



Ursuline College Sligo



NEWS BULLETIN – 06/05/2021

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

Darkness into Light

This week we have been getting ready for the annual Pieta *“Darkness Into Light”* fundraising event which will take place tomorrow, May 8th. Ursuline College Resilience Council is encouraging everyone to take part this year, to support this amazing cause and to spread the gift of hope. They have been putting us through our paces in preparation of the event and even had our hard working teachers in boot camp all week (check out our Insta page to see the proof!!). Announcements were made on the intercom, reminding students how important it is to look after our mental health and to be mindful of our friends and family members who might be feeling down. Classes this week focused on the theme of mental health

Not to be out done Mr. Carolan created a special

Darkness into Light - Physics experiment....

Integration of theory and practice at its best!!!!



Remember all you have to do is register at

www.darknessintolight.ie

Wishing you all Hope, Light and Joy in tomorrow's sunrise.



ucsoffice@ursulinecollegesligo.ie



071 9161653



www.ursulinecollegesligo.ie

Girls Active

Another great week for our 1st year Girls Active members. Well done to



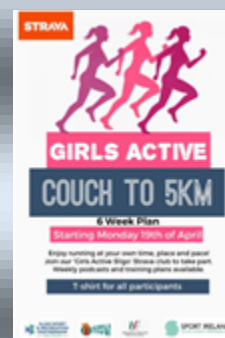
everyone who got involved and once again it's not too late for any of our 1st years to join this great initiative.

Our top 3 runners from last week were:

Molly Sproule (1B) 72km

Kate O'Donovan (1B) 50km

Mariam Amer (1A) 24.9km



And remember.....

Keep moving!.

Let's get out and enjoy the sunshine.

Keep up the great work, girls!

We wish all the 6th year LCVP students and Non-curricular language students



the very best of luck as they sit their exams this Saturday, May 8th.. Good luck, girls; keep calm and do your best.

Junk Kouture

The TY students have been working hard to get their Junk Kouture entries ready for the deadline tomorrow. The competition involves making a full outfit from Junk/recycled materials. This year came with the extra challenge of trying to work on their outfits individually at home but they did a great job! Creativity and ingenuity were in abundance, with crocheted bin bags to plaiting and painting pot scrubbers. Watch this space for the finished designs.....Best of luck to you all, girls!!!



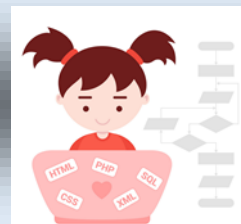
Transition Years - Busy Bees!!

The TY's continue to work with Vanessa and Sarah on their Musical extravaganza. This promises to be a singing and dancing, sequined extravaganza and we eagerly await the final cut.

Professor Louise McHugh from UCD School of Psychology delivered a workshop to all TY's this week titled "Minding your Mental Health during Covid". This allowed the girls to explore a unique opportunity to learn more about mindfulness, gratitude, self-care and resilience.



Coding Workshops will be held for all TY students over the next 2 weeks. Mr. Keith McManus from IT Sligo will take the students on a virtual journey of coding, teaching them the basics of writing a code and the importance of coding in the modern world.



Sense-Ability Webinar Series

Sense-Ability aims to offer positive library experiences for people with sensory or additional educational needs. It will be launched in May 2021 with a series of online webinars discussing topics in neurodiversity e.g. Dyslexia, ADHD, DCD/Dyspraxia, Intellectual Disabilities and/or Autism. Sense-ability gives everyone the ability to use library services in an inclusive, non-judgemental way. Attendance is free of charge.



To register click on

<https://www.crowdcast.io/e/sense-ability-webinar/register>

Ice Cream Treats

There was much excitement and a whole lot of sprinkles and chocolate sauce at UCS on Friday morning as the Ice-



Cream Truck came driving through the gate. The 2nd and 5th year students enjoyed a well-earned treat in the sunshine. They took time to get a mask break while and some fresh air with a delicious 99 ice cream.....



Remember it's important to have regular breaks, to make connections with friends and family away from screens. We hope you enjoyed this surprise and I wonder who will be next.....

Friday Feels

This week is a throw back #Friday Feels celebrating the theme of Hope.



The past year has been a struggle for everyone and it has never been more important to take care of your mental health and that of the people around you so we thought we would include some simple tips from **Mental Health Ireland** to help...

Spread and Share

