

URSULINE COLLEGE SLIGO



NEWS BULLETIN – 22/01/2021

Key updates and information for parents/guardians, staff & students

UCS – Mobility Management Survey

As part of our Planning Application for our new school, we have been asked by Malone O'Regan, Consulting Engineers (Design Team for the new school building), to pass on the following survey to students. The purpose of this survey is to gather some information on how students travel to Ursuline College, in order to develop a mobility management plan. The survey has been emailed to you as an attachment. Thank you for taking the time to fill it out.

TY Bake Off

Transition Years have been busy baking this week as part of their fun activity challenge. They had to bake and decorate some cupcakes and send in a picture of their efforts. Kitchens all over Sligo were a bustling hive of activity. Thank you to Ava and Una Griffin for these sunny sunflower treats..... yummy!!



ACTIVITIES

Let's Get Moving Challenge

- This week's challenge has us all "Jumping Jack Mad" The task asked us to see how many Jumping Jacks we could do in 60 seconds..... Not as easy as it looks!!! The competition was fierce!. Thanks to everyone who shared their efforts. Keep an eye on our school Instagram page @ursulinesligo for next week's activity and generate some friendly competition in your households!

#FeelTheBurn #LetsGetMoving
#MovementBreak

- **Enrolment 2021/2022**
Just a reminder to send in your application form and subject choices. You can do this by post or by email. All of the information and documents are available on our website - just click on the link below:

<http://www.ursulinecollegesligo.ie/enrolment/>

"Be Part of Our Team" #WeAreUCS



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Remember

"We are not all in the same boat but we are
all in the same storm"

Feel Good 5k Strava Challenge

Last week we launched our Strava 5Km Challenge in conjunction with Sligo Sports Partnership. You have been clocking up the Km's and adding to our total. Great work everyone. Remember to keep moving – no journey too small and every step counts.

It's not too late to join us. Good Luck Everyone!!



FEEL GOOD 5k Schools STRAVA Challenge

#BeMoved

Your School Needs You
Help them win €500 towards PE & Sport
Be part of the team & earn KMs to win

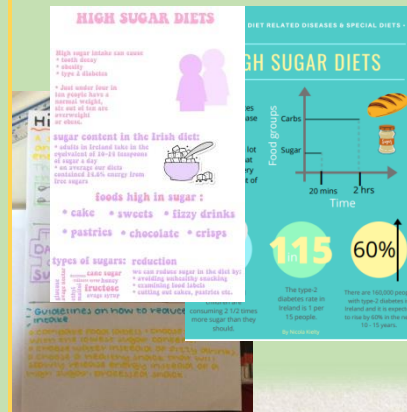
YOU CAN JOIN ANY TIME (From 18th January to 28th February)
Download Strava to your phone, follow Sligo Sport and Recreation & join your school club. Then record your walk, run, jog activity as a RUN & remember no journey is too short, every meter counts!

Catholic Schools Week

Catholic Schools Week 2021 will be celebrated from Sunday 24 January to Sunday 31 January 2020, the theme being 'Catholic Schools: Communities of Faith and Resilience'.

Home Economics

The 2nd Year Home Economics students used their creativity and research skills in an online assessment task, highlighting diet-related diseases and special diets. They created informative posters, infographics and videos, outlining the risks of a diet high in sugar and diabetes and how to safely manage it. Great work everyone – definitely some valuable life skills for us all.



Friday Feels

“Hope” is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all.

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

–EMILY DICKINSON



The focus of this week is based on the virtues of faith, hope and love while acknowledging the challenges that we are all facing at this present time and the need to feel a sense of belonging in our community again.

