

TY Bonding Day 2020 – report by Kiera Dempsey , Rachel Goff and Lucy Fitzgerald

On Thursday the 17th of September, the Transition Year Students participated in a well organised Bonding Day, which took place around school grounds. Our Co-ordinators, Ms. Zimmerman, Ms. Martin and Ms. Smyth prepared a variety of activities ranging from mindfulness and yoga to a competitive song competition. We started the day off by being split into our class groups, which meant we would get to know our class better, the whole aim of the day. 4.4 started off with a mindfulness class with Ms Jordan and Ms O Donoghue. This began with a peaceful meditation and then we had a chat about the different essential oils which are available. We then moved on to Yoga with Ms Busher which was all about flexibility and movement. It was a very peaceful and sacred activity. Both yoga and mindfulness are very good way to relax and cleanse your soul. Both activities were very interesting and can definitely be included in the lives of busy 4th years.



Next we went to the poly tunnels with Ms Skelton for an interesting game of “Would you rather?” which involved getting to know each other (and Ms. Skelton!) even more . Ms Skelton’s games were definitely one of the best activities on the day. After a very busy morning it was wonderful to see the Mr. Whippy ice cream van pull in to the school car park. All the girls enjoyed 99s at lunchtime outside on the GAA pitch and even Mr. O Shea and Mr. McGinnity joined the queue!





The last activity of the day was the TY song contest. Each TY class group participated in making their own class song that represented Transition Year. The TY students did this under the supervision of Ms. Martin. Their task was to create a new, unique anthem that displayed what Transition Year meant to them as a whole. This exercise helped the pupils to work and converse together to come up with ideas and lyrics for their song. At the end of the day, each Transition Year class group had to go against each other and showcase their song in front of the whole year. 4.5 won with their upbeat song adapted from the melody of 'American Boy'. Some classes were upbeat while others even added their own choreography. There was one main theme that each class sung about and that was Covid-19. Every class chanted, sung and expressed in their songs that the Corona Virus was incapable of ruining our TY. After all, it's our TY to take, it's our TY to make. The bonding day was definitely a huge success and the TY's got to know each other even more. A huge thank you to all the teachers who made this bonding day possible, without you all it wouldn't have been so successful. All activities on the day followed the government Covid 19 guidelines.

