



A Message from Our Designated Child Protection Teacher

I would like to take this opportunity to thank our entire Thornhill community for your involvement in the 5 steps of wellbeing activities we have been participating in over the past few weeks. Each Friday I have been overwhelmed by the volume of examples of kindness and thoughtfulness of our pupils. Girls it is so heart-warming to see all the efforts you go to when doing your bit to improve your own and others mental health. We all need a little reminder every now and then to take notice, be active, keep learning, connect with others and to give something back.

Last week was Children's Mental Health Week. Our pupils got the opportunity to express themselves in the most creative ways. Girls your efforts have been exceptional, your talents and originality in baking cakes, doing dances, writing poems and songs, drawing and engaging in fun activities has been truly impressive. We will announce the winners of this creative challenge after the mid-term break and we will send out prizes in the post. So keep your eyes peeled.

As we approach mid-tem we should all remember to take some much needed time-out. Get outside into the fresh air as much as you can and try your best to limit your screen time. Girls, continue to look out for your friends and always ask for help if you need it.

Take care!
Ms Claire Barr (Designated Child Protection Teacher)

WINNING WAYS TO WELLBEING



Some Entries from Our 'Express Yourself' Competition

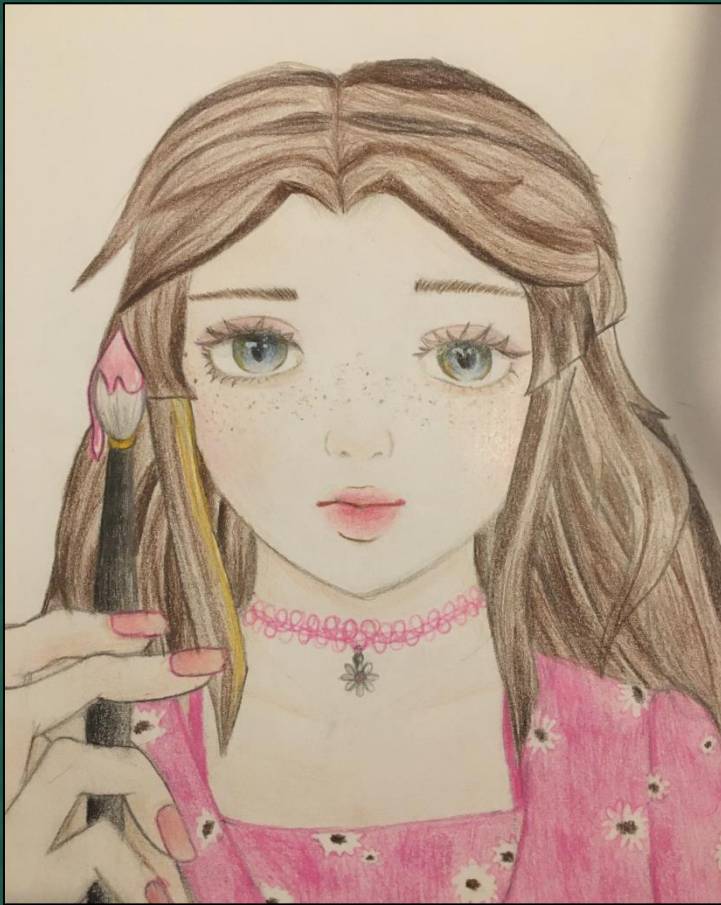
Sunday Mornings After Mass

Sunday mornings after mass, watching the news,
Conversations and compliments on my shoes,
Hearing the kettle boiling and Granda's snoring,
The wind howling and the rain heavily pouring,
Football, politics, school and life all discussed,
Sips of tea in between laughs and nods is a must,
Nana shares quiet glances, that say ever so much,
Asking me what I think and my opinion as such,
Sunday mornings after mass, all gone in a blink,
Piping hot tea quickly became an ice cold drink,
No more comfy orange sofa, just a messy chair,
Left staring into my cereal, wishing I was there,
When the virus leaves and it is safe, I will be back,
A smile and untold stories stuffed into my backpack,
No more two-meter rule and I will come inside,
You'll be there with a cup of tea, arms open wide,
Sunday mornings after mass, watching the news,
They'll be back, no more Sunday morning blues.

Blathnáid 10F



Clare 10F



Leia 9F

The Solitary Tree

Down the stony lane alongside the trickling stream,
Over hanging willow trees, with white velvet pussy willow
And dangling yellow catkins twirling in the breeze,
Shading the river to an endless depth.

With quickening step towards the solitary tree,
A maze of branches from a thick, gnarly trunk
Protected by a canopy of wax-green leaves,
Offering shelter and solitude.

Mounting the rusted gate with haste,
Hopping like a rabbit over rushes and reeds.
Standing on the dusty soil at the foot of the tree where the donkeys
scratch.

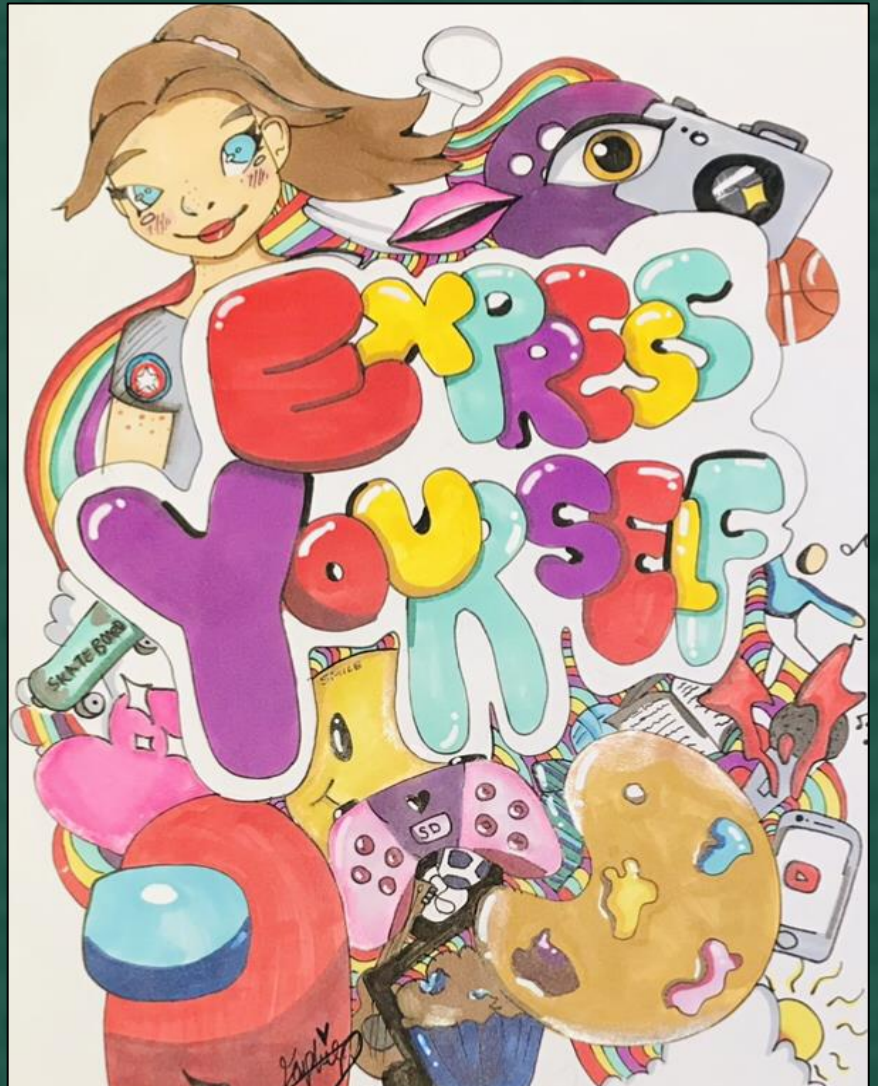
I begin my ascent.

Sitting perched on my favourite branch, hidden from all around me.
Watching as the sun sets and birds return home.
Listening to all the sounds this spot provides.
As I sit un-interrupted gazing at the view.

Roisin 9D



Amore 9G



Sophie 9G



Eva 9F

20 Ways To Look After Your Mental Health

 EXERCISE REGULARLY	<input checked="" type="checkbox"/>	KEEP ACTIVE 
 TALK TO FRIENDS	<input checked="" type="checkbox"/>	START A TO DO LIST 
 LISTEN TO MUSIC	<input checked="" type="checkbox"/>	LET PEOPLE KNOW HOW YOU FEEL 
 EAT WELL	<input checked="" type="checkbox"/>	REACH OUT WHEN YOU ARE LONELY 
 MAKE TIME FOR YOURSELF	<input checked="" type="checkbox"/>	GET INTO A GOOD SLEEP PATTERN 
 CHALLENGE NEGATIVE THINKING	<input checked="" type="checkbox"/>	TRY SOME DEEP BREATHING 
 GET INVOLVED IN GROUP ACTIVITIES	<input checked="" type="checkbox"/>	WORK ON IMPROVING YOURSELF 
 SMILE MORE	<input checked="" type="checkbox"/>	SURROUND YOURSELF WITH PEOPLE WHO MAKE YOU HAPPY 
 BE MINDFUL	<input checked="" type="checkbox"/>	SHARE THINGS WITH FRIENDS AND FAMILY 
 DO SOMETHING THAT MAKES YOU HAPPY	<input checked="" type="checkbox"/>	PRACTICE PROGRESSIVE MUSCLE RELAXATION 

F.A.C.T EXPRESS YOURSELF COMPETITION

For Children's Mental Health Week 2021 are holding an art competition with the following categories :

Closing date Friday 5th February at 1pm

1. Drawing - produce an image that allows you to express who you are
2. Poem - Write a short poem that expresses who your are

Entries open to 11 - 16 year olds
Prizes for 1st and 2nd place
Send your entry to info@bbhealthforum.org

Bogside & Brandywell Health Forum An Fóram Sláinte

COMMUNITY FUND



Year 8 Lockdown Lunches

Year 8 have been getting busy in the kitchen making some delicious and nutritious lunchtime snacks. Well done girls on your fantastic creations! Here is a small sample to wet your appetite.....





















These are my ingredients

These are the fresh peppers

Chicken is now cooked

Noodles are cooked

Here I am boiling the noodles

I am now setting out my dinner

How I am just pouring my homemade dressing on my noodles

The chicken is now cooking (mmm delicious)

This is the finished meal



PIC•COLLAGE

We are supporting Safer Internet Day 2021!



saferinternetday.org.uk

Get involved in the day

We have films, free resources, top tips, a quiz, posters and more.



saferinternetday.org.uk



Safer Internet Day

Tuesday 9th February 2021

Safer Internet Day 2021 is being celebrated around the world on **Tuesday 9th February 2021**.

The global theme is **'together for a better internet'**.

This means we should celebrate the amazing range of information and opportunities online, and its potential to inform, connect and inspire us, whilst also looking at how we need to separate fact from fiction. The campaign this year focuses on how we can know what to trust online, supporting young people to question, challenge and change the online world. It will explore how influence, persuasion and manipulation can impact young people's decisions, opinions and what they share online. Young people need the skills to support one another, and the strategies to spot and speak out against harmful and misleading content online. Get involved in the activities to mark Safer Internet Day 2021 by checking out resources at the link below:

<https://www.saferinternetday.org.uk/safer-internet-day/2021>

Our #SaferInternetDay Top Tips

Talk it through

If you see something misleading, upsetting or worrying online then speak to a trusted adult



saferinternetday.org.uk

#AnInternetWeTrust



Our #SaferInternetDay Top Tips

Too good to be true?

Understanding the motive behind the things you see online can help you to decide what to trust



saferinternetday.org.uk

#AnInternetWeTrust



Careers Corner

Our new Careers Hub went live this week for our Year 12 students making choices about the A-Level subjects they wish to study next year. Our thanks go to Mrs Hunter for putting this together and indeed all our Heads of Department and past pupils for their contribution to it. You can access the hub at:

<https://sites.google.com/c2ken.net/thornhillcareershub/home>

A reminder:

GCSE subject choices should be submitted by:

Friday 26th February 2021

A-Level subject choices should be submitted by:

Friday 12th February 2021



Our #SaferInternetDay Top Tips

Stay safe online

Check with an adult if you are ever unsure about what to share or who you are chatting to online



saferinternetday.org.uk

#AnInternetWeTrust



Our #SaferInternetDay Top Tips

Take positive action

By working together, we can make the internet a better, more respectful and more trustworthy place!



saferinternetday.org.uk

#AnInternetWeTrust





Star Artists Gallery



We continue to be amazed by the creative talents of our girls during lockdown. Just take a look at this selection of fantastic pieces of art work from the last week. Well done girls and keep the great work up!!!



Grace 9B



Caitlin 9B



Roise 9C



Maryam 8A



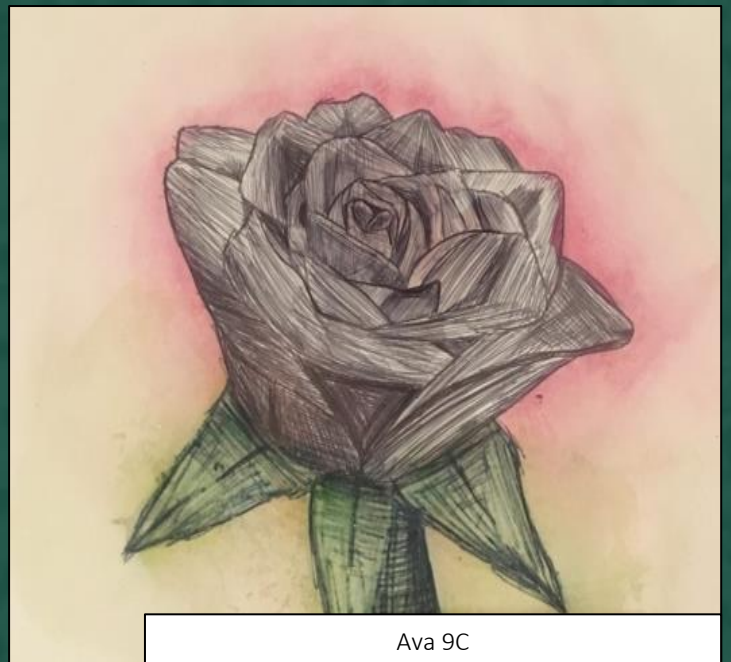
Ava 9A



Isabelle 9B



Caitlin 9B



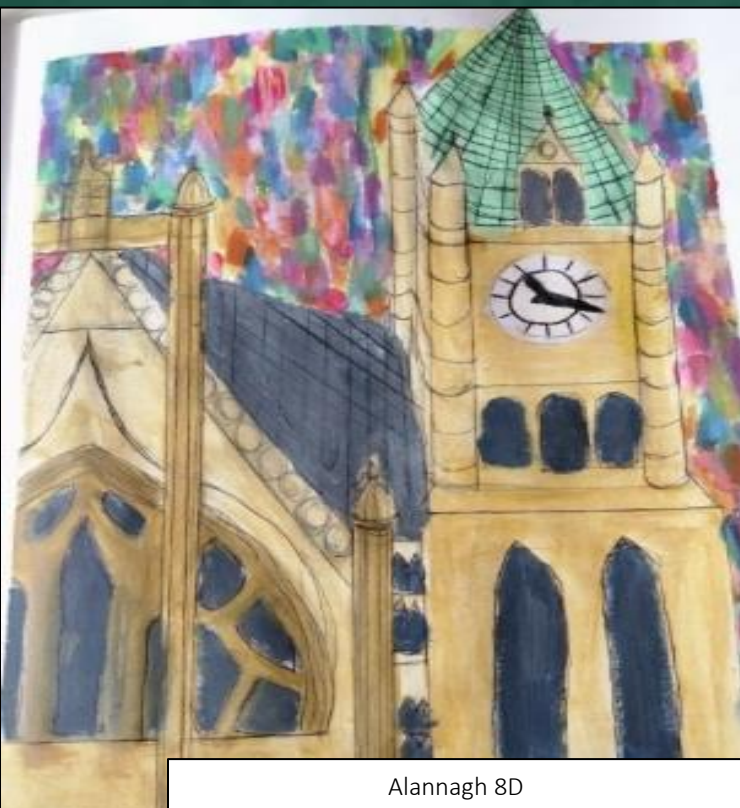
Ava 9C



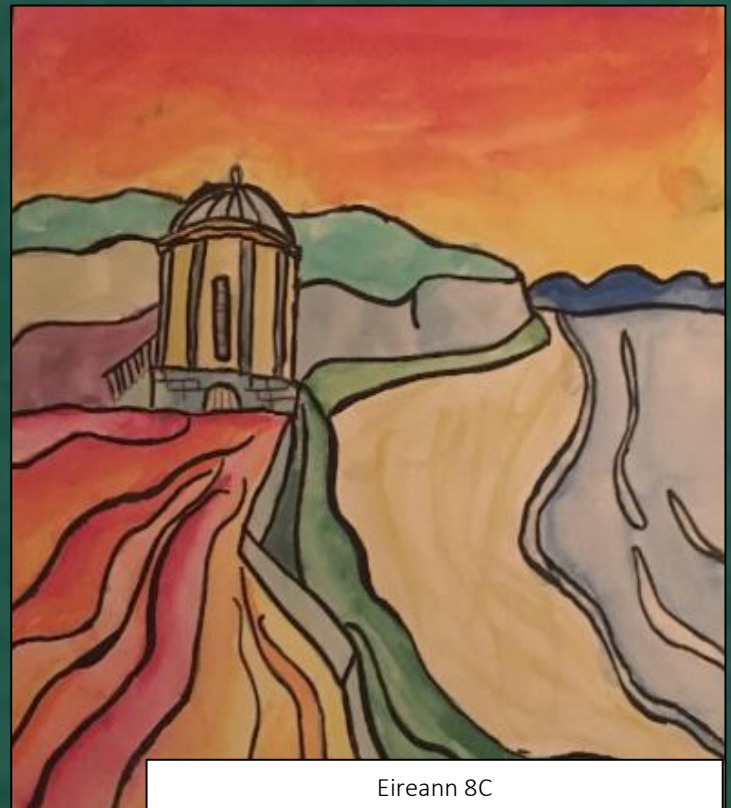
Eva 8D



Rachel 8D



Alannah 8D



Eireann 8C



Nia 8C



Ella-Jane 8C

A Message from Our Middle School Head Girl - Trinity

Hey guys,

So, we're a couple of weeks into this new lockdown by now and seeing the same walls, same screens and not leaving the house can feel like a never ending cycle of work and tasks. At times it can feel that there is little room for excitement. It feels so tempting to go to a friend's house and have a bit of fun. We've earned it by now because it is hard! We're learning about new materials and school topics that we've never covered, from bedrooms that are easy to get lost in. All at the same time, worldly events like the pandemic and climate change can put just a wee bit more stress on a teen's shoulders.

We're all impatient, and waiting for some good news. But our wait is worth it. We have a vaccine, we have a plan. This lockdown is working. Things are going to get better, that is a guarantee. But we have to wait a bit longer before we can call something even remotely close to normal. And in the meantime, we're going to have to stay focussed. It's going to be a big step up for all of us in next year's school year, getting re-used to classroom schedules and workloads. But think of what we're also going to get - lunch time in the canteen, clubs, seeing friends and hugs that haven't been outlawed. Things that we took for granted and were stolen from us this year. Change is happening, and the one way we can help it at the moment, is by staying in, trying to work as hard as we can, and taking care of ourselves. After everything we've been through this year, it just isn't worth it to risk it now. Let's work together and beat this thing, so that if your kids complain about studying in the future you can tell them you did it during a pandemic!

Take care and stay safe.

Trinity McKeever (Middle School Head Girl)



**Be strong because things will
get better. It may be stormy
now, but it never rains forever.**





Well Done Sarah!



Well done to Sarah Geary from 8B who was featured on the Stephen Nolan show this week to highlight the importance of being a young carer and the difficulties faced during lockdown.

Being a young carer can be extremely difficult and this has only been exacerbated due to Covid19, yet Sarah takes this all in her stride, and always has a smile on her face.

Sarah currently cares for her older sister Rebecca, helping her with everyday tasks whilst being her best friend. Sarah has done this her whole life and you can see the strong bond these sisters clearly have. It is just lovely to have someone so young take on this huge responsibility and do it so well with such maturity and generosity of spirit.

Sarah is clearly a very considerate, kind and caring person and everyone who knows her can testify to this. She truly is an outstanding member of our school community and a shining example to us all. We know her family are immensely proud of her and we are extremely proud to call her a Thornhill girl. Well done Sarah – we can all learn much from you!!!



A meaningful life is not about being rich, being popular, being highly educated or being perfect... it is about being real, being humble, being strong and being able to share ourselves and touch the lives of others.

in a World
Where you can
be Anything,
Be kind.

