

THORNHILL COLLEGE NEWSLETTER



thank you

Christmas Hamper Appeal

thank you

Our thanks to the entire community of Thornhill College for the outstanding contributions made to our Christmas Hamper Appeal this year. We were delighted to hand over 59 food hampers to the Foyle Food Bank and the HANDS appeal last week, which will make such a difference to many local people in Derry over the Christmas season. The immense generosity we have witnessed from our students, your families and our staff, at a time of increased living costs for all, is testament to how our Mercy ethos is being lived out in action! Both of the charities we are supporting through our Christmas Hamper this year were extremely thankful and humbled by your support.

A special word of thanks to Miss Frizelle and Mrs Moran for co-ordinating the hamper collection and to our student volunteers, Mr White and our wonderful caretakers for assisting with loading the vans!

We are also delighted to report that £136 was raised during our Christmas jumper loose change appeal for St. Vincent de Paul.





Thank you

Christmas Donation

Thank you

Our sincere thanks to Mrs Sarah Kelly (former Principal of Thornhill College) who donated £100 worth of Paul's Butcher vouchers for the Foyle Food Bank and HANDS Christmas hamper appeal. Pictured is Mrs Kelly's granddaughters, Hannah and Sarah Drinan.



ACCN Christmas Celebrations

Thornhill College was delighted to host the ACCN (African Caribbean Community Network) recently for their Christmas cultural celebration. Such a wonderful celebration and vibrant occasion to be part of! Everyone who attended the event had a fantastic time and enjoyed the delicious food provided by Sand's African Food Hub.

Our thanks go Apex and Mr Séan Carlin (Good Relations Officer) in particular, for supporting this event as part of the 'Housing for All' good relations plan for Culmore.



Festive Christmas Fun Day

Our Middle School Prefect team had the wonderful opportunity of inviting the Primary 7 girls from the Model Primary School, St John's Primary School and Oakgrove Primary School to Thornhill College for a festive Christmas fun-day on the 12th of December. After several weeks of preparation with Barney McGuigan from REACH Across, the day had finally arrived for us to put our ideas and plans into action! The morning was filled with numerous engaging activities, each led and managed by the Prefects. The events included team-building exercises, which allowed for stronger connections to form between classmates, a tricky treasure hunt around the school which offered the girls a chance to use their problem-solving skills to complete a puzzle at the end and win a prize, a range of delightful Christmas-themed arts and crafts, and of course, parachute games!

In fact, the Christmas spirit was so buoyant that Santa Clause even popped in to see what he could learn, and to treat the girls to some sweets! Once the students had taken their shot at each activity, they returned to the Assembly Hall to have a snack and some refreshments and excitedly await the announcement of the winners of the treasure hunt!

The morning was marvellous, and everyone who attended had a terrific time. Many of the girls are looking forward to joining the Thornhill family next September, and it will be lovely to see some familiar faces come next Autumn.

We, the Middle School Prefects, would love to take this opportunity to sincerely thank the team at REACH Across for their unfailing help throughout the planning and preparation process of the event. Another huge thanks to Mrs Kearney, Miss Cullen-Byrne and the canteen staff for helping us organise so many of the aspects of the day. We couldn't have had such a magnificent morning without this teamwork!

Erin McBride (Middle School Prefect)











Shakespeare Workshop



11F recently enjoyed a workshop with Shannon and Stevie from the Lyric Theatre entitled 'Reinventing Shakespeare'. Our thanks to Ms Pender for co-ordinating this opportunity for the class.



congratulations

Duke of Edinburgh Award

congratulations

Our congratulations go to Roisin O'Donnell and Sara Lindsay who recently achieved their Silver Duke of Edinburgh Award through the St John Ambulance.

Well done to Roisin O'Donnell and Bronagh Carlin who also undertook a cadet leadership residential and were successful in becoming cadet leaders with Belmont Cadets St John Ambulance.

Well done ladies, we know these achievements involved a lot of hard work on your part. You should all be very proud of yourselves!



Congratulations

Our congratulations go to Orlaith McLaughlin (11H) who recently represented Gymnastics Northern Ireland at the Woman's Artistic National Levels Classic Challenge in Surrey and was placed 25 out of over 80 competitors.

Well-done Orlaith on this fantastic achievement!



On the 10th December 2023 we celebrated the 75th anniversary of the Human Rights Declaration. To mark this occasion, our Year 13 ambassadors led an assembly for the whole school. Our assembly focused on Article 4 and 41 from the convention.

We were also delighted to receive official notification that we are now a Rights Committed School and have been awarded the Bronze Award for the Rights Respecting Schools. Our congratulations go to Mrs Quigg and her team of ambassadors for all their work in co-ordinating our application for this prestigious award. We look forward to progressing to the Silver award in the year ahead with everyone's support.

"... disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind."

Eleanor Roosevelt shows the world the Universal Declaration of Human Rights
10 December 1948



LINKED UNCRC ARTICLES

The aim of all human rights is to make people's lives better. In the Convention there are two Articles that remind us that human rights are the responsibility of the Government who must use their laws to protect rights and that rights are the minimum standard expected.

Article 4 (implementation of the Convention)

Governments must do all they can to make sure every child can enjoy their rights by creating systems and passing laws that promote and protect children's rights.

Article 41 (respect for higher national standards)

If a country has laws and standards that go further than the present Convention, then the country must keep these laws.



Congratulations

Congratulations to the most recent History 'Pupils of the Week' who were recognised for their great work.

Well-done Seanan Hughes and Irene Simmy! Keep up the great work.



congratulations

Congratulations Olivia!

congratulations

Congratulations to Olivia Sargent (9F) who delivered two brilliant literary presentations to Year 14 classes. Olivia is a fantastic reader and her knowledge of literature is outstanding. The Year 14 classes were really impressed with her knowledge of Rosetti and King Lear!



Eco-Club Swap Shop Success



Huge congratulations to Mrs McCullagh and the KS3 Eco-Cub for the fantastic success of the Christmas Swap Shop they organised recently. It was wonderful to see such a great turn out for the event and so many of our school community being proactive in recycling Christmas clothes, playing their part in the protecting the environment and fighting the problem of fast fashion!





Congratulations

Congratulations to our Year 11 / 12 netball team who recently beat Sullivan Upper in the first round of the NI Schools Cup.

Also our thanks to MFC Sports for sponsoring our netball teams new dresses.



Our Year 13 Rights Respecting Ambassadors had a tough job this month deciding on the winning design for their new ambassador badges.

The overall winner was Natalia Effiril, 10G, whose entry can be seen below (top picture).

In the Year Group Categories Mollie McCafferty, 8F, Ava Hickey 9A and Tammie Harper 10G were the winners in their respective year groups.

Well-done to all of our students who entered the competition – your creativity was inspiring!



Our Year 13's felt the standard of entry was extremely high and identified the following pupils for special recognition:

- | | |
|--------------------|----------------------|
| Gowri Baiju 8A | Jane Moran 8E |
| Summer Barr 8E | Blanaid Mc Fadyen 8F |
| Erin Patton 8E | Orlagh Kelly 8F |
| Emily Mc Gowan 8F | Lilybeth Duffy 8G |
| Callie Given 8G | Eile Williams 8H |
| Sadie Cooper 8H | Maeve Hickey 9C |
| Bonnie Cartin 9D | Holly Mc Laughlin 9E |
| Annabell Kelly 10B | |

Their entries are pictured on the following page. Well done everyone!



Mercy

Mercy Moments Awards

Mercy



The Mercy Award is awarded to pupils demonstrating and living out our Mercy Values of: Compassion, Respect, Integrity, Justice, Hope and Joy.

Congratulations to our December winners:

Year 8: Ayda & Emma

Year 10: Lauren & Molly

Year 12: Rhea

Year 9: Mrs Mailey & 9F

Year 11: Ava



Well-Done!

Congratulations to Amber, Teagan, Catherine, Eva, Sarah and Shannon on making the Derry Minor Panel.

Well-done ladies on this fantastic and well-deserved achievement!





Year 13 Nutrition Ambassadors



Well-done to our Year 13 Nutrition ambassadors who led a number of activities with our Year 8 students recently on the theme of 'Be Sugar Smart'. The activities included:

- Guess the Sugar Content of various foods and drinks
- Poster Competition
- Drama
- Alternative Foods Quiz
- Kahoot Quiz



Our ambassadors have also created a Be Sugar Smart display at the end of the ICT corridor and have posted educational posters around the school on the dangers of sugars and healthy alternatives.

Our ambassadors have been working alongside Ciara and Ciaran from the Bogside & Brandywell Health Forum who have been impressed at the variety and volume of work that our Year 13's put into this nutritional campaign.

Sugar Content In Fizzy Drinks



Did you know an average coke can contains **40g** of sugar which is equivalent to **10 cubes of sugar**



The average can of Fanta containing 375 ml contains **41g** of sugar. Which is approximately **10 and a half sugar cubes.**



1 can of Red Bull has approximately (365ml) contains **37g** of sugar which is **9 and quarter sugar cubes.**

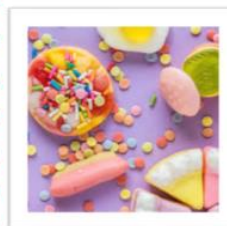


There is **33g** of sugar in one can of Sprite, about **8 and quarter cubes of sugar!!!!**

ALTERNATIVE FOODS

Eating healthier alternatives to foods like chocolate, sweets, fizzy minerals and other unhealthy foods can have long term health benefits, which include, being fitter, less prone conditions like type 2 diabetes and less likely to develop cardiovascular conditions.

Unhealthy	Healthier alternative
White or milk chocolate	Dark chocolate
Sweets	Fruit
Energy drinks	Flavoured water
Regular yogurt	Low fat yogurt
Sugary cereal	Whole grain cereal
Fast Food	Home-cooked meals
White bread	Brown bread
White Rice	Brown Rice



Happy Christmas & a Peaceful New Year



Wishing everyone in our school community and their families a very Happy Christmas and a Peaceful New Year.





Christmas Liturgies & Carol Service



Our thanks go to Mrs Collins and the RE Department and Mrs Quigley and Music Department for the beautiful Christmas liturgies our school community enjoyed this week. These celebrations highlighted the true meaning of Christmas and were enhanced with the fabulous carols performed by our choirs and soloists.

Our congratulations also go to all those who were involved in any way with the beautiful Christmas Carol Service earlier this week in St Columb's Cathedral. All who attended thoroughly enjoyed the wonderful performances from the special guest Doreen Curran, our Year 8 Choir, Junior Choir, Senior choir, Woodwind group and Harpists (Sophie and Bethany). We really are so blessed to have such talented students and it was wonderful to see many of our past pupils in attendance supporting the Music Department. Special thanks go to Miss McCay, Miss Owens, Mrs Quigley and all the music tutors who assisted with all the preparations and were present on the night and to of course to Mr Fields and Mr Morton for their accompaniment. A final thanks to all the staff of St Columb's Cathedral for hosting this fantastic event.

