



A Message from One of Our Senior Teachers

Reasons to be Cheerful!

Change can be scary!

I got a new job before Christmas. I was appointed as a Senior Teacher, and even though I have been working in this school, and with this staff, for eighteen years, the thought of change scared me. I suppose my fear stemmed from not knowing what to expect. I loved my job as Head of Biology and loved the people I worked with. I have always enjoyed a laugh and joke and getting involved in some ridiculous activity for Trocaire during Lent. I was scared that if I were now a Senior Teacher that might change, and I would have to get "all serious!" Then a teacher I respect hugely came to see me to congratulate me on my new job and said, "you got this job by being yourself, don't ever change." So, I won't! (hopefully).

We have all been living through changes in the last year, and a lot of it has been scary because we do not know what to expect: teachers, parents, or pupils. But change also offers hope. As I type this, change is coming. The days are getting longer. The temperature is getting warmer. Plants are starting to grow and, most importantly, **THERE IS FROGSPAWN IN MY POND!** (but that is another story!). Our family members are being vaccinated and there is a date for returning to school. Yes, change is scary, but change is exciting too.

My advice:

1. Look forward to the warmth and the longer days.
2. Look forward to coming back to school.
3. Look forward to seeing your friends again.

We are certainly looking forward to seeing you. You see! "Reasons to be cheerful! 1,2,3".



Mr Greg White (Senior Teacher)

ASCERT 21
PARENT/ CARER SUPPORT SESSIONS

We don't understand each other
I've lost control
Ways to help keep your family strong
My child will soon be a teenager
Do other parents go through these problems?
Time to Share
EVIDENCE BASED IDEAS TO HELP SUPPORT YOUR FAMILY
Confidential

Tuesday evenings
7pm-8.30pm
23rd Feb- 30th March
2021
Via Zoom

For more information and access,
join the closed Facebook Group:
www.facebook.com/groups/parentcarersupport

· Week 1 23rd February 'Adolescent brain'
We want our children to have dreams for their future. To chase those dreams their brain is wired to take risks. We will look at how we can help them think about risk taking behaviour.

· Week 2 2nd March 'Family bonds'
This week we will look at the balance between risk and protective factors in our families.

· Week 3 9th March 'Setting limits'
What are some of your family rules, how do we set boundaries, when does asking become nagging?

· Week 4 16th March 'Communication'
What is important for you to share with your children, how do we reduce conversations dominated by bad attitudes, how are your listening skills?

· Week 5 23rd March 'Drugs & alcohol'
If we want to have honest conversations then we must know what we are talking about. We can also explore any other areas of concern raised in previous sessions.

· Week 6 30th March 'Health & wellbeing'
Our children's physical and mental health is always on our parenting radar.

ASCERT
Support Group

ASCERT support sessions begin on **February 23rd**. This programme aims to support **parents / carers of teenagers** navigate through challenges and it focuses on a range of areas. Sessions will be facilitated via Zoom but those interested are asked to join the Private Facebook group where joining information and other useful resources will be posted:
<https://www.facebook.com/groups/parentcarersupport>

Choose To Challenge

In Thornhill College we are fully committed to celebrating the achievements of our girls and promoting the message of gender equality. We are extremely proud that we have such strong, intelligent and visionary girls and women in our school community. However, we will continue to strive for greater equality for all and so we embrace the Choose to Challenge theme of this year's International Women's Day on 8th March.

A challenged world is an alert world and from challenge comes change. So let's all choose to challenge. How will you help forge a gender equal world?

Celebrate women's achievement. Raise awareness against bias. Take action for equality. So, hand up high to show you're in and that you commit to **choose to challenge** and call out inequality.



Strike the **Choose To Challenge pose** and email a copy of your photo to your Form Teacher and we will share a collage of all the images submitted in next week's newsletter!



Let's all choose to challenge.
#IWD2021 #ChooseToChallenge

WomenEd Conference 2021

Our congratulations go to Mrs Orla Donnelly, our very own Vice-Principal, who was asked to be part of a panel of professionals sharing their expertise and experience as educational leaders with others at the WomenEd NI Choose to Challenge Conference 2021 on Saturday 27th February.

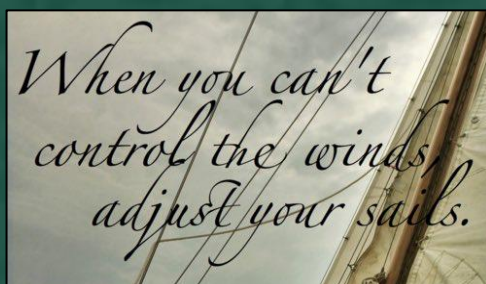
We loved her sage advice; about dealing with challenging times and the current pandemic in particular, "When you can't control the wind, adjust the sails."



Technology Cribs

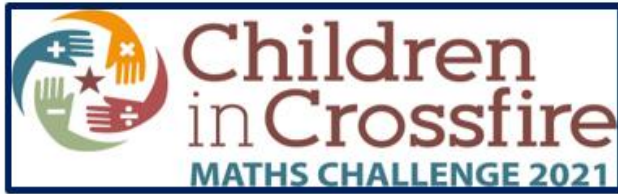
Our Year 8 pupils have been busy getting to grips with Tinkercad a Computer Aided Design program online.

They have been busy working through tutorials to develop their skills on this new program and have applied the new skills they have learned by creating these amazing houses!





MATHEMATICS



JOG 50 MILES IN MARCH



Could your pupils jog 50 miles in March?
Everyone who takes part will receive a free t-shirt.



Calling all Year 8, 9, 10 and 11 Thornhill Students to take up the 50-mile challenge in March



Children in Crossfire is a growing international development organisation based in Derry that works to promote and protect the rights of children who are caught in the crossfire of extreme poverty.

Children in Crossfire exists to make a significant and lasting contribution towards the eradication of poverty. Children in Crossfire supports local initiatives that improve the daily lives for people living in some of the world's poorest communities - for instance, greater income-earning opportunities, improved health facilities, or clean water supplies. Strengthening the ability of these communities to establish and sustain development initiatives is a central theme in all their work.

Further Information:

- ✓ To register please click on this link <https://tinyurl.com/yawv6mzc> and complete the Form, you will then receive your free tee-shirt.
- ✓ This Challenge is a great way to spend time in the fresh air and get some exercise, whilst raising money for a great cause.
- ✓ If everyone can set their goal to raise £5. Then collectively that would be an amazing amount of money to contribute to the worthy causes that Children in Crossfire support. Your sponsorship money can be collected in two ways. Sign into the Thornhill Just Giving Page using this link <https://www.justgiving.com/fundraising/children-in-crossfire-thornhill>, or bring your sponsor money to School after Easter.



The Maths Team hope to see everyone join up and have some fun walking/jogging your way through March.

We look forward to hearing about your progress throughout March and we also hope you will send us some pictures of your walk/jog. We will keep in touch.

Good luck!

Thornhill Maths Team



Roinn na Gaeilge / Irish Department



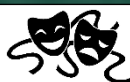
Comghairdeas! Congratulations to all those Year 10 students in 10C, 10D, 10E and 10F who passed their Fáinne Airgid/Silver Fáinne examination last week. The examiner was very impressed by your fluency and pronunciation and you are the first ever group to achieve the Fáinne on-line through Microsoft Teams, which makes the achievement even more noteworthy! 😊 🙌

Below is some of the **Gaeilge** used by the students to achieve the Fáinne. An dtuigeann tú?! Can you work out what they said? Ádh mór! Good luck and the answers are at the bottom of the Newsletter!!

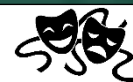
Dalta/Student A: "Tá mé ceithre bliana déag d'aois. Bíonn mo bhreithlá ann ar an 5ú Lúnasa. Rugadh agus tógadh mé i nDoire agus tá mé i mo chónaí i nDoire Trasna. Tá mo shúile gorm agus tá mo chuid gruaige donn. Tá mé measartha ard agus cairdiúil."

Dalta/Student B: "Tá mé ar Choláiste Chnoc na nDealg agus tá mé i rang 10C. Is scoil ghramadaí í agus is scoil chailíní í. Is scoil mhór í fosta. Tá an scoil suite cúpla míle taobh amuigh de Dhoire ar imeall na cathrach. Tá thart fá mhíle ceithre chéad daltaí ar an scoil agus tá thart fá chéad múinteoirí ar an scoil."

Dalta/Student C: "Chuaigh mé go dtí an Spáinn. Chuaigh mé sa charr agus in eitleán. Bhí mé ag stopadh in óstán agus d'fhan mé seachtain. Bhí an aimsir ar fheabhas agus bhí an ghrian ag soilsiú gach lál!"



Drama



Well done to the Year 11 Drama students who participated this week in a 'Theatre of Witness' workshop on the theme of conflict and storytelling.

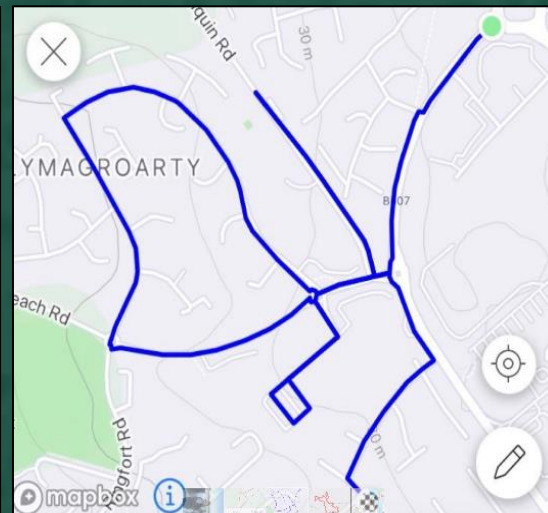
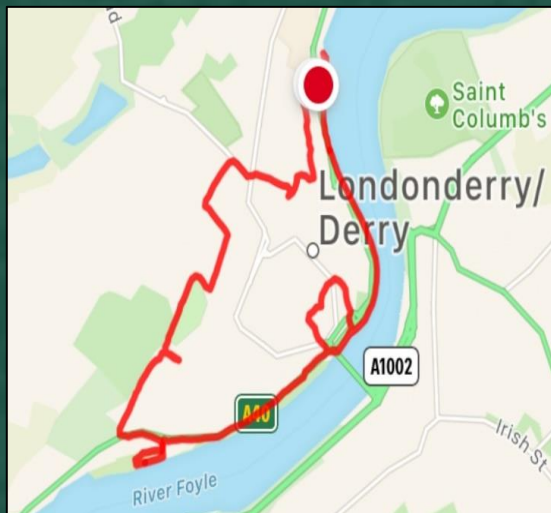
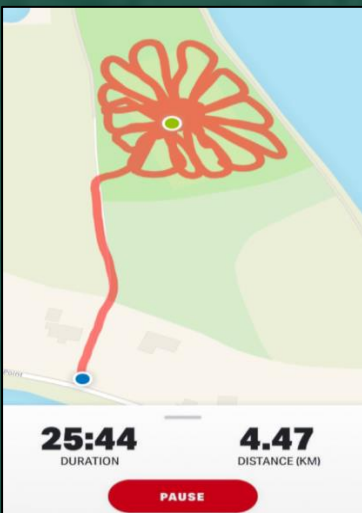
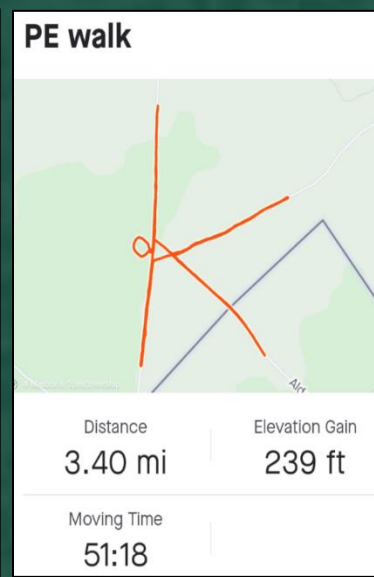
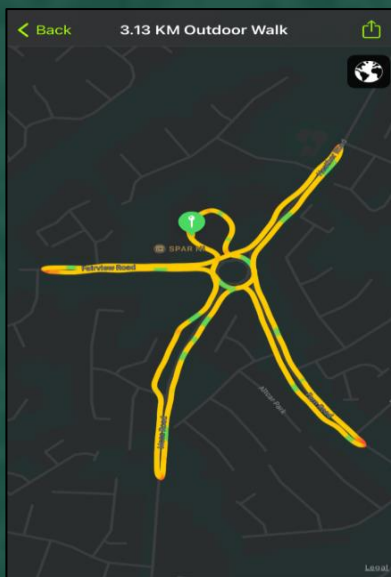
Theatre of Witness is a form of testimonial performance and documentary films performed by people sharing their personal and collective stories of suffering, transformation and peace. Developed more than thirty years ago by Artistic Director Teya Sepinuck, the work brings people together across divides of difference to bear witness to each other's life experiences. Performers who have survived trauma, marginalization, oppression, and the complexity of the human experience, address some of society's most challenging issues from a multiplicity of perspectives. The performances weave the performers' stories together with music, spoken word, visual imagery and film into dynamic theatre that humanizes the 'other' and cultivates compassion and empathy. The result is authentic, raw and powerful theatre that celebrates the resilience.



Physical Education - Map My 3km Walk!



Our challenge this week in PE was to complete a 3km walk. The biggest challenge the girls had to do was to map their route using a walking app. We were looking for interesting shapes and had to guess what they were. Can you guess?



Thornhill College celebrates
World Book Day 2021



Due to the pandemic we cannot celebrate World Book Day in school the way we usually can. However, we can still celebrate remotely! On Thursday 4th March we will have several fun activities and competitions for you to take part in. Keep an eye on Google Classroom for more information!

Key Stage 3 Competitions

Writing Competition for Key Stages 4 & 5

Stories to read and listen to

Quizzes!

"There is more treasure in books than in all the pirate's loot on Treasure Island" Walt Disney

Please take some time on the 4th March to enjoy a good book and find your own treasure!



Text-a-Nurse is a new confidential text messaging service for young people aged 11-19



Department of Education | HSC Public Health Agency | HSC Health and Social Care | ChatHealth

Text-a-Nurse

This service offers a way for young people to anonymously access health related advice, information and guidance at the touch of a button from a specially trained Nurse. A qualified Nurse will respond to the young person's messages using the secure ChatHealth web platform.

Text-a-Nurse is manned by a team of School Nurses between the hours of 9am – 5pm Monday to Friday (excluding Bank Holidays), they will respond to all messages within 24 hours Monday – Friday. The aim is to provide a timely, and convenient access to confidential health advice for young people aged 11-19 in Northern Ireland.

The Western Trust Text-a-Nurse Number is: **07480 635984**



Freargai/Answers!

Dalta/Student A: "I am fourteen years old. My birthday is on the 5th of August. I was born and brought up in Derry and I live in the Waterside. I have blue eyes and brown hair. I am fairly tall and friendly."

Dalta/Student B: "I attend Thornhill College and am in 10C. It is a Grammar School and a Girls' School. It is also a large school. The school is situated a couple of miles outside of Derry city centre, on the outskirts of the city. There are approximately 1,400 students and 100 teachers at the school."

Dalta/Student C: "I went to Spain and travelled by car and plane. We stayed in a hotel for a week. The weather was excellent and the sun was shining every day!"

Maith thú, if you understood it all!! 🇮🇪

Home Economics



Fantastic baking skills shown in Home Economics this week by our Year 10 students. These sweet treats look absolutely delicious! Well done Year 10 and keep up the super work in the kitchen!



Walk All Over Cancer

The very best of luck to our staff who have signed up to #WalkAllOverCancer for the month of March!

We have 5 teams of staff taking part, with everyone aiming to complete 10,000 steps a day and collectively completing their journey of the Great Wall of China. In doing so they are raising money for the Foyle Hospice.

