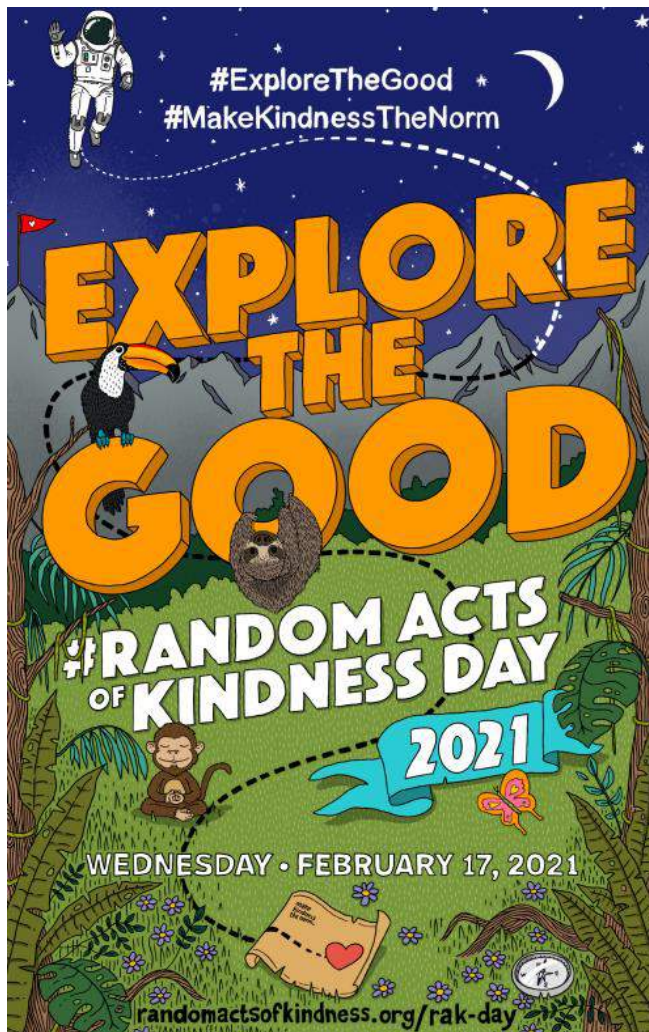




# Rockport Newsletter

The latest news and updates from Rockport School



## Headmaster's Headlines

**GOlden Rockportian:** Sixteen years (and four Prime Ministers) ago, Gordon Brown (gosh, is it really that long?) spoke of a 'golden thread running throughout our history'. In this school, our links with the past do much to define our culture and ethos and for us at Rockport, history is clearly not just 'one damn thing after another'. Indeed, on our Open Mornings I often mention the quite remarkable fact that I am only the seventh Head of Rockport in 115 years and, like any custodian of a treasured institution, it is sometimes hard *not* to feel that 'hand of history' on my shoulder.

Anyway, enough with the quotes. We at school were really chuffed this week to see a front page photo and a two-page spread in *The County Down Spectator* featuring one of the most golden of our threads: **Mrs Jean McCadden**. *Life at Full Throttle with Jean McCadden* celebrates Jean's 90<sup>th</sup> birthday and takes a look back at her remarkable life, including the happy years she spent teaching at Rockport.

They say (ok, just one more quote) that '*you* may leave Rockport but Rockport will never leave *you*' and Jean is certainly living proof of that. She has never lost touch with the school, coming back as she does every year for those signature events like Armistice Day, Speech Day, and the Summer Concert. And every time we say goodbye, I tell her that her name will be first on the list for invitation to the next event. It is always a great privilege for us to see Jean and her infectious smile and the recent cancellation of such events is one of the more insidious by-products of the current pandemic but her starring role in the newspaper this week gives us all a chance to say, Happy Birthday, Jean, and we look forward to seeing you back down at the school sometime soon.

Have a relaxing half term, everyone, and we hope for better news of schools reopening in the second half.

**George Vance**  
**Headmaster**



# General News

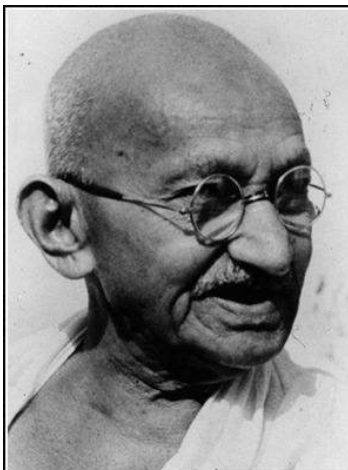
## Mid-Term Mindfulness

Well done to everyone on managing to successfully complete a half-term of online learning. This has been no mean feat and I'm sure you, like me, are ready for some quiet time. Over the mid-term break, try to take a complete break away from your screen; avoid spending time on your phone or laptop; don't spend hours gaming with virtual friends online. Instead, get outside and enjoy some fresh air; enjoy the lengthening days of spring; enjoy the weather (whatever hand it deals us!); enjoy being able to go for long walks during daylight hours; enjoy a hot chocolate in your garden; pack a picnic and a blanket for the park. Spend some time "doing" rather than "thinking"; be creative – make (craft), bake (cake), take (pictures) and share your happy moments with us. Recharge your batteries now so that you are ready to tackle the next two weeks' of online schooling before we hopefully return to school in early March.

Half-term is also Random Acts of Kindness Week and we think kindness is something worth celebrating! By completing each of the challenge sheets, found here - <https://www.randomactsofkindness.org> , our children will earn themselves a "kindness week" certificate and most importantly learn how to be kind to themselves, the world and to others.

Have a wonderful break and enjoy a good rest.

**Mrs Rhonda D. Palmer**  
Deputy Head



Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

— Mahatma Gandhi —

## Fabulous In February!



**Bobby Doyle (R6)** hiked up Slieve Loughshannagh in the Mourne Mountains on Saturday! Impressive!



I love playing with my dog  
Sasha, it's fun.

**Reece Montgomery R8**

R1 have been sharing the love, making and drawing things that make them feel fab!

## **Bronze Duke of Edinburgh Award**

This year's Duke of Edinburgh cohort have been busy deciding what they will do for their skill, physical and volunteering. Each student should be spending approximately one hour per week on each section. On the Duke of Edinburgh Google Classroom page I have put some ideas for activities, I will also be sending out an email with this information to parents. Due to Covid-19 restrictions, it is possible to complete volunteering activities for family members (e.g. tutoring a sibling, doing chores above and beyond what is normally expected) providing that a log of the activity is kept and a non-family member (e.g. a teacher) acts as the assessor.

It is really worthwhile to start these sections now as all sections must be completed to achieve the award. Miss Bridges and I are available to give advice every Thursday afternoon at 4:30pm on Google Meet if needed, but the responsibility to complete these sections is on the individual. Once we are back in school, the training for the expedition will begin.

I am not sure whether expeditions will be able to go ahead this season due to Covid-19 restrictions, but I am hopeful that we may be able to get out in June. If not, I will plan the expedition for the earliest possible opportunity.

Thanks for your support with the Duke of Edinburgh award and please do not hesitate to email me if you have any questions at [sohara@rockportschool.com](mailto:sohara@rockportschool.com).

**Miss Sophie O'Hara**

**Duke of Edinburgh Coordinator**

Year 8 have been working on  
metaphor poems, writing what they  
believe kindness, friendship or even  
school is!

They were all very impressive, take a  
look at these submissions from Lewis  
and Edin!

### V Bridges

### “Determination”

Determination doesn't roar,  
it doesn't yowl or scream,  
it *whispers*, in your ear, as you think,  
*“they're right, I can't do this.”*  
It's the little voice that says,  
*“oh shush, yes you can.”*  
it's the spark in your eyes,  
as you push yourself up from ash  
it's the strength in your voice,  
as you say,  
*“you just watch me.”*

Edin|Ausdahl 8H

### Courage

You stand up to every strike  
that is courage hidden in your dread  
Even when you say you have had enough  
there is courage in every tear you shed,  
Courage can't be bought or taken it's always inside us.  
Courage is what makes us  
Courage is what divides  
us.  
Courage is more than a darling deed  
It's the breath of life and a strong man creed.

By Lewis Winston Reid 8M



## H.E

Coffee break treats again this week courtesy of Year 9 and their tasty looking flakemeal biscuits. Lasagne from Yr 10 and Yr 8 pancakes looking lovely!



It's all about the love for R4 this week, look at those yummy treats!





Carrickfergus Castle Comes To Rockport!  
(as, due to Covid, we cannot go to it!)



This week R8M welcomed visiting experts from Carrickfergus Castle. The education co-ordinator, Jackie Webster and her colleague Phillip McConnell, kindly agreed to join our class and answer all the questions about the history of the castle.

Phillip also kindly recorded a video 'tour' of the castle, so the students could see all the features of the building. We are currently studying the evolution of castles from Norman times to 1400s.

It was fantastic to have two experts teach us all about a local Norman castle, which can be seen across the lough from our school. The students asked some brilliant, relevant questions and were enthusiastic and welcoming to our guests. Well done R8M!

Many thanks to Jackie and Phillip for joining us online.

**Mrs A Walker**  
**Teacher of English and History**

## Music

R7 enjoyed a classical guitar recital from Cameron Moody this week.

**M Carr**



## Rockport P.E. Department

Well done to everyone for working so hard this term and keeping up with your exercise. These links should give you something to enjoy during the half-term break and I hope you have a wonderful time.

Stay safe everyone and keep exercising!!!

Welcome to the Aviva Safe to Dream Team! Here you'll be able to access the Mini Rugby Virtual Skills Hub, register for the Safe to Dream Team newsletter.

Keep active from home this February mid-term break with our Mini Rugby Virtual Skills hub! Created by IRFU coaches, a new skills video will be released each day demonstrated by UL Bohs, Munster & Irish Rugby International player Eimear Considine.



This video series caters for kids of all ages and abilities, whether you're a complete novice or a rising rugby star!

The virtual skills hub is a safe online space for kids to develop their rugby skills and love for the game over the mid-term break.

Starting on February 15th at 10am, you can find these daily videos right here, so keep your eyes peeled! <https://www.aviva.ie/sponsorship/irfu/minirugby/>

Seniors & Club players – check out these videos during half term!

<https://www.youtube.com/watch?v=TgVj7H97MfM&feature=youtu.be>

<https://www.youtube.com/watch?v=6G2W74IAIqE&feature=youtu.be>

<https://www.youtube.com/watch?v=3KWFuq9sBYM&feature=youtu.be>

Skills for everyone!!!

*General activity with Andi!*

<https://www.youtube.com/watch?v=YWvMjAXBiPw>

*Footwork with Andi*

[https://www.youtube.com/watch?v=W\\_8Fd3c9dEw](https://www.youtube.com/watch?v=W_8Fd3c9dEw)

*Passing/catching/ball skills with Amy*

<https://www.youtube.com/watch?v=0HHWX9QOmdk>



FUN HOCKEY DRILLS – Some are very difficult so pick the ones you like & try your best!!!!

<https://www.ahockeyworld.net/lots-of-fun-drills-and-activities-for-kids-training/>

*A five-minute skill practice for everyone! Use a tennis ball or something soft!*

<https://www.youtube.com/watch?v=2HknbpzEOhw>

<https://www.ahockeyworld.net/a-circuit-drill-young-players/>

Seniors & Club players

<https://www.youtube.com/watch?v=j-T0pneaztk>

[https://www.youtube.com/watch?v=mpGQc4IXypU&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=mpGQc4IXypU&feature=emb_rel_end)

<https://www.ahockeyworld.net/ball-handling-2/>

<https://www.ahockeyworld.net/field-hockey-technique-left-hand-dribbling-tutorial/>

*Juniors - A fun video showing hockey from all over the world!!! Try some in your garden if possible with a tennis or soft ball!!!*

<https://www.ahockeyworld.net/lots-of-fun-drills-and-activities-for-kids-training/>



The P.E. Department would also like to say a huge well done to all of our young people for reaching the 2000 hours for the 'March for Mental Health' campaign. Everyone has worked hard to reach this and now we need everyone to go online and reach our donation target. Mr Clark (Henry) will be posting updates on Facebook so please dig deep and help this very worthy cause.

<https://www.justgiving.com/fundraising/henry-clark3>

Prizes will be awarded for the top performers both pupils and parents after the half term break.

**G Holland**

**Head of P.E.**

