



NEWSLETTER

MAY 2023

WELCOME

It's hard to believe that the school year is almost over....and we are in the season of spirit days, sport days, house exams and of course the state exams.

The PA has had a very successful year thanks to your generosity of time and money. Since January, we have run our annual Table Quiz which was great fun – it is fantastic that we can merge a successful fund raiser with a very social, if somewhat competitive night. We also ran the TY show tuck shop where our skills as stock controllers were tested!

We are delighted to say that thanks to our two fund raisers this year (the Lunch and the Quiz), we are able to contribute to several initiatives in the school. The funds will partially fund self defence courses for TY, a new gym area (small room off the hall) and a new music rehearsal area behind the stage.

We have also set up a FACEBOOK page for exchanging books and uniforms for HFC – access it via

Facebook - [Holy Faith Clontarf Free Trade Link](#)

At this point (and I know that I am always saying this), I would really like to thank the parents that helped with the PA throughout the year – having many helpers really lightens everyone's load. I would like to especially thank Trish Birch our secretary who is ending her time with the HFC this year – her quiet efficiency has been invaluable over the past years. Also, leaving us are Cora McHugh and Niamh Creighton both of whom have been of great support over the years.

We are already planning for the Debs reception in September and our AGM is set for October 4th where the speaker will be Peter Cosgrove. Peter is Managing Director of Futurewise, a future of work insights company. He is an expert on the future of work trends. He has a background in banking, consultancy and the staffing sectors. Peter is Chair of the mental health charity Aware and Chair of Brain Tumour Ireland and on the steering

committee of the 30% Club which promotes gender diversity. For parents of incoming 1st years, we will have a welcome night in October, date to be advised.

My first HFC graduation (since 1986 at least) is next week. It has been a marvel and a pleasure to watch these young women grow over the past years. Each of them has achieved so much individually and for the school. Their secondary school time was not easy and they missed out on much of the TY experience. But they rallied on and soon will be past pupils. We wish them all the very best for their exams and future choices. It is such an exciting time for them. Please keep in touch with the school via LinkedIn or Instagram (Alumna). I will have the tissues ready next week!

We hope that you all have a really great summer, goodbye to our friends leaving us, and see many of you in September. On behalf of the PA.

Louise McKenna
Parents Association

HIGHLIGHTS

FIRST YEAR MENTORS

Christina O'Connor and Orla Peppard tell us about the reintroduction of the first year mentoring programme.

STUDENT COUNCIL

Izzy Bisset and Maria Doody talk about the student council activities.

CAREERS IN FOCUS

Lucy Brown chats about her career path and legal training to qualify as a solicitor.

FIRST YEAR MENTORS



This year in Holy Faith we reintroduced a first year mentoring programme, which had been put on hold due to covid. This programme allows the incoming first years to integrate more easily with their classmates and the other years in the school. We were involved in the first year induction day at the start of the year to welcome 1st year's to our school and ease their fears and answer any questions they may have. There is one 6th year prefect assigned to roughly five first years and we visit them once a week. At the start of the year I think it eased the transition and helped the girls make friends and feel more comfortable with each other through group activities. Now, we are not needed as such and tend to visit just to say hi!

Christina O'Connor and Orla Peppard

HOLY FAITH CLONTARF STUDENT COUNCIL 2023

WHO ARE WE AND WHAT DO WE DO?

Our student council is made up of 17 students: Our head girl, four prefects, two representatives from each year voted on by the year, and Ms. Tyrell. Each student council member performs various roles, such as treasurers, PR representatives, secretaries, and deputy chairperson and chairperson.

Our main goal as student council members is to represent the student body and help to share ideas or concerns that they might have about improving our school. We can help achieve this with the assistance of our principal, vice principal, year heads, parents, and teachers.

WHAT WE HAVE ACHIEVED THIS YEAR

This year, we reviewed the timetable in preparation for changing our classes to last one hour instead of the forty minutes. The student council were part of a group who discussed the pros and cons of one-hour classes. This was trialed for a day and was met with positive feedback.

We also looked at the changing of our PE uniform. We made decisions based on surveys of the student body and of parents. We decided there will be new bottoms introduced for the next academic year. Students will have a choice between navy school crested leggings or navy school crested tracksuit bottoms.

UPCOMING PROJECTS

As members of Holy Faith Clontarf's student council, we are collectively working to provide a safe, healthy, and happy environment for the students and faculties.

There are many projects that we are striving to complete this year to benefit our school, such as:

- Preparing fundraisers for next year to collect money for charities and school projects.
- Working on promoting good mental health, especially for exam years
- Reviewing some of our policies

Izzy Bisset and Maria Doody

GREEN SCHOOL ACHIEVEMENTS

ACHIEVEMENTS OF GREEN SCHOOLS TO DATE.

Since October 2021, students of Holy Faith have joined the Green school committee in hopes to provide a more sustainable school environment. We received a visit from the CEO of Neat Streets, an organisation promoting green living in Ireland. We got a talk on how to increase sustainability in the school and steps we would have to take to get our Green flag.

Since then, we have set up several campaigns, events, and competitions to engage students in our campaign for the flag. We organised a Walk on Wednesday, where everyone who walked to school earned a raffle ticket and would have a chance to win a prize.

We also arranged a Buns for Batteries where we encouraged students to bring in used batteries in exchange for treats at a committee organised bake sale. Both events were a great success. In March, four members of the committee attended the

Neat Streets conference with schools from around the country in the Aviva stadium. There, more elements to increase sustainability in school were discussed.



This prompted us to set up the green bins in school. Last year, there were issues with many contaminating the green bins with unrecyclable materials. After setting up the bins again last November, we saw a significant improvement. However, we still think people can be more mindful of what they put in the right bin.

Recently, on the 15th of March, we organised Green Day, where students participated in Kahoots where they could gain

knowledge about sustainability in their everyday lives. They were encouraged to wear all green and the committee set up a bake sale and raffle where all the proceeds would go to buying plants for what we are planning to be a biodiversity garden.

Then on the 16th of March a few members of our committee attended an info talk at Manor House on sustainability and further efforts we could make. Then, on the 28th of April, we had an inspector come to our school to assess us on whether we deserved a Green Flag after all our efforts. We gave her a tour and spoke to her about progress we had made.

Finally, the results came in after our assessment, and we earned a Green Flag for Holy Faith! There will be a giving of the flag in DCU and ceremony of putting it up in the school. We are so proud of all we have achieved and hope for even greater success in the new school year!

*Arianna Ceraldi
and Sophie Lawless*



IN FOCUS

ANTI-BULLYING WEBINAR

Report by Jennifer Rothwell

The Parents Association participated in a NPCPP Webinar presented by Helena Murphy, a doctoral researcher with the National Anti-Bullying Research and Resource Centre in DCU. Unfortunately bullying in schools is the number reason for parents to call the NPCPP to seek support. Here are some of the key takeaway points from the webinar.

1.

Bullying in friend groups is very common. Children who witness bullying know it's wrong but lack the confidence to speak up if another person is being bullied in case they become a target. As children gain confidence generally from 4th year onwards they generally break away from the group resulting in the bully being the one who then becomes isolated.

2.

The importance of all school staff keeping a 'watchful eye' on the children and young people in their care with all school staff being confident in their knowledge of best practice in how to address bullying behaviour.

3.

Schools should post anti-bullying posters around the school to create a positive environment and send a strong message that bullying isn't and will not be tolerated within the school.

4.

Use previous instances of bullying/testimonies from those affected as a guideline of identifying bullying. Have this written into the school policy.

5.

Training for teachers to help them identify bullying as sometimes someone who is being bullied isn't comfortable to come forward. Training for students for what to do if they or their friends are being bullied and who in the school they can go to.

6.

Reinforcing the importance of positive relationships across the whole school community to promote empathy, understanding and respect and raise awareness of unconscious bias.

References: see the following links below for more information. <https://antibullyingcentre.ie/>

Book resources. Bully-Proof Kids by Stella O'Malley

Cineáltas: Action Plan on Bullying

<https://www.gov.ie/pdf/?file=https://assets.gov.ie/241000/eb57d761-2963-4ab0-9d16-172b2e3be86d.pdf#page=null>

CAREER SPOT

Hello! My name is Lucy Brown, I am currently studying at Blackhall Place with the Law Society of Ireland, to complete my legal training and qualify as a solicitor.

Back in 2016 I sat my Leaving Cert. at Holy Faith and went to UCD to study Law with Economics. After four amazing years, and lots of hard work I graduated (in my bedroom thanks to covid) and went straight on to begin studying for the FE1 exams. These are the Law Society exams you must sit in order to qualify as a solicitor in Ireland. There are eight exams, in the eight core areas of law; Criminal, Constitutional, Company, Equity, Real Property, Law of Tort, European Union Law and Contract Law.

During my summers at college I undertook many legal internships and extra curricular activities, because I knew if I wanted to train in one of the big commercial law firms in Dublin I would need an impressive CV. I was appointed on the Committee for the Literary and Historical Society at UCD which is the debating society. I also spent

a summer interning in a small firm in town, and the subsequent summer interning for a judge at the Massachusetts Appeals Court, before travelling to Chicago to intern in a law firm there (the fact my friends were on a J1 in Chicago may or may not have influenced that decision). Finally, while in final year at UCD I worked one day a week in a law firm in Dublin as a legal assistant, until graduating when I worked there three days a week while studying for my FE1s.

After completing the FE1s you must obtain a training contract with a law firm. I am training with Matheson, which is a full service commercial law firm in Dublin. The training contract is three years long, the first year is completed in Blackhall Place which is like going back to college! We complete much more practical training than when in college which was largely theory based. For example I am currently enrolled in negotiation, presentation, legal writing and interviewing & advising classes. After Blackhall you return to the firm for two years to complete in office

training before finally qualifying.

The path to become a solicitor is definitely a long one and I'd be lying if I pretended it didn't involve a lot of late nights in the library, however it's extremely rewarding and I have no doubt that if you put your mind to it you too can achieve it! Should you have any questions you'd like to ask me, I'd be happy to meet for a coffee or a phone call for a chat anytime, just drop me an email. :)

“ I HAVE NO DOUBT THAT IF YOU PUT YOUR MIND TO IT YOU TOO CAN ACHIEVE IT! ”



Lucy Brown
lucyombrown@gmail.com

HOLY FAITH PA CALENDAR 2023/24

PA Meetings: @8pm

- Tuesday, 5th September
- Wednesday 11th October
- Tuesday, 7th November
- Wednesday, 6th December
- Tuesday, 9th January
- Wednesday, 7th February
- Tuesday, 5th March
- Wednesday, 10th April
- Tuesday, 7th May

PA MEMBERS 2023

- Chair:** Louise McKenna
- Vice Chair:** Kara Cullen
- Secretary:** Trish Birch
- Treasurer:** Clarissa Bryans
- Communications:** Jennifer Rothwell
- Email:** paholyfaithclontarf@outlook.ie
- Twitter:** @hfclontarf

All parents and guardians are automatically members of the Parents' Association and very welcome to attend all PA meetings.

DATES FOR YOUR DIARY

- Information evening:** 14 September
- Debs:** 21 September 2023
- AGM:** 4th October
- Lunch:** 10th November
- Quiz:** 7 March 2024
- TY Show:** 18-22 March