



# Rockford News

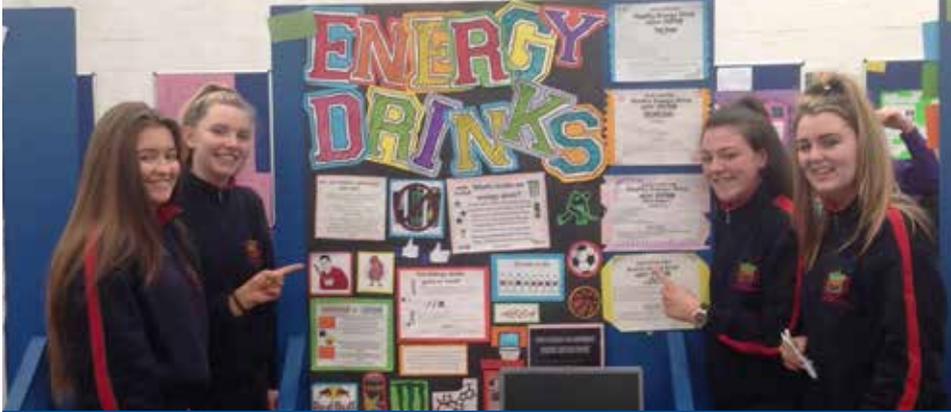
## Newsletter

March 2016

ROCKFORD MANOR, Secondary School, Stradbroke Road, Blackrock, Co. Dublin A94 H294

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*"A Christian environment where teaching and learning nurture the personal development of every student"*



First place in Nutrition Category

### First Place – PE EXPO 2016

Students in Transition Year, 5th and 2nd year competed in the **PE EXPO 2016** competition in Trinity Comprehensive Ballymun on March 11th. This is similar to the Young Scientist Competition, however the focus is on Physical Education. The girls, under the direction of Ms Howlin worked very hard spending time in school and outside school working on their projects. With 32 schools entering and 132 projects, Rockford Manor won **1st Place** in the **nutrition category**. The title of the project that won was 'Energy Drinks' by Aoibh Hall, Chloe Bowden Wilson, Aoife Farrell and Chloe Breen. This is a fantastic achievement. [Congratulations girls!](#)  
Ms Howlin

### Catholic Schools Week 2016

Students of Rockford Manor celebrated Catholic Schools Week (1st - 5th February). The theme for this year was 'Mercy'. Students were challenged to think of ways individuals, schools and communities can show mercy to others. First year students designed posters to highlight the struggle of refugees. Students learned that at present there has been the biggest displacement of people since World War II and that mercy should be at the forefront of dealing with this terrible crisis.  
Mr Hand

### Thanks and Farewell

We thank Geraldine Mc Cabe and Grazkna Kalina who have been on placement with us for the past year. We wish them every success and happiness in the future.

### Third Place for Anthea

Congratulations to **Anthea Ring**, a 2nd Year student of Home Economics, who achieved **3rd Place** in the **Ceist Bake Off All - Ireland competition finals** held on March 4th in Árdscóil na Tríonoide Athy, Co. Kildare. The competition is sponsored by **Odlums**. Anthea was initially shortlisted as one of seven finalists from all Ceist secondary school entrants in Ireland. She was the sole representative from Dublin. Ceist (Catholic Education – An Irish Schools' Trust) is the Trustee body for 110 Voluntary Catholic Schools in Ireland. Anthea and Rebecca McCann-Cryan, a 5th Year student, entered the competition earlier this year. Anthea displayed professionalism, courage and a cool head on young shoulders. She is a credit to her family and we at Rockford Manor Secondary School are very proud of her achievement.  
Ms Brophy



Anthea with Catherine Leyden and Ms Brophy

### Spring Message

Welcome to the Spring 2016 Newsletter. In Rockford Manor we aim to provide our students with excellent tuition, good facilities, a safe welcoming environment and access to a wide range of co curricular activities. This term, the school has been very busy and we are happy to report that we are doing well in the fulfilment of our aims. Academically, the Junior and Leaving Cert students completed their mock exams and they are now preparing for the actual oral and practical exams which take place after Easter.

Outside of the classroom, the students participated in a variety of activities – musical, artistic, cultural, social awareness raising and educational. The photographs and articles in this newsletter reflect the many wonderful events which took place this term. We have no doubt that you will enjoy reading about them. Refurbishment and painting of classrooms throughout the school continued and the main corridors are receiving a facelift over the Easter Break. The BOM has approved funding for several departments to upgrade or improve their facilities. The Art room is getting a Kiln, the Music Dept a visualiser and the Science labs are being equipped with new microscopes and other items of scientific equipment.

Rockford Manor School gathered as a community on Proclamation Day to commemorate the 100th Anniversary of the Easter Rising 1916. We also had a flag raising ceremony and Ms. Whyte led the school singing our national anthem. The spring term 2016 finished on a high note with a Tráth na gCeist (Quiz) bringing Seachtain na Gaeilge to a close. Special thanks to all of the teachers involved in providing our students with so many opportunities to participate in such a wide range of activities. We look forward to a happy, healthy and productive summer term 2016.

Liz Caffrey

Principal

Tony Collison

Deputy Principal

## Student Council

"Alone we can do so little. Together we can do so much" (Helen Keller)

A student council is an integral part of any school environment. It is a chance for students to voice their opinions and begin, through communication, to implement changes that will only succeed in improving a school as a whole. In Rockford Manor, the student council members have taken part in group discussions representing each peer group. As a group they discussed new policies that management at Rockford Manor is hoping to introduce over the coming months. It was an opportunity for the students to see how pivotal policies are within a school. The students appreciated that any input they had was noted and taken on board. They have developed both communication and leadership skills throughout council meetings. We hope the enthusiasm for the student council will continue and that their voices will be heard for the betterment of Rockford Manor.

Mr Haughey

## Parents' Executive Committee

The Parents' Executive Committee (PEC) meets approximately 6 times within the school year. We held a textile/phone collection recently and monies raised for the PEC fund was approximately €200.

Our main fundraiser, the sponsored walk, is anticipated to be held in May. All proceeds from the walk go towards helping the school with items which are not covered by the Department of Education grants and to provide refreshments for parents, pupils and visitors at various school events such as the Debs Night and the Sixth Year Graduation Night. The PEC funds are quite low so it is hoped this year's walk will be well supported.

Our next meeting is being held on Wednesday the 6th April at 8pm in Room 29 if anyone would like to come and see what is involved. Carol Thornton (Chairperson) 087 6409523  
Riona Norton (Secretary) 086 8370560

## Seachtain na Gaeilge

Seachtain na Gaeilge kicked off this year on March 9th and finished on March 16th. The Irish Department organised a range of fun activities for students and staff. They included Seanfhocail an lae (Proverb of the day), Comórtas labhartha na múinteoirí (Spoken Irish competition for the teachers), Comórtas Postaeir (Poster Competitions) and a Tráth na gCeist (table quiz) organised by the transition year classes. The hotly contested Comórtas labhartha na múinteoirí proved to be extremely popular amongst all staff. All staff enthusiastically incorporated a cúpla focal into their lessons. A huge thank you to all the staff and students for taking part in all the events and for making Seachtain na Gaeilge 2016 a huge success.

*Congratulations to all the winners!*

Tír gan teanga - tír gan anam  
Ms Haverty

## Leaving Certificate Applied

The LCA group has had a hectic schedule since Christmas. In January, three Task Examiners from the Department of Education and Skills came in to interview the students on the Practical Achievement Task, Information Technology Task and Contemporary Issues Task. The examiners were extremely happy with the high standard of work.

The students have recently completed an oil painting course with Ms Russell, the Art teacher. Their paintings are on display in the school. **Laura Walsh** has been accepted onto a one year **photography portfolio course**.



Photography exhibition by Laura Walsh

An exhibition of her work can currently be seen in the senior students' corridor. This work has been done over a period of two years and the results are exceptional. *Well done and every success in your future endeavours, Laura!* The students were on work experience from 7th - 16th March. April looks set to be a busy month. The girls are due to complete Module 4 of the LCA course and the LCA Mock Exams will take place on April 11th and 12th.

Ms Joyce (LCA Co-ordinator)

## Science News

All First Years and Transition Years attended the 2016 **BT Young Scientist and Technology Exhibition** on Friday 8th January. The four exhibition halls were full of exciting things, and the students will hopefully be inspired to enter the competition next year. **Louise Kennedy** and **Jennifer Byrne** were selected to attend the **Trinity College Transition Year Physics Experience on Astrophysics** on March 4th. On the next day, 30 senior students attended The School of

Chemistry for an informative presentation on 'The Chemistry of Super Foods' and 'The Chemistry of Exercise'.

All Transition Years and Senior Biology students had an opportunity to have a 'hands on' experience of creating a DNA profile using gel electrophoresis and an opportunity to solve the case. The girls felt that they were in an episode of CSI. The project was sponsored by Amgen.



DNA Profiling

Junior Certificate students are in the process of completing coursework B experiments (worth 25% of the overall mark). They are investigating 'Does the length of time exercising effect the pulse rate?' and 'Will the length and mass of a pendulum change a pendulum oscillating?'

*Good luck girls!*

Ms O'Toole

## Derry Trip

On Tuesday the 1st of March, senior history students and interested Transition Years accompanied their teachers on a day trip to the beautiful walled city of Derry. Our aim was to deepen our understanding of its history, in particular relating to the Catholic and Protestant relations. This relationship was damaged terribly during the Troubles, which spanned from the 1960s to the Good Friday Peace Agreement in 1998.

We did a walking tour of the Catholic Bogside area. Then we went to the Free Derry Museum to understand better the Catholic Civil Rights movement which developed there in the 1960s, inspired by Martin Luther King in America. We got an insight into the interesting world of the Protestant Apprentice Boys Order too. We went to their main hall and learned about their customs. Overall, it was a long but fascinating day for all.

Ms Knowles



Students visit Derry



3rd years on their walk

## Charity Walk for Pieta House

On a cold Friday morning, the 26th February, the students of 3rd year set out on their charity cliff walk from Bray to Greystones. The walk was organised by class 30 as part of their C.S.P.E. (Civic, Social and Political Education) Action project. The walk itself was to represent the journey we, as individuals, go through and the many ups and downs we face in life. The students themselves chose the charity. They wanted to highlight an issue which affects young people. They wanted to shine a light on the growing epidemic of mental health issues in Ireland among young people. The walk was a group bonding exercise for all of 3rd year and mirrored the ethos of Pieta House itself in terms of comradeship and the ability of people to speak out.

The walk was a tremendous success with much needed funds raised for Pieta House. The girls can feel proud that they selected, planned and organised the event. It was a triumph!

Thanks to all teachers who were so obliging in allowing the students the opportunity to complete such a task.

Mr Haughey

## Choir

The Rockford Manor choir participated in the **Emmanuel Concert** in the Helix, DCU on March 2nd. Hundreds of students auditioned for the coveted solo parts. Cara Cleary, Laura Lennon and Sarah-Ellen Thompson were the lucky three who were chosen to sing with soloists from other schools and a live orchestra. Over sixty schools in Dublin participated in the concert series.

The choir also took part in two choral competitions recently, the **Feis Ceoil** in the RDS and the **Wesley Inter-schools Choir Competition**. It was our first time to participate in the Wesley Competition and the girls really enjoyed the experience. The choir performed two pieces in the Turner Huggard Memorial Cup competition at the Feis Ceoil and received a commendation award with a mark of 83%. *Well done!*

The girls have had a busy year with many events and competitions. I would like to thank them for their hard work and dedication. It has been a pleasure to work with them and they are a credit to our school.

Ms Whyte

## Transition Year

It has been an action packed term. Students took part in workshops on manners and deportment, hair craft, special effects, trampoline, make-up, SOAR and the Irish legal system. Speakers on breast cancer and mental health awareness gave inspirational talks to the girls.



Butlers Chocolate Factory

The students visited Butlers Chocolate Factory, the cinema, Trinity College chemistry department and they also went to the Convention Centre to attend the conference 'Leaders of our Time' – here students listened to a variety of inspirational role models such as Fr. Peter McVerry, Bressie and Mark Pollack.

The girls have been involved in Build A Bank competitions, PE competitions, a photography exhibition and organising Bingo Buzz. Fifteen Transition Year students helped at the **Happy Pear Happening** show at the Pavilion in Dun Laoghaire on Thursday 11th February.



Helping out at Happy Pear Happening show

Not forgetting the academic focus, the students sat exams in all core subjects in February.  
Ms O'Toole (TY Co-ordinator)



School Choir with Ms Whyte

## Safefood for life

Fifty Transition Year students completed the **safefood for life** programme recently. The certified food safety programme is designed for students in post primary schools across the island of Ireland. Safefood for life aims to help students develop important food safety skills and allows them to sit an online food hygiene examination - **Primary Certificate in Food Hygiene** - at the end of the course. On completion of the examination successful students will meet the minimum training requirements to work in the food industry. Topics covered include Personal hygiene, Food contamination, Food delivery and storage, Food preparation and cooking, Cleaning, Design and layout of food premises and HACCP. The examination is certified by the Environmental Health Association of Ireland (EHA) and is valid for 5 years.

Congratulations to all successful candidates, 41 of whom passed the examination with distinction.  
Ms Brophy



Successful Safefood exam candidates

## Youth Leadership Initiative

Orlaith O'Sullivan took part in the Dermot Earley Youth Leadership Initiative at Cathal Brugha Barracks in Rathmines. She and fellow Cuala members presented their project on Obesity. *Congratulations, Orlaith!*

Ms O'Toole (TY Co-ordinator)



Orlaith at Youth Leadership Initiative

## Texaco Art Competition

2nd year students recently posted entries for the Texaco Art Competition. *Good luck!*

Ms Russell



## Photography Club

The TY photography club recently put on an exhibition of photographs in the entrance hall. The photography club has been running since the beginning of the year. The club members meet up every week and decide on a theme such as portraiture, still life, landscape, story telling etc. Students bring in a photograph each week related to the theme and give feedback to each other. For the exhibition, students were asked to pick their five most interesting photographs to display. I think we can all agree that the results are spectacular.

*Well done girls, what a pleasure it was to work with you!*

Ms Russell



Photography club members

## 5th Yr General Election 2016

On Friday, 26th February the 5th Year students held their own mock General Election. Having discussed the key points from the manifestos of those running for the Dáil, pupils then received a copy of the Notice of Roll. Students voted for candidates running in the constituency of Dun Laoghaire. After polling, the students elected Anti-Austerity Alliance- People Before Profit's Richard Boyd Barrett, Sinn Féin's Shane O'Brien, Fine Gael's Mary Mitchell O'Connor and Frank Cronin of Renua Ireland. Interestingly, but for 7 unintentionally spoiled votes, Fianna Fáil's Cormac Devlin would have been elected instead of Mary Mitchell O'Connor! *Well done and thank you to all those students who exercised their democratic right!*

Ms Daly & Mr Hand

## Volleyball News

The **Cadette A** team did very well to reach the **All-Ireland Final**. The girls played against Sutton Park in the final. This was a very close game and it went to a third set. The third set was a very close set, with Rockford Manor leading in the last 5 minutes. However, Sutton Park got a few scores in the last 3 minutes to beat Rockford Manor by 2 points. The girls played very well and were unlucky not to win. Ms Howlin



Cadette A volleyball team

The 1st Year volleyball team which was crowned the First Year Regional Spike Ball champions earlier on in the year and subsequently First Year Volleyball Regional champions played in the **All Ireland First Year Volleyball Championship** in Limerick on 11th March. The team consisted of Ava-Rose Scully (captain), Ellie de Felice, Trixia Mae Pandac, Salvija Kurpyte, Gráinne Daly and Lorna Daly. The girls played gallantly against their opponents but unfortunately their efforts were unsuccessful. Let's wish them luck in their quest to become All-Ireland Champions 2016-2017.

*Mainéar Átha na Carraige abú!*

Ms Havery



First Year volleyball team

Our 2nd Year Volleyball teams had a successful start to their campaign this year. The first team won all 3 fixtures and has qualified for the **Cup competition** at the end of March. The second team performed excellently and has qualified for the **Shield competition**. This is a great achievement for both teams as this was their first competition together. *Well done girls!*

Mr Burns

## Dates for the Diary

<b>11th/12th April:</b>	LCA Mock Exams
<b>14th April:</b>	5th Yr Ecology trip
<b>21st/22nd April:</b>	TY overnight trip
<b>25th-29th April:</b>	Active School Week
<b>13th May:</b>	School tours (1st – 5th yr)
<b>19th May:</b>	Student Awards
<b>20th May:</b>	6th Year Graduation Mass
<b>24th May:</b>	TY Exhibition Night
<b>26th May -</b>	House Exams for
<b>3rd June:</b>	1st/ 2nd/ 5th Years
<b>8th June:</b>	State Exams begin