

CHANEL COLLEGE

APRIL 2020

Message from the Principal

It is a privilege to welcome you all to the third edition of the Chanel College newsletter. I write this welcome note from the unusual position of my kitchen table. I, like all in our school community, have been working from home for the last number of weeks. The Covid-19 outbreak and enforced school closure has placed us all under considerable stress over recent times. I want to publicly commend the excellent work our dedicated staff have done since we had to close. Many thanks to you, the parents and students, for working with us while we ensure that teaching and learning continues in spite of the physical distance between us.

This newsletter offers the reader an insight into the enormous range of activities that occur on a daily basis in Chanel College. It is a means of celebrating our students and their achievements. As we end this term, I encourage you all to take a moment to stick the kettle on, have a read and enjoy a well-deserved break!

Mr D Gill

Principal

CELEBRATING OUR CHANEL HEROES



u19 Leinster and North Dublin Metro League Champions



u14 North Dublin Metro League Champions



There were huge celebrations on 6th March at the North Dublin Metropolitan League Finals. History was made when two Chanel teams won their titles. The u19s took to the pitch against a strong St Aidan's side under the stewardship of coaches Sheridan and McManus. It was a tight game but but Chanel took their chances, eventually winning 6-3, and securing their second winning title of the season!

Next it was the turn of the u14s squad who've had an amazing year with Mr McCarthy and Mr Ardiffe. They dug deep to withstand a wave of Portmarnock attacks in the first half and once they found their rhythm, found the net three times, holding Portmarnock scoreless till the end. At the final whistle there was a rapturous pitch invasion as the u19 squad, who had been shouting support and encouragement all the way through the game, ran onto the pitch to celebrate with their fellow North Dublin Metro League Champions. History in the making!

CHANEL CROSS COUNTRY



Senior

Christian Smith
Harry Gardener
Anthony Hynes
Bradley Whelan

Intermediate

Robert Mulligan
Jamie Keating
Cian Reddy
Sean Connors

Junior and Minor

Ben Evans
Sean Hayden
Ciaran Crowley
Cole Russell

The Chanel Cross Country team ran in The Phoenix Park this year with Jamie Keating qualifying for the Leinster's. The boys proudly represented our school and showed huge effort and determination. Well done to all involved!

ANOTHER GREAT BASKETBALL SEASON



1st year panel

Tom Croy, John Igbinovia, Callum Byrne, Dylan Halligan, Eoin Flores Leslie, Pedro Matue, Cian McCabe, Adam Maye, Nathan Fennell, Joshua Byrne, Ben Davis, Ryan Marron



2nd year panel

Callum Egan, Kaleum Radford, Dean Malone, Lewis King, Kai Malone, Dara Conway, Kyle Rooney, Niks Balmak, Finn O'Neill, Brandon Kinsella, Rusnius Ivanauskas

UPSILLING IN CHANEL

LÁMH TRAINING FOR CHANEL STAFF



Twelve Chanel staff received their Level 1 Lámh Module certificate on Wednesday, 4th January. Lámh is a manual sign system used by children and adults with intellectual disability and communication needs in Ireland. Communication is a right!

TYS DEMONSTRATE KITCHEN CHEMISTRY WITH PANCAKES!



TY 4.2 class celebrated Pancake Tuesday by making American Style Pancakes which rely on the chemistry of an acid-carbonate reaction to produce fluffy pancakes. They were also very tasty and promptly scooped by all.

CHARITY FUNDRAISING



Chanel's annual Dusk Til Dawn fundraiser took place on Friday, 17th January. It was a hugely successful night, and we'll all remember it for years to come. Jigsaw Ireland was the charity this year and an amazing €3743 was raised in total. The sixth years would like to thank our teachers for their involvement, especially all the brave ones who took part in the many different forfeits!

During the night we had a big table quiz and loads of other activities. Mr Ardiffe had to shave his beard off and Mr Greene had to wax his legs. We all had a brilliant laugh and we are all proud to have raised so much money for a charity like Jigsaw that helps young people.

George Cormack (Sixth Year)

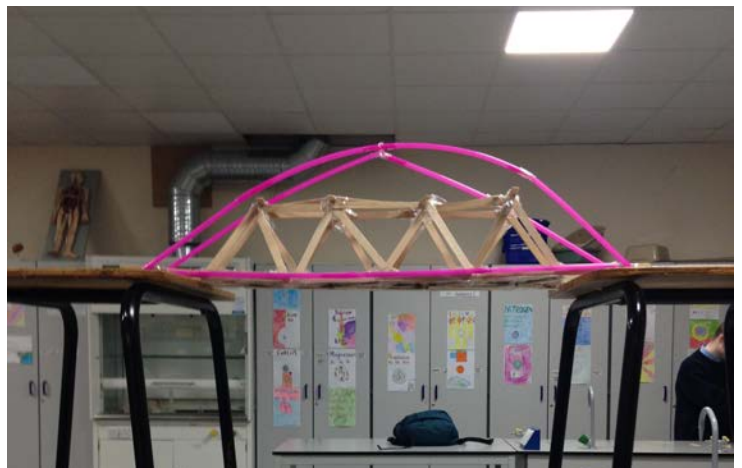
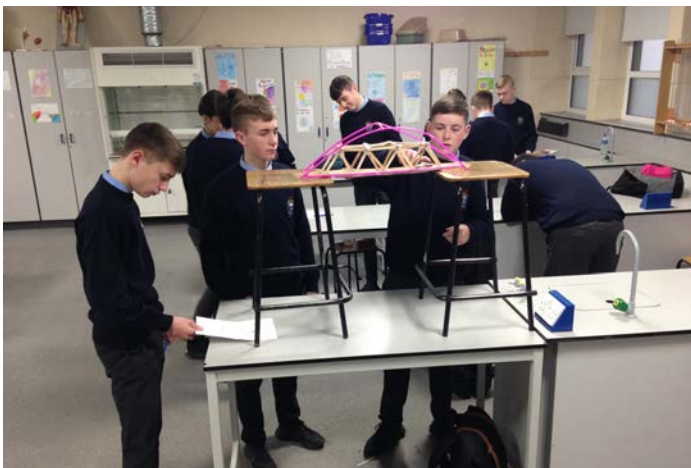
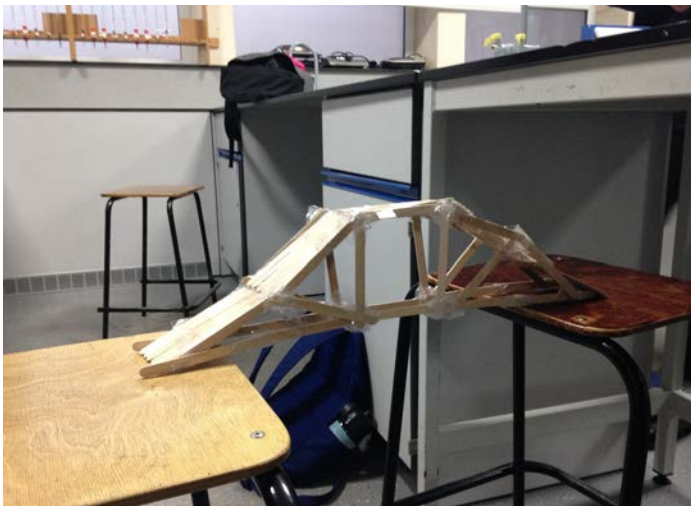
JIGSAW
Young people's
health in mind

BUILDING BRIDGES

Class 4.2 were set a challenge to construct a bridge that was 50cm long and could hold 200g without collapsing. The bridge was constructed using sellotape, PVC glue, lollipop sticks and straws. The entire class designed and built their bridges in groups of three or two. Every bridge met the requirements without collapsing. Some bridges were built using triangulation while others were straight flat bridges with supports taped to the bottom. Most bridges had supports similar to the Manhattan bridge. One bridge was like a bridge you would find in a forest or park, which is known as a humpback bridge.

Mr. Gill was asked to choose a winning design and after walking around the class and asking the students questions he decided that the winner of the competition was the group who built the humpback bridge (Bradley Whelan and Anthony Hynes). While they received a prize of chocolate bars every student walked away from the activity understanding a little bit more about the construction of bridges.

Bradley Whelan (Transition Year)



BOOK CLUB FOR CHANEL STUDENTS

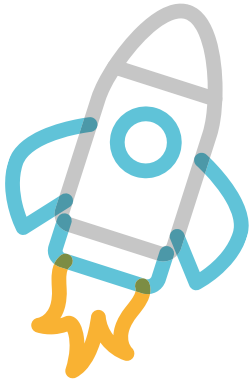
This year, a few of us decided to set up a book club for Chanel students. We wanted to develop our literacy skills, broaden our reading and give voice to our inner critics!

We met up in the Colin Room where tea, coffee and biscuits were provided. The title of our first book was 'Asking for it' by Louise O'Neill, which proved a controversial and thought-provoking choice. Our second book was "Looking for Alaska" by John Green, which we enjoyed. We had great debates about characters, plotting and authorial viewpoints and look forward to getting more reading done in the coming months.

Andrew Jackson (Fifth Year)



YOUNG ENTREPRENEURS



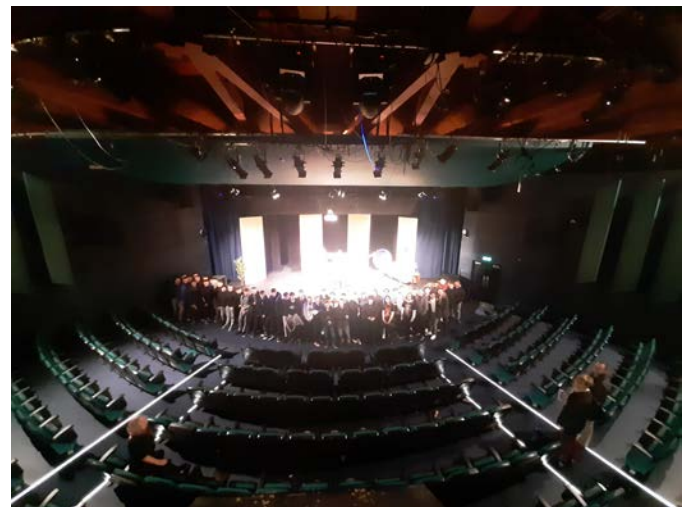
Myself and Eoghan Brennan set up a company called Scribbles Co. We sold pens and other stationery equipment such as highlighters, rulers and copies. We ran this shop every Monday, Tuesday and Friday. Sadly, we had to close due to lack of sales but we will not let this dampen our entrepreneurial spirit!

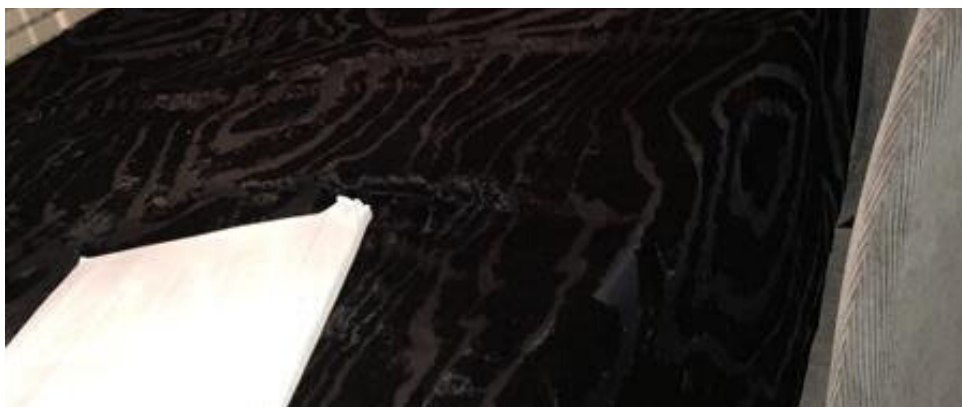
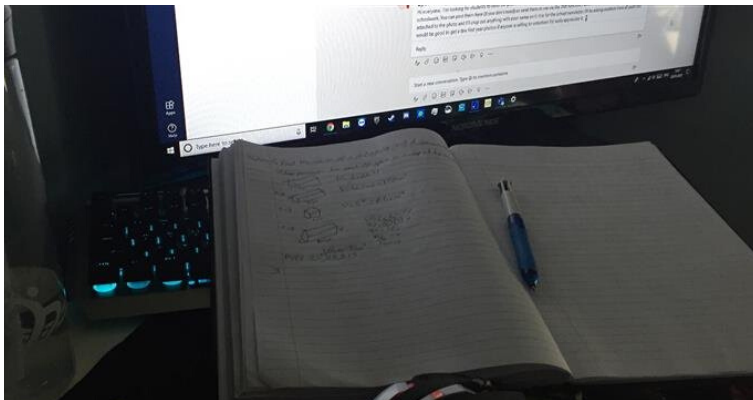
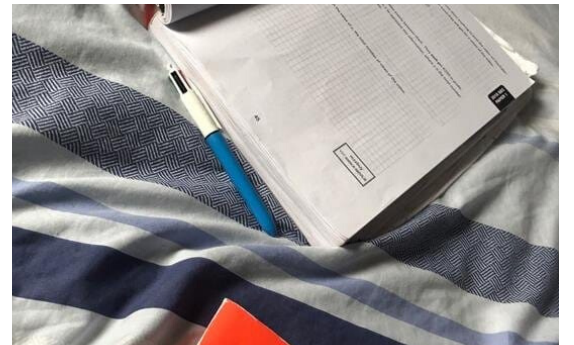
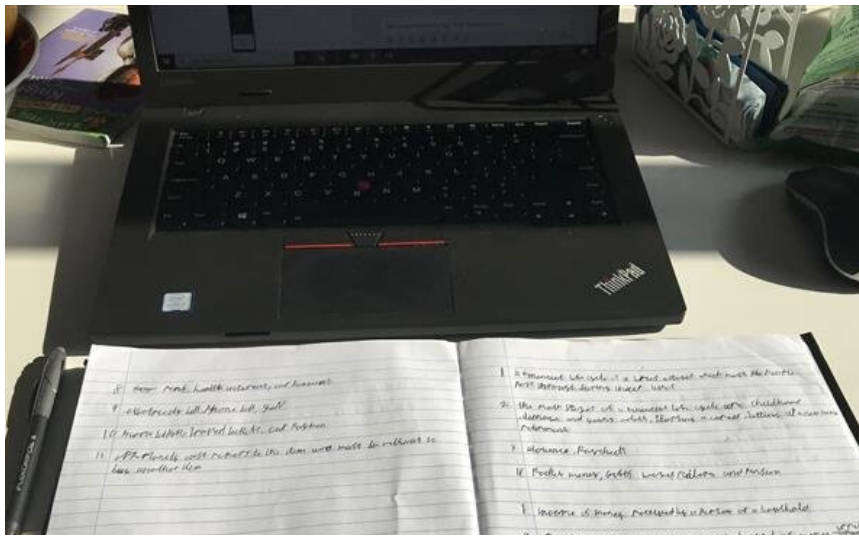
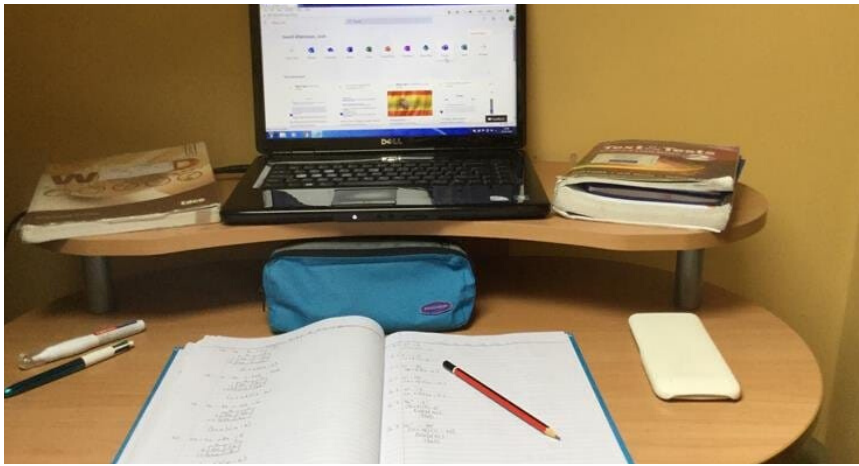
Karl Coffey (Second Year)

TY THEATRE EXPEDITION



On 4th March, all transition years visited Liberty Hall to see an original Irish play called "The Vanishing Gun" by JG Carey. The students were intrigued by the unusual story. The cast were delighted with the positive reaction of the students and requested they remain for photos. Although the students have missed out on their own opportunity to stage their musical *Fame* this year, the talent and enthusiasm they have shown will remain with them for years to come.





HOMESCHOOL ADVICE

Some tips for teaching your kids at home

Plan the day with your child

Even if you're following a lesson plan, it's good to brainstorm with your child about their day ahead.

Give them options. Ask them what they feel about doing tasks in certain ways. Give them time to adjust to the schedule.

Involve the family

Homeschooling involves integrating your child's educational schedule with your family's regular routine.

Have a chat with your family and know what their expectations are with the home school setup—and what is expected of them.

Keep in touch with teachers

Ask the teacher if you have to strictly follow the curriculum given, or if you have the freedom to adjust the schedule.

Teachers can also give you tips on how to effectively facilitate your kids' learning. They can also get you in touch with other parents.

Use free resources

Chanel teachers will provide the lessons, but you can also make use of other resources like worksheets available online to support or expand learning.

- www.irevise.com
- www.Studyclix.ie
- www.studynotes.ie

Take breaks

It's a simple advice - and you can't underestimate the power of breaks.

Add it to your schedule and make it fun—or be spontaneous and flexible and take it when you can.

Be flexible

Learning from can be difficult, new, and frustrating.

Facilitate your child's study schedule closely, but be flexible to change it up based on your child's learning tendencies and emotional state at the time.



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Instantly stream an incredible collection of stories, including titles across six different languages, that will help kids continue dreaming, learning, and just being kids.

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[Visit Educate Plus](#)

REMOTE LEARNING TIPS FOR LEARNING FROM HOME

MAKE A PLAN

The school and your teacher will prepare your lessons, but it'll be good if you'll plan how you'll be studying at home.



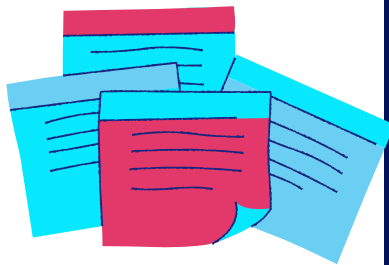
BE PROUD OF YOUR ACHIEVEMENTS

Studying at home isn't easy. Reward yourself for each small success.



TAKE NOTES

Notes will help you remember lessons as you watch them. It'll also be useful for reviewing later.



DO ONE THING AT A TIME

Finish one lesson before moving to the next. Do one assignment before another. Lessen multitasking.



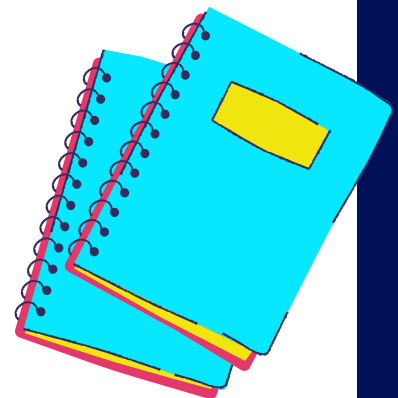
TAKE A BREAK

Do your work in blocks to lessen the strain. After finishing one lesson, take a five minute break before moving on.



KEEP YOUR ROUTINE

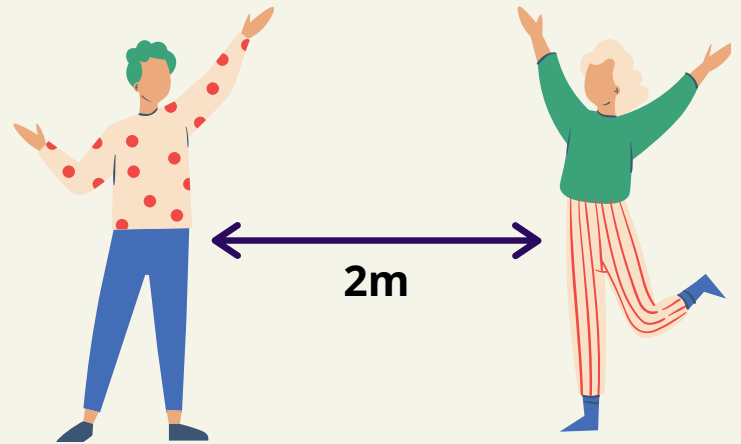
Treat your day as if you're going to school. Get up, take a shower, have breakfast.





WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



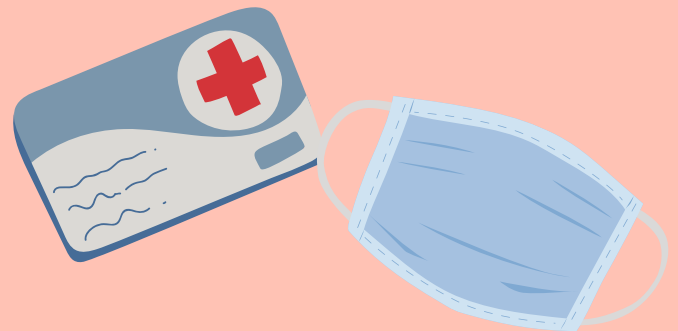
MAINTAIN PHYSICAL DISTANCING

Maintain at least 2m (6 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.



Headspace

Meditation

Free access to the Headspace collection called *Weathering the Storm*. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.

[Visit Headspace](#)



FitBit

Health & Wellbeing

FitBit are extending their Pro trial to 90 days for new customers, as well as offering premium content free in their app.

[Visit FitBit](#)



Contain The Virus

Health & Wellbeing

Free downloadable social distancing signs for your home with space for contact details and instructions.

[Visit Contain](#)

Parental Support

Support

Sheelagh O'Grady and Aoife Ryan are qualified Parent/Relationship Mentors with HDips in Parent/Relationship Mentoring from UCC. They are making themselves available, **free of charge**, to parents between the hours of 10am-11am and 7pm-8pm Monday-Friday (for this acute phase of the COVID19 pandemic).

[More Information](#)



Home School Piano

Music Lessons

Free access to anyone who is interested in learning the piano at home, which includes full access to HomeSchoolPiano Level 1 which takes most students 6 months to a year to complete. Available until September 1st.

[Visit Home School Piano](#)



Fender Play

Music Lessons

Access to Fender Play's guitar, bass and ukulele lessons free for 3 months to the first 500,000 who sign up.

[Visit Fender Play](#)



On the afternoon of Thursday the 27th February, my nan and grandad visited the school to get a tour and see how I was getting on. I showed them my Maths Classroom Based Assessment and they were very proud of me. Then we went for a walk around the school. They loved looking at the pictures on the wall of my cousins who also went to Chanel. My nan was shocked to see the size of the PE hall. They noticed the Irish flag and were really impressed by all the trophies. They had a great day and so did I.

Jack Boylan (Second Year)

A STUDENTS GUIDE TO LEARNING FROM HOME

SET YOUR SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



TAKE NOTES

Stuck in a webinar zoning out? Note-taking keeps your mind engaged.

PLAN YOUR DAY

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Lock your phone away if you need to - don't be afraid to ask your parents to intervene.

CHANGE IT UP

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.



TAKE BREAKS

Get up once in a while. Have a snack.

SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your parents, or reach out to your teacher.



JOURNAL IT

Use a journal to track your progress or any questions you might want to ask your teacher about the work.



DISTANCE MAKES US STRONGER

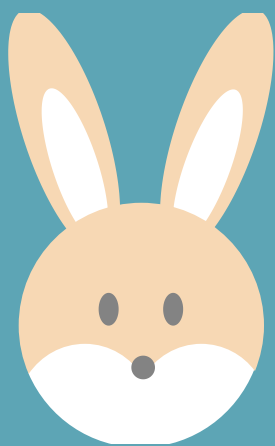
#StopTheSpread



*'Men work together,' I told him from the heart,
'Whether they work together or apart.'*

-Robert Frost (1874-1963)





Happy Easter!

YOU ARE A VALUED MEMBER OF CHANEL'S COMMUNITY