



## Celebrating Junior Certificate 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!

*The best preparation for tomorrow,  
is doing your best today*



# Mark your Calendar

|               |  |
|---------------|--|
| Oct 13th      | 6th Year Parents' CAO Information Evening              |
| Oct 16th      | 6th Year Parent/Student/Teacher Meetings               |
| Oct 17th      | 2nd Year Parent Coffee Morning, 9:30am in Concert Hall |
| Oct 20-24th   | 6th Year exams   |
| Oct 22nd      | Deadline for First Year 2026 applications              |
| Oct 27th-31st | School closed for mid-term break                       |
| Nov 4th       | 3rd Year Parent/Teacher Meetings                       |
| Nov 20th      | 2nd Year Parent/Teacher Meetings                       |
| Nov 25-28th   | TY Musical in Mermaid Theatre, Bray                    |

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



## Model United Nations

Well done to Hazel Gillen, Alexandra Egan, Rachel Shannon, Rachel Lacy and India Bagot who represented the school at TERMUN in Terenure College last weekend. The girls represented the delegation of Mexico and debated a range of issues such as the use of famine as a weapon of war and reducing water pollution in Bangladesh.

Congratulations to Alexandra Egan who won Best Junior Delegate in SPECPOL.

The Model United Nations Club is open to new members. If you would be interested in taking part, please contact Ms Hayes.





# Volunteers needed

We are looking for mums to get involved with the **organising committee for the annual Loreto Ladies' Lunch**, which will take place on April 25th 2026.

We are also looking for two **1st Year parent representatives** to join the Parents' Association executive. Expressions of interest should be sent to Mr Dunne by emailing [principal@loretoabbeydalkey.ie](mailto:principal@loretoabbeydalkey.ie)



## Recycle for Rumbek

An important part of our charitable programme within the school is raising funds for our sister school, Loreto Rumbek in South Sudan.

One of the ways in which we can help is through our Recycle for Rumbek initiative. Last year, we raised €555 through our recycling efforts, and we are currently at €138 so far this term.

All you have to do to help is drop your empty recyclable cans and bottles in the designated purple recycling bins with this logo around the school and the Sports Hall. All funds raised from recycling these items are donated to Loreto Rumbek.



Big thanks to some of our TYs who took this week's haul to be returned.

## Pizza Party!

First Years whipped up some delicious pizzas this week in Home Ec, choosing a variety of toppings and bases, including bagels, pitta bread and wraps.

The kitchen was busy for 2nd and 3rd years too this week, as they undertook homemade chocolate hobnob biscuits and flapjacks. Yum!





## Meditation and Reflection

'Take time to appreciate the moment' was the message of the EMBER Team's impactful time of meditation for the very busy sixth years. The Ember's team's first action of the year helped the sixth years to take time out from their busy study schedule for a meditation on gratitude.

Following the meditative time the sixth years had time to unwind and chat with the team and delicious goodies baked by the EMBER Team. Thank you to the EMBER Team for their great work in organising this special event.



## Senior GAA

Congratulations to our Senior GAA team who won their match against St Mac Dara's, Templeogue this week with a score of 9-08 to 5-02. Well done!





## Freshers' Day in Dalkey

On Wednesday, the Sports Hall was full of energy as the Student Council, led by our 6th Year Leadership Team, organised a fantastic Freshers' Day event.

Each year group got the chance to visit and learn about the many clubs, groups, and sports available in our school. There were stands set up for each club, with posters, sign-up sheets, and friendly student representatives who were happy to chat and share what their club is all about. From sports teams to creative clubs and everything in between, there was something for everyone.

Fresher's Day is a great way to highlight the amazing range of activities we have at Loreto Abbey Dalkey, and to encourage everyone to get involved and try something new. A big well done to the Student Council and all the students who helped make the day such a success!





## Golf Success in Bray

Well done to Sophie Colleran (1st Year), Vanessa Gulliver (1st Year), Aoife Dempsey (3rd Year) and Katie Montgomery-Brennan (3rd Year) who played in the Bray Invitational Golf Championship, organised by Loreto Bray in Bray Golf Club last week.

Our Loreto Dalkey ladies were the overall team competition winners, with Vanessa also taking 2nd place in the individual competition with 45 points. Congratulations!



## This Week's Basketball Results

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

First Years won 28-11 vs Holy Child  
First Years won 18-10 vs Holy Child  
First Years lost 32-13 vs Holy Child  
First Years won 37-9 vs Loreto Bray

Juniors won 30-17 vs Loreto Bray  
Cadette A won 46-24 vs Loreto Foxrock  
Senior A won 63-25 vs Loreto Foxrock





## Basketball Life in the US with Ella Brodrick

Ella Brodrick, who would be in 6th Year this year, is currently in the US on a fantastic basketball scholarship. We are thrilled to hear that she is enjoying everything so far, particularly the amazing facilities! Read more about how Ella is getting on below:

*"Hi I'm Ella, and I'm currently boarding at a high school in America called Spire Academy for basketball, where I'm training hard everyday. I'm really enjoying everything so far and everyone's so nice. I'm going to be playing for both teams this year, so I've got a very busy schedule with double the matches and double the training, which is all a great experience."*

*"This is what a typical day in my life looks like at the moment: We wake up early and have team training and straight into a skills session before we get breakfast, have an ice bath and head to our first class. Next, we have performance, where we lift weights and do conditioning, after which we have lunch and get treatment done in the recovery room. Next, I head to my second class of the day, which is a study class where I go to the student lounge and either do some work or have a nap, then I have my final class of the day. After classes, we have another team training and skills session, watch film of our previous training, then we get some dinner and chill for the rest of the night. That's when I normally go on the shooting machine to get extra shots up, then I head back to the dorm to relax, eat and get homework done. And I repeat this every day, bar our rest day!"*

*"Overall, it's a big adjustment when it comes to my day-to-day schedule, but I'm loving every minute of the process! We've got our first scrimmage this weekend which will be great to get into the swing of it and finally play as a team. The season starts in November, which I can't wait for as we get to fly over the whole of America for games in places like New York and Kentucky. I'm really grateful to Mr Dunne and Mr Cahill for encouraging me for following my dreams."*



## Junior Debating Club

Junior Debating Club takes place every Monday at lunchtime in A06 with Ms Ahearne.

Open to all 1st, 2nd and 3rd Years. New members are always welcome!







## Loreto Olympics

Hilarity ensued this week as the Loreto Olympics came to Dalkey! Well done to our TYs who organised the event, which saw Olympians from Loreto Bray, Loreto Kilkenny, Loreto Beaufort, and Loreto Balbriggan all travel to Dalkey for a day of fun and games.

The Dalkey Olympians included representatives from all years, and they battled, hopped and hula-hooped for a chance at victory. Stay tuned - the final results will be announced on October 24th.

## Introducing Neart

Over the next three years, Ireland's youth mental health charity Jigsaw is delivering Neart, a programme of mental health supports for post-primary schools.

Supports for parents/guardians will include both a dynamic podcast series and a live webinar series monthly, featuring guest speakers and experienced clinicians discussing a wide range of issues relating to the mental health and wellbeing of young people.

Both the podcasts and webinars will offer parents/guardians tips and strategies for supporting the mental health of your young people, as well as strategies for supporting parents' own self-care.

New podcasts and webinars will be released monthly and if you want to receive further information, you can register your interest at:

<https://jigsaw.ie/jigsaw-as-a-parent/>







## The Art of Self-Defence

This week the TYs took part in a self-defence workshop with Eamonn Coleman from Close Encounters Ireland. The aim of this workshop was to provide the students with the necessary techniques and skills to defend themselves against bigger, stronger and faster attackers.

They were taught how to defend themselves in different scenarios, and learned about the flinch reflex and how it protects from danger. The girls were shown an array of strikes to disorientate an attacker, these consisted of an open palm hit, a knee jab, an elbow jab, and a knee strike.

The girls found it very useful and had lots of fun. They had mastered all the skills by the end of the workshop, and are ready for the streets!

- Abi Brodrick and Christina Greenwood (TY)

## Engineering Workshop

This week, some of the TYs took part in an online Zoom class where we learnt about structural engineering, types of bridges and how to build them. We were then challenged, in groups, to build the strongest, longest bridge we could with popsicle sticks and glue or tape.

We learnt about the physics behind bridges and how to use triangles to make a strong bridge. We then tested the strength of each of bridge and compared that to the length to score them. It was vey fun to learn and experiment with the building and get an idea of what being an engineer entails.

- Charmari Feeney (TY)





Donate  
here



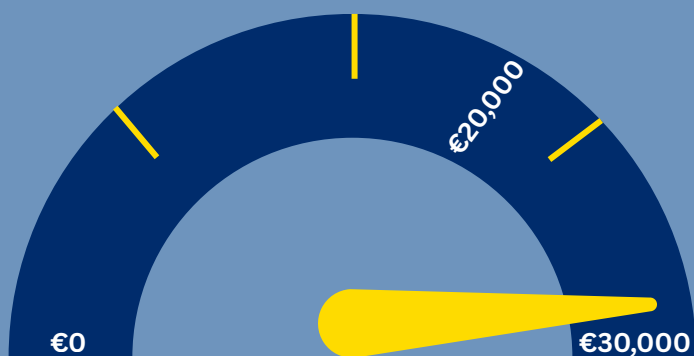
## Tonight's the Night!

Tonight, our TYs are taking part in a School Sleep Out for Focus Ireland's Shine A Light, trading their cosy beds for a sleeping bag. This is all about **raising critical funds for Focus Ireland** to help them meet the growing demand for their services.

The TYs have been fundraising like mad, and have already exceeded their initial €20,000 goal. **There is still time to donate** to help them hit their new target of a whopping €30,000!

You can also check out the **fantastic videos the TYs have created** to highlight their fundraising, and why the Sleep Out is so important, on our Instagram page @loretoabbeydalkey\_

Donations can be made via the QR code (above), or online at <https://joinus.focusireland.ie/fundraisers/loretoabbeydalkey4thyears2025>



Help us  
smash our  
NEW target!



## Fast Fashion

Some of our TY students attended the premiere of 'Losing the Thread: The Cost of Fashion' last week, a powerful new film by Dublin's Local Authorities exploring the true impact of fast fashion.

From inspiring students to practical circular solutions, the film showed some of the changes we can make together in our local communities.

# COMING SOON

## Upcoming TY Dates

|          |                         |
|----------|-------------------------|
| Ongoing  | Musical rehearsals      |
| Oct 13th | First Aid (4B)          |
| Oct 14th | First Aid (4C)          |
| Oct 15th | Reflection Morning (4C) |
| Oct 16th | Reflection Morning (4D) |
| Oct 17th | Eirquest                |
| Oct 20th | First Aid (4D)          |
| Oct 21st | First Aid (4E)          |
| Oct 24th | Start of mid-term break |