

## Young Cook Of The Year Competition 2010

The Dairy Council Northern Ireland are running a Young Cook of the Year competition which is a cookery competition open to Key Stage 3 and Key Stage 4 students.



If you are interested to enter the competition see Mrs Breen /Mrs Faria for more details.

## Bunchúrsa sa Ghaeilge Beginners' Course in Irish

### Extended Schools Programme 2009-2010

Are you or your parents, family members or friends interested in learning basic Irish? If so there are still places in the beginners' Irish class in Room 56, Sports Hall each Monday evening from 6p.m -7p.m.  
The next class is on Monday 8<sup>th</sup> February.

### Year 8 Student of the week

Week ending 22nd  
January 2010

8A	Ciaran Melarkey
8B	Dillon Conway
8C	James White
8D	Patrick McCullagh
8E	Brendan McGrath
8F	Ciaran McCormack

## HELPING MENTAL ILLNESS [www.rethink.org](http://www.rethink.org)

In Northern Ireland **one in four people** will experience a mental health problem at some time.

This can range from anxiety and stress related disorders, eating disorders all the way through to a range of severe mental illnesses such as schizophrenia and bi-polar disorder (manic depression).

Over 3% of people in NI are living with a severe mental illness-that's more than 50,000 people.

**Below are some numbers/ websites of organisations who can help:**

Childline (free helpline)  
0800 1111  
NSPCC  
02882 248929  
Samaritans

0845 7909090  
[www.headstogether.org](http://www.headstogether.org)  
[www.mentalhealthy.com](http://www.mentalhealthy.com)  
[www.heads-away-just-say.com](http://www.heads-away-just-say.com)

## Feis 2010

### WEST TYRONE FEIS

Entry Fee £2.00 per solo.

This must be paid this week by putting the money on your account at reception.

Categories include:

Solo singing, Solo instrument, Vocal ensembles, Songs from the Shows & Popular song.

Please see Mrs Fretigny for more details.

If any Irish language student is interested in entering the Irish language section of the Feis could you please meet Miss Cafferkey in Room 25 at lunchtime on Thursday 4<sup>th</sup> February at 1.15 in Room 30? Students who intend to go to a Gaeltacht college this summer are encouraged to participate to be eligible for the £150 Gaeltacht scholarship.

## Northern Ireland Youth Assembly

The N.I. Assembly is looking for 30 volunteers aged 16 -18 (on 19 February 2010) to join a Youth Panel; the panel will be in place from March 2010 to April 2011 and will:

- Listen to people from across N. Ireland, including young people, youth workers, teachers and MLAs
- Getting advice from experts
- Get training
- Visit other youth parliaments
- Discuss what the youth assembly should do & how it should work
- Work as part of a team to decide what proposals to make for a youth assembly Present their ideas to decision makers

*If interested see Mrs McMorrow for an application form and further details.*



Under Armour  
Thermal Gear  
Cold Gear  
Orders start Monday  
£30!

## Photography Competition

Young people regularly hear about the European Union and its projects.

In reality however, the EU seems remote from their day-to-day lives...

The European Commission is giving young people an opportunity to examine the issues and have a say, through a photo competition.

For 14 to 18 year olds.

Under the theme "The Euro: what does it mean for us?"

*Please contact your Art Teacher*



## Year 9

### Super-league

**11-a-side Outdoor Soccer** tournament 'kicks off' next **Wednesday**. Teams competing over the next three weeks are :

<b>A v B</b>	<b>3rd February</b>
<b>A v C</b>	<b>10<sup>th</sup> February</b>
<b>B v C</b>	<b>17<sup>th</sup> February</b>

Please come along and support your class.

The Make Your Mark student competition is an art competition open to all students worldwide and has two categories - Under 12 and Under 18. Students can create their piece of art using any kind of paint and/or drawing media. To enter the competition see your art teacher for further details or log onto [www.mycompetition.com](http://www.mycompetition.com) fill out a form and upload a digital image of your art work.



### **Turn your vision into Art**

What would the world look like if we **lived without prejudice?** Enter the Young Brits at Art awards by producing a piece of artwork, which reflects how our world would look without prejudice. For further details see your Art teacher or log onto:

<http://www.equalityhumanrights.com/fairer-britain/youth-projects/young-brits-at-art/>

**A big Thank-you to all students who offered there services on Open Day!**

20<sup>th</sup> January 2010

### Letter from SVP in Beragh

Dear Principal, staff and pupils,

The Beragh Branch of the St Vincent De Paul Society would like to thank you sincerely for your support for our Christmas Appeal.

Your support enabled us to help those in need in our local and surrounding areas. Once again many thanks, your donations were gratefully appreciated.

Yours Sincerely

St Vincent de Paul Conference, Beragh.

