

AVS Notes 24th March 2017

Talk For Parents on the New Junior Cert

A talk takes place in the school on 29th March on the New Junior Cert programme. This talk is open to all interested parents. Ms. Jacqui Dillon Director of the Donegal Education Centre, Ms. Geraldine Diver Principal and JCT school coordinator, Mr. Shane O'Neill will deliver the talk.

Talk from Dr. Fergus Heffernan on Family Dynamics and Wellbeing

Dr. Fergus Heffernan delivered a talk on the 22nd March to students, staff and parents in the AVS. The presentation was two hours long. Our Leaving Cert students attended the presentation from Dr Heffernan in the morning and staff and parents in the afternoon and evening. To say Dr. Heffernan is inspiring is an understatement; his talk was brutally honest and gave each person listening a new perspective. As a psychologist and public speaker he informed listeners about the importance of wellness and mindfulness in addition, he discussed the brain, our bodies and relationships. In general students, staff and parents were blown away by Dr Heffernan's talk it was emotional, humorous but moreover it was valuable to each person as we all need to be more conscious of our own wellness.

Golf Classic

Following on from the very successful Golf Classic in 2015, the Abbey Vocational School Parents' Association is holding the 2017 fundraising Golf Classic in Donegal Golf Club, Murvagh on Wednesday 10th May 2017. This is the Parents' Association's main fundraising event and is hosted every 2 years. The event raises much needed funds for the school and committee members are currently approaching local businesses seeking sponsorship of Teams / Tees / Prizes. Anyone who would like to enter a team on the day can do so by contacting Donegal Golf Club on 074 9734054 or Teresa on 0877863796.

Team of 4 - €120, Prize sponsorship - €75 or Tee - €50. All contributions big or small welcomed.

Jigs and Reels

Friday 25th March was an unforgettable night in the Abbey Hotel for Jigs and Reels; it was an entertaining and show-stopping event! The idea was to showcase our Irish dancers as well as introduce the skill to students who have little or no experience of Irish dance. The event was a fundraiser for our school activities and a dance reach programme for those students who partook in the event. We are very proud of each and every one of the students who participated in such a positive way to the event.

Noel Cunningham kept the mood alive all night as he introduced and welcomed our young couples to the stage. It was extraordinary to see how much effort our novice dancers put in as their timing as stated by the judges was "flawless". In addition, our young couples were relaxed and confident which is astonishing considering it was a sold-out event.

Shaun Campbell and Aoife Joyce were the first couple to storm the dance floor with a heartfelt dance to "Singing in the Rain". Many of our dancers got inventive with props such as Jack Myers and Abbie Chambers and Caitlin Norrby and Caélan Boyle making their dance more enjoyable for the audience. Even though Kara Meehan and Patrick's song choice was "I Don't Dance", a popular 'High School Musical' song, there was no evidence of a lack of dancing skills as they twirled, jumped and leaped through their number. Amy Mc Inern and Danny Burke had the crowd tapping their feet along to the 'Jungle Books' childhood classic

“The Bear Necessities”; Danny was commended for mastering the famous treble by our judges.

“We Go Together” transported our audience back in time to the 50’s as James Mc Namara and Laura Mc Goldrick took on a powerful number from the critically acclaimed ‘Grease’. In addition, Ailbhe Loughney and Aaron Pearson showed tremendous confidence as they stepped to the exciting “Happy Days”. This was followed with a lively number from Anna Campbell and John Relihan who showed the audience the importance of team work on the night as Anna gracefully stepped in for Karla Kelly a week before the show; the trio worked hard to ensure Anna was prepared on the night. Bronagh Boyle and Mark Jordan got “Footloose” on the night as they energetically danced to a Loggins classic.

Lisa Gallagher and her partner Aidan Mc Hugh were commended highly on the night, as it was hard to believe Aidan had no previous experience as they scored a near perfect score! Two of the AVS first year students Dermot Mc Guckin and Clara Bustard blew away the judges with their confident entrance and elegant dancing. The quick stepping couple Jenny Burns and Richard O’Rourke even managed to get the crowd involved as Richard twirled some of the audience along to “Honey I’m Good”. Finally, our last couples Gerard Byrne and Aoife Breslin were our winners as along with the judges and audiences votes they were crowned our Jigs and Reels winners. The pair had excellent timing and were in perfect sync to the music to win the sought-after trophy. 2nd place on the night was awarded to: Aidan McHugh and Lisa Gallagher and 3rd to: Jenny Burns and Richard O’ Rourke. Well done to all of our students as each and every one of them was a winner with their serious input into the event.

Congratulations to our thirteen young couples, they showed huge determination and courage to compete. In addition, thank you to all the musicians who performed as part of the interval entertainment: Rachel Reid, Alison Edwards, Conor Mc Allister, Side FX, Revolutionary and Maciej Ferlewicz. The Abbey Vocational School would like to thank the local businesses who kindly sponsored our young couples and our judges on the night: Julianne Murphy, Ailis Mc Intyre, Clement Gallagher and Ruth Mc Kenna. The Abbey Hotel were more than accommodating on the night therefore thank you to all the staff that worked tremendously hard during the fundraiser.

A very special thanks to the following who sponsored the AVS Jigs and Reels:

Herron Autos, the main sponsor for the night.

All Sports for sponsoring trophies.

Hair and Make-up: Rossana’s, Studio 5, Shapes n Hair, Karen’s Hair Boutique, Riah, Julie’s, Aine’s Inspiration, Beauty Envi, Alysha Rooney @Studio 5 and Ciara Boyle.

Couple sponsors: Laghey Waste, Bank Bar, Linda’s Diner, Magee, KN Group, Dom’s Pier One, Pulse Venue, TooManyCooks.ie, Londis, Tots and Tassels, Harbour restaurant, Chandpur, Specsavers, Little Mac’s, Daytona Heavy Haulage.

Music Practical Examinations

Music Practical Examinations for Junior Certificate and Leaving Certificate Music students will be taking place next week. On Monday 27th and Tuesday 28th March the Leaving Certificate practical exam will take place and the Junior Certificate practical on Wednesday 29th. Best wishes to all students completing their exams next week.

French and Spanish Orals

French Leaving Certificate orals take place next week on Monday 27th and Tuesday 28th March. In addition, Leaving Certificate Spanish orals will be held on the Thursday and Friday of next week. Good luck to all our students!

Design, Innovation, Creativity and Enterprise Conference (DICE)

In recognition of the two Donegal ETB schools who are piloting the short course in coding, a group of students from the AVS will be attending the 'Design, Innovation and Creativity and Enterprise' conference at LYIT on Thursday 6th April. The workshop will show the participants how to produce an animation without needing expensive software or equipment. Everything will be produced using free software such as iMovie or Windows Moviemaker and ordinary digital cameras. The participants, working in small groups will plan, script, storyboard and animate a model animation film, edit and add sound effects, use open source music and record dialogue.

ETB Student Choir

The ETB Student Choir took to the stage of the An Grianán Theatre in Letterkenny on Tuesday 21st March for the 'One Voice' concert. The students of the AVS performed with other ETB schools in the Donegal district along with ETB staff. Many of our TY students took part and it featured more than 200 students from 15 post primary schools. The participants performed a selection of choral classics.

The evening concluded with the students joining the 50 ETB staff choir for a rendition of the well-known spiritual song "wade in the water". The audiences were invited to join in making a total of over 500 singers lifting the roof off the theater on the night.

Maciej Ferlewicz gave an outstanding recital during the evening on the piano. He was congratulated on the night by Education Officer, Martin Gormley, on his recent awards at piano competitions in Dublin. Thank you to all the staff and students who participated in making the evening so wonderful.

Healthy Schools

The wonderful Christy Toye visited the school this week to give a motivational talk to some of our students involved in the 'Healthy Schools' Programme. Christy completed some challenging activities with the students who are training for the 'Couch to 5k' event.

Sisters of Reparation

Sister Mary Augustine & Sister Wendy from the Sisters of Reparation came in to speak to the TY students on faith and business. Sister Mary Augustine formally worked in the banking industry on Wall Street in New York before joining the order. She gave students an interesting insight into life and choices. Furthermore, they spoke to students about the idea of your conscience and decision-making.

Spanish Club

Club de Espanol takes place every Thursday in room 1 with Ms McNulty during the second half of lunch. All first years are welcome to join and get involved in a variety of activities.

Book Club

Each person partaking in the book club is reading his or her own individual book now. They are meeting in the reading room on the 3rd April at lunchtime to discuss their opinions and findings.

John Paul 11 Trip

The 20 students involved in the John Paul II awards attended a retreat in Knock on Tuesday 21st March. There is also a Youth Day being held on April 5th. “The Pope John Paul II Award enables participants to take an active part in the life of their Church – in the life of their community and society. It enables young people become more aware of the teaching and role of the Catholic Church in the world”.

Transition Year:

TASTY Pilot Project NEWS

Our judging panel for the Gala Night on May 16th has been confirmed as follows:

1. Nevin McGuire Celebrity Chef and owner McNeen's Restaurant, Blacklion
2. Gillian Nelis, Food Writer, Sunday Business Post
3. Anne Mc Hugh, Chief Executive, Donegal ETB
4. Joan Crawford, Fáilte Ireland
5. Paul Hannigan, President, LYIT

The students are very busy in preparation for the event and have had a very exciting week. Team Uisce Fishce went on a field trip to Dicey Reilly's Brewery to learn how his stout is made, as they will be using it in their dish. They're doing a Silkie Whiskey Cured Salmon. Their idea came from using old methods for curing/ preserving fish.

The Team from Chandpur Indian Restaurant are working under Rana the Master Chef and are fusing two different cultures and tastes using our wonderful local Donegal produce and his Bangladeshi spices that Chandpur is famous for.

The Harvey's Point team are working on a stew. The idea of the Beef and Stout stew came from a traditional Irish menu, stemming back to the famine years. Chris & his team tried to make this dish bring us back to our roots and they are excited to create a delicacy that could give you the homely Irish feeling while still demonstrating our modern cooking techniques.

The Solis team are busy perfecting a seaweed bread...this sounds delicious!!

The Smugglers Creek team are keeping their dessert close to their chest. So watch this space....

Team Tavern are currently working on their Product, Team Name & Social Media Platform. The teams aim is to create a campaign of fun, laughter & dance....this sounds like one to watch!

Seo Bothar

TY students participated in an Irish Workshop as part of Seachtain na Gaeilge on Monday 24th March. Seo Bothar is a workshop encouraging students to use their Irish language more often. The workshop provided information on the Irish language, where they can use Irish and about their Irish rights. In total, there are 2,000,000 Irish language speakers in the country. The interactive workshop included games, role-play and debates with prizes to be won such as t-shirts, stickers, CD's and many other prizes.

The aim of this workshop is to encourage students to use their Irish language more often and outside of school. Students had an enjoyable day where they learnt many new things about their Irish language and their country.

Alan Devine Public – Speaking Workshop

Alan Devine delivered his final workshop this week on Friday 24th March. Alan has delivered four highly exciting workshops to our TY students this month; he has over twenty years' experience as an actor. The workshops were an enjoyable and an interactive experience. A huge thank you to Alan for completing the four workshops; the TYs all expressed their

enjoyment in participating in the full day workshop with a large number wishing they could go a second time!

Tourism Project

Our Ty students are participating in a second TY Tourism Training programme that has been funded by Donegal County Council/Donegal Tourism Ltd. The Abbey Vocational School, Donegal Town and St. Columba's College, Stranorlar are the participants in the pilot programme. The programme will be delivered on a one day per week pilot basis (over four weeks) to two second level schools, one from the south of Co. Donegal. The School of Tourism plans to deliver a four-day training programme for Transition Year students. The programme will address the above issues by focusing on the following:

- (a) Introduction to the Tourism industry
- (b) The tourism product in Co. Donegal (specific focus on regional food, crafts and tourism activities along northern section of the Wild Atlantic Way)
- (c) Restaurant service
- (d) Introduction to food hygiene and food handling
- (e) Customer care

This is another excellent opportunity for all of our students involved.

Sport:

U14 Boys G.A.A.

On Monday 27th March at 11:30 am, the U14 boys will play in Dooey in the County Final against PCC Falcarragh. The Abbey boys have beaten Milford Loreto, Rosses C.S., St. Columbus Comprehensive, Coláiste Cholmcille and Coláiste Na Carraige on their journey to the final. 1st and 2nd years will support the boys on the day journeying to the venue on the supporter's bus. We wish the boys the best of luck.

U 17 Players

Well done to Ian Campbell Matthew Mc Kenna, Jamie Crawford, Ryan Brogan and Daniel Gallagher who were on Donegal U17 team who defeated Tyrone at the weekend in Garvaghey, Donegal won 1-08 to 0-07.

U14 Girls G.A.A.

The girls travelled to Milford on Tuesday 21st March for a showdown against Loreto College in a league match. The girls played a hard-hitting game with points from Enya Gallagher, Erin Doherty, Catherine Campbell, Ellen Canavan and a successful penalty goal from Aine Ward. It was however, the end of the girl's journey as Loreto were stronger on the day. Well done to the girls for putting in such a valiant effort.

Girls Active

The Girls Active group travelled to Letterkenny on Wednesday 22nd to take part in a rugby activity day. The girls played alongside several teams all over Donegal. The girls also had the privilege to meet Irish rugby international Laura Feely. The day ended with the girls seeing the World Cup trophy that will be used in this year's World Cup.

Athletics

Athletics training takes place every Tuesday after school from 4.00-5.30 pm and every Friday at lunchtime. The students are currently training for the Donegal School's track and field,

which will take place in Lifford on the 27th April. They will also compete in the Ulster School's track and field event, which kicks off in Antrim on the 5th May.

Boys Basketball

The 1st and 2nd year boys played at home against Ballina, Mayo on Monday 20th March. The 2nd year boys had a very good game with scores from Shane Meehan, Ryan Coughlan and Oisín O' Donnell. The game went in the boys favour putting them through to the regional, which will be against Ballyshannon. A date is yet to be confirmed for this match.

Unfortunately, the 1st years didn't do as well in their game, Ballina were the stronger side on the day but with scores from Conor Campbell, Josh Mc Crea and Diarmuid O' Donnell they put up a fair fight and put their opponents through their paces. Bad luck faced them in the end though as they suffered a loss at the hands of the Ballina team.