

An alternative Sports Day in 2021



The PE Department adapted the annual year end highlight of Sports Day into a 4-Week inter-class Decathlon Challenge.

All students got involved across several individual and whole class events. Well done to everyone, it was hotly contested and a fun way to wrap up the PE calendar.

Overall Sports Champions of the Year – 3C

Some of the results are as follow:

Individual Events

Fastest Lap of the Track - **Proinsias O'Reilly**
1m14s21

Longest Held Plank - **Conor Boylan** 22m20sec

Longest Held Wall-Sit - **Rory Collins & Zach Demamen** 3Hr7min

Most Speed Bounces in 30sec - **Ned Brunton**
115

Most Free Throws in 1min - **Tomas Kizelis** 14



Spirit Class of the Year – 6C

Top Sports Class Per Year

1B Rang Pio

TY - Draw

2D Rang Sheamus

5A Rang Threasa

3C Rang Eilise

6C Rang Fiach

Leaving Cert Graduation

On Monday 31st May our 6th year students enjoyed a unique graduation. On a beautiful sunny morning the students, accompanied by their tutors and year head, visited various stations within the school. The highlights of the morning included a virtual message from staff members, lighting memorial candles and prayers with Fr. Ray, class photos, coffee and ice cream and the presentation of the yearbook.

A special word of mention must go to Laura Isdell who won an award for her academic achievements, Aisling Mc Enroe who won the Anne Glennon Spirit award and to Ned Brunton who won the overall student of the year award.

This group of leaving cert students will always be remembered in our school. They have led by example in the most challenging of circumstances. We wish them well in their exams and whatever life brings their way.



Academic Achievement Award – Laura Isdell



Student of the Year Award – Ned Brunton

STO Waves Goodbye to Their First LCA Cohort

September 2019 was the start of the Leaving Certificate Applied Programme in St Oliver Post Primary. In those two years, the students have discovered more in their career prospective, made lifelong memories and friends, and realised the power of their potential, resilience and character.



On a personal level, I would like to say thank you to the students and their parents/guardians for their support, commitment and willingness to make the programme the success that it was. Special mention to Stephen Emmett on achieving the top academic award over the two years and to Dovydas Matusevicius on his award for overall contribution to the programme.

The class of 2021 have set the bar very high for the groups that will follow, and we hope that you all will look back with fond memories from your time in STO and how it has shaped you. Remember, if you leave school today and think learning stops you will leave uneducated, continue to learn from your parents/guardians, peers, colleagues, your mistakes and your triumphs and always stay motivated to learn and discover more.

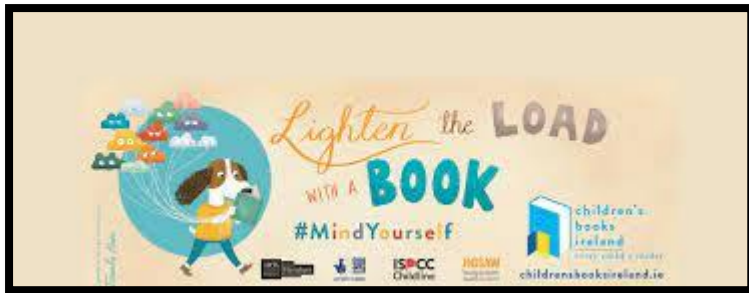


Kind Regards and thank you,

Conor Mc Mahon

Reading for Wellbeing

St Oliver Post Primary School has taken guidance from the **Mind Yourself** initiative endorsed by ISPCC Childline and JIGSAW. The Mind Yourself project supports mindfulness and mental health for young readers. Its “book doctors” provided a list of books that have been described as a ‘first-aid kit’ for worries, sadness, loneliness, anxiety and any number of feelings.

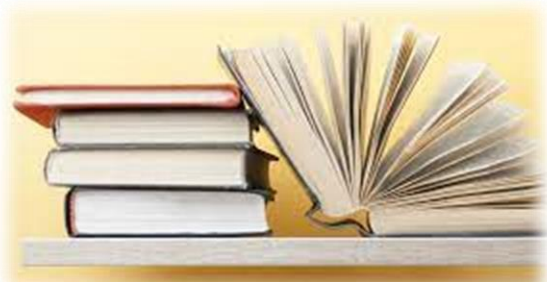


Our school library now has these books, as we want as many young readers to find relief and solace in seeing their lives reflected in a book. Seeing your life, or a life situation being experienced by your peers can help you understand

what you, or others may be quietly going through. We want to help our young students to be resilient, to manage their feelings and navigate through difficult times.

These books will help our adolescents feel calm, safe, happy, heard, loved and connected. The thematic areas include: Relationship with Self, Relationships with Others, Life Long Conditions, Body Image, Body Positivity and Diversity, Wellbeing, Grief and Loss, Sadness and Low Mood.

There is a lot that parents, and guardians can do to strengthen their child’s resilience, and books are a very important resource. Our school recently completed a study with students about their reading habits. Many students reported that reading helps them to relax: one reported that “It helps me feel quite calm and peaceful, I’m focused more on the story than on what’s actually happening around me.” Books provided a way of getting away from reality, it can be a form of escapism: students reported that reading is a positive experience as “you can become the main character in the book, you can go into their life and kind of forget about reality, I can get away from my real life.”



Reading provides an opportunity to explore and understand other people’s emotions: “It gets you so attached, like it makes you feel feelings for the characters.” Our Junior Classes have a dedicated class on their timetable to read, relax and learn from fiction. It is a time during their busy day, when they can use a book of fiction to distract them from their busy lives, but learn from the experiences of others. Reading has been shown to put our brains into a pleasurable trance-like state, similar to meditation, and it brings the same health benefits of deep relaxation and inner calm. Regular readers sleep better, have lower stress levels, higher self-esteem, and lower rates of depression than non-readers.

Music Department Receive a Generous Donation

The music department received a very welcome donation from a local radio station in late Spring. Circle of White Light Radio along with the Pay it Forward appeal have worked with many charities and organisations to help where possible.

In a short statement from the station they expressed their gratitude to their listeners who helped make the donation possible.

“We would like to thank the listeners of Circle of White Light Radio who donate to and support the radio show and the people who donate to the Pay it Forward appeal.

We would also like to thank the Pay it Forward team for selecting St. Oliver Post Primary school for this donation.”



Darkness Into Light 2021

On Friday 7th May our school community marked “Darkness Into Light”.

The events included,

- A non-uniform day with €2 being donated by each student to Pieta House.
- A HOPE display wall where messages of hope were posted by all students.
- A mindfulness walk on the school track during SPHE class.
- An early morning staff walk to Lough Crew.

Well done to all involved. In total €1, 230 was donated to Pieta House.



“Even the darkest night will end, and the sun will rise”

Transition Year

Late May saw yet another graduation from our very popular Transition Year Programme. Under the guidance of Ms McStay the students had a very busy end to their year. With travel restrictions in place the students were kept extremely busy with onsite workshops.

The highlights of the last term included,

- Barista Coffee Training with Dublin Barista School
- Hands on driving experience with Sam Brooks School of Motoring
- Reptile Haven workshop
- Beauty and barbering workshop
- Stand-up comedy workshop



As our TY class of 2021 graduate, we wish them the best as they progress to 5th year. With one eye on September 2021 our new class of TY students had a team building exercise session during the last week of school. We look forward to working with these students and seeing them develop their skills during the year ahead.



The Gallery

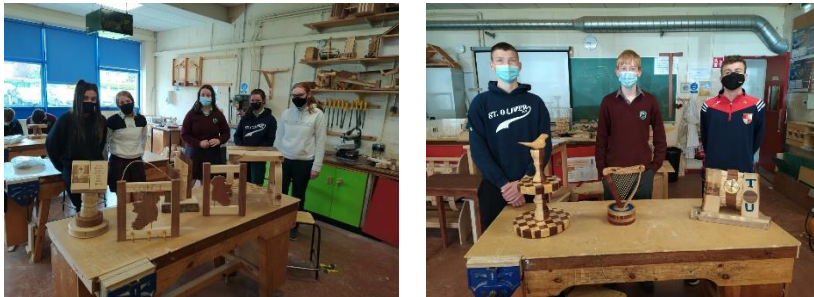
1st Year Art



Student Council – Pieta House Donation



Woodwork Department



Home Economics – Clothes Up Cycling

