

ST GERARD'S PARENTS' ASSOCIATION

Representing the Third Branch of our Community

PA ANNUAL CONFERENCE MARCH 13th

Dear Parent

This term is always a busy one for the Parents Association with lots of upcoming events. We are really looking forward to hearing from the renowned Dr Fergus Heffernan on 13th March as he enlightens us on managing stress, anxiety and mental health which, unfortunately is such a crucial topic in today's world.

We always receive good feedback around the mock career interviews for 5th years which is taking place on Saturday 11th March and would welcome your input if you feel you can help out.

The Parents Association is always delighted to be able to help out by sponsoring some events, such as the parenting course, being run by Zest Life, for Junior School parents which is currently taking place with some great feedback. This term we have also purchased 100 foil blankets.

There is a lot of work going on behind the scenes for the upcoming Annual Golf Outing in Druids Glen on 28th April in aid of Sunbeam House Services in Association with Difference Day. I'm sure you will agree it is a very worthy local charity and we would love your support in any way - either enter a team, sponsor a hole or if you're not a golfer, just come along to a great social evening.

Make sure to have a look at the Parents Business Directory on the St Gerard's website and please [contact us](#) if you would like your business to feature!

With best wishes!

Margaret Brightling, Chairperson



Dates for Your Diary

13 th Mar	PA Annual Conference and Keynote Speaker Dr. Fergus Heffernan
14 th Mar	Used Uniform Sale
10 th Apr	Junior School Easter Camp – Mr. Jolly
10 th Apr	Hockey Camps – Mr Carolan & Ms Scott
18 th Apr	Junior School Easter Camp – Ms. McInerney
28 th Apr	Annual Golf Outing Druids Glen Golf Club
15 th & 16 th May	Family Tennis Nights
18 th Nov	Winter Ball, Save the Date

Sponsorships

€124	Providing 100 Foil Blankets for our various hockey and rugby teams medical kits
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13th March 2017 – Annual PA Conference

We invite you to join your PA & Dr Fergus Heffernan, as we look at managing stress, anxiety and mental health

Evening Schedule

- 7.00pm Welcome tea, coffee and tasty nibbles courtesy of our Catering Department.
- 7.30pm Dr Fergus Heffernan
- 8.30pm Q&A with Dr Heffernan and Close.



Dr. Fergus Heffernan
CHH Services

The evening is a thought provoking presentation which looks at why some teenagers and children in today's world appear not to have developed resilience. Research shows that 1 in 5 second level students in Ireland now present with self-harm and high anxiety disorders, and this is beginning to manifest in the primary school setting. Recent surveys tell us that young children are not learning empathy as they are not learning relationship skills, particularly within the home, due to the fact that they are only learning virtual relationships through screens. The recent WHO report on suicide tells us that we now have the third highest rate of suicide in Europe. The lack of resilience presenting in our teenagers who do not appear to cope with life very well, has often to do with the fact that they are not learning these skills as children. Our expectations of life and the world around us can be very grossly over exaggerated by the fact that we spend so much time living in the lives and worlds of other people online.

This presentation is particularly suited to people who play a key role in supporting the emotional well-being of teenagers and young children, and also looks at how people can look after themselves in these challenging roles.

Dr Heffernan employs a wonderfully honest, heartfelt, practical and oftentimes humorous approach to the subject of Mental Health and Family Issues, both from a professional and personal level

Used Uniform Sale

Change to Time & Location for Next Uniform Sale

The next second hand uniform sale will be held on **Tuesday 14th March at 2.30pm to 4.30pm in the Junior School Hall**. If you have any contributions to make of nearly new second hand school and/or sports uniform clothing, please let us have these as soon as possible. Items can be placed in a bag marked for the attention of the Parents Association and left in the reception of the Junior School. Our September Uniform Sale was a huge success raising in excess of **€1200!** All proceeds went to the Concern Haiti Hurricane Appeal. Please support this worthwhile event.

Easter Camps

Once again this year we look forward to St. Gerard's Easter Camps organised by Ken & Julie. Ken's Camp will run from Monday 10th - Thursday 13th April and Julie's from Tuesday 18th - Friday 21st April. Both camps will run daily from 10am to 3pm. There is an exciting range of activities on offer on both camps.

There will also be a girls Hockey Camp for Std 6, 1st and 2nd Years on the 10th to the 12th March run by our SCT and JCT coaches Mr Brendan Carolan and Ms Sarah Scott.

Watch out for the posters around the School! If you require further information please contact;

Ken: Kenjolly.stg@gmail.com 0868202629

Julie: jmcinerney@stgerards.ie 0879984536

Sarah: sscott@stgerards.ie

This committee is here to represent you; so please feel free to contact us with your ideas or questions: parents.association@stgerards.ie

Parents' Association Business Directory



[LIST YOUR
BUSINESS
HERE](#)

[VISIT THE
BUSINESS
DIRECTORY](#)

Parenting Course



ZEST LIFE

The PA part-sponsored parenting course is currently underway in the Pavilion on Tuesday mornings. Stuart Wilson, of Zest Life, is joining parents from Standard 3 through to Standard 6 to discuss child development, behaviour, challenges, needs, amongst other issues. The feedback on the course so far has been fantastic!

PA CHARITY GOLF OUTING in aid of Sunbeam House Services



This year's St Gerard's Charity Golf Day is building up to be a super day and night judging by the numbers already reserving tee times and dinner places. We have a limited number of late morning tee times still available.

The outing will take place on Friday, April 28 in Druids Glen Golf Club. The cost for a fourball is €400 and €100 for individuals (includes a gala dinner).

There will also be a 9 hole scramble for those who would like to be involved but don't wish to play 18 holes. The cost of this is €260 for a team of 4 or €65 for individuals which also includes the dinner.

Costing to attend the gala dinner only is €35 and all are welcome.

Contact Thelma Hodgins on 086 2527607 or email thelma@kennethhodgins.ie to reserve a tee time or for enquiries.

New School Website



Have you visited the school's fabulous new website? Still at www.stgerards.ie, the new site offers a greatly enhanced and unique user experience, which affords parents, and the broader community, the opportunity to explore the wealth and array of activities we partake in at St. Gerard's School.

Follow us on [Twitter](#), [Flickr](#) and [issuu](#). Remember you can browse all our media galleries without having to set up an account.

Parent to Parent

Driving Tip - The unofficial One-Way system

You can do a lot to improve the circulation of traffic in and out of St. Gerard's.

How? By always entering from the North (Old Conna side) and exiting to the South (towards Fassaroe hill).

Lost Property

Every day a large number of items make their way to the lost and found. The majority of these items have no name on them. Please make sure that all items are tagged to help ensure their speedy return.

Volunteers Needed: Rugby Referees

The Sports Department are always under pressure for rugby referees to officiate at all junior levels (U9 to U15). With this in mind, we are looking for volunteers! Parents who are interested in volunteering to referee some home matches will be put forward by the school to attend the next available Associate Referee's Course, as run by the Leinster Branch.

If you are interested or need more information on what is involved, please contact Mr. Jolly on 086 8202629

As the Newsletter is now being circulated electronically, we would appreciate if you could also forward to other members of household.

Thank You.



Following the very successful St. Gerard's Winter Ball last November, a cheque was presented to the Jack and Jill Foundation earlier this year at a school ceremony.

MOCK CAREER INTERVIEWS

The PA is once again delighted to be involved with the school in organising the mock career interview morning for fifth years. This year it will take place on Saturday 11th March. It is always a very well received morning, enjoyed by both students and parents alike. Although we have a good bank of interviewers built up we are always looking for volunteers from various career backgrounds. This year we urgently need people in business, engineering, accountancy, sports, psychology, zoology, construction, montessori and primary teaching. If you are free and would like to get involved, please contact the PA on parents.association@stgerards.ie

Family Tennis Nights

The PA are delighted to continue with their annual sponsorship of the St Gerard's Family Tennis Evenings on the 15th May for the Junior School and the 16th May for the Senior School. Entry forms for the events will be available online after the Easter break. This year we would love to see more parents playing in the event with special prizes for those taking part. All standards of tennis are welcome at this great social event. There will be a BBQ available for players and supporters on the night. It once again promises to be an exciting evening of tennis with family fun for all, so dig out your rackets and get practicing, we look forward to seeing you all in May!

