

Newpark Newsletter



Issue number 55 May 2019

The Principal Words



In my final contribution to the newsletter I wish to thank all of the school community for the wonderful send off which I received from students, staff, board of management and parents. I was overwhelmed by the thoughtfulness, generosity and wishes of all. The Newpark

community is a very special one and this has been borne out in so many ways in recent weeks.

I would like to congratulate Eoin Norton on his appointment as principal. Eoin is a person of integrity and great capability who can, together with students, staff and parents/guardians, lead the school forward in improving the experience and outcomes for all students. His understanding of the characteristic spirit of the school will ensure that the potential and capability of each student will remain at the heart of the day to day school experience.

I want to thank Mark Cookman and Andrew Adams for all their support to me in my role as principal and to wish them every success in the future in their work as part of the senior management team.

Finally, it has been a privilege and honour to work in Newpark for the past thirty seven and a half years and I wish all the school community the very best over the coming years.

Derek Lowry

I feel privileged and honoured to have been appointed as Derek's successor. Newpark is a school with uncommon attributes and I look forward to working

with all members of this wonderful community—colleagues, students, parents/guardians and the board of management—in the joint effort of protecting and developing our exceptional ethos and culture. I would like to thank everyone for the many messages of good wishes I have received.

I wish all our students taking state exams the very best of luck over the coming weeks. Bear in mind that anticipation is usually worse than participation. Exams are important, but not enough to be personally defining. Trust yourselves. Likewise, I wish all our other students best of luck in your summer exams. Giving the exams your best will ultimately bring you not only satisfaction, but also confidence moving forward into next year. For transition year students I hope you have a great last two activity weeks and that you enjoy your well-deserved graduation evening.

The articles in this newsletter provide abundant evidence of the broad and diverse educational experiences happening on a daily basis in our school community. I admire and congratulate all involved.

To sixth year, I hope you enjoy your graduation events. It is important to mark endings. With endings come beginnings and I look forward to hearing about your variety of career and educational choices after Newpark.

I would like to extend sincere appreciation to all members of staff for their dedicated and hard work over the year. I wish everyone connected with the school a pleasant and safe summer.

Eoin Norton



Summer Assembly 2019



The recent summer assembly was a moving and intense experience for our school community. We were gathering as usual to celebrate achievements across the range of academic, sporting, artistic and other areas but we were also saying goodbye not only to our Sixth Years but also to our much loved principal Derek Lowry. The respect and admiration for Derek was palpable throughout this moving occasion. Katie Killarney, head girl, set the tone with her opening speech.

From your first day in Newpark you begin your school journey of 1002 school days. On my first day I cried when I wasn't put in a form group with my best friend. I didn't know it yet, but I was soon to find out that I was now a part of a truly incredible school community.

Newpark will always have a somewhat liberal reputation, but it is only when you walk inside its doors and become a part of it as a student, parent, teacher or staff member, that you discover what an asset being a 'liberal' kind of school is.

Here we are supported to do our very best in anything we put our minds to. Academically we are given the chance and support to succeed, yet simultaneously, we are presented with so many other areas to excel in, as artists, activists, environmentalists, sportspeople, musicians, actors, scientists, designers and mathematicians... the list goes on... To the phenomenal team of teachers and staff here in Newpark, thank you for ensuring that we all apply ourselves to realise our full potential, and for nurturing us, not as exam results, but as people.

Newpark doesn't produce a certain type of student, Newpark spots what's been inside of us from the very beginning, and draws forth what's within. "Aide toi, et je t'aiderai" – *Help yourself and I will help you.* What you will take from this school is what you put in during your time here. So whether you have five years left as a Newparker, or just a matter of months, become a part of as much as you possibly can to make the most of the time you have left. As any of the Sixth

Years will tell you, some of the most valuable lessons you learn, and memories you make here, will be outside the classroom.

I would like to take this chance to firstly, wish all the First Years good luck in their first end-of-year Secondary School exams. Just try your best, and you'll fly it! I would also like to wish all the Third Years, and all my fellow Sixth Years the best of luck in our upcoming State Exams. Just remember that a results paper won't tell you how good a hockey player you are, or how good a musician you are, or indeed, how good a friend you are... I'm sure we will all do our very best, but just keep in mind we've learnt that who we are is what matters most to people.

Newpark, thank you for your inclusivity and welcome of diversity. Thank you for giving us an education that empowers, enhances, and celebrates our individuality freely. As a friend of mine put it beautifully, thank you for letting us be us. As individuals we stand apart, but, especially in our times of loss as a school community, we have a unique capability to stand together.

With Mr Lowry at the helm, alongside Mr Cookman and Mr Adams, our teachers and staff, and us as students, as a collective we work as a body with respect for our environment and respect for one another—that all begins with respect for ourselves.

To the Class of 2019 in particular, let us make the most of what time we have left, and look back fondly on what is behind us... After all, where will you find a school where in a breath, a teacher can transform so gracefully from regaling the advancements of Renaissance Art, to serenading his class with Chris De Burgh's 'Lady in Red', or indeed where a deputy principal becomes a carbon copy of Ziggy Stardust in a school fashion show? Or where a principal will dedicate as much time to our school as you have, Mr Lowry? On behalf of the students, staff and teachers, our deepest gratitude to you for that.

The Dalai Lama said, "When educating the minds of our youth, we must not forget to educate their hearts." Newpark comprehensively teaches to the heads, hands and hearts of all its students, and will continue to do so for a long time to come.

Thank you.

Katie Killarney, Head Girl

After the annual prizes and announcement of the new prefects, the assembly focused on our goodbye and thank-you to Derek Lowry. Even the discomfort of the seven hundred or so people sitting on the floor of the gym (the lucky Sixth Years had finally made it to the seats at the back) did not take away from the focus of those assembled.

Mr Cookman and Mr Lowry both spoke movingly about their time together at Newpark, and head boy Oisín O'Sullivan brought the crowd to its collective feet with his final tribute to Mr Lowry. You can read part of Oisín's speech on page 63.

The Big Interview

Derek Lowry in interview with Sixth Years Oisín O'Sullivan, Eoghan Funge and Breno Keogh



Derek Lowry: I started here in September 1981 and the world was a very different place then. I had done my H-Dip in Wesley and then came to Newpark. In essence, I have only been in four schools: my primary school, my secondary school, Wesley and Newpark.

Oisín: What is the biggest change between then and now?

Derek: The changes in the world outside impact on what goes on in the school—and you have to react to that—but there are things in the school that have remained fundamentally the same around the ethos and what the school is about. Certain aspects of Newpark are very different but others are common to all schools who don't select their intake. I am a great supporter of community and comprehensive schools in general because they don't select... we have to try to be inclusive. An awful lot of other schools do select students, some of them say they don't but in fact there are softer barriers. That is a determining factor in the outcome at the end of six years. In non-selective schools we are trying to do the best for everybody, but it's very hard with such a range of abilities in one class, especially in Junior cycle. The teacher is always going to find it difficult to stretch the very able and at the same time bring up the ones who may be struggling...



It is something you can try and improve on, but you are never going to meet all the needs of every student—no school will actually do that. And you also have to balance that against students being able to make decisions for themselves about what it is they want, rather than the only focus being on how many points they're going to get.

Oisín: Newpark is certainly very student-oriented and not just points-orientated.

Eoghan: Has it always been that way?

Derek: It has. We try to put in place a system that will track how people are doing... but we are not solely about pushing. We also offer other areas in which to achieve, other opportunities; that is what builds a rounded individual, rather than a sole focus on points.

Oisín: Has the attitude to Newpark changed because we have this beautiful new school?

Derek: I think it has increased the interest in the school. But hopefully we are doing what we have always been trying to do but in a much better building and with much better facilities. The essence of a school is enhanced by a better environment but it is not a determining factor.

Oisín: Many of our parents went to the school; is it weird for you to have taught someone and then 25 or 30 years later their kids walk through the doors?

Derek: It is a great affirmation that parents have made that decision based on their own experience. It is also based on what they now hear about the school and what the school is delivering and what they'd like their children to get out of it. It is strange meeting with people who you knew when they were twelve coming to the school, but it is great to see.

Eoghan: The atmosphere and ethos in Newpark is important and puts a huge emphasis on social



acceptance. Do you think this helps determine how students move on in society?

Derek: If you can find for as many students as possible the thing that gives them some sense of being able to do something or to achieve something, that is vital. There is a cohort of students in any school who will get on and it doesn't matter where they go, they will be fine. But in an education system that is still fairly academic, some students can struggle with self-esteem and self-worth, and if there aren't other outlets, then all they get is a sense of failure. Most teachers have been quite academic as students so don't really know what it is like to sit in a class and struggle. But if you can give the student the confidence to be able to go into college or the workplace and feel that they can achieve because they know what they've been able to do, that is really important.

Linking that into the ethos is crucial in creating an environment where people can try things. It's all about improvement rather than failing to do something. You know, it's pushing people to be better—to do the thing better—and it doesn't matter whether it's on the hockey pitch or in drama. You should be striving to do better all the time, but you're not defined by whether you succeed or fail, you're defined on how you react to that and move on.

Breno: Was the development of such strong ECA music, drama and sports in Newpark informed by the student body?

Derek: Comparing schools is very difficult, the context is really important. If you go down to a country town with only one school, everybody goes to it: the doctor's son, the solicitor's son, the people who are unemployed, they're all there. The schools do a very good job at coping with that. Here in south Dublin, there are a lot more fee-paying schools than any other part of the country. Our income from the department is all about the teaching and the learning, so we have to fund the extra-curricular ourselves. When I came here, a lot of teachers were involved in coaching sports for next to nothing. In the same way, the ECA drama and the music have been built around teachers who are here. Our sports coaches are paid now but it is not a lot of money, they are not going to make a living out of it,

and that's a big challenge. Especially for sports in competition against the fee-paying schools.

Oisín: Where they can pay the premium coaches.

Derek: Exactly, where they can pay. But if you take something like the One Act Drama Festival and look at how well we do in that with a fraction of the resources of most of the schools we compete against, it is an incredible achievement. And the junior girls' hockey team this year, that was exceptional because again, resource-wise, we're competing with a fraction of what some of the other schools have.

Oisín: I think that's something Newpark does so well, it doesn't just perform on the academic level. We have the sports, academics and we have the drama as well.

Derek: That without a doubt would not happen if the parents were not committed to what the school's about too. At the minute the parent body is able to contribute quite a lot financially to those areas but that fluctuates. Even the fee-paying schools have gone through difficult times because of the recession, but they always had enough income to keep the coaches and do all those extra things.

There is another really important aspect to this. Most schools are now being forced to give more time into subjects focused around wellbeing, like PE and SPHE. In Newpark we've always given that time; that's where I see the commitment. It is important that people get exercise. There are schools (and many students too) that would give less time to PE, but we have to stick to our guns and say "Look, it's only an hour and twenty minutes, get out and get some fresh air". That's really important to me. We've been trying to broaden it and have the bit of yoga or Zumba to try and make it appealing for more people.

Oisín: What has been your proudest day or thing you have achieved in Newpark?

Derek: You know, I was thinking about that and the single proudest day was the Celebration Day, because I think it represented the achievement of the new building. We had our formal ceremony but the rest of the day encapsulated all of the different things about Newpark. That came from students, parents and staff being involved. I had very little involvement directly in it and that is what it's all about; you need to give



people the opportunity to do what they can and get involved. Because if you do, you invariably get a good outcome. Availing of the opportunity to give people the chance - that I would say is the proudest thing.

Eoghan: Do you think a large aspect of Newpark is students having their say and making changes?

Derek: Yes—we always had that involvement but we are trying to give it more structure now so that students can see that they have an avenue into the Board of Management, into the student council and more discussion with staff about the way things should operate. That's always a challenge to teachers, to give power over.

Oisín: Is Newpark a pioneering school in that sense?

Derek: I would say we are among schools that are pushing student voice and involvement because we don't have to move as far. There are schools that are very top down. The problem is around that fear of loss of control. But if you talk to students, discuss with them, you don't have much to fear. In fact, students can be quite conservative at times. I don't think teachers have anything to fear from a more democratic environment. I think that's really important.

Oisín: You are retiring at the end of next week, are you apprehensive? What are your hopes and dreams for the school?

Derek: In terms of the school, whoever comes in will want to look for themselves and see what's going well and what needs to be improved. That really is something they need to work out for themselves. Then there is that engagement between students, teachers and parents—I hope that will continue, the constant dialogue to improve things and to encourage people to try things out.

Managing any organisation like this has become far more complicated than it used to be. When I came in, there was hardly a policy on anything. You came in as a teacher, did whatever you did as a teacher and came out... You might have had the odd staff meeting and department meeting but there was no self-evaluation, no school improvement plan; all of these have developed and have improved things.

And you have now a whole additional set of issues that principals, deputy principals and year leaders are dealing with that never had to be dealt with before. Like social media issues, they're new ones now. Previously when things happened outside of school, it was outside of school. Social media brings everything back to the school. That's really difficult to manage. And then you have your GDPR, child safeguarding, which are very important in their own right, but we have to try and balance those things, not just say: "Oh it's too risky, we can't do any of that because this or that might happen." We have to try and make sure the safeguards are there, but also encourage people to participate in all the activities. And when you give people those opportunities, things will sometimes go wrong.



Oisín: Anything else you want to add?

Derek: You were talking about weird events, there have been plenty! One I remember was during a whole school evaluation, (the biggest evaluation that you can have) when we had two inspectors in. It was the week before half term and prior to this, the art department had said they wanted to run a Halloween parade so... em ... we went ahead with it. There were all sorts of fantastic costumes, there was fire eating and all sorts of things. The students just marched around the whole school, through the corridors, out around the building, around where the old tennis courts used to be. A fantastic thing, but the inspectors didn't know what to make of it. The costumes were really good, wacky ... but the fire eaters... the health and safety grounds ... we were thinking, "Oh my God, should they?" But it was great.

Breno: Did they mention it in the report?

Derek: They didn't mention it specifically in the report, no!

I ran Mini Company for a number of years in Transition Year and there were some really good ideas, some really successful activities and some ... disasters. When you're facilitating a class like that you have to be prepared to let students fail. One year I had about twenty students and eight of them never actually produced one item. They didn't do a thing. Despite all the encouragement, despite all of the "Have you done your market research?" at the end of the year, the only lesson they might have learned is that if you don't



actually **do** something, you don't achieve a thing. People might say that was a terrible waste but if they don't understand it themselves, how will they get better? But, if they go away thinking: *Look, if I'm going to achieve anything, I actually have to try...* then that's some part of it.

Eoghan: Tell us something from the past two or three years that has stood out to you as being special.

Derek: The ten-year celebration of the Junior Plays. I think the Junior Plays are one of the unique and brilliant Newpark things. One of the things that we've been trying to do here over time is to incorporate things like drama into the timetable so that it's something you can do during the school day, just like music and sports. Drama is not just about the final performance. It's about what you learn going through all the aspects of it—and that's what is so brilliant about the Junior Plays. It's a process that is led by the students, and you've no better way of learning than from your peers. That was just a fantastic achievement: something coherent, something very important to what we are about.

It all comes back to that sense of achievement. I've tried to be very even-handed in encouraging the music, the drama, the hockey, the rugby, the basketball. And that's a real challenge because everybody thinks you're not doing enough for their area. I want to see a situation where they're all successful because they cater

for different types of individuals. And none are more or less important; they're equally important. I think from the outside people can think that the other area is getting on—but they all struggle at times. That's where the tension comes in. A strong hockey player may be a strong rugby player as well and they might be torn between the two and you're got disputes, but that's part of it. People sometimes see it as a problem, but I see it more as a predicament that we have to do our best to get on with. The more that we get students together to discuss the problems in the different areas, the more joined-up understanding emerges. Because when people don't do that, they make assumptions. And sometimes the assumptions aren't the reality.

That's what I've been trying to do: to get along, to get to everything.



Forest in a Box



Forests are the life support systems of our world. As well as a vital habitat for flora and fauna, they supply something that we kind of need to live: oxygen. So it's a real pity that we're destroying them, every single day.

So, on Wednesday the 20th of March, 1MOD helped to bring a bit of the forest to Newpark by planting a one-metre square forest, quite literally in a box, beside the music centre.

Forest in a Box is run by the Woodland League to teach schoolkids about forests as well as bringing more trees to the local area. They hope to expand the project nationwide over the next five years to install a *Forest in a Box* in every national school.

Here's how it works.

The design works with nature, instead of trying to control it. The seeds are planted into a thick leaf litter like a forest floor. The leaves are all from forest trees, so it makes a nice full circle. A tree is grown in leaf litter, sheds its leaves which then replenish the growing habitat for more trees, and the cycle continues.

The sides create shade which encourages the young trees to grow upwards to reach the light. The seeds are also a tasty treat for birds, so a fine mesh over the top of the box provides the perfect protection, increasing their chance of survival by 90%. Each metre-squared box is capable of providing 200 healthy native trees for planting out every two years.

The box will also provide a learning experience in gardening, as it needs to be weeded, which means we need to learn how to identify the trees from the weeds!

All in all, I think this is a great experience and an opportunity to do our bit in combatting climate change. And the great thing is, it's only a step outside the building! Our very own forest, ours to enjoy, but also our responsibility to keep safe.

Eva O' Donnell, 1st year

Looking Back on Green Schools



Don Crowley, Sixth Year

There was no Green Schools Committee when we arrived in First Year in 2013. Siyuan, Dan and I along with Ms Achari built the committee up from nothing, and now as we leave, it leaves us with a twinge of sadness as we have to say goodbye to what is like our baby. Ms Achari has always been the driving force of Green Schools, and truly is what makes it great. She made it possible from the get go.

Although Green Schools is primarily about achieving Green Flags, in the later years we used it as a springboard to develop our own environmental projects and used the space to brainstorm and work together. Green Schools is especially fantastic when combined with other initiatives and programmes. For example, the Young Environmentalist Awards where we developed entrepreneurial skills with Algae-Tecture or the Water Ambassadorship programme which led me on the path to Sustainable Ocean Alliance.

Green Schools has given me amazing personal opportunities; I have learned invaluable lessons and developed foundational skills. Moving forward from this adventure I can only hope to strive for more.

The urgent issue our generation has to face is, unfortunately, climate change. This is the most pressing problem as it is the foundation we build our lives on. Without a living, breathing planet everything else falls. I believe the climate march was a fitting event to end our tenure on Green Schools as it was a culmination of what we were pushing for and should all keep pushing for relentlessly for our own sakes.

I hope everyone reading this can take some inspiration from Green Schools, to live more conscientiously and to take up this fight for our planet.

Dan Hatter, Sixth Year

Six years ago Newpark had no visible environmental consciousness, no Green Schools, no environmental awards. Today as a school we have two going on three green flags, actively teach sustainability, and have won three Young Environmentalist Awards. We have become renowned as one of Ireland's leading environmental schools. How did this change happen?

It didn't appear from nowhere; it happened as a result of work over the past six years by a dedicated Green Committee, staff who always put themselves at our disposal and students who were willing to get involved in making green change happen. That's not even mentioning the amazing support that we have been given by the PTA and people outside of the school. This eagerness to make change happen and the

active pursuit of positive change is what has marked Newpark out amongst other schools.

I was one of the first students to get involved with the Green Schools in Newpark when it was set up just over five years ago. I had no grand ambitions at the time and did not know how large a role it was to play in my life; I just had a love for our world and nature. I'm now able to take immense pride in what we have achieved as a school over these years.

On the first of March we had our inspection for Newpark's third Green Flag. This was to be my final chance to contribute to this process, as the next time I'll have left the school. It was the last time for others too—many people on the committee and the inspector himself, Dean Eaton. Dean has worked with Newpark for as long as we have had a green committee. He has provided huge support to us over these years and we wish him the best of luck in his new job.

Since its founding, Green Schools Newpark has been dominated by a small and dedicated team who have been involved consistently since first year. All of us are now in Sixth Year and the committee is in need of new faces for next year. At the inspection, some of our younger environmental activists talked about what they have done. I didn't even have to say a word for the first two thirds of the inspection. I want to appeal to these people and anyone who cares for our planet and shared environment to get involved with the Green Schools. It is beyond rewarding and opens up so many opportunities.

Here's to the next six years of making change happen.

Invite to the Áras



On May 1st, I had the honour of being invited to Áras an Uachtarain to meet Michael D. Higgins and his wife Sabina. Six students attended to celebrate Labour Day, alongside the youth involved in Climate Action. We represented *Student Strikes for Climate* on behalf of a large network of young people.

Remember to check out <https://www.schoolsclimateaction.ie/> for further details and updates on the next international protest on May 24th.

Tyron Kritzinger, Sixth Year

Green Flag for Water Process Almost Complete

Over the past two years Newpark has been working towards our third green flag, this time for Water. We have carried out numerous actions, many of which have been documented in the newsletter publications over this period, such as Don Crowley being on the Water Ambassador Programme, such as the Water Audits, surveys, the *Walk for Water*, various guest speakers and projects... this list goes on and on.

On the 1st of March we had our green flag assessment meeting where we were cross-examined on everything submitted in our report. Whilst Dan and Don are writing about the day itself I would like to take the opportunity to refer to some of the background story.

The green flag assessment is an arduous task requiring a great deal of input. Over the two year period, amongst lots of other criteria, there are three log-books to be kept.

The first is a record of water metre readings, which Bobby kindly took responsibility for. These readings were then taken to make comparative charts of water usage over the two years. We have found that since the issue with our grey water tanks which are connected to the water harvesting system on the roof has stopped working, we have in fact increased our water use. However, this is in the process of being repaired, and has only proven how beneficial it is to have water harvesting in place for flushing our toilets.

The second log is of all curriculum links relevant to the water theme that have been delivered. Teaching colleagues kindly provided this information making it easy to collate the data. The third log is of all of the actions taken by members of the school community relevant to saving energy, reducing waste, conserving water, and learning to take good care of the planet. This log ideally measures estimates of savings associated with each action where possible. A copy of this list of actions is available on the noticeboard if you would like to see more details.

I would like to take the opportunity to thank all of the people who have helped in this process. There are numerous people who did their bit, but a few who stand out and deserve specific attention. 2LMY, now 3LRG, did a lot of the ground work. The most active members of the Green Schools Committee who really went the extra mile on this are Dan Hatter and Don Crowley.

The work carried out by the *Plastic Outta the Park* team has been wonderful; Cian Parry, Nathan Moore and Tyron Kritzinger have continued to give their time to this initiative, and let's not forget Sue Adams! Mr Lowry has always supported our efforts. The Newsletter team really helps. Ms Grant has come on board to work with us which is so very much appreciated. And Bobby and David are always there and integral. Thank you all!

Kim Achari, Green Schools Coordinator

Climate Strike



Preparation

On the 13th of March there was a meeting in Newpark about the upcoming student protest in Dublin. The meeting involved students from various schools in South County Dublin and was extremely eye-opening as to why it's important students make their voices heard. During this meeting myself and Jordan O'Rourke volunteered to speak at the march about the politics behind the event and behind Ireland's climate decisions.

On the 15th of March we arrived in town early; we saw the crowd slowly grow bigger and bigger outside of Stephen's Green. Pride filled us as we realised the importance of this event. It is estimated that over one million people worldwide protested in their countries. In Dublin there was an estimated 10,000 students (including adults it was almost 12,000).

At 1.55 we went up to do our speech. We were, to be honest, pretty nervous, having just been told five minutes beforehand that we needed to shorten our speech as we were running out of time. Jordan spoke about the recent IPCC Report and national and international plans and agreements such as the Paris Climate Agreement. Jordan outlined what the plans aimed to do and the threats that climate change has to our locality. My role was to discuss why these efforts are failing and what the demands of the students are.

The response from the crowd of riled-up, excited students was electric; each statement brought on a wave of cheering and shouting.

Student demands include:

- Ireland must keep all fossil fuels in the ground by 2030 and remain carbon free from that time.
- The Government must recognise a national climate emergency and all of Irish society must equally share the burden of change.
- The 100 companies that are contributing most to this crisis must be penalised.
- Investment into renewable energy such as wind and solar must be scaled up.

Eoghan Funge. Sixth Year

On the Ground

Early on the morning of the fifteenth, the streets of Dublin Town were near utterly bare, all but a few delivery vans on Grafton Street and the occasional TD slipping in and out of Leinster House. The only hint of the day's protest was a light Garda presence on Molesworth Street advising people not to park on the street for risk of having their car trapped later.



A few students and teachers from North Wicklow ETSS had taken control of the organisation of the day and I had arrived ahead of the protest to lend a hand. With none of them in sight, I decided to stroll around until people started to appear. Nine o'clock rolled into ten and ten into eleven and still no one appeared to take control of the protest. At this stage students had started to show up and were ambling around Stephen's Green aimlessly.

I made multiple attempts to contact the organisers at NWETSS and failed; and with ever larger numbers of people gathering without direction, I grew increasingly worried that the protest would go tits up. I concluded that if there wasn't anyone there to manage the protest, I would. Nearby on Suffolk Street was the Young Greens' office from which I nabbed a megaphone and a visi-vest. Megaphone in hand I started to gather people together on the north side of Stephen's Green.

A handful of students began to gather together with a dozen journalists amongst them. I led the group in various chants and got them riled up for the day, passing around the megaphone to other people. The media filled into the circle in the middle and captured plenty of footage that would appear on that evening's news. After what had only seemed like moments, I looked where there were now thousands of students completely filling up the road and beyond. "Breath-taking" doesn't even convey how impressive the crowd was on the day. It was impossible to imagine the empty streets of that morning.

I finally found the marshals and organisers and managed to work out a plan. In the end I led the march along Dawson Street to Molesworth Street myself. I hadn't imagined that I would have ended up leading a student protest of ten thousand people, but I did.

Daniel Hatter, Sixth Year

Young Leaders for Change

The anticipation had been building for a month, so when Friday the 15th finally came and it was time to head off to the Climate Strike our excitement was impossible to contain. Me and my friends, along with what seemed like half the school charged down Newtownpark Avenue, waving our homemade signs. We got honks and waves from passing drivers and strangers gave us wide smiles.

It was a wonder the Darts and buses had enough room for us all. During the 25-minute journey we painted our faces with blue and green face paint, in stripes on our cheeks like warpaint representing how we are fighting for our earth.

Once we got to St. Stephen's Green, the initial meeting place for the rally, we had half an hour to kill. We had filling lunches—we knew it would be a long day. And it was.



The first step was finding the protest. That proved easy. The chanting, yelling mass of thousands of school-children waving signs was hard to miss. But getting through them was harder, and we lost each other quite a few times.

The posters had slogans on them that read: 'There is no Planet B', 'The Oceans are rising and so are we', 'March now or swim later' and 'Make Earth green again'; powerful messages that showed the seriousness and scale of the problem. And the answer to that problem was made clear; with many posters reading 'System change not Climate Change', 'Leo be a lion not a loser' and 'Don't be a Fossil fool'.

After half an hour of different chants, during which the last of the protesters arrived, we set off. The march was over a short distance, but with over 11,000 people all squeezing down the same road it took long enough. Everyone gathered in front of (or as close as you could get to) a stage set up right in front of the Dáil and then it was time for our speech.

Me and my friend Eva O'Donnell had been asked at the last Green Committee meeting to prepare a speech for the march and had spent an hour writing and practicing it. We were both nervous; as you would be getting up in front of 11,000 people to speak! But everything went perfectly. We didn't make any mistakes or forget anything and we got lots of cheers!

Afterwards we were both relieved it was over and incredibly pleased that we'd done it. While we were gone our friends had also done an interview for the media.

It was a great day that made us feel like we were doing our part in saving our future. Hearing the news and watching the footage from the protests that took place all over the world made us realise that we were a part of something much bigger than us but something which at the same time would define each and every one of our futures.

Nakai Mudiwa 1LF

Nakai and Eva's speech



We are here today because we need you to realise that you will have to live in this world that we're creating. Luckily, we are well up to the task.

Especially us. My generation.

You're right, we shouldn't have to be here. Something should have been done by now. But it hasn't happened.

Luckily, we are well up to the task. We are a generation of thinkers, advocates, and change makers. Unfortunately, we are not the ones with the power. Which is why we need to get the adults, the politicians, the people with power to realize what is happening and stop it before it's too late.

We've been putting it off. Yes, it's a hard job and it's only going to get harder. We say, "someone else will do it." but we are all someone. If not, it will be too late. We have eleven and a half years before the effects of climate change become irreversible. Before we seal our fate as a race.

Because if the climate is damaged, so are we.

If plants and animals go extinct, so do we.

It's time to act. To act today, and not tomorrow. Because what if our tomorrow is a world we don't want to live in?

So ask yourself—are you comfortable with standing by and watching as our world disappears before our very eyes?

If not, then act.

Get up, stand up, and act.

Junior Girls Hockey Victory



Newpark won the Leinster Junior Premier League for the very first time as they put in a breath-taking performance to beat Holy Child Killiney 4-1 in the final.

Holy Child started the brighter of the two sides, gaining dangerous circle entries within through Emma Kennedy and Sarah McFarland.



Newpark began the scoring, however, when Zoe Watterson fired home a rocket from a corner to make it 1-0. Less than two minutes later, a lovely team move between Watterson, Millie Lynch and Lauren Moore saw Dara Rankin glide along the baseline to find a foot. It won Newpark their second corner of the game and it was Lynch's turn this time to find the backboard with a powerful strike.

Both teams had attacks throughout with Alex Purcell the driving force in the Killiney midfield while

Moore was exceptional for Newpark throughout. Indeed the third goal was a great individual run by Moore who weaved in out of the Holy Child defence before firing home at the top of the circle.

Killiney still threatened with Butler and Meir's tireless running but Newpark got their fourth when



Lucy Geoghegan deflected in a crash ball from Lynch. Holy Child got a deserved consolation goal when Sive McLoughlin slotted in at the back post after a series of good attacks from McFarland and McCarthy.

A couple of late chances for both teams couldn't yield any more goals and the match ended Newpark 4-1 Holy Child giving Newpark their first ever Junior Girls' Premier league win.



Match report by Stephen Findlater for The Hook

Photos by Alwyn Robinson



Senior Girls Hockey



Newpark School Senior League Finalists March 2019

It all started in August, when we rallied together for a gruelling pre-season to dust off the cobwebs and get the legs moving again. We sat down during pre-season with our coach Lorena and we set ourselves aims and aspirations for the upcoming season. Some of our goals were as simple being on time to training or as big as winning the league. After falling short of reaching our goals last year we really had a fire in our belly to reach our potential.

We started off the season with a few friendlies including a 1-1 draw with Loreto on the Green who we would later face in the League final. As the season got underway, we were winning games but we knew that we had more to give. In December we had a rough period where we had two games in North Dublin against Skerries and Santa Sabina which we did not get the results we were looking for and overall we were unhappy with our performances. Little did we know these bad times were to be the fuel for the rest of our season.

After Christmas we had a team meeting and decided we needed to pull up our socks if we wanted to qualify out of our group and we did just that. Lorena put us through our paces with fitness sessions up to three times a week including Saturday mornings. The chance to qualify was still in our hands; it came down to our last league game and we knew had to beat Sion Hill in Newpark. It was 0-0 at half time, but our fitness stood to us and we blitzed them in the second half and the game ended 2-0! The last Newpark team to qualify for the league semi-final was in 2015!

We knew we were going to play Bray in the semi and we were ready. We started the game better and were 1-0 up after about ten minutes. The whole game is a blur because I got hit in the head but I think we scored in the second half to make it 2-0! After we went 2-0 up, that's when I got whacked in the head with a stick and had a nice big bump on my forehead and with about five minutes to go I went back on to the pitch. With three minutes left we got awarded a stroke; I took it and scored. As a defender I don't get too many chances to score for the Park so I was delighted. The full-time whistle blew and we went wild. 3-0... One word... Scenes.

The final was against Loreto on the Green in Three Rock at 10:30 on a nice Thursday morning. As

we all arrived in school, we were nervous but somewhat composed at the same time. Usually on the bus to matches we go crazy singing and dancing to Ariana Grande and Kesha but there was a different and more serious vibe about us. Lorena had said that we should leave the pitch at the end of the game with no regrets and that sums up how we were to go about it.

We started off stronger and went 1-0 up after a few minutes but Loreto equalized with a short corner right before half time. In the second half they came out of the blocks strong and one of their forwards scored a neat goal into the corner to make it 2-1. They were still on top, but we were managing. I made a defensive error and gifted Loreto a third goal making it 3-1. We cranked up the pressure towards the end, but it finished 3-1. We were devastated and personally it took a few days to get over. They were better on the day: we reckon the whole occasion got to our heads a little and affected our performance.

Overall the season has been fantastic, unfortunately we just fell short of snatching the league title but even to make it to the final was a huge achievement for us. None of it would have been possible without the endless work and support from Lorena and our fitness coach/motivational speaker Simon Moore! We're losing eight sixth years to the Real World next year but we are looking forward to seeing what we can achieve next season with a bunch of new teammates!

Jess Whelan, Fifth Year

1st Year Hockey



First Year Hockey has been a great after-school activity this year. We all had a great time whether starting hockey for the first time... or becoming even better at it. Now I look at hockey from a different perspective—not as work but as fun!

Sadly, hockey has come to an end this year but we are looking forward to continuing in 2nd Year.

A big thank you to Polly Paul, Ms McCarthy and our Transition Year coaches: Milly Lynch, Tadhg Sheridan, Zoe Watterson, Aaron Hughes and Iona Phillips.

Georgia O'Rourke 1 AC

Hockey for Ireland



Milly Lynch, Zoe Watterson, Lauren Moore, Erika Gallagher and Oran O'Sullivan play for the Ireland U16s Girls and Boys hockey teams respectively. Oisín O'Sullivan interviewed them about their experience so far. Unfortunately, Milly was sick for the interview.

Oisín: How often do you guys train?

All: We train once every two weeks. We also go to the gym once a week with the Leinster players in UCD. As we go further, the frequency of the trainings increase. For example, regional training sessions are starting soon, I think we'll train about twice a week with the Leinster players.

Oisín: How has playing with Ireland impacted your daily life?

All: We have to track everything. We have an app called Metrifit you've to fill in before 10 o'clock every day. You've to say your mood state, yesterday's nutrition, stress level, how much you weigh, what your heart rate is, etc.

Zoe: The girls also have another thing where you have to track how much protein you have in a day.

Oisín: What do you think the coaches are getting out of the Metrifit app? Is it for them or for you?

Erika and Zoe: I think it benefits both us as players and the coaches definitely. It helps to have the stats and to be able to look at it.

Oisín: You also wear a StatSports GPS tracker?

Zoe, Lauren, Erika: We only use them for Irish training because we rent them from the company.

Oran: The boys wear them for everything: training, matches, for school, club and Ireland, but we own them outright.

Oisín: I'd be curious to know how many kilometres you'd do in a month.

Oran: Roughly 100km.

Oisín: Now that the hockey season is coming to an end how will you keep your hockey up?

All: Well, we will still have provincial Irish training with the Leinster players. And when you go to do your yo-yo endurance test and your score is low they will know that you haven't kept your fitness up.

Zoe: So they are also setting us up with a running plan to stay aerobically fit.

Oisín: What is the biggest difference between playing for Leinster and playing for Ireland, apart from the standard?

Oran: It's just much more professional.

Erika: When we went to England (to play in a three match series against the English team) it was so professional in comparison to the Interpros [interprovincial tournament]. Everything was done for you, everything.

Oisín: Why do you think there are more Irish players now in Newpark than there has been in the past? There are four girls and Oran? Do you think your hockey is at this level because of primary school or secondary school?

Lauren, Zoe, Erika: Playing together in a hockey primary school certainly helped, Milly's the only one not from DSP, but I think we just got lucky!

Lauren asks Oran: I know you play seniors now, but when you were 1st and 2nd year what was it like?

Oran: Well, I've always had a team to play up on and that's definitely helped.

Zoe: Erika, Lauren and I all lived in the same estate when we were in 5th and 6th class and sometimes we would put on Erika's goalie gear out on the road to play hockey and would get some funny looks!

Oisín: This is probably a hard and unfair question but do you feel more proud playing for Newpark or playing for Ireland?

All: Hmmmmmmmmmm, I don't know.

Zoe: I mean, it felt so good to win the junior league for Newpark.

Lauren: Yeah, when you are playing with your friends, and you have known some since Junior Infants and then you win a final with them, it's such a good feeling.

Oran: Well I've never won a final for Newpark so I can't say that, but I would say I'd choose Newpark over Leinster.

Lauren, Zoe, Erika: I agree.

Oran: We have more experience playing with school than playing with Ireland so it is different.

Oisín: Okay, instead I will ask about Ireland training. Is there a different vibe with this training?

All: Oh yeah, it is 100% better. There's just a higher standard.

Zoe: There's more pressure involved. Which really ends up making us better.

Oisín: So you agree that you prefer training with Ireland but because you don't have the same match experience for Ireland, it's harder to say. And, of course, you like winning something big for school.

All: Yep.

Oisín: What is coming up next with Ireland?

Zoe: The girls go to Belfast over Easter. There are other training camps coming up overseas as well.

Oran: The boys go to Cork over Easter and same as the girls there are a few training camps going on. The end competition is in July in Eindhoven, the Netherlands, for the Six Nations.

Oisín: Do you have to fundraise for all the trips and if so what are you doing?

Zoe: Yeah, we've to raise €60,000. [This is to pay for all the training sessions, pitch hire, kit, trips away; the biggest expense is for the Six Nations in Eindhoven.]

Oran: It is the same for the boys, 60 grand. We get nothing from the government or anything.

Zoe: The girls have a big raffle to try and raise funds and you can win a trip to New York.

Oran: The boys are organising custom hockey socks, bingo, fun runs a GoFundMe Ireland U16 Boys' page.

Oisín: Finally what are the hopes going forward?

All: To make the final squad. [They will find out in May who travels to the Six Nations in Eindhoven.]

And a word from Milly



This year we have already travelled around Ireland and Lilleshall in England, with more trips planned to Belgium, Glasgow, Germany and Holland. In Holland we will play in the Six Nations which is the biggest tournament of the year.

There are a few downsides from playing such a high-level sport (between school, club, provincial and international we play hockey every day). A lot of the time people only see the glory side like winning, getting new gear or getting to know new people from all over the country, but in reality we have to make a huge amount of sacrifices in our day-to-day life whether it's diet, travelling, the impact on social life or paying for the physio. It also has a big impact on our families' lives around us. They drive and collect us to fitness, training or gym sessions every day with no complaints! People don't realise how much work it takes to be a part of a team like this. On the other hand nothing compares to playing for your country and we enjoy it immensely.

Senior Boys Hockey



Coming into the school I was probably more worried whether we'd have a good hockey team than about starting secondary school. I wasn't disappointed, from day one we had big numbers, almost enough for two teams. This I loved - more people to play with, more people to spur each other on.

In the first two years we all developed together, numbers were dwindling but we kept a strong core. At the end of 2nd year we were the first team to reach the A league final in many years. We lost that day on strokes, a cruel way to lose but a lesson learnt.

During 3rd and 4th year our players were playing on different teams but come 5th year we were back together, ready to hit the ground running. An underwhelming start overshadowed us until we played against Andrew's in the last match of the season, which certainly dispelled those shadows. A special Toby Hudson Fowler goal will stick with me for a long time to come.

Coming into our final year we had big aims, like winning trophies the school hadn't won since Mr Breaden was a student. We underachieved. We didn't achieve what we set out to do. To put it simply, we bottled it. But was our confidence knocked? Hell no. We got back up, we had the craic and we enjoyed our hockey. In the end of the day, as lame as it sounds, that's all that matters.

A big thank you to Bredo for his behind-the-scenes work, and peculiar bus and venue choices. Thanks to Mr Cookman and Mr Lowry for supporting us always, for investing in the school's hockey. The future is bright. Mark Cullen you have been some man. Let's just say we can all pass a ball five yards apart pretty well. Your tireless work is reflected in the players you've created. A big hats off to you.

To Michael, Luke, Matthew, Toby, Adam, Ben, Misha, Oisín and David—the lads who stuck with it until the end—thank you. You brought banter, competition, fun and comradery.

I hope you all remember wearing the castle and star with pride.

Ben Schutte, 6th Year

Basketball

As the season comes to an end, I would like to take this opportunity to congratulate all the players who have participated in basketball this year. Numbers are increasing every year which is great to see. All teams have gelled well, and new friendships have been made within the teams. It has been a very successful year again with several teams making semi-finals and finals. Bring on more success next year!

Team sport is a great way to develop new skills, work as part of a team, make new friends and experience both success and disappointment. New players are always welcome, and we look forward to seeing you all back in the 2019–2020 season.

Best of luck to the Sixth Year players: Maia Flynn, Lil Jones and Zoe Coyle. Zoe has always gone above and beyond for basketball. She has helped with coaching, training, taking the score for matches and was the driving force behind our beautiful basketball jumpers. From all of us here in Newpark basketball, thank you Zoe.

Thank you to all the parents/guardians, teachers and supporters who have come to support us at matches. The players and coaches really appreciate it.

None of this would happen without the commitment of the super staff of Newpark. We appreciate all the time, effort and commitment you give to basketball to make it such a success here. Thank you, Ms Steele, Ms Delaney, Ms Morrissey, Ms Toal and Mr Doyle.

Have a lovely summer and see you all in September 2019 for a new season.

Siobhan Costello, Basketball

A Word From the Players



First Year: Basketball has been such an amazing experience. We have all become close as friends and strong as a team. Even though not all our matches were successful, we have learned and grown from our mistakes. Our training sessions have been great fun and I want to thank our coach, Ms Delaney, for being a great teacher of new skills. I can't wait for the years ahead.

Jodie O' Hara, First Year Girls



Second Year: The Second Year girls A team had a great start to the year, and are working hard for the finals, after winning our quarter finals by a mile. We are all friends and always have great strength on and off the court. Basketball helps us to be better players, find motivation in and out of sport and work hard to get where we want. I'm so happy to be part of a team that puts in 100% effort and is full of great people. We all want to say thank you to Ms Steele for putting so much of her time and support into our team; we really appreciate it, and we'll miss you so much in the new season.

Alice Nestor, Second Year Girls



Off the back of a successful first season we have had an up and down year. In the East league we started with a loss to Clonkeen College but followed that up with a string of wins. Once we made it to the playoffs of the East League we faced Drimnagh. We lost narrowly in a tough game which was very disappointing.

Over to the South Dublin Basketball League where we had more success with several wins including a blowout victory against North Wicklow Educate Together. Unfortunately, we lost to Coláiste Eoin in a difficult game. We did well enough to go through to the semi-final where we replayed Coláiste Eoin and won by five points after a tight game. We are now playing against Marian College in the final and hope to win the game.

Gavin MacAonghusa, Second Year Boys

Seniors: I have played basketball in Newpark for six years and it's been the best experience I could have had. Joining the basketball team has led me to make a bunch of new friends, from my own year and other years too. Training was always exciting, especially when someone brought the "magic biscuits"!

We are privileged to have amazing coaches in our school who not only look out for the teams but always try their best to ensure we get the best experience of basketball and have fun whilst doing it. From First Year I have played many matches; we won some and we lost some but doing it as a team was the best part!

I have also had the chance to help other coaches in teaching the younger years some tips and tricks about the game, which I found really fun. The highlight for this year was the excitement of the senior girls' team reaching the final. I highly recommend and encourage people to join the basketball team, boys and girls, and get involved. You won't regret it!

Zoe Coyle, Senior Girls.

Being part of the Newpark basketball team has been incredible. To have made it to the finals several times over the years has been a privilege and it really has been an honour playing with everyone on my team :) To anyone looking to join a sport; basketball is a brilliant bonding experience and (if you're worried about it) no one really cares if you're any good because we all help each other become better every time we play!

Hanna Novak, Senior Girls.



Senior Girls' Final

This year Senior Girls made it into the league finals. The match was an intense away game against Loreto Dalkey. It was really encouraging having the supporters on the side cheering for us. Unfortunately, we lost the match 37-33 after a nail biting final quarter. When the final whistle blew, I was disappointed, but then I realized that we had got so far, had a lot of fun and played to the best of our ability. We are proud of our silver medals for coming second in the league. Hopefully we get that far - or even further - next year.

Thanks to everyone who came to support us - we really appreciate it.

The team would love to see more new players join next year and anyone can join in for the last few training sessions. I would also like to say a huge thank you to Ms Costello for taking the time to train us and for helping us get into the final.

Angel Glynn, Captain, Senior Girls

Awesome Climbing Competition!

Irish Secondary Schools Climbing Competition 2019



With a growing number of schools regularly participating in indoor climbing activities and the inclusion of indoor climbing in the 2020 Olympics—The Great Outdoors, Mountaineering Ireland and Awesome Walls have come together to establish a national event for youth climbers.

Last year Awesome Walls Dublin welcomed over eighty schools from all over Ireland and Northern Ireland and hundreds of students National Schools Climbing Competition. The format encourages participation and team work – this event is ideal for both complete beginners looking to try something adventurous and for experienced youth climbers hoping to secure the National Title for their school!

The qualifying rounds have just taken place with eighteen enthusiastic Newpark students entering the wall-climbing competition at Awesome Walls. The students quickly became familiar with a harness, belaying and different wall climb grades. Participants from over eighty schools entered the first round events in this national competition.



Newpark students tried every climb challenge with great effort and continued to improve as the climbs progressed. We wait to hear if we have qualified for the finals in May. Well done to all the awesome climbers.

Ms Gormlaith Ormond

LC Swimming Gala



involved. Of course, we also had our lane stewards who really took one for the team, being splashed by the elite athletes in the pool. Our score-keepers and prize management team did a great job of successfully totalling up the points most of the time and being really close to having the right amount of medals. As for the carpark stewards, never before have I seen such quality bus-directing in my time in Newpark.

Unfortunately for our lifeguards and health and safety squad they didn't have much to do as there weren't any sinkers in this gala, but we are all confident they would have stepped up if their services were needed. Even though his time at the event was short and sweet due to a surprise doctor's appointment, Oisín Linnane offered moral support to our team, and our thoughts go out to his tonsils who have unfortunately seen their last swimming gala, and will be leaving us in just a few weeks.

All attempted jokes aside, the LCPE team's success was due to the co-operation and communication between the students, Ms Hayes and the sports centre management, as well as both the moral and financial (mostly financial) support of the PTA, and of course the participation and sportsmanship of the swimmers from each of the schools.

I hope this has been useful to anyone who aspires to one day host a pretty decent swimming gala that's almost on par with this one. Any enquiries – we're probably in the science room on the G floor.

Aoife Grogan, 5th year

The View from the Pool

We were nervous. No, we were terrified. We didn't quite expect so many people. We had been training for two weeks, gotten our best times and been picked for the team. But that didn't change the fact that me, Nakai, Isabel, and Beth were positively shaking. The whole viewing gallery was full of people; people we didn't know or recognize. And soon enough, we'd be racing them.

We chatted, teeth chattering, until it was our time to warm up. Once we were in the pool, we all felt better. We started swimming, each practicing a different stroke. I felt good. It may have been scary, but we had made it, hadn't we? All we could do now was swim as fast as we possibly could in our races, to earn the maximum amount of points for our school. No pressure or anything.

Isabel was the first to race. We were all at the barrier, cheering her on. We discussed the opposition, keeping an eye out for the club swimmers. Once the races actually started, we started to really enjoy ourselves, cheering on our friends and keeping a watchful eye on the leaderboard. Newpark were joint second. Not good. The teachers got quite competitive!

Finally, it was my turn to race. I was representing the 1st year girls for breaststroke. I stood at the edge of the pool, surprisingly calm. I waited for the whistle, and when it rang out, I fired myself into the pool. I burst to the surface, pacing myself. I looked



On Thursday 21st March the Leaving Cert. PE class hosted what can only be described as the most legendary swimming gala there ever was. Anyone who had the privilege of attending this memorable event will look back on it in years to come as the highlight of their time in school. If anyone is reading this and thinking: "Wow, I've

always wanted to host a super-fun and organised swimming gala for me and my friends and four other schools like maybe King's Hospital, High School, Portmarnock Community School and Scoil Neasáin", then you're in luck. Here is a detailed account of the steps involved in organising your very own swimming gala.

Firstly, our whole class sat in a circle and discussed the idea before deciding on a date for the big day. Once that was settled, we came up with a list of jobs that needed to be filled. We made sure everyone had a job, even Jay Menelaou who was very busy on the day. It was essential that we kept a record of the list of jobs, so Ian Walsh whipped out the laptop and typed them up with a few alternative spellings. Finn Tierney was appointed as the whistle-blower, a decision that would later be regretted by all those



around. I was in the lead! I decided to keep focused, no more looking around. There was still one more length to go. I sped up as I passed under the final row of flags. I went faster than I thought I could. I was exhausted, but I had no idea if I was winning or not. I thrust my hands out, and they both hit the wall. I looked around, panting. I had come first! I clambered out of the pool and received a gold medal. I couldn't believe it!

It was a killer in the end. Newpark and Kings' Hospital were neck and neck. One final relay swim-off to decide the winners. In the end, King's Hospital won by one point. One tiny point!

But still, it had been a super day and we all had a ball. The 5th year PE class did an amazing job organising it, and the whole day ran very smoothly.

Eva O'Donnell, 1LF

PE for Leaving Certificate

Last year, during Transition Year, Newpark students were given a very exciting new option to pick PE as a Leaving Cert. subject. At first, everyone was a bit unsure as to what the course would entail. After an in-depth talk from Ms Hayes, we decided that this new course looked interesting, interactive and takes a different approach from your standard Leaving Cert. subject. It takes a step in the right direction and breaks up the assessment into practical and project work which counts for 50%, the other 50% being made up by the exam at the end of Sixth Year.

In September our Leaving Cert. PE adventure began. We have three periods of theory and one double practical a week. Both our theory and practical classes revolve around and are linked mainly to our three chosen sports: swimming, basketball and athletics. The topics we explore in theory classes (including components of fitness, skill acquisition and techniques, respiration, sports psychology, nutrition, biomechanics and equality in sport) are all applied to our three sports in practical classes through performance and critical analysis.

I find this course so interesting because the theory and practical go hand in hand. It is rare in Leaving Cert. subjects to see what we learn in the classroom come to life and be applied through interactive learning. However, this course shows us the value of balancing the academic and practical aspects of the subject and life.

If you like what you've heard about Leaving Cert. PE, go talk to Ms Hayes (she doesn't bite - we're almost sure). No matter what year you're in, it's never too early to get informed about your possible options for Leaving Cert. PS Did I mention we have ipads? :))

Ian Walsh and Aoife Grogan 5th Year

Leinster Cricket in Cape Town

Congratulations to Fifth Year Molly Streek who was selected to take part in the inaugural session of Leinster Cricket's Girls' Academy in South Africa. The squad of eighteen players went to Cape Town for a ten-day programme with a coaching team led by Shandre Fritz, a very well-known former international cricketer (eighty-five caps for South Africa) and full-time coach at the University of Western Cape.



I've been playing cricket since I was about seven years old when I first joined YMCA Cricket Club in Sandymount as both my dad and brother already played there. Girls' cricket doesn't usually have many opportunities for traveling abroad. This was the first ever trip for Leinster girls' cricket and will hopefully become a yearly thing for younger girls in the future.

There were eighteen of us (all from 4th or 5th year) from all different schools and clubs. We travelled to Cape Town on the 10th of April until the 21st of April. During this trip we had six training sessions, including matches. We played matches with teams combined from the Leinster girls and two local schools in Cape Town. Some of the girls from the local schools had only started playing cricket a few months ago and were thrilled to be able to play and learn from us. We also gave them a coaching session on one of the days. The training sessions were led by experienced coaches that had played professionally. They were very educated in what they were teaching us and pushed us with our fitness as we don't do much fitness in our clubs.

As well as all the cricket, we got to visit historical places in Cape Town such as Cape Point, Robben Island, Table Mountain and Bo-Kaap. We also visited markets around Cape Town, Boulders Penguin Colony, Seal Island and we went horse-riding on a beach near where we were staying.

I was honoured to have been able to take part in this trip and to have learned everything I did from the coaches about cricket and from our tour guide about Cape Town and its people.

Molly Streek, Fifth Year

Girls' Rugby

This year a group of Second and First Year girls have played in a number of tournaments run by Leinster rugby. In each session, students from many different schools play a series of tag rugby matches. The January tournament was especially fun as the Newpark team won all of their matches with most of the team scoring tries during the day. A big thanks to Ms Ring our coach for giving us the chance to take part.

Fern Marnell, 2RS



Pictured above is Newpark girls' rugby team with the interprovincial cup won by Leinster this season. The players also got to meet several Irish internationals including Juliet Short, Eimear Considine and former internationals Maz Reilly and Larissa Muldoon. Fern Marnell and Cerys Hanlon also won prizes in a crossbar challenge.

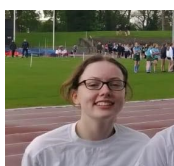
The season ended with the team competing for silverware in the inaugural Leinster Junior Tag Rugby Cup. Twelve schools from around Dublin took part in the competition which took place in Clontarf.

The teams were split up into two groups of six, with only two qualifying out of each group for the semi-finals. This meant that the team would have to win almost every match in order to qualify. The standard of rugby was excellent and on the day, unfortunately, it wasn't to be for Newpark. The team acquitted themselves very well against some very strong teams and should be proud of their performances.

All in all it was an enjoyable day and a nice way to cap off a brilliant season.

Ms Lesley Ring

Orienteering

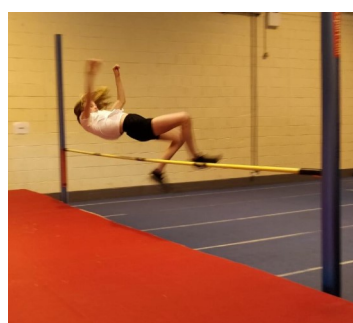


Congratulations to Emily Rowe 2LA on her gold for Orienteering in the Leinster Schools Championship. Emily topped her event for Second and Third Year girls and came in with an impressive time of 24:23, eight minutes clear of the next contender. The event took place in Trooperstown on the 4th of April.

Athletics at Santry



This year, Santry was organised into two days of events rather than the usual one and it meant we had two shorter days of events. This put less pressure on athletes to navigate between multiple events and spend more time on preparation for their chosen events.



Newpark sent athletes ranging from 1st to 5th year participating in several track and field events. The changeable weather this time of year is always a topic of conversation, however this year both days were bright and the rain stayed away.



It was a successful venture for Newpark as we clinched medals in various events. Thomas Wride, Edward Dixon Falvey and Cathal MacGearailt both placed 3rd in their respective events. Sophie Beddoe claimed 2nd in the Senior High Jump and Eleanor Foot took 2nd for the minor 500m. Hugh Kelly took gold for the Junior javelin. Our success was opened and closed by 5th Year Oisín Kelly placing first in the 4000m and the 1500m steeple chase.

We had several athletes narrowly miss out on medal place showing great skill and conviction in their given fields. Our relay teams faced difficult competition in the heats with our minor boys

qualifying for the finals, unfortunately missing out on placing. We were delighted when the Junior boys' relay team took the silver.

It was an impressive spectacle of talent by students from throughout Dublin and we wish those going forward to the Leinsters the very best of luck.

Special mention to Ms Cashman, Ms Colin, Ms Ormond and Ms Farrell for their help in preparation and organisation for these events.

Ms Delaney

The Mile Challenge



On the 28th of February, the TY Sports Committee held the annual School Mile Challenge with all 1st and 2nd Year classes. The day was successful for the students who completed the Mile, their participation adding towards the final total points for the winning class.

Here are the Mile Challenge Class Points:

Position	1 st Years	2 nd Years
1 st	1MOD (91)	2MT (77)
2 nd	1AC (89)	2LA (75)
3 rd	1KK (60)	2SH (73)
3 rd	1LF (59)	2KD (73), joint with 2SH
5 th	1SCN (57)	2RS (70)

Congratulations to 1MOD and 2MT for being the fastest form groups in their respective years.
Well done to everyone involved!



East Leinster Cross Country



When I saw the notice for the East Leinster Cross Country Championships, I decided to go for it. I had done a few 5k runs but had never tried Cross Country.

The school bus left Newpark on the morning of the 22nd of January for a long drive through the beautiful scenery of rural Wicklow. We were reluctant to get out of the warm bus when we arrived—it was a freezing cold winter day—but we got warmer running our laps around the area to check out the course. It would be a challenge—the ground was icy, slippery and uneven and muddy in places.



Then all that was left to do was wait. My race was luckily one of the first, but the rest weren't so lucky. For them it was a two-hour wait, trying to keep warm and watching the other races. Newpark was competing in the Minor girls, Junior girls, Minor boys, Junior boys, Intermediate boys and Senior boys' races.

Cathal MacGearailt, Eleanor Foot, Oscar Comerford, Hugh Larsen and Hugh Kelly all qualified for the Leinster Cross Country Championships. Oisín Kelly came first in the Senior Boys' race. It was a great day for the Newpark team.

On the bus back, everyone was exhausted, but we knew we had done well and would eventually get home to relax. I didn't get into the finals, but I hadn't been expecting to. I wanted a new experience and I was not disappointed.

Nakai Mudiwa 1LF

Lingue in scena



For the second year in a row, ten Newpark drama students from Fifth and Transition Year have been invited to Turin to take part in a multilingual theatre festival called *Lingue in Scena*. Every May, six schools from all over Europe come to this beautiful Italian city for a week to put on an edited version of the play chosen for the festival that year.

On the Monday, each school performs the play in their own language to an audience from all the other countries. You are strictly limited to thirty minutes of performance time so that all six plays can be scheduled in one day. Last year the six versions of *King Lear* were wildly different in style and interpretation, but the international audience could follow the action because we had all explored the same scenes in rehearsal and performance.

From this, Italian theatre director Marco Alotto selects a group of the actors to prepare a multilingual version of the play at the end of the week. Each actor speaks lines in his or her own language and they put on a full version of the play. The other students work with other professionals on dance or shadow puppet sequences which are also an integral part of the final “spettacolo”.

They have four days to pull the extraordinary production together for public performance in the theatre on the Friday night. There is a huge team of professional theatre people working on this production in Teatro del Ragazzi e Giovanni: choreographers, musicians, costume, lighting and set designers, hair and make-up, shadow puppet artists and a host of university student volunteers who work as translators and facilitators to make it all possible.

Accompanying the students last year was an extraordinary experience for me. Once the working groups were established, the teachers were allowed to watch as they rehearsed and learnt their various disciplines. Actors and dancers in particular had four long and rigorous days of hard work. The director and choreographers had high expectations and pushed the

students to their limits—and sometimes beyond. The language barriers caused difficulty too—especially for students with limited Italian or English, the working languages for the week.

For the actors and dancers there is a high focus on physicality, dance, movement, tone, gesture and expression—because these go beyond the boundaries of the individual languages. For the same reason music and lighting are hugely important in creating the tone and mood.

As the week went on, the different elements began to fall into place—the costumes were gradually fitted, the musicians rehearsed with the dancers, the dance and movement sequences were brought into the scenes with the actors. On Friday morning they migrated to the main theatre for an all-day technical rehearsal to bring in the lighting, the set, the shadow puppet sequences... I don't think we even got to the end of the play in that session.

Incredibly, by six o'clock we were back in there for a full dress rehearsal, followed by the public performance to a packed house at nine. The final product was a powerful and beautiful dramatic production that both celebrated and transcended language.

This year the play is *Woyzeck* by German author George Buchner. It is a strange, disjointed, disturbing play—and very modern in spite of having been written in 1836. As directors we had to admit to students auditioning that we had no idea what it was about. Over the last few months of rehearsals we have tried to figure that out with the actors—now we know that it is funny as well as disturbing!

After a preview in the Hunter Theatre on Thursday 9th of May we will take it to Turin and see what Marco, his team and the others from Italy, Greece, Romania, France and Germany think of it. After that, who knows what will emerge from Marco's crucible by Friday night?

Anna Johnston and Cathy Devis, Newpark Drama

The Junior Plays 2019



The Junior Plays are directed by Fifth Years, performed by First and Second Years, with Third Year stage crew and a host of other supporting students and teachers. This year more than eighty First and Second Years auditioned. Some went by the wayside before the sold-out performances in April, but we still had a record-breaking number of students involved, with sixty four cast members, eighteen directors and over thirty crew. There were six original plays (*The Best One*, *Watch Your Back*, *Inspector Lennon*, *Fredo's Fro Show*, *Clue* and *Compose Yourself*)—all written by the students. This unique Newpark event has been running annually for twelve years.



This year, Newpark entered the St. Andrew's One Act festival with a reprise of the first Junior Play, *Just*, directed by the first Junior Play director, Sian Ni Mhuiri. They were awarded the runner up prize, best director and a special merit award. Congratulations to everyone. The play was just as hilarious as the first time around and was made even more special by having Sian back as a visiting director. She and other past pupils such as Mark Ball support Newpark Drama in many different ways and make all the aspects of drama in the school so diverse and interesting.

Not only do the past pupils make a difference but the staff do as well. Where would we be if Bobby didn't open the school most Sundays for us, if Mr Lowry didn't give us the freedom to do what we do and if teachers didn't give up their afternoons and weekends (even Mother's Day) to facilitate these

events? A special thank you must be made to Mr Lowry and his management team for the constant support and openness to the Junior Play experience. We will miss him immensely; we really hope that he comes back to watch them in his retirement.

The directors, casts and crew were completely and utterly committed. There were many challenges this year but in typical Newpark fashion, they rose above them with maturity and ingenuity. As always, Newpark students never fail to amaze and impress with their talent, creativity and confidence.

Cathy Devis, Newpark Drama



A Director - Hanna Novak - *Compose Yourself*

I've been involved in the Junior Plays every year since I started Newpark: whether it was through acting, as a stage hand or working the sound.

I remember to this day the impact made on me in second year in particular. It is incredible to get the opportunity to direct the junior cycle students along with my fellow directors this year.

The Junior Plays are well known for being a small step into drama which I would encourage anyone to take :) In drama there's a bond formed between us all no matter how "good" you are. It honestly isn't important: at the end of the day each and every student involved has made an impact in some way.

The drama experience in Newpark is something unforgettable!

An Actor - Lada Kuzmenko - *Fredo's Fro Show*

In December we auditioned to be in the plays—everyone was excited and nervous to start and meet their cast and directors. Over the next few months we worked preparing the best performance possible.

I loved working on our play, *Fredo's Fro Show*. Every rehearsal was fun and the play was funny and very different from anything I have done before. The costumes and characters were unique—even their names were making fun of talk shows and real life.

The Junior Plays are a great opportunity to make new friends. Even if you have no experience in drama I guarantee you'll have a great time. This was my second year acting in the Junior Plays and I hope I will get to direct one when I'm in Fifth Year.

The Short Plays Festival 2019



Mark Ball - Festival Producer and Founder

The Short Plays were conceived in 2014 as a fundraiser for a new theatre for Newpark. It's a short commitment event that includes the whole school community; past and present. The plays were written by students and past students over a few months in the autumn. The actors were cast before Christmas, giving the playwrights time to finish off their scripts and the cast time to learn their lines prior to rehearsals.

The directors (also current students, past students and teachers) worked with their casts for a week to create their productions for performance on Wednesday the 16th of January. The event included debut playwrights, directors, and performers.

As well as the six new plays written, directed, and performed by current students, past students, and teachers the audience was also treated to live music from *Ford Fiesta*, *Public Servant Broadcast*, and dance by Molly Mc Alister and Jess Carew [pictured above], and a reprise of a scene from the recent production of *Macbeth*.

All funds raised go directly towards funding a new theatre (plans are currently in the works), and to keeping the Drama Department running.



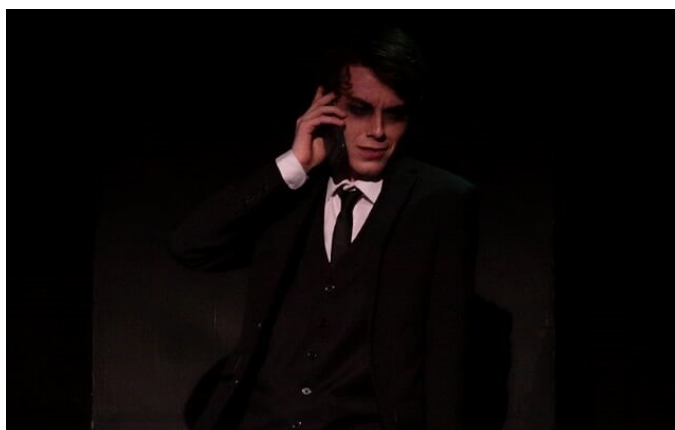
Helen Hatter - actor (*Bliain na Gaeilge ar Inis Mór*)

Taking part in the Short Plays this year was a really interesting adventure. Learning, rehearsing and performing a play in ten days was difficult, but something I'm really glad I did.

I was initially apprehensive when I found out my play was going to include lots of Irish speaking parts, but it's a challenge I'm glad I took on. I was worried about how I was going to convey the idea of my lines to an audience who, like me, wouldn't understand the Irish without translation on hand, but it actually gave me a chance to really get into the directing and blocking side of drama more than I had in other drama I'd done before.

Sunny Cooling - writer (*Death*)

I wrote the play *Death* for the festival, but my experience was a little different to most of the other writers in that I couldn't direct my own play - apparently because a younger student (I'm in Third



Year) might not have a proper sense of authority over Senior Cycle students. Luckily this didn't affect the quality of the play thanks to the acting and directing skills of the people who worked on mine.

It was interesting to see the play come to life, especially because I wasn't involved in the production. I acted in another play, so only saw the one I wrote at the dress rehearsal. It feels quite satisfying to see the story unveil as you imagined.

Overall the whole experience was a lot of fun and very entertaining; I would definitely do it again.



John McCarthy - director (*Bliain na Gaeilge ar Inis Mór*)

When Ms Devis told me that past student Ross Coleman had written a play for Newpark students I was delighted to be asked to produce it with Ms O'Dwyer. This play focused on a quest for authentic gaeilge sa Ghaeltacht confounded by the commercial realities of a tourist focused Connemara Gaeltacht.

Within such a narrow timeframe, the actors must be commended not only for learning their lines but understanding the nuances as gaeilge.

Ms O'Dwyer went on a spending spree in O'Carrolls to purchase many a stage Oirish product for the set. The play was warmly received by a well entertained audience and there were "gales" of laughter on the night.

A big thanks to Ross for writing such an insightful and funny script and to Ms Devis who works tirelessly keeping drama centre stage in Newpark.

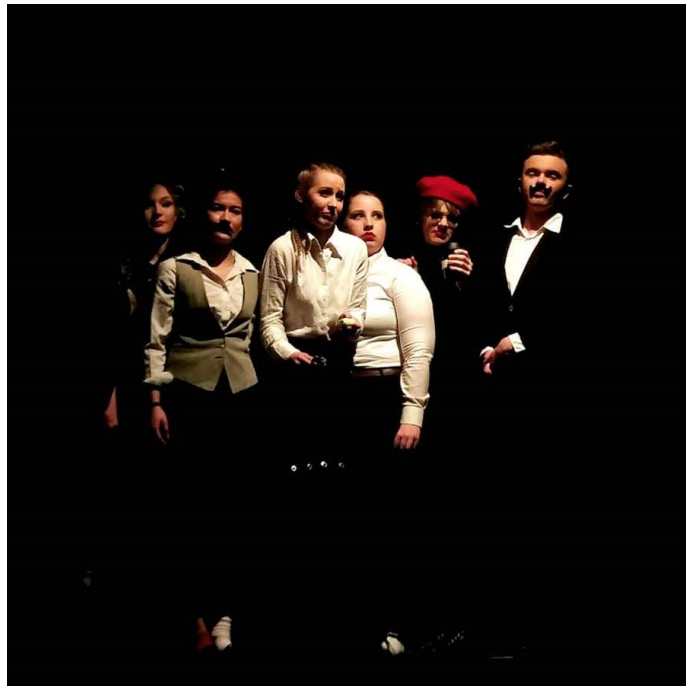
Many thanks to parent Marc Reuland for his photographs of the Short Plays Festival and the Junior Plays

St Andrew's One Act Festival

On February 14th, students from Transition Year and Fifth Year took part in the St. Andrew's school One Act Drama Festival. This festival has taken place every year since 1988, inviting secondary schools to compete with a one act play of their choosing.

This year Newpark performed the play *Just*. Directed by past pupil Sian ni Mhuiri, the outrageous story was brought to life by our dedicated cast of talented students. The collection of characters was beyond absurd, with three actors sitting amongst the audience for the majority of the play and another almost managing to steal the show as a motionless, silent yet captivating pot-plant. The ensemble called 'the townspeople' earned particular praise and a special award from the adjudicator and our leading lady was one of the nominees for best female lead. Only with weeks of hard work and rehearsing could a play so nonsensical be pulled off as an undeniable success.

The entire experience was once again a reminder of the strong core that lies at the heart of Newpark's ongoing love affair with drama and the arts.



Congratulations to the cast on a strong performance and for scooping awards for best ensemble and Best Director.

Saoirse Mulvihill, Fifth Year

Photo: Shawn Lorenzo, Transition Year

Introducing Sian Ni Mhuiri, Visiting Director

Past student Sian graduated from Newpark in 2008 having made a strong and lasting impression on the drama department. She was a memorable Mercutio in our *Romeo and Juliet* and later played a steely and devastating Lady Macbeth.

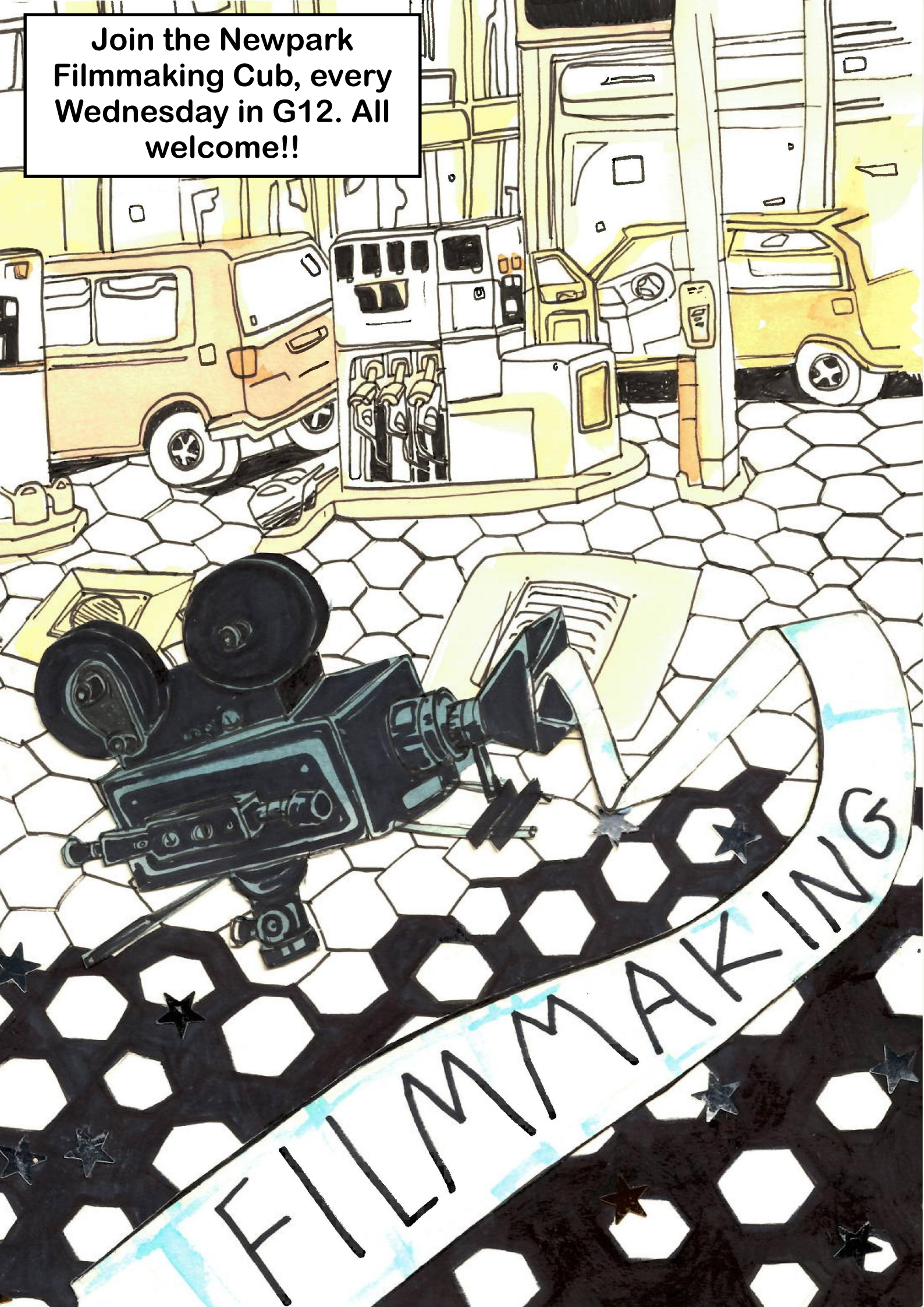
In Sixth Year Sian became the first in a long line of student directors in Newpark when she took the initiative and asked Ms Devis for the chance to direct. She worked with a team of First and Second Years on *Just* (the play reprised this year for the One Act Festival). Sian's project was so successful that it led to the instigation of annual Junior Plays where Fifth Years lead and direct teams of actors from the junior years.

Sian went on to study drama and specialise in directing in Central School of Speech and Drama, London. She has since written, directed and produced award winning plays for young people and is a founding member of the theatre company, Super Paua. We were very lucky to catch her just back from an exciting drama residency in New Zealand.

Sian is one of an amazing alumni group of theatre practitioners who continue to foster an active connection with Newpark and return on a regular basis to give workshops, expert advice, or to take on roles as directors, producers and facilitators for specific events and productions. Their input has helped create and enrich the extraordinary community and network of Newpark drama.

Anna Johnston

Join the Newpark
Filmmaking Cub, every
Wednesday in G12. All
welcome!!



2nd Year Woodwork Bookends



Lillian O'Flanagan—Reach for the Stars



Ella Norton—Boat



Orlando Cooney—Skyline



Conor Murphy—Rugby

Sci Fest at Newpark



All First Year students participated in the annual SciFest competition on January 29th 2019. The exhibition was held in the GPA and once again the projects were of a very high standard. The winning project was "The Effect of Chlorine on Hair" by Eva O'Donnell, Olivia Dockrell and Nakai Mudiwa and the runners up were Celina Van der Salme and Cadence Turner with a project entitled "What ingredients make raspberries mould the quickest?"

We would like to thank our judges - Anne Lynch (SciFest), Derval

Cummins (PTA), Breno Keogh and Oisín O'Sullivan (6th year). They all commended the students on their communication skills and confidence.

This was the 5th annual SciFest at school competition in Newpark and the school has been awarded the SciFest STEM School Award which is a fantastic achievement.

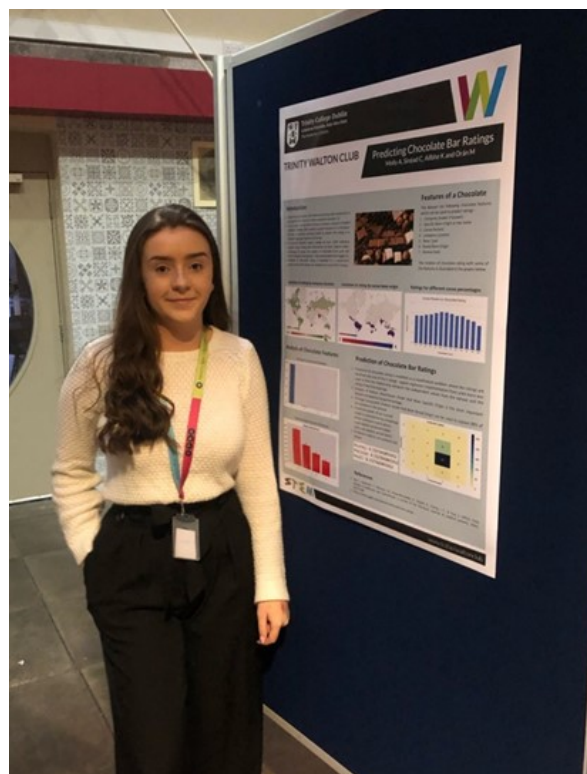
The exhibition was kindly sponsored by the PTA and we would like to thank them for their continued support..

Ms Lynn Anderson



Walton Club

The Walton Club is a group in Trinity which is focused on the STEM subjects. It is on every Saturday and I am now in Walton 3 which is the second last year of the programme. You have to take an entrance exam to get into the club and when I sat it there was around 200 people but there was only eighty students accepted into the programme.



In the first year we had an exhibition with projects that we had researched and we also had a very big project that we did this year. The theme was Uncharted Territory and it could be a project on Physics, Technology, Maths or Engineering.

It took us a while to think of a project idea but we finally decided to create a model for machine programming or machine learning and we decided to make it fun and easier to understand so we found a very large dataset on the reviews of chocolate. The chocolate in the dataset had many variables such as cocoa bean type, cocoa percentage and cocoa bean origin.

We spent about five weeks coding the dataset and then we finally had our finished project. The use of our final project was that if you had a chocolate bar, you could enter the variables into our programme and it would predict the rating of the chocolate according to our very extensive dataset.

Our final exhibition went really well and I have thoroughly enjoyed my time at Trinity Walton Club.

Molly Allman, Transition Year

There are currently six Newpark students in The Walton Club: Molly Allman in Transition Year and five Third Years, Oran O'Sullivan, Milo Houlden, Levi Smith, Matthew Hogarty and Gabrielle Corballis. Many thanks to the PTA for supporting this opportunity.

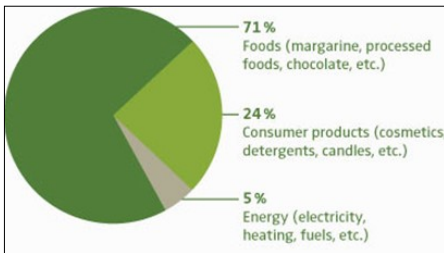
Should We Use Palm Oil in Ireland?



The new Junior Cycle Science course includes two classroom based assessment projects or CBAs. The Third Years have recently completed their CBA2:- a Science in Society Investigation. There were many fascinating topics explored and some exceptionally impressive reports produced by students. Below is an edited extract from Rosa Gildea's investigation into palm oil.

Palm oil is a \$40 billion industry that has come under fire in recent year for its negative effects on the environment. This vegetable oil is taken from the fruit of oil palms. 85% of palm oil comes from Indonesia and Malaysia. Though it has negative effects on the environment, it's the most widely consumed oil on the planet and is in about half of all packaged products found in a supermarket, so it's hard to avoid.

So why is palm oil such an issue? And why is it used so often?



Palm oil is found in many everyday products such as soap, shampoo, margarine, chocolate, bread and it makes up to 20% of instant noodles packages,

to name but a few. The reason for its worldwide use is because it's an extremely efficient, inexpensive oil with a long shelf life. It's solid at room temperature, can restore natural hair oils, can stop substances such as pizza dough from sticking together, it holds colour well (appealing to makeup producers), it can remove oil and dirt and it moisturises.

It contains much less saturated fat than other oils such as palm kernel oil or coconut oil and it's free from trans fats which raise your LDL (bad) cholesterol. It's also the highest source of natural tocotrienols, a member of the vitamin E family. Tocotrienols in palm oil have potential blood cholesterol-lowering and cardioprotective properties. Tocotrienols also promote more efficiency with antioxidant activity in the biological system and studies have observed it has effects of reversing artery blockage and possible anti-cancer and neuroprotective effects. It cannot prevent cancer but can stop growth in cancer cells.

Palm Oil also greatly benefits the global economy. In Indonesia palm oil production has contributed Rr 2.9 trillion to the Gross Domestic Product (GDP), Rr 330.30 billion in tax revenue and 29,000 jobs. In Ireland palm oil has contributed €52 million to the GDP, €12 million to tax revenue and 1,000 jobs.

However, palm oil is now recognized for its unsustainability and has recently been banned in

Iceland. The real issue with palm oil is the deforestation. Palm oil requires a rainforest climate and a large amount of land. Indonesia's palm oil plantations alone take roughly nine million hectares of land! To clear large amounts of forest quickly they burn down the trees releasing large amounts of CO₂. Many of Indonesia's forests are on peatland which is drained releasing large amounts of CO₂ are released. Tropical Deforestation is responsible for about 18% percent of greenhouse gas emission.

Indonesia's rainforests and peatlands host many endangered plants and animals such as Sumatran orangutans, Sumatran tigers and Bornean rhinos. Bornean rhinos are now extinct in Malaysia and there are fewer than 100 left in Indonesia. There is estimated to be as few as 400 Sumatran tigers left in the wild; most are in national parks but those that aren't are at risk of habitat loss. Sumatran orangutans disperse seeds over large areas of land and if they go extinct many trees will follow.

Around 25 different types of pesticides are regularly used on palm oil plantations though they have negative effects on the environment and humans around the plantations. Paraquat is a highly toxic weed killer used on many palm oil plantations in South East Asia. If inhaled, ingested or absorbed through skin, it can be fatal and there is currently no antidote. The workers exposed to Paraquat in pesticides regularly experience nose bleeds, eye irritation, contact dermatitis (rashes), skin irritation and sores, nail loss and discolouration and abdominal ulceration. As paraquat is becoming more restricted, glyphosate is becoming more popular. Research has shown that even small amounts of glyphosate are toxic to human placental cells. Pesticides also have a risk of polluting water by being washed into streams or rivers due to Indonesia's heavy rainfall.

Plantation workers get severely underpaid, on average €100 a month in Indonesia and €1-2 a day in North Sumatra. On plantations, men dominate the heavy physical work, but women are expected to spread fertilizer which involves walking the plantations with 18kg bags. Women are also tasked with spreading herbicides which come with many health risks. Children are often enlisted by workers to do some of their work; as they're not officially employed there are no rules and regulations to protect them.

Based on my research, I think the negatives outweigh the positives. Palm oil is not sustainable, though it has its values. The issue isn't with the actual palm oil, but the way it's being managed and grown.

So, should we use palm oil in Ireland? Sustainable alternatives are being worked on such as algae or yeast, but it would be incredibly hard to replace palm oil immediately. We need to attempt to phase it out and find alternatives rather than ban it straight away.

Rosa Gildea, 3AL

Freeze

It's cold – freezing actually. I can't see my own two hands. It must be pitch black in here –wherever that is. Scrabbling around my mid-section with shaking fingers reveals that I am wearing a lacerated sweatshirt and a thick, sticky substance.

My now coated fingers are triggering alarms and panic is clouding my thoughts, so I imagine I am swamped in blankets at home, contemplating whether to read 'Harry Potter' or go back to sleep. My sweatshirt is lavender scented and not dirt-caked, and it is only drafty because Mum forgot to put the heating on. Once I no longer feel like I am choking on air, and my lungs begin to inflate regularly again, I pry open my squeezed-shut eyes.

Trying to disregard the pit in my stomach, I shuffle forward on hands and knees, gripping gaps in the frigid metal below. The sinister silence encompasses me, yet I am almost tranquil as the task at hand focuses my mind.

The numbing cold seeps into my fingers and I can feel the mesh-patterned metal leaving indentations on my bare skin. The repetition of the action is soothing, and I untense my shoulders, just a little, right before a jagged entity penetrates my left palm. I visualize it protruding from the top of my hand and swallow down bile.

Blankets. Lavender. Harry Potter.

I count to three and then at a snail's pace, start to raise my hand. Bone shudders against metal, and this time I cannot swallow down the acidity. I carelessly swipe my other, trembling wrist against my mouth, before I begin again.

After throwing up twice more, and retching, I finally manage to pull my hand back. It is gushing a warm ichor that besmears my already encrusted garment and I am grateful I cannot see it.

Before I can attend to the wound, a wall of air takes my breath away and whips locks of hair across my feverish cheeks. With the mighty groan of aged machinery piercing the quiet, my cell begins to fall downwards at a rapid pace. The biting wind is attacking from all sorts of directions now, and I feel I've left my stomach above.

Gears are whirring and ropes are being pulled and metal is shrieking against metal. I have never been more terrified in my life.

The cage jerks, and I fall backwards, hand slamming into the icy ridges of metal. Hissing through my teeth – the sound getting lost in the powerful gale – I lift it up and cradle it. I can't bring myself to think straight while being buffeted by invisible enemies from every direction.

A fine spray of mist slams into my eyes, and I lick my lips – salt.

Everything slows down as realisation sets in – or is that the wind calming, ever so slightly?

The clanging isn't quite so deafening. The jerking of my chamber not quite so violent. But it is gelid; numbingly, piercingly cold. I can feel my blood solidifying.

I scramble to my feet, trying desperately to glimpse a source of light, and that's when liquid trickles between my toes. I gasp in a sharp breath as it chills me further. It begins to splash up in unpredictable spurts, and freckles my calves.

Fear is a palpable thing,. It is suffocating me, taking residence where oxygen should. I'd swallow it down if I could.

But all I can seem to swallow is water.

Ashley Olivier, 4SFR

Creative Writing

In next year's newsletters we want to develop a full section for creative writing. Ashley Olivier has kick-started this here!

For our winter newsletter we are looking for short fiction - anything up to 300 words

Email to newsletter@newparkschool.ie

South Africa 2019



It's been a long wait, but it's very close now... on Wednesday 29th May 2019, fifty-five students and seven staff members take off for a two-week hockey and rugby tour of South Africa! In the past, Newpark has gone on rugby and hockey tours of North America in 2013, South America in 2010, and South Africa in 2006. As with all of these tours, South Africa 2019 was organized more than two years ago, to allow students to earn and save the cost of the trip. It just shows that you can do great things if you plan far enough in advance. We have also fundraised to keep the costs down, through ads in our Tour Programme (look out for it on the school website) and kit sponsorship.

Two girls' hockey teams and one boys' rugby team made up of Fourth and Fifth Years are going on the tour, playing matches against local school and community teams. Apart from the matches, the highlights include staying with host families for two nights, staying in the High Performance Centre in Pretoria, going on safari in Mabula Game Reserve, visiting the Apartheid Museum and the Lesedi Cultural Village, zip-lining through the Magaliesburg Canopy Tour, staying in Capetown, a tour of Robben Island, visiting and playing matches in Langa Township, Cape Peninsula Tour (including Seal

Island, Cape Point and Boulders Beach), and whale-watching in Hermanus.

While there, we hope to deliver lots of pairs of second-hand football/rugby boots to Central Football Club near Capetown, where many players have no boots or have to share them, so please donate your second hand boots in good condition to Ms Delaney and we'll pack them in our bags!

We want to say a big thank you to everyone who has helped and supported this tour, which will be an amazing experience for all involved. Thanks to all who have supported us by giving us ads for our programme, to Spar Newtownpark Avenue for sponsoring our kit, and especially to Rachel Plunkett in the office for all her help over the past two years.

Watch this space for a full Tour Report!

Ms Susi French

Get the Boots In

The Newpark teams travelling to South Africa in June are taking the opportunity to connect with local sporting communities.

Central Football Club is situated in the heart of the Elsie's River, in one of the most disadvantaged parts of Cape Town. Their players range from ages eight to fifteen.

We are asking the wider Newpark community to help us find old football and rugby boots to donate to this very deserving club. Ask at home, your neighbours, your extended family, anyone! All donations will be appreciated. Boots must be in good enough condition and cleaned up as best as you can.

Sport is an excellent outlet for any young person and if we can do something small to help these players, then we are making a difference.

So get searching and cleaning!

Boots for Central should be given to Ms Delaney in the staffroom.

Zoe Watterson, Transition Year

Student Fundraising Bonanza

The Student Council decided they wanted to do something for South African charities because of the upcoming tour.

St. George's Home for Girls is a residential care facility for girls aged three to eighteen who have been orphaned, neglected, abused and abandoned. They provide a caring and loving home for these girls.

The Langa Hockey Club is the first township club in South Africa. It has produced two national players and it provides other sporting facilities for the Langa community.

The fundraising took place on Friday the 3rd of May with a Non Uniform Day and a magnificent cake sale. In a single schoolday the students raised over €1000. Many thanks to all the organisers, bakers and supporters.

Tackling Apartheid

Zindzi de Barra's South African granddad, Rafique Mottiar, was Treasurer of the Irish Anti-Apartheid movement for many years. She interviewed him about Apartheid in South Africa, and his role (and that of Ireland) in the downfall of the Apartheid regime.



Zindzi: When did you come to Ireland and why?

Rafique: I was born in Johannesburg in 1945 and came to Ireland in 1965. I came to Ireland because in South Africa the apartheid government divided people into different race groups: white, Asiatic, Indian, Coloured or African. My family lived in the middle of Johannesburg which was very much multi-cultural and multi-racial but the Apartheid regime's policy was to separate the races from each other. When I finished secondary school, I couldn't go to the local university because they classified me as an Asiatic (Indian) and the Asiatic university in Durban, didn't teach Medicine. I wanted to do Medicine and my brother was living in Ireland, studying Medicine, so I joined him.

Zindzi: Can you explain what Apartheid is?

Rafique: Apartheid was based on four major pillars. The first pillar was that only thirteen percent of the land of South Africa was given to the 80 percent of the population. In other words, all of the land was taken off the black African people in South Africa. Thirteen percent of the land was reserved for black Africans, the rest of the land was reserved for the whites. The second pillar of Apartheid was that they controlled the movement of African people. They could only come to the city if they had a pass and if you didn't have a pass in your hand, you could be arrested and put in jail. The third pillar of Apartheid was that the different races could not mix whatsoever. The fourth pillar of Apartheid was that every person had to be classified according to their race. They used to have tests to see if you were white or black; one of them included putting a pencil through your hair. If the pencil got stuck in your hair, you were classified as black, if not, they classified you as white. They classified Japanese as white and Chinese as Asians, so it was a totally mad system.

Zindzi: How did you get involved with the Anti-Apartheid movement in Ireland?

Rafique: I first got involved in South Africa because in those days, they had the Group Areas Act. Under

the act, they moved different races into different areas. They were going to move the Indians into an area called Lenasia, but the Indians refused to move. They forced them by moving the schools. They moved the classes each year to their new school location. I got involved with the South African Indian Congress who were opposing the Group Areas Act. When I left South Africa and came to Ireland, I was well versed in the Anti-Apartheid Movement, so when I came here, I joined the movement.

Zindzi: What did the Anti-Apartheid movement do in Ireland?

Rafique: The Anti-Apartheid movement in Ireland educated people and campaigned to isolate the South African Apartheid regime. We tried to tell people in Ireland what Apartheid really was and campaigned to end this regime. We organised lots of demonstrations and marches and campaigns. I travelled to meetings around the country. We made sure that the Irish Government had a policy in place that isolated the Apartheid regime. I was involved with the Irish Anti-Apartheid Movement, the International Defence and Aid Fund, and I was also Chairman of the African National Congress in Ireland, at a time when it was not popular to be a member of the ANC. When Mandela was released in 1992 we invited him to Ireland. He came three or four times, and every time he commented that the Irish Anti-Apartheid Movement had played a crucial role. As Ireland plays a role in both the EU and the UN, it was crucial political support that was needed against Apartheid.

Zindzi: What role did Ireland play in the downfall of the Apartheid regime?

Rafique: Ireland played a very, very important role. As a small country that had only become independent from Britain in 1921, a lot of people in Ireland sympathised with the oppression that Africans faced under Apartheid. As a result, it was easy enough to explain to Irish people the nature of Apartheid and how it gave all of the privilege to the whites and none to the Africans, Indians and Coloured. The wealth of South Africa belonged only to a small minority. In the 1960s the population of South Africa was about 20-25 million people of which six million were Whites - the rest were African, Indians and Coloured. Africans had no votes to control parliament or government. The Whites effectively colonised Africans; they made and had all the power, they made the laws, they got all the good jobs.

Zindzi: Tell me a little bit about Nelson Mandela and his links with Ireland.

Rafique: Well, Nelson Mandela was a towering figure in South Africa. He was a lawyer by profession. In the 1950s and 1960s he was a member of the African National Congress (ANC). This was the main liberation movement fighting against Apartheid, and



he was involved in the major struggle in South Africa against the Apartheid Regime. As a young man he went to the University of Witwatersrand and he defied the racial laws. He then became a lawyer and a prominent member of the ANC's Youth wing. In the 1950s and 1960s the ANC had huge protests (which were peaceful and non-violent) against apartheid. In 1961 the Sharpeville Massacre occurred. The police shot 69 people in their backs because they were demonstrating against apartheid. They then banned the ANC and the Pan African Congress which were the two main liberation movements fighting against Apartheid. Once they were banned, the ANC decided they would have to use armed struggle as a last resort. Nelson Mandela said in his speeches that they had been left with no other choices at all, other than to fight Apartheid with violence.

He was arrested with others in 1964 and spent 27 years in jail. While he was in jail, the whole world became aware of him, the ANC and how appalling Apartheid was in South Africa. He began a campaign in Ireland and elsewhere to boycott South African goods. Mandela played a very important role in peacefully transferring power away from the white regime and creating a new country. He managed to transfer power from the whites to the Africans peacefully.

Zindzi: How has South Africa changed in recent years?

Rafique: The most important thing about South Africa is that it is a free country now and the people can vote to determine their own government. Everyone in South Africa is a citizen and has a vote. They have huge problems, as Apartheid created many imbalances in society, and there are many heritage problems making it extremely difficult to create a non-racial, non-sexist South Africa, for all South Africans. In other words, racism exists even now in South Africa. Some of us in the Anti-Apartheid movement may have been naïve to think that all would be well once we had freedom; freedom effectively means that you have to change the resources, and provide education and health and jobs for the people, and those are very hard things to do. But it is much, much, much different, as South Africa is now an independent country that can make its own policies for its own people.

Zindzi de Barra, Fifth Year

Trip to the Dáil

Our trip to the Dáil began with some high drama, and this was before we had even entered the Houses of the Oireachtas. When we arrived there (after it had been confirmed by the person manning the desk that Ms Ring was, in fact, not a student!) we had to go through security. This involved passing through a metal detector, where Oisín was stopped and searched for several minutes on suspicion of carrying a penknife. The alleged weapon turned out to be a highlighter in his pencil case – very dangerous. We were then brought to the gallery of the Dáil where we could watch the TDs debate different motions. The day's topic was the Irish Fisheries Policy, we'd be **codding** you if we said it was interesting.



We were then shown portraits of past Taoisigh and learned some of the stories behind the paintings. Our guide was able to tell us much of the history of the building, including how Lord Fitzgerald, who originally built Leinster House, had built it as his summer home...well for some!

Up next was the Senate and we were able to witness Senate heavyweight David Norris in action, before we were whipped away to another area. We believe security were acting in the interest of our health, no one should be exposed to too many senators for too long - something Julius Caesar can attest to.

Unfortunately, there are currently large renovations underway at the Dáil and therefore we were unable to complete the full tour.

Afterwards Ms Ring did her best to point us in the direction of the National Library, National Gallery and National History Museum, a suggestion that was met with many groans. And with that, we were let loose on Dublin city centre to taste the fine cuisine of Eddie Rockets and Pablo Picante and for some much-needed retail therapy. Who said politics was all bad?

Emma Redmond, Oisín Linnane, Claire Connor, Fifth Years

(Ghost-written by Ms Ring)

An Unforgettable Trip to Poland



In March, 5th and 6th Year students from History and Politics and Society classes went to Krakow, Poland. We spent time in Krakow city, Auschwitz, the Salt Mines and Schindler's Factory Museum. On the first day we explored Krakow—it is a massive city with many interesting and enjoyable attractions such as huge cathedrals, a castle and the city square.

On the second day we visited two of the three main camps, Auschwitz-I and Auschwitz-Birkenau. There are also over forty other sub-camps. The experience of being at a place like Auschwitz was very surreal: there are few places in the world that disturb people like this one does. Clearly it is very important that we remember what happened there so that it never happens again.

The next morning we visited Schindler's Factory Museum. This provided very interesting insights into how people lived inside the Krakow ghetto. That afternoon we went to the Salt Mines in Wieliczka and we saw how the miners would have worked. After dinner, we finished the day off with bowling.

It was a very interesting trip that I won't ever forget. I would like to thank Ms Boyle, Mr Daly, Mr Twamley, Ms O'Donnell and Avril for taking us.

William R. Veldhoen, 5th Year

Before the Trip

In November, in preparation for the trip to Poland, students participated in a workshop delivered by the Holocaust Education Trust Ireland.

Lynn and Annemarie gave a very insightful talk to students about the events leading up to the holocaust and the treatment of the Jewish people. Students were visibly moved by the many examples of the injustices that happened during the holocaust.

Lynn also focused on the goodness that came from such horrors, giving students an insight into the people who risked their lives to help Jewish people. In particular, the story of the Kindertransport network reminded all of us that even in the depths of despair there are still good people in the world.

Ms Anita Boyle

Student Reflections

The darkest part of the trip was the Auschwitz concentration camp, the deathplace of over 1.3 million people during the holocaust. This took place during the German occupation of Poland from 1939–1945, the years of the second world war.

These unlucky people were from several different groups persecuted by the Nazi regime in Europe. Jews, Roma gypsies, blacks, homosexuals, people with disabilities, political prisoners and Russian communist soldiers captured in the fighting on the eastern front during the war.

I learnt a lot not just about the historical events which took place there but also about the importance of maintaining sites such as Auschwitz in today's world. After the grizzly but interesting tour of the camp and its museums I came to realise that the meaning of the visit for me was the realisation of what humans are capable of doing to each other and how it affects today's world and the future. I have significantly gained an understanding of the dangers of hate crime and militarisation. As a next step I need to use this to figure out the best way to help the rest of the global community to steer minds away from hate crime and work towards a better world.

On a lighter note, seeing Poland and the city of Krakow was a beyond wonderful experience as I have never had a true feel of eastern European culture and society before this.

Dexter Hodkinson, Fifth Year

It was an incredibly confusing feeling visiting a place where one of the worst atrocities in human history took place: Auschwitz-Birkenau, a place infamous in the worst way possible. It can hardly be put into words the extreme gratitude one feels for the shoes on one's feet, food in one's stomach and clothes on one's back. Standing outside and seeing the front gate that reads 'Arbeit Macht Frei' (work will make you free), I suddenly felt a wave of pure sadness as the reality sank in of where I was and what had happened there.

As we entered, I felt nauseous thinking about all the individuals who walked through the gates and never returned. It was eerily silent, as one would



expect, with a looming heaviness in the air. I could barely listen to what our guide was saying. Like many of us, I cried as we saw the photos, hair, clothes, hairbrushes and other little possessions that made all these individuals human. It was this that caused me to really think about the magnitude of the massacre that took place there. Auschwitz gave an insight into what it was like to be there as a prisoner and the day to day struggles that they faced as they were stripped of every form of human dignity. I think it only fully hit me afterwards the absolute extremity of the cruelty and disregard for human life.

I did not enjoy visiting Auschwitz at all. It is not a tourist attraction nor an enjoyable experience, but something all should visit and connect with on a human level. I came out of Auschwitz-Birkenau feeling grateful for my mere existence, and it gave me perspective on how fortunate we all are to live in a safe and free country where we have the freedom to express ourselves openly without fear of suppression and murder. This haunting place leaves a scar on history that we must never forget. I am unbelievably fortunate to have seen this place at eighteen years of age, to truly understand what happened there. I believe it is the responsibility of our generation and generations to come to ensure that this massacre never repeats itself.

Ciara Corscadden Hennessey 6th Year

Some of the barracks inside the concentration camp held grotesque exhibits behind glass, such as a large pile of artificial limbs that had belonged to people brought to Auschwitz and Jewish prayer shawls that had been stolen from prisoners. One even contained nearly two tonnes of human hair. After this we walked to 'Gas Chamber I', where an estimated 10,000 victims were murdered in cold blood. It was incredibly hard to visit a place where you can feel the ghosts around you. Ghosts in the floors, ghosts in the walls, ghosts in the air even.

Upon leaving 'Auschwitz I' I noticed a group of young Jews flying the flag of Israel and speaking Hebrew. I found this particularly inspiring that descendants of the victims and Jews as a whole are now free to walk the paths and enter the buildings of a place in which they were at one time most unwelcome.

At Auschwitz II-Birkenau, we were greeted by

the infamous image of the camp's guardhouse and train tracks. Like the sign that hangs above the gates of Auschwitz I, they act as a symbol of the horrors that occurred here. Entering through the gate, Birkenau felt like an incessant wasteland of brick chimneys and wire fences. The size was truly immense and it appeared to never end. We made our way down the long path that cuts through Birkenau, eventually reaching the ruins of gas chambers, 'Krema II' and 'Krema III', the sites of the largest mass murder in the history of mankind. In an attempt to cover up their crimes, the Nazi's demolished these buildings. They now sit ruined and destroyed.

This place just didn't seem to make sense. It is so difficult to comprehend that humans could be so incredibly evil towards other humans based on religion, ethnicity, and nationality. Auschwitz is a sharp contrast to the beautiful neighbouring city of Krakow. It plays a major role in ensuring that the suffering and anguish felt by those forced into the camps is never forgotten.

Mark Vincent, Fifth Year

Initially, I did not think I would be as affected as I was. Of course, I thought it was going to be extremely sad and difficult to see and learn about. I just didn't think it was going to be to the extent of all my friends and I walking the tour crying or just about to. It was one thing hearing about the Holocaust in class. Actually going to the place where it happened and seeing where people were killed and treated so horrendously is a whole different experience.

The thing which impacted me the most was this glass case full to the brim which went back for metres. It was full of victims' hair which was all shaved off. The reason this upset me the most was that seeing their actual hair made it all a whole lot more real. This was an extremely heavy and saddening experience but definitely one of the most incredible things I have ever experienced. For anyone reading this, if you get the opportunity to go on a trip like this, do. You will not regret it.

Anna Burns, Fifth Year

We arrived at the Salt Mines in the evening after having visited Schindler's Factory Museum and the first thing we had to do was run down flight after flight of stairs until we were 64 meters below the ground. I'm very glad that we didn't have to take those stairs back up! We had been given earphones before the tour began so that we could hear the tour guide better, which gave us freedom to look around at everything and still hear everything that was said. I was stunned to find out that the mine was nearly 800 years old and only stopped producing table salt in 2007.

The daily lives of the miners were shown through multiple set ups of statues and the crude machines and devices that the miners used. The salt taken from the mine for centuries was what built Poland's economy. Only with the invention of the refrigerator did its popularity fall as there was now a

much better way of preserving food. There was salt *everywhere* on the tour. At certain points the tour guide even said that we could actually lick the walls if we wanted. Considering the thousands of people per day who do that at the same spots I thought it best to avoid that.

We saw many chapels throughout the tour - there are as many as nineteen in the mine. We were told that because of the harsh conditions of the work many of the miners were very religious. The last chapel we visited was 130 metres underground and was enormous. It apparently holds weddings quite often to this day.



After the tour ended, we took this really fast and unstable elevator back to the surface. I really enjoyed the tour of the Salt Mines. Other than Krakow city, it was the only place we went to which wasn't grim in any way. It was amazing to think that we were walking in a mine that was almost eight centuries old.

William R. Veldhoen, 5th Year

The Wieliczka Salt Mine is operatic; among the most amazing places I've ever seen. I have pictures (as do many of my peers and teachers), but few do it justice, if



only because of the camera's essential inability to capture spatial awareness. Beginning with a seemingly endless stairway and climaxing with an altar and Pope made of salt, the entire place is so meticulously designed, so unlike anything else you've likely ever seen, that you feel as though you couldn't be more impressed until you remember you're surrounded by enough sodium to make your cholesterol level rise on the spot.

The key moment might have been the big black room, darkly invisible until a few students availed of their phone torches and revealed the glistening shimmers of a marine lake, its stillness interrupted only by wishful coin-tossing - a poignantly capitalist fantasy - which echoed against the aurally-reflective high cave walls and ceilings. It prompted me to quietly say "wow" to no one in particular. That almost never happens.

Another thing that almost never happens is the chance to experience the landscapes of other countries. Being in a foreign land helps you appreciate how *small* Ireland is, and how rarely it seems that any one thing is all that far away from another. The intermediary stretches of Polish road have a distinctly unique look about them. Silver and grey and unappealing and profound, they're both off-putting and warmly inviting. Not unlike their dumplings, which I understand to be an Eastern European equivalent of the spice bag. This was the one restaurant choice on the trip that united all sixth years, and while it didn't seem to spawn many rave reviews from anyone, it was nice to partake in some authentic Polish culture, and take a transient break from the homogenous McNugget.

Finn Keating MacMahon, Sixth Year

Richard Brophy: "The church carved out of salt in the mines blew my expectations out of the water."

Finn Vellamurphy: "The image of the room full of human hair which was taken from prisoners of Auschwitz will stay with me forever."

Mr Karl Daly: "The moment that impacted me the most was the image of children as young as two years old being sent to the concentration camp. It showed the absolute worst side of humanity."

Dexter Hodkinson: "One of my favourite parts was exploring the beautiful city of Krakow."

Evin Donnelly: "Seeing the gas chambers for the first time and all of the scrape marks on the walls."

Aran Islands



When we went to the islands, not only did the students not know what to expect, the teachers didn't fully either. It was a new year, a new island, new hostel and new activities. But all I can say is that it exceeded expectations.



We started our travels on Tuesday morning at break time and didn't stop until the Friday afternoon. It was an action-packed trip with cycling, walking, swimming and a lot of singing!

The journey to the west of Ireland was a smooth one with the musical stylings of all the classic hits! The mood in the camp was very positive as we passed around a rugby ball, danced for the passersby and were just our usual entertaining selves. We settled into our abode for the week and after exerting all our energy in a big field in the pitch dark, we handed over our only lifelines—our phones.

On the first full day on the island we certainly weren't going to waste any time. After breakfast we got the boat to Inis Oirr. We walked around the perimeter of the island with the hot sun on our backs taking in the views and learning about the several landmarks including the "Scrote Boat" [officially *The Plassey*], Teampall Chaomhan, an ancient church and graveyard and the beautiful beaches and wildlife. The

rendition of Backstreet Boys on the beach really was a sight to behold. After our trip to the island we came back and after a hot day, we couldn't resist a swim. Finishing off the day with a barbeque, our first full day on the island couldn't have gone much better.

As the days went on, the weather just got better and after a relaxing morning of playing cards, going to the local park for a game of football and eating in the island's restaurant we got some bikes and went again. This time to Dun Aonghus, a very hard to spell fort, situated on a cliff on the other side of the island. After seeing the fort and looking over the edge (for the ones who could stomach it) we went back on our bikes to the hostel stopping off at an incredible landmark called the "worm hole." This is a huge rectangular hole in the cliffside filled with very rough waves and seawater. Granted, we walked a little as the crow flies to find it, but what a view! When we got back to the hostel everyone was tired (and some of us very sunburnt) and we spent the rest of the evening relaxing and reflecting on our great adventure.

We learned a lot on this trip. Like how Eve Barrett Cullen is genuinely the strongest person we know (she crushed Mr Doyle in an arm-wrestling contest). Or how 'Newpark's Hypothetical Fight Club' is an excellent way to pass a boat trip. Or how you can't bring Joey Walsh anywhere without him losing something! Or what about Alex Stewart Miller not being a fan of blonde hair! Who could forget watching Emilio throw serious shapes! Also, farmer tans are all in.



It was an unforgettable trip, every part of it, and all things said just made it better and better. All of us have so many great memories we are taking away with us. On behalf of the students who went I'd love to thank Ms O'Donnell, Ms Delaney and Mr Doyle, for putting in so much effort and time to make this trip as special as it was. In the words of our favourite, Neil Diamond... Good times never seemed so good!

Conor Murphy 2RS

Model United Nations

Wesley MUN

I could personally say ‘it’s been far too long, my friend’, as it had been close to a year since I had last gone to a Model United Nations conference.

Wesley MUN on the 8th and 9th April was a completely different experience for me compared to others I’ve participated in. In particular, their presentation and reception to the schools participating were above the ‘normal standards’ for a regional conference!



A full three course dinner that lasted an hour and a good opening General Assembly were the definite highlights of Friday, alongside the lively debating in the various Committees!

The topics on hand in the conference were fairly varied: from Chinese Neocolonialism, Climate Refugees and Autonomous Weapons to Tied Aid, Security Council Reforms and even a dedicated Historical Committee (where you talk about past issues ie. Spanish Flu)! Overall, this was different from last year and definitely follows the trends in global



politics.

Another twist to the normal proceedings was that our General Assembly on Saturday focused on

creating what’s known as a ‘Crisis Resolution’ from all participating delegations.

Although it was a bit flawed considering that we created a two clause resolution that didn’t really make any sense and somehow passed it, it was still a neat concept to promote cooperation and spreading of various ideas in a setting like General Assembly.

For Newpark’s Ethiopia and Germany, we managed to win a Best Delegate award for Max Schmidt and a Commended Delegate award for Evin Donnelly. This is always reassuring and reminds us that Newpark delegations are continuously improving in these conferences.

Once again thanks to Ms Odongo for organising this unique regional conference; it was truly WiCkeD!

Shawn Lorenzo, 4LMY

St Andrew's MUN

It was the SAIMUN conference of 2017—the hottest event of the Model UN calendar and my first ever conference. I was representing Uganda in the Special Political and Decolonisation Committee and was armed and raring to go with masses of photocopies of Wikipedia pages on global unemployment rates, newspaper cut-outs detailing the rise of far-right politicians in Europe and North America and piles upon piles of sheets describing the political situation in Transnistria—all of which proved redundant when the four day conference sluggishly limped by with me only making one POI (point of information) and a brief speech with no questions asked.

Honestly, it was terrifying, and my lack of action can be credited to the daunting environment that I found myself in. I was surrounded by well-polished, articulate students from all over the world who glided around the place with an air of wisdom and desirability. They spoke with an indignant eloquence



and well-informed composure that made me question my own ability to speak in public.



Two years on and I'm still none the wiser, but I've learnt the art of the trade and come to realise that part of the skill is being able to speak on a topic that you know nothing about. Often it's your ability to deliver a convincing argument, whether factual or not, and your ability to deliver that argument with passion and an unwavering certainty

that wins over support from fellow representatives.

I guess it's a happy medium; the more you know the easier it is to talk with a definitive confidence, but it's impossible to know everything and regardless, there will *always* be that smug delegate at the back of the room waving their placard and shouting points of order to the chair. Sometimes you just have to learn to wing it and hope for the best.

And that's what I love about MUN. It sounds clichéd but it is so much more than just debating. It teaches us to think on our feet, expand our often narrow-minded thought processes and sometimes argue in favour of something that we vehemently disagree with, such as the question of fertility testing or FGM—barbaric, inhumane practices that we find personally repulsive but that the country which we are representing is yet to abolish or reprimand those responsible for carrying out. It puts forward challenging global problems that we are asked to try and find solutions to, and forces us to step outside our comfort zone and speak on abstract topics in front of



large groups of people. Trust me, if you can speak in front of eight hundred people on the question of identity geopolitics in Eastern Europe, you can really do anything.

This year's SAIMUN conference was a testament to all those involved. Newpark students always bring a certain flair and individuality to MUN conferences and it was great to see so many fresh faces willing to brandish the sword and give it a go. I was committee chair so unfortunately didn't have the opportunity to debate any resolutions myself but was lucky enough to watch other delegates take the podium instead, all of who really put themselves on the line and gave it their best shot.

A huge thank you to Ms Odongo for facilitating another great year of MUN and without whom none of this would be possible. She sacrifices a lot of time and early Saturday mornings to assist our political endeavours and even more time hunting down cheques and trying to find replacements for last-minute dropouts—we really appreciate it all.

Nathan Moore, Fifth Year

Soft Boy
Lucas Harkin (AKA Luca Palm)
Interviewed by Mr. Byrne



Luka Palm (class of 2017) came in to the art room for a chat about his music, business, ethics, art and lots of other stuff. Luka is the softest of all of the boys in Softboy Records, who are doing wonderful things in the Irish music scene. Originally formed by Kojaque and Kean Kavanagh, Softboy Records is nurturing an innovative, collaborative and exciting new musical family. Softboy also have a number of other Newpark alumni on board, including the mercurial electrogenius Wastefellow, and the virtuoso jazzers Five to Two. If you would like to get an overview of the Softboys, I recommend you have a look at the short film *Soft Boy Forever – an Irish Hip Hop Story* from Boiler Room.

Luka has been writing and performing professionally since he was in Third Year in Newpark. He released *Pink Lady* when he was in Fifth Year, and has been getting some very positive attention for his collaborations with Kojaque in recent times. *Date Night* and *Politicksis* are well worth your time, as is Luka's solo track *San Pelly* (with a great video from our own Hugh Mulhern). There is more material in the pipes, and we should be hearing *Airbnb* soon.

Ciaran Byrne Tell us what you've been up to over the last few weeks.

Luka Palm So, spent a week in Texas playing at South by Southwest with Kojaque. Played a little festival in Paris, played a little festival in Groningen in Holland,

and then just been working on a project that me and Kojaque are releasing in the summertime. So I've been heavy in the studio and stuff like that. Also, I've been in college studying entrepreneurship at the same time.

CB Does the business side of your work take up much of your time?

LP Not too much time. Kojaque's manager sorts it out. He's a legend. He's got us some amazing stuff lined up. That's really exciting, because we've never had a manager up until three months ago. Stuff has just drastically changed. He was the one who sorted us out with going to Texas.

Having a good manager can just help so much. There are so many things that artists don't know that managers know. They've been in the game for a few years. They have all these contacts. A manager might send one email to a festival, and they'd be like: 'Oh we definitely want your artist to play.' You know what I mean?

CB So they take it seriously, where if you sent your email off yourself...

LP It just looks a bit desperate, and it looks like: 'A real artist wouldn't do that.'

That's originally where 'Softboy Records' came from. It was like a fake email that they would send off to get themselves gigs, because they wouldn't want it to come from themselves. You know what I mean?

LP The whole Softboy Records thing was funny, because I remember like before that started, I remember me and you, in like fourth year, or whatever, would be having the 'soft' jokes all the time, even just calling each other soft. I remember you just always, always calling me soft.

CB That's because you were always soft.

LP I was always soft. I remember when I was in Fifth



Year when Softboy Records started. It was funny because like me and Hugh (Mulhern) had talked about turning 'softboy' into something before, you know what I mean? It was funny how that just fell into place that they started that record label, and that I was on it. It was almost a record label that I would have thought about starting myself.

Something I got from your mentoring, was keeping things funny and keeping things loose; keeping things not so serious. Not necessarily just with music, but with art in general. If I'm not good at something, to do it anyway and do the best I can. For the music it's the same. There's definitely that element, especially when I was writing music, when I was in school back then, I would have been going at it with more comedy than seriousness.

CB I've noticed that when you have a sense of fun and a sense of playfulness, some people think that means that you are not serious. In a sense, if you want art to work, there has to be a level of play, and the same for music. It has to be playful, doesn't it?

LP Yeah. There has to be play.

CB That's a serious business. Obviously you're really serious about what you're doing.

LP Extremely, yeah.

CB At the same time it's fun.

LP Yeah. It's also important that you make it fun. A lot of the time for me, music can seem like work, but you have to turn it into a fun activity, rather than a workload.

CB I've seen videos of you performing, and you look like you are having an absolute ball. Do you love it?

LP I absolutely love the performance side of it. Especially when you are doing a song that people know in the crowd, because then you know that everyone's in it with you, everyone is singing the hook, there's so much energy in the room. That's absolutely my favourite part. It's also your opportunity to get everyone else in the room feeling good. It's cool having a roomful of people who know who you are, and who respect what you do.

There's this rapper called Slowthai, who is my favourite rapper. He was playing The Workman's in

September, and they asked me to open for him. That was amazing. After I supported him, I was down the back, and one of his songs came on, and he was screaming my name from the stage. So I went up, and did one of his songs with him. The energy was crazy.

Kevin Kirwan Do you practice the performance thing?

LP Doing it is the best training. Doing shows abroad is the best way to get your performance up. When I was supporting Slowthai in London, I felt like the crowd hated me. Performing in London is real tough. The gig was full of lads wearing all the streetwear stuff, and standing looking cool. I almost wanted to cry when I was on stage: 'Get me out of here.'

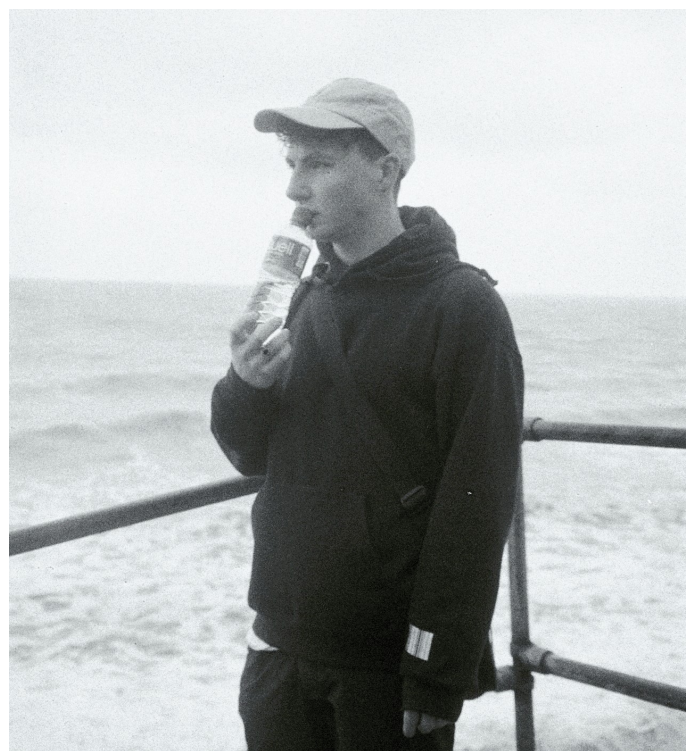
KK Did they warm up?

LP A little bit, a little bit. But Dublin, it was mad. There were lads wearing Laois GAA jerseys, and it was mad energy. Slowthai loved it. He was like: 'Dublin, you are the best ever'. London was a sell-out show, absolutely packed. Everyone was just loving all his tracks, but there just wasn't enough energy. It was to the point where Slowthai goes: 'Stop the beat for a minute. What's going on? Why are you standing around trying to look cool? Are you scared of getting your Ralph Lauren dirty?'

Slowthai's manager even told me before I went over that London was going to be tough. You've got all these kids who love the hip hop, who love the rage and stuff, and they'll go to the show, and they'll be wearing their nicest Stone Island jumpers, and they don't want to get drinks spilled on them. Whereas Ireland was just deadly. Irish crowds show a lot of love. It was definitely nice coming home after doing that UK tour with Kojaque, to come back to Dublin to play that Academy Show.

I felt at home.

This interview between Lucas Harkin and Mr.Byrne took place in T16 in April of 2019



The Dominoes Win Battle of the Bands



Check out the Review!

Congratulations to The Dominoes from Newpark who won The Battle of the Bands at Dun Laoghaire Further Education Institute on the 28th of January. They had already powered through the previous heat stages against bands from five other schools.

What a fantastic performance! The DFEi canteen was rocking as the bass guitarist Xochitl got the audience warmed up. They performed their own songs and were so well rehearsed, appeared very relaxed on stage and were enjoying the music as much as the audience.



The Battle of the Bands at DFEI was our first gig together and it was amazing fun. We went up, played our songs and were through to the finals before we knew it. At the finals it was the same routine (despite an uncooperative guitar amp). Winning was something we hoped for, but didn't expect!

By the time the Oatlands Battle of the Bands came around we had a few more gigs under our collective belts including 'Lounge @ Lunchtime' in school. While we didn't come home as the winners, we saw an excellent turnout and had the time of our lives.

Xochitl Kiernan 3EL



The Dominoes are Xochitl Kiernan 3EL, Séamus Ó Cíosán 2SH, Róisín McKeown 4DL, Dominic Noctor 2LRG & Daniel Berkeley 1SCN.



6th Year Lounge @ Lunchtime

On the 1st of March, it was with great sadness that we had our last ever 'Lounge at Lunchtime'.



The central theme of this performance was "Unplugged and Stripped Back" although the boys from DSP didn't seem to get the memo, as they blew the roof off the GPA with their aggressive, in your face, abrasive rock and roll.... An injection of life to the onlooking crowd! Then a stunningly minimalistic performance followed from the ever graceful Ayesha



Coyle, with *La Vie En Rose* en francais. Katya sang *Cherry Wine*, beautifully as always!

Dan Hogarty took to the stage and summoned an array of lights in the audience, as his soft mellow tone rock voice hummed on the heartstrings of the listeners.

Two dynamic duos were also on the bill, Sophie and Maya with an alternative take on the Killers Classic *All These Things That I've Done* and the fantastic Bella and Ayesha with *I Want It That Way*.

Tommie Tormey performed his mellow ballad *Shivers Down My Spine* (and it was great!) And maybe Maebh Healy will bless us with a performance next time!

Tommie Tormey 6DM

Junior Concert Lounge @ Lunchtime

During lunchtime on the 15th of March, the first and second years had their 'Lounge @ Lunchtime' Concert.

There were six performances in total. The first was a First year group with Tadgh, Eve, Isabel, Emily and Sarah performing *Riptide* with help from Dash (a 2nd year) helping on the drums.

The next group was also First year with Rachel, Art, Corrin, Daniel, John, Tara, Emily and Charlotte playing *Brewing Up A Storm*.

The Second year groups were, Alex, Etain, Felix, Siofra and Cerys performing *Attention*. Next were Clara, Cian, Vivian, Isacc, Thomas and Amélie with *Budapest*. And the last Second year group was



Caoimhe, Sorchá, Finn, Seamus, Flora and Dash playing *Cake By The Ocean*. The final performance was from 'The Dominoes'.

It was a really enjoyable experience and I would love to do it again.

Amélie Ryan Griffin 2MT

Ultimate School Of Music Concert

The Ultimate School Of Music Dun Laoghaire held their annual student performance concert in the Pavilion Theatre on Sunday 3rd March.

It was a fantastic event, showcasing numerous unique and imaginative arrangements of songs such as *Bohemian Rhapsody* and *Beastly* by Vulfpeck.

Fifth Year Newpark students, Sydney, Liam and Ross took part in the concert as well as special guest, Esosa Ighodaro, mother of Dayii (4th Year Newpark student), who 'wowed' the audience with her superb vocal talents.

The director of Ultimate School Of Music, Daniel Jacobson, is a past pupil of Newpark School. Daniel hosted the event and kindly donated tickets to Newpark Music Department, which raised over €550. A huge 'thank you' to Daniel from Newpark Music Department.

Sydney Levene 5CH

French Exchange Échange Scolaire France-Irlande



Cette année encore, les 2^e années section européenne ont eu l'opportunité de séjourner une semaine en France chez leurs correspondants et de les accueillir ensuite en Irlande.

Les élèves irlandais sont partis en janvier et ont pu visiter le château de Versailles, Le Louvre et la ville de Corneilles-en-Parisis où se trouve notre école partenaire, Saint-Charles. Ils ont aussi assisté à des cours français et à un atelier cuisine. Cerise sur le gâteau, ils ont également passé une journée entière dans les deux parcs de Disneyland Paris.

Le séjour s'est très bien passé et les élèves sont rentrés des souvenirs pleins les yeux et avec une confiance accrue à l'oral.

Ils ont ensuite accueilli leurs correspondants en mars pendant la semaine irlandaise. Les élèves français ont pu visiter Dublina, le château de Dalkey, le Book of Kells, faire le Viking Splash Tour et assister aussi à des cours à Newpark. Élèves français et irlandais se sont ensuite retrouvés lors d'une sortie commune à la Causey Farm dans le comté de Meath.

Un grand merci à M. O'Neill qui a gentiment accepté de faire un atelier de technologie pour les élèves français, ainsi qu'à Mme Ahern qui a gentiment accueilli deux des professeurs français et aux profs de l'école St Charles pour leur soutien dans l'organisation de l'échange.

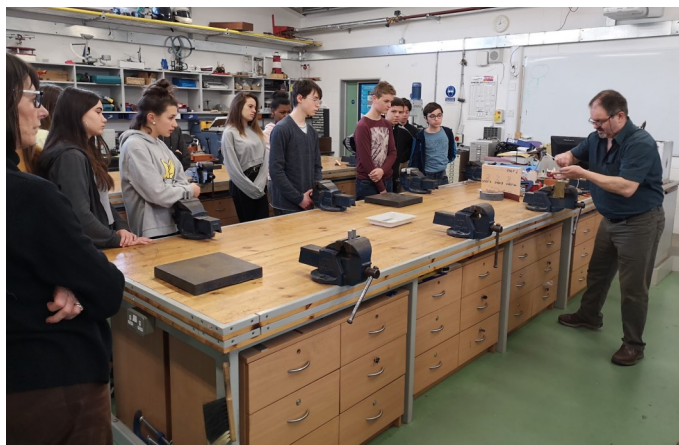
This year once again the Second Year European section students had the opportunity to spend a week in France with their pen-pals and then welcome them to Ireland.

The Irish students went to Paris in January and were able to visit the Versailles Castle, the Louvre and the town of Corneilles-en-Parisis where our partner school, Saint-Charles is located. They also attended French classes and a cooking workshop. As the icing on the cake, they also spent a whole day in the two parks of Disneyland Paris.

The trip went very well, and the students came back full of memories and with increased confidence in the oral.

Following that, they welcomed their French pen-pals in March during Seachtain na Gaeilge. French students were able to visit Dublina, Dalkey Castle, the Book of Kells, do the Viking Splash Tour and attend classes at Newpark. French and Irish students then went on a joint outing to Causey Farm in County Meath.

Many thanks to Mr O'Neill who kindly agreed to do a Metalwork workshop for the French students, as well as to Ms Ahern, who kindly hosted two of the French teachers and to the teachers from St Charles' School for their support in the organisation of the exchange.



Laetitia Tessier & Jeanne Bombon

Welcome to Ireland!

Second Year Students report on the highlights

Du 10 au 15 mars nos correspondants sont restés chez nous. Le lundi certains élèves dans la classe sont allés à



Dun Laoghaire. Le mardi il y avait un match de hockey. Nous avons attendu nos correspondants à l'école. Quand ils sont arrivés nous jouons au foot. Le mercredi nous sommes allés au match de rugby après ça nous sommes allés au bowling à Stillorgan et à McDonalds. Le jeudi, nous sommes allés à Causey Farm. Le vendredi, ils sont arrivés à l'école et étaient dans nos salles. Nous avons joué au foot au déjeuner. Nous prenons une photo ensemble et ils sont partis pour la France.

Nous sommes allés à la Ferme Causey. C'était très amusant. Nous avons fait beaucoup d'activités, les

activités sont: faire le pain, manger le pain, caresser les animaux, sauter dans le marécage, danser la danse irlandaise, faire de la peinture.



Nous avons fait du pain irlandais, nous avons utilisé la farine de blé complet, le lait et la levure chimique. Nous avons mélangé et nous avons mis ça dans une boîte avec notre nom. c'était délicieux. Nous avons vu beaucoup d'animaux par exemple nous avons vu des moutons, le cochon, les chiens et les bébés mouton ils étaient très mignons et doux. J'ai adoré ça.

Nous avons fait de la danse irlandaise dans une grange. La guide nous a montré comment on fait la danse "the siege of Ennis". Nous avons dansé pendant environ vingt minutes en rangs de quatre. C'était très amusant.

Nous avons sauté dans un marais et beaucoup de personnes étaient embourbées. C'était très froid. C'était très boueux aussi.

Nous avons pris le bus pour aller à Newpark et nous sommes arrivés à seize heures. Nous avons trouvé que le voyage à la ferme Causey était très amusant.



La semaine dernière, la Section Européenne a vu leurs correspondants et vendredi ils sont allés à notre école. Les correspondants sont allés en technologie. C'était amusant pour eux. Ils ont fait des bracelets avec Monsieur O'Neill et ils aiment ça.

Après nous avons pris nos correspondants en classe de maths. Ils ont trouvé ça difficile mais l'irlandais était plus difficile puisqu'ils ne comprenaient pas.

Welcoming the Ambassador



Liberté • Égalité • Fraternité
RÉPUBLIQUE FRANÇAISE
Ambassade de France en Irlande



Le 6 mars dernier, nous avons eu la chance d'accueillir l'Ambassadeur de France en Irlande, M. Stéphane Crouzat, qui est venu nous remettre en personne le Label FrancÉducation et les diplômes de DELF aux élèves de section européenne.

Créé en 2012, le Label FrancÉducation est attribué par le ministère français de l'Europe et des Affaires étrangères ([MEAE](#)) aux filières d'excellence bilingues francophones proposant un enseignement renforcé de la langue française et d'au moins une discipline non linguistique en français, conformément au programme officiel du pays d'accueil.

Le Label FrancÉducation vise à promouvoir des filières ou des établissements publics et privés d'enseignement élémentaire et secondaire étrangers hors de France, dans des filières générales, technologiques ou professionnelles, et contribuent, dans le cadre de leur enseignement national, au rayonnement de l'éducation, de la langue et de la culture françaises.

Newpark fait maintenant partie du cercle fermé des établissements labellisés et est la seule école en Irlande à avoir obtenu le label. Le réseau compte plus de 280 filières bilingues implantées dans 53 pays. Nous sommes très fiers de cette reconnaissance et remercions l'Ambassade de France en Irlande, notamment Nathalie-Zoé Fabert pour son soutien dans les démarches qui ont mené à l'obtention du label.

On March 6th, we welcomed the French Ambassador to Ireland, Mr Stéphane Crouzat, who came to officially award us the *FrancEducation* Label and the DELF diplomas to the students of the European section.

Created in 2012, the *FrancEducation Label* is awarded by the French Ministry of Europe and Foreign Affairs (MEAE) to French-speaking bilingual sections offering enhanced French language education and at least one non-linguistic discipline in French. .

The *FrancEducation Label* aims to promote sections or public and private schools of foreign elementary and secondary education outside France in general, technological or professional fields, and contribute, as part of their national education, to the influence of French education, language and culture.

Newpark is now part of the circle of accredited schools and is the only school in Ireland to have obtained the label so far. The network has more than 280 bilingual sections in 53 countries. We are very proud of this recognition and thank the Embassy of France in Ireland, including Nathalie-Zoé Fabert for supporting the steps that led to the award of the label.

Laetitia Tessier & Jeanne Bombon

The Ambassador's Visit



Mercredi dernier, le 6 mars, l'ambassadeur de France en Irlande est venu à Newpark pour participer à une cérémonie. Elle a commencé avec un discours de l'ambassadeur qui nous a parlé de l'importance de la langue française au niveau global, dans le commerce et la culture en mettant l'accent sur le fait que la langue française était la cinquième langue la plus utilisée au monde.

Ensuite, il a donné le label FranceEducation au lycée, un label décerné par le Ministre des Affaires Étrangères à certains établissements d'enseignement secondaire à l'étranger qui proposent une éducation bilingue en français et dans une autre langue.

Newpark a reçu ce label grâce à la Section Européenne, une initiative du lycée qui propose des cours de langue mais aussi de culture française. Newpark est la première école d'Irlande à avoir reçu ce label.

L'ambassadeur a ensuite donné les certificats du DELF A1, A2, et B1 aux élèves qui l'avaient passé l'an dernier.

Sam Penney, 6th Year

Teachers from Réunion



En mars dernier, nous avons eu la chance d'accueillir trois professeurs de la Réunion grâce aux efforts de M. O'Neill et aux connexions qu'il avait créées lors d'un précédent projet Erasmus +. La Réunion est une île française située dans l'Océan Indien. Leur visite à caractère professionnelle avait pour but d'observer et découvrir le système éducatif irlandais. Nous espérons tisser des liens avec le collège Achille Grondin et mettre en place des projets communs dans le futur.

Last March, we had the chance to welcome three teachers from Reunion thanks to the efforts of Mr. O'Neill and the connections he had created during a previous Erasmus + project. Reunion is a French island located in the Indian Ocean. The aim of their professional visit was to observe and discover the Irish educational system. We hope to forge links with Achille Grondin junior cycle school and set up future joint projects.

Sharing Research Abroad

Teacher Mr Brian McCann represented Newpark Comprehensive School at the European Autism Congress in Zagreb, Croatia, March 14-15. He presented his research at the University of Dundee on martial arts as an intervention in autism. The conference was organised by Conference Series LLC Ltd, London and the Editors of Autism-Open Access Journal of Neurology and Neurophysiology and International Journal of School and Cognitive Psychology.

Mr McCann will also be presenting a talk at the 2nd International Congress on Mental Health in Amsterdam, to be held on June 14-15, with the theme of Global Mental Health Wellness. Following this, he will talk as one of the speakers at the 4th International Conference on Clinical Counselling Psychology in Tokyo, August 12-13.

Another generation of voters

It is probably not often that a teacher is delighted to be hassled by students but when it comes to the enquiries I receive about registering to vote I gladly accept the pressure and expressions of concern that if I don't get my act together we might miss the date!

This is the tenth year that registration of students has taken place in the school and it was great to see again this year a large number of Fifth and Sixth years who had just turned eighteen or were nearing their eighteenth birthday queuing up to make sure that they were on the Register of Electors in time for the May 24th elections and referendum.

I would like to pay special tribute to Blackrock Gardaí who provide us with a Garda each year to verify the students' identities and do the necessary stamping of the forms making it a very easy process for the students.

The political engagement of our students is so encouraging to see. In recent research carried out by Gráinne McKeever, of UCD amongst ten of the schools who now offer Politics and Society as a subject, Newpark came out top on all measurements.

Our students had:

- the highest level of political efficacy
- the highest level of feeling included in decision-making as a group
- the highest sense of power to change things.

A final word to all new voters: firstly thank you for your interest and congratulations on now being in a position to define the future of your country. Always remember the struggles of those who went before us and those who continue to struggle today for this opportunity. Use it wisely and thoughtfully to make the country – and the world – in which we live a better place for everybody.

Ms Gearóidín O'Dwyer

Kiss the Cook



On Monday 25th of March students and teachers from Germany, Poland, Italy and Portugal came to Newpark to take part in a three-day meeting. The project is called *Kiss the Cook* and is funded through the Erasmus+ programme.



Five students from each of the visiting countries and 20 Newpark students were involved. We designed the programme for the week which included a trip to Zipit and Glendalough on the Tuesday. When we got back to school

some parents had prepared dinner for us in the GPA which was delicious as well as nutritious.

On Wednesday we took the DART to Greystones and ate in The Happy Pear. Then we did the Cliff Walk back to Bray where we played bowling and ate pizza.

On Thursday we did Cooking with Ms Farlow and Metalwork with Mr O'Neill. Between sessions we had Irish dancing with Ms Delaney in the GPA. We ate the lunch we had cooked earlier and then it was off to Dublin City by bus on a sightseeing tour with some free time for shopping.

On Friday morning we took our visiting students to class before it was time to say goodbye. The students we stayed with in Germany were the ones who came to Dublin and stayed with us. All the other students were either chosen by us, based on their profiles, or assigned to us. We all became good friends during the week and are looking forward to the next meeting which takes place in Italy in November.

There is a project website called www.kissthecook.online where you can follow the activities of the project and see more photos from the meetings so far.



Messages from our visitors

Asia:

Because of this programme I've made new friendships, met my new best friend and learned how to even think in English. My host family showed me that even cultural differences can actually become a new thing to talk about.

Maria from Portugal:

I liked Ireland very much because it is very beautiful (but a little cold). What I liked most was the people - they are very friendly and welcomed me so well. I hope one day we will be able to hug each other again.



Acelya:

The best part of the week was the cliff walk and of course to play Laser Tag with the girls. I really felt like home in my host family—I miss them all so much. I wish the project would be longer—I would like to have more time.

Alicia:

I hope that projects like this can do something good for the world and for people. I hope we all can stay in contact—an amazing and funny week in Dublin. Thank you for everything and thanks to the teachers who made it possible.



Does Your Phone Own You?

I only got a phone last October, when I started secondary school, but in those four months I've realised that I have become almost completely dependent on it. It seems like I am constantly reaching for it, to take a picture, to call a friend, to listen to music or to set an alarm. Then it hits me that a phone is not actually necessary for those things! We seem to forget that that is what we have cameras, phones, CD players and alarm clocks for. And those are only the practical parts, let alone social media and games! Phones are replacing all these things at an overwhelming pace. But why?

Because phones are all of these things and more all in one small rectangular piece of technology. They have better cameras, better quality music, and are mobile. You can fit them in your pocket and bring them everywhere, no matter how small your suitcase is or how much you have to carry. With the invention of waterproof cases, now you can even bring them underwater! What is there not to love?

The answer to that question sounds dramatic but it is simply putting it plainly: smartphones control us. They show us the exact content we want to see, tailor our advertising experience to get the most purchases out of us and use annoying bings to get our attention whenever we put them down.

This would be fine, if we realised this and it didn't affect us. But it does. We are dependent on our smartphones. If you don't think so, look at the statistics: 64% of Irish people feel worried, desperate or sick when they leave their smartphone at home, even for short trips. Irish people check their smartphones an average of 57 times a day. There cannot possibly be something important or necessary waiting for them every time. But you never know.

This is exactly how the brain works. Scientists have discovered that smartphones actually manage to trigger chemicals released in your brain that make you more likely to pick up your phone again. It is best explained using animals: if you are training a dog to sit, you give him a treat every time he sits down. You do this again and again until he begins to associate sitting down with a nice treat. He will sit down whenever you ask him to, and even if he doesn't get a treat, he will still sit down because, you never know, he might get a treat this time!

Now, imagine your phone is the owner. When it bings, it tells you to "sit", or in this case check your notifications. So you do and oh look! Your friend sent you an invitation to their party! This releases dopamine – a chemical that you associate with positive experiences. You feel good. The next time your phone bings, you rush to check it because it might be more good news. It's not. Your mum just texted you to say your granddad died. But however much bad news you get, you will keep checking your phone because whenever you do your brain releases dopamine, and

you associate your phone with good news and a pleasant experience.

If you put it that way, your phone has got you trained.

Your phone is designed to stimulate your brain, to throw a hundred things at once at it, with ads popping up, notifications sliding in, and all its many apps. Every time you swipe or tap, your brain has got to get re-focused, re-concentrated. Which means it has to do it a lot. Scientists have proven that this is actually affecting our ability to multi-task, concentrate, and even our capacity for deep thought!

To summarise: our phones can do good things, a lot of good things. They help us communicate and connect, help us keep and store moments and memories, prompt us if there is something we've forgotten, and have a myriad of helpful, innovative and stimulating apps.

But they also control us, waste hours of our time, make us dependent on them, discourage our inquisitiveness, expose us to extreme viewpoints that can influence us, and are slowly destroying our minds.

I will leave it to you to decide if the good outweighs the bad, and decide if you want to take back control of your life.

Nakai Mudiwa, First Year

Mobile Phone Usage Policy

Newpark Comprehensive School's mobile phone usage policy is currently under review. We are aware that mobile phones can enhance learning and can be used to positive effect. Just last week, a group of 4th year students won two prizes in the Young Economist of the Year National finals using the iMovie app on their mobile phone.

We are also conscious of the negative impact that excessive access to mobile phones may have on student wellbeing and the potential damage they may contribute to normal social interaction. At the moment, we educate students on the impact of mobile phone use through various educational programmes in the school.

We at Newpark are conscious that technology in general including mobile phones continue to evolve. Our mobile phone policy will also continue to evolve in line with this.

Ms. Ahern

Unusual Pursuits



Aerial

When people ask me how I first got into aerial, it's quite embarrassing to tell them that it started with me obsessing over flying trapeze after watching 'Madagascar 3', but there you go. I never expected to fall in love with aerial silks the way I did, but over the past few years it has become my passion in life. I guess I have Dreamworks Animations to thank for that.

For those of you who don't know what aerial silks are, they're basically just made from a long piece of fabric (not actual silk) that hangs from the ceiling and are used to do all sorts of climbs, poses and tricks. It's a type of circus art and therefore requires a lot of strength and flexibility, but it's actually surprisingly easy to take up. I've never been a dancer, or ever very sporty, yet silks came so naturally, and are so fun, that I personally didn't even notice how strong I was getting, because it never felt like hard work. I would definitely recommend it, whether you're looking for a new hobby, trying to get fit, or maybe even interested in getting involved in circus performance.

Of course, since deciding to pursue it as a career, I've had to put a little more effort in, and I'm planning to train for a year at a school in Turin, Italy before auditioning for a BA programme in circus arts in Belgium. However, because of the Leaving Cert, I'm only training once a week at the moment - in The Wall Climbing Gym, in Sandyford. Some day, if all goes well, I'll be able to do silks all day, every day and ultimately, become a full-time performer, possibly with an actual circus troupe. The dream would be to perform with Cirque du Soleil, but I'm mostly just excited to do what I love for a living.

It's definitely daunting to chase your passion, especially away from home. And I know some of you can relate to that, particularly those pursuing careers that rely on your physical health. It all feels a bit terrifying and surreal, but I can't imagine doing anything else, or wanting to.

Bella Gibney, Sixth Year



Skiing

Alta Badia Ski Academy

I have been skiing for fourteen years and I train at the Ski Club of Ireland in Kilternan. I ski race abroad in England, Andorra and Italy in international competitions for Ireland. Plus I do lots of ski camps in Austria, Italy and in Ireland.

Lately I travelled to Alta Badia (in the Italian Alps) by myself carrying 60kg of ski gear, clothes and ski equipment! The long journey included a short flight, taxi and two connecting coaches.

I joined the Alta Badia Ski Academy programme for three weeks of intense and tough ski training. The highlights of my experience were lots of ski cross training and I was a forerunner for the ski cross race! I also did high fitness level training at the school gym and did FIS (International Federation Of Skiing) Level Slalom training with an Olympian racer.

On the last few days I also did Giant Slalom training. On snowy days we went powder skiing with the team. One of the difficulties I had during my three weeks was the 'language barrier' because I had no Italian and most of the academy racers had no English! Overall it was an incredible experience and I had a fantastic time skiing near the Alps!

Alex Ainsworth, 4ED



Alex competing in an international slalom event in Sunderland at the end of April.

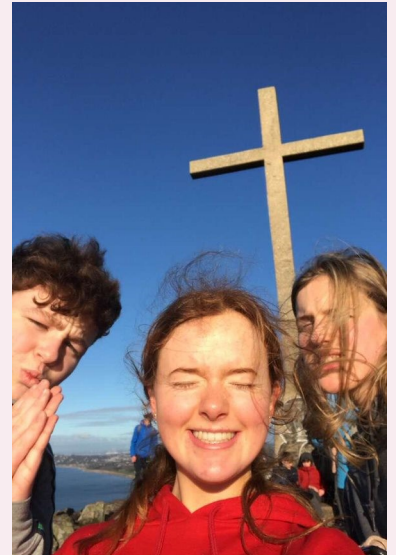


Transition Year

Transition Year has been a rollercoaster ride of new experiences. When the year starts, it doesn't really feel that different to any other school year, but that's until you get to explore all the features. It can go by fast and if you don't grip onto it, it'll be gone in a heartbeat.

Gartan tends to top the list when you ask Transition Years for their highlight, so when it's your turn to spend the week in the wilderness of Donegal, just remember to believe the hype!

Slobodan Teodorovic, 4SFR



Tips for incoming TY students



Transition Year has been a completely different year compared to the Junior Cycle. 4LMY have compiled a few hilarious and serious 'tips' for dealing with, perhaps, the best year of them all!

- **Don't freak out about your Junior Certificate results:** to be honest, the year won't really care about what you got in the JC in the summer, so take it easy with results!
- **Plan your Work Experiences and Community Action IN ADVANCE:** as it is part of the TY Programme, you will need to arrange these in good time. Advisable to do so during, or even before, the Summer Holidays!
- **You only gain value once you become a TY student:** well, simply because once you move up the Senior ladder of Newpark, you are taken more seriously and with respect from others than in the Junior Cycle (apologies!)
- **Play a massive game of chasing in Glenveagh Castle during the Glen Walk in Gartan:** because the space is clearly big enough for such a game (don't trample on the garden plants, though)...
- **You'd be surprised how easily bribed the teachers are:** and in fact, teachers in all subjects in TY have a completely calm, rather open and humorous attitude compared to when you were doing the Junior Cert!
- **Set an awesome wager on your Mock Trial during In Dublin Week:** because in 4LMY, that definitely went extremely well when we did it with a fellow classmate of mine...
- **Prime Netflix binge-watching opportunities:** with so much more free time on your hands during

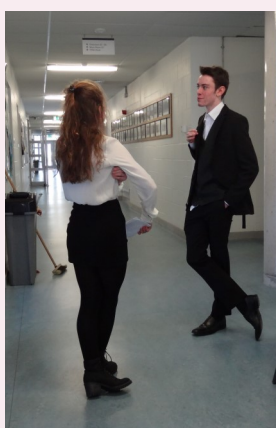


TY, what will you choose as your new hobby to keep you occupied?

- **Subway all five days during In Dublin Week:** I think this is a no-brainer given that once you are finished from your activity, you are pretty much free to do whatever you want (again!)
- **Novelty fruit mascot encouraged:** it is now an established tradition in our form to assign a fruit as the class mascot. Examples could be a pineapple or a watermelon, but you do need to replace it every month (I guess...)
- **Enjoy Transition Year!** It's such a great year to experience new things that you've never done before, meet new people, form new friendships and allow yourself to enjoy Newpark without the pressures of exams or results!

Shawn Lorenzo, 4LMY

Interview Day



Well, one of the more interesting (and nerve-wracking) activities TY students in Newpark did during their seemingly 'chilled out' timetable was 'The Interview' on 13 May. Everyone creates their own CV, chooses a field that interests them and attends an interview that is related to a job in that chosen field.

Anyway, this is also one of the days during the year that an entire year group dresses in near or full formal attire. Considering that the Senior Cycle allows for more expression in regards to clothing choices compared to the Juniors, it was a bit of a different atmosphere with friends and fellow classmates looking so smart and professional. I couldn't believe that these were only TY students!

As the clock reached the start time, many of us (including myself) began to feel some nerves... especially those going in first. There was definitely a huge sigh of relief at the end and a sense of accomplishment that we got through this important exercise.

Most of the interviewers for the year group were actually parents that volunteered to give us the time to be interviewed and to provide helpful tips and potential tricks to make it through in a real scenario! It's safe to say that some were fairly tolerant and others acted as if it was the real deal.

They asked a variety of questions specific to your chosen field. In my interview to become an architect, my interviewer asked me to draw a layout plan of an apartment complex within two minutes. In fairness, that was an unexpected new experience! I'm sure many similar 'on-the-spot' exercises were set up by the other interviewers!

Overall, the day was an absolute success with our year group. We were criticised in some aspects by the interviewers, but they also pointed out a lot of the positives and clearly saw the great potential many of us probably never knew we had before today!

We all came out of those offices having learned a bit more about interviews. It allowed us to gain that experience and expertise to go do it in the real world; whether it may be for a summer job, as part of a course entry requirement or even for the start of our future careers!

Shawn Lorenzo

4LMY



Interesting Work Experiences

A staple of Transition Year is the Work Experiences. Over the course of the year there are three separate weeks when all students are required to do Work Experience, and some venture out and do additional ones having applied for Transition Year Leave.

Here is a glimpse of a few interesting TY placements.

James Wilbee Benito went to work at *Imaginosity* in Module 2, which is an interactive children's museum. He minded the floors and helped with the workshops. *Imaginosity* can be described as a very calm and collected environment and working there can be a lot of fun. The staff are good to converse with and a great placement if you have an interest in this kind of work.

Danny Bala's favourite Work Experience so far was in St. Vincent's Hospital. He explored the different sectors of the hospital such as Histopathology (the study of changes in tissues caused by diseases), Oncology (the study and treatment of tumours) and Orthopaedics (the study of preserving and restoring the human skeleton). He got to learn how medical work is distributed and how patients are treated behind the labs. It's definitely recommended if you get the chance and if you need any more convincing, you get free food!

Lara Kiang went to the Cathal Brugha Barracks for a week to do work experience with the Irish Defence Forces School of Music. There were ten people there doing the Work Experience and they got to play with the army band in preparation for an event with them. Being a player of the clarinet and the saxophone, Lara learned a lot about breathing techniques for her instruments and she made some new friends along the way. Safe to say, anyone with an interest in music and or the military would enjoy this unusual placement.

Advice from students of TY: plan your Work Experiences in good time! Trust us, it will be worth it compared to rushing it at the last minute... Use as many of your contacts as you can to quickly and smoothly arrange your placements. And make sure to have fun and enjoy learning during them; it could be the catalyst for a career path in the future!

Slobodan Teodorovic, 4SFR

Plastic Outta the Park Evolved

Newpark's effort to combat plastic pollution thus far has been nothing short of phenomenal. Being the first single-use plastic free school in Ireland brings us a great sense of pride. We have set the bar high for other schools across Ireland. We hope to encourage more schools to follow suit in becoming single-use plastic free.

The policy in place within Newpark has proved to be a major success thus far. Through our bin audits we have found there to be far less single use plastic in bins across the school campus. A lot of this is down to the lunchbox now using bio-degradable packaging instead of the single use plastic which they had previously used. We have built up a good relationship with the local shop, SPAR. We are currently working with SPAR to try and introduce a bin where customers can leave their single-use plastic in the store. By doing this, we hope to illustrate to the shop owners that there is no need for the amount of single use plastic used to package goods.

We have received much positive feedback from students and staff alike. Our reusable straw sale and swap shop proved to be a real success. For us as Newpark's Green Team, this is incredibly encouraging and motivating. To see that students and staff alike are making the effort to become more eco-friendly in their everyday lives is amazing, especially in this day and age when global warming is scarier than ever!

The 'Plastic Outta the Park' initiative was set up with one main goal in mind; combatting plastic pollution. We believe that to achieve this goal we need to educate students as to why we're pushing this project. Through the surveys conducted last year, it was discovered that 80% of students said they felt there needed to be more education available on the topic of plastic pollution and the negative effects it's having on the environment, marine life and humankind. With the help of Ms Adams and Ms O'Donnell, we managed to run a series of sustainability classes for all TY students. These classes provided students with the opportunity to learn more about eco-friendly products and simple things they can do in their daily lives to become more environmentally friendly; it also informed students of the dangers associated with single-use plastic.

These classes were really useful and widely enjoyed by the TY students. During some of the classes, we had special guests brought in such as someone from 'Dalkey Handmade Soap Company' and another speaker who runs an eco-friendly shop in Blackrock. These guest speakers provided a real insight into how easy it can be to become eco-friendlier in our daily lives.

In conclusion, the progress made thus far is having a real positive impact on the environment. We want to acknowledge all the encouragement and positive feedback which we have received throughout this process. Despite this, we are constantly looking to improve and further this initiative. We have a number

of upcoming projects which we hope to run such as another bottle sale and reusable straw sale, all to try and encourage Newpark students to move away from single-use plastic for good!

Leah Norton, Transition Year

Eco Dens

The *Plastic Outta The Park* team submitted our written project for the first stage of the Young Environmentalist Awards, and we got through to the next stage which was the Eco Dens.

For Eco Dens each group must do a presentation. These were held in Europe House in town and we were all very excited. The presentation is in front of a panel of judges from various parts of the country.

We had prepared a PowerPoint on all the things that we have achieved, and we got one practice



run just before the real thing. Our practice run went well and there were people there who gave us feedback and constructive criticism but thankfully they were really impressed and that calmed our nerves before going into the real thing.

We then went into the room with the judges and we introduced ourselves and gave a ten minute presentation. The judges had lots of questions, so we were in the room with them for over thirty minutes. They were really welcoming and seemed very impressed by our initiative which is the further growth of the *Plastic Outta the Park* project which won the competition last year.

We then received an email to say that we got through to the final stage which is the showcase and the awards ceremony. The winners have already been decided and we are very excited to see how we did. And we can't wait to attend the Final Showcase and Awards Ceremony on May 23rd.

Molly Allman, Transition Year

Stratford Upon Avon 2019



The 2019 TY Stratford trip was an inimitable experience that no-one involved will ever forget. We met at school on Saturday morning, not so bright eyed and bushy tailed, but ready for our excursion nonetheless. Our trusty bus brought us to the ferry, and we attempted to fuel ourselves with caffeine and conversation—others just napped....

Upon our arrival we had another long journey ahead of us to reach Stratford, not before stopping in Chester to grab a bite to eat first! When we got to Stratford, we took part in a fantastic tour of the area, testing our Shakespearian knowledge and teaching us many interesting things about how the bard might have lived.

The rest of our stay was spent soaking up everything Stratford had to offer, this included a backstage tour of the RSC and attending a fantastic performance of *As You Like It*, which some of us even took part in! We concluded our trip with a long day full of Alton Towers, dinner, shopping and late-night bowling, until our final departure home.

The trip was surely a highlight of Transition Year for many. We certainly recommend the trip, whether you're a Shakespeare devotee who sheds more than a few tears at his birthplace, or simply just a thrill seeker with a need for some quality time with a theme park.

Zara O'Sullivan 4 AMC



Theatre Workshop at Lir



My attention was immediately caught by the words 'cool opportunity' and 'free'. I had my name signed up in seconds. I was later delighted to discover that Newpark was so fortunate to be invited to take part in the Working Onstage Workshop at The Lir Academy. On Friday 3rd May, a clan of 4th and 5th years journeyed to the college, unsure of what to expect but excited nevertheless.



Upon arrival we were split into groups and each given a taste of the different areas of stage production including lighting, sound and stage management. We enjoyed putting together a scene from 'Grease' which had some memorable performances and guest star, Ms Devis herself. We were then given a tour around the labyrinth of a building and we saw the wealth of facilities the Lir had to offer.

It was incredibly interesting to talk with both teachers who have had colourful careers, and students currently studying Technical Theatre. I found an amplified appreciation for all the work that happens behind the scenes in theatre that are needed to bring life to the stage and give the audience a multi-dimensional experience.

Ciara Blake SLT

Newpark past student Olivia Drennan was one of the Lir team presenting at the workshop. Now in final year of the Technical Theatre she is ready to take on the theatre world and already has a job lined up.

Trip to the Abbey

Earlier this module TY Drama Work area went on a trip to the renowned Abbey Theatre. It was a valuable insight to working in the professional industry and a good day out!

Once we arrived, we were welcomed to the theatre and split into groups. The first group was to attend a workshop with one of the Abbey actors, while the second group took a tour of backstage. My group attended the workshop first, here we really learned a lot about focus and presence while on stage, as well as working as an ensemble. I felt intensely proud to be a Newparker in that moment because of the mature manner we were able to conduct ourselves in participation with our facilitator, while still being creative and intuitive.

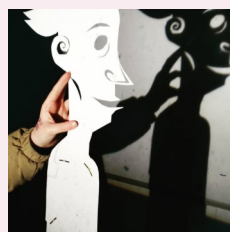
After our workshop, we swapped with our other group and took a tour of the inner workings of the theatre. It was really fascinating to get a glance behind the scenes before we watched Country Girls later that evening. We also had a career talk with different faculty members within the Abbey, showing us that there are many different jobs within theatre, aside from just acting.

Final thing on our list before the show: a quick stop at Jimmy Chung's Buffet, for a little too much food...

The experience overall was fantastic and certainly something we'd love to do again in the future!

Zara O'Sullivan 4AMCC

Shadow Puppets



Our TY Art class worked on shadow puppetry with Bianca Moore, a visiting artist. We learnt different techniques for making and manipulating the puppets which are silhouettes cut from paper. Some were very simple and mounted on a single stick, other were jointed and could move in complex ways requiring multiple puppeteers.

We worked in groups to create characters and stories. Each group was given a theme (such as love, borders, power, trees) and produced a storyboard. The sequences were short—less than three minutes—and we created soundtracks for them. One group exploring different kinds of love. Another focused on two portraits that come to life in a gallery and fall in love. They try to cross the borders of their own paintings and enter each other's worlds.

We practised using our shadow puppets and developing their movements and at the end of the course we put on our performances for the other art class. It was a very different and enjoyable art experience. Many thanks to our art teacher Ms Good for organising this and to Bianca for coming in to share her skills with us.

Hannah Brennan, Lara Kiang & Zara O'Sullivan

Trading Places: Language Exchanges

The best way to improve in a language is to go and spend time in that country, living in a family and going to school there, for the 'total immersion' experience.

You learn more in a few weeks of total immersion on an exchange than you can in years of language learning in three forty minute periods per week. When you are surrounded by the language 24/7 and you simply have to work out how to say things in order to function, your language learning is hugely accelerated. By the end you may even be dreaming in French or German!

Because of this, we have created links with schools in Berlin for German and Grenoble for French, and we really encourage Newpark students in 4th and 5th year to avail of this opportunity. We can put you in touch with students over there, and it is totally up to you to organise it from then on.

Below are the experiences of some students who participated this year. Anyone interested in doing an exchange in 4th or 5th year should contact Ms Dempsey for German (margaret.dempsey@newparkschool.ie) and Ms French for French (susan.french@newparkschool.ie)

Our Newpark Experience

Marlene and Jule from Arnt Gymnasium, Berlin



For three weeks, we (Marlene and Jule) took part in a direct exchange between our school in Berlin and Newpark. A direct exchange means that while we were in TY in Newpark, Adam and Bruno from Transition Year were in our class in the Arndt Gymnasium in Berlin.

Last November we had a school trip to Dublin, when some of us stayed in a host family and met some Newpark students. After this first great visit to Dublin, we had the opportunity for another exchange which would be for a few weeks. And so we took this chance!

We had to get in touch with our exchange students to find dates that suited both of us. After that, the journey could start! Already on our first day at

Newpark we noticed differences. First, there were many more creative subjects, for example Drama and Creative Writing, which we both enjoyed very much. Moreover, there were more optional classes for the students. Very different to our school was that the students have each class with different people, while we spend most of our time with the same people. In general, school life here seemed more relaxed than in Berlin.

Outside the school we found many differences as well. For example, driving on the left side of the road, which sometimes made it difficult to find the bus stop! Maybe it's hard for Irish people to imagine, but we were really confused by the Irish traffic light system, because it works so differently compared to German traffic lights.

Both of us have the feeling that Irish people are much more polite. For example, it's not unusual for Irish students to say 'thank you' at the end of a lesson. It was really nice for us to be here for Pancake Tuesday, so we could experience this tasty tradition. But we also had the feeling that not many people cycle to school, because there aren't many cycle paths, which makes cycling more dangerous.

What we really enjoyed about Dublin is that it's so close to the sea, which made even Dart journeys more interesting.

What did we gain from this experience? Firstly, of course our English skills have improved very much. We learned conversation skills and also typical phrases that we wouldn't have learned in school at home. But even better were the nice people that we met and all the good memories that we will take home.

A Berlin Story



When I first heard there was an option of doing a German exchange in Transition Year, I thought three weeks wouldn't be a long time to be away. Then as the exchange was organised and the time to leave approached, three weeks started to seem a lot longer.

On my first day I experienced what it is like to attend a double Ancient Greek class followed by

double Latin taught through a language I have a limited understanding of. Classes continued like this and I started to wonder if I had made a mistake. I was noticing a lot of differences between Berlin and Dublin, even the traffic lights were different and the water tasted strange but as time went on I settled into Berlin well.

One of the things I enjoyed most was going sightseeing around the city, whether it was visiting the big sites like the Brandenburg Gate or the Cold War atomic bunkers or just noticing small things about the city like how easy it is to get around with a bike. School became much easier once I got better at understanding what they were all saying and started to make a few friends.

After a short google search I found that the Berlin rugby club was only a ten-minute cycle from the house I was staying in. I went along to their training sessions and got on well with them. A large part of the team was made up of players not originally from Berlin. There were three from England, one from Wales, one from America, two from Argentina and for three weeks, me from Ireland. One evening I got a call from the coach saying one of their players was injured and they needed one more player for their tour to Frankfurt so that's how I ended up on an all-expenses paid rugby tour.

I'm definitely glad we did it as a direct, simultaneous swap. I got on very well with my host family. It was a relaxed household (in many ways similar to my own) that I was able to easily slot into. While I was getting on well with the Bauer family in Berlin, Jule was apparently able to fit in well with my family in Shankill while I was gone.

I saw a massive improvement in my German over the three weeks and if anyone reading this is considering a foreign exchange, I have to say I would strongly recommend it: I found it to be a much easier way to learn the language. As the exchange came to a finish, I realised I would miss all the friends I had made and my host family and that three weeks is not nearly as long as it had seemed.

Adam Walsh, 4AMC

My French Exchange to Grenoble

Upon hearing that the school was organising French exchanges, I was at first, reluctant to put my name forward. The idea of travelling to a foreign country alone, staying with someone who I had never met before and attending a foreign school was incredibly daunting. However, after much consideration I made the decision to take part. I figured it would be a great learning opportunity and above all, an amazing experience. Being in Transition Year also gives me sufficient time to take part in opportunities like this.

This process started with me filling out a sheet detailing what kind of things I like to do in my free time, what kind of person I am and how long I wanted my exchange to last. By doing this, it ensured that I was paired up with someone with similar interests which increased my chances of getting on with them.



After being paired up with my student, I contacted her and set the date for my trip.

Being in France for two weeks meant I was completely immersed in all aspects of French culture such as the language and lifestyle. I was really happy with my student Leonie and despite the language barrier, we managed to get

on really well and both had similar interests inside and outside of school.

Going to school was something I was really interested in as I was really curious to see how it differs from school in Ireland. The school in Grenoble was far bigger than Newpark with around 1,400 students. The classes lasted for one hour instead of 40 minutes; we also got hot food in the school cafeteria. The school was far bigger than Newpark and had multiple different buildings for different years which was confusing. Attending school over there was really enjoyable and a really good experience. Sitting through their English classes was also really cool as coincidentally they were learning about Irish history (such as Bloody Sunday and Bobby Sands) in class during my visit.

Like I said before, being in France meant I was completely immersed in the language. This was an amazing way to learn the language and also the most effective. Spending the two weeks in France taught me more than a French class ever could. By the second week, I felt fairly comfortable communicating with the people over there.

One thing I noticed from being over in France was the level of English being of a very high standard. Pretty much all of Leonie's friends could communicate effectively with me in English. I think a big factor as to why their English is so good is because they listen to pretty much the same music as us and also watch movies in English.

I really enjoyed my time living with the French family; they were really kind to me and I got on really well with them. The food I received there was really nice and tasty. I definitely feel as if my French has improved and I am now a lot more comfortable speaking the language. It was also an amazing experience to travel alone and spend two weeks living in a completely different environment. If anyone is considering doing an exchange I urge them to take part, it's an amazing experience and the best way to learn the language.

Leah Norton, 4LMY

Sustainable Living

As part of our commitment to sustainable living, we in the Business Department at Newpark like to do our bit for the environment. This year, we re-entered the Young Social Innovators programme by building upon the school's successful *Plastic Out of the Park* initiative.

One simple thing we did was that we monitored the plastic usage in the school by checking the bins. We discovered that by and large, the *Plastic out of the Park* initiative was working.



We also turned our attention to sustainable housing. We have a housing crisis in Dublin where 25,000 new houses need to be built by 2025 to meet current demand. We invited Gordon Kelley in to talk to us. He is the first person to build a container house in Ireland.

He spoke to us about his project and how containers are being used across Europe for housing. His home of six containers was assembled quickly and he had no objections from his neighbours. His greatest difficulty he stated was in getting funding from the banks for his project.

Alex Carrigy, 4LMY

More Sustainable Living

While our housing crisis continues, we as a nation need to look at creative solutions to resolving this. County councils have changed planning laws recently to simplify the planning process." We were very lucky to have a senior planner from Dun Laoghaire County Council talk to us about some of these changes.

Ms Louise Gaharan gave us a great presentation on what we can expect going forward. One of the items she spoke about was the plans for improved infrastructure which may result in us not needing a car in the future! We look forward to seeing some of these changes being realised. Inspired by this we continued to expand our knowledge of the housing crisis and, more importantly, innovative solutions.

We decided to enter the Young Economist Of the Year Competition with a submission on the Housing Crisis. As part of our research, we looked at creative building solutions such as building over the M50, building over surface car parks or even putting containers on existing buildings and building upwards.

We were fortunate to have a housing expert called Carol Tallon talk to us. She has developed creative technologies to address the housing crisis. One of these is these is aimed at speeding up the planning process. With a phone app called HoloBuilder one can download the plans of a house and the app will create a view of what the house would look like on a street.

Ms Ahern

Wired to Sound

Dublin South FM



Saul Light and I were invited to talk on the housing crisis on Dublin South FM on the show *Property Matters*.

We spoke about the building taking place at the Three arena. We spoke about our own projects and suggested some creative solutions to the housing crisis. It was an amazing experience and I was so happy that I could take part in this.

Denis O'Connor, 4EDL

Entrepreneurship, Innovation and Creation



Entrepreneurship and Intrapreneurship are skills that are learned. In the Business department we are keen to foster and learn from entrepreneurs. We were fortunate to have two successful entrepreneurs

visit and speak to our Business students. We had Tour America founder Mary McKenna address our students. She spoke about some of the challenges she had overcome and imparted the following the wisdom to the students:

- Identify your talents and pursue a job / course in this area.
- Identify the best person in your chosen area and offer to work for them for free.

She spoke about developing a skill set such as teamwork, emotional intelligence, empathy, creative thinking, an ability to inspire and motivate a team as being really important in Business.

Ms Ahern

Dan McDonnell of Neon Agency



Dan is a serial entrepreneur. He currently runs the Neon Agency which is an events management business.

His first successful business was selling a couple of containers of chicken feet to China. He spoke to our class about a number of things. One key item is the need to make a profit. He also advised us on making a sales pitch, upselling and having a get out clause from any business.

Even if your business is going badly, he advised that you always keep answering the phone and keep talking to your creditors.

Simeon Sanders 4DL & Mathew Cody 4TC

Young Economist of the Year

Congratulations to the 2019 Young Economist of the Year Team
Silver Medal Winners and Third Place in the Multimedia Competition.



Congratulations to the 2019 Young Economist of the Year Team scooping up two prizes at the UCD awards ceremony in the O' Reilly Hall on Thursday 2nd May. In a packed room full of students, academics, government officials and amongst 1,000 entrants, Newpark received a silver medal as well as third place in the multimedia competition with their video on the **Housing Crisis**.

Well done to Rebecca McConnell, Leah Bracken, Robert Nugent and Marta Salas, Transition Year Business.

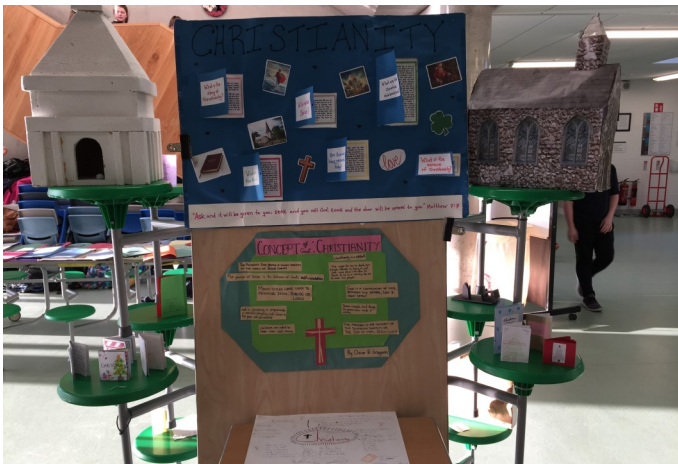
Mayka Aberasturi Awarded Certificate of Commendation From the Texaco Art Prize



**6th Year Graduation
Ceremony**

**GPA, Wednesday 22nd
8pm**

World Religion Festival



In January the RE Department organised a World Religions Festival in the GPA. Many First Year students were involved in setting up the displays and explaining to people the beliefs and practices of the five major world religions and the non-religious viewpoints also. Great discussion and question and answer sessions occurred.

There were projects, posters and models and articles on display to look at and many RE classes and staff visited the Exhibition.

Well done to all who were involved in producing such a variety of creative and excellent work.

Ms Suzanne Harris

Christian Union



The Newpark Christian Union group meets every Friday at lunchtime in T11. This is a student led group run by Victoria Burrell and Sophie Breen. The CU organises talks and activities every week with guest speakers once a month and outings once a term.

Recently we had a very enjoyable visit from past pupil—Neil Douglas who is the youth worker in Crinken Church. We are planning to go to Temple Carraig school in Greystones soon to join them for a sing-along in a “Shine Concert” and possible stay overnight. All are welcome to join us any Friday lunchtime in T11.

Glendalough Trip Four Deaths and One Severed Leg!



On Tuesday the 26th of March 2019, nine Fifth Years' lives were changed dramatically as they embarked on what would later be known as the best day of their lives!

We assembled at 8:15 in the GPA, prepared, determined and ready for the day ahead of us. After dashing on some sun cream, our peers watched jealously as we made our way to the Newpark private jet piloted by our captain, Mr Kelly. It was a bumpy ride, but eventually, after days of travelling, we found ourselves deep in the heart of Glendalough.

We began by making our way through the bottomless bog but were caught off-guard as two of our noble heroes lost their shoes in bewilderment. With the help of Mr Lamprecht, faith was restored after hours of searching. Despite Mr Kelly's bravery and skill, he always maintained the speed of the slowest person, putting the needs of the students before his own.

Everything was going to plan. The sun was out, the birds were singing, we were all given 50 million dollars in cash to spend on luxuries. Things were looking bright for this rag-tag group, right up until tragedy struck. As if out of some terrifyingly disturbing Greek tragedy, Leah's leg was violently broken in half. It was a shocking thing to witness for all members of our innocent religion class, screams were heard from all surrounding areas of Glendalough. We had two options, either amputate the leg or leave her behind..... We did both.

After this event, two other girls seemed to be equally badly injured, too distraught to continue the walk. Only six students continued.

As we turned each corner, we thought the walk was nearly over, when in reality, our naivety concealed the fact that we would be walking for at least another twenty five hours. The sun grew higher in the sky with each hour, and our bodies more exhausted.

Even after all this struggle, the main event had still not come to pass. With our now depleted group, we finally began our long ascent over the highest



Glendalough mountains. We continued on with Mr Kelly, as always, racing a hundred metres in front of us, his bobbing grey head in the distance the only thing directing us to safety.

Like the Beatles, the band had to split up. Mr Kelly led one group comprised of Mr Lamprecht, Ian Walsh and Grayson Slate. The other group was made up of Alexandra Howard, Oscar Meagher and Holly

Emerson Byrne. The latter group found their way back, unharmed and full of wide-eyed optimism. The other group died.

The event was concluded by an overnight stay



at a nearby hostel. This is when the night truly began. After mourning for the loss of our deceased group members and for Leah's broken leg, we escaped for a meal at the Glendalough hotel.

Ian finally got the burger he had been so long waiting for (the main reason he came on the trip) and after our more than satisfactory meal we walked back to the hostel—the place we were beginning to consider our home.

In order to pass the hours, we engaged in card games before heading out to see the area in the dark. It was darker than Dublin, not a single light except the full moon. A few students grew a little frightened before Alex (completely unafraid) heroically escorted these scared souls back to the safety of the hostel.

The following day saw the group slowly go their separate ways, back to their normal lives. At last we made the journey home, clutching at the time we had left but all good things must come to an end.

Alex Howard & Oscar Meagher, Fifth Year

No Bucks Cafe



On Thursday 28th of March, three students from Sixth Year Religion class, Adam Klug, Alice Gallagher and myself, headed out to the city

centre with Ms Rowan and Ms Harris to work with *No Bucks Cafe*. This is a bus converted into a coffee shop run by Tiglin which provides hot drinks, food, clothes and sleeping bags to the homeless community of Dublin.

Upon arrival, we were given a trolley with all the essentials and backpacks full of socks, hats and gloves. We spent some time walking all over the city centre, chatting to homeless people and giving them what we could.

It was during this time that I noticed the strong sense of community here. Rodney, our leader and regular volunteer was leading our troop. He knew many of the people by name and understood their specific circumstances. He entrusted Ms Harris with a bag of clothes he had secured for one man in particular who had been robbed the previous week.

It was one of the wettest nights of the year and we were soaked through. It was a quiet night for rough sleepers due to the rain so after a couple of hours we returned to the refuge of the bus which was packed with people keeping warm and dry.

Here we met Zack and Tommy, two Tiglin residents. Tiglin also run a residential drug rehabilitation programme in Wicklow. Many of the volunteers on the bus are graduates of this programme. The men told us their harrowing stories of past violence, drug addiction and jail time. We felt truly inspired by their stories and I felt it was so refreshing to see them now, clean from drugs and leading fulfilling lives. Having witnessed the despair of the streets, it was great to hear stories of hope.

Speaking with Zack and Tommy made me think of the stories of the people we had encountered on the streets. They are still at the lowest points of their lives and are chained down by addiction and difficult circumstances. These people are a lot more humanised to me now, rather than simply statistics.

I cannot forget the man in a sodden cardboard covering who could hardly hold his coffee because his hands were shaking so badly from the cold. I went home to bed but he stayed all night in the cold rain.

The problem of homelessness is more apparent to me now than ever before, but so is one way that I can help out. I hope that wherever I end up next year I continue to volunteer.

Oisín Keegan, Sixth Year

LCA Enterprise



For Enterprise Week in LCA we ran two different businesses. I was mainly involved in the jewellery sale but also helped out with the Early Bird breakfast.

I found it interesting how many people get into school so early. The Early Bird breakfast started at eight and offered cereals, pastries, teas and coffee. This proved to be quite popular and earned most of the money for us.

The jewellery sale was popular the Friday before Mother's Day, but not so much the rest of the week, although I sold some jewellery before the Junior Plays which helped earn more money.

I learnt new skills like how to make a necklace, but mostly about how to run a business. This was a useful task—very helpful to any of us who want to run a business later in life.

Caitlin Gemmel, 5th Year

Record Breaking Numbers!



Sex Trafficking

As our sixth year politics and society project, myself Maya Bailey, Louis Toole and Sadbh O'Loan are conducting a project on sex trafficking. We have been thoroughly researching this issue and have been working closely with Ruhama, a large organisation working with victims of sex trafficking and prostitution. Ruhama have given us permission to publish stories of many of these victims and we have published some of these to our facebook page.

The Dublin Rape Crisis Centre defines consent as “freely given, and an enthusiastic, clearly communicated and ongoing yes”. We are trying to educate boys and girls that sex should be mutually desired and collaborative.

Trafficking victims come in all shapes and sizes, they are not one particular ethnicity and they all have unique stories with one common factor... We intend to expose the dark side of trafficking. We intend to expose the lack of action undertaken by those who can at least attempt to combat the current problem we face with sex trafficking in Ireland.



The Criminal Law (Sexual Offences) Act of 2017, making the buying of sex illegal is a great stepping stone but is not currently being implemented or working to its full extent. As of January 2019 only one offender has yet been charged with a 200 euro fine. We would like to see more action, we need more than a law on a piece of paper. We need implementation.

But what is the root of this problem? Pimps and human exploiters are offenders but they are merely supplying a demand by Irish people. As well as proper implementation, we have issues of consent at play. Real consent cannot be bought. If consent is a commodity, essentially we are all, in theory (primarily women) being subjected to this lack of bodily and violation of our human rights.

If you would like to know more about sex trafficking you can follow our facebook page @peoplen0tproperty.

Maya Bailey, Sixth Year

Thank-you Mr Lowry

The summer assembly was closed by Head Boy Oisín O'Sullivan with the following tribute. The students presented Mr Lowry with tickets to Anfield—and a magnificent selection of Liverpool gear which he wore with pride on Friday the 12th of April, his last day as Newpark principal.

Coming into this school I was lucky, I knew a lot about it. My brother had done two years already, my cousin was head girl, and both my parents attended the school so I knew the lowdown on all the teachers, the ones to befriend, and the ones to be wary of. One name that kept popping up for all the good reasons was Mr Lowry, the principal.

At the start I noticed a few things. He was the silent workhorse keeping the school running. He gave an acknowledgement, a smile, a nod upon contact with students. He learnt the names of students. These things all made an impact on me.

As the years went on, I've learnt more. He's a man full of integrity and passion. He has been a quiet and calm principal but has never once failed to express interest in school activities. He will be at every sporting, drama, or musical event he can. He listens to all. He is so student-centred. He is constantly thinking of how decisions will impact on us, the students. He's genuinely interested in our future. He treats every student equally and instills a sense of self-worth and confidence in each one. Each one of the 850 students in this hall is proud to be a Newparker.

An ancient Chinese philosopher once said "A leader should act without effort and teach without words". Mr Lowry, you lead by example. You are a role model, a councillor, a husband, a principal, a father, but most of all you're a friend.

To commemorate your retirement, the extended student body has put together a scrapbook of sorts, with memories of the old days and new, as well as a few presents. We'd like to extend our wishes and hope that you have a wonderful retirement. Your presence will be sorely missed around the school and damn, you've left some pretty big boots to fill.

Oisín O'Sullivan, Head Boy



Looking to the Future

There are very few statements you can make with absolute certainty. We're all going to die, the earth isn't flat, and (most importantly to this piece) Newpark wouldn't be what it is today without Mr Lowry's contribution. His leadership of the campaign for a new building is the reason that pieces of roof don't fall on our heads when we walk from room to room. The trust in his teachers is the reason we have drama trips to Italy and History trips to Poland. His open-mindedness is the reason we have lunch-time performances every few weeks.

Under Mr Lowry's leadership, the school's ethos of inclusivity, acceptance and opportunity has flourished and become what it is today. A school that is equally for scientists, politicians, historians as it is for poets, musicians, actors, athletes and artists.

With news of Mr Lowry's retirement, people began wondering what the school is going to be like in the future. As a sixth year student, I won't have a lot of time with the new principal but I hope the younger years see the role they play in making the school what it is. In the end, it comes down to us whether the ethos is followed. Keep acting as we always have: make sure your opinions are heard and follow the Newpark legacy of always pushing the envelope.

Yes, the future is uncertain but I know Newpark will be in capable hands.

Breno Keogh, 6th Year



A note from the PTA

It's hard to believe that we are nearly at the end of another school year.

We started the year off by hosting a parent talk in February and were delighted to see so many parents attend. The talk, *A Little Nightclub Medicine - Caring for 'Party Animals' in the 21st Century*, was presented by Dr Chris Luke and proved to be a very informative evening. We will continue bringing interesting guest speakers to the school and will shortly be sending out a parent survey to see what topics you would like covered so we can start planning for next year.



The Fundraising Table Quiz held on the 28th March was a great success with a nail biting tie-breaker. Between the quiz and the raffle we are delighted to have raised €2400. Thanks to all those parents and teachers who supported the event and a special thanks also to the fundraising team for all their hard work on the night.

We are always happy to facilitate requests for support from the staff and students and were delighted, thanks to **your** support at our fundraisers to be in a position this year to contribute funding towards 24 new computers, mini-bus Insurance and maintenance, medical supplies, yoga mats, SciFest and student participation in the Walton Club in Trinity.

The annual uniform sale takes place on Friday the 24th of May at 4pm. We would ask those of you whose children have outgrown their uniforms or who will not require them next year to donate uniforms items still in good condition. Drop-off points will be allocated on the 20th/21st of May and further information will be available nearer the time.

A special word of thanks to Mandy and the lost property team who not only organise this event but also run the lost property office with remarkable dedication and care throughout the year. There will also be collection boxes in the school for textbooks once they are finished with!

We would like to wish all the students sitting exams the very best of luck—in particular those taking

NEWPARK SCHOOL PTA



SECOND HAND UNIFORM SALE FRIDAY MAY 24TH @4PM

the State exams. A farewell to those families leaving the school this year: we look forward to meeting you all at the Debs reception in September.

On a special note, the PTA Committee have been privileged to have our wonderful principal Derek Lowry steer and support us over the years. A very big **THANK YOU**. We would like to wish him every happiness in his retirement.

Wishing you all a wonderful summer.

Message From Bobby
All lockers must be open. Cleaned out and padlock locked to the open door by end of term. Locked lockers will be opened and belongings removed to lost property.

Front Cover Image Self Portrait by Mayka Aberasturi