



# Sallemanac

**100%  
OFF**

**Recta Sapere**  
**"Knowing what is right"**  
**Or**

**"The Wisdom to know what is right & the courage to do it"**

*Volume 2, Issue 1*

## New Chapter, New Beginnings

**Omar Saood**

Last year, we said farewell to then Principal Ms. O'Connell. While sadly saying goodbye, our school also had the prospect of a new Principal,



with new ideas, direction and leadership. There was much uncertainty between students over who would become our new Principal and lead us forward.

However, many students also reckoned that Ms. Foster, our very capable Deputy Principal at the time would fulfil this role and take us forward. She certainly has done that already and it clear that she will bring our school and students forward.

However, that left a gap for a deputy-principal. Mr. Kirwan our long established teacher, year head and past-pupil has taken the role. We are delighted that he now forms part of the senior management team and has already brought us forward.

We warmly welcome Ms Foster and Mr Kirwan into their new roles and wish them well into the future.

They have done loads of work so far, yet it is only about 2 months in.

So far, progress has been made in the library, the lunch hall and even the conference room is getting a make-over.

All this, yet there are still plans & ideas for more (see page 2 & 3).

Not only that but the possibility of the long awaited and hard fought for football team may be a reality.

Technically, we got it in the form of 1<sup>st</sup> year football taking place after

February, but there may be more to come.

The duo are pulling off funding feats left, right & centre but it's two months in.

This may indicate a rise of fundraising for the school this year, and the next, although lots of fundraising has been done in preparation for the last one to two years.

Both are very enthusiastic and despite being up to their neck in meetings & management, they certainly are making positive changes to our school.

We at Sallemanac wish them both good luck in their new jobs and feel very confident that our new senior management team can lead us forward.

To know more about the new leadership & plans for the future, turn the page to read my interview with Mr. Kirwan

## Inside this issue:

- New Chapter, New Beginnings	1
- Interview w/ Mr. Kirwan (Deputy)	2
- TY Activities	3
- Accelerated Reader	4
- Accelerated Reader	5
- JC Results	6
- JC Results (Cont.)	7
- Lourdes	8
- Lourdes (Cont.)	9
- Killary	10
- Killary (Cont.)	11
- 1 <sup>st</sup> year Hike & 6 <sup>th</sup> year theatre trip	12
- Sports (Jr. Rugby)	13
- Sports (1 <sup>st</sup> year sports)	14
- Sports (1 <sup>st</sup> year sports cont.)	15
- Sports (Sr. Rugby)	16
- GS Notification	17

## FIND THE OLD TEACHERS!

There are 7 to find!

+ bonus teacher\*



\* shares a picture with old teacher

## Interview with Mr. Kirwan

Omar Saood

We, at Sallemanac decided to interview Mr. Kirwan about his new position in management.

Ms. Foster is looking forward to being interviewed in the next edition of Sallemanac and we look forward to hearing her ideas and plans for the future of our school.

O: How does it feel to be the new deputy?

MK: How does it feel to be the new deputy? Well, initially it felt particularly strange. Everything was new, when I met my colleagues it was a little odd but when I met the first group of students, the first years, it wasn't so strange because they didn't know me as anything else. Also with the other groups of students, it was somewhat strange at the beginning but I very, very quickly found that, it became quite normal. I



think I've got a good relationship with people I work with, including students. It has been both enjoyable and challenging so far.

O: What is difference between yours and Ms. Foster's role?

MK: Well first we pri-



marily work together as a team. We work like any other team that works together. We focus on what we are good at and we divide the work up accordingly. That's pretty much it

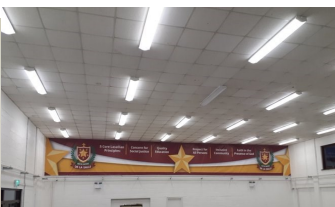
O: Should we be able to see any noticeable change(s) in the school and if so, what are they?

MK: Yes, I will be able to



tell you one definite change. Over midterm break, the assembly hall, should be much improved. Painting, new blinds, not a new floor I'm afraid at this stage and possibly a couple of table tennis tables.

We're looking at getting outdoor tables for the students, just to create a nicer environment because the students are going to be here for 6 years and for 168 days each year so it's important that their common spaces are improved upon. Its important that there are more facilities for them, particularly around lunch time and areas like that, so that would be one thing that I would say that you are definitely going to see. What else? In terms of improving the physical environment that you guys would straight away notice, the next thing that we want to work on, this is going to be a lot more diffi-



cult because it's going to be a lot more expensive, that is getting the yard & the car park re-laid. Myself & Ms. Foster do have an action plan in that area. It's not going to be easy but we'll work our hardest to hopefully make sure that we get the funding to re-do our car park. Then, the ultimate/real dream, I suppose, is to get rid of the old art block and to

have it rebuilt but again, it's going to cost a lot of money. We'll be working behind the scenes to make those improvements to the school. You know, as I said, I can't guarantee that they will all happen but it won't be from a lack of effort.

O: Any nearby events that are happening?

MK: Well, there's a lot events going on. We've



got 1<sup>st</sup> year parents night tonight, so we're always looking to reflect on last years event and see how that went and if there were improvements to be made, we try new things. A big event- is our Christmas fair that's coming up in



late November / early December. We really want to push on from

## Interview with Mr. Kirwan (cont.)

Omar Saood

that success last year. Now, there's an idea that I haven't really discussed with anybody. It's in my own head. I would like to host an event within the school that would be a good public relations event for the school. It would bring a lot of people from the community in. Not necessarily students but just people generally from the community to come in and see our school, have a positive experience and put our school out there a bit more. I would love to run a 2km/5km race in the local Churchtown area where we would call it, the 'De La Salle Churchtown 5K'. This could be an annual event that would take place in April/May. Maybe to coincide with our own sports day. I think it would be great for the school. I think it would be great for the students to take part in, focusing on physical wellbeing and fitness. It's only in my head at the moment. This is the first time it's come out, I guess.

O: Football Team

MK: Ok, it's very much in demand. There have been many conversations between myself & Ms. Foster and between various members of staff. I would like to say that we're definitely going to do something. The details of which, we haven't quite finalised and the reason is because we actually haven't managed to find a suitable coach. There is a plan to do it but it will not be just a carte blanche football taking place 3 days a week. We have to manage it because we are a small school. We have got a number of sports for such a

small cohort of students. The difficulty is if you just keep throwing in sports, particularly team sports, you will dilute all the other sports. What's underlying everything here is that one of the unique things about our school, is that we play rugby & there's a reason why we play rugby. It mightn't be apparent to maybe, the student body. It certainly becomes apparent when they leave the school because I have a great connection with the



past pupils and they would always see the light afterwards, after school sort of "We see why you play rugby". So, listen. The short answer to the question is that: Yes, football is on the agenda. Yes, I am working on it.

O: Is there anything else you would like to say to the readers?

MK: Yeah, well I'd like to say that, when I think about getting the role of Deputy Principal, more than anything, more than *anything*, it fills me with pride because I am very, very proud to have been a past pupil of this school and to have been a teacher here for 11 years and now to be Deputy Principal. It just fills me with pride and that drives me to work as hard as I possibly can to push this school forward. I know that this pride & the pride that also Ms. Foster has is driving us to constantly improve this school. That will benefit obviously the students here, the future students and then also the past pupil body

because I'm very aware that, like me, they carry around the name "De La Salle College" for the rest of their life and I want to make sure that it is a badge that they wear with pride and that it does nothing but benefits them throughout their life and certainly not hinder them.

I would like to thank Mr. Kirwan for taking time out for this interview. After the official interview, he also mentioned that the school website is soon to be redesigned to be more appealing & easy to use.





## TY Activities

Yassin Abdelkader

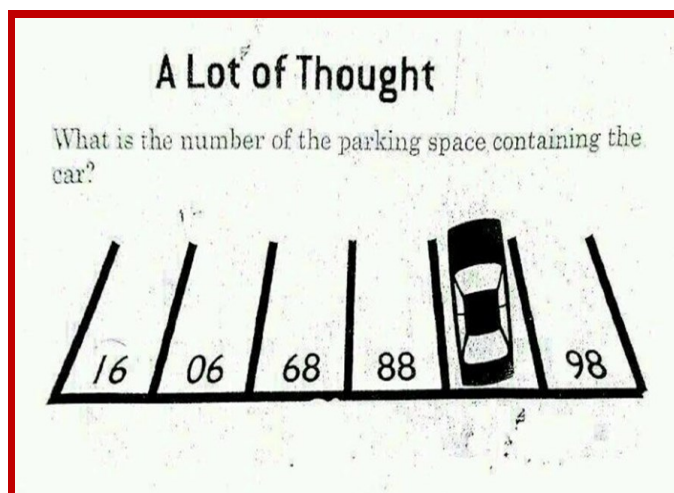
Transition year students have afternoon activities on Thursdays. The activities are judo, swimming and rock climbing. Judo is in the P.E. hall, swimming is in Rathmines and rock climbing is in UCD. We do each one for about 7 weeks.

The TY's went to the ploughing championships on the 18th of September. It's a place where all things agricultural can be bought. For example, tractors, cattle and other equipment. We were very lucky that we went that day because the next day the storm arrived and the event was postponed. The area was nearly blown away by the strength of storm Ali.

The TY's then went to Killary Adventure Centre on the 25th of September to the 27th of September. It is in the west of Co. Galway. Fourth years go every year. It is a great experience and you do a lot of activities. There are land and water based activities. It is a great way to socialize more and build your outdoor skills. There will be way more activities and trips throughout the year. (To learn more, turn to page 12.)

9		1	5		6			4
		6		7		1		2
4	2		8		1	9	5	6
	6	5		4	7	3	8	9
2	8		3	1				7
3		4	6		9	2	1	5
6			7		3	4		8
					8		2	
5		8		9			6	

Easy



## UPCOMING EVENTS 2018

- TY retreat: Benildas Pastoral Centre—November 22nd
- Ballinteer Cross Country Athletics: November 22nd
- Fighting words with Roddy Doyle
- Orchestral Performance—December 2nd
- English trip to Hamlet—5th year
- Christmas Fair—December 9th

## Accelerated Reader

Mr. Boyd & Yassin Abdelkader

7,126,234. That's the amount of words De La Salle College Churchtown has read so far this year. Two years ago we fundraised to upgrade our library and also introduce an accelerated reading scheme. Now our library looks amazing and our boys are reading. We as a school believe in the fundamental importance of what reading can do for a person. The UK Literacy trust state that people with higher literacy levels are:

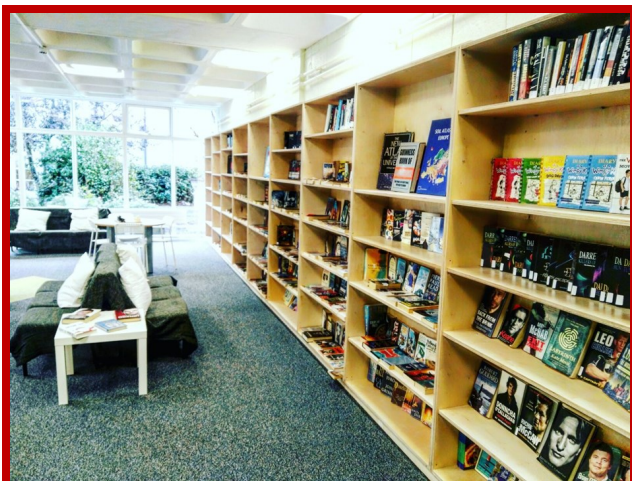
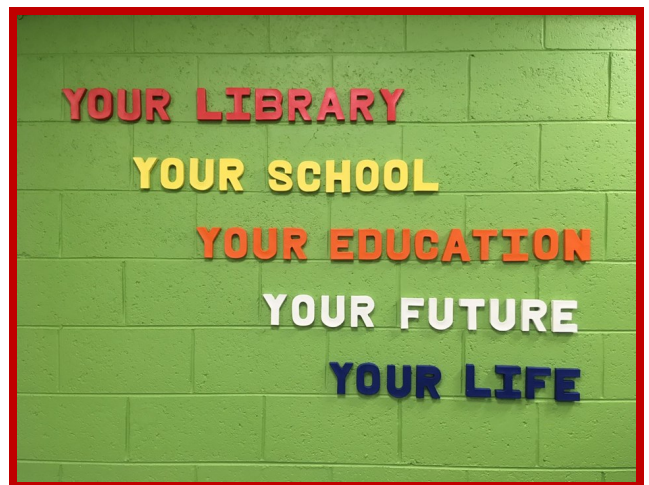
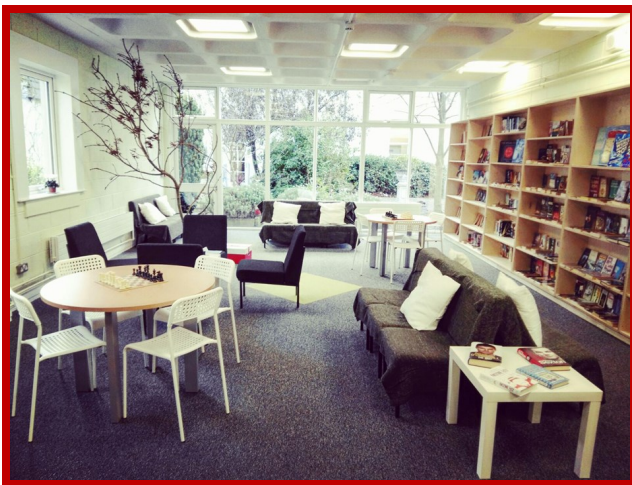
- Increased chance of owning a home
- Less likely to be on state benefits and be employed

- Far more likely to participate in your community
- More likely to vote
- Better health and specifically mental health
- Better skilled and more valuable to community

(UK Literacy Trust 2008)

We believe we are giving our students more opportunities and opening doors for them later in life to walk through. We will continue to read and open doors that may exist many years from now.

We also would like to thank St Vincent De Paul for recently donating funds for the purchasing of books.



## Accelerated Reader (Cont.)

Mr. Boyd & Yassin Abdulkadir

### Fundraising:

The accelerator reader is a program to improve your literacy. The better literature you have, the better chance of you having a good job, a house and a better life. The school has done a few fund-raisers to get the money to get it. Two years ago there was a book sale, cake sale and there was a raffle. The tickets were €20 each. The school made a lot of money. Last year there was a Christmas fair on the weekend. That was a huge success. There was another cake sale. And there was another raffle which every student got five tickets to sell. The tickets were 5 euro each.

### How does the accelerator reader work?

There are books in the library with stickers on them. These books are in the program. The book level starts from 2 up to 13. The books are put in order by the level. Each class would have had taken a test in the computer room during English class. This test tells you what level books you should be reading.

When you finish the book you read you take a test on that book. Each book has points. The harder books have



more points than the easier ones. When you have a lot of points you earn prizes. You get personal rewards and you can get class rewards. If your class has the most points in the year you could win a movie and pizza. The school has put a lot of effort in to this, so they encourage us to participate in it.

## Moving to Ireland

Jan Bartoli

There are a lot of differences about time, meals, weather, music, learning, sports & other things between Spain and Ireland. In this article I will talk about some of them.

### TIME

It's about one hour ahead in Spain.

### MEALS

In Spain we have four different meals:

Breakfast: 7:30-9:30 a.m.

Lunch (main meal of the day): 2:00-3:30 p.m.

Tea time ( In Spanish: "merienda"): 5:30- 6:30 p.m.

Dinner (the lightest meal): 9:00-10:30 p.m.

In Ireland:

Breakfast: 7:30 a.m.

Lunch (the lightest meal): 1:00 p.m.

Dinner (main meal of the day): 6:00-6:30 p.m.

Irish people have a short break for their lunch so it must be light meal, something to eat quickly. Meals are very much influenced by the weather and the daylight hours.

The favourite ingredient to cook in Ireland is butter. In Spain, it's oil.

### WEATHER

In Ireland the weather is unpredictable, rainy and cloudy.

In Spain is dry, warm and sun.

It is obvious that in Spain the weather is better than in Ireland because here it's very cold and it's frequently raining, and in Spain we have a Mediterranean climate, warmer and more normal weather.

### PUBS

Pubs in Ireland are important meeting places where people can meet neighbours and friends in a relaxed atmosphere. It's similar to the cafe in Spain. They open until 2:00 a.m. In contrast in Spain the pubs open until 6:00 a.m.

### MUSIC

In Ireland there is a lot of live music through the streets and pubs much more than in Spain.

### LEARNING

In Spain it's all the same except when you get to 4th year of high school. In Ireland, TY is done, but in Spain it is done normally (with exams, not so many trips...) Then in Spain, when you finish 4th, if you want you can continue further studies that are called "bachillerato", not like here that you follow in 5th and 6th.

### SPORTS

Gaelic football, hurling and rugby are the most practiced sports in Ireland. In Spain, it's football and basketball.

### DRIVING

In Ireland people drive on the left and in Spain, on the right. This is a very shocking fact for us.

### PEOPLE

Here in Ireland people are more sociable and friendly. Although the character is quite similar to ours



## JC Results

Omar Saood

On Wednesday the 12<sup>th</sup> of September, students of Ireland received their Junior Cert Results. Many felt that the tests were easier than expected, so I asked a few people about getting their results before receiving it. “I’m pretty nervous right now.” said Ronald Mutandwa when asked if he was nervous.

“On a scale from one to ten, probably a nine” he stated. I asked Russel Flores about how he did and he had this to say: “Most of them? Probably good. There’s about one or two I did bad, I think”. Many didn’t have regrets except for not studying enough, especially for the subjects they were bad at. While some people were afraid of their re-

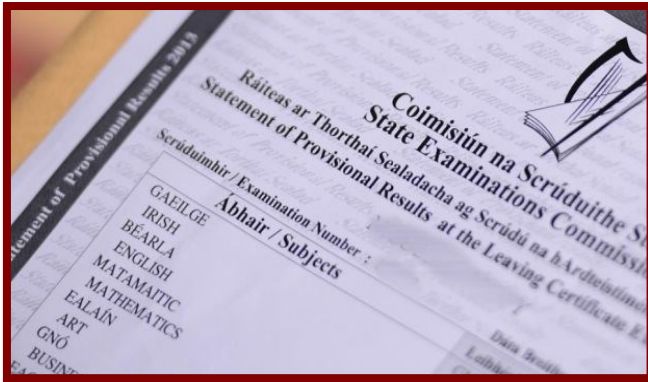


sults & the consequences of doing bad, others were quite positive.

“Consequences of doing bad? I mean, I don’t really have any consequences doing bad, just try harder next time, when I come around to the next exam.” said Rolando. Yassin said “I don’t know really; I just need to focus more. If I didn’t do that good, just focus a bit more this year”.

On the 5<sup>th</sup> period, all of last year’s 3<sup>rd</sup> years went down to the main hall to receive their results. Everyone seemed either nervous or excited. When the results were given, it was not as stressful as expected. Teachers simply handed out brown A4 envelopes with the results inside. As soon as the results were

handed out, everyone rushed out to go home early. Fortunately, I managed to interview a few people the next day about the day before. “I felt very nervous before and I was very happy when I got them.” said Jack McDonnell about how he felt receiving his results. When it came to celebrating or “dealing with results”, Kieran Beran had this to say: “Well, I didn’t have to “deal with it” because I passed, so I got free food from my parents”. I also asked about what advice should be given to current & future 3<sup>rd</sup> years and Russel Flores told me this: “The cliché. Study early, don’t waste [all] your time studying though. Start early. Literally a bunch of clichés you can find online and teachers telling you”.



Awkward favour





# Dublin Pilgrimage to Lourdes

Charlie Byrne, Craig Doyle, Lughaidh Lynch, Adam Nealon, Sam Tyrell and Mr.

**Friday 7<sup>th</sup> – Wednesday 12<sup>th</sup> of September 2018**

## Day 1:

The day began in Dublin Airport's Terminal One for a 5:30am start. The queues were endless! Although tired, we were excited for the trip ahead.

We arrived in Lourdes around mid-day and were brought to our hotel to drop our bags and have a quick lunch (the contents of which led a lot to be desired!) We headed to the Accueil to meet our coordinators and then straight into training for the days ahead. We had great fun using each other as guinea pigs on the voiture and chaise! We started work on our assigned roles, Sam and Adam on hotel support, Craig, Charlie and Lughaidh on ward support. We greeted the pilgrims as they arrived and brought their baggage up to their rooms.

We finished the day with evening prairie that was led by Father Paul Thornton, a past student of the college.

## Day 2:

We woke up at 6.15am and got showered and ready for breakfast for 7am. Charlie, Lughaidh and Craig reported for a morning shift accompanied by Adam & Sam, who



were whelping out on ward support until their shifts on hotel support began in the afternoon. Our duties included bringing pilgrims to and from Mass, making sure they were comfortable and general chit-chat with the pilgrims. We also brought them to the Church of St Bernadette and then to the Grotto via voiture.

During the Mass the weather began to really pick up and the sun was beaming. By midday it was firmly in mid 20s. After returning the pilgrims from the Grotto, we headed out again to bring the pilgrims to the Baths of St Bernadette. We waited for roughly 20 minutes for our pilgrims to complete them. The pilgrims were blown away by the experience! We then brought our pilgrims back to the Accueil for a few hours of rest.

At 6pm we headed to dinner back in the hotel. At 7.30pm we went back to the Accueil for a singsong as one of our pilgrims was celebrating his 87th birthday, which was a great experience. At 9.45pm we gathered for the Prairie and four schools led the reflections. Finally, we had a table quiz at 10.45pm which was a great bonding experience.



### Day 3:

The first event of the day was bringing the pilgrims out to the baths or if they weren't going to the baths, the water walk procession was on at the same time. After lunch there were no big events, so we stayed with our pilgrims in the Accueil. This was a great time to meet up with other Blueshirts over there and their pilgrims as well. On Sunday night after dinner, there was a candle light procession. Lughaidh, Craig and Charlie were used as extra stewards for the procession. Our job was to hold torchlights throughout the whole procession. Towards the end of this procession all of the Blueshirts holding the lights, lined up in the center and walked up onto the stage to accompany the archbishop of Dublin to close the candle lit procession. We had evening Prairie followed by confessions and finished with crêpes in a cafe with Mr Forde before we went to bed.

### Day 4:

We met up with our team on ward support and we did the usual duties of cleaning the pilgrim's rooms while they were at breakfast. We then brought them to St Bernadette's church where there was a penitential service taking place. After lunch there was confessions for the pilgrims in the Accueil followed by a mass of the anointing of the sick. We then walked back past the grotto to have some afternoon tea and coffee in the courtyard of the Accueil. At around 9pm we brought the pilgrims out to spec-

tate the torchlight procession.

When all our duties were done for the day we had our usual Prairie. Tonight, was the night for DLSC to showcase their talent. We led the reflection by reciting the Pope's speech at the capuchin day center from his visit there in August. We then went back to a local hotel for a sing song with all the Blueshirts, it was so fun and enjoyable. We finished out the day with our traditional night time crêpes.

### Day 5:

Today we had an early start, we were doing the stations of the cross at 9am. The station we had to act out was The Garden of Gethsemane. Charlie was Jesus praying on his knees, Lughaidh was Judas sneaking up on him while Adam, Sam and Craig played the apostles asleep on the ground. After the stations we all went back to our normal duties. Craig, Lughaidh and Charlie brought their pilgrims out shopping and for a coffee while Sam and Adam collected some pilgrims from their hotels and brought them down to mass and to light some candles. Later in the evening we had our past pupils' meal in a lovely restaurant, joined by some past teachers and pupils. After that there was a final party and sing song in the Accueil with the pilgrims. We said our goodbyes and packed for early morning departure in the morning. At the end of a long day we continued our routine and Mr. Forde brought us for crêpes to finish the day. It was a truly life changing experience!





On Friday the 7<sup>th</sup> of September, Mr Forde and a group of five 6<sup>th</sup> years journeyed on the annual pilgrimage to Lourdes. This is what Mr Forde had to say about his experience.

### **How was Lourdes?**

Lourdes was life changing. First of all, Lourdes, the place itself, was a fabulous place and so scenic. There was something special about it. The lads went above and beyond, they lived the La-Sallian ethos. They were amazing, no job too difficult.

### **Were there any difficulties on the trip?**

Yes, the food.

### **What would you rate the trip out of 10?**

9.5/10, loss of mark was just because of the food. The food just wasn't nice and we didn't know what we were eating half of the time. As a solution we went out for food after they had finished their work which was at midnight.

### **Any advice for people who to want to go on the lourdes trip in the future?**

Do extra fundraising, have food to bring because the food is not nice. Keep up the good reputation, as the people there were commenting on people who have been out of the school years. That's really it.



## Killary 2018 (Arrival):

Omar Saood

On Tuesday 25th of September, the TY's went to Killary Adventure Centre in Connemara, Co. Galway. The year was to meet at the school at 7:45 A.M. to get onto the bus at 8:00 A.M. The bus arrived late, at about 8:30 A.M. After loading our bags onto the bus, we left at 8:40 A.M. The bus ride was 5 hours long, with a stop in Athlone included. When we

arrived, it was misty & drizzly. We were told our groups, given our rooms in the Connemara Hostel & went to lunch in the hostel reception building.

There was a buffet style selection of salads, meats, granola bars & others. Before starting our activities, our phones were taken away. Then, we started our

activities our first two activities (except for people who did bush-craft, which counted as two activities). The activities we did in Killary were: Bush-craft, Gorge Walking, Kayaking, Ringo Rides, Raft Building, High Ropes & Combat Archery. There were other things there but our school did not do them.



## Killary 2018: Post-activity adventures

Omar Saood

When we finished doing our two activities, we went back to our rooms & stayed there for an hour or two. At about 6:30 we headed off to the Killary main centre so we could get our phones until 7:30 (1 hour),

The walk was about 15 minutes long and was mucky in some places. When we arrived, there were a lot of students from other schools there. We headed upstairs to the cafeteria but were kicked out because our dinner wasn't ready.

which distracted us for a bit. The staff managed to find our phones at about 7:10. We used them until about 7:20 until we were brought out into a dome arena to do our first evening activity, dodgeball. At first, teams were organised but eventually, people went up as they wished.



In the meanwhile, we were waiting for our phones. We were supposed to receive our phones at 6:30 (we left the hostel late) & all the other students from other schools had their phones.

Then we went into the teacher room, across from the cafeteria to do our second evening activity. The second activity were challenges.

eat dinner & do evening activities.

When we asked for our phones, we were told that the staff had lost them. Many students were getting angry & annoyed.

The first challenge was "The Human Table". Four stools were gathered & a person had to sit in each chair. The 4 people lay in each other's laps. The stools would be removed from under-

Eventually, we were given dinner,



neath them & they would have to keep their balance for as long as they could. Our school made the new record at about 9 minutes and a half, the old one being at roughly 7 minutes and a half.

The next challenge was to wrap ourselves around the underneath of a table & back on top without touching the floor.

The final challenge was to wrap a broom around our body in a particular way. The record was nearly beaten by Jan, which was about 15 seconds.

Afterwards, we had to give our phones back. Many students were annoyed because the activities got in the way of using our phones. Some students spoke out against the new policy and so we got to use our phones for an extra 10 minutes.

When all the phones were returned, it was 10:30 P.M. & really dark out. We walked back to the hostel with the headlights of a van to help us.

The next morning, we got up & had breakfast in the hostel reception building. Breakfast included cereals, jam, honey, bread & chocolate cupcakes. We then got ready for our morning activities.

After the morning activities, we had a break. Then we had lunch & went into our afternoon activities. We came back, had to prepare for packing & sorting out our room for the next morning & headed off to the main centre for dinner.

Once again, we had to wait for our phones, but this time, no reason was given. We were given our phone at about the same time as the previous day & were put into evening activities swiftly, although this time, we could keep our phones if we were quiet.



The rest of the night was spent doing quizzes.

We, once again, returned to the hostel in the dark,

## Activities Included:

- Bush-craft (Survival Skills) & get dragged around by a speedboat
  - Gorge Walking (Walking up a river)
  - Kayaking
  - Raft-building
  - Ringo Rides (Sit in a ring inflatable (it has a bottom) • High Ropes (Climbing)
  - Combat Archery
- All activities are done in your groups, at no point will you be alone doing something, unless of your choosing & of the supervisor's permission.

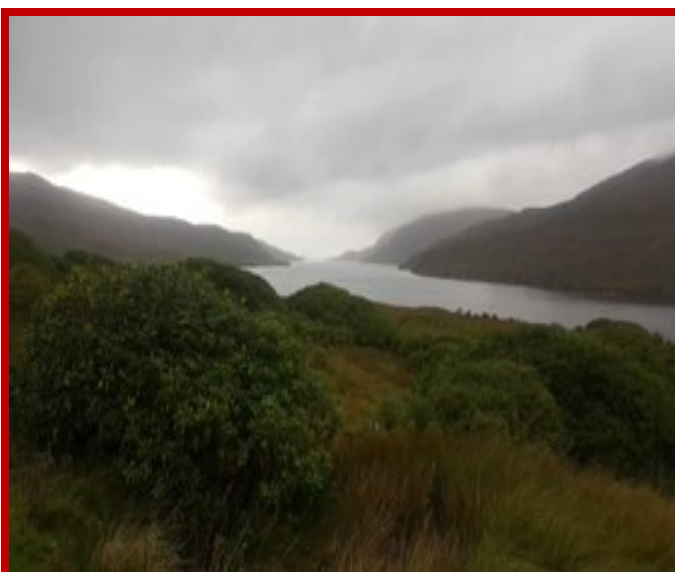




with the van as light. We got to our rooms & had to pack up & prepare for the next day, our last day. The night attendants came to each room to check behaviour & progress. At about 11 P.M. we went to bed.

The next day, we were woken up early, in case anyone couldn't finish up any bits & pieces the night before. We got breakfast, did morning activities & came back for preparing our bags, emptying rooms & having lunch. Then, we had about 15 extra minutes after lunch to prepare for leaving.

We left around 1:30 P.M. to go back to Dublin. We once again stopped in Athlone for food. We arrived back in Dublin at 6:30 P.M. on Thursday the 27th of September.





## 1<sup>st</sup> Year Bonding Trip to Glendalough

Mr. Cronin

Our First Years went on their inaugural school outing as LaSallian students in September. They enjoyed a hike around the beautiful environs of Glendalough. This was organised by their class tutors in conjunction with the LaSallian Retreat Centre in Stillorgan. Along with being a fun bonding day for our new students, it also allowed the boys to learn a little about the proud LaSallian ethos as they were also accompanied by Brothers from the De La Salle order. The first of many great trips as De La Salle men!



## 6<sup>th</sup> Year Theatre Trip to *Macbeth*

Mr. Cronin

This term forty-five 6<sup>th</sup> Year students attended the Mill Theatre in Dundrum to see a production of Shakespeare's great tragedy *MacBeth*. The play is on their Leaving Cert English course and it was a brilliant production, providing a new insight into the play and the workings and joy of live theatre.





# Sports

## Sports: Junior Rugby

Our Junior Rugby team has had a really positive start to the league campaign. Two fantastic wins against St. Conleth's and St. Columba's College, either side of a difficult defeat against Mount Temple, has left us second in the table and through to the knock-out stages. The lads have played some excellent rugby and there are many talented and dedicated players in the squad. We have great hopes for the season ahead. As ever we encourage all students to take part in extracurricular activities and every student is welcome to come out training on Monday and Tuesday afternoons.





## Sports: First Year Sports

Mr. Boyd & Ahmed Jelidi

Our first years are getting active. We firmly believe in the importance of being active every day. They now play sport three days per week. They can choose between:

- Rugby
- Basketball
- Badminton
- Squash
- They can also play table tennis or do athletics.



Why are we doing this? Sport Ireland state increasing participation in sport can:

- Develop leadership skills and the capacity to work as a team
- Healthy body – healthy mind.
- Promote better mental health and sense of well being
- Improve cognitive functioning and academic performance
- Improve sleep
- Increase energy levels
- Reduce and treat anxiety and depression
- Reduce the risk of depression and dementia in later life
- Reduce the risk of getting type 2 diabetes and high blood pressure
- Reduce the overall risk of cancer and prevent bowel cancer.
- Reduced risk of stroke and heart attack

Their key findings state that: Strong, recent evidence from Ireland that those who do not participate regularly in physical activity suffer much steeper declines in physical and mental health throughout the life course than those who do regularly participate.

(Assessment of Economic Impact of Sport in Ireland – 2008 – Irish Sports Council)

So why are we doing this?

Sports Program - October – February – Term 1			  BECOMES	Sports Program – March –June – Term 2		
Days	Compulsory	Options		Days	Compulsory	Options
Monday (4-5pm)		Rugby GBA Badminton		Monday (4-5pm)		Badminton
Tuesday (4-5pm)	Rugby GBA			Tuesday (4-5pm)	Soccer	
Wednesday (1:30-2:30)	Rugby GBA			Wednesday (1:30-2:30)	Soccer	
Thursday (4-5pm)		Basketball		Thursday (4-5pm)		Basketball
Friday (4-5pm)		Badminton Squash		Friday (4-5pm)		Badminton Squash

We are really excited about sport and being active becoming a central piece of our first years lives. We are a health promoting school that places our students well-being at the centre of our mission.

# SO LET'S GET ACTIVE AND START MOVING FORWARD

### PHYSICAL BENEFITS

↓ Blood Pressure  
↓ BMI  
↑ Insulin sensitivity  
↑ Bone density  
↓ Heart disease  
↓ Resting heart rate

### PSYCHOLOGICAL BENEFITS

Academic performance  
Self Image  
Perceived health status  
Life satisfaction  
Reduced feelings of  
depression & anxiety  
Promotes sense of  
well-being

### SOCIAL BENEFITS

Teamwork  
Group problem solving  
Building relationships  
Competition  
Discipline  
Accountability  
Self-motivation



## Sports: First Year Sports

Mr. Boyd & Ahmed Jelidi



## Sports: Senior Rugby Moving Forward

Mr. Boyd & Ahmed Jelidi

Senior rugby in De La Salle is alive and well. The team this year consists of a healthy mix of 6<sup>th</sup>, 5<sup>th</sup> and 4<sup>th</sup> years. They have been training since late summer and have been consistently improving over the course of the season. Results thus far are:

Win 24-19 vs Mount Temple (Metro League)

Draw 5 – 5 vs St. Conleths (Metro League)

Loss 25-10 St. Benildus (Friendly)

They still have one qualifier game left to play vs St. Colombas and expect to perform and give themselves a good opportunity to win and go through to the knock out round of the competition. The opening stages of the McMullen cup are also not far away. A cup that the team will look to do well in. The team have had a difficult year or two of results and working hard to improve. They are challenging themselves and those around them to do better both individually, as a team and as a school. There will be hard days ahead but the team and coaches are excited about the prospect of what this team can achieve and how they can lead De La Salle rugby forward.



AJ: How do you feel about senior rugby?

Mr Boyd: I feel very excited to coach the De La Salle senior rugby team. I've been coaching for about 4 years, I feel like I have a high level of responsibility and feel pressured at the same time because the rugby history of this school is just mind blowing, so I feel very privileged to coach a rugby team in De La Salle college. I try help players reach their full potential because the majority of them are very talented. This school so many people connected to it I mean like teachers, past pupils, family, friends, Supervalu and many more. Training has been mostly positive and players just feel very challenged in training, learning new things and staying positive and all.

## Green School Report October/November

Last school year, we got our first green flag. That flag was the **Litter & Waste Flag**. We got new bins with different coloured lids & bin bags for different types of bins. This year we are aiming to get our **Energy Conservation Flag** while maintaining our **Litter & Waste Flag**.

We are hoping to get new members this year to help out. If you wish to join or simply want to ask about our Green Schools group, talk to Mr. Brennan.

Meetings are every Monday

**Thank you  
for reading!**



# WE ARE SALLE