

URSULINE COLLEGE SLIGO

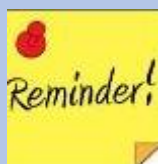


NEWS BULLETIN – 29/01/2021

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

Feast Day of St. Angela

Our school community celebrated the feast day of St. Angela on Wednesday the 27th January. St Angela founded the Ursuline Congregation in 1535 in Brescia, Italy. Since its foundation, the Ursulines have been involved in the work of education and we celebrate and thank those who continue to build on the unique heritage that is ours as Ursuline educators. Bishop Kevin Doran celebrated Mass for the Ursulines as 2021 marks the 250th anniversary of the Ursulines in Ireland. The Mass was live streamed from St. Mary's Cathedral. Thank you to the Religion and Music Departments and to the students for enriching the Mass with such a beautiful liturgy.



CAO - Reminder

A reminder to Leaving Cert students: Monday 1st February at 5:15 is the closing date for CAO applications. Students must have an account created and one course entered for the account to be activated. Students will have plenty of time to adjust their account in the Change of Mind period (May-July)

ACTIVITIES

Let's Get Moving Challenge

- This week's challenge had us all "balancing beautifully" The task asked us to see How Long We could hold a Balancing Pose Not as easy as it looks!!! There was some fierce competition, and only a wobble separated the winner. 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

- ### TY Bake Off 2021

Looking for some "Lockdown" baking inspiration??? Keep an eye out on our Instagram page this weekend for some amazing TY TikToc treats – a how-to extravaganza of sweet treats.



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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

Well done on some great work last week....633km in one week, that is over 15 marathons between us: GREAT JOB! Our aim is to beat this number this week so #LETSGETMOVING



Remember to encourage classmates, teachers and families to get involved to get UCS moving.

#BEMOVED

Join our Strava team at Ursuline College Sligo....Search and join your School Club on Sligo Sport and Recreation profile page on Strava. Record your activity as a RUN and it will automatically total on your School Cubs leader board towards total KMs. No Journey is too short; every meter counts Good Luck Everyone!!

Catholic Schools Week

As part of Catholic Schools Week 2021, religion classes focused their activities this week on “Communities of Faith and Resilience”. This was based on the virtues of – faith, hope and love. Thank you to everyone who designed posters to represent what these virtues mean to them.



“Feel Good February”

Next month, TY class 4B will launch their YSI initiative “Feel Good February”. Over the course of the month, they will endeavour to lift your spirits and make you feel better in the process. The initiative will launch on Friday, February 5th, commencing with a “Yoga Basics” event, which will be ‘live streamed’ on 4B’s YSI Instagram page. In this session, you will be introduced to some of the fundamental yoga asanas and basic breath work. All you need is a yoga mat and comfortable clothes to get you started! This event is completely free and is suitable for all. So please try to join us next Friday at 2pm for an hour of energy-boosting fun!

Use the following link for access to this event:



<https://instagram.com/accentuatingthepositive.ucs?igshid=wo36ifs6mxkjs>

With Deepest Sympathy

The school community offers deepest sympathy to staff member Regina Grennan whose father Noel died recently. May he rest in eternal peace.

Our thoughts and prayers are very much with the Carleton family as they mourn the loss of Sharon, mother of Cara in 3rd year. Suibhneas Síoraí dá h-anam.

We were deeply saddened on hearing the news of the death of our past pupil Aisling Smith this week and we offer heartfelt sympathy to her immediate family and to the extended Smith and Clifford families.

Ar dheis De go raibh a n-anamacha uaisle.



Friday Feels

To celebrate the Feast of St. Angela – this weeks *Friday Feels* takes some inspiration from her words

