

From Tullamore to Sorrento

In November, thirty very sleepy students and four teachers arrived in our school yard at 2:20 to depart to Dublin airport. After a relaxing plane journey we arrived in Rome and met with our tour guide Frederico and enjoyed a fantastic trip to see the Colosseum.



When we arrived in our luxury hotel we got assigned our rooms and then went for dinner, which was interesting. On our very busy second day, with our tour guide Adriana, we firstly went to a coffee roasting demonstration which surprised many students by the strong taste of the espresso. We continued on to honey tasting where we were accompanied by some very friendly bees. We also went to pastry demonstration of some traditional pastries high up in the beautiful mountains of Sorrento. After that we went to an olive garden where everyone enjoyed sampling of the olive oils, which tasted fantastic and ranged from chilli, garlic, onion, vanilla and orange.

We then went to our cookery school where the hungry students and teachers had a delicious dinner. We had demonstrations in the making of Gnocchi. We sat around the tables chatting and soaking up all the Italian flavours that were on offer.



We then returned to our hotel and slept soundly as we were told the next day was going to start bright and early. On our third day we began on our terrifying drive, along the beautiful Amalfi coast but was made easy with our wonderful bus driver who navigated the winding roads with great ease. The views saw the Isle of Capri and the bay of Naples in all its glory. Then we went to a mozzarella demonstration; this involved visiting the farm where we saw the cows relaxing as they waited to be milked. We tasted the cheese with bread and olive oil and tomatoes. Last but definitely not least we went to an ice cream demonstration and of course tasting which went down a treat.



We proceeded onto our cookery school where we got our dinner - traditional pizza made in the proper Italian way. We made the dough and then chose our toppings. We had appetisers along the way and also a lovely tiramisu for dessert. Finally after some traditional Italian entertainment we said our sad goodbyes to Lucia, the cookery school owner.

On our last day we went on a tour of the historic ruins of Pompeii, which was extremely interesting. After this we made the journey to the airport. A delayed flight meant that we had a long wait but when we boarded there was only one thing to do and that was sleep. We all have great memories of our trip, an experience that, without doubt, won't be forgotten about too quickly. Nel Deegan TY4

BT Young Scientist

Congrats to 2nd Year students Rachel Conroy, Roisin Kenny and Hannah Daly on being chosen to exhibit their project "The Effect of Chewing Gum on Shoulder Internal Rotation" at BT Young Scientist 2017.



3rd Year Zumba



Pawtrollers

Our YSI group, 'Pawtrollers' was set up to raise awareness about the cruelty and neglect aimed towards animals everyday, in doing this we have brought in a speaker from the OSPCA to talk to students and make them more aware of the rising problem with how animals are treated every day. Our hope is to eventually increase adoption rates in Tullamore's animal shelters.

This Christmas we are holding a food collection for the OSPCA, people can donate: food, toys, collars and money in the bridge centre on Tuesday the 13th of December and in the school throughout the coming weeks.



SHS

Round Up



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Message from the Office

We would like to take this opportunity to wish all of our families a very happy Christmas.

Once again we have had an extremely busy term with wonderful choir performances, successful football and rugby teams and scholarship awards for girls from the Class of 2016.

We are particularly proud of our 1st year students who have embraced their tablet device with such enthusiasm and we have already established a Student Digital Team. We look forward to introducing our incoming students to their digital schoolbag in September 2017.

Finally, while our 3rd and 6th years work feverishly towards their exams we remind all that Christmas is also a time for a little rest and relaxation and most importantly we wish you all a safe and happy 2017.

Wedding Bells

Congratulations to Mr Corley and his new wife Kelly.



SHS Academic Excellence Continues!

Staff and management at the Sacred Heart School are thrilled with two of their pupils in particular who have received fantastic news from the Department of Education and Skills.

Maria Guinan has been identified by the States Examination Commission as having one of the highest results in both her Junior Certificate Maths and Science. She has been selected to qualify in the Irish Maths and Science Olympiad Team representing Ireland in Denmark and Bali.

Participation alone in this competition is regarded as very prestigious and some of the world's leading mathematicians and scientists are past participants in this competition. Maria joins a long tradition in the SHS where each year successful Junior Certificate students are selected to compete in both Science and Maths Olympiads.



The Department of Education and Skills selected 7 junior certificate History students from 40,000 this year – these seven were selected for having the highest results in the country. Muireann will be presented with €500 euro to mark her achievement and congratulations is also extended to Ms Niamh Mc Enhill, her History teacher.

Finally, while Maria and Muireann have been congratulated by the Board of Management, the school feels it is important to note that all Junior Certificate students excelled this year with almost one in five students achieving A's and B's only in their exams.

Halloween Party



ChefTY Ltd

ChefTY Ltd is a mini company in the Sacred Heart School. This company cooks food for SHS students every Friday at break time. The menu can vary from breakfast bagels to french bread pizza, panini's and seasonal foods such as chocolate apples for Halloween. Hence, Fridays are very busy and full of activities in the life of ChefTY Ltd.

Currently the class is very busy with their preparation for Sales Day which takes place on 16th December. They will be selling at the library, Credit Union and Bridge Centre. They are selling products such as Reindeer food, Reindeer hot chocolate cones, apple tarts, mince pies, jars of cookies and jars of marmalade.

ChefTY Ltd would like to invite you to come to their Sales Day, look at their products and maybe purchase a few.

ChefTY Ltd had a very successful training day as provided by Dominos Pizza. The girls were very happy to see how a food business ran and had hands on opportunity to create a pizza to bring back to school.



This was a very enjoyable, fun and educational activity as it gave the girls a sense of what it was like to run a food business before they began their own school based food business.



Transition Year's Young Entrepreneurs

TY's four new Mini Companies are up and revving to go, with big plans and exciting new things waiting in store. And it's time to meet them.

It's Lit ltd is our events mini company. Their upcoming talent show 'Steal The Stage' is one of the most anticipated events of the year, last year's being very popular! It will be held on 16th December in the school gym, starting at 7:30pm, with tickets costing only €5. These will be available on the night, or can be ordered by contacting It's Lit ltd on their facebook page. It is definitely a night not to be missed!



Our school also has their very own Arts mini company, CreARTiviTY ltd. They are incredibly busy creating many hand-made products specially for you. These include bath bombs, lip balms and lip scrubs, decorated slates and decorated wine bottles, Christmas logs and decorations, Christmas centrepieces and the highly popular Christmas cards. They are also responsible for purchasing the TY hoodies, a necessity for us Transition Years.



But what would a school be without their Catering mini company? ChefTY ltd has heated the ovens and is supplying the students of our school with scrumptious snacks every Friday; their breakthrough being the delicious breakfast bagel. Other treats include French bread pizza, Panini's and seasonal foods such as chocolate apples for Halloween. Future treats to sell to the general public include Reindeer hot chocolate cones, apple tarts, mince pies, jars of cookies and marmalade.



Lets not stop here. The IT mini company, Luch ltd, has been typing away and has already produced keyrings with timetables inside for the new 1st Years. These are very handy when it comes to the frantic lockers. They are currently working on calendars and making sock snowmen, light bulb decorations, pinecone decorations and much more to sell.



With lots of hard work being put in, it will be nice to finally reach Sales Day on 16th December. This is where all the mini companies show their work by selling their goods from a stall in the Bridge Centre. So stay tuned and make sure to mark the 16th December into your diary, and drop by the Bridge Centre to see all of the fabulous things our mini companies have made.

TY Self Defence

On 21st and 22nd November TY students had a self defence and crossfit workshop led by Michael and Kieran Davern of Irelands fittest family fame. The girls were given some tips and techniques on how to defend themselves and then in the afternoon they were led through a crossfit class. The girls really enjoyed their day.



DAB

DAB (Dyslexia Awareness Bunch) are a Transition Year YSI class. They hope to raise awareness about Dyslexia in their school and with their community.



Your Health is Your Wealth

This is ty4's Ysi "Your Health is Your Wealth" healthy lunches project for the 1st years in our school.



Fashion Show

TY students who helped to organise the Fashion Show at the National Ploughing Championships are pictured with Fashion Show Coordinator, Anne Lowry.



Community Care

Our TY students have been actively engaged in the technological world every Thursday in the Community Care class. We welcome all guests and with them we explore and learn about the wonders of computers, communicate with family and friends and explore the world wide web. After all this hard work it is only fair we treat ourselves to some well deserved treats. We would like to wish all our guests a very merry christmas and to sincerely thank you for your continued support and we look forward to another wonderful year in 2017.



Chocolate Warehouse

On Monday the 14th of November, 5th year LCVP students visited the Chocolate Warehouse in Dublin. It was a very educational and enjoyable visit.



Students were given a talk about the history of Caffreys business. Here they learned about the factors that have contributed to the success of this company. Student's also got the opportunity to produce and decorate their own chocolate and become chocolatiers for the day.

Saffron Science Competition Finalists 2016!

Ms. Meleady, Mr Gallagher and 20 second year science students entered a science competition sponsored by Saffron Travel and eFlow. As part of the competition, they had to produce a 3-minute video on "How Science And Technology Can Make Managing Transportation Safer". Although we didn't win, we were delighted to find out that we made top ten finalists in the country.

As a reward, we were given a €2,000 Voucher towards a Tour to the European Space Centre. We are hoping to use this to visit space camp next year. Without the help of the staff in Hyundai Tullamore this would not have been possible.

YSI

We are one of the YSI groups called Mind Your Business. Our aim is to promote mindfulness among teenagers in our school to create a more stress free time during exams.



We are currently planning a mindfulness week in which we will give people more information and tips for mindfulness. We also hope to introduce it among SPHE classes in schools. Currently we are in the process of contacting schools, groups and other people about their experience with the topic.

SHS & SVP at Christmas

The girls of 3B SPHE class are organising a Christmas collection for the local branch of the St. Vincent de Paul. They designed posters to colour (assisted by 1L) and hung them around the school, encouraging students to take a tag and buy a gift for a child for Christmas. These are being deposited into a big box ready for collection by SVP Tullamore the week before Christmas.

The girls are very aware that Christmas is a time for giving and thinking of others.

Merry Christmas to all!



Halloween Trick or Treats

Halloween brought out the creativity of the Culinary skills class who prepared various delights with the theme of Halloween with ghouls, witches and cats. They were very pleased with their results.



Berlin Trip

In the early hours of the morning of the 26th of October, a group of 74 students and teachers gathered in the school car park to depart on a 5 day trip to the capital of Germany, Berlin.

Upon arrival at Tegel Airport we were greeted by our wonderful tour guide Gabi, as the trip by "Saffron" was fully escorted. We went for a guided tour of the Berlin Olympic Stadium, where the games were hosted in 1936.



For dinner on Wednesday we truly were spoilt. We had a delicious three course meal at the Hard Rock Cafe and us students weren't the only ones here to learn a new language - Ms O'Beirne herself was educated on the intricate language of Offaly- which left us "wakiesta!" / "Fight ya for your left school shoe Ms?!" - and I must say that our first night in beautiful city was definitely a highlight for the group as a whole.



During our coach tour (on the fabulous double decker party bus!) of Berlin, we stopped to take a lively group picture - but an amateur would never do, so our new friend Chen from further afield (Taiwan), took it for us and e-mailed it! (a shoutout to Emma D. for getting a selfie with her!)

We visited so many wonderful sights- the Berlin Wall, the Brandenburg Gate, Checkpoint Charlie, Sachsenhausen Concentration Camp, the Stasi Prison, the Palace of Tears and the Jewish memorial to name a few.

One of the highlights was the afternoon spent at the fabulous water park "Tropical Gardens", which brought out the child in all of us.

The girls of the SHS were complimented on their wonderful behaviour as a group wherever we went - they really did themselves and the school proud.

Our school trip was a huge success and we will most certainly be making a trip back to Germany, so bald wie möglich! (Sakura restaurant is first stop on the list!) Roll on Deutschland 2018! MUPPPP THE SESHHHHH!



SHS Junk Kouture

What do Justin Beiber, Adele and three secondary school students from the Sacred Heart School have in common? Well on April 14th, 2016 last they can all say that they have performed in the 3Arena in Dublin.



Creative students from the Sacred Heart School in Tullamore have reached massive highs during the National Junk Kouture fashion competition. Five of the student's designs were hand selected to take part in the Regional Final with two of these designs awarded coveted silver tickets to the Western Regional Final.

One design from the school achieved a place in the Grand Final and was showcased on Ireland's most prestigious stage along with 79 other outfits from schools all over Ireland. Fashion Ambush was an eye-catching design inspired by the 1916 rising and was constructed out of an artificial Christmas tree.

Due to the highs and success of last year, our TY students are super busy constructing their creative pieces to enter into this year's national competition. We were lucky enough to get a visit from Sara Ryan who gave our students an inspirational workshop on what the judges will be expecting this year. The TY students are also in full swing organising our annual school fashion show. It will be held on the 3rd of February in our school gym, doors open at half 7 sharp.



Rugby

The rugby team were unlucky to lose out on a place in the All Ireland 7's final after losing the semi final in extra time.



Hockey



Midlands Basketball

Congratulations to TY students Katie Guinan, Jennifer Glavin and Leah Spollen who were selected onto the Midlands Under 17 basketball team who took part in the inter-regional competition in November in Sligo. The girls had a great time.



Basketball

The Senior and Cadette basketball team had a busy first term this year with the seniors playing 5 matches and the cadettes playing 6 games. Both teams qualified for the midlands semi finals however they were unsuccessful in this. Four 6th year students have played for the school since 1st years and the midlands semi final was the end of an era for these students. The school would like to thank Aoibheann O'Mahoney, Rebecca O'Mahoney, Aoife Spain and Rachel Heffernan O'Brien for their commitment and dedication since 1st year.



1st and 2nd year basketball teams have been training hard since September, however their competition does not begin until after Christmas. They have their first challenge blitz taking place on Wednesday 14th December and we wish them well in this.



Senior Soccer



Gaelic Football

Our Junior and Senior Gaelic footballers have had a busy season so far. Both teams won all their group games with ease. Our Senior footballers are in the Leinster semi final which will be played in the next week. Our junior footballers were very unlucky to lose out to Moyne C.S in the Junior quarter final. Both teams have some very talented footballers and are representing the county at various age groups. The future is bright.



1st Year Cross Country

On Friday 7th October 10 first year students from the SHS took part in an Offaly cross country competition in the Harriers.



Well done to Sarah Condrón, Cara Martin, Shauna Slattery and Alex Drea who have qualified for the Inter counties cross country which is taking place in January.

Student Council

The Student Council have enjoyed a very busy time since returning to school in August. They and the 6th year Committee girls organised and carried out a very successful 1st Year Induction Day, when the incoming students were able to find out about the school and how to get by from the people who know best! In September, in conjunction with the Student Council from Colaiste Choilm we held our second Senior Citizens Tea Party. About 60 invited guests came and were entertained by the student councils and by the wonderful traditional musicians from the Sacred Heart School! As usual in October we held the biggest event for us in the year, our annual Halloween Party for the pupils and students from the special needs units and classes in the area. 128 students came with their teachers and SNAs and a great time was had by all. The whole Leaving Cert Year were involved and made a wonderful effort with our guests. We have had three Free Dress days, one for our Sister School/Clinic in Zambia, one for the local branch of the St Vincent de Paul and one for our own grad committee. Thank you to all the girls and their parents for supporting these worthy causes.

1st Year Canal Run

On Tuesday 13th September all first year students took part in the Annual Canal Run which is organised in conjunction with Tullamore Harriers. All first year students ran, jogged or walked the 5km distance.

Well done to Cara Martin, Sarah Condrón and Shauna Slattery who were the first three over the finish line.



1st Year Marathon Relay

On Wednesday 5th October a combined team of SHS, Tullamore College and Colaiste Choilm competed in the World Marathon Relay event. This is a worldwide event organised by the Save The Children charity. Each school provided 12 runners for the event. They had to run 200 metres before handing the baton over to the next runner. As a group the team had to complete the marathon distance of 26.2 miles.



The team finished the distance in an excellent time of 1hour, 55 minutes and 20 seconds beating the Irish record by over 2 minutes. They came first in Ireland and therefore were presented with the John Treacy cup.



Music News

National Youth Orchestra Of Ireland

Congratulations to sisters Ellen and Clodagh Reilly who, following very competitive auditions, have been selected for the National Youth Orchestra of Ireland. They will participate in an intensive week of rehearsals in January culminating in a performance in the National Concert Hall, Dublin. Under the baton of Gearoid Grant the girls will perform repertoire from Brahms, Saint-Saens and Shostakovich. This will be followed by a summer course specialising in repertoire from Ravel, Tchaikovsky and Prokofiev under the baton of American conductor Ilych Rivas. We wish Ellen and Clodagh all the best. Enjoy the experience!



Senior Choir On RTÉ

In September, to celebrate the Ploughing Championships coming to Tullamore, our Senior Choir performed in a live 'Harvest Festival' broadcast from St. Catherine's Church in Tullamore. On this occasion some past choir and orchestra members performed with the girls.



Diocesan Carol Concert

Recently our Junior and Senior Choir members performed at a concert in the Church of the Assumption, Tullamore. Under the direction of Ms. Regina McCarthy and accompanied by Loreta Mackelaite the students entertained the congregation with such favourites as 'Chestnuts Roasting on an Open Fire', 'White Christmas' and 'Carol of the Bells', among others. It was indeed a night to remember!



Christmas Crackers

Our annual 'Christmas Crackers' concert took place recently in the School Gym. There was a selection of performances on the night from both Junior and Senior Choirs and the School Orchestra along with many soloists. Repertoire ranged from sacred to secular and it was very evident throughout the evening that the students of the S.H.S. are hugely talented. Well done to all!



SHOW TIME

Our Music classes have been very busy. 1st years enjoyed a performance of the panto 'Robin Hood' in the Gaiety Theatre. 2nd and 3rd Years travelled to the Bord Gais Theatre to see a performance of 'Big the Musical' while 5th and 6th Years enjoyed a performance of 'Westside Story' in the Bord Gais Theatre.

1st Year Heritage Project

Since September students from 1L History class have been busy preparing for the Laois Education Centre Heritage project competition.



Some students wrote essays which were sent in which the rest of the class worked in small groups creating 3D models of historical remains in their locality.



On Wednesday 30th November four students travelled to Portlaoise to display their projects. They had to discuss their project and answer any questions which the judges had. There were delighted to be presented with 2nd place in the Post Primary category.



Maths Week

Maths Week took place from October 15th–23rd. To highlight maths in our school many activities took place throughout the week. 1st years took part in a maths trail around the school organised by TY students and 2nd years took a trip to Tullamore Town Park to discover how relevant maths is related to everyday life. Daily puzzles and lunch time activities took place which consisted of Bingo, maths kahoot and many puzzle games in which students won prizes. Students also entered "have you got maths eyes" competition.



Dóchas

On the 20th of October, students from the Sacred Heart Secondary School visited the facilities of the charity organisation Dóchas accompanied by their teachers Ms Feighery and Ms Reynolds. As part of their Link Modules portfolio students have to raise money for a charity of their choice. The girls unanimously decided that their chosen charity would be Dóchas as it is a local voluntary organisation that cares for people who have been affected by cancer. The girls were invited to the local Dóchas centre to present their cheque of €132 to Dóchas. They were kindly given a tour of the facilities by Mary Cowen and were shown first hand that the money they collected was going to great use.



Last Supper

6th year art students recreate " the last supper " by Leonardo da Vinci as part of their art history and appreciation studies.



Saint Pope John Paul Awards

This year 14 students in our school have registered for the Saint Pope John Paul Awards. This is the first year that the Diocese of Meath are involved in the awards. Students commit to Parish and Social Awareness activities over a 14-18 week period. For some of our students this involves participating in the Junior Parish Pastoral Council, for others, assisting at Mass through Music and Reading.

The Social Awareness commitments vary from training local GAA teams, to volunteering in a local Charity Shop. It is a wonderful opportunity for our students to participate and contribute to their local Parish communities, and to give witness in their lives to their Christian faith. We are very proud of them all!



Guidance Events in the Sacred Heart School

The school guidance calendar has been very busy progressing career planning and career decision making events for students since September. The following are some of the activities that were organised this term:

Universities and Colleges Visitation Programme: Dublin City University also representing St. Patricks College Drumcondra and Mater Dei Institute, Maynooth University representing Froebel College of Education, GMIT, University of Limerick, Athlone I.T. have visited to give course presentations on Level 8 degrees. Others to visit next term include Dublin Institute of Technology and University College Dublin.

Open Days: 6th year students attended scheduled open days in University of Limerick, Mary Immaculate College of Education and Limerick I.T. as well as Athlone I.T. and NCAD; along with open days on Saturdays including NUIG, TCD, UCD and others since September. 5th years have attended Dublin City University Open Day and other Open Days also on Saturdays.



Higher Options: 6th year students attended the Higher Options Fair in the RDS in preparation for applying to UK and Irish universities. This event allowed students to meet up with representatives from UK and other European universities prior to application.

UCAS Applications: Many 6th year students are completing applications to the UCAS system for courses in Radiography, Primary Teaching, Psychology, Physiotherapy and Nursing in the UK. The application deadline is January 15th 2017. Interviews and further assessments for entry will be held in 2017.

EUNICAS: As part of career planning and college application some students are progressing applications to European Universities in Poland, Hungary, Romania, and Italy for programmes in undergraduate Medicine and Veterinary Medicine.

Post Leaving Cert: Moate Business College and Portlaoise College of Further Education, and other FETAC colleges will visit to present the FETAC Level 5 option for students early in 2017.

Counselling Service - Teen Between: Students may avail of a counselling service organised through the pastoral care team. A Teen Between counsellor from the Midlands Regional Youth Support Service is available in school one day a week to assist students with personal and other issues. Parents can contact the Pastoral Care Team or the guidance office for any further details.

Parents' Briefings: Kay Mitchell from Maynooth University presented an information evening for 6th year parents on the CAO application and transition to college. This was a most informative presentation for parents who attended in great numbers.

CAO Clinics: 6th year parents can avail of a CAO Clinic during the month of January to discuss their daughters CAO choices and other related career decisions. Appointments can be made through the guidance office.

Study Skills: 5th year students will have the opportunity to attend a specialist one day programme on study skills and examination preparation skills on January 24th 2017. The programme will be presented by Student Enrichment Services who specialise in delivering these programmes.

Parents wishing to contact a school Guidance Counsellor can make an appointment by telephoning the school office: 0579321747 or email the guidance office:shsguidanceroom@gmail.com.

Students can make an appointment directly with a Guidance Counsellor in the guidance office.

Science Week



Science Quiz

The Science Quiz in Athlone IT was attended by schools all over the midlands.

