



Dalkey Diary

ISSUE 22 | FEB 2026

Leinster Senior Schools Swimming Gala

Congratulations to all the students who represented Loreto Abbey Dalkey at last Sunday's Leinster Senior Schools Swimming Gala at the National Aquatic Centre. Medals were brought home, new PBs were reached, and a strong performance was on display.

Chloe Marshall, Lily Knight, Victoria Griffin and Isabel Knight took silver in the 17/19 relay, while individual medals were brought home by Victoria Griffin (2nd in 15/16 breast stroke) and Isabel Knight (3rd in 13/14 freestyle).

Remaining individual results included: Isabel Knight (4th in 13/14 back stroke); Chloe Marshall (5th overall in 400m freestyle, 6th in 17/19 freestyle, and 11th in 17/19 IM); Victoria Griffin (7th in 15/16 IM); Lily Knight (12th in 17/19 IM); Orla Mortimore (23rd in 13/14 back stroke and 28th in 13/14 freestyle); Annie Fitzgerald (39th in 13/14 IM and 51st in 13/14 back stroke); Lucy Hanley (27th in 13/14 IM); and Zoe Hanley (32nd in 13/14 butterfly).

Well done!

More sports photos can be found on Instagram @loretoabbeydalkeysport

Mark your Calendar

Feb 23rd	School reopens
Mar 6th	Wesley Feis Choir Competition
Mar 9-13th	5th Year subject choice deadline for TYs
Mar 17th	School closed - St Patrick's Day
Mar 19th	Feis Ceoil Choir Competition
Mar 20th	School closed - Oide Planning Day
Mar 27th	School closes for Easter break
Mar 28th-Apr 2nd	Leaving Cert Oral exams
Apr 13th	School reopens
Apr 25th	Loreto Annual Dinner @ Royal Marine Hotel

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



Public Speaking

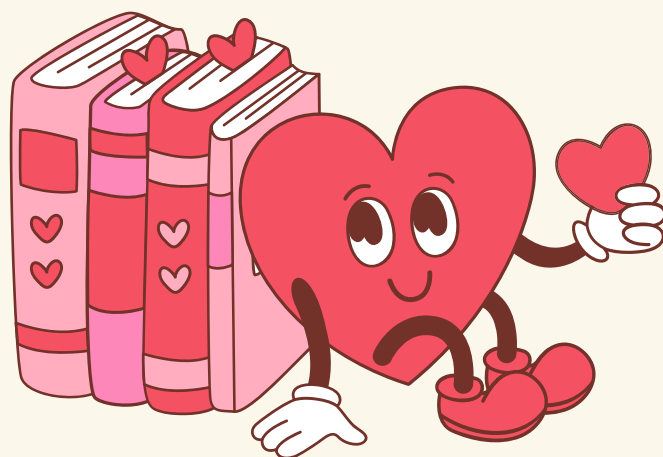
"I'm sick of politics" was one of the topics debated at a recent public speaking competition in UCD for girls under the age of 15.

Loreto Abbey Dalkey was represented by Ria Noonan, Chloe Leonard and Martha Power, all in 2nd Year. Eight teams competed in this heat where other topics included "All road users need to obey the rules of the road" and "Technology provides an unfair disadvantage for lower-income families."

The competition was very well run, the standard was high and the girls thoroughly enjoyed the experience, particularly the opportunity to speak in a university lecture theatre. The adjudicator encouraged the students to speak slower when public speaking and stressed how these competitions encourage young women to use their voices for good.

It was an encouraging and enjoyable experience and well done to the students for giving it a 'Go'.

- Ms Ahearne



What Will You Read this Month?



With midterm ahead, this is a great chance to take a break and catch up on some reading for fun!

If you're looking for a challenge, try reading a book that fits one of this month's reading prompts - the choice of book is completely up to you!

The theme this month is '**Short and Sweet**', so you could read:

- ▶▶ A book of short stories
- ▶▶ A book with a pink or red cover
- ▶▶ A book with less than 150 pages
- ▶▶ A book with food or sweets on the cover
- ▶▶ A book with 'love', 'sweet' or 'heart' in the title





Junior 2 Through to Leinster Semi-Finals

Huge congratulations to the Junior 2 team and Coach Ella who beat St Gerard's last weekend, and are now through to play in the semi-finals of the Leinster League!

Leinster Hockey Development Squad

We are delighted that three of our students have been selected for the Leinster Hockey 2011 Development Squad, which was announced on Thursday.

Well done to Alessandra Stanley and Hannah Quinn in 2nd Year and Niamh Arcan in 3rd Year for this fantastic accomplishment.

Student Wellbeing and Neart

Student wellbeing is at the heart of everything that we try to do in Loreto Abbey, which is why our school is part of Neart, a national programme of support and wellbeing resources for students, staff, parents and guardians.

Last April, the Department of Education and Youth launched Neart – the Irish word for strength - as the new national programme of mental health and wellbeing resources that is to be delivered by Jigsaw.

Neart aims to enhance parent/carer involvement in wellbeing school initiatives and engagement in promoting wellbeing and mental health in the school community.

Neart offers parents and guardians free webinars and podcasts with practical tips on topics parents said matter most - like anxiety, supporting school attendance, social media, and self-care.

For more information on the free programmes and supports on offer parents can visit www.jigsaw.ie/neart

The Power of Words

The wisdom of Margaret Cousins tells us that *A careless word may kindle strife; a cruel word may wreck a life; a bitter word may hate instill; a brutal word may smite and kill; a gracious word may smooth the way; a joyous word may light the day.*

Words have weight.
Words matter.
Choose your words wisely.

Words have the power to inflict pain and sorrow and words have the power to instill pride and strength.

Words can raise us up and words can tear us down.

Words can drive us to keep on going and words can drive us to the edge of despair.

Words can make our hearts soar with joy and words can make our hearts sear with hurt.

Words said in haste, thought long forgotten, can cast the longest shadow.

Words chosen wisely, uttered with love, can cast the greatest spell.

Words connect us, words divide us, words unite us, words surprise us.

Words shape us, words challenge us, words strengthen us, words change us.

Words guide us, words heal us, words ignite us, words reveal us.

Words have weight.
Words matter.
Choose your words wisely.

W. Flanagan

Neart

Supporting mental health in post-primary schools

JIGSAW
Young people's
health in mind



An Roinn Oideachais
Department of Education



Class of 2025

Congratulations to Laoise Conaghtan, Lucy Kay, Naomi McLoughlin and Faith Robinson from Class of 2025 who were awarded UCD Entrance Scholarships at a ceremony in UCD on Wednesday evening (pictured above with Mr Dunne).

Congratulations also to Beth Murray who received an Entrance Exhibition Award from Trinity College recently.

BREAKING NEWS



Loreto Annual Dinner
a flagship event for
Loreto Abbey Dalkey

25th April 2026

Raffle & Prizes • Live Entertainment • Reception & Dinner

Proceeds from this event support the school community and Loreto Rumbek





Loreto Annual Dinner

Extra tickets will be released for the 2026 Loreto Annual Dinner on Monday 23rd Feb on Eventbrite.ie. Watch out for presale access.

If you are interested in sponsoring this event, we would be delighted to hear from you. Proceeds from the raffle support the school community and Loreto Rumbek.



1st Year Home Ec

Last Friday, Ms Quirke's 1st Year Home Economics class had a great time baking some delicious Morning Muffins - the perfect fuel to prepare for exam week and a tasty lunchbox treat that can be made at home!

Loreto Abbey Dalkey Alumni on LinkedIn

Past pupils are invited to add Loreto Abbey Dalkey in the Education section of your LinkedIn profiles to connect with other alumni.

In the Education section, start typing 'Loreto Abbey Dalkey' in the dropdown menu for school attended and it will appear as an option to select. Once saved, this will automatically add you to the 'alumni' section on the school's LinkedIn page.

Don't forget to share with former classmates!

This Week's Basketball Results

Well done to all teams taking part in home and away fixtures throughout the week.

Minor B won 58-3 vs Loreto Foxrock
Minor C lost 24-10 vs Loreto Beaufort
Minor C lost 28-7 vs Holy Child Killiney

Junior B won 46-6 vs Loreto Foxrock
Junior C lost 20-19 vs Loreto Beaufort
Junior C won 32-22 vs Holy Child Killiney

Thank You!
350
BOOKS DONATED TO DATE

Book Drive Update

We have now received more than 350 donated books to help transform the library! Thank you to students, parents and staff for all the donations that have been coming in, both new and second-hand. There has been a great mix of authors, genres and interest levels for students to enjoy, including teen, YA and adult fiction, biographies, graphic novels and more!

If you haven't yet donated, please consider choosing something from the Library Wish List (linked via the school app or on our social channels). Alternatively, if you're having a clear out of books at home, feel free to drop any in excellent condition to school.

Reminder that all students and staff have their own library account and can check two books out for two weeks at a time with Ms Manning. Come and check out the new arrivals!

Please donate a book from the wish list (or second-hand) to help us reach our final goal



Pancake Tuesday

Get ready for Pancake Tuesday next week and create your own stack of deliciousness with **Ms Gleeson's tried and true recipe!**

Ingredients:

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp caster sugar
- 2 eggs
- 300mls milk

Method:

1. Sieve the flour, baking powder and sugar into a large mixing bowl. Add a small pinch of salt.
2. Crack in the eggs and add the milk. Whisk with a balloon whisk until smooth.
3. Heat a tablespoon of butter on a frying pan. Add a ladle of pancake batter and cook until bubbles form. Flip and cook on the other side. Enjoy with toppings of your choice.



WELL DONE

Congratulations to all students who received merits in recent weeks. Parents are invited to log in to VSWare to see their child's attendance and merits.



This Week's Hockey Results

Well done to all teams taking part in home and away fixtures throughout the week.

1st Year A drew 1-1 vs High School
1st Year C drew 1-1 vs St Andrew's
1st Year C won 3-0 vs Temple Carraig
1st Year E won 1-0 vs Temple Carraig
1st Year F lost vs High School
1st Year F lost 2-1 vs Sandford Park

Minor 1 lost 1-0 to Loreto Beaufort
Minor 2 won 4-1 vs Loreto Beaufort
Minor 3 lost 4-1 vs Loreto Beaufort
Minor 3 won 4-0 vs St Mary's Naas (through to Leinster quarter-finals)
Minor 4 lost 2-0 vs Loreto Beaufort

Junior 2 won vs St Gerard's (through to Leinster Semi-Finals)
Junior 5 lost vs Mount Temple