wider community. Thanks again and well done.



# 1st Year 2020/2021



# 2nd Year 2020/2021



## 3rd Year 2020/2021



## 4th Year 2020/2021



# 5th Year 2020/2021



# 6th Year 2020/2021



# 6th Year Prefects 2020/2021



# Student Council 2020/2021





# In Our School

## WE CARE



Live the La Sallian way



Respect yourself, your fellow students, & staff at all times



Hands up - One Voice



Eat in designated areas only. Keep Salle Clean & Green

## WE PREPARE



Wear your full uniform with pride



Turn off mobile phones and electronic devices before entering school grounds



Be on time for school and class. line up and enter class respectfully



Have your Journal, books, copies and pencil case on your desk

## WE ACHIEVE



Respectfully follow staff instructions at all times



Complete your class work, homework & revision daily to the best of your ability



Become a leader, get involved in school activities, communities and events



Healthy Schools

Healthy Body, Healthy Mind - Take part in sport and physical activity and eat healthy

