



Opening of the School Year Mass

"We have hope as an anchor for the soul firm and secure" was the theme as the entire school community gathered on Tuesday afternoon for the opening of the year mass. The liturgy reminded us that we witness some calm and other overpowering waves on the sea each day. Just like the waves, we will all experience challenges in our own lives. Our hope and prayer is that the school community will be an anchor to guide, help and support us, bringing each one of us safely to shore.

The mass concluded with a beautiful reflection reminding us that while we are nearly 900 different individuals, when we come together for one cause we have a powerful voice. Thank you to Fr David Brough P.P. for celebrating the mass and to the RE and Music Departments for creating this very special moment for our school community.

Mark your Calendar

Oct 9th	TY Focus Ireland Sleep Out
Oct 19th-22nd	6th Year Autumn exams
Oct 22nd	Deadline for accepting 2027/28 admissions
Oct 23rd	School closed for Oide Staff Training Day
Oct 26th-30th	Midterm break
Nov 19th	2nd Year Parent/Teacher Meetings
Nov 25-27th	TY Musical in Mermaid Theatre, Bray

The full school calendar can be found on both the website and via our school app



World Mental Health Day

This week, the SPHE Support Group reminded students and staff about the importance of minding their mental health. Mental well-being enables people to cope with the stresses of life, realise their abilities, learn and work well, and contribute to their community. It is a basic human right and looks different for everyone.

With World Mental Health Day taking place on Saturday October 10th, here are some tips to help us cope when we aren't feeling our best:

- Listen to upbeat music to help put you in a more positive mood
- Get some exercise - this helps your serotonin levels rise, helping to regulate your mood and promote motivation
- Laughing with friends releases endorphins

It is essential for your mental well-being that you give yourself time to relax and reset both your mind and body. This Mental Health Awareness Day, make sure you take time to do the things you enjoy and take a break from study and work!

- Mary-Kate Olliver (6th Year)

TY Focus Ireland Sleep Out

At 7pm this evening our 4th Year group will gather on the school grounds to begin their Shine a Light Sleep Out for Focus Ireland.

For 12 hours they will experience the daily plight of the homeless. They will be challenged, but hopefully sustained by the solidarity of their peers during this unique experience.

So far the group has raised more than €36,000, all of which goes directly to Focus Ireland who provide much needed support to homeless people across Ireland.

There's still time to donate and support the TYs with their fundraising! You can donate through the QR code below or online at <https://joinus.focusireland.ie/fundraisers/TY LoretoAbbeyDalkey/shine-a-light-school>

As a school community we wish our TYs every success and thank them for their many weeks of dedicated fundraising and taking part in this very important initiative.



Donate
here



Celebrating Junior Cert Results

Our Transition Year students received their Junior Certificate results on Wednesday, bringing to a close their junior years in the school. There were great celebrations at noon when the results were opened, and we would like to take the opportunity to commend you all again on fantastic results and outstanding personal achievements.

With the Junior Cert behind you, it's time to make the most of Transition Year, taking every opportunity presented to you for personal growth, community involvement, social and career development. This is an exciting time for you, and there is much to look forward to!



Model United Nations

Well done all the students who represented the school at TERMUN in Terenure College last weekend. The girls represented the delegations of Brazil and Liberia, and debated a number of issues such as the 'Impact of Ultra-Processed Foods' and the 'Weaponization of Undersea Cables'.

Congratulations to Chloe Leonard who won the Highly Commended Delegate award in the Security Council.

The Model United Nations Club takes place in B8 every Thursday at lunchtime. Conferences take place every month with plenty of opportunities for new members to build their public speaking skills and knowledge of international relations.

Lessons from a Polar Explorer

Last week, Transition Year students were treated to a fascinating talk from world record-holding polar traveller and author Alex Hibbert, who visited Dalkey from London to speak about everything from endurance to Eskimos.

Alex has skied further on an unsupported Arctic journey than anyone in history, and is one of only 11 people to have broken the polar unsupported 1,000-mile barrier.

Highly active in the polar and cold regions, Alex has led independent projects for well over a decade. Journeys have included a high-speed icecap crossing (330 miles in less than 12 days) and routes in Svalbard, the Alaskan North Slope, High Arctic Canada and nearly half a year living with the Polar Eskimos.

"Last Friday, Alex Hibbert came in to school to talk to us about his Polar explorations. He began by telling us about how he holds the record for the longest fully unsupported Arctic journey in history, which he accomplished alongside his teammate George in 2008. They received no resupplies or physical support and completed the final week on almost no food."

"He also spoke to us about his journey in Iceland, where he and his team had to change their route due to black ice, and learn how to navigate with sled dogs.

"All the TYs found it a really interesting talk since it is such a unique career, and we especially loved hearing about Dave, his first sled dog!"

- Amelia Doyle (TY)



Free Flu Vaccines for Under 17s

The nasal flu vaccine is available free of charge to all students aged under 17. If you would like your child to receive the vaccine, please complete and return the flu vaccine form which was sent to parents via the school app.

This form must be returned to the school reception no later than Monday October 12th. Forms can also be collected from the school reception.

Reminder



Congratulations Sadhbh!

Huge congratulations to Sadhbh Kelly in 6th Year who took first place in the Golf Ireland schools event this week. Sadhbh played an absolutely fantastic round!

Justice & Peace Bake Sale

The Justice & Peace committee spent this week raising awareness for homelessness, alongside the fantastic Focus Ireland work by the TYs.

The girls chose the Simon Community as their charity of choice and visited classes throughout the school, educating them on the great work the charity does in Dublin.

On Thursday, the girls held a bake sale to raise funds for the Simon Community and the total raised came to over €550.

Well done to the Justice & Peace committee and thanks to all the students and staff who contributed (and bought) treats!





6th Year Art Trip to Newgrange

Our Sixth Year Leaving Certificate Art class had a great day out last Friday visiting Newgrange and Knowth, where we explored some of Ireland's most important examples of Neolithic and pre-Christian art. It was fascinating to see the intricate carvings, spirals and symbols in person and learn more about the people who created them thousands of years ago.

The trip was a great way to connect what we learn in the classroom with real examples of ancient Irish art and culture. Thank you to Ms McBride and Ms Hannigan for organising such an interesting and enjoyable day!

- Molly Hyland



Brother Schools Cross-Country

Well done to all our cross-country athletes who took part in the Brother Schools Cross-Country event on Wednesday. In particular, congratulations to Emy Rose Tomkin-Beddy (2nd Year) who took 3rd place in the 1000m, Robyn Lewis (2nd Year) who took a top 30 place in the Junior 1500m, and Amy O'Brien (3rd Year) who took 19th place in the Inter 2000m.

Spreading Positivity

Our SPHE Student Support Team kicked off Friday morning with some positivity, greeting students at the school gates with treats, music and plenty of smiles to mark World Mental Health Day!

It was a lovely way to end the week and a reminder that even the smallest acts of kindness can make a big difference to someone's day.

A huge thank you to our wonderful SPHE Student Support Team for helping to create a happy and welcoming start to the school day!





UN International Day of the Girl

Celebrated every year on October 11th, International Day of the Girl is a global moment to celebrate girls everywhere, amplifying their voices, actions and leadership.

Every girl deserves a childhood. Every girl deserves the freedom to learn, to grow, to make her own choices and to define her own future. Yet millions of girls are still denied that freedom.

Did You Know?

More than 133 million girls are out of school today, and almost 40% of adolescent girls and young women do not finish secondary school.

What Can You Do?

Raise your voice for girls' rights. Champion the solutions that help girls stay in school, stay safe and shape their own futures, especially in crisis and humanitarian settings.

Advocate for laws, policies and investments that uphold girls' rights. Amplify girls' voices and leadership, ensuring girls are part of the decisions that affect their lives and futures.

This International Day of the Girl, **stand with girls.**



Combined Pentathlon Event

Well done to Eloise Barrett (1st Year) who competed in the Leinster Schools Combined Events Championships on Wednesday at the National Indoor Arena in the indoor pentathlon.

Eloise came 15th, coming top of the participating Loreto schools, and also achieved three personal bests along the way. Well done Eloise!





6th Year Geography Field Trip

On Monday, the 6th Year Geography classes went on our field trip to Killiney Beach. The trip allowed us to use our knowledge from class and apply it to the tasks we performed.

We spent the day observing different human and physical features on the beach, taking observations, drawing sketches and recording our results. All the information was particularly important as it goes towards our 20% project for our Leaving Cert.

Overall, it was a really enjoyable day and helped us gain a better understanding of the processes and features of erosion.

- Susannah Moir (6th Year)



Senior Hockey

There was a great atmosphere in the gym yesterday as the senior players came in bright and early to train before school!

Sponsored by

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For more details see Ms Hanratty or Ms Scott

ISTA Photograph Competition 2026

Theme: **Science in Focus**

Submit your entries now for a chance to win exciting prizes.

Prizes

- Open to all secondary level students (R.O.I.).
- Up to two entries per student. Each entry must be accompanied with no more than 100 words explaining their relation to the theme.
- Entries must be included with the name of a current ISTA member teacher.
- Must declare that photos are not AI generated/enhanced.
- Closing Date Friday 4th December 2026.

- Overall Winner - iPad
- Teacher's Prize - Visualiser
- Category Winners (Junior/Senior) One4All Vouchers:
 - 1st : €200
 - 2nd : €150
 - 3rd : €100

• SEE ISTA.IE FOR FULL ENTRY REQUIREMENTS AND MORE INFORMATION

• SEND ENTRIES OR ANY QUERIES TO ISTAPHOTOGRAPHCOMPETITION@GMAIL.COM



Shanahan Cup Sailing

Well done to all the Dalkey sailors who were out in force for the first round of the Shanahan Cup on Wednesday. The Shanahan Cup is an inter-schools team racing competition hosted by the INSS in Dun Laoghaire, with several rounds taking place throughout the school year.