



### Introduction:

Hello and welcome to the Holy Family Senior School newsletter. We have had an extremely busy term since Christmas so enjoy reading all about it!

### Mark your Calendar

April 11<sup>th</sup> - School closes for Easter

April 14<sup>th</sup> - International moment of  
Laughter Day

April 20<sup>th</sup> - Easter Sunday

April 22<sup>nd</sup> - Earth Day

April 25<sup>th</sup> - World Penguin Day

April 28<sup>th</sup> - Return to school

May 2<sup>nd</sup> - International Harry Potter  
Day

May 4<sup>th</sup> - Star Wars Day

May 6<sup>th</sup> - May bank holiday

May 9<sup>th</sup> - Europe Day

May 17<sup>th</sup> - World Baking Day

May 20<sup>th</sup> - World Bee Day



### Easter around the world (By Jessie Ajaegbu)

#### Easter in Germany

In Germany, Easter is known as "Ostern" and the commemoration begins a week before, on Palm Sunday, marking Jesus' entry into Jerusalem. The week leading up to Easter is known as Holy Week, or "Karwoche" in German. Easter is celebrated a day longer in Germany, with Easter Monday (Ostermontag) being a day to relax or enjoy activities with kids. The celebration of Easter in Germany starts on Thursday (Gründonnerstag) and ends on Sunday, with traditional dishes for each day.

#### Easter in Korea

Easter in Korea is known as 부활절 (buhwaljeol) and the Easter egg is called 부활절 달걀 (buhwaljeol-dalgjal). On Easter Day, Korean Christians and Catholics often go to church to pray and have a feast or go outside to enlighten other people of the death and resurrection of Jesus Christ. Christmas in Korea is more popular than Easter. On this occasion, Korean Christians will go to church, listen to the church choir and sermon, and watch a Christmas play.

#### Easter in Nigeria

Easter in Nigeria is a vibrant festival deeply rooted in Christian traditions, enriched by unique customs and rituals. The celebrations reflect the cultural diversity of the country and emphasize the importance of community, faith, and hope.

## Wellness Week in HFSS

(By Nathaneal Amayo)

*Wellbeing Week focuses on your wellbeing and how you feel physically, mentally and emotionally. So our school decided to promote wellbeing in and outside the classroom.*

*Monday was Mindful Monday. A day to start our week with calm and focus. Mindfulness means paying attention to your thoughts and feelings. 3rd and STAR classes enjoyed dancing with Ms Kinsella. Other classes did some mindfulness colouring and other meditations.*

*Tuesday was Thankful Tuesday. We started our day off with some music playing across the school. Tuesday was a day to be aware of all we have to be thankful for and classes wrote on leaves to put on our tree of gratitude. 4th Class played games in the hall with Ms. Boyle, Mr. Dunne and Mr. Coghlan.*

*On Wednesday the school was full of funky footwear to celebrate walk in my shoes Wednesday. The Student Council had a very hard job picking winners from all the creative entries. Walking in other people's shoes allows us all to build positive relationships. 6th classes had yoga classes with Ms. Sheppard.*

*On Thursday we had Triumphant Thursday. It is really important that we celebrate ourselves and the things that we do well. Remember to talk to yourself like you would speak to a good friend. If you wouldn't say it to a friend, why say it to yourself? The 5th classes made amazing calming cushions on Thursday.*

*On Feel Good Friday we took time to reflect on Wellness Week and everything that has happened. We had such a great week focusing on our wellbeing and promoting positivity and kindness in the school that week. This is something that hopefully we will carry forward every day.*

## Debating league

(By Aoibhe O'Shea)

Currently our school is holding a debating league between the 5th and 6th classes. Each class that is participating is given a motion, which is what they are fighting for or against, and then the classes have 3 to 4 weeks to do their research and put their speeches together.

Once a class is finished putting their speeches together and are happy with all of their work, they will then pick 3 people to represent them in the debate.

On the day the two sides of the debate will meet in a classroom to debate the motion. The debate is then judged by the school debating team and they will then announce a winner, who will then go through to the next round.

That then continues until we have the winner of the debating league!!! Good luck to all the classes through to round two after the Easter break.

## Daffodil Day 28<sup>th</sup> March

(By Leila O'Loughlin)

Daffodil day was a day about raising money for people with cancer and donating to The Irish Cancer Society. For the very special day, we decided to add our own twist and turns to the fundraising project. During the morning of that Friday, all classes went down to the hall to eat some treats prepared by families back home! Personally, my class had prepared some treats to bring down to the hall and give out. We also had a coffee morning for the parents/guardians to come down, have coffee and eat the treats. When the parents/guardians all left, the classes got to go down and eat the leftover snacks. In total the school raised €4040!

## Eason Spelling Bee

(By Millie LaCumber)

Every 5th and 6th class in the school did a Spelling Bee competition in their class. When every class had a winner there was a competition between the class winners in the PE hall. All fourteen representatives had a spelling battle. After an exciting twenty minutes we eventually had a winner. The winner's name is Stella Keyes. Stella is in Ms Redmond's 5th class. Since Stella won, she took part in another Spelling Bee against the representatives from a few other schools. This competition against other Laois schools took place on the 7th of April.

Stella did really well in the the County Final, she came in 4th place. That means that Stella is the 4th best speller out of all of the 5th and 6th classes in Laois. The winner will go on to represent Laois.

Unfortunately, Stella is knocked out of the competition. Everyone is proud of her for getting so far.



## Confirmation (By Amber Brennan)

February 28th was a very busy day for the sixth classes. The excitement that morning was very high as everyone was getting ready and dressed up for their big day ahead. Everyone looked amazing and overall the ceremony was absolutely beautiful and the choir sounded amazing.

### Other School news

- Our amazing school choir performed 2 sold out shows for the Cór na nÓg. We are very proud of all the 4<sup>th</sup> and 5<sup>th</sup> classes.
- The Holy Family Chess team competed at the Comórtas Fichille in Ballinamere. Well done to all involved.
- HFSS are currently competing participating in a competition called "Fyffes Fittest School".
- We are taking part in a 4-week skipping challenge travelling to different countries in Europe.



**Thanks to all of our contributors from the Student's Council who made this issue possible.**