



MUCKROSS PARK PARENTS' ASSOCIATION NEWSLETTER

Summer 2012

Dear Parents / Guardians

As the sun streams through the windows the PA Committee would like to wish you, the girls and the school staff a restful and fun filled summer break, after the completion of another successful year in Muckross Park College. In particular we wish the 6th years the best of luck in the exams and happiness and satisfaction with their adventures post Muckross.

We would also like to thank, you the parents for your support in our work, and the staff, particularly Ms Lundy and Ms Mee, for their help with all our endeavours.

We hope you like the look of the updated newsletter. It has been our aim to improve communications with the parents. We have been working on organising a database of parents email addresses to ensure quick and efficient communication with the parent body. We are also endeavouring to make more use of the PA webpage on the school website and the PA email address at muckrosspa@gmail.com.

The job of the PA Committee is to provide a forum to represent the views of parents to the Principal and Board of Management (the issues raised by parents have, where possible, been addressed, e.g. the upgraded uniform), to fund-raise to improve school facilities (Fun Run for canteen space, park benches and



new flood lights), to help at school events (1st yr. night, Festival of Carols, the Spring Concert, Sports Day), to produce the newsletter for parents and to organise talks for parents and students.

We think that we have fulfilled our brief and we have enjoyed doing so. We are particularly proud of the Fun Run Day, which was such a great school / family event and we are looking forward to the fruits of everyone's hard work with the launch of the canteen space in September. Three cheers to the Board of Management for their excellent work in getting this project completed.

Some of us will retire in September! That leaves room for six new members to join the committee at the **AGM on Thursday 27th Sept. 2012**, please consider putting your name forward; it is an interesting and worthwhile experience. As the AGM is a busy night with lots to discuss it has been decided not to have a talk on that evening. Our very first talk of the new school year on **9th October**, will be 'Teen Mental Health' by Prof Fiona Mc Nicholas, child & adolescent psychiatrist, Crumlin hospital.

Enjoy a long & sunny summer! Muckross Park College PA Committee



The Green Flag was awarded for Litter and Waste and was presented to the school at a ceremony in Croke Park along with 70 other schools on 22nd May. In September a flag raising ceremony will take place in the school grounds. Thanks to the Green Committee and Ms Stephenson who coordinates Green activities.



PA Finances

The Parents' Association had another satisfactory year in terms of its on-going finances. As in previous years, our main source of income is subscriptions from parents. Subscriptions in this school year were received from c.180 families in the school. These contributions are much appreciated and fund PA activities during the year.

PA funds were used this year on the cost of speakers and refreshments for 4 parents' evenings, on-going communications (bi-annual newsletters and text messaging charges), sports day refreshments for the girls and a contribution to the Lourdes fund.

Through the Fun Run, the PA contributed €30K to the school which will defray some of the cost of the new canteen.



School Uniform



The new supplier of the Muckross uniform is Pat O'Farrell Schoolwear, Stillorgan SC, open 7 days a week. New girls joining Muckross in September can make an appointment to be fitted on Saturday 23rd June or Sunday 24th June - these dates specifically for new 1st years.

School tracksuits and PE gear are also supplied at O'Farrell's. No changes have been made to the style of the uniform.

A new school rain and windproof light jacket, chosen by the girls, will be available from July. Price list is available for viewing on the school website, Parents' Association page.

1st years ...

... had a very busy first year in Muckcross Park! Once they had settled in and found their feet there was no stopping them. They participated in **"Think Pink"** Day in aid of the Marie Keating Foundation, wearing all sorts of pink accessories and raised €174.32 for the charity. They also took part in a table quiz with St Michael's in aid of Hope Foundation.

As the year progressed, they got involved in lots of other activities, with some of the 1st year participating in the Chamber Choir (placed 2nd in the Wesley Feis), participated in the Master Chef cooking competition in the school, and participated in "Milk It" Advertising Awards where students were asked to develop a creative advertising campaign to highlight nutritional benefits of milk and where they represented Muckcross at the National Finals in the Mansion House.

They had an outing to the Young Scientist Exhibition in the RDS and enjoyed a days Retreat in the school in May.

The brought the year to a close by completion and presentation of Archive Projects, with presentation of certificates by Professor Ciaran Brady of Trinity College.

E V E N T S

John Lonergan ex-Governor of Mountjoy Prison captivated the parents with a most entertaining and uplifting evening of reflection on the challenges and rewards of parenting. John suggested that there were two important measurements to apply to your child each morning:

1 ... any morning that your child gets up healthy, stop whingeing and 2 ... any morning your child gets up happy, stop whingeing!

In addition he advised parents not to argue with their teens - because parents won't win! Instead accept the reality of your child 100% and link your and their expectations to that reality. John's philosophy is that change, personal or otherwise, can't be enforced on anyone and that real and meaningful change only comes about through consent and agreement.

3rd years ...

... had a busy year, particularly as they were studying and preparing for their Junior Cert exams. They sat their Junior Cert practicals in Art, Home Economics and Music and everyone has done brilliantly.

The A Team hockey girls got into the Plate Finals, but were beaten narrowly by Holy Child Killiney. Well done to all the girls for a great match.

Aisling McCann recently captained the Irish under 16's basketball team who did extremely well.

Castings for the 4th year Marian Muckcross Musical of Hairspray are already underway with auditions now complete.

Sports Day was brilliant! And well done to all the third years who turned out on the day.

E V E N T S

Patrick McKenna was the guest speaker at the AGM who spoke about the topical subject of children's activity "online", from bebo to facebook and general internet use, and the great opportunities, challenges and serious dangers of "online" activity.

Pat talked about the worry of parents who felt powerless as to "what was going on" as well as being concerned about "cyber-bullying" and inappropriate access by complete strangers to their children's privacy.

The talk was an excellent introduction and overview of a very complex topic and helped develop an awareness of the key issues for parents. There were also some practical tips for parents in terms of being better informed, talking to their children about the issues and keeping up to date with activities online.

2nd years ...

... have successfully survived that most difficult of years with some major achievements under their belts and some growing up done! They have shown themselves to be excellent sports women with the hockey Minor D's winning the Cup.

All four 2nd year teams got to the quarter finals, three made it to the semi finals and two to the finals. The Minor A Tennis team won The Minor Cup.

Rachel Duggan won an All Ireland Irish Dancing Medal, Emily Shiels & Kate Murray got Athletics medals and Eva Twomey & Aoife Cahill got swimming medals. All this was only achieved



with effort, teamwork and good coaching from their teachers and coaches and of course, with the support and encouragement of their class mates.

Outside their every day fun, the girls had a great day in the National Heritage Park in Ferrycarrig, a very interesting retreat, and the art class had an inspiring visit from Jim Fitzpatrick, of Che Guevara photograph fame.

E V E N T S

Roger Grennan Life & Career Coach gave a talk to the parents in February, entitled "Rock star? Pilot? Accountant? - how to have great career conversations with young people!". Roger is passionate about supporting young people in making the right choices and decisions in life and now works in schools and youth organisations. He sees coaching as a partnership that enables young people to make sustainable changes in their lives and achieve goals by creating their own solutions and using their own resources. Roger's talk gave parents practical strategies to help them have great career conversations with their children.

TY ...

... had a busy second half of the year. In February, they had their Dublin culture Week. They visited many historical locations and the most enjoyable part was the Zoo and the bus tour. The main achievement was learning to find their way around Dublin & they would like to thank Mr McArdle for organising it.



They had two visits to Intel in Leixlip who also came to the school. The purpose of this was to learn about technological innovation and the girls took part in a social media workshop which involved coming up with ideas for products for the future.

The guest speakers continued after Christmas and were all very interesting. During the year, they raised money for many charities and really enjoyed this part of the programme and they won the Jubilee Cup for Hockey.

On 11th May, 3 TY teams went to Citibank to join with 5 other teams from different schools to compete in a banking simulation game. Team Plato secured the glass trophy and were proud to bring it back to Muckcross. Overall it was a really interesting experience, especially the practice sessions in the school where employees from Citibank gave their time to help the girls become truly great bankers!

The Gaisce Adventure Journey took place on 19th & 20th May and they survived the 25K walk and overnight in Rathdrum. Thanks to Ms Tuite for organising this.

The trip to York at the end of May was a great success and included a canal boat trip, visiting museums, a guided tour of York and many other activities. Thanks to all the teachers who looked after them.!

5th years ...

... say thanks to Ms. Cooney and Ms. Ni Bhraonain who helped the 5th years to settle down to a good year of study.

The spotlight shone on Ellie McGovern and Millie Barnes who excelled in the female leads in the Gonzaga Musical. Thanks to Ms. Dunne who organised the event and was kind enough to find roles for at least 30 girls who took part.

Many thanks to Ms. Mee, Ms. Stephenson, Ms. Trainor, Ms. Rosell, Ms. Henry and Mr. McCarthy who gave their time to organise a most successful Ski trip to Italy in February.



Congratulations to Fiona McLoughlin who won Masterchef in the senior category. Congratulations too to all the girls who competed in the East Leinster Athletics competition, especially to Sarah Windle who qualified to go forward to the Leinsters coming up at the end of May.

Meave McDonough, Millie Barnes, Susan Gough, Megan Yusko, Meabh MacGabhann and Aoife Murray were successful in their applications to go to Lourdes with the Dublin Diocesan Pilgrimage next September. We wish them well with their fundraising activities. Many thanks to Ms. Hoban for working closely with the girls in advance of their trip.

Congratulations to all 24 girls who were appointed prefect especially to Sadhbh McLoughlin (Head Girl) Millie Barnes (Deputy HG) Sarah Twomey (Sport Captain) and Fiona McLoughlin, (Deputy SC).



Christmas Carols

Parents and pupils were invited to a Christmas Carols Evening in the Covent Chapel on 12th December 2011. The Muckcross choir sang Christmas Carols accompanied by the Orchestra. There was a full attendance on the evening. Mulled apple juice and mince pies were served and drinks and biscuits for the pupils.



Spring Concert

On Thursday 29th March 2012 a Spring Concert was held in the school where pupils were able to showcase their musical talents, playing their pieces that they were preparing for their JC & LC exams. The Glee Club participated and the School Choir sang. Teas and Coffees were served afterwards.

6th years...

... had a busy time managing to balance study and play in their final year. In terms of academics, the teaching staff completed preparations for the L.C. ably led by Mr Breslin who acted at times as mentor and peacemaker! Classes, after school study and oral preparation took up much of the year. The class of 2012 also enjoyed many social occasions including Halloween celebrations where all the girls dressed up for classes, the Pre-Debs in November held in Dunshaughlin and the "Mock Party" hosted in February by the school.

The year ended on 25th May with the graduation of the Class of 2012. The girls were treated to a lovely breakfast in the convent, bouncing castles and a great day (including blazing sunshine!), followed by a very moving service in the Chapel celebrated by Fr. Jim. During the service we were reminded of how much Muckcross Park means to all the girls, their impeccable behaviour in light of recent events in other local schools was highlighted by Miss Lundy and by the end of the Mass, there wasn't a dry eye to be seen. Thanks to each and every person who contributed to a great year for the class of 2012 and best wishes to all the girls in their exams.



Summer Sports Report



We had a very successful term with all our summer sports even though the weather for the most part, made it difficult to believe that it was indeed the summer term !

This year we had 4 tennis teams and they all had an excellent season. Well done to our Junior A team who won the cup for the second year in a row and to the Minor A team who won their cup for the first time in the school's history. Hard luck to the Minor B team who were runners up in the final and to the Junior B team who reached the semi final – both teams played really well and were unlucky to lose.

We had a huge participation in athletics this year and were very successful in the East Leinster Athletics meet. 13 girls qualified for the Leinster final and Muckross won over 17 medals. Particular congratulations to Alix Hughes, Jade Leahy, and Beth O'Brien, who have all qualified for the All Ireland Athletics Competition. We wish them all the very best of luck.



We had 4 cricket teams and they all did well in their leagues with the first year team reaching the final. Muckross also did very well in the Dominican Cup earlier this term – our Hockey team came in first place and both our basketball and soccer teams did very well also. Well done to our 4th Year Hockey team, captained by Laura Hanlon who won the Jubilee Cup in Rathdown School.



A huge thank you to all the coaches for training the girls and helping them through all the various competitions throughout this very busy sports term.

Muckross Sports Day



A very successful second Muckross Sports Day was held on May 11th this year. There was a large attendance and we were very fortunate to have wonderful sunshine throughout the day.

Events included shot putt, throw the wellie boot, discus, tennis competitions, basketball, volleyball, athletics and three-legged races.

The final event of the day was the hockey match between teachers and 6th year students - and the students won with a goal in the last minute. Hot dogs and drinks were served after the events.

An ice cream stall with proceeds in aid of Down Syndrome Ireland sold very well and a home baking stall with proceeds in aid of the Lourdes Fund also made a good profit.



There was a fabulous atmosphere throughout the day, and the events were followed by presentations of prizes followed in the Assembly Hall. A huge thanks goes to all involved in organising this event.



Useful information, contact numbers and websites mentioned in this newsletter

"... Muckross Park College ... high functioning school, with highly effective leadership ... and a strong, committed and well informed Parents' Association ..."

See the Board of Management Report enclosed with this newsletter - it can also be viewed on school website

Pat O'Farrell, Schoolwear, Stillorgan SC

Tel: (01) 2108586 Open 7 days a week

Mon - Sat 9.30am—6.00pm, Sunday 1.00pm—5.00pm

Price List on the school website

More information on Roger Grennan, Life & Career Coach can be found at <http://coachingpotential.com>.

Copies of the slides relating to Roger's talk can be obtained by emailing the P.A. at muckrosspa@gmail.com



Dates for your diaries

27th Sept, 2012

AGM

9th Oct, 2012

Teen Mental Health Talk by Prof Fiona McNicholas