

## De La Salle College Newsletter

**Autumn/Winter 2022 Edition** 

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# Message from the Principal



Festive greetings to all our Lasallian community, students, parents, guardians, staff, Board of Management, past students, retired staff, Brothers and friends of the College. I hope you enjoy reading the 2022 Autumn/ Winter De La Salle College Newsletter.

As always, it has been a busy term which began back in late August when school reopened and we welcomed our new First Years. This group of students have settled in very well and are enjoying being part of new sports teams, clubs and committees. They are studying a wide variety of new subjects like French, Science, Woodwork, DCG and have worked hard throughout the term in preparation for their Christmas Assessments. We were relieved to have the building works completed in time for this new cohort of students. We now have new ramps, automatic doors and accessible bathroom facilities to ensure that the school is accessible for all our students. We were also excited to open a second class for students with Autism and to welcome a new team of AEN teachers and SNAs to support the six new students who joined the class.

Our class of 2022 were very pleased with their Leaving Certificate results and are now well settled into university, college, PLCs, and apprenticeships courses. We hope that the lessons and Lasallian values they have learned in their time in De La Salle College will stand them in good stead throughout their lives. We are very proud of them and wish them every blessing and success. We encourage all our past pupils to keep in touch with the College. Please do not hesitate to contact us at <a href="mailto:office@delasallecollege.com">office@delasallecollege.com</a> with your contact details if you have not already done so. I hope you enjoy reading the Past Pupil Section of the newsletter which is a way of celebrating the many successes of our past pupils and an opportunity to take a trip down memory lane! We hope to have more past pupil reunion events in the future and will keep you all posted!



This is a special year for the College as we are celebrating 70 years of Lasallian Education in Churchtown since the College opened in 1952. As part of the celebration we had a very special November Remembrance Mass celebrated by past pupil Fr Paul Thornton. The school community of present and past students, staff and families gathered in the Good Shepherd Church to remember in song and prayer members of our Lasallian community who have sadly



passed on in recent times. We look forward to hosting other special events to mark DLSC 70 years in the Spring/Summer Terms.

It was great to see the resumption of the Diocesan Pilgrimage to Lourdes this year when a small group of DLSC senior students accompanied by Mr Forde went to Lourdes to support and take care of the pilgrims. Other trips included a most enjoyable and educational trip to Paris organised by Ms Mazzucato and the French Department. The Biology Department also organised the Senior Cycle Ecology trip to Dublin Zoo. While the English Department stayed local and went to see Shakespeare's Macbeth in Dundrum Theatre.

In this edition of the Newsletter you can read about other events that have happened throughout the term like Science Week, Maths Week, Stand-Up Awareness Week and College Awareness Week. The dedicated team of sport coaches bring us up to date on all that has been happening with the Rugby, Football, Badminton, Table Tennis and Basketball teams throughout the term. The Debate Club in the College is going from strength to strength with students from all year groups meeting every Thursday at lunchtime to have fun and socialise as they develop their debating and public speaking skills. The Well Read Committee have recently made an application to achieve our second Well Read National Award. This group work closely with the English Department who take a lead role in promoting the Accelerated Reader Programme with students in their classes and the team of teachers who look after the library resources in the school.



Our Green Schools Committee were as busy as ever this term. The work they do for the school is commendable. They managed to secure funding to get new bicycle shelters for the school and are currently working on initiatives to achieve a fourth Green School Flag for Travel. This year they have teamed up with the TY students to increase the biodiversity of our campus. Our bee hive is currently thriving and the first seeds have been sown in our new polytunnel which our TY students purchased with funding they secured for sustainable projects. In addition, this dynamic group of Green Committee and TY students have teamed up with Pocket Forest and ChangeX to create a small 50 square metre forest of native trees in our school grounds, to replace the old end of life trees that had to be recently cut down for health and safety reasons.

A big thank you to everyone involved in fund raising initiatives throughout the term. Great fun was had at Halloween when our LCVP class organised for staff and students alike to come into school in fancy dress to raise funds for Trick or Treat Temple Street. They also organise the Christmas Jumper Day in December to raise funds for St Vincent De Paul. TY also completed their annual fund raising initiatives for Rose Week collecting money for the Irish Society for Autism, while the first and second years teamed up with LCVP, Prefects and Mentors to organise shoe gift boxes for the Capuchin Centre Shoe Box Appeal.

A festive thank you to everyone who helped to make our Christmas Fair a great success this year. In particular I would like to thank our sponsors, parents, past pupils, local business and the local community for their donations and support. Special thanks also to the students and staff who helped with preparations and on the day and not forgetting our hard working Parents' Association who took a lead role in organising the event from start to finish! I would also like to thank the Dublin Orchestral Players for entertaining us on the day and for the beautiful charity orchestral performance they held in the Good Shepherd Church in early December.







The Autumn/ Winter Term ended with our students receiving Merit Awards for their hard work, commitment, compassion and involvement in school life. Christmas Exams were completed by First, Second, TY and Fifth Year students. Reports will be made available on Vsware early in the New Year. Third and Sixth Year students had block classes as they had completed Mini Mocks Exams in November. All students/ parents should have access to the results of these exams. Please let us know if you have problems accessing reports on Vsware. We encourage all exam students to continue to do some revision and exam preparation over the Christmas holidays in preparation for Mock Exams in February and remind parents that After School Study will continue to be available next term.

On behalf of all the staff and Board of Management I would like to wish the students, families, past pupils and retired staff and brothers of De La Salle College every blessing and happiness this Christmas season.

Siobhán Foster

Principal



#### A Visit from St. Nicholas By Clement Clarke Moore 1779-1863

'Twas the night before Christmas, when all through the house Not a creature was stirring, not even a mouse; The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there; The children were nestled all snug in their beds, While visions of sugar-plums danced in their heads; And mamma in her 'kerchief, and I in my cap, Had just settled our brains for a long winter's nap, When out on the lawn there arose such a clatter, *I sprang from the bed to see what was the matter.* Away to the window I flew like a flash, Tore open the shutters and threw up the sash. The moon on the breast of the new-fallen snow Gave the lustre of mid-day to objects below, When, what to my wondering eyes should appear, But a miniature sleigh, and eight tiny reindeer, With a little old driver, so lively and quick, I knew in a moment it must be St. Nick. More rapid than eagles his coursers they came, And he whistled, and shouted, and called them by name; "Now, Dasher! now, Dancer! now, Prancer and Vixen! On, Comet! on, Cupid! on, Donder and Blitzen! To the top of the porch! to the top of the wall! Now dash away! dash away! dash away all!" As dry leaves that before the wild hurricane fly, When they meet with an obstacle, mount to the sky; So up to the house-top the coursers they flew, With the sleigh full of Toys, and St. Nicholas too. And then, in a twinkling, I heard on the roof The prancing and pawing of each little hoof. As I drew in my head, and was turning around, Down the chimney St. Nicholas came with a bound. He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot; A bundle of Toys he had flung on his back, And he looked like a pedler just opening his pack. His eyes—how they twinkled! his dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow And the beard of his chin was as white as the snow; The stump of a pipe he held tight in his teeth, And the smoke it encircled his head like a wreath; He had a broad face and a little round belly, That shook when he laughed, like a bowlful of jelly. He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself; A wink of his eye and a twist of his head, Soon gave me to know I had nothing to dread; He spoke not a word, but went straight to his work, And filled all the stockings; then turned with a jerk, And laying his finger aside of his nose, And giving a nod, up the chimney he rose; He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle, But I heard him exclaim, ere he drove out of sight, "Happy Christmas to all, and to all a good-night.

## **Student Council**

The Student Council got back to work as soon as September arrived, with the annual elections taking place, to determine which 14 representatives will be working with the Student Council for the 2022/23 academic year. The 14 hard working candidates received their badges before beginning their efforts to once again give the student body a voice in terms of improving the school.

This is only the beginning however, as we have huge plans for the new year, with a FIFA Tournament for younger years looking likely to happen to raise money for charity and for the school. The Student Council members also played an important part in the running of yet another Christmas Fair in the school, raising vital funds for the College for the new year and beyond.

Any students who wish to bring any new ideas to the Student Council shouldn't hesitate to do so, no matter how ridiculous, and we'd be happy to discuss them at our future meetings. Without further ado, on behalf of the DLSC Student Council, we wish everyone a very Merry Christmas and Happy New Year.

**Jack Campbell (6th year)** 







## Student Awards!

Congratulations to all of our Merit Award Winners who were recognised by their teachers for their hard work, kindness and positive behaviour.





































2nd Year Recipients



















**3rd year Bronze Winners** 





























## Maths Week 2022

This year's Maths Week was a roaring success. Our students from 1st to 6th year got to participate in numerous maths activities such as daily Instagram conundrums, Tarsia Puzzles in class, designing and building constructions, cartoon coordinates and one of their favourites, Maths Trails in the Assembly Hall. Well done and congratulations to all the boys who took part and won prizes during the week. Many boys commented on how much fun they had in class and how engaging and fun every class was so a big well done to everyone in the Maths Department for such a great week.

Ms S O'Donnell





















## Science Week 2022

The theme of this year's Science Week was the infinite possibilities of science. In science, we are often concerned with being efficient, succinct and effective. But what happens when you do something just because you can? When you add a little flair to the process? In this instance the result was an array of Rube Goldberg machines.

Rube Goldberg machines look to take a menial everyday activity and make it as complicated as possible, just because you can! Students from 1st year, 2nd year and TY were tasked with getting a ball in a cup....but the winner would be the group that could perform the task in the most contrived manner. Students were required to tap into their imaginations, and exhibit a high level of skill and patience to perform the ultimate chain reaction. The process was fascinating to observe with varying degrees of success, the 1st years probably outdoing their peers, but everyone had great fun trying to execute their designs. Whether they got their ball in the cup or were undone by a ramp that was too steep, or got lost in a tunnel of tubing they were all exciting to watch and participate in.



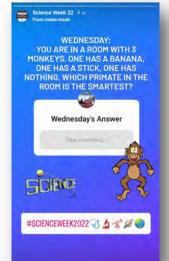
Daily puzzles were available to all students via school noticeboards and social media. Many students participated in this initiative and it was a tough job picking the daily winner.

Congratulations to all who participated and especially our Science Week winners.

Ms S Tully











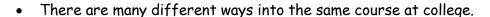


# **College Awareness Week**

#### COLLEGE AWARENESS WEEK 2022

College Awareness week was a fantastic opportunity to get the message out that college is a very realistic option for all our students. Some of the most important facts about college that we want our students to know is that:

- College can be free to attend
- Students do not have to be super smart to go to college





#### CAREER COACH: DELA

Who better to give all these facts to the students than DeLa our Career Coach. He delivered many, many facts to our students. While many of these facts were related to colleges DeLa also gave information about different career options like apprenticeships and told us where some of the famous alumni (past pupils) are now.



## TEACHER PATHWAY: NAME THAT TEACHER

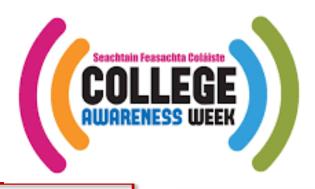
- Guess the teacher by the education background. Where did they go. What did they do??
- Students looked at teacher profiles and had to guess the teacher. This was interesting as may teachers had changed their careers over they years!



#### QUIRKY QUOTES

- As part of the "DROP EVERYTHING AND TALK COLLEGE" time in the classes teachers told students an interesting quirky fact about their time in college.
- There was a "QUIRKY QUOTES" section on Friday's quiz.

# **College Awareness Week**



#### **BUMPER QUIZ**

On Friday morning all the students from 1st year took part in a Bumper Quiz. Three hours of college facts. Our winning team was:

- -Josh O Dwyer
- -Patrick Savage
- -Leon Waldron
- -Gianni Giancarlo
- -Adam O Doherty





## DROP EVERYTHING AND TALK COLLEGE.

- Many of your classroom teachers spent the first ten minutes of class talking to students about their college experiences.
- What subjects did they do?
- What did they like/dislike?
- If they had to do it again, would they do the same course?

#CAW2022

# Dublin Diocesan Pilgrimage to Lourdes

De La Salle College Churchtown participated in the Dublin Diocesan Pilgrimage to Lourdes, as helpers in assisting pilgrims who were sick and elderly.

In September, as students, teachers and staff were adjusting back into their school routine, five 6th Year students fundraised and gave up a week of their time to volunteer and participate in this annual pilgrimage to Lourdes. The hard work of these students reflected some of the core principles of Lasallian schools, namely concern for the poor and social justice, respect for all people and faith in the presence of God. Their duties ranged from taking care of the pilgrims; ensuring that they were safe and making sure they had an enjoyable and memorable experience, as they completed their pilgrimage in Lourdes.

It was a thoroughly worthwhile and memorable experience for students Niall Burke, Ben Boylan, Craig Delaney, Elliott Looney, Conor Rochford and their teacher Mr Mark Forde and indeed all participants in the Pilgrimage. #WeAreSalle

Mr M Forde







# Paris Trip 2022

## 'Une fantastique virée parisienne' in DLSC!!

On the day of the First World War Armistice, 36 of our excited senior students headed off to Paris to enjoy a 4-day ramble around the City of Lights. What should have been a cold long weekend in November, turned out to be an unusually summery stay! After the long stretch of Covid 19, it was about time these guys got the opportunity to enjoy a school trip abroad! On the agenda: a mix of art appreciation visits, historical and architectural education, discovery of French culture and traditions, intense practice of the French language along with some good old entertainment.

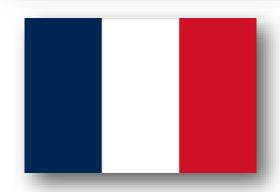
On the first two days of the trip, our lads paid a visit to the Mona Lisa in the Louvre and enjoyed a colourful tour of the Musée d'Orsay (the Impressionist museum). They strolled around the Quartier Latin to check out the restoration works on Notre Dame and were treated to a night time cruise on the River Seine.











# Paris Trip 2022

The biggest surprise of the weekend was when they reunited with their beloved French teacher Ms O'Dwyer (who retired last year) during their afternoon at the spectacular hill of Montmatre. The last two days were spent following in the footsteps of French celebs: Queen Marie-Antoinette around the Castle of Versaille and later, the almighty Kilian Mbappé during a guided tour of the Stade de France. Here our boys were put to the test in the players' training room by our fantastic Tour Guide Ronan and ended up jogging through the players' tunnel to make their way (nearly) onto the pitch to the clapping of.... a few tourists and their forever supportive teachers; but nonetheless, many of them felt very emotional! Last but not least, Eurodisney stood as our last stop, where the boys and their teachers Ms. Plunkett, M.Brennan, M.Cronin and Ms. Mazzucato got to experience the magic of an early Christmas in the land of Mickey Mouse.

Exhausted but 'avec des étoiles dans les yeux', our senior lads returned home as French as ever with future plans to go back there 'très bientôt'.

**Ms E Mazzucato** 







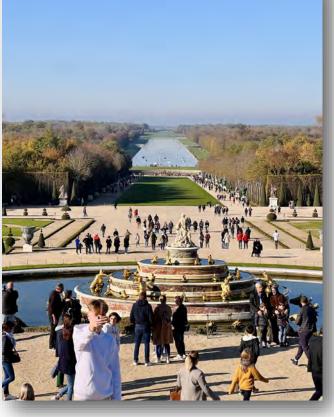


# **Paris 2022**

# **In Pictures**















# **DLSC POCKET FOREST**

New Project at De La Salle College! This year we have started an exciting new project to encourage biodiversity at our school.

We have teamed up with Pocket Forest and ChangeX to create a small 50sqm forest in our school grounds!

Our TY students prepped the soil by laying cardboard and mulch to replicate a forest floor! In December we planted the trees that will be a mix of Cherry Blossom and Hawthorn! We are looking forward to watching our forest grow!







Stage 2 of our Pocket Forest, our TY's planted a variety of native trees having prepped the area in October, this is a fantastic addition to our increasingly biodiverse campus, thank you to the good people at Pocket Forests for such a wonderful opportunity.

Ms A Plunkett



# **Our New Polytunnel**

Our New Polytunnel arrived! Our TY students successfully applied for funding for sustainable projects. We decided to purchase a Polytunnel for our TY Gardening Module. We hope to grow herbs and vegetables that can be used in our cooking classes! More updates to follow!















Bee Keeper John from the Bee8 Inner City Beekeeping Project visited the school recently to talk to our 2nd years about our Beehive, John was met with a swarm of questions from a very interested bunch, we look forward to further visits as we learn more about our resident DLSC Bees.

Ms A Plunkett



## **Green Schools**

#### What is Green schools?

Green-Schools is Ireland's leading Environmental Management and Education Programme for schools.

Promoting long-term, whole-school action for the environment, Green-Schools is a student-led programme with involvement from the wider community. The programme is operated and coordinated by the Environmental Education Unit of An Taisce (FEE member for Ireland).





We are very proud to have achieved the flags for Litter and Waste, Energy and Water. Every two years we maintain our current flags while we work on a new theme. Our Green Schools Committee is made up of students from a variety of years in the school and teachers. In May we were presented with our Water Flag. We focused on water conservation. The Green Schools Committee provided education to the school community about how to save water in everyday life. We decided to invest in a water foundation and reusable water bottles for the students and staff in the school. We introduced many initiatives to save water. Well done to all the committee members!

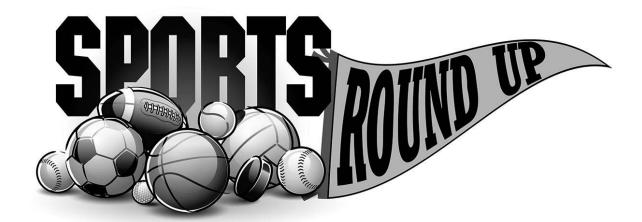
The theme for our next flag is Travel! We started working on this theme by successfully applying for a New Bike Cover! This has been a great addition to our school and we hope to encourage more student to cycle to school!

**Ms A Plunkett** 









## **Table Tennis**

Table Tennis has proved to be very popular again this year in De La Salle with many new students joining training. Our Coach Eddie is back again to help the players improve. A huge thanks to Eddie for his dedication to the teams!

We are getting ready to play our first matches soon. Our students are training hard at practice!

**Ms A Plunkett** 



## **Badminton**





Badminton has grown in both popularity and numbers this year with over 60 students from 1st - 6th year registered to play badminton in the U14, U16 and U19 Dublin Schools Badminton Competition. We are currently in the middle of our U16 and U19 group stages and the boys have had some very competitive games both in school and at other schools. Their dedication to weekly training is evident in their improving badminton skills. U14 and U16 train every Tuesday after school with Ms. Cassidy and the U19s train every Wednesday with Ms. O'Donnell. Hoping to progress to the semifinals in January. Well done to all involved!

Ms S O'Donnell









## 1st Year Basketball

The 1st year Basketball Team have been working hard at learning the fundamentals of the game since September. Their passing, shooting and most importantly communication have been improving week on week and there has been a great sense of comradery and team building that we will be looking to build on over the coming weeks. The League will start after Christmas, so we are very much looking forward to putting all the hard work into action and hoping for a successful year ahead.

A special word of thanks must go to Tautyvydas, Craig and Daniel from 6<sup>th</sup> year who have offered up their time on Fridays to share their love and passion for the sport. The school spirit you have all shown is admirable.



Mr A Campbell



# **1st Year Rugby**





What a great start to First Year Rugby 2022/23. Most of the boys had never played rugby before but under the guidance and expert tutelage of their coaches led by John Murray, Ms. Tully and 5th years John Cleary and Anthony Downes, the lads have developed into really competent rugby players and have become a lot more confident in their rugby playing abilities.

We enjoyed ten aside blitz games against Newpark and St. Columba's College. These games were vital in preparing us for our first fifteen aside matches which came quickly after. The boys played really well and improved after every game and I am delighted to report that we finished the term unbeaten. The boys should be commended for their hard work and commitment and we have some very fine athletes so hopefully we can build on this after Christmas. All new players are always welcome because the best thing about First Year rugby is the fun!

Mr C Boyd

# Rugby

#### **Junior Rugby**

Much like the game we have had highs, lows and everything in between. The De La Salle College Churchtown Rugby Team have done themselves proud this year. They have played many games in their new league and have consistently been competitive. They have played Newpark, St. Columba's College, St. Conleths, Templeogue and Belvedere. The team consists of students from 2nd & 3rd year which has presented many of our 2nd year students with the challenge of size and speed. Despite this they have done exceptionally well. They have learnt that the ball is always faster than the man and that even the largest of objects can fall when cut down in the right spot. The games they won were impressive but at times the close losses were even more so! Amongst the team many new leaders have also emerged and they have shown that all good teams must take control of itself and decide its own fate. So well done to this year's Junior Rugby Team thus far on a commendable season. We will watch with interest and look forward to seeing them grow and learn together over the remainder of the season.

Mr C Boyd









#### **Senior Rugby 2022/2023**

Senior Rugby is alive and kicking! This year we have seen exceptional levels of work and commitment from our coaching staff and players. From pitches to gym and classroom our team is working hard. You think of the old adage, "Hard work beats talent when talent doesn't work hard." Senior Rugby has gone through a major shift and at its core remains this principle.

The games have been consistently competitive and in the absolute white heat of games we see that work, camaraderie and togetherness in evidence. The team much like the school has an incredible balance of people. We have more experienced players who have at different times fallen under the tutelage of Leinster rugby while also have students who are newer to the game and have fully participated in the culture and traditions of senior rugby. Impressive games against Columbas, Conleths, Newpark and Templeogue have all taken place. The team has improved game on game and time in the jersey and on the field has proved fruitful. Our senior teams recent McMullen Cup game vs CBS Enniscorthy is a prime example of the above. While having lost the game it was an impressive game and display of where our senior team has come.

The Seniors also now play in a newly formed league and with that means more meaningful games. The Seniors will this year play approximately 15 games and many of these games will be competitive. With this comes enjoyment and from that enjoyment we continue to play and improve. Combining this with an impressive structure and plan from coaching staff Thomas Leigh and David Broderick our senior rugby side is in excellent health. It's growing and we look forward to seeing what each team in each year can bring. Well done on what has been achieved thus far and we wish the team and coaches the very best of luck in the remaining part of the year. We know the values of hard work will continue to shine.

Mr C Boyd









Thank you to JBD Civils for their very generous sponsorship of training tops for our Senior Rugby Team.

Elliot (c) and Zviko (vc) presented one of their new Rugby Training Tops to Ms Foster and Mr Kirwan, support like this is invaluable to sport in the school





## **Football**

#### Football is Alive and Kicking

In the 2nd year of Football being played competitively in De La Salle College Churchtown we have more teams than ever before. Four teams have played in the FAI Schools League thus far. 1st years, U15, U17 and U19. Three of these teams have qualified out of their groups and will go through to the knockout stage of their leagues.

As always in sport we have had some incredible highs and difficult lows. Our Seniors for example had difficult games in their Cup but then had some exceptional performances in their League and Shield. Our coaching staff of Colm Byrne, past pupil Charlie Byrne and teacher Oisin Chambers have done exceptional work with the teams and with each game and training session the teams continue to improve.

We have a strong culture of sport in De La Salle and it is that culture and those traditions which are coming to the fray of our teams. Teams have been challenged in so many ways and they each have responded. Whether it be learning how to lose, how to work together, be respectful of each other and opposition, our strong culture within our school has guided our coaches and teams.

Within that guidance our teams and students have grown game on game and we look forward to their games in the new year. We wish the teams and the coaches the very best of luck and know they will do the school and their families proud.













#### De La Salle Debate Club

Debate Club is back this year and takes place on Thursdays at lunchtime in Ms Lowry's classroom. So far this year we have debated about the benefits of recycling and about whether Halloween has become too commercialised or not. We also regularly have speed debating, which allows everyone to get involved. We are delighted to have lots of new members and students from all year groups are welcome to join!

**Ms J Lowry** 











#### **Well-Read National Award**

This year we are hoping to achieve our 2nd Well Read National Award, which will make us a Well Read school for life! Earlier this term our Well Read Committee met to discuss ideas and initiatives to promote reading amongst our students, staff, parents and the wider community. We are excited to implement our new ideas and projects over the coming year.

Ms J Lowry



## **Transition Year**

By Mr C Brennan



The first school term was a busy couple of months for Transition Years as they enjoyed their first block of modules including Cooking & Gardening; C.S.I; Wellbeing and Journalism. These give our students an opportunity to sample some fun & interesting new areas of study they would not normally have in other academic years and perhaps develop or spark a passion for a new hobby or career prospect later in life. Students also helped with the Pocket Forest Project, preparing the soil for planting new trees in January. As with last year, Work Placement this year has been taking place every Friday, which has given the lads the chance to find part time jobs in a wide range of workplaces such as Barbershops, Construction, Retail and Corporate environments.



Students have been using their Tuesday afternoons for Social Work by volunteering in charity shops including NCBI and Oxfam or assisting those less fortunate in their local community including elderly neighbours and family members or even helping younger students with this homework in the school homework club. This has been fantastic for teaching them the importance of giving back to society, especially in current times.

Contributing further into giving back to the community, some of our students also completed some charity work for Roseweek, collecting money for the Irish Society for Autism in Nutgrove Shopping Centre. The students did a fantastic job and raised a substantial amount of money for the charity.











The students began the term welcoming <u>Gerry Cooney of the Rutland Centre</u> who spoke to them about various forms of addiction that affect young people today including gaming, social media, drugs and alcohol and how best to deal with peer pressure in today's climate.



To develop stronger bonds between the TY groups, all students partook in the unique Teamworks team-building workshop, which saw students work together in their class groups to complete short sharp challenges in a fun, memorable way.

This was a fantastic, fun-filled experience for all involved and really set the wheels in motion for the stronger friendships that will be made between the year group over the course of this year and the students make many more great memories together!









De La Salle was privileged to be selected to partake in a Four-Day Transition Year Life Skills Programme with AWARE to promote positive Mental Health. This programme gave the students a safe space to work with a trained facilitator at each session.

In these sessions, students learned how to better manage the stresses of everyday life, to recognise and manage unhelpful thoughts, and were shown new ways of thinking and ultimately begin the journey to a healthier and more confident life.

# Thursday afternoons are all about getting out and about and active to develop a healthy body and mind. Students have been enjoying 4-week blocks of fitness-based activities









Other students have been getting their heart rates up in **Boot Camp** with Rocky Fitness, where students complete a variety of cardio-based and strength-building exercises and short sport-based activities to encourage a more active lifestyle.

The Dublin School of **Judo** is giving TY students a taste of Judo, which incorporates a mix of basic Judo techniques to bring out their competitive side and teaching them the history of the Sport and Japanese culture.













Students have also been having great fun developing their aquatic fitness with **Swimming** at Swan Leisure in Rathmines. This course teaches beginners the basics of swimming and more proficient swimmers the opportunity to get their swimming to the next level.

Aside from the set activities the lads completed two hikes this term to get some well needed fresh air and some bonding time with their peers and tutors Ms Plunkett, Ms O'Donnell and Mr Brennan. The first was a start of year hike to Ticknock in September and then another to the Hellfire Club in October to mark the end of the term at Halloween.



#### **Sports Coaching & Social Work**

Outside the classroom, the lads set out on Tuesday afternoons to do their bit to give back to the community. Students volunteer in a wide range of settings from Charity Shops to Nursing Homes.



A number of students are currently completing a <u>Sports Coaching</u> Programme in preparation for going into primary schools to volunteer as coaches in sports like football, rugby and GAA.

The first group of TY Sports Coaches are currently doing a fantastic job with the 4th class students in Divine word NS and St Louis SNS, the feedback from the teachers in both schools has been excellent, well done fellas!







### **Stand-up Awareness Week**

After our very successful introduction of Stand Up Awareness week last year, De La Salle was proud to partake in this nationwide event once again. This week saw the school come together to show its support and solidarity with young people within the LGBTQ+ community and stand up against bullying. Many teachers incorporated the theme into their educating subjects, students about famous and important LGBTQ+ figures related to their subjects.





We also had a flag raising ceremony and a Stand Up noticeboard to encourage students to be more understanding & supportive of one another. The final day was our Rainbow Day where staff and students wore a colour of the rainbow to show our students that they can all feel safe, secure and valued in our school.

### **Trick-or-Treat for Temple Street**

Our 5th Year LCVP students organised our yearly 'Trick-or-Treat for Temple Street' event which took place on Friday, October 28th. It was a fantastic day and a great opportunity to give back to those less fortunate and have some fun as a whole school in the process.







There were a number of different events that took place including a bake sale, fancy dress, best dressed competition for each year group, and even some great performances on karaoke.

We raised an incredible €750 for Temple Street Children's Hospital - such a great achievement! Well done to all that took part and especially to our competition winners!















### **November Remembrance Mass**

As part of our 70th Year Celebrations in De La Salle College Churchtown, on November 30<sup>th</sup> we had a special Remembrance Mass in The Good Shepherd Church. The service was celebrated by past pupil Fr Paul Thornton and included beautiful music from the De La Salle school choir. At this mass we remembered our deceased relatives and friends. We especially remembered the recent sad passing of former students Dan Slattery, Dean Cleary, Azzam Raguragui and Rayane Hammi and former Principal Tom Smyth and former Deputy Mick Daly. RIP

All staff, past staff, families and past students and members of the locality were invited to this remembrance were then invited back to the school afterwards for a hot beverage and some mince pies in the Assembly Hall.

Ms N McDermott









### **Christmas Shoebox Appeal**

Following a hugely successful Trick or Treat for Temple Street by our LCVPs last term, this term the students worked alongside the 5th Year Mentors and 6th Year Prefects to collect materials for the Christmas Shoebox Appeal for the Capuchin Centre in Dublin. The students worked with the 1st and 2nd Years to wrap the boxes to some festive Christmas music. Thank you to all of the families who kindly gave donations for this appeal.

Our school's ethos of Concern for the Poor and Social Justice was very evident this month in De La Salle this Christmas.



### **SVP Christmas Appeal**

Following the mid-term break, the goal for Transition Years was to spread some festive cheer and give back to the community. The lads started with our yearly tradition of working with our local church **The Good Shepherd** to deliver some **Saint Vincent de Paul** donation envelopes in the area.









Next the school welcomed Donal Brady from the **Peter McVerry Trust** to educate the students about homlessness in Ireland, and what they can do to help people in need.

### **Christmas Fair 2022**

It was fantastic to once again host our Christmas Fair for the first time since 2019. Thanks to the many DLS families Churchtown neighbours and this community supported event. Special thanks to all the students and staff who helped with preparations and on the day and not forgetting our hard working Parents' Association who took a lead role in organising the event from start to finish! We would also like to thank the Dublin Orchestral Players for entertaining us on the day.







### **Christmas Fair 2022**

## Thank you for the many generous donations received

**Howards Way Churchtown** 

**Day by Day Florists Rathfarnham** 

**Neighbourhood Wines** 

Churchtown

**Insomnia Churchtown** 

**Macaris Take Away Churchtown** 

**Dundrum on Ice** 

**Cicle K Nutgrove** 

**Meadows & Byrne Churchtown** 

**Lloyds Pharmacy Churchtown** 

**Lloyds Pharmacy Nutgrove** 

**Pro Fitness Gym** 

Floral Art Churchtown

**Hiltons Pharmacy** 

**Havana Therapy** 

Eurofone

Mulvey's Pharmacy

**Fantasy Lights Churchtown** 

**Press Up Group** 

**Castle Golf Club** 

**Stackstown Golf Club** 

Silke hair & Beauty

Dave Conway Jewellers , Liffey st.

**Dublin 2** 

**David Cullen Jewellers Nutgrove** 

**Alan Kenneth Jewellers Nutgrove** 

**Fresh Images Beauticians** 

**Peter Mark Dundrum** 

**Carraig Doon Nutgrove** 

**Light Waves Hairdressers** 

**Dundrum** 

**Trimbles Nutgrove** 

**Meaghers Pharmacy** 

**Bookstation Nutgrove** 

**Polonez Dundrum** 

**Kilkenny Design** 

**Churchtown Barbers** 

Igate.ie

**Andrea Dalton Hypnosis** 





# Congratulations to our Christmas Raffle

### Winners

€200 Supervalu Voucher - Craig Doyle €150 Supervalu Voucher - Ruarai Fitzgerald Christmas Hamper - David Lillis Christmas Hamper - Ursula Christmas Hamper - Craig Guthrie Christmas Hamper - Mary Thornton Christmas Hamper - Collete Lynch Circle K Voucher - Laura Peredes Day by Day Florists Voucher - Michelle Scanlan





## Ice Skating

















We ended our Christmas Term on a high with a visit to **Dundrum on Ice.** The TY students had great fun showing off their best skills on the ice. Luckily there were some Penguins on stand by to give the TY Tutors a little help staying upright!

Wishing all students and their families a very restful and enjoyable break over the Christmas holidays. We look forward to welcoming you back in the New Year!

## **Christmas Jumper Day**



Well done to our 5th Year LCVP class who organised a very successful Christmas Jumper Day on Tuesday, December 12th. A donation of €300 will be made to the St. Vincent de Paul.









## **Past Pupil Profiles**

### Name: John Whitty

**Year of Graduation from DLSC: 1969 & 1970** 

Where you are currently based? Dundrum, Dublin.

My Career so far: After leaving DLSC. I joined Aer Lingus as a Passenger Handling Clerk, at Dublin Airport. It was a very enjoyable career spread over 40 years. There is always an advantage joining a large International Company, in that they offer ample opportunity for both career and educational development. I mainly worked in the front-line operational areas which dealt with passenger handling and technical aircraft support. There was a multi choice of courses available on an annual basis which one could participate in, which invariably led to opportunities for promotion.

I always wanted to go to college but missed out in 1969, so took the big step when I reached 40 and enrolled on to a 4 year degree program via the DIT / Trinity, graduating with BSc Management /Law in 1990 and later with an MA in 1995.

#### **My Favourite Memory of DLSC:**

Life in DLS Preparatory & DLSC was to say the least tough. No quarter was given. Sport was confined to rugby and little else. So, my favourite memory was lining out in the Semi-final of the Leinster Schools Senior Cup v Blackrock, for the school. Although well beaten, it gave lifelong memories and friends.

### One piece of advice I would give to current DLS students is.....

Irrespective of how well you enjoy or dislike going to school, nothing is wasted and whatever you learn will stand to you now and especially in the future.







## **Past Pupil Profiles**

### Name: Paul McCullogh

**Year of Graduation from DLSC: 1969** 

Where you are currently based? London

#### My Career so far:

B. Comm, MBS UCD 1969-1973.

Institute of Chartered Accountants 1973-1976.

Bank of Chicago 1977-1986: Dublin, Sydney, New York, Chicago.

Prudential Bache Capital, Country Head Australasia 1987-1990.

Salomaon Brothers, Country Head Australasia 1991 -1997.

Co-Founder of Pacific Equity Partners 1998—Present.

Co-Founder Inveniam Fund Current

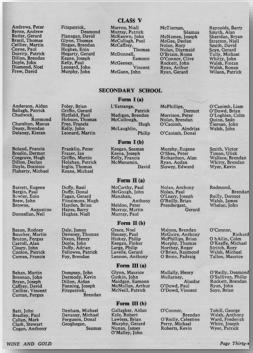
#### **My Favourite Memory of DLSC:**

Extraordinary Espirit De Coeur of 'Class of 69', as evidenced by core group maintaining regular Zooms/Meetings. Being the underdog in school rugby and often thumping the more established establishments!

### One piece of advice I would give to current DLS students is....

On your career journey, always be on watch for key mentors who will sometimes alter your thinking, and be courageous enough to take leaps of faith that their advice may entail!





## **Past Pupil Profiles**

### Name: Padraic Murray

**Year of Graduation from DLSC: 1969** 

Where you are currently based? Glenageary, County Dublin

#### My Career so far:

1969-76 Seminarian LEGION OF CHRIST, Leopardstown, Salamanca, Rome

1976-78 Seminarian Clonliffe College, Dublin

1978-80 Trainee Cost Accountant, Deminex Ireland (oil exploration) BP Ireland (Oil

distribution) Grassland Fertilizers (Manufacturing)

1981-2007 Banking, Industrial Credit Company, Allied Irish Investment Bank, Irish Bank

of Commerce, Anglo Irish Bank

2007-2010 Independent Business Consultant

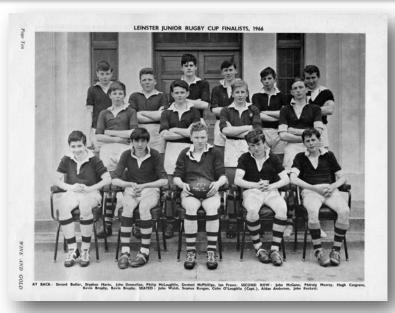
2010-2022 Voluntary charity work, Amnesty International, Alternatives to Violence,

Quaker concerns. Poetry (3 books)

#### **My Favourite Memory of DLSC:**

The friends I made. Still in constant contact with my three closest friends from school and in touch with the class of '69 regularly. Rugby was the common denominator. Many of us played in the Junior cup final in Lansdowne Road in 1966 where we lost to Castleknock 6-3. Disappointing but perhaps the highlight.





## **Past Pupil Announcements**



We were shocked and saddened to hear that Daniel Slattery (Class of 2017) has tragically passed away, Dan was killed in a car accident in Oregon, USA on July 3rd, 2022.

The De La Salle College Community extend our sincere condolences to Dan's family at this unbelievably sad and tragic time.

Dan was an absolute gentleman, a fantastic sportsman, an excellent student, a Mentor, a shining light extinguished way too soon!





We were saddened to hear of the death of David O'Brien—Class of 1992, our deepest condolences to David's family, may he Rest in Peace.

10/03/1974-07/09/2022

Ar dheis Dé go raibh a anam





## **Past Pupil Announcements**

We were saddened to hear of the passing of Aiden Gallagher (Class of 1966). Aiden was captain of the 1966 Senior Cup Team, his son's Stephen, Damien and Ray are also past pupils of the College, on behalf of the De La Salle College Community we extend our sincere condolences to Aiden's family and friends, may he Rest in Peace





We were saddened to hear of the passing of Dermot Nolan (Class of 1973).

Dermot grew up in Churchtown and was a second-row forward from the age of 10 in De La Salle. Big and strong, he wasn't a big fan of training and hated doing laps but loved playing matches and the social aspect of club rugby.

Our sincere sympathies to Carmel, their children Robert and Gareth and the extended Nolan family. Dermot will be sadly missed by all who knew him.

Deepest sympathies to the families of the following recently deceased Past Pupils

Shane Lakes Class of 1987

Wayne Farrell Class of 1983

David Larkin



Ar dheis Dé go raibh a n-anamacha

# **Past Pupil News**



Congratulations to Past Pupil Alejandro Laforga (Class of 2017) who is currently representing the Spanish National Team on the World Rugby 7's series, a fantastic achievement, well done Alejandro.



Best wishes to Damien McCabe (Class of 1994), in his role as Head Coach of the Ireland U18 Club side.







We were delighted to be presented with a framed Irish Rugby League Jersey and International Cap by Phelim Comerford, Phelim represented Ireland a number of times in the 1990's. This is a great addition to our 'Hall of Fame' many thanks Phelim!



# **Past Pupil News**

Congratulations to Paul Nealon (Class of 2009) on the growing success of his Media Channel Irish Football Fan TV. This excellent Channel covers all things Irish Football from the League of Ireland to the Men's Senior team, to the Irish Ladies football team. Great work Paul, we look forward to seeing your Channel go from strength to strength. https://irishfootballfantv.com/







Congratulations to Damien Duff and his Shelbourne FC side on a successful return to the top flight of Irish Football, reaching the FAI Cup final where they were unfortunately beaten by Derry City FC.

We would like to wish DLSP Club Captain Kevin O Neill (Class of 2018) the very best of luck for the remainder of the season, the 1st XV remain unbeaten so far.





Best wishes to Niall Mahon (Class of 2010) who is both Chairperson and Club Captain in Tallaght RFC this season. Aaron Hickey (Class of 2018) is Club Vice Captain.

# WE CARE



Live the La Sallian way



Respect yourself, your fellow students & staff at all times



Hands Up -One Voice



Eat in designated areas only. Keep Salle Clean & Green

# WE PREPARE



Wear your full uniform with pride



Turn off mobile phones and electronic devices before entering school grounds



Be on time for school and class.. line up and enter class respectfully



Have your Journal, books, copies and pencil case on your desk

# WE ACHIEVE



Respectfully follow staff instructions at all times



Complete your class work, homework & revision daily to the best of your ability



Become a leader, get involved in school activities, committees and events



Healthy Body, Healthy Mind -Take part in sport and physical activity and eat healthily