

## Youth Speak Competition



Pictured at this year's grand final of the Youth Speak, public speaking competition is Ryan Brogan 8A. The event which is organised by all the district councils in N.Ireland took place on the 29<sup>th</sup> of April in Magherafelt District Council Offices. The speeches of all the contestants were focused on environmental issues. Ryan spoke eloquently for five minutes on the lessons we can learn from the past to reduce our impact on the earth in the future. Ryan was up against students from all across N. Ireland and delivered his speech with great confidence before a capacity crowd which included Environment Minister Edwin Poots and celebrity weather forecaster Frank Mitchell. Ryan is seen here receiving his finalist's prize from Frank. Ryan had an enjoyable and memorable day and urges all Year 8 students to give public speaking a go.

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The second semi final of the year 8 suduko challenge took place last week. The winners from each class are:

**8D Ronan Mc Crea**  
**8E John Connolly**  
**8F Damien Teague.**

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### Year 14 Final Farewell

Year 14 students begin study leave for their A Level Examination at 3.30pm on Tuesday 11<sup>th</sup> May 2010. All students, their parents/guardians and all staff are invited to a Mass of Celebration in the Sports Hall at 7.30pm; non-uniform.

We would like to thank all Year 14 students for their cooperation and courteous manner shown since joining the school in September 2003 or September 2008. We wish you all every success in your examinations and in the future.

Mr Murray, Mrs McKenna, Mrs McMorrow, Mr McCloskey, Mrs L Teague, Mrs Breen & Mrs Fretigny.

### World Asthma Day Tuesday 04.05.10

Asthma attacks cause the muscles of the air passages to go into spasm which makes it extremely difficult for sufferers to breathe. The attacks may occur because of an allergy, stress or for some pupils exercise.

The following procedures should be carried out when someone has an asthma attack:

- Firstly, reassure the pupil by just placing a hand on their back for support, as this will make them feel calm and have a positive effect on their breathing.
- Help the pupil into a sitting position leaning slightly forwards as most asthma sufferers find this position easier for breathing in.
- Ask the pupil if they have medication and enable them to use it.
- Inhalers are the main form of medication for asthma sufferers and they are normally blue in colour, Help the pupil to take their medication 2 – 10 puffs as required with aero chamber.
- If the medication does not work within the first 5 minutes or the pupil is unable to speak freely (whispering), breathing hard, fast, flared nostrils, then call for an ambulance (continue to administer inhaler).
- If the attack eases then the pupil should not need immediate medical attention but should advise a doctor.
- A pupil who has an asthma attack will be very tired afterwards and may need to rest in Medical room.

All pupils are encouraged to leave a 2<sup>nd</sup> inhaler with the nurse for use in school. For further information contact School Nurse.

## When the MacRory Cup Team went to Rome



### ROME 2010 – 'MUCO BELLA'

The journey started on Friday April 30<sup>th</sup> at Belfast International airport as we checked in, cleared passport control and boarded our flight to Rome. We met our driver Lorenzo and heading for dinner at La Meridiane Hotel in the Roman hillside village of Palestrina. Saturday morning starting early and after breakfast we headed for the city. As Lorenzo with his limited English pointed out the old walled city and the Circus Maximus we were deposited at the Colosseum and the Roman Forum for a guided tour with Flavia. Next it was to the Irish College where past pupil Fr. Peter O'Kane celebrated mass. In the evening we swam at the hotel pool and played football at the pitch. Sunday morning was a late breakfast and we were on the road again for the city. We visited the Pantheon and saw the Victor Emmanuel monument. After lunch we gathered in the Argentine Square boarded the bus and headed for the Stadio Olimpico. The atmosphere was brilliant before the game as Lazio fans were in full voice and two goals were scored by Inter Milan. On the Monday morning the bags were packed, room sorted, breakfast eaten and we headed with Lorenzo across the west bank of the river Tiber to the Vatican. We met our guide Julia who gave a brief history of the Vatican Museum. As we passed through each section and saw brilliant sculptures, paintings and tapestries all the lads realised the sheer talent that was on display. Then the Sistine Chapel where renaissance artists Perugino and Botticelli and most famously *Michelangelo* had painted the ceiling and later the walls at the age of sixty seven were awe-inspiring. Then we entered St. Peter's Basilica and saw the Pieta, *Michelangelo's* sculpture of Mary and Jesus. After a photo shoot with the Swiss Guards we walked outside into St. Peter's square and saw its architectural brilliance. Then lunch, some last minute shopping and back to the airport for the return flight. This trip was brilliant and a memory I will hold forever, many thanks to Mr Noel Donnelly, Mr Paul Donnelly and Mr Ciaran Mc Bride for organising this adventure.

**Ronan O'Neill 13B**