



# Rockport Newsletter

## *SPRING*

Spring trots.  
Spring makes the sun shine.  
She helps the flowers bloom.  
She makes me happy.

Spring sings.  
She makes the birds sing happily.  
She helps new animals live.  
She is the sun's caller.

Spring smiles.  
Spring helps the trees after winter.  
She puts smiles on people's faces.  
She helps the earth with her sun.

*By Holly McFarland, R6*

## Headmaster's Headlines

**St Patrick's Wellbeing Day:** The life of Saint Patrick is shrouded in mystery and still provokes much debate, but it is long-since believed that he once spent 28 days in the wilderness without any access to a mobile phone, iPad or even a PlayStation 5. Further to that we can only speculate what the patron saint might say about some of the celebrations that happen in his name across the world on 17 March each year (- but we suspect that it might not be all good).

He would, however, surely be in favour of the Rockport idea that we should use his day *this* year to promote mental health and well-being in our school community. In keeping with our tradition of providing outdoor activities and fun on Founder's Day, next Wednesday our children and young people will be encouraged to spend some time away from the screens of their computers and other devices. Instead they will have the opportunity to tackle a number of challenges and activities which, by their very nature, will promote positivity and mindfulness. We're sure Saint Patrick would approve.

**Good News From the Hill:** Great news yesterday that common sense has prevailed after all and that our little ones in PGR to R3 will not be returning to remote learning when our senior students from R12 up to Upper Sixth return on Monday week. We are further encouraged to hear positive sounds coming from the executive at Stormont that those children caught in the middle may also get to come back soon. Fingers crossed.

**Fab Four-Ball:** More good news reaches me of success for four of our academy golfers. **Harry O'Hara** (R8), **Jamie Nevin** (R11), **Alanna Ross** (R9) and **Caitlin Ross** (R7) have each been selected to join the prestigious Golf Ireland Area Development Programme. Great stuff.

**George Vance**

**Headmaster**

# **General News**

## **Covid-Safety in School**

It has been lovely to see our pre-school and R1-R3 children back in school this week and we look forward to welcoming more children as the month progresses.

Further guidance has arrived from the Department of Education regarding students returning to school, which has been summarised on the attached document. Please do take some time to read and digest the information. In the coming months we will rely heavily on a team effort to keep our school community safe and our doors open to our children as they return to school. No-one wants to see a return to lockdown and it is our responsibility to do what we can in order to ensure that we are keeping the R-rate low. We really appreciate your support.

## **Gapper-request**

As many of you will be aware, every year we host 3 "gappers" at Rockport. These tend to be overseas students who are taking a year out between finishing school and starting university. This year, two of our gappers were from Australia and one was local. However, due to the pandemic, unfortunately we have been left in the position where we have no gappers available for the remainder of this academic year. If you know of someone who would be willing to help out in Boarding and EY in return for accommodation and a weekly allowance, please do ask them to get in touch. We are currently welcoming CVs for the role, both for the remainder of this academic year and also for September 2021 and beyond.

**Mrs Rhonda D. Palmer**

**Deputy Head**

## Mindfulness in March

Thank you Annabella Cole (R5) who sent these lovely photos of her making a positivity jar and Natalie Palmer (R8) who I'm sure was popular in her house after whipping up some yummy pancakes!



## **Wednesday 17 March - Founders Day, St Patrick's Day and a Wellbeing Digital Detox Day!**

Founder's Day at Rockport which falls on St Patrick's Day each year gives us the opportunity to try to encompass the outdoors and a feeling of family and community through various events and activities in school. Pupils have been great in accessing learning online and engaging remotely from home during this lockdown so we thought we would like to have a structured day which embodies the spirit of Rockport and helps us continue on our Learning Adventure.

Pupils will be set a series of challenges or activities to complete to enhance their wellbeing and mindfulness and have a day mostly away from the screens with the view to refreshing, restarting and promoting their positivity and health. This is something that Rockport has been trying to encompass through this difficult period in lockdown and it is a chance to get outdoors, be with family and spend quality time doing activities which promote positivity, mindfulness, health and wellbeing.

The activities will be set out in the form of a series of challenges and activities to complete throughout the day and challenge cards will be posted on google classroom for each form so pupils can keep a record of all they have done during the day. Form teachers will introduce the day to their form and help pick the best pictures for the newsletter. Miss McConaghy will be working with her classes she has on a Wednesday and they will be cooking some nice St Patrick's day treats. Other classes will be cooking their treats throughout the rest of the week when she has them timetabled.

Pupils should log on with their Form Teacher at 9am who will guide them through the day.

A series of activities will be posted on Google Classroom. Pupils can do these in any order throughout the course of the day. Pupils can decide how long they want to spend on each activity.

- Go for a long walk - if you can go to an area with a forest or a beach. Feel the fresh air, go for a paddle if the weather is good. Pick up shells, twigs, buds or small finds and you can use this as part of your craft card later
- Spend time reading your favourite book. Relax and drift off into another world - maybe enjoy a nice cup of something warm after your walk

- Helping out at home - help at home with some chores, however small, but spend time with family and maybe help make dinner or help tidy your room
- Get gardening - get out in the garden, bounce on the trampoline, look for bugs or pot some plants - help do some weeding or just enjoy being out in the fresh air
- Make a healthy lunch - why not make a smoothie or a healthy sandwich or a lunch of your choice, try something different or something you haven't tried before - you never know you might like it !!!
- Craft - Make a St Patrick's day card, maybe use some of the stuff you found on the beach or in the forest. Give it to a loved one. Or you could design a poster or St Patrick's Day themed picture - use your imagination
- Scavenger Hunt - access the Scavenger hunt on your Games Google Classroom that Miss Holland has devised and see how many of the items you can find
- Irish Dancing - access Miss Rice's Tik Tok on Google Classroom and upload your own dance to Google Classroom
- Play a board game. Get the family together and dust off that box of Cluedo or Trivial Pursuits, Bingo or Snakes and Ladders. See if you can beat the grown ups!
- Take photographs of what you have been up to today and post them on Google Classroom and the best ones will be chosen for the Newsletter on Friday.

Some GCSE and A Level Classes will be taught as normal and your form teacher will keep you informed as to which classes are taking place.

Key worker children will be in school as usual and staff will be supervising their activities.

Any queries please contact [creid@rockportschool.com](mailto:creid@rockportschool.com)



## Personification poems about Spring By R6

Spring has sprung.

She is gently moving through the forest picking up whatever  
winter has left,

Putting leaves back on the trees as they sway in the breeze.

She unfreezes the lake and warms up the spiders bed.

While the sheep are lambing and the flowers are growing, the  
gorgeous Spring is all knowing.

She runs through the fields making all the crops grow.

She hugs the trees and kisses the ground making hibernation  
lost and no more to be found. Life is peaceful when Spring is  
around.

**By Erin Dall**

Spring bounced in,  
She breathed life into  
The frozen land.

She cared for each  
Plant and animal,  
And helped new  
Life along.

Spring nursed the  
Flowers back to life,  
And they bloomed more  
Than ever in her  
Loving tender care.

**By Grace Foord**

Spring has come

Spring is blooming the blossom trees

She brings a smile to peoples faces

Spring brings warmth and happiness to all.

When she comes the sky lights up with color

When she comes the world feels happy

Spring lets the birds sing.

**I LOVE SPRING**

**By Eva Pringle**

Spring blew through the giggling breeze  
Opening each flower with a delicate touch,  
As bees fly through the air.

Spring cuddled each animal with care  
Then skipped through the meadows,  
Singing her song of hope to each new-born animal.

Spring warmed the air  
As children played outside,  
Full of hope and cheer because Spring is here!

**By Abigail Cordner**

Through the woods,  
Singing to the birds above;  
She sang "tweet tweet, tweet".

Spring stood  
Admiring the beach  
Gazing at the beautiful  
sea-shells she lifted  
Then put them in her pocket.

Spring sprinted  
Down the rocky stream,  
But while enjoying the sun gleam:  
She must turn her back.

It's her time to leave.

**By Ashlynn Bell**

Spring whistled softly in the light breeze  
through the fresh leaves she grew, she  
strolls by the warm river with the  
bunnies hopping by.

Spring the daffodils and flowers are  
blooming, seeds are sprouting and the  
leaves are more green.

Spring the sun starts shining again,  
we can all play outside again we all say  
goodbye to winter and snow because  
Spring is here.

**By Pippa Kennedy**

Spring swept up the fallen leaves, straightened the bendy trees  
brought buds among the grass.

Spring brought the sun who was hiding behind some trees and she so  
kindly unfroze the streams

Spring called out the animals who were hiding in their homes.

Spring planted new flowers all different,  
the fallen branches are all gone,  
she brought the warmth and then she said my  
work here is now done.

**By Isabelle Hartsliel**

This morning I woke up to hear birds chirping in the trees  
Spring had finally arrived and there was a warm gentle breeze  
Spring tip-toed through the garden waking up all the plants  
It would only be a few more months until I'd go to France  
Spring had stretched the days and pushed back the nights  
Helping save electricity by switching off the lights  
Spring is going to bed now and whispering goodnight  
The animals are fast asleep  
The moon is shining bright.

**By Alexander Moody**

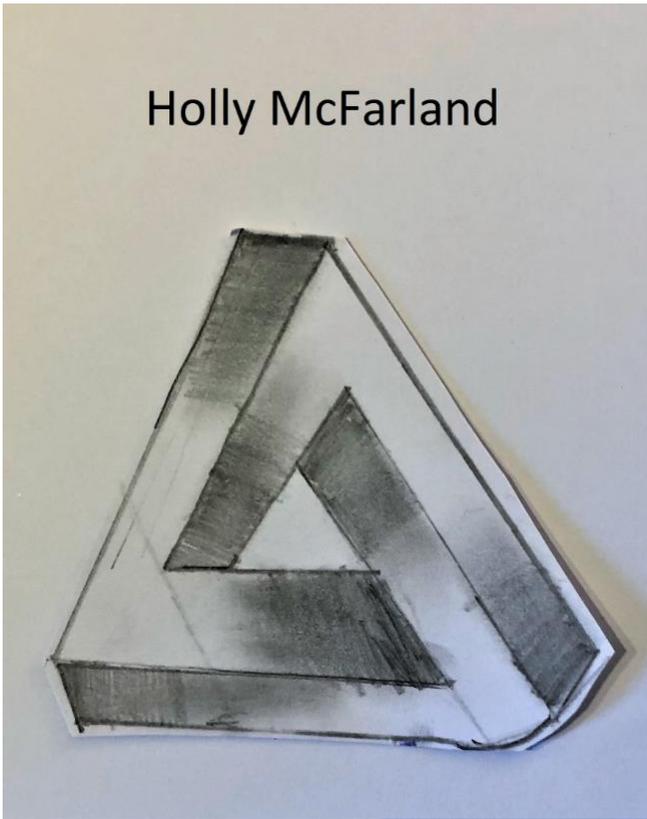
Spring is here  
He is back to bring a smile to our faces  
He cheers everybody up and he is a very nice guy.  
He also makes the rain go away  
And birds tweet in the sky  
And bring people out of the house.

**By Bobby Doyle**

As part of their studies on the art of the Optical Illusion, Upper Juniors have been recreating a famous "trick of the eye", the Penrose Triangle (otherwise known as "The Impossible Triangle"), a creation of Swedish artist/designer Oscar Reutersvard in 1926. Holly McFarland used good old fashioned pencil for her lovely tonal piece. Ruby Tolland embraced digital technology with her mind-bending composition, hand drawn on Ipad. Luca Johnston made the impossible possible with his Lego structure and some deft photography. Well done to all!

## D Hamilton

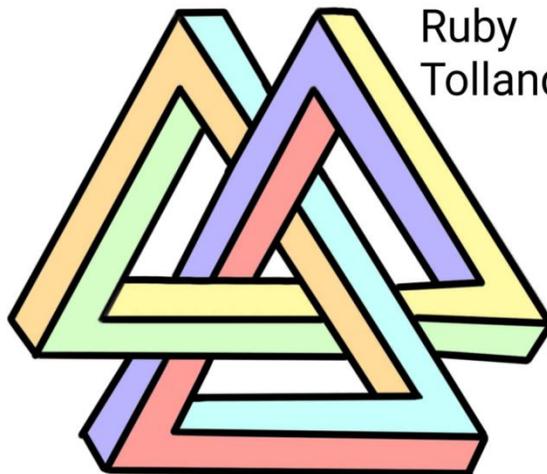
Holly McFarland



Luca Johnston



Ruby  
Tolland



## Sixth Form

### Business Seminar

Thanks to Emma Derby for taking part as our guest speaker at our Business Seminar this week. The pupils enjoyed hearing about Emma's route into a successful career with Vodafone. Emma also provided the group with some great advice on interview techniques and what she looks for in her candidates, also how she handled a change in direction in terms of her own university career path. We look forward to hearing from Bryn Cunningham (Head of Rugby Operations and Recruitment, Ulster Rugby) next Tuesday lunchtime.



*The Business Seminar with Emma this week, was very motivating and inspiring as Emma talked about the skills and techniques which are used throughout all careers as well as how she adapted to changes throughout university. All Sixth Form students learnt a lot and benefited from her showing how determination and patience will lead to full success.*

Katie Webb Year 14 Student

### Heather McBride Head of Sixth Form

