



# Rockford News

## Newsletter

### March 2015

ROCKFORD MANOR, Secondary School, Stradbroom Road, Blackrock, Co. Dublin  
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*"A Christian environment where teaching and learning nurture the personal development of every student"*



Valentyna Slyusarchuk wins silver medal at Chemistry Olympiad

### Silver Medal for Valentyna at Chemistry Olympiad

**Valentyna Slyusarchuk**, a sixth year Chemistry student, represented Rockford Manor at the **Irish Science Olympiad for Chemistry** in DCU on Saturday March 7th 2015.

Valentyna was one of 130 students from all over Ireland who sat a two and a half hour Chemistry exam. Her amazing performance saw her not only being awarded a silver medal for coming second but also being the only girl to qualify for the next round of the Olympiad which will be held in April. Successful candidates at that stage will form the Irish International Olympiad team which will represent Ireland at the 47th International Chemistry Olympiad in Baku, Azerbaijan in July 2015.

We wish Valentyna the very best of luck with the next stage of her adventure and are proud of her wonderful achievement. *Congratulations Valentyna and best of luck for the next round!*  
Ms Puetz



2nd Year SpikeBall team with the trophy

### Excellent Junior Cert Science Results

**Divija Sunny** and **Holly Naylor** were selected to attend the **Transition Physics Experience** at Trinity College Dublin. The Physics programme included an introduction to Physics from nanoscale to the galaxies and beyond. **Ciara Mc Guirk** was selected to do a work experience week at the TCD **School of Biochemistry and Immunology**. All three students were selected to participate in these programmes as a result of their excellent Junior Certificate Science results. This was a marvellous achievement for the three students. *Well done, girls!*  
Ms O'Toole



Science students invited to Trinity college

### 2nd Years win All Ireland National Spikeball Final

Congratulations to the second year SpikeBall team that won the All Ireland National Spikeball Final on Thursday 12 March in Trinity College Dublin. It was a very long day as the girls were playing from 11.30am to 4.30pm. The team played three pool games beating teams from Carlow, Dungarvan and Roscommon. Next was the All Ireland Quarter - Final in which they defeated Presentation Terenure. They then qualified to the All Ireland Semi - Final in which they met a team from Clonmel. This was a very tough game. At one stage the girls went behind. However, Faye O'Connell Bell turned the game around with her spiking and the team came out with another win. Next up was the All Ireland Final where they played against Strokestown. This was another very close game. The girls were getting very tired at this stage. However, from pure drive and determination they fought hard and came out with a win. This is such an achievement for the girls and we are very proud of them all. Congratulations also to the first year team which reached the All Ireland Spikeball Quarter- Final. This is also a great achievement and we are very proud of them.

*Well done, girls!*  
Ms Howlin

### Spring Message

*Welcome to the Spring 2015 newsletter.*

*Easter is approaching and this school year is flying past. Schools are always busy places but this year seems busier than ever. Once again, the students have been involved in a wide variety of activities. The air is ringing with the sound of the choir practising for the Emmanuel Concert and the Feis Ceoil. There are shrieks of excitement coming from the sports hall where the first and second year teams are training for their next matches. We have had several visiting speakers since Christmas and many of the students have been out on trips. Work experience is looming for the Leaving Cert Applied and Transition Year classes. The Third and Sixth years completed their mock exams and they are now preparing for the Junior and Leaving Certificate State Exams – with the actual oral and practical exams taking place straight after Easter. We wish them every success. This term we said farewell to our very popular Head Girl, Frances Labastida, whose family emigrated to Australia. Alanna Smith has taken over and Erica Mc Cann is our new Deputy Head girl. Tomasz, our assistant caretaker, and Helen who was working in the office are also leaving this term. We'd like to thank them all for their contributions to our school. Happy Easter!*

Liz Caffrey  
Principal

Tony Collison  
Deputy Principal



Farewell presentation to Frances Labastida

### 3rd Place in European Piano Teachers' Competition

**Xoana Feas Perez** took part in the European Piano Teachers' Competition which was held in the Concert Hall on Saturday 14th February 2015. She entered the Contemporary Irish Music Piano Competition Senior Section and was awarded third place. She played a piece called 'From an Upper Window' by Rhona Clarke.

*Congratulations, Xoana!*  
Ms Timoney

## Student Council and Comhairle na nÓg

Two students from the Student Council have been elected to represent our school in the Dun Laoghaire Rathdown branch of Comhairle na nÓg. Brid Nolan (6th year) and Orla Kinsella (5th Year) attend the regular meetings which are held in the County Hall, Dun Laoghaire. The girls participated in a training day with members from other schools and engaged in team building activities as well as hearing from Comhairle members who have been attending Comhairle for over a year. The girls reported back with advice on how to run our Student Council as efficiently as possible. The Rockford Manor Student Council is currently carrying out surveys and research on a healthy eating project which will be run in conjunction with active schools week.

Ms Whyte

## SPHE

Education regarding the use and misuse of drugs is an important part of the SPHE programme in our school. It is important that students understand the disastrous consequences of **drug addiction** and with this in mind all classes from 1st to 6th year attended **talks** given by speakers from **Nar –Anon**. While some students found their life stories upsetting the overall response to the talks from the students was very positive.

Ms Hennigan (SPHE Co-ordinator)

## LCA Bingo Buzz.. A Buzzing success!

As part of their **Enterprise Module** the LCA class ran a Bingo Night on March 5th. It was a great success with lots of students and parents in attendance. Mr Molloy was terrific as Bingo 'host' at the event and prizes were won by young and old alike. All Bingo and Raffle prizes were donated - thanks to the combined efforts of the LCA class and the Parents' Association. The LCA class would like to acknowledge the generosity of all local businesses that donated gifts to our event. A sincere thanks to all who supported the event to help make it such an enjoyable occasion. A special word of thanks to Ms Daly, Ms Joyce, Christine and the Parents' Association.

Caitlin Smith (LCA)



Bingo Buzz team

## Seachtain na Gaeilge



Lauryn and Erin at he Tráth na gCeist.

To mark Seachtain na Gaeilge a table quiz (as gaeilge) took place in the school hall on Friday 13th March. The table quiz was for all 1st, 2nd and 5th year classes and was organised by the current TY classes. Bhí atmasféar iontach ann.

*Comhghairdeas to the winning team - Molly Thornton, Erika Kearns, Emma Cleary, Emma Harvey Graham, Megan Ryan, Clíodhna Lynch and Anabel Rallo Crespo.*

Ms Hennigan



Hata álainn!

## Leabharlann

All students and teachers can now avail of an **online digital library service** in the school. Leabharlann allows users to borrow e-books on their PC, tablet or other handheld devices and read on-the-go. The website can be found at [leabharlann.overdrive.com](http://leabharlann.overdrive.com) and you can download the Overdrive App at home. To log in and borrow books from this program you'll need a unique Username and Password and these are available from Mark in the library.

Mark Aylward

## Book Club

The students involved in the Book Club have been enjoying some very interesting titles lately. The senior girls recently finished reading 'Shutter Island' by Denis Lehane, a psychological thriller which provided engaging discussion and analysis in the library. Meanwhile the junior cycle students lost themselves in Lucy Christopher's powerful debut novel 'Stolen'. The Book Club has proven itself to be a great way for students to get reading and discussing at great length the books they have been enjoying. It is open to all and we are always looking for new members with different tastes, or some who want to take up a new hobby. The door to the library is always open!

Mark Aylward

## Leaving Certificate Applied

The LCA class has had a hectic term since January 5th. In **Hotel, Catering and Tourism** the girls have been busy making starters, main courses and desserts in preparation for the LCA lunch for their teachers and the principals of the local schools. This will take place after Easter.

On Monday February 2nd Mr. Michael Donoghue, the **LCA General Education Task Examiner**, interviewed the students on their task. Ten credits are allocated to the General Education task. The task involved organising a class outing to Carlingford Adventure Centre. Mr. Donoghue was very impressed by the standard of work the students produced.

The girls presented a cheque (€56) to Mark, the librarian, to buy new books for the library. They raised the money from a **Cake Sale** they ran before Christmas.



LCA class raise money for new library books

The students were also very busy organising their Bingo Buzz night which took place on Thursday 5th March. Proceeds from the event will fund LCA trips and some funds will go to the Parents' Council. On March 16th all the LCA students will go on **work experience** for two weeks. They have acquired work placements in the Credit Union, Fitzpatrick Castle Hotel, the DSPCA and in local Creches and hairdressing salons.

*Best of luck on work placement, girls!*

Ms Joyce

## TY News



Samba Drumming

Transition Years have enjoyed **modules** in Self Defence, Samba drumming, Hair Craft, Make up and rugby. Students with a talent for rugby were identified - Niamh Cassidy, Teresa Hernandez and Sinead Lang. Next World Cup girls!

All TY students attended a symposium on **Healthy Eating and Obesity Prevention** at Fitzpatrick Castle Hotel Killiney. Dr Donal O' Shea gave a very informative lecture on the subject and provided much "food" for thought!!

Thanks to Marian Keyes, transition years this term had the opportunity to take part in an **interactive workshop** with Colm Keegan – the writer in residence at the new Lexicon Library in Dun Laoghaire followed by a tour of the library. Ms O'Toole (TYP Co-ordinator)

## Junior Achievement Company of the Year Competition

Congratulations to the shareholders of 'Clippers' Mini-Company who have reached the **Regional Finals** of the Junior Achievement Company of the Year Competition. The girls have designed and hand-made a decorated magnetic strip to hold hair pins.

*Good luck to Jane Mc Donnell, Robin Flynn, Katie Long, Chelsea Rigley and Georgia Dunne as they go forward in the competition.*

Ms Behan

## AIB Build a Bank Challenge

On Thursday 5th March a group of TY students travelled to Leopardstown to take part in the AIB Build a Bank Challenge.



Build A Bank Challenge

The girls had set up their own bank in school with the support of Rachel Byrne from AIB branch Dun Laoghaire. The bank is open every Friday at lunchtime in school where students can open AIB accounts and lodge money. The standard of banks at the competition was very high and although the girls did not win they did very well.

*Well done to Dionne Baker, Sophie Mason, Megan Keane, Ciara Mc Guirk, Niamh Cassidy and Ciara Fallon.*

Ms Behan

## Laura Lynn Fundraiser

As you all know for our CSPE action project, 3K decided to raise awareness for the Laura Lynn children's hospice in Leopardstown. We held a **raffle** and the prize was a fabulous chocolate hamper. Rosie Cahill in 3rd year was the lucky winner!

We invited in a guest speaker from Laura Lynn, Mr. Murphy, who explained the good work of Laura Lynn and we gave him a cheque worth €274.

*Thank you all for your generous support!*

Class 3K

## Raffle and Hampers for SVP

As part of our CSPE action project 3R collected hampers and held a raffle for St Vincent de Paul. We also invited in Ms. Cuffe from the local branch of St Vincent de Paul to speak to our class. Thanks to the generosity of the staff and students of Rockford Manor we collected 7 huge hampers, €90 Smyth's vouchers and €50 cash. One hamper recipient was so delighted with her hamper she said "I don't want to open it, it looks so nice, I am going to sit here and look at it under my Christmas tree." Ms Cuffe thanked us for our hard work. Class 3R



Class 3K with their cheque for the Laura Lynn hospice

## Science News

All 3rd year students are busy completing their **Coursework B projects**. They have been investigating if fruit and vegetable types effect the voltage across different metals and if material type and material thickness effect the level of sound insulation.



BT Young Scientist Exhibition

All 1st, 2nd and TY students attended this year's **BT Young Scientist Exhibition**. It was a fantastic showcase of the most ingenious and thoroughly researched projects. We hope that it will stimulate our students to be innovative researchers for next year. We all really enjoyed the Robot show too!

Ms O' Toole

## Music Examinations

We are pleased to report that five students of Singing and one of Piano will be participating in the Summer Session of **The Royal Academy of Music** examinations in May.

*Best of luck, girls!*

Ms Timoney

## TY Programme – Biochemistry and Immunology in Trinity College Dublin

I had a great experience working in the science labs in TCD. A group of 20 students from all over the country were chosen to try out a lab experience for a week in Trinity's school of Immunology and Biochemistry. We were split into small groups and put into different labs. I was in a lab working on protein cells. We got to use advanced lab equipment like the centrifuges and do lab experiments. The week gave me a great insight into the workings of a proper, high-tech lab and the prospect of working there as a career. Ciara Mc Guirk (TY)



5th Year Biology students on their ecology fieldwork trip at Dublin Zoo

## Emmanuel 2015



Choir at Emmanuel Concert

The school choir participated in the Emmanuel concert which took place on March 3rd in the Helix, DCU. Emmanuel is a project of the Dublin Liturgical Resource Centre and promotes the use of Sacred Music in secondary schools. 61 schools and their choirs performed over the course of three consecutive nights.

During the year, the choir practised the repertoire and joined with the other schools on the day for a rehearsal which also included a spiritual workshop. Seven students from our choir gave fantastic solo performances on the night also. They were among 300 students who auditioned for the coveted solo position on the Helix stage. The students perform with a live orchestra which is made up of both professionals and students from various schools.

*Well done to the choir and soloists - Emer O'Connell, Alex Meilke, Cara Cleary, Vanessa Langehille Ndlovu, Chloe Redmond and Hannah Clarke*

Ms Whyte

## Art

Transition Year students recently went on an art trip to the Botanic Gardens in Glasnevin. Students took close up photographs of the plants that they found interesting. Some really stunning photographs were taken that day.

Ms Cheevers



A rose from the Botanic Gardens

## Volleyball

Volleyball continues to be a huge success in Rockford Manor. We now have four first year teams and four second year teams.



First years in action

Congratulations to the second year players. They have done very well this year. Both the A and B team have reached the next round of the **Dublin Volleyball Competition**.

*Well done, girls!*

Ms Howlin

## Football

Congratulations to Erica Turner who has made the **FAI Schools international squad**. We are very proud of Erica's continued success and delighted that she represents our school at international level.

*Well done, Erica!*

Ms Mc Ardle



Erica Turner

## Trampoline and Gymnastics Club

All PE students will start using the trampoline over the next few weeks. Third, sixth and second years have already started. The girls are really enjoying it. The trampoline and gymnastics club will be starting shortly on Tuesdays 3-4pm.

All welcome.

Ms Howlin



Having fun on the trampoline!

## Basketball

Congratulations to the 2nd Year 'A' Basketball team which has qualified for the Dublin Regional quarter-finals. The 2nd year girls had a fantastic season and are growing in confidence all the time. For the 1st year girls it was their first time playing together competitively and representing Rockford Manor. They fought hard in every match and learned how to play together really well as a team.

*Well done to all!*

Ms Behan

## Dates for the Diary

5th March: LCA/Parents' Council Bingo Night

12th March: TYP Parent / Teacher meeting

13th March: Tráth na gCeist-Seachtain na Gaeilge

17th March: St Patrick's Day holiday

16th - 27th March: LCA work experience

23rd- 27th March: TY work experience

23rd March: Board of Management meeting

24th March: CEIST Student Leadership Programme

24th March: Parents' Council Meeting

13th -24th April: State Examinations - Oral & Practical Exams

28th April: Staff CPD meeting 3-5pm

4th May: May Bank Holiday

13th May: Staff meeting 3-4.30 pm

15th May: Student Awards Ceremony

15th May: Sixth Year Graduation Mass

20th May: TY Exhibition Night

22nd - 29th May: House Exams for 1st, 2nd & 5th Years