



NEWSLETTER

DECEMBER 2022



Parents, Guardians, Staff and Students

We have had a busy first term back in Holy Faith PA this term. And I will summarise those events below.

To start, one of the nicest things to hear this term was from the principal and deputy who reported that there is a lot going on in the school, the girls are busy organising events, trips, sports and that is so great to hear. It is so important that the girls get to have a full school experience which was lacking in the past few years. A particular thanks to all the teachers and staff that

have facilitated the girls this term – we acknowledge that this is largely voluntary and much appreciated.

We started off in September by hosting the Debs reception in the school hall. It was lovely to see the girls looking so happy and healthy (and glamorous!) and they were very happy to be back on school soil together for a last time. It's a special night for them and their parents and the PA love organising this event. See photos on page 3.

In addition, the PA attended the open night for 4th-6th class girls, where we revised our BODMAS rule and it was lovely to see the 1st-3rd year girls hosting and giving tours.

We held a social night for the 1st Year Parents in October where parents met other parents in their girls' class over a cup of tea.

The PA have run a competition over the past few weeks for a new logo. We are happy to announce that the

winner is **Olivia Lam** and that the logo is now proudly heading up this newsletter.

Finally, in November we had our annual Parents' Lunch – as always this was great fun. We welcomed Nina Fitzpatrick as the guest speaker and she spoke honestly about her journey with her son. We were happy to raise €600 for the Jack and Jill Foundation, a charity that Nina supports. A big shout out again to the main sponsors, Mason Hayes Curran, MKN Properties, REA Grimes and Nolans. Many other local businesses donated fabulous prizes for the raffle. Their generosity to the school is always appreciated.

Our monthly meetings continue, everyone is welcome, as always.

We would like to wish everyone a happy and safe Christmas. And see you in the New Year.

Louise McKenna,
on behalf of the PA

HIGHLIGHTS

SCHOLARSHIP

Congratulations to last year's Head Girl, Kate Burke, who has been awarded a Naughton Scholarship.

LOGO COMPETITION

Congratulations to the winner **Olivia Lam** and runner ups **Lauren Grant, Alma O'Connell** and **Keqiao Chen** and many thanks to all the girls that entered.

CAREERS IN FOCUS

Roisin Mc Caffrey chats about her career Nutrition and Dietetics

ANNUAL PARENT'S LUNCH



DEBS RECEPTION



IN FOCUS

CONGRATULATIONS

We are delighted to hear that our past pupil and last year's Head Girl, Kate Burke, has been awarded a Naughton Scholarship.



THE
NAUGHTON
FOUNDATION

The Naughton Scholarship programme was established in 2008 to promote the study of engineering, science and technology at third level in Ireland.

Each year 36 exceptional students are awarded Naughton Scholarships to study at undergraduate level at any publicly funded university or third level institution. There is at least one winner from each county in the Republic of Ireland.

The scholarship is intended as a reward and encouragement to exceptional students who would like to study in the STEM field (science, technology, engineering and maths) at University. The school of each winning student also receives a prize for the school's science labs.

Kate will be awarded €20,000 for her studies and the school will be granted an award of €1,000 towards its science facilities as an appreciation of our support and assistance. The award ceremony will be on Saturday, 15th October.

Congratulations to Kate and all who taught and guided her while in Holy Faith.

CAREER FOCUS



Nutrition and Dietetics

Roisin McCaffrey

I always wanted to help people but I wasn't sure what career to take. My favourite subjects in school were biology, home-economics and chemistry.

While investigating all the various courses, I came across nutrition and dietetics in Trinity/DIT which seemed to combine all my favourite subjects and help people in the process. Unfortunately I didn't get the points for this course, however I got into an undergraduate course called human nutrition which I thoroughly enjoyed and gave me a great foundation in science. However, I still wanted to become a dietitian towards the end of the course.

I reached out to a few dietitians to see how they got into this field. Many of them did a masters to become a dietitian.

They gave me invaluable advice to get experience shadowing dietitians before applying for the masters to show the course you're interested in and determined to become a dietitian. This also gives you an idea if this is the career for you!

A helpful tip is to try and choose an undergraduate course that covers physiology and biochemistry which is a prerequisite for the masters.

I have only recently graduated and started working as a dietitian in one of the largest hospitals in Ireland. As a new graduate there are so many other job opportunities within this area to choose from; including working in hospitals, in the community, industry, academia, research, private consulting, media and sports nutrition. If you have any questions please get in touch, roisin.mccaffrey@hotmail.com

“
NUTRITION AND
DIETETICS IN TRINITY/
DIT WHICH SEEMED
TO COMBINE ALL MY
FAVOURITE SUBJECTS
AND HELP PEOPLE IN
THE PROCESS

PA MEMBERS 2022

Chair: Louise McKenna

Vice Chair: Kara Cullen

Secretary: Trish Birch

Treasurer: Clarissa Bryans

Communications: Jennifer Rothwell

KEEP IN TOUCH

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.