



Issue 36: 11th March 2024



Lymphoedema Awareness Week



Lymphoedema (pronounced Lim-fo-dee-ma) is a chronic inflammatory condition where part of the lymphatic system does not work properly. The lymphatic system helps protect us from infection and disease. It works as an important part of the body's immune system by keeping the body's fluids in balance. It absorbs and transports helpful vitamins and hormones and removes waste products such as toxins and bacteria. When the lymphatic system does not work properly, fluid and harmful substances collect in the affected area, and this is what causes the swelling. It usually affects one of the limbs but can also affect other body parts.

I have a rare type of Lymphoedema called Milroys disease and this means that I was born with a faulty gene called VEGFR3 and it affects both of my legs and feet. My legs often feel heavy, and they tire easily. Sometimes my feet feel like they will burst. I manage the swelling by massaging my legs, wearing my compression stockings every day, different compression stockings at night and looking after my skin to make sure it doesn't get damaged, and I wear specially made shoes. I also manage my Lymphoedema by taking rest breaks and using my wheelchair when I need to.

Lymphoedema Awareness Week was from 4th – 8th March and this year I was interviewed on the Sky News Kay Burley Show with my mum and younger brother. On Wednesday 6th March, which is World Lymphoedema Day, my mum and I did an online webinar about living with Lymphoedema, with the British Lymphology Society. Every year we have an Odd Sock Day so that people can see what it is like to get strange looks at your feet.

Mary-Kate Tierney 8C

**HAPPY WORLD
LYMPHOEDEMA DAY**
#LymphoedemaAwareness



BLS BRITISH
LYMPHOLOGY
SOCIETY





New York Digital Futures Trip



Our Year 10 Sentinus NI Digital Futures winners recently enjoyed a trip of a lifetime to New York with their teacher Mrs Scott as part of the prize they were awarded for winning the prestige competition. Rose, Jovita, Precious and Natalia took in the wonderful sights of New York and were honoured to be present for the New York Stock Exchange closing bell as well as being hosted by a number of large tech companies who were highly impressed by the presentation they gave of their app prototype 'Find your Perfect Future'. We are delighted you enjoyed your trip ladies – it was well deserved!







Myself and the other Junior Prefects have been participating in the REACH Mental Health Champions programme over the past 16 weeks, so we can become Champions to support emotional health and wellbeing for pupils in our school. Throughout the weekly sessions we learned all about the emotional health and wellbeing issues relevant to young people today and discussed strategies to tackle them, such as the "5 Steps to Wellbeing". It also increased our understanding of the stigma surrounding mental health and how to best address this, hence our social action project. We decided to target our conference, entitled "Tea and Talk" towards Year 8 students with a focus on the first step to wellbeing, "Connect".

Our event allowed them to engage with one another and let their creativity shine with mug decorating, they had a chance to meet new people, voice their opinions and ideas on the importance of mental health, have some tea and a nice treat, but most importantly, have fun!

It was an incredible opportunity to enhance our leadership skills, develop our decision-making skills and ability to voice opinions and ideas, all whilst strengthening friendships with those around us. It truly was an amazing day to finish a fantastic project.

A huge thank you to everyone who made our plans a reality, our REACH facilitator, Shauna Mullan, Mr White, school housekeeper Joanna, caretakers and anyone else who helped in any way, it is greatly appreciated and of course to all the fabulous Year 8 students who participated in the event, and remember, MENTAL HEALTH MATTERS.

Grace O'Donovan on behalf of the Junior Prefect Team





Junior Juries Programme



A massive thank you to Children's Books Ireland for their generous donation of books, enabling our KS3 pupils to take part in the Junior Juries Programme with Mr Gavigan in time for World Book Day!



National Careers Week ran from 4th – 9th March 2024 and as part of our celebrations this year a number of our Year 12 students attended a talk with Louise from the Careers Academy at the North West Regional College while our Year 13 students attended talks with Orla from Queen's University Belfast and Victoria from Atlantic Technological University.



YOUR FUTURE
STARTS HERE.

#NCW2024
4TH-9TH MARCH





Une visite du Lycée Français Jean Mermoz du Dubaï



Our Year 12 GCSE students were very fortunate to have the opportunity to meet with a group of 30 French students from 'Lycée Français Jean Mermoz du Dubaï' this month. Past pupil Grace Chambers is currently working in the school teaching English and in conjunction with Thornhill College French and English Departments, an educational visit was arranged.

The Assembly Hall was a buzz of French and English excitement as students were able to practise exam style questions with each other. The morning began with some brave and talented Year 12 students who presented to the group in French, giving information about our school and what it is like to live in Derry. Staff and students alike were impressed with their competent use of French.

The experience described by one student as an 'enriching cultural experience' was of great benefit to both sets of exam students helping them grow in confidence and aiding their preparation for their Speaking Exams.

Miss Montgomery
Head of French





Foyle Schools Poetry Competition



Our congratulations go to the English Department and our talented pupils who have been placed winners and those who have been highly commended for their entries in our 2024 Foyle Schools Poetry Competition. This year there was over a thousand entries from schools throughout the city and the standard was exceptionally high, so well done to our students in their fantastic success.

KS3 Placed - 3rd Place - **Mia McGilligan** 9E

KS3 Highly Commended - **Anna Meehan** 9E

KS4 Placed - 3rd Place - **Holly Hutcheon** 12F

Post 16 Placed:

1st Place – **Emma O'Connor** Yr14

2nd Place – **Isla Wallace** Yr14

3rd place – **Judy Bradley** Yr14

3rd place – **Nadine O'Neill** Yr14

Post 16 Highly Commended:

Victoria Treat Yr14, **Ciara Doherty** Yr14, **Molly Phelan** Yr14 & **Ava McBrearty** Yr14



The official presentation of prizes will take place in the Ráth Mór Centre on World Poetry Day – Thursday, 21 March 2024.

Netball Skills with St Eithne's Primary School

It was an absolute delight to welcome St Eithne's netball team to Thornhill College for a netball skills workshop which was led by our PE Prefects. Grainne, Leah and Tara had devised a one-hour session to help the girls with their passing, footwork, shooting and marking. Their enthusiasm and organisation resulted in a fantastic morning where the St Eithne's girls had so much fun, thank you girls.

A big thank you also goes to Mr McEldowney for helping the students prepare for this event.



NETBALL SKILLS WORKSHOP

Thank you to our PE Prefects for leading a netball skills workshop with the St Eithne's netball team!





**THORNHILL
ECOCLUB**



**GREEN THEMED
ST PATRICK'S DAY SWAP SHOP
GEOG RM4 1ST LUNCH
WEDNESDAY 13TH MARCH**



**COMING IN APRIL
FORMAL DRESS HIRE SHOP
PLEASE DONATE PRE-LOVED
FORMAL DRESSES TO OUR SCHOOL
HIRE SHOP. THESE CAN BE
DROPPED OFF IN GEOG RM4**



KS3 Eco-Club

Our KS3 Eco-Club would like to make an appeal to our school community to support our Green themed St. Patrick's Swap Shop which we are hosting on Wednesday 13th March as well as our Formal Dress Swap Shop.

We would also like to wish the very best of luck to our 'Wild at Heart' and 'Fashion Going Green' Eco-Teams who have reached the Eco Dens Semi Final on April 12th where they will present their projects via MS Teams to a judging panel.

Mercy Moment Awards

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

Congratulations to our February winners: Year 10 – Kendra & Grace



PRIMARY LINKS ENRICHMENT

Thank you to Ms Hamilton for coming in to speak to the Primary Links Ambassadors about Leadership.

Leadership Talk

Our former Principal Ms Marguerite Hamilton came to speak to the Primary Links Ambassadors about the skills and qualities of leadership to assist them in their ASDAN Leadership Course. It was an extremely informative and inspiring session where the students learned about different types of leadership, the skills of a leader and how we work effectively as a team.

Thank you, Ms Hamilton for your very engaging talk.





First Aid Training



Our Year 12 Middle Prefect Team recently enjoyed getting hands-on with some first aid training. Our sincere thanks to Geraldine Fitzpatrick from the British Red Cross for a very informative and enjoyable workshop!



History Department



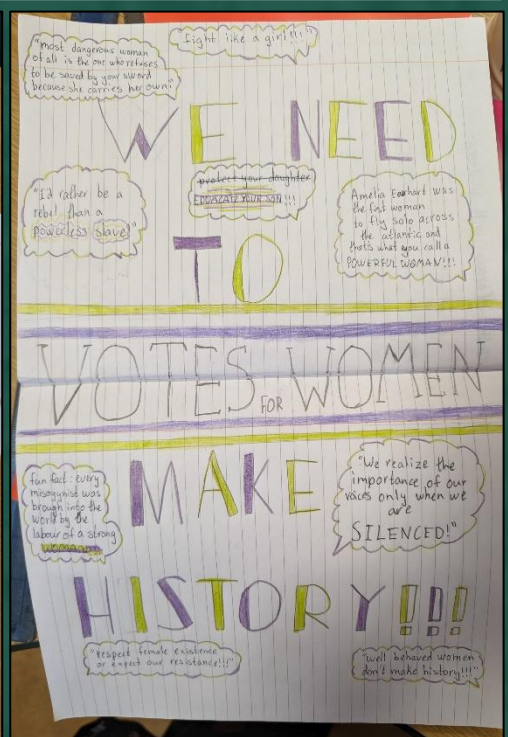
Our History Department has been a hive of activity over the past month.

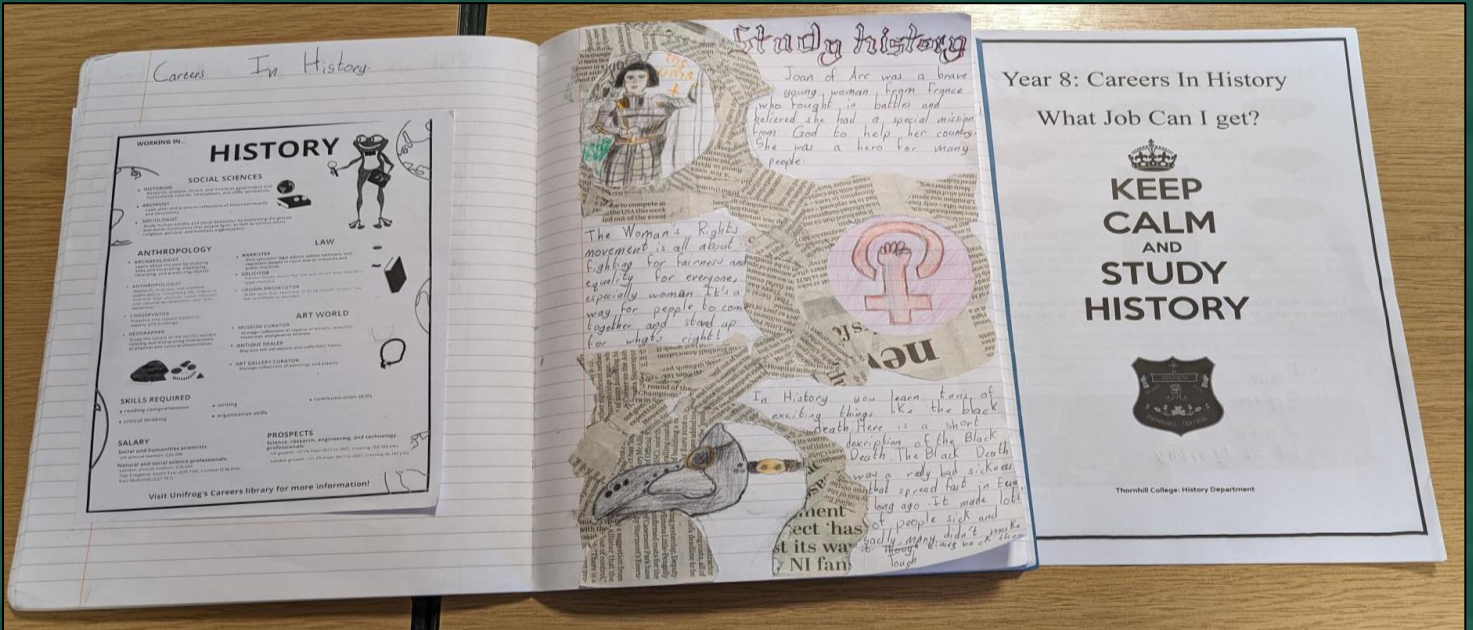
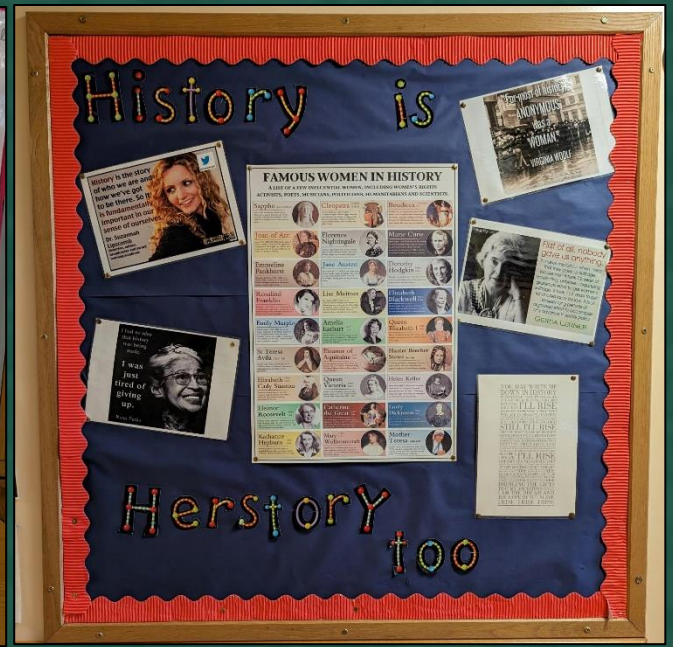
Our congratulations go to 10A who put together the display board for International Women's Day to mark the occasion which also matched with the History Department display known as 'Herstory'.

To celebrate World Book Day on Thursday 7th March our Year 9 historians had a go at being authors, writing a book suitable for primary school children about Henry VIII and his break with Rome.

While our Year 8's marked National Careers Week by learning about the benefit of studying History and the potential careers the subject opens as a result.

Congratulations also go to Bethany in 10A who was the recent History student of the week.





Physical Education Department



Congratulations to the Senior Cross Country Team who ran brilliantly in the All Ireland's in Dublin recently, finishing in 4th place overall and narrowly missing out in bronze medal by 1 point.

Well done to sisters Hannah and Zara who competed at the Ulster's Indoor Championships recently in Dublin. Hannah won the 800m and Zara came 6th in the 600m.

Well done to Year 10 student Eadaoin who came 4th in the individual Inter-Schools in Necarne in the 65-70cm category.

Congratulations to our Intermediate netball team on winning their semi-final match recently against Cookstown High School.

Well done to our Sports Leaders who attended the @JaguarsUKandIE coaching conference.

Congratulations to Year 8 student Aimee on her success in a recent Kick-boxing competition. Aimee achieved gold medal for the 12-13 age group.

Congratulations to Year 9 pupil, Kaitlin, playing in her first round of the Ulster U14 Championship for Derry against Donegal and Fermanagh.

Well done to our Year 8 Netball team who achieved joint 1st place at the recent Netball NI blitz which was hosted at Foyle College.

Well done to a group of our Year 8 students who participated in their first JagTag recently after school.





Anti-Bullying Alliance

I thoroughly enjoyed the first in-person meeting for ABA in Belfast. It was extremely beneficial for both me and Jana as we have gained skills that will let us help put an end to bullying in and outside of school. It was very fun to meet other young people who are as passionate about anti-bullying as me and Jana and to hear about their ideas of tackling bullying.

Kate Daly Year 13 Rights Ambassador



FWIN International Women's Day Event



As year 13 students preparing for the world of work, the Foyle Women's Information Network provided an inspiring and thought-provoking event, that informed us of the countless opportunities for women in Derry, especially in fields such as politics and entrepreneurship.

The team at FWIN organised a full and engaging itinerary that allowed us to create a poster highlighting the issues facing women today. We heard from a selection of empowering and informed female speakers, who gave us insight into what incredible work FWIN has done in Derry in uplifting the voices of women and girls in the city.

We're so thankful to have had the opportunity to attend such an important event, we really enjoyed our experience and look forward to seeing what FWIN accomplishes in the future!

Kate White & Katie Hickey (Year 13 Rights Ambassadors)

Foyle Womens Information Network

Increasing the **capacity, visibility** and **voice** of women throughout the North West

info@fwin.org.uk

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International Women's Day

#IWD2024
#InspireInclusion

UNICEF Rights Respecting School – Article 6

On the 16th of January this year a 16 year old girl in Gaza had her leg amputated by her Uncle (Doctor Hani Bseiso) on their dining room table. They live only 5 minutes from Al-Shifa Hospital, however due to an air strike in their area he was unable to move her and he had to operate on her without anaesthesia in their home.

This puts the IDF in direct violation of Article 6 of the UN convention on the rights of the child. The Israeli government is most certainly disregarding Palestinian children's right to survival and development.

Regrettably stories like this aren't uncommon in an area where around 250 people die each day, including children. The death toll is still rising and has already surpassed 25,000. But what can you do to help?

A simple way to help is by boycotting brands that profit from conflicts, for more information please visit the BDS (Boycott, Divest, Sanction) official website here:

<https://bdsmovement.net/Act-Now-Against-These-Companies-Profiting-From-Genocide>

<https://www.reuters.com/world/middle-east/gaza-doctor-amputates-nieces-leg-home-without-anaesthesia-2024-01-19/>

<https://www.oxfam.org/en/press-releases/daily-death-rate-gaza-higher-any-other-major-21st-century-conflict-oxfam>

6



LIFE, SURVIVAL AND DEVELOPMENT

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PROTECTION IN WAR

Know your rights



All children have rights and also the right to know their rights. Which do you know? On this poster you will find all the rights that apply to you and all other children in the world. These rights are stated in the United Nations Convention on the Rights of the Child. It states what every child should have or be able to do.



1 -18 DEFINITION OF A CHILD	2 NO DISCRIMINATION	3 BEST INTERESTS OF THE CHILD	4 MAKING RIGHTS REAL	5 FAMILY GUIDANCE AS CHILDREN DEVELOP	6 LIFE, SURVIVAL AND DEVELOPMENT	7 NAME AND NATIONALITY	8 IDENTITY
9 KEEPING FAMILIES TOGETHER	10 CONTACT WITH PARENTS ACROSS COUNTRIES	11 PROTECTION FROM KIDNAPPING	12 RESPECT FOR CHILDREN'S VIEWS	13 SHARING THOUGHTS FREELY	14 FREEDOM OF THOUGHT AND RELIGION	15 SETTING UP OR JOINING GROUPS	16 PROTECTION OF PRIVACY
17 ACCESS TO INFORMATION	18 RESPONSIBILITY OF PARENTS	19 PROTECTION FROM VIOLENCE	20 CHILDREN WITHOUT FAMILIES	21 CHILDREN WHO ARE ADOPTED	22 REFUGEE CHILDREN	23 CHILDREN WITH DISABILITIES	24 HEALTH, WATER, FOOD, ENVIRONMENT
25 REVIEW OF A CHILD'S PLACEMENT	26 SOCIAL AND ECONOMIC HELP	27 FOOD, CLOTHING, A SAFE HOME	28 ACCESS TO EDUCATION	29 AIMS OF EDUCATION	30 MINORITY CULTURE, LANGUAGE AND RELIGION	31 REST, PLAY, CULTURE, ARTS	32 PROTECTION FROM HARMFUL WORK
33 PROTECTION FROM HARMFUL DRUGS	34 PROTECTION FROM SEXUAL ABUSE	35 PREVENTION OF SALE AND TRAFFICKING	36 PROTECTION FROM EXPLOITATION	37 CHILDREN IN DETENTION	38 PROTECTION IN WAR	39 RECOVERY AND REINTEGRATION	40 CHILDREN WHO BREAK THE LAW
41 BEST LAW FOR CHILDREN APPLIES	42 EVERYONE MUST KNOW CHILDREN'S RIGHTS	43-54 HOW THE CONVENTION WORKS		<h2 style="margin: 0;">CONVENTION ON THE RIGHTS OF THE CHILD</h2>			



Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

The National College

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