

INSIDE ALEX.

A JUNIOR SCHOOL PUBLICATION

ISSUE 1 OCTOBER 2020



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THE NEWS COMMITTEE

Welcome to our first edition of *Inside Alex*! The purpose of this new publication is to provide an excellent snapshot of life inside Alexandra Junior School. We loved reading the *Alex Connections Press* when the school was closed and thought we could continue it and create our own.



The News Committee Team 2020/21

We have become creative with our writing and contributed stories, interviews, book & film reviews, sporting highlights, healthy eating and much, much more giving you our readers a taste of life inside Alex.

We would like to thank everyone who contributed to our first edition. A special thank you to Mrs. Lamplugh for supporting this new idea. Thank you to Ms. Byrnes for her advice and guidance and to Ms. Smith for helping us to put it all together. We would also like to thank Ms. Gorry for editing our first edition.

Inside Alex will be published in October, December, March and June.

We really hope you enjoy reading as much as we did putting it together.

Emma, Salla, Emily, Lauren, Maddy, Aisling, Niamh & Eva.

PS: We would love to hear from you for our next edition.



IN A WORLD WHERE YOU CAN BE ANYTHING

#Choose Kind



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A Message from Mrs. Lamplugh

Happy Mid-term Break, everyone!

Congratulations to our J6 News Committee who, under the guidance of Ms. Smith, has produced this super first edition of "Inside Alex". What a great read this is! Despite the restrictions, you will see that a lot of different things happened in the Junior School over the past two months. Well done, girls.

We have completed our first half term of the 20/21 school year. I want to thank each and every one of you for following all of the government guidelines so carefully and for keeping each other safe over the past few months.

Our J6 students have led from the top – we are all very grateful for your leadership, girls.

It is very important to acknowledge all the fantastic work being done by George and his catering team in the Dining Hall,

our cleaning staff, maintenance men and the traffic personnel.

A huge word of thanks to all of your teachers who have worked tirelessly to keep you engaged in your school work. We are very grateful for all the help and care Ms. Higgins gives us every day too.

Our Halloween Fun Day today was just super – what a great way to end the half-term. I loved all of your terrific Halloween themed poems and songs. Our J6 girls were a wonderful help throughout the day too.

Have a good break with your family and friends - enjoy Halloween night too. It will be a little different this year, but we are all getting used to things being different now, aren't we?

Stay safe and remember to "Choose Kind" every time!

The news committee team find out
'What's Hot' and 'What's not' *Inside Alex*

What's Hot

Washing you hands
Keep your distance
Staying in your pod
Wearing a mask
Keeping to the left
Doing your best
Kindness
Hallowe'en
Outdoor lessons

What's Not

Bursting a bubble
Not being kind
Late for school
Rainy days
Homework
Playdates



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Back to school in COVID times



Cover Story Illustration: Maddy O' Donohoe, J6R

We are all so excited to be at school, although there are some rules we need to follow. COVID has changed the lives of many and we are very fortunate to be at school.

By Lauren Rea & Niamh Carty, J6R

Pods: this is one of the biggest changes to our school day. In each class, the students are split up into groups of 4, 5 or 6 depending on how many children are in the class. These are called pods.

Sanitizing, masks and visors: This is another big change to the school. Sanitizing your hands before every meal, coming in from the yard and after the bathroom is very important. We also sanitize the iMacs and iPads after we use them. The girls in J5 and J6 also sanitise the computers after IT with Mr Lacumber. Masks and visors are only worn by teachers but you are welcome to wear one if you feel more comfortable. But you do have to wear one if you go to a music lesson or any other lesson in the Senior School. The cleaners are also doing extra cleaning while we are outside and in the bathrooms to keep everything clean.

Social distancing: The teachers have a square on the floor around their desk made of black and yellow tape this shows the student where 2 metres would be and to not go past that line. In Jellicoe there is a one-way system where

you must stay left on the stairs and in the corridors. If your classroom is in the Junior School building, Mrs. Lamplugh will greet you and tell you which door you may go through. Parents are not permitted to enter the buildings so that there are fewer people going in and out of the school.

Sharing: Due to Covid-19, for health and safety reasons we cannot share stationary, food and supplies etc. This is why for art we all have separate art packs to prevent sharing.

Assembly: This is very different this year as it is now a Zoom call. Every morning each teacher will enter their class into the meeting. Each class still prepares their own assembly every Friday.

Lunch: The lunch hall is now a little bit different from last year. The times you can eat stagger between classes to ensure social distancing. George and his staff are keeping everything clean and safe. At lunch we are split up at tables within our pods. There is tape around some of the areas to show you where you enter and exit.

Top 3 Yard Games

And how to play them

*By Aisling Doyle,
J6R*

Aisling conducted a survey and tells us all about the most popular yard games in Alexandra Junior School.

KG LOWER-J3

1st Boomba

Boomba is a very fun game once you get the hang of it. All you need is something to pass around and at least five people. One person sits in the middle and the others stand around them. The person in the middle raises their hands slowly while everyone else in the circle passes around the chosen object. When the person in the middle hands reach the top, they clap their hands and whoever has the chosen object has to sit down and put their legs out, then in the next round the person who was passing to the person who's sitting down must jump over their legs. The game ends when only one person is standing and they're the winner.

2nd Tag

Tag is a game that never really ends. You can have as little as two people playing it. At the start one chosen person is on or "it". They then try to catch someone else. Once they have caught them, that person is now on and the person who caught them isn't any more. The game never really ends, so it usually takes all of break time.

3rd Duck, Duck, Goose

Duck, Duck, Goose is a very simple game. Everybody sits in a circle and one person stands outside it, that person then walks around the circle while tapping each person on the head and saying "Duck" as they do. Then when they choose they say "Goose" instead of "Duck". The person who was tapped gets up and chases the other person. The other person tries to sit in the person's old spot. If they get there the other person has to do the "Duck, Duck, Goose" pattern.

J4 - J6

1st Bulldog

To play bulldog a group of people choose two lines or walls to mark the ends. One person is on. Everyone else stands at one of the ends. The person who is on calls "Bulldog, bulldog I call..." and calls another person who is playing's name, that person then says "Open gates" and everyone runs to the other end. If the person that is on catches anyone, that person or people join the team of the person who is "on". The game ends when one person is still not caught and they win.

2nd Ultimate Tag

Unlike the original game of tag, this version can end. Everyone is on in this version, when you catch someone they sit down. If you get caught, then all the people you caught are up again. If two people catch each other at the same time, then they do "Rock, Paper, Scissors" and whoever loses sits down. The game ends when only one person is left standing, then they win.

3rd Capture the Flag

The group of people playing this must have two small objects or "Flags". They split themselves into teams and each team takes a base on a side of the playing area. Each team gets one of the "Flags" and hides them. Then when both teams agree on when to start, they run over to the other team's side and try to find the other team's "Flag", but if they get caught by the other team, then they have to go back to their base for 20 seconds. If they find the other team's "Flag", then they have to bring it back to their base without being caught. The winning team is the one who gets the opposing team's "Flag".



Duck, Duck, Goose

My Passions



My name is Emily De Marco from J6W and my passion is sport. I chose sport as my passion because it is and has been a part of my life for as long as I can remember. My two favourite sports are swimming and hockey. Swimming is one of my passions because I love to swim and always have. It helps me to relax when I'm stressed, upset or angry. Hockey is also my passion because I love hockey and to me it is also a way to relax. I love to play matches and do drills especially one vs one. I hope that you enjoyed reading this.

By Emily De Marco, J6R

Hello I am Brooke from J4R. I am writing this to show my passion for art. I drew my first proper drawing when I was about 3. It was an underwater drawing with an octopus, dolphins, fish, a shark and other sea creatures. I won my first art competition when I was in J1. It was a water poem competition. And I think I came second in my age group out of the country's schools. When I draw, I always draw animals because I just love drawing animals. I am so glad that this year I am the art captain! I have wanted this job ever since it came out. It is so much fun even though I have only had the job for 2 weeks! Being art captain is a huge responsibility and if you want the job you have to know that you are ready. My inspiration lately has been magical horses. I have a collection of three horses - Crimson the fire horse, Luna the aqua horse and Melody the plant horse.

By Brooke Pearle, J4R



M u s i c

By Sorcha Moran, J6R



My name is Sorcha Moran and I am in J6 Red. I have played the violin for seven years. I started going to Leeson Park School of Music when I was two. I learnt how to sing and take part in musical activities. At age five, when I had to choose an instrument, I was debating whether to play the piano or the violin. One day my music theory teacher told the class that we would have a very special guest - a violin teacher would come and play for us. We were all very excited. I remember listening to the music that she played and feeling so happy. I chose the violin because I thought it was a beautiful looking instrument and it produced a lovely sound.

In Alex we are fortunate to have a fantastic music department, with many different opportunities for learning and fun.

When I came to Alexandra College in J3, I joined the Junior School orchestra. We practiced every week, conducted by Ms. O'Rourke and played at the Christmas show. It was a lovely way to get to know other girls from different classes. I have continued playing in the orchestra since then and I am really looking forward to performing together again this year.

Ms Fitzgerald teaches music theory and Orff to the older classes. Orff is a music lesson with wooden xylophones where we learn melodies. I

really enjoy collaborating with my classmates during Orff.

We also have RockJam taught by Mr Rycraft. I joined RockJam in J3. I found it fun to learn about all the different types of instruments that we could use for rock music and I especially loved playing the electric guitar in the band.

Two years ago I became a member of the Dublin Youth

Orchestra. I play in the Junior Strings, but there are three other orchestras, for older players. Last year our highlight was playing in the National Concert Hall. DYU players come from all over Ireland and we not only practice and play music, but we also have fun and go on numerous trips.

In the last few years I have played in the Feis Ceoil, which is a competition for players of all instruments from all over Ireland. It's always an exciting competition and I really enjoy playing in it. Last summer I learnt some traditional Irish music for the first time. I found it really fun and enjoyable because I could add some of my own twists to the jigs and reels.

Music makes me feel happy and when I play I forget about everything else. Playing music helps me relax. I love playing music with my friends and others. I'm so lucky to have had all the opportunities to participate in musical activities.

TEACHER SPOTLIGHT

By Emily De Marco & Lauren Rea, J6R

Emily and Lauren interview Mr. Fitzgerald on life as teacher during a pandemic and a sneak peak into his recent wedding during COVID times.



How are you finding teaching during Covid-19?

It has definitely been challenging and a brand new experience for me, especially when we went online between March and June. I felt that all of the girls coped very well with this last year. It is good to have everyone back in school though.

Since we have come back in August, there have been noticeable changes which have made teaching very different than before Covid. It is difficult when girls cannot move around the classroom for certain lessons and activities like they could before. It is especially tough when the girls cannot share materials.

There is a lot more "Direct Teaching", with me standing and talking in front of the classroom a lot more. I try to incorporate as many projects and other activities as possible.

It is still important to keep things interesting, but I do miss being able to plan an activity spontaneously, which gets all of the class working together, rather than in Pods or Bubbles. Hopefully those days will return again soon.

Do you like having to wear a face mask all day?

I wouldn't necessarily say that 'I like wearing masks'. It's something that we have to do to protect other people and to keep each other safe. It's difficult sometimes, because girls can't see my facial expressions when I wear it, which are very important when teaching a class. For example, sometimes the girls in my class can't tell if I'm smiling or not if they are telling me about something funny that happened to them.

I have been trying to use the microphone so

that everyone can hear me through my mask. I am getting more and more used to wearing the mask by now though. I forget I'm wearing one during the school day. It is important that we as adults are wearing masks, to show that we are caring for others. Younger people, who will be adults themselves in the future, will see this and know that it is the right thing to do.

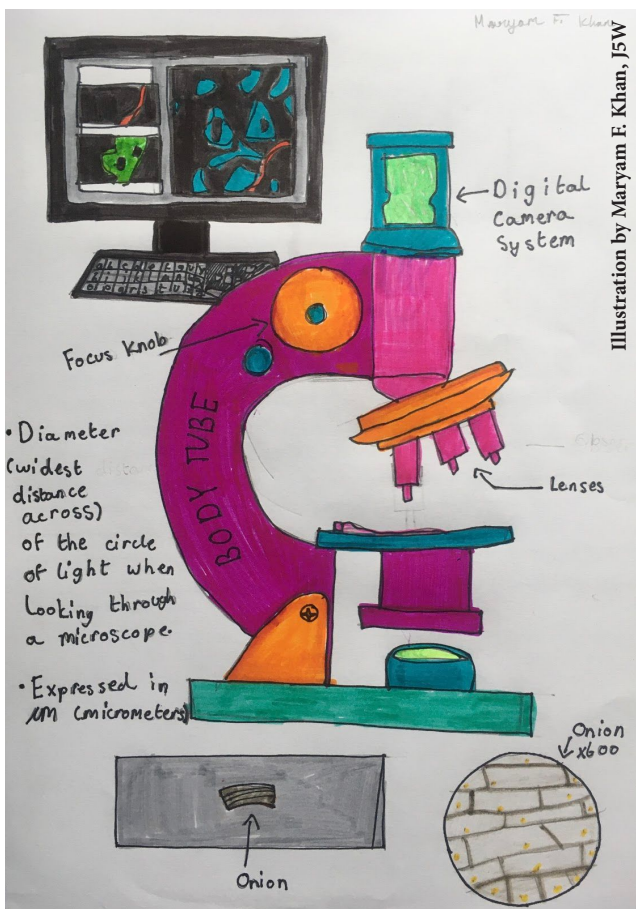
What was it like getting married during Covid-19?

It was very different from a traditional wedding. I used to work in a hotel when I was in college, and weddings would have 300 people! Ours had only eight. We had originally hoped we could have our wedding in July, but the restrictions prevented that. We were asked if we wanted to have it in September instead, just in case there were more restrictions, so we both said YES! We had to wear masks to the ceremony but we were allowed to take them off while exchanging our vows and our rings.

My wife, Shannon, is from California in the USA. All of her family were going to come originally, but they couldn't travel to Ireland. I also could only bring a few of my family and friends there. Much less than I would in normal times. While we were sad about this, they still were there virtually and we made it a very special day. Hopefully when we are no longer in a pandemic, we can have a huge party with all of our family in California there. So, in short, yes, it was very different to a 'normal wedding', but it was a very special day which we both really enjoyed. Thank you to all of the Alex girls and staff for all of your lovely wishes to both myself and Shannon.

INSIDE STEAM

Our STEAM Captains explain what STEAM education is and why they like it



By Maryam F. Khan,
J5W

What I think STEAM Education is?

I think STEAM education is all about five important things: science, technology, engineering, art and maths. These things help us in many situations and are very useful. For example, if your computer got hacked, you can use technology to fix it. Without STEAM, there would be many things we can't accomplish in life.

Why I like STEAM

I like STEAM because it's fun and I have always loved the five subjects in STEAM. I love art a lot, and science has influenced me in everything; in projects, reports, etc. All of these subjects are so important, I don't think anyone can live without STEAM. When I think about STEAM, I think about a microscope. A microscope contains everything in STEAM; microscope for science, the laptop that connects to the microscope for technology, engineering for the inside of it, the slides and all the interesting things you see under a microscope, maths for the measurements and magnification.

By Aurora Corcoran,
J5R

What do you think STEAM Education is?

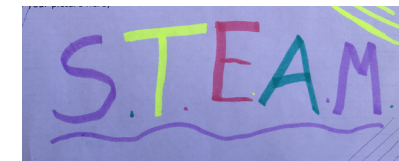
I think STEAM education is learning about coding, maths, different types of jobs, improving creativity and lots more. It is also about the basics of games like Pac-Man. To make Pac-Man move you need to code that and say you need help with a computer. STEAM is for that.

Why do you like STEAM? Do you think others would like it?

I like STEAM because I like to code things and I find it very interesting that you can make things move with one simple code. I think other people would like it maybe because they find it cool that things can kind of become alive and they like maths, art, science, engineering, technology.



By Anna Reichental, J6W



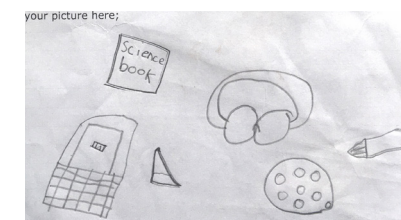
By Mia Walsh, J6R



By **Natasha Nangle, J4W**



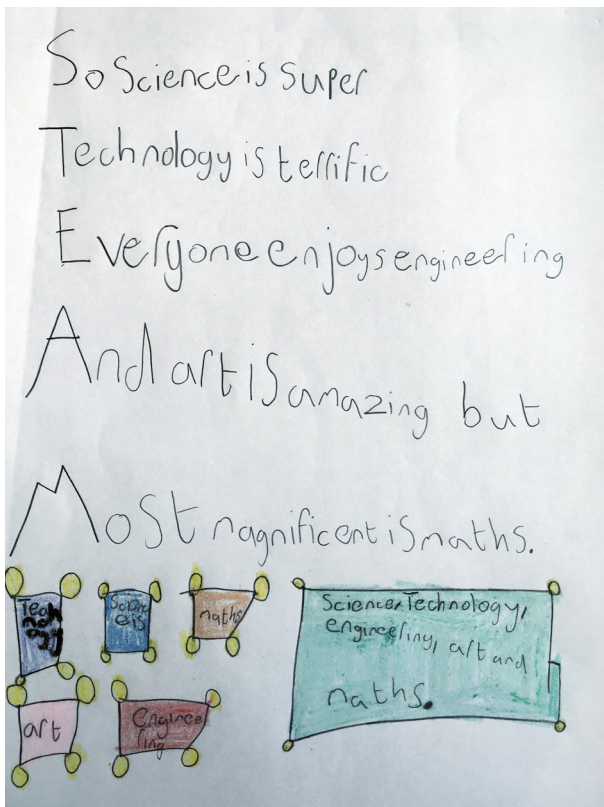
By Cayetana Kelly, J3W



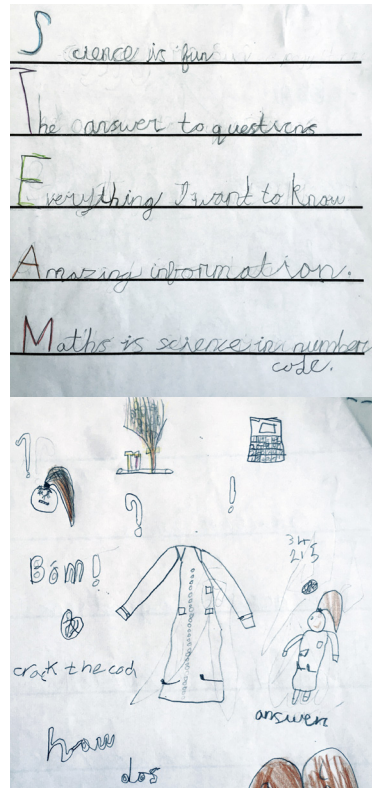
By Sophie Pye, J3R

INSIDE STEAM

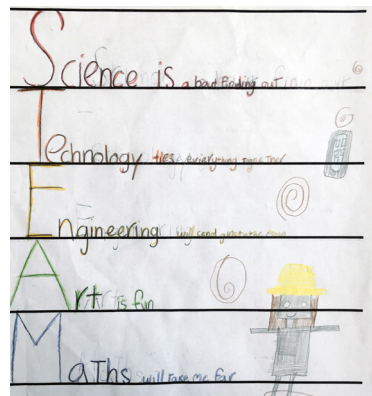
Take a look at our Acrostic Poems



By Esther Farrell, J2R



By Zahara Kirby, J2R



By Rosie Mc Auliffe, J2W

INSIDE FAMILY GROUPS

The Prep Department classes were delighted to start Family Group Work on the Science theme of 'Lifecycles'. Everyone enjoyed learning the four stages of a butterfly's lifecycle before making their individual creative representations. We learned more about the lifecycle of a frog. Well done girls for showing such enthusiastic learning for our first theme this term. We look forward to working on more interesting and creative topics!



Kg Lower



Kg Upper



J1



INSIDE Preschool Upper

Nocturnal Animals

The girls have been learning all about nocturnal animals. They started with the owls and discovered that there were 200 different types of owl species. Owls hunt insects, small mammals and other birds. They have powerful talons enabling them to catch their prey. They are active during the night and can be seen in caves and hanging off bridges. The girls then drew an amazing picture of the owl.

We moved on to the fox, another animal active at night and the girls discovered that the fox was a member of the dog family. Foxes can live anywhere, in towns or in the countryside. They eat almost anything, including berries, worms, spiders and even jam sandwiches. The fox is also a

distant relative of the wolf. They can live up to 14 years. The girls then drew lovely pictures of the fox.

The girls moved on to the bat, another nocturnal animal. They were fascinated to learn that the bats see in the dark using a special skill called echolocation. Bats are flying mammals. They are the only mammals capable of continued flight.



INSIDE Kg Lower

Kg Lower have been busy creating their frog art and beautiful beaded butterflies.



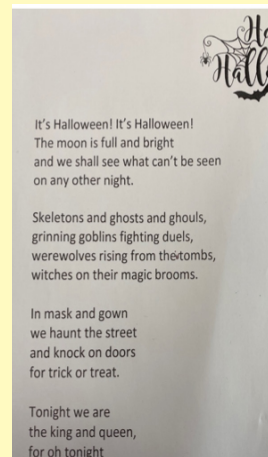
INSIDE J1

The girls were so excited to be back together in September and we started off the year with the topic of 'Myself'. We discussed how we grow and change over time. After looking at some photographs we decided that a lot of things have changed since we were babies.

We then learned about timelines and we created a timeline of our lives. This showed the important things that have happened to us up until now. It included things like walking, talking and starting school.

We also discussed people who inspire us and how we would like to inspire others in the future. The girls drew pictures of what they wanted to be when they grew up. They had so many amazing ideas. We had everything from jockeys to rock stars, so I am sure the future is in good hands with these girls.

Once October rolled around we started getting into the spooky spirit. The girls amazed me with how quickly they learned their poem 'It's Halloween'. I hope all the girls and their families have a well-deserved break over midterm! I'll be looking forward to seeing each and every one of you when we get back.



INSIDE J2R



J2R have been working hard on their preparations for two forthcoming special assemblies. The first one is for the Halloween celebration which will take place on Friday, 23rd October. We will perform the poem 'Witches Stew' in our Halloween costumes. We wish all the girls and staff in the Junior School a Happy Halloween!

INSIDE DRAMA

Our Drama reps give us a great insight into loves and the importance of drama.



Aoife O'Neill, J6W

Why do you think Drama is important?

I think that Drama is important because it encourages people to express themselves and what they're feeling. It benefits your confidence and your ability to speak in public which is an important life skill to be taught. I also think that Drama is relaxing and is an enjoyable hobby for me.

Why did you decide to take Drama classes in school?

I decided to take Drama classes in 3rd class because loads of girls in my class told me how much fun it was and I wanted to join in too. I had also been wanting to start Drama for a while and thought that I would take it up and learn something new. This year I took up public speaking classes weekly. I joined that class because it was a new intriguing class in the school curriculum which has many benefits and new

experiences.

What is your favourite part of Drama class?

I enjoy everything in (public speaking/Drama) class, I especially love when we get to know each other. The fun of the class and time to express yourself is when you get to play games and perform scenes and plays, which is probably my favourite thing to do in the classes.

What do you think are the benefits of Drama?

The benefits of Drama are that you have a great confidence and a voice that can be heard. Drama can help you to improve your clear speaking skills and pronunciation. It helps people find the fun in speaking out, and how they can improve.

Do you have any special memories of performing on stage?

Since I started my Drama classes not too long ago, I haven't performed too often although, I do have some

memories of in class and school plays. One memory I will always remember clearly is when I had four lines in the Christmas school play and as I was walking up there were big sensitive microphones standing on the stage and as I was about to say my lines the microphone gave off a terrible scream. Thankfully it was only in rehearsals but still awfully embarrassing.

Do you have a favourite actor?

My favourite actor is Will Smith. He is a comedy based actor and has had many roles in different kinds of TV shows and films. He is a funny jolly kind of person and is someone I look up to.

What is your favourite TV show/film?

My favourite film is 'The Parent Trap'. It was released in 1998 and is a comedy film. It is about two twins who were separated by divorce at a young age and ended up meeting each other later on in their lives. They are identical and are very shocked at first. The movie never fails to make me smile. Thank you!

Grace Brew, J6R

Why do you think Drama is important?

I think Drama is important because it sparks your creativity and imagination and you can become someone different and it can be fun to get into the character and see other people transform and act too.

Why did you decide to take Drama classes in school?

I decided to take Drama lessons because I wanted to learn more about Drama, and to continue in secondary school. And to learn more about improvisation and expression, but mainly to have fun with my friends.

What is your favourite part of Drama class?

I enjoy improvisation games because I can see everyone's different way of acting, and it's interesting to see

how one line leads to another and you can create an awesome Drama scene.

What do you think are the benefits of Drama?

I think some of the benefits of Drama are getting to use your imagination and like any class, it can be an interesting subject to learn and I'm definitely more motivated to learn and improve in Drama than other subjects.

Do you have any special memories of performing on stage?

I don't have much experience on stage but I enjoy watching others perform, whether it's a Drama for a project or a play in the theatre.

Do you have a favourite actor?

I don't have a favourite actor and that's because I simply can't compare them, because certain actors make amazing criminals or villains and others make good soap opera actors.

What is your favourite TV show/film?

I watch anime which is a Japanese type of film/cartoon and that changes a lot. My step-sister works in the New Theatre, so my family and I see plays from there a lot.

India Heffron, J6W

Why do you think Drama is important?

I think Drama is important because it helps you to escape the real world, to be yourself and to express yourself.

Why did you decide to take Drama classes in school?

I decided to do Drama class because I love being myself and feeling free.

What is your favourite part of Drama class?

I love improvisation because you can just act and make a show and I like playing some games.

What do you think are the benefits of Drama?

It is really fun and active. Everyone can do it – You don't have to be rich or poor.

Do you have any special memories of performing on stage?

One time, I did dance/acting performance of umpa lumpas and it was really funny and exciting.

Do you have a favourite actor?

Yes, I really love Lily James. She is amazing and very pretty. I wish I could be like her.

What is your favourite TV show/film?

I really like 'Mamma Mia', 'Charlie's Angels' and 'Jumanji'. I really like the channel Nickelodeon. Thank you!

Sorcha Moran, J6R

Why do you think Drama is important?

I think Drama is important because it allows us to express our feelings.

Why did you decide to take Drama classes in school?

I took Drama classes in school to have fun, but also to work on my speech and use of language.

What is your favourite part of Drama class?

My favourite part of Drama class is definitely improvisation. I think that it is so entertaining to think up something on the spot and not knowing how your partner will answer.

What do you think are the benefits of Drama?

I think the benefits of Drama are that you get to meet new people, express your feelings, your use of language and have fun with other children.

Do you have any special memories of performing on stage?

I have this one special memory of performing on stage when I was in Junior Infants. I remember I was cast as the leading role in 'Whoopsi Daisy Angel' and I was so excited. There was one scene in the play where I had to count snowflakes, but incorrectly. I found counting backwards so fun on stage.

Do you have a favourite actor?

I absolutely love the book series and movie series 'The Hunger Games' so when I saw Jennifer Lawrence as Katniss Everdeen I knew she was my new favourite actress.

What is your favourite TV show/film?

I love 'The Hunger Games' films, but my favourite one was definitely 'Catching Fire' (the second movie/book). Thank you!

Róisín O'Callaghan, J5R

Why do you think Drama is important?

I think Drama is important because it is a great way to practice public speaking.

Why did you decide to take Drama classes in school?

I started taking Drama in school because I really enjoy Drama.

What is your favourite part of Drama class?

When we get to play games and have a laugh.

What do you think are the benefits of Drama?

I think it can benefit you because it helps gain confidence when speaking in front of people.

Do you have any special memories of performing on stage?

When I got to do a Drama competition outside of school.

Do you have a favourite actor?

I really like the actors in 'Back to the Future'.

What is your favourite TV show/film?

I have a lot but I do like 'Back to the Future' Thank you!

Clara Galvin, J5W

Why do you think Drama is important?

I think Drama is important because you learn how to communicate properly and well, and to be confident when on stage.

Why did you decide to take Drama classes in school?

I decided to take Drama because I love being on stage and I am passionate about Drama.

What is your favourite part of Drama class?

My favourite part of Drama classes is the games and the exercises because the games are really fun and the exercises help you improve your expression or public speaking.

What do you think are the benefits of Drama?

I think the benefits of Drama means you get your vocal cords working the way you want so that you can project, and you can improve your facial expressions.

Do you have any special memories of performing on stage?

Yes I do. I was the lead character in 'Mary Poppins' at my old school.

Do you have a favourite actor?

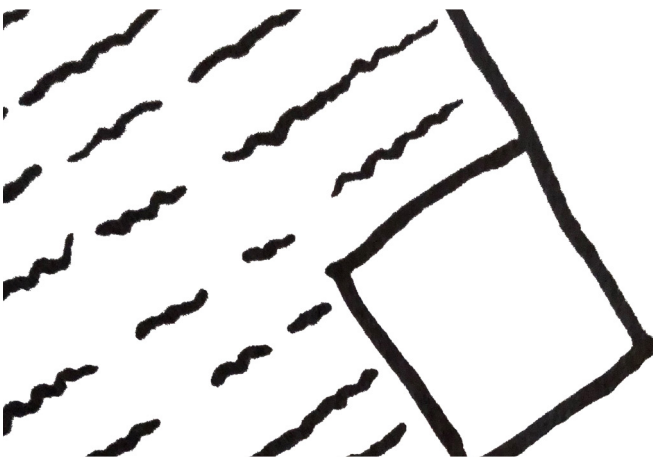
Yes. Emma Watson is my favourite actress.

What is your favourite TV show/film?

My favourite TV show is 'Liv and Maddie' and my favourite film is 'Flika'. Thank you!



INSIDE STUDENT COUNCIL



Student council is where one student from each class (the younger students there are two) meets up every month and they talk about how to improve the school and school events. I'm not sure about other classes but in my class we put Student Council ideas in a box on the teacher's desk. At the end of the month, I take the box to the meeting and read out as many ideas as possible. Most likely I'll read out the ideas that the Student Council have asked for (say they asked for ideas to raise money for a charity) and then read the others since all ideas are important. If say five students had an idea to do something BIG in the school, the Student Council would talk about it, but if it's a REALLY crazy idea and only one student wants to do it most likely that huge idea won't happen but Student Council will still talk about it because it's still an idea. Student Council also love doing events like the talent shows, pyjama day and so on. This is my point of view on Student Council

By Zoe O'Beirne,
J5W

Hi my name is Riley. I am the class representative of J6W for Student Council. If you're not sure what Student Council is, it is a group of people from each class from Kg Lower to J6 who represent their classes. The classes give ideas to make the school a better place even though the school is so amazing and enjoyable but we can make it even more fun if you become a Student Council member in your class or you can go to Ms. Evans you take your idea and you share it with your class rep. It can be any idea but we can't make any promises but we can try our best to make it happen. I ran for Student Council because I love hearing everyone's ideas and I also love when we get to use the ideas. Last year we didn't get to do that much stuff because of the COVID-19 but this year we can try to do things in a safe environment! I hope you enjoyed reading to this newsletter.

Thank you for reading!

By Riley Foyle,
J6W

INSIDE GREEN SCHOOLS

By Matilda Shine,
J5R

This year, the Green Schools Committee will be aiming for the Travel Flag. The Travel Flag encourages us to use transport that is better for the environment, like bicycles, scooters, or simply walking.

Here are some of the ideas which we have planned for the year:

- We will be carrying out surveys to see which types of transport people are using to come to school now.
- We will bring back the "WOW" program, which stands for "Walk on Wednesday". This will encourage us to cycle, walk and scoot to school.
- We will be teaching everyone about road safety.
- We will hold a poster and Green Code competition, to encourage everyone to get involved.
- We will also be reminding everyone to keep reducing waste, conserving energy and saving water.



Respect the planet and GO GREEN!



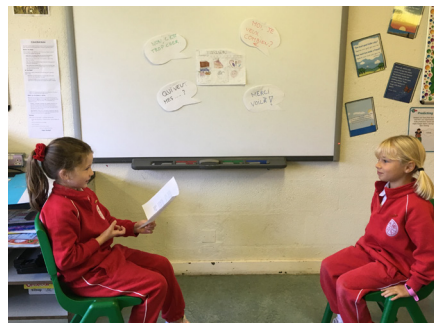
INSIDE Les Nouvelles

C'est la rentrée aussi en Français ! It is back to school also for French class. The J2 girls have been busy discovering their new French book Zig-Zag and revising their basics in French such as the alphabet. Others girls learnt a new subject - the French market and how to sell and not buy "tropical" ! We then practiced with the fun of a role play! J5 have been working on the house and had to imagine a dreamy room! Can we please move in soon? Here are some examples. J6s are starting to write a project on different subjects from a list of choices. Here are some of them.

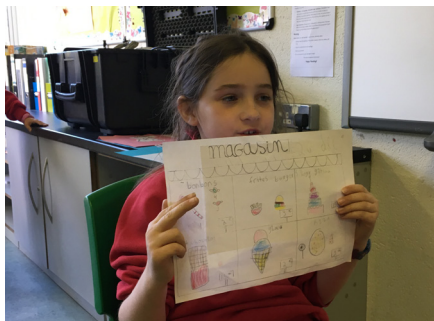
Bravo les filles!



Alphabet by J2W & J2R



Le Magasin by J3R



Le Magasin by J3R

La Maison



La Maison by J5W



La Maison by J5W

Ma Famille



By Claudia McEnroe, J6R



C'est ma famille. Ma mère, père, frère et moi.
Mon frère a dix-sept ans et j'ai onze ans. Ma mère est née au Pakistan, mon père est né au Kenya et mon frère et moi sommes nés en Irlande. Mon père importe des légumes exotiques pour le supermarchés. Mon frère aime le tennis, ma mère aime le yoga, mon père aime le golf et j'aime le hockey mais nous aimons tous la nourriture. Merci de votre attention.

By Jahan Mangat, J6R



By Salla Kirk, J6R

INSIDE ART

CREATIVITY FROM KG LOWER TO J6

The girls have been busy over the past couple of weeks. Here is a selection of their artwork from portraits, collage, weaving, mixed media, clay, painting and sketchbook covers.



Matisse Inspired Collage
By Pearl Kelly, Kg Lower



Masked Portraits
By Lila Cahill, Kg Upper



Remembering Summer
By Ann He, J1



Miro Mixed Media
By Roisín McCaffrey, J2W



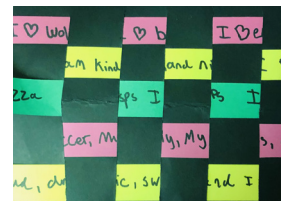
Miro Inspired Mixed Media
By Martha Ryan, J2R



Mainie Jellett Horses Inspired
By Lauren Walsh, J3R



Clay Pinch Pot
By Emily Mullan, J4W



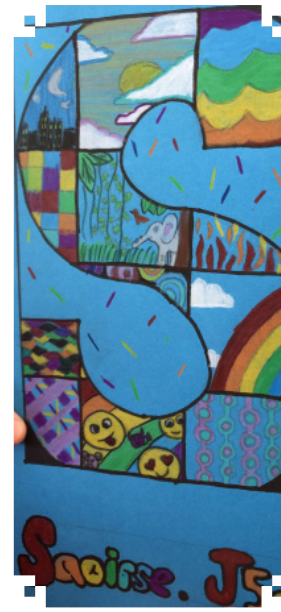
Paper Weaving
By Clara Duffy, J4R



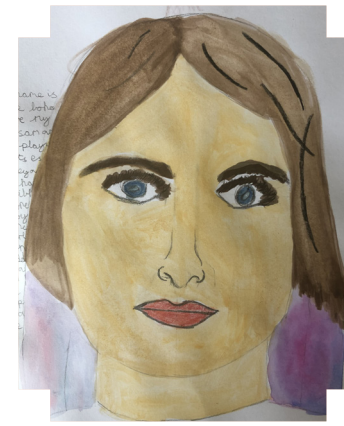
Halloween Flashlight
By Carla Lopez, J3W



Mixed Media Portraiture
By Sofia Kelly, J6R



Sketchbook Cover
By Saoirse Jones, J5R



Portraiture
By Susie Bohan, J6W



Watercolour Techniques
By Zoe Lynam, J5W

INSIDE INTERVIEW

By *Eva Phillis Mouallem & Maddy O' Donohoe, J6R*

Eva and Maddy interview Ms. Brandon about teaching Preschoolers during these challenging times

Do you like teaching the Preschoolers?

I love teaching in the pre-school as no two days are ever the same. Everything is new and exciting to a pre-schooler and it is lovely seeing the world through their eyes and watching how proud they are to learn to do things for themselves. The first preschool class

I had is now in J3 and it is amazing to see how well they transitioned into the Junior School and how independent and confident they have become.

How has teaching Preschoolers changed with Covid-19?

Preschoolers don't really understand about

Covid-19 so I think it is important that we create a safe but lovely environment for them, where the girls and their families feel supported. This year the class is divided into two pods called the ladybirds and the butterflies and the classroom is divided into two areas. These pods allow the girls to learn and play in small groups. The girls also sit in their pods in the canteen and we have found this has been a lovely way for them to make friends and get to know the other girls in their pods. The girls are being taught to wash their hands throughout the day but this is something they have always enjoyed doing!

What is it like on a normal day for the Preschoolers?

This year the Preschoolers have to come into the classroom without their parents which they have been very good about. We always have an activity set up for them when they arrive such as painting, drawing or glueing. On Fridays we watch assembly on Zoom and play in the role play area. Each day after snack and play time we have story and circle time in our pods. This gives the girls a chance to share their own thoughts and experiences and we work on our theme for that week. After lunch in the canteen the girls play outside again. On Wednesday the Preschoolers have ballet and Thursday is playball day.

What COVID restrictions do you have in preschool?

Preschoolers are too young to understand how to social distance which is why they are divided into smaller pods. They stay in their pods in the classroom, canteen and at ballet and playball. They are not allowed to bring toys from home and we can only have things in the classroom which can be cleaned after every use.

How are the Preschoolers finding Covid-19? The Preschoolers have adapted very well to all the changes Covid-19 has brought. They are very aware of hand hygiene and what to do when they cough or sneeze. They are getting used to coming into the classroom without their parents and not bringing toys from home.

Are you going to do anything exciting with the Preschoolers for Halloween?

We are very excited about Halloween in Pre-school Lower. We are decorating our classroom with pumpkins, scary decorations and our Halloween art work and on the last day of school we will come to school in our costumes and sing some Halloween songs. In ballet we are learning a monster dance and we hope to perform Old Mc Donald had a haunted house for the rest of the school.





FILM REVIEW



By Niamh Carty, J6R

Mulan is a movie about a girl who goes to fight in the war taking her father's place in the army.

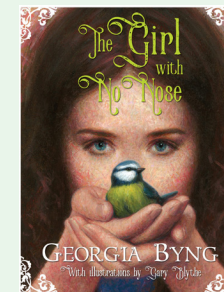
She has to pretend to be a boy because in that time period girls were not allowed to join the army. It is set in China, and it is a brilliant inspiring movie with a great heroine. It is a live action remake of the animated film Mulan. I would recommend this movie to kids over the age of ten as it can be violent and sometimes scary. I really enjoyed it, but I'm not sure if it was better than the animated version as I missed the music. Although the amazing scenery partly made up for it.

BOOKMARKED

The Girl with No Nose Book Review

By Maddy O' Donohoe, J6R

This story is called *The Girl with No Nose*. It is set in the Victorian times. Georgia Byng wrote the *The Girl with No Nose* and illustrated by Gary Blythe. Georgia has won many awards like Grand Canyon Reader award, Young Reader award and Publishers Weekly award. Georgia was born on September 6, 1965 so she is aged 54 years old. She is a trained actor, then found her way to children's books by writing and illustrating comic strip stories. She is the best selling author of the much loved Molly Moon books. The main character is called Alice, Alice has no nose and tries to hide herself. Alice is kind, helpful and extremely literate. Alice worked as a typist and felt excluded by everyone else. After a while she made a brilliant friend called Ben who was a chimney sweeper. Ben was illiterate, but Alice helped him. Mr Jim, Ben's master used



to set a fire underneath him so he could hurry up sweeping the chimneys. Alice disguised herself and frightened Mr Jim. Mr Jim then started to be kind and didn't starve Ben. Alice figured to go and talk to the boy who worked in the tannery his name was Charlie. Charlie let Alice come to the tannery to go and get leather. Charlie's mom gave Alice a red box for her nose to keep it safe. Alice glanced to see a man coming her way called Mr Coram, Mr Coram saw that Alice had no nose but no one knew Mr Coram had something exactly in common like Alice. I

very much enjoyed this book, it was very interesting and I got to know new things that happened in the Victorian times. The main characters are Alice, Ben, Charlie, Daisy and Mr Coram. The setting in this book is non-fiction and the story is fiction. My favourite character is Alice because she is kind, literate and I felt sorry for her at the beginning and happy for her at the end.

My favourite quote is, "he smiled and tapped his nose, his big red clown's nose that was tied onto his face with elastic". He blinked and nodded, then whispered, "you should get one of these, my darling. It might help." I thought it was very mean, made me very upset and I was very sorry for Alice and trying to feel how hurt she would have been. I would rate this book nine out of ten because the pictures were phenomenal and I love to read sad stories they

COOKERY CORNER

FLAVOUR OF THE MONTH

By Emma Butcher, J6R

Baking and healthy eating are whole different worlds, aren't they? Baking is fun and delicious. Healthy eating is boring and disgusting.

Or is it? Must it be? What if we could combine the two... And make a delicious and fun, yet healthy combination?

That is what the Cookery Corner is going to try to do, so prepare yourself for this edition's recipes: Muffin Miracles and Apple Flapjacks!

Muffin Miracles

Mmm, muffins. Delicious, flavourful... Wait, what are they doing in a healthy eating section? What if I told you about a miracle, extinct in commercial muffins, but common in home-made ones where tastiness combines itself with healthiness, creating a muffin that somehow contrives (and I'm still trying to work out how this works) to be fluffy and delicious... Yet healthy and wholesome. And, as well as that, they're really easy!



Muffin Miracles

Ingredients:

- One cup of whole-wheat flour
- One cup plain flour
- Half a cup rye flour - if you don't have or don't like rye flour, just swap it for whole wheat.
- One and a half teaspoons of baking powder
- Half a teaspoon of baking soda
- One quarter of a cup honey
- Two eggs
- A cup of buttermilk - if you don't have it, add two tablespoons of vinegar or lemon juice to a cup of normal milk and leave it for five minutes.
- Half a cup flavourless oil - I used sunflower, but you can use whatever you have, or melted butter if you have none

Flavours:

Berry Oat: Around two tablespoons of oats and another two of berries for half the batch. For a full one, about four tablespoons of oats and four of berries.

Carrot Cake: A teaspoon of cinnamon and two tablespoons of grated carrot, or for the whole thing two teaspoons and four tablespoons.

Anything else you can think of! Use your imagination, and dream up wild flavours!

Method:

First, preheat your oven to 180 degrees Celsius. Then, mix together all the flours, the baking soda and the baking powder.

In a separate bowl, combine the eggs, buttermilk and oil. Tip this in and give it a stir, making sure to incorporate all the flour-mixture.

Add the honey and mix it in. If you're using more than one flavour, divide the mixture up. If not, just use the original bowl. Add your flavours, and the batter is done!

Line a twelve-hole cupcake tray and drop a couple of spoonfuls of batter into each case. (I filled mine quite high, so if your's are smaller, you may need another tray). Pop them in the preheated oven and set a timer for fifteen minutes. (Or, if you're doing smaller ones, try ten). When you can stick in a skewer and it comes out clean, they're done!

Apple Flapjacks!

Ingredients:

- 250g oats (mix of jumbo and regular)
- 2 teaspoons cinnamon
- 250g apple puree/applesauce (I used apple and pear)
- 30g butter
- 2-3 Tablespoons honey
- Set an oven to 180 degrees celsius

Method:

Line a 18 by 18 centimetre tin with baking paper
Mix oats and cinnamon together!
Melt butter and honey and mix all ingredients together.
Bake for 20 minutes, and there you have it!



HOCKEY

By Lauren Rea, J6R

Hockey plays a big role in Alexandra College. It is highly enjoyed by many of the students. Hockey is a great team sport which encourages teamwork, resilience and many more skills. Hockey is about working as a team and encouraging others and making sure you are safe with all the right equipment. I hope you have a sport you enjoy and encourage each other.



J6 HOCKEY BLITZ

Played in near perfect conditions, our first of the season J6 interclass hockey blitz got underway. With enthusiastic refereeing by our TY (fourth year) students, who are on their work experience module, matches got underway. Sunny throughout, all our teams played competitive mini matches in a round robin format, where teamwork and tactics were the order of the afternoon's play, with the J6 Red

non-bibs and the J6 White non-bibs coming through into joint first place.

Well played to all our J6's and a big thank you to our TY students for their great help. Thanks also goes to our class teachers, Miss Byrnes and Mr Fitzgerald, for allowing their groups extra hockey time! Much appreciated by the P.E. Department!



J5 HOCKEY BLITZ

Played in a round robin format, J5 Reds and J5 Whites were both sporting and competitive right from the first whistle! These great photos were snapped by our roving photographer Carina, who is recovering from a foot injury at the moment, and I think she really captured the excitement and spirit of our afternoon's blitz. Well done Carina! Close mini-matches, goals being scored from all angles, the two teams to come out of their respective round robin table were, from the Red's class, the Non-Bibs and the

Greens, and from the J5 White's Class, the Blue Stripes and Non-Bibs emerged winners. They all contested in the semi-finals and eventual final. The other teams played off for group places. All our players played skilfully and with great enthusiasm throughout the afternoon, so very well done to everybody. The finalists were the Red Non-Bibs and the White Non-Bibs and with a very close score of 2 - 1, the Red Non-Bibs came in first place overall. Many thanks goes to our TY students who were busy on refereeing duty.

MATHS WEEK



BLEEP TEST

During Maths Week, numbers are also an important part of PE and Games, so I got my iPad at the ready and snapped some 'action photos' of our girls in running mode, participating in the Bleep Test.

This is an exercise in shuttle running and it is used to estimate the runners aerobic capacity. It is run over a 20 metres, back and forth across a marked area keeping time with bleeps. Numbers between 4 & 5 are around average, with 7 considered to be a good result for children aged between 10/11, and 8/9 considered super for the 12/13 age groups, and those who achieve above 11 are con-

sidered to be excellent. All can be of course improved through pace training and mental preparation. I was delighted with all our girls as they all put in fantastic efforts, they were all amazing, achieving great results, numbers between 4 and up as high as 14 were recorded, huge efforts with personal bests and a lot of smiling faces as they did so. Massive well done to all of these classes on the day. And big thanks goes to our TY students who assisted, encouraged and recorded these great scores and results.

Classes involved were our J'6Whites, J'3 Reds and J'6 Reds, in that order.

OLD & NEW TO ALEX



This summer, my family and I moved back to Ireland after spending four and a half years in Simsbury, Connecticut, USA.

Simsbury is a small town in northern Connecticut and is home to many black bears, coyotes and bobcats. I knew I was going to miss the wonderful wildlife and the lovely friends I had made but I was excited about returning home to be closer to my

grandparents and cousins.

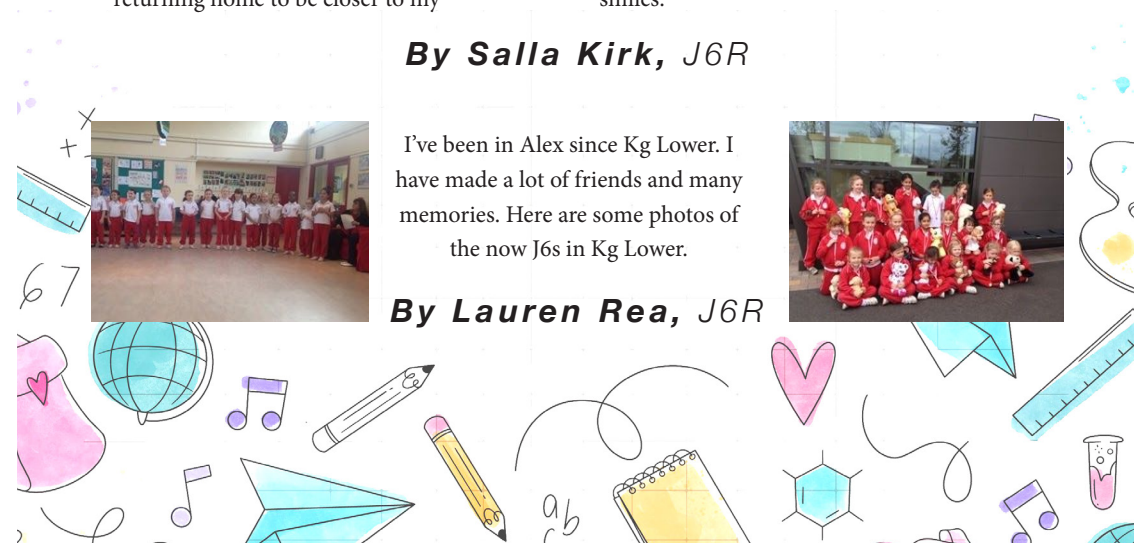
Starting a new school in sixth class, I was definitely feeling apprehensive but that did not last long because all the girls in my pod and class are so kind and inclusive.

I am so glad that Alex Junior School students do not have to wear masks because it means so much to me to see everyone's welcoming smiles.

By Salla Kirk, J6R

I've been in Alex since Kg Lower. I have made a lot of friends and many memories. Here are some photos of the now J6s in Kg Lower.

By Lauren Rea, J6R



SPOOKTACULAR STUFF



HALLOWEEN JOKES FOR KIDS

Why wouldn't the skeleton cross the road?

Because he didn't have any guts.



What do you call a witch at the beach?

A sand-witch.



What kind of shoes does a ghost wear?

Boooooots.



Why didn't Dracula have any friends?

Because he was a pain in the neck.



Why do witches ride broomsticks?

Because vacuum cleaners are too heavy.



Please send us any funny jokes or riddles for our next edition!

Apple Bobbing

There are lots of traditional games we can play to celebrate Halloween and this year we need to be very creative on how we spend time with our families. Apple bobbing, also known as bobbing for apples, is a game often played on Halloween. The game is played by filling a tub or a large basin with water and putting apples in the water. Because apples are less dense than water, they will float at the surface. Players then try to catch one with their teeth. If you take it seriously, try playing with goggles on.





Happy Halloween

Word Search

| | | | |
|---------------|--------------|-------------|-----------|
| haunted house | frankenstein | decorations | pumpkin |
| costume | skeleton | vampire | halloween |
| spider | party | bat | ghost |
| candy | witch | mask | boo |

B I I Q Z B A V B C L P D A S
F I R A K H H A B K V X D T K
H R B W P A M M C H C K E J E
X C A P T U T P X S O P C B L
F A S N N N H I M W S U O M E
K N V W K T Q R A G T M R M T
W D B N Z E Q E S J U P A B O
K Y S B W D N G K Z M K T A N
F N P O I H P S Z K E I I T V
H G I O T O L A T G H N O X D
G H D X C U L O R E Y D N W R
C O E D H S N L S T I F S M U
P S R Z E E A F V F Y N W Y N
R T T H A L L O W E E N Z K H
Y Y C B H J Q K I M G C B Q B



HALLOWE'EN COSTUMES

Please see our selection of class photos of us all dressed up. We had a fabulous and fun day. Thank you to all our teachers and staff. Its been a great first term. We welcome our mid-term but looking forward to coming back to school after!



Kg Lower



Kg Upper



J1



J2R



J2W



J3R



J4R



J5R



J3W



J4W



J5W



J6R

J6W



Preschool Lower



Preschool Upper



PUMPKIN DESIGN

Our pumpkin designs from our J5R, J5W, J6R and J6W.
We donated them to Orwell nursing home in Rathgar for the residents to enjoy.



J6R



J5W



J6W

J5R



Mrs. Lamplugh, Ms. Higgins, Ms. Jansen and Ms. Boyd



Ms. Richardson, Ms. McGarry and Mr. Fitzgerald



Happy Hallowe'en from all the Junior School staff!

**INSIDE
ALEX**

Our next edition is out in December 2020!

Please send us your stories that you wish to share with us.

*Thank you for reading and supporting our first edition of Inside Alex.
Happy Hallowe'en from all the News Committee Team.*