



DE LA SALLE COLLEGE

WATERFORD

Issue 9

December 2021



A Message From Our Principal

Christmas time is a time of hope, rebirth, giving and gratitude. It is a time for us all to rekindle family bonds and ties and it is a time to remember our loved ones who have passed on to their eternal rewards, or those we haven't seen for a long time due to circumstances associated with the modern world.

It is with great disappointment that this Christmas will be framed by COVID-19. Who would have thought that when the schools closed and the country went into lockdown nearly two years ago all we do and all we plan for would still be under an umbrella of the pandemic.

As we all know schools have been central in maintaining normality in our society. This is a great inspiration to me personally in my role. Without the positive experiences and hopes of the members of the wider school community this would not be possible. I thank everyone involved in the continued efforts of making our school a place where we all want to be, for the kindness shown, for the love given and for the positive atmosphere around the school during the year.

School is working away in as normal a way as is possible. The Christmas festivities are currently fully underway. Christmas is a time of giving (and a time of asking). There was a no uniform day, with funds raised being spent at the discretion of the student council. The young SVP in the college have collected food and toys for people who genuinely cannot afford this Christmas. They also had a cake sale to raise some badly needed funds. The members of our new ASD special class have also engaged in a fundraising effort to support Autism Dogs and the activities of the class.

The annual Christmas Carol service went ahead as normal this year, with some adjustments for COVID of course. Rehearsals for the school show are fully underway at the moment. The team are currently rehearsing for a February production of Grease. One of our actors, George Lyons was recently selected to present himself in front of Louis Walsh for auditions for one of the major TV shows. He has made it to the final 20 from over 4,000 applicants, which is a huge achievement. Third, Fourth and Sixth Years have recently sat examinations. This has been very difficult for them as they have missed many formal examination experiences over the past two years. There was great learning as a result of the experience. We all wonder what will happen in the summer for our examination students. Although Christmas is a time of wonder, this is the kind of wonder we can all do without.



Christmas is a time of gratitude also. In my second Christmas in De La Salle, I am truly grateful that I have been privileged to have the opportunity to work with such a great bunch of people, whether they are school staff, students or their families. I thank you all for your support and kindness.

As St. Jean Baptiste De La Salle would remind us at Christmas, “remember you are in the presence of God” and “Live Jesus in our hearts; Forever”. By doing so with our own God and our own Jesus we will have a wonderfully peaceful and happy Christmas.

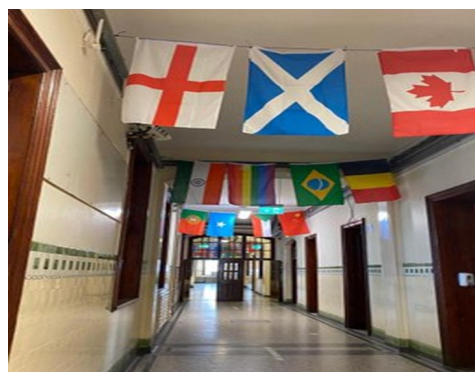
On behalf of the college, I wish you all a happy and peaceful Christmas and New Year. May every day bring you good health, peace of mind, hope and friendships that will sustain you all over 2022 and beyond.

Mick Walsh.

School Inclusion Projects

As a very large school in an urban area we have a very diverse student population. Recently we started on a journey to recognise this diversity. In doing so we have formed an inclusion working group made up of staff and students from different ethnic, religious, gender and other backgrounds.

We were delighted to welcome a person from Palestine onto our staff in August. We have commenced the project by putting the flags of various nationalities up in the school. To date we have 43 flags including one to recognise the LGBT+ people who are part of our school community and one for Irish Travellers. We hope to turn our A corridor into a school inclusion corridor which will showcase difference in the college.



As part of our efforts we have also embarked on a school development project under the direction of Forbairt to guide us on this journey. We are also delighted to announce that we have allocated one of our recent leadership posts to the area of ethos. The person in this post has a proud tradition in the college and is on the Lasallian animator team in the college also.

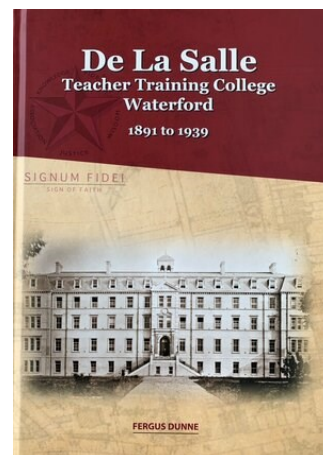
Recent Publication

For those interested in the history of De La Salle College, Fergus Dunne, a renowned local educator, former Chairperson of the Board of Management of the college and local historian as well as all round good guy has recently published a history of the college. This history recounts the time the college spent as a teacher training college.

‘De La Salle Teacher Training College Waterford 1891 to 1939’

For those interested in obtaining a copy of this excellent piece of work please contact Karen at the following email address.

admin@delasallewaterford.ie



Waterford's First X-Ray - Commemorative Event

On November 8th, a commemoration of Waterford's 1st X-Ray was held by University Hospital Waterford and the science department of De La Salle College. Professor Mark McEntee, UCC was the keynote speaker. Radiologists Emily Ennis and Katie Flynn, along with staff from the college, also gave presentations to the assembled students from 5th and 6th year.



First year student posters were adjudicated and prizes, sponsored by HSL, were awarded to the top four posters. The first prize of a €100 JD Sports voucher was awarded to Naoise Cooke.

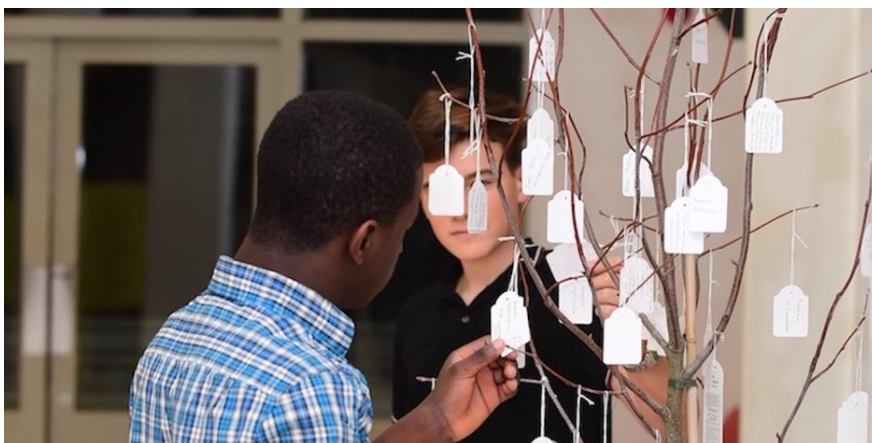
A huge thank you to Louise Diamond, UHW, and all our speakers and HSL for a contributing to a wonderful event.



November Month of Remembrance

At this lovely time of the year, our chaplaincy team organised events to remember those who have passed. These included a memorial tree where members of the college community wrote the names of their loved ones who have moved on and posted them on the memory tree.

Memorial services were organised for each class group and on the last Thursday of the month we had a beautiful mass in the school chapel. In these times of COVID and bad weather it was a lovely opportunity for us to get in touch with our spiritual side and keep in mind "that we are in the holy presence of God" and are following in the footsteps of St John Baptiste De La Salle and the other Lasallian saints in our daily work.



Sport in De La Salle College

Sport is back in the school. We have a team participating in the Harty Cup, both our basketball teams have reached the All Ireland semi-finals and our soccer teams are making their way through the Munster competitions at the moment. Hopefully we will be able to get all our sports men out soon.

A great stalwart of Waterford hurling, Kevin Moran (a member of staff) announced his retirement from inter-county hurling recently. He played in three All-Ireland finals in three decades and won numerous awards including All-Stars.

The college continues its great tradition of providing staff and student to Irish international teams and as Irish champions. We have three current soccer internationals, numerous basketball internationals (staff and students), various representatives at martial arts and national cycling champions.

1st Year Gaelic Football Blitz

Some 1st year students took part in a Gaelic football blitz in Carriganore in October. Ms Ahern and Ms Kenneally brought 5 teams who played against teams from Waterpark, Gaelcholáiste, and Ard Scoil na Mara. A very enjoyable day was had by all. Thanks to the TY coaches who took charge on the day: Fionn McGrath, Scott Fleming, Ollie Buck, Shane O Sullivan, Nathan Mackey, Sam McLoughlin, and Thomas Carey.



Under 17 Soccer Success

Congratulations to our under 17 soccer team, who had a 5-0 victory over St. Augustine's this month, allowing them to progress to the next round.

Under 14 Southeastern Hurling Blitz

A great day was enjoyed by all at the U14 Southeastern Blitz in the WIT Arena in November. Four schools - De La Salle College Waterford, Good Counsel Wexford, Kilkenny CBS, and St. Kieran's College Kilkenny - participated on the day. Each school brought two teams. De La Salle College won the blitz overall and received a prize from UPMC, who sponsored the pitches today. Greenfields sponsored some Christmas treats and 170 boys received a Greenfield sliotar for Christmas sponsored by Greenfields. Morrissey Motors Kilkenny sponsored the referees for the day. We would like to thank our sponsors and the WIT Arena for making the day really enjoyable.



*DeLaSalle College, Waterford, under 14's,
at WIT Arena, on 23rd November, 2021.*

The Arts in De La Salle College

The Arts have unfortunately been struggling through COVID. However, our nationally acclaimed choirs are back in rehearsal, the college musical is planned for February, and the visual arts department are as prolific as usual. Hopefully COVID will not come between us and our efforts to stage a production of Grease. The seventy strong cast and team are currently full on in rehearsals.

Art Department News

Creative Engagement Project:

1st Year Visual Art Students from De La Salle College Waterford have been working with Environmental Artist Sean Corcoran on site at the beautiful beach of Tramore. Students and their Visual Art Teachers Hayley Ryan and Sean O'Donnell embraced the outdoors and created wonderful artworks exploring the theme 'Patterns in Nature'.



Following an in-school presentation from Sean, students completed three outings at Tramore beach, creating wonderful sand drawings and stone stacking artworks. This is part of an environmental art project facilitated through the Creative Engagement Programme. Students and teachers had a fantastic experience, embracing the creation of Environmental Art.



BLAST Initiative:

The Art Department is delighted to announce that Ms Ryan's application to the BLAST Initiative was successful. This initiative provides young people the opportunity to connect and collaborate with a professional artist. First year Visual Art students will have the opportunity to collaborate with the artist, Christine O'Brien.



Music Department News

Choir Workshop:

In October, our Senior Choir attended a workshop at the Irish Institute of Music and Song in Balbriggan, Dublin.



Djembe Workshops:

In November the Music department hosted Cathy from Rhythm and Shakes for a djembe drumming workshop. Djembe drumming classes will be starting for Music students after Christmas.

Social Justice and Environmental Action

As is the norm with a voluntary catholic secondary school we imbibe the values associated with social and ecological justice. To this end our students have been active in promoting environmental responsibility and providing for the poor in our locality.

Students have been involved in school-wide issues and in the in the city in clean-ups and in educating adults as to what we should be doing. Young SVP are currently engaged in a toy and food collection to be distributed to the less well off at Christmas.

Waterford City Litter Challenge

De La Salle College has been awarded the winner of the Waterford City Litter Challenge 2021.

We were presented with the cheque of €1500 sponsored by Tom Murphy Car sales.

Well done to the Transition years who worked hard to clean the designated zone around St. John's River and the Poleberry area over the last month with great energy and enthusiasm on a regular basis.

Let's continue to keep our streets neat and clean.



St Vincent de Paul Cake Sale

The SVP Youth Conference of De La Salle College held a Cake Sale outside on the College grounds on Thursday 16th December. Students, staff members and parents baked and donated pastries and cakes for this worthy event!

The SVP conference were certainly busy, selling all the tasty pastries! Over 340 euro was raised. Many thanks to all who helped make this possible and to all who donated their time, cakes and money!

Thank you for your generosity and goodwill!

Student Achievements

Jason Healy and Adam Queally

Congratulations to Third Year's Adam Queally and Jason Healy of Transition Year on their inclusion in the Irish Under-16 squad in recent months. The lads have been heavily involved in a number of excellent Irish performances as the team participated in the Victory Shield before travelling to Spain for fixtures against the Iberian nation and Norway. While goalkeeper Jason has celebrated a couple of clean sheets against Norway and Northern Ireland, centre-half Adam capped his debut with a goal within five minutes against Wales in October.

Well done to the pair and we're delighted to see their talent and effort rewarded at the highest level.



Imagine Arts 'Creative Cluster' Competition

Three of last year's Transition Year students were invited to the launch of the Creative Cluster Exhibition in the Theatre Royal Waterford, as part of the Imagine Arts Festival. Cian Cunningham, Makar Romanenko and Hans Gayeta, along with TY Coordinator Ms. Cantwell, were welcomed to the event by the Mayor of Waterford City and County Joe Kelly.

Under the theme of "Horizons", five Secondary Schools in Waterford, supported by Creative Ireland, came together for the initiative to form an innovative "creative cluster" aimed at student participation in the arts. The project provided the students with an opportunity to realise their full creative potential and the students excellent work was at the heart of the exhibition throughout the festival.



BT Young Scientists Competition

Three of our students are currently putting the finishing touches to their BT Young Scientist entry. Their project entry is based on the ecological sustainability concept of attempting to reuse organic waste to make gas. They have been working on the construction of an anaerobic digester.



Dara Kavanagh and Tony Ebhonyaye

A huge congratulations to Tony Ebhonyaye and Dara Kavanagh, who represented Munster in the FAI Schools Interprovincial Soccer Tournament this month. This is a great achievement for the lads.

Taekwondo Champions

David Pacud 1st Year

David started Taekwondo at the young age of three years old. He truly loves the sport and has competed internationally in Britain. Recently David took home the gold medal from the Irish open, an astonishing achievement. He has learned there's pressure that comes with competition but in his words, "There's pressure wherever you go, you need it if you want to make it".

Ben Murphy 1st Year

Ben started Taekwondo at eight years old and has gone on to do very well in the sport. He brought home the silver medal from the Irish open proving that all the best go to De La Salle. He talked to us about how he's found competition to be more nervous and friendly than competitive. Although he says Covid-19 has impacted on training, for example cutting down on their sparring time, Ben wants to continue to improve and get better in the future.



Muhammad Oladiti 2nd Year - Shamrock Rovers

Muhammad started kicking a ball as soon as his legs started carrying him. He joined Southend at a young age and still plays with them today. On top of that, Muhammad plays for Shamrock Rovers under the watchful eye of Shane Robinson - a past De La Salle student himself, now Director of Shamrock Rovers. This is a great opportunity which he was given after being spotted at an Irish trial. He trains 5 times a week, with his two clubs making agreements to make sure he'd never have to choose between the two. When training for Shamrock Rovers, Muhammad takes the bus to Dublin after school. The clubs are adamant that education is very important and do their best to accommodate their players' school lives as much as possible.

It's Muhammad's dream to one day play for Manchester United. I'm sure we'll see more of this up and coming player in the future.



Interviews with the above students were conducted by Ed Whelan, Lennon Sheridan and Oisín Cooke, TY.



The Nourishment of Culture

Ms. Duggan's 2nd Year French class enjoyed a French breakfast in the Park Cafe, or rather outside it. It's great to see the effort being made to enrich learning experiences by adding in fun and enjoyment, especially during these challenging times. Du chocolat chaud et des crêpes? Toujours délicieux!

Stand Up Awareness Week

There were a number of different activities going on around the school during this Stand-Up Awareness Week (15th-19th November) coordinated by Mrs. Sinnott. The week was about raising awareness of LGBTI+ & inclusion. This week was about celebrating the diversity of students in our school and addressing homophobic, biphobic and transphobic bullying.

This year we ***promoted the use of words that heal, not hurt.***



This year was very important for our Stand-Up Awareness week as we saw our Pride flag raised outside the school for the first time. This highlights how important inclusion is in De La Salle College and hopefully it will fly for many years to come. The flag and information flyers were kindly donated by Sarah and her team at **Chill Out Waterford** and a second flag was sourced by Ms. Martin.

Students were invited to wear stickers or put them on their journals during the week, with a number of teachers handing them out and also students could get them from Karen in the office. We had daily reflections over the intercom to remind students to be kind, to be inclusive and to stand together against all forms of bullying.



The junior years got involved in creating inclusive hands to make up the pride flag. The students designed hands to include a positive and inclusive word/phrase on it for example equality, friendship, diversity, inclusion, kindness. As you can see, they were very creative.

The week also saw staff getting involved with information booklets in all the staff rooms and staff invited to wear pride badges. This led to amazing conversations in the staff room, in the corridors and in classrooms between staff and students. Teachers incorporated various Stand-Up Awareness, LGBTI+ material in their lessons during the week. The staff also had treats in the staffroom to thank them for their support. The guidance department were on hand to give support and advice to both staff and students during the week and throughout the year.

The week finished off with a poster competition which saw students from all years getting involved. Mrs. Sinnott and Ms Ryan judged the competition where there were many creative, colourful and expressive posters both in English and in Irish to choose from. The two winners were Cody Hearne and Lee O'Mahony Butler. The two runners up were Jason Scully and Ned Hawkins. Well done to all who got involved and thank you to our kind sponsors Mace the Park Road Waterford who provided the very generous prizes for the winners.



Christmas Carol Service

On the 15th and 16th of December the Carol Services took place in the Chapel. Because of Covid restrictions there were 11 Carol services in all! Congratulations and thanks to the Senior Choir, band members, soloists, the Mernin family from City of Waterford Brass and staff from the Music Department for their hard work and enthusiasm in this huge undertaking. It was lovely to be back!



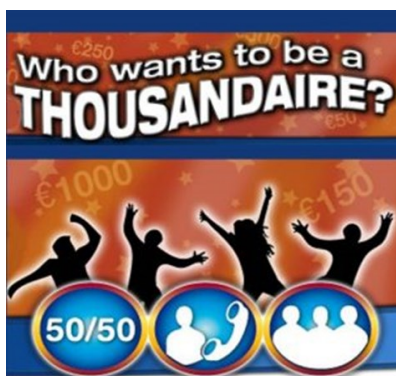
Christmas Jumper Day

Well done to all the students who took part in our Christmas jumper competition on December 16th, bringing bucketloads of festive cheer to our school! A special well done to the winners from each year group. Thanks to the staff for getting into the spirit of things too!

Tech2Schools

De la Salle College are immensely proud to be the first beneficiaries of the Tech2Schools project. The collaborative vision of the project - founded by Frank Madden of Crest Solutions and supported by Wisetek and local entrepreneur Tom Brennan - has culminated in the handover of 30 laptops to the college earlier this year.

The intention now is that this insightful and inspired project can act as a catalyst whereby the wider business community of Waterford can see the benefits in investing in education.



'Who Wants to be a Thousandaire?'

After a three year long journey we finally held our school fundraiser (in the middle of COVID). To the great credit of the organising committee, Pallas Marketing and all our supporters we raised a tidy sum of money which will be used in the equipping of our new building which will be starting in January of next year. Please support our advertisers and sponsors in any way you can. They are listed on our social media sites and on our website.

ASD Hub

The ASD Hub has been a huge success this first term for all the students involved. Staff and students have enjoyed a range of different activities this first term with lots of baking, charity events, walks, games and crafts.

As a reward for their hard work, students went to Papa Johns, Winterval and The Panto in December. A great evening was had by students and staff.

We have also had lots of fun painting the windows and decorating the Christmas Tree. A huge thanks to Ms Ryan for all the creativity during Art Therapy sessions.



From the 13th - 17th December staff and students have taken part in a 300 Squats Challenge in aid of Autism Assistance Dogs Ireland. Well done to all involved! We hope to have Autism Assistance Dogs Ireland visiting us to say thank you for our kind donation this year and to introduce us to their beautiful puppies in training.

After Christmas we will also have a therapy pony visiting the school once a month.

Recently, we raised money for Autism Assistance Dogs Ireland. A big thank you to Aramark Ireland, Azzurri, Cartamundi, Tesco Ardkeen and O'Neills.

These companies very generously provided gifts for our student and staff raffle which were greatly received by our numerous prize winners. We wish them and their employees a Very Merry Christmas.

Thank you to all the staff and students involved with the Hub for a successful first term.

World Teachers' Day

On October 19th, we celebrated UNESCO's World Teachers' Day in the staff room. Thank you to our School Steward Eóin Tallon for organising cakes which were compliments of the Association of Secondary Teachers, Ireland (ASTI).



Safepass Course

Some students from TY, LCA, 5th & 6th year recently had the opportunity to complete their Safe Pass Training Course.

Transition Year News

Ballyhass Adventure Centre

Students on their icebreaker trip to Ballyhass Lakes Adventure Centre at the beginning of the year.



SVP Youth Conference

Debbie O Halloran delivered a presentation on the work of the St Vincent de Paul Youth Conference and our TY students had the opportunity to sign up to become a part of this active group here in DLS.

TY5 Mt Mellary Trip

TY5 travelled to Mt Mellary recently as part of their TY religion module.



Solas Centre 5K Run/Walk for Life

Well done to the students from TY1, TY4 and TY5 who completed the Solas 5k Virtual Run and Walk for Life in the People's Park. They managed to raise €315, which was a fantastic achievement.

John Paul II Awards

Sr Shawn Lyons, Fr PJ Breen and Nodlaig Lillis delivered an excellent presentation on the John Paul II Awards to our TYs. We have over 25 students now registered and actively engaged in the programme.



Blanchardstown on Ice

All 6 TY classes attended Blanchardstown on Ice on December 10th followed by shopping in the nearby shopping centre. A fantastic day of fun was had by all and it was great to see some normality returning to the TY schedule of activities.

F1 in Schools Competition

Who are we?

R-Cubed Racing is comprised of 6 TY students who aim to take the competition by storm. These students include Cian Bosworth, our team manager who is in charge of making sure everything is still on course, Adam Kearney, our Design Engineer in charge of building and designing the car in Solid Works, Alex Jacob, our Resource Manager in charge of the funding and getting sponsors to purchase the necessary materials needed to manufacture our car, Robert Tracy, our Manufacturer Engineer in charge of building the physical model of the car, Cormac Sheehan, our Graphic Designer in charge of the layout of our website and designing our team uniforms, and Patrick O'Leary, our Graphic Designer in charge of our Social Media on Twitter and Instagram along with designing our team logo.

Our socials

All our social can be found via this link: https://linktr.ee/R_Cubed_Racing

Why we chose our name and logo

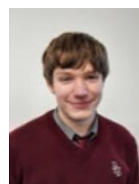


We picked the team name R Cubed Racing because our main goal while participating in this competition is to be as Eco Friendly as possible. A very well known phrase is Reduce, Reuse and Recycle hence R Cubed Racing (R³).

Evolution of our Logo



Cian Bosworth
Team Manager



Adam Kearney
Design Engineer



Patrick O'Leary
Graphic designer



Alex Jacob
Resource Manager



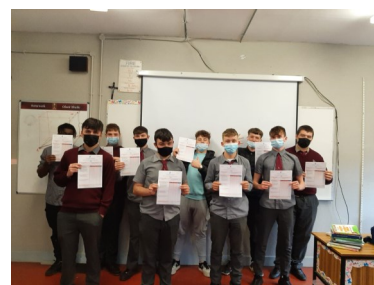
Robert Tracey
Manufacturing Engineer



Cormac Sheehan
Graphic designer

LCA 2 End of Term Reports

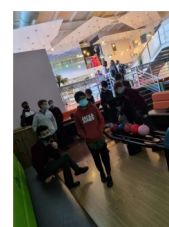
Students in LCA 2 received their End of Session 2 credit report results. The students did very well in their tasks and modules and we marked this special day with a celebration and some pizza!



JCSP Activities

Trip to Activate

A great morning was spent by these First and Second Year JCSP students in Activate Waterford last month. Some fine bowling skills were on display!



Christmas Celebration

Today we had our JCSP Christmas Celebration. This gave our students a chance to display their work to date and allowed teachers to acknowledge and celebrate the student's achievements. Well done to all involved!

Letter to Santa 2021

De La Salle College, Waterford
Christmas 2021

Dear Santa,

I hope you, Mrs. Claus, the Reindeer and the Elves are keeping well.

We are doing well in De La Salle College and the boys have all been very good. I'm sure we'll all be on the nice list this year. We are all looking forward to the Christmas Holidays even though we all thought they were going to be last Friday! Schools are safe so we are all allowed to come to school except when there is a storm Barra.

Not much has changed since I wrote to you last. We are still wearing snout-coverings and despite the fact that they are a bit annoying this really is a golden age for chewing gum and eating sweets in class! I've seen some people around town who were clearly not paying attention in science class because they seem to think it is to keep their chin warm! We've all developed difficulty hearing when the teachers are giving out the homework and I still don't know what some of my teachers look like. We've been washing our hands and we have removed several layers of varnish from the tables from all the cleaning.



Thank you for the gifts last year. Br. Tommy's garden is looking lovely with the new flowers but we still appear not to have an all-weather pitch and an Olympic-sized swimming pool. I hope you will be able to accommodate us this year. It'd be great to be able to warm up in the pool as we are freezing with all the windows open all the time.

I hope the preparations for Christmas Eve are going well. The social distancing can't have been easy for the elves but I am sure with regular antigen tests they will all be fine. It must

be quite dangerous giving those reindeer PCR tests though. We don't know how old you are but you've probably had your third dose. Don't forget your vaccination pass and some photo identification in case you get stopped at the border. We'll leave out some Santa-tizer for you and we hope it doesn't damage your gloves. At least you won't have to quarantine this year.

We've been learning lots of science and maths again this year. We unfortunately now know lots of new science words and what exponential means but the r-number is not so clear. Maybe Rudolph knows!

For Christmas this year could we please have the swimming pool, some microphones for the teachers so we can hear them, a hepafilter and the antiviral for Covid-19. Also could you please make sure that we are back in school in January as, even though we try our best online, we really prefer to be in the class with our friends.

Have a safe trip on the Christmas Eve and stay safe!

Is Mise

An Fear Sneachta.





CAO Timetable of Events*

2021

September	• CAO 2022 Interactive Handbook available online at www.cao.ie
October	
November	• CAO online application facility opens on 5 November at 12:00 noon • Change of Course Choices (free) facility opens on 5 November at 12:00 noon
December	

2022

January	• Discounted application fee (€30 fee) available up to 20 January at 5pm
February	• Normal closing date for applications (€45 fee) is 1 February at 5pm • Online Change of Course Choices (free) facility closes 1 February at 5pm • Online facility to amend course choices becomes available (€10 fee) on 4 February at noon
March	• Closing date for amending course choices is 1 March at 5pm • Most tests and interviews for restricted courses are held in March and April • Closing date for final completion of online DARE/HEAR forms is 1 March at 5pm • Closing date for completion of Mature Applicant section of CAO form is 1 March at 5pm • Late application facility opens on 4 March at 12:00 noon • DARE/HEAR supporting documentation to arrive in CAO before 15 March at 5pm
April	• Most tests and interviews for restricted courses are held in March and April
May	• Closing date for late applications is 1 May at 5pm • Online Change of Mind (free) facility becomes available on 5 May at 12:00 noon (expected date) • Statement of Application Record sent to all applicants before end of May. Inform CAO if you do not receive it.
June	• Leaving Certificate examinations
July	• Change of Mind Closes on 1 July at 5pm • Round A offers for certain categories of applicant e.g. mature, deferral, etc. are issued in early July • Exceptional closing date for late applications for those already attending a participating HEI is 22 July at 5pm
August	• Round Zero offers for certain categories of applicant issued in early August • Current year Leaving Certificate results issued (date to be confirmed) • Round One offers (date to be confirmed) • HEIs begin registration
September	• HEIs begin registration • Results of Leaving Certificate appeals released (date to be confirmed) • Offer season ends (date to be confirmed)

Tá leagan Gaeilge den Lámhleabhar seo ar fáil.
Updates to the handbook, such as new courses and cancelled courses, may be viewed on the CAO website.

Go to www.cao.ie,
click on '**CAO Handbook**' and see the table
with the title '**Important Changes**'.

*Dates may be subject to change. For the most up-to-date information please visit the Important Dates section of www.cao.ie

January 2022 Kindness Calendar

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**



Christmas Reflection

God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught.

John Henry Newman

Now is a good time to reflect about your life and say the above prayer slowly and thoughtfully. Repeat it several times. If you want to use this prayer as a meditation I suggest you read it and re-read. Then concentrate on a sentence or some of the words that speak to you. Keep repeating this sentence or words until you reach an inner peace.



God becomes human because he loves his people and we are all called by name into the presence of God especially at Christmas time.

Brother William

A Word of Thanks

All of us in De La Salle Waterford wish all our friends and colleagues around the globe all the best for Christmas with the knowledge we are following in the footsteps of a great educator. May this knowledge give us the hope and strength to continue in St. Jean Baptiste's footsteps in providing for our students and giving the marginalised among us the opportunity to access education, remembering we are in the presence of God and asking Jesus to live in our hearts, forever.

The Student Council would like to sincerely thank you for taking the time to read this newsletter. As we draw to a close, we would like to wish you all a wonderful Christmas, and a happy and healthy New Year!

This newsletter was compiled by Cian Cunningham, 5th Year

