



FRIDAY FEBRUARY 26, 2021

# SION HILL POST



## WELCOME

Welcome to this week's news letter. As the phased return to school commences, we look forward to welcoming our sixth years back into the school building next Monday. For other year groups, remote learning will continue and we hope that they too will return to our school in person in the near future.

## TY UPDATE



# RCSI

Ten students took part in the RCSI Mini med event. Here, Maisie gives a summary of the week.

The RCSI mini-med course ran over three days and was live to over three thousands students across the country. The Royal College of Surgeons ran this online course to give students a taste of what studying medicine would be like and show students all the different careers and areas you can go into if you go for a medical degree. During the three days we talked to different professors, doctors, patients and students who talked about either their job, area, experiences or in the students case about their life in RCSI and what they think of the college. A big part of the course was watching multiple live surgeries which was, by far, the highlight of doing this course. We got to watch a keyhole oesophagus surgery, a caesarean section, a tonsillectomy and a gallbladder removal.

## MIDTERM BAKING

Mackenzie Davies from 1st year baked some delicious cakes over the February midterm break! Looks nearly too good to eat !



## FIRST YEAR PE

The 1st yrs are taking on a distance challenge in PE. They have to walk/jog/run for 12minutes and track how far they travel. The number of kilometres accumulated by each student in each class will be added together to see which class travelled the furthest.

The winner will be announced after the Easter break.

## FAIRTRADE WEEK

This week the Social Awareness Committee hosted a virtual Fairtrade week. There were lots of activities involved, including:

- Informative PowerPoints on different aspects of Fairtrade
- Kahoot quizzes on Fairtrade knowledge held in each tutor group
- Videos on the role of Fairtrade in the chocolate industry and in tackling the climate crisis.
- A competition asking students to take photos of the Fairtrade products in their homes or local supermarket, with a prize for the winner!

Fairtrade Fortnight is an annual event bringing awareness to the importance of Fairtrade, and all of the Fairtrade products available to us. Cotton, chocolate, coffee, tea, sugar, bananas and many other everyday products can be bought with a Fairtrade certification. This tells us that workers have been given a fair wage, child labour has not been used and efforts have been taken to reduce the negative impacts of product production on the environment.

So look out for the logo on the right and enjoy Fairtrade week!



## DEBATING NEWS

Ailbhe Quinlan and Brooke Dwyer competed in the quarter finals of the Leinster schools UCD debating competition. The motion they argued was:

*This House, as Taoiseach, Would Fly to Washington DC for St. Patrick's Day During Lockdown*

The girls have done incredibly well so far in the competition, and we are awaiting the results!



## TY BIOLOGY

### TY Biology Osmosis Experiments

**Osmosis experiment**  
Potatoes in different levels of salt concentration

Every strip of potato was measured to 5cm. Then I added 1/4 of a tsp of salt to cup No.2 and 1/2 tsp of salt to cup No.3. Cup No.1 was my control with only water.

this is what the egg looked like after the vinegar: the shell dissolved and it grew in size and became bouncy

after putting the egg in corn syrup, it shrank and became prune like

when the egg was placed in water and food dye, it grew in size again and changed colour as it absorbed

PIC•COLLAGE

The complex block contains a collage of information about osmosis experiments. At the top, it has a title and a subtitle. Below this, there are four small images showing potato strips in different salt concentrations. A paragraph of text explains the experimental setup. To the right, there are three more images showing an egg in vinegar, an egg in corn syrup, and an egg in water with food dye. Each image is accompanied by a short text description of the results. At the bottom left, there is a simple line drawing of a microscope. At the bottom right, there is a logo that says 'PIC•COLLAGE'.

# DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

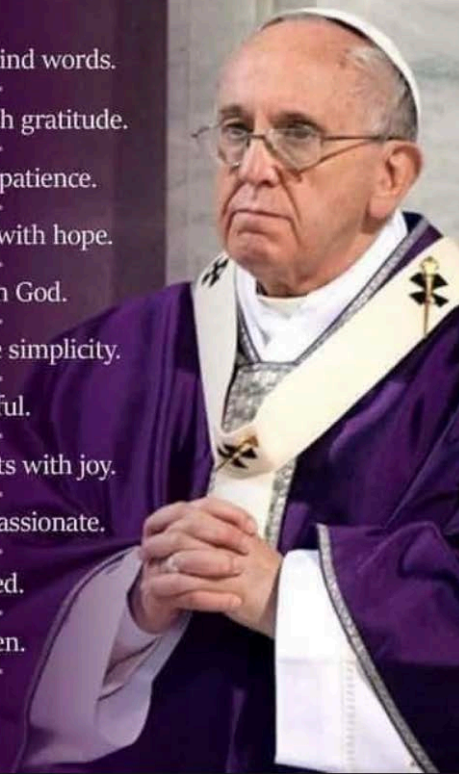
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



## IRELAND READS

This week several classes took part in the national 'Keep Well' initiative #IrelandReads. Students were informed about the benefits of reading and were encouraged to "Squeeze in a Read" whether it be a little or a lot! This provided us with a lovely lead into World Book Day which is occurring next week. The Library Committee has lots of fun activities planned next week to mark the occasion and we can't wait for everyone to get involved.



## LANGUAGE CLASSES

A jamboard made by 2nd years (French) on staying healthy.



on doit manger des légumes



on doit penser positivement



On doit manger des fruits



On doit faire de l'exercice



On doit boire de l'eau

by Saoirse, Salehah,  
Alana, Sinead

# La Vie Saine

## LA VIE SAINE



On doit se coucher tôt