

ST JOEY'S NEWS

A MESSAGE FROM THE PRINCIPAL

Here we are at the end of another school year. We have had many successes this year - Friendship Week, Open Day, Healthy Eating Week, Art competitions and many sporting events in water polo and soccer. We have gotten seven class-rooms equipped with laptops and digital technology, and these additions have helped with your education. We have a dedicated and enthusiastic staff who work with you and your parents to help your achievements.

We truly have a special school. Thank you all for this year and good luck to all the boys doing exams. Enjoy your summer holidays and come back next August rested and ready for work. God Bless.
E McLafferty (Principal)

HEALTHY EATING WEEK May 8th-11th

Healthy Eating Week was a huge success thanks to parents, the enthusiasm of students and staff. All involved enjoyed their delicious and varied lunches. We had many activities—the highlights were the art competition and the celebrity speakers. The artwork produced was fantastic and the lucky winners won two healthy lunches. Eoin Nolan and Paul Ryder gave entertaining and informative presentations about sport and healthy eating. We were delighted that they could take some time from their hectic schedules to talk to us. Everyone benefited from healthy eating week and we hope to continue with our healthy lifestyles.



St Josephs
School for Deaf
Boys,
Cabra
www.stjosephs.ie

May 2012

Summer Edition

SUMMER HOLIDAYS!

The school will close on Thursday 31st May for voting day but will reopen for half day on June 1st. We come back after the holidays 29th August 2012



School
reopens on
Wednesday
29th August
2012

JUNIOR CERT AND LEAVING CERT EXAMS

3A, 4A and 4B will sit for their Junior Cert exams and **6A** will sit for their Leaving Cert exams on 6th June.

1. Revision tips

Develop a timetable to watch your progress. Make sure you have time for fun and relaxation as well. While revising, change subjects and their difficulty so you don't get bored or fed up.

2. Time out

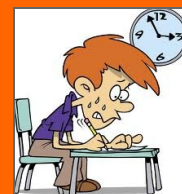
To stop tiredness, take a short break as soon as you notice you are losing concentration. Avoid television and loud music. You will then be able to come back to your revision refreshed. It is important to relax. Your mind and body perform at their best only if you get good rest.

3. Keep a regular sleep pattern

A regular seven hours of sleep is important for the body to function well. Try and stop working an hour before bedtime.

4. What to eat

Food rich in vitamins and proteins, such as green leafy vegetables and fresh fruits, are a must. Avoid food with high fat content. Don't drink too much coffee, tea or fizzy drinks.



MATHS DAY AT ST.MARY'S



VOTING DAY 31ST MAY

On Thursday, May 31st, there will be a referendum all over Ireland. This means people will vote **YES** or **NO** to a Fiscal Treaty.

The Fiscal Treaty is an agreement which we are being asking to vote on. If we vote **YES**, then we might get more taxes and cuts in wages to help control the EU finances.

If we vote **NO** then we might not be able to get financial loans from the EU if we run out of money. This would be very bad for Ireland and very bad for jobs and businesses.



FAI SCHOOLS SOCCER CAMP 2012

The FAI returned to St. Josephs in May and gave the younger students a few great days of drills, training and fun. All the students involved got a free eflow FAI Soccer Schools Irish kit, and so are well prepared for supporting Ireland in the upcoming European Championships.

Gintautas from 3A said *"It was brilliant. I enjoyed most the football matches and making new friends from St. Mary's school."* The FAI days were well organised and the FAI are committed to the highest standards of child safety and welfare. A spokesperson for the FAI said *"Whether you're new to the game of football or a seasoned campaigner at your local club, the eflow FAI soccer schools are for you. If you're a boy aged 6-14 who wants to have lots of fun and make new friends then these camps are the place to be."*

After the final day of the FAI experience, the boys of St. Joseph's soccer teams lined out against Colaiste Mhuire and brought all their newly gained skills to bear in a nine goal thriller. Gintautas was great in goals, while other boys who also took part such as Michael and Daryl also played an important role for their school team. Well done to Mr. Herlihy for organising the camp and hopefully next year it will run again.



Ireland at the 2012 Summer Olympics

Ireland is scheduled to compete at the 2012 Summer Olympics in London, from July 27 to August 12, 2012. Ireland will compete in Athletics, _Badminton, _Boxing, Canoeing, Slalom, Sprint, Cycling, Track, Equestrian, Gymnastics, _Artistic, Judo, Sailing, Shooting and Swimming. Our biggest champion is Katie Taylor a boxer who secured her fourth straight World Championship boxing title in China. The Bray lightweight notched up her fourth title last week after beating Russian southpaw Sofya Ochigava 11-7 in a tense technical final in northern China.

Winning the gold means that the boxer will go in as number-one seed in the lightweight division in London. This takes her straight through to the quarterfinals, and only one win from a medal-winning position. She is Ireland's best hope of an Olympic gold medal since the 1996 Games in Atlanta.

