



# JOHN SCOTTUS SECONDARY SCHOOL

72/76 MOREHAMPTON ROAD, DUBLIN 4.

TEL: (01) 6680828, FAX (01) 6676672.

E-MAIL: [SECONDARY@JOHNSCOTTUS.IE](mailto:SECONDARY@JOHNSCOTTUS.IE) WEB: [WWW.JOHNSCOTTUS.IE](http://WWW.JOHNSCOTTUS.IE)

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28<sup>th</sup> February 2015

Dear Parent(s)/Guardian(s),

Here are a few notices from the month of February that you may be interested in.

### **Wesley Musical**

The Senior Choir will perform Cantate Domino by Welsh composer Karl Jenkins at the Wesley Music Festival Friday next 6th March at 6.20pm. We are first on, of four choirs. All are welcome and it would be great if parents and family could come along and lend us their support. It is always a terrific family 'fun' event!

### **February Sports Update**

This month we have seen our students participate in a variety of challenging activities. Within class time, first year girls successfully completed a course of basic life saving and water polo in Energie Fitness, while second and third year thoroughly enjoyed several weeks of rugby and dance. The fifth and sixth year students' fitness levels were challenged in spinning and circuit classes.

Our first year girls hockey team won three matches, reaching the quarter final stages. The junior girls hockey team managed to beat St. Louis Rathmines 7-0 proving to be a school record.

Since the Christmas break our ultimate frisbee teams have had some success. Our girls team took part in a tournament in Muckross Park. Our mixed team enjoyed 3 wins from 4 games this week in Malahide Community School.

Thanks to all the students for their continued organisation and efforts this term

### **Mindfulness Practice in Schools Conference**

The Mindfulness Practice in Schools, organized by John Scottus Secondary School, is taking place on March 18<sup>th</sup> in the Avila Retreat Centre and is nearly booked out. Keynote speakers include **Sister Stan** (of Focus Ireland and the Sanctuary) and **Tony Bates** (founder of Headstrong). For more information see <http://mindfulnesspracticeinschools.ie/>

### **Bus Survey**

As some of our student population travel to school we are investigating the possibility of organising a bus service that will pick up students in various locations. If you wish to express interest in such a service, please click [here](#) to fill out the survey.

### **1<sup>st</sup> year trip to Dublin Castle**

First year students of John Scottus Secondary school visited the archaeological site of Dublin Castle. For more details, please click [here](#).

### **Transition Years in India**

Transition Year students have returned from their life empowering trip to India. To get more detailed information about the trip please link [here](#) to the dedicated blog site. Here is a sample of feedback from some of the TY parents with.

*"notably calmer and happier"*

*"Thank you' whenever she is given any food"*

*"a greater awareness about gratitude for what he has"*

*"quietly more contained within himself"*

*"joy comes forth now as a general positiveness "*

*"Self-esteem way up"*

*"a stronger more independent person now"*

*"a deeper understanding of what it is to be a grown up in the bigger world"*

### **Upcoming events**

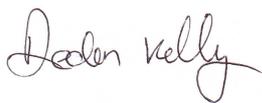
- Irish week begins on March 9<sup>th</sup>
- Please note that Monday March 16<sup>th</sup> and Tuesday March 17<sup>th</sup> are school holidays.
- Spring term ends on March 27<sup>th</sup> and Summer term starts on April 13<sup>th</sup>

### **A philosophical thought for the day**

*"Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way."*

– Viktor Frankl, Survivor, Auschwitz Concentration Camp.

Yours sincerely,



Dr. Declan Kelly

Principal

Phone: 01-6680828

Email: [dkelly@johnscottus.ie](mailto:dkelly@johnscottus.ie)