

8th-12th of March

# John Paul TY Newsletter

## GOOD NEWS 🌱

Teacher Knits 34 Shrek Beanies to  
Welcome Back Students



Chris Dowie, a teaching assistant from northern England, spent almost 70 hours knitting Shrek beanies to welcome back students to school. A photo of the class of 34 pupils at North Ormesby primary school, all wearing the hats, went viral on twitter during the week. Chris said it came about when she made an offhand promise to one of her students that she would make one for everyone in the class once lockdown was lifted. She said that she “laughed it off at first” but that she “couldn’t let the kids down after all that they’d been through.” Chris is now working on even more of the hats for the rest of the school and she is delighted that she has played a part in making the return to school a happy one for the students.



## 2-minute MEDITATION

to recalibrate mind & body

- 1. Where am I?**  
stop the mind from wandering by taking notice of your present surroundings
- 2. What am I doing?**  
become aware of everything you are doing right now, even if it is just sitting
- 3. How does my body feel?**  
tune in and take notice of how your body feels by scanning over from head to toe
- 4. What does my mental landscape look like?**  
check in with your thoughts and take notice of any repetitive themes
- 5. What are 3 things I'm grateful for?**  
close your practice mindfully by expressing gratitude for 3 things

A woman wearing a wide-brimmed hat and a white lace top, looking out over a body of water.

## Mother's Day

The story behind Mother's Day and how it came to be celebrated in Ireland can be traced back to the Medieval times when children from poor families were sent as servants to rich houses. When arriving home, they would pick flowers for their mothers as this was the only free Sunday they were given off once a year. It began as a Christian celebration back in the Middle Ages. It used to be encouraged that anyone who had moved away from their hometown to come back home to visit their home churches and their mothers. Back then children as young as 10 would be working so it gave the families a chance to reunite. It is typically celebrated on the fourth Sunday of lent and the date changes each year depending on when lent falls. Mother's Day was then adopted by many different people of different cultures. This practice died out around the 18th century but was celebrated once again after World War II with help from the Americans.

## Healthy and Easy Breakfast Recipe:

### MIXED FRUIT SMOOTHIE

Prep Time: 5 mins  
Serving: 1 Adult



#### Equipment:

- Chopping board
- Blender
- Glass

#### Ingredients:

- 1 Banana
- 1 Plum
- ½ cupful of red grapes
- ½ an Apple
- ¾ cupful of mixed berries (blackberries, raspberries, strawberries, blackcurrants and redcurrants)
- 75ml Freshly squeezed apple juice
- 75ml Freshly squeezed orange juice

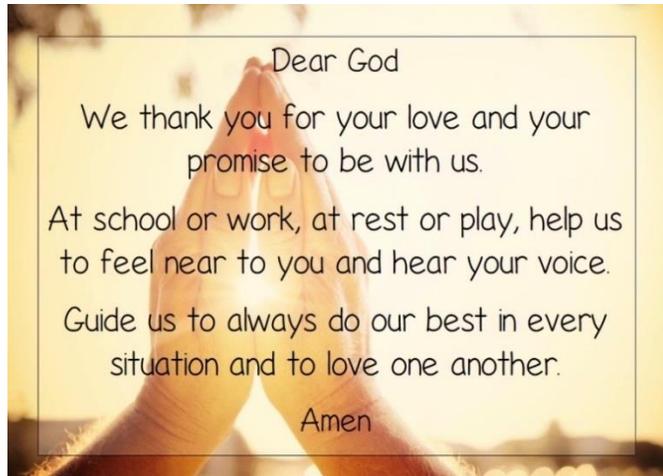
#### Method:

Wash the plum, red grapes and the mixed berries. Cut banana, plum, red grapes and apple into small pieces.

Put all the cut fruit and the mixed berries into the blender.

Add both the apple and orange juice into the blender.

Blend until all the fruit is blended and smooth. Pour the smoothie into the glass and enjoy.



## SUSTAINABLE ALTERNATIVES TO SOME OF MY FAVORITE THINGS

So much of the stuff we enjoy everyday, from chocolate to clothes, comes from very unethical and unsustainable means. Many big companies use child or slave labor, steal natural resources from developing communities, underpay their workers and force them to work long hours in horrible conditions, test on animals, cut down

forests at an unsustainable rate destroying habitats and homes for animals and indigenous people and so much more, some practices that we don't yet know about. All these practices ensure that the companies make the most profit. A good way of spotting products that are made unethically is having a very low price tag. I know its hard to not buy the super cheap alternative, especially as we can't see the sweatshops and the rainforests being cut down right in front of us but if we can try make one change for the better then we are doing a lot better. Remember we are voting for what kind of world we want to live in with our wallets.

## Clothing

There are many clothes companies that make eco-friendly, ethically made, gorgeous clothes. Here are some of my favourite I have bought off or that have great reviews and are completely transparent about how they manufacture their clothes. Girlfriend collective makes clothes out of recycled plastic. Their clothes are also made by workers who are paid fairly and work in good working conditions. ABLE is another great clothes brand they invest and train women to help break the poverty cycle. Their staff also consists of 95% women. There are also several Irish sustainable brands including Unicorn Design, The Tweed Project, Grownclimbing and Keem. All of these brands use sustainable, fair trade materials. They all also have a unique selling point and a mission statement that is personal to them.

## Chocolate

My favourite sustainable chocolate brand is Tony's Chocolonely. They are a brand that works to makes the chocolate industry completely slave free. They have a very individual approach to tackling this. Their chocolate is also relatively cheap, and they have a wide range and a very creative website. Other sustainable brands are Divine, Willie's Coco and Hotel Cocolat.

## Other Products

Aveeno bath products- made with sustainable products and the packaging is sustainable  
Shampoo bars made by Janibars  
Reusable cotton buds by Lastswab  
Ink made from particulate matter released from burning fossil fuels by Chakr Shield Ink

## Serving Suggestion:

A source of protein could be to add 2 tablespoons of seeds or small nuts (e.g. flaxseeds, pumpkin seeds, chia seeds, sesame seeds, hazelnuts, almonds, cashew, pecan, peanuts) to the smoothie before or after blending.

Pour the smoothie over natural yoghurt or oats.



## Reflection By Rachel Casey

*Stand in front of the mirror.  
Watch the figure staring back.*

*I know this girl  
But for a moment,  
I see a stranger.*

*Do I forget she is flesh and blood,  
And no amount of water will wash  
away the pain I have caused her,  
Even though she desperately scrubs  
until she is raw.*

*Her eyes hold no tears  
But I know she cries.  
Because words hurt  
even if they're your own*

*Why do I put her through this,  
Make her feel  
So  
Worthless?*

*Why can't I just love  
The figure in the mirror.*

# Thanks for reading

This newsletter was created by:

Anna Culleton, Anoushka Nolan, Aoife O'Connor, Avril Rochford, Chloe Morrissey, Ciara O'Farrell, Eabha Crosbie, Ellen Kavanagh, Emily Reilly, Grace O'Brien, Heather O'Leary, Helen Barry, Kiera Dempsey, Laragh Frawley, Nicole Power, Nina Brady, Rachel Casey, Rachel Goff, Rayna Forte, Ruth Avtina, Somer Penwell and Tara-Lee Doyle.



