



Ursuline College Sligo



NEWS BULLETIN – 18/10/2022

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

Reminder!

Our Open Night takes place
Thursday the 27th of October
from 5.30 – 8.30pm

Come and join us for a tour of the school. Meet the teachers, talk to the students, try out some of our exciting subjects and ask your questions. We are proud of our diverse school community and would love to welcome you to see it in action.



6th Class Students and your Parents/Guardians
Come and experience the

URSULINE COLLEGE SLIGO

Open Evening
Thursday 27th October 2022
5.30pm to 8.30pm
The future is bright






On Open Night, join us to:

- Take a tour of our school
- See our new school plans
- Meet our students and teachers
- Hear our Principals address
- Experience new subjects
- Ask questions

Promoting resilience, well-being and mental health

WELCOME



ucsoffice@ursulinecollegesligo.ie



071 9161653



www.ursulinecollegesligo.ie

Sport

Competitive sport kicks back into gear this year with Hockey and Gaelic sharing the headlines.

Last week, the Ursuline Senior B hockey team was victorious against Seamount College. A goal by Rebecca O'Grady finished the game 1 – 0 to the Ursuline. They were in action again against Mercy College and secured another victory. We're seeing a bit of a winning streak here, so keep it up girls!

The 1st year hockey team had their first after school training session on Wednesday. They battled against wind and rain and I think they have made Mrs. Lynch's decision on team selection very difficult! A great start to the hockey season.

We were very proud and delighted to see our 6th year students from last year who made their debut for

NUIG's Hockey Team.

Laoise Moylan,
Anna Flanagan,

Meave Bigwood
(scored on her debut) and team

Capt Eimear Mc Callion!

Keep flying the Ursuline flag girls....

#weareucs #bród
#ursulinefamily





Be Well Resilience Workshop

The TY's have been busy bees.... They participated in Youth Work Ireland "**Be Well – Understanding and Addressing Anxiety**" Workshops. Here, they discussed ways of improving their mental health and coping with everyday anxiety. They learned simple but effective ways that these stresses can be dealt with; these methods included playing sport or doing a physical activity, talking to someone they trust, and taking time out to relax. It helps young people build resilience and learn ways to cope with everyday stresses. Now, who'd like to go for a chatty walk?



Alice Lillie – A Rising Star!



5th year student Alice Lillie has returned to Sligo after being away in Portugal last week as part of the U17 Republic of Ireland soccer team. After speaking with Alice, she said 'It was a fantastic experience to represent Ireland against a really good Portugal team. We

drew 3 – 3 and lost 1 – 0 in two competitive and entertaining games.' Well done Alice on this brilliant achievement!!

TY Consent Workshop

Recently, TY classes have been taking part in **Consent** workshops, focusing on what consent means, when and how to give consent and how to get help for themselves and others. The girls also got to take part in fun quizzes, facing off against each other for the main prize of consent badges! Many of the girls said that the workshop was extremely informative and engaging. Many thanks to Shauna and Danielle from the Sligo Rape Crisis Centre for taking the time to talk to the girls and teach them all about consent!

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

The Senior Gaelic team has also had a great start to the year with 2 wins under their belts against Balinamore and Boyle. Well done to everyone!



School Retreats



The 6th, 3rd, and TY students went to Gillyooly Hall for a full day retreat with Fr. Joseph McGrath and his team. The retreat provided a time of reflection for the girls. They spent the day enjoying activities that involved thinking, talking to new people, and getting to know themselves better. They heard stories about people, both famous and not so well known, from all different paths in life. It gave our students an opportunity to take a step back from their chaotic lives and reflect on themselves and their goals for the school year! We hope they all came out of it feeling like they learned something new about themselves!

Ecology Adventure

This week 6th year Biology students participated in an excellent outdoor Ecology trip. The trip enabled the students to experience the theoretical material they study in class, in real life. The girls used quadrants to record the different types of plants in the areas they studied. The students also used a sweep net to record the different types of insects and leaves in the nearby trees. They then recorded the information they learned. What an excellent, interactive experience – bringing learning into action. David Attenborough will now have to find a new job, after the 6th year's great work!



We Totally Dig It!!!



Recently, some of 1st year students had the incredible opportunity to be a part of an archaeology workshop. The students got an insight into the work involved with being an archaeologist and were even given a demonstration of how archaeologists use their equipment. There was also a full display table where the students could view some of the world's greatest treasures (no, not Ms Ní Loideain).



Sligo Innovating Communities

Sligo Innovating Communities have come to the Ursuline! Bringing some lucky TY's the opportunity to take part in a new school project aimed at tackling the issue of fast fashion.... More updates to follow...keep checking the newsletter for an upcoming impressive project from the team!



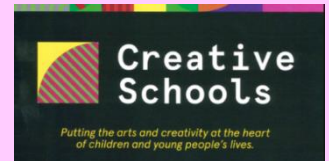
Innovating
Communities



Creative Schools Programme



The "Creative Schools' Programme" are currently producing spectacular new opportunities for this school. They are coming up with ways to make our school more inclusive to everyone and to achieve a safe, positive ethos. The participants are currently working on ideas for an upcoming sensory room – this will be an inviting area to help you relax from your stressful life, which is a brilliant and helpful idea. They will be working with artist Anna Faye on this room. They are also going to start on a portable library with the help of Martin Gallagher, who is a wood worker. Phew, that's enough creativity for one day!



Are you ready for our Spooktacular Friday???

Dust off the cobwebs, polish your caldron and fuel up the broomstick....

UCS hosts their annual Halloween Dress-Up Challenge...

Will Mr. McIntyre beat his Butcher of Ballisodare look from last year or will Ms. Fitzgerald go crazy in Crepe Paper cut outs again??? Stay tuned....



October Feels

A Cozy To-do List FOR OCTOBER



OurMindfullLife.com