



# Red Sokz

Volume I, Issue IV

19 October 2001

## Red Sokz is packed with:

- News
- Sports fixtures & reports

### See overleaf for:

Red Sokz Special  
Sport

### See next issue for:

Editorial  
Features  
Sports News  
Announcements  
End of Half Term

## What's On?

### Central European Trip

Forty four Villiers students are about to depart for an exciting trip to central Europe. This senior tour leaves from Shannon Airport next Wednesday (check in at 6:45am!!) and will take in places like Prague, Bratislava and Budapest.

Excitement is building up: some have already started packing, strange foreign currencies are being bought and travel pills stocked up.

Watch out for the photographs after mid – term. This tour will return to Shannon on Wednesday 31<sup>st</sup> October - just in time for Halloween!.

Thanks especially to Mr. O’Hanlon for all his work in organising this and many similar trips in the past. Thanks also to his co-workers on the Staff.

**Roaring Lambs – Villiers Christian Union** meets on Thursday at 1:00 in Room 18. All are welcome.

**December 1<sup>st</sup>** is another date for your diaries as a major fundraising event takes place at UL Sports Hall. Limerick **Basketball** Team will play Tyrone.

Villiers will be advertising the game and will receive some of the profits. 4<sup>th</sup> years are going to be cheerleading and will do us proud so .....bring it on!

### Hockey Fixtures

- Wednesday October 24th Junior and Form I boys versus Douglas at home.
- Wednesday November 7th Senior and Minor versus Midleton at home. Junior and Form I versus Bandon, away.

### School Choir

Practice for Christmas Carol Service Wednesdays 2:50—3:30 in Room 23. All invited!

## Snip bits from the week gone by .....

On Tuesday October 9<sup>th</sup>, a group of 13 students ranging from 3<sup>rd</sup> year to 6<sup>th</sup> year set off to the Burren on a **Caving Trip**. There was a beginners group of complete novices and also 1 or 2 who had been caving before and an advanced group of 5 who are old hands. The beginner group was led by our own Mr. Lillis and the advanced group was led by one of the local instructors, Robin. Having set up the gear and lights, the two groups set off on their different trips to the respective caves. Once down, the first obstacle was a 40 ft. abseil. The beginners went on their way to have a very interesting trip. The advanced group had a challenging course, but nothing that these trained professionals couldn't handle!! This was one trip of many to come this year. If anyone is interested please contact Mr. Lillis.



Villiers Caving Club

Richard Dodd, Form III M

A special word of thanks to Mr. Lillis for bringing his interest and vast experiences in caving to many in the Villiers Community over the years.

On Monday last, Form IV went to **Bawnmore** with Mr. Atkinson (the latest addition to the PE and Geography Departments) on the first of six to eight week programme in a series of visits that will last the full year.

Bawnmore is a centre for adults with learning disabilities. Each student will be assigned to the help the people involved to participate in sporting activities. Everyone is looking forward to this new and exciting task, meeting new people and getting a chance to help their community.

Last Monday night four students from Mr. Rusk's Higher English class took part in the **Concern Debate**, held in St. Flannan's School in Ennis. The debate team consisted of Shane Sibbel, (Captain), Sarah Holmes, David Clancy and Sarah Hammersly. The motion was "For the developing world, child labour is a necessity of life". Villiers was opposing this motion. Unfortunately Villiers lost BUT we still have 2 more rounds to go which means there is still a possibility of making it to the finals, Good luck!!

**Astro Pitch:** shock pad is to be laid next week.

**ICT:** the School's new ICT Suite is now online. In terms of setting up the LAN, there is still some work to be done. However we are nearing completion. Early next term students and their parents/guardians will be asked to sign a User Agreement to ensure 'proper' use of the facilities.

## Special — Teenage Depression & Suicide

### The Samaritans

#### Where to get help?

The Samaritans is an organization made up of volunteers especially trained to listen. There is a common belief among teenagers that the Samaritans are only for adults and the elderly. This is not true. The Samaritans are there 24 hours a day for anyone from the person whose dog has just died to the clinically depressed adolescent. If you need someone to talk with here is how to contact the Samaritans.

20 Barrington St.      Kilrush Rd.  
Limerick                  Ennis  
Tel. (061) 412111      Tel. (061) 6829777

24 hr. helpline: 1850-60-90-90  
E-Mail: [jo@samaritans.org](mailto:jo@samaritans.org)



#### Can I help?

If you know someone suffering and want to help, here are some pointers.

#### **Dos**

- Show concern/affection; talk with the person about their feelings
- Give them the Samaritans phone number.

#### **Don'ts**

- Never avoid awkward subject
- Never say "I understand"
- Never try to "cheer up" the person
- Never criticize/judge

N.B. If you are in doubt say nothing, silence can mean more than words.

It is important to recognize teen depression and suicide as a problem in Ireland.

Through this article we hope to make you more aware of people suffering from depression and/or at risk of suicide.

#### Recognizing depression

There are many things that lead to depression among teenagers in Ireland today. Some say pressure from teachers and exams leads to depression. Others claim the cause is alcohol and drug abuse. The truth is there is no ONE cause of depression as everyone is different.



#### **Some commonly accepted signs of depression:**

- moodiness
- anti-social behaviour
- falling grades in school

Teenagers suffering from depression often feel isolated and don't see any point to their lives. This can lead to suicidal thoughts.

#### **Signs of suicidal intent:**

- talking about feeling isolated and lonely
- being withdrawn and finding it difficult to relate to others
- talking about suicide and death
- expressing feelings of failure or lack of success
- dwelling on problems that seem to have no solution
- having no supporting belief or philosophy on life
- self harm

In the words of Michael Stipe "everybody hurts. Sometimes".

The truth is EVERYBODY needs someone to turn to.

Be there for your friends, because no one can beat depression alone.

## Sport

### **Hockey**

The senior girls league match against Crescent College Comprehensive went astonishingly well with our players showing their true ability. Coming from a 1-0 deficit to a 2-1 victory. The tremendous scoring was done by Caroline Craughan and Emma Heaton from two short corners. The introduction of Sinead Mullins in the second half was also a great boost to our girls. We also have to congratulate Nessa Starr and Claudie Mackenzie who made a wonderful debut for the Villiers senior team. The minor girls also had a brilliant win against Crescent, they made the best the possible start to their league season by beating them 5-0. The goals were scored by Sarah Gray (2), Gillian Lyttle (2) and Clare Conboy-Stephenson

### **Rugby**

The minor boys had their first rugby match, against Castletroy, on Wednesday. For most of them it was their very first match so we won't mention the score!!! Well done to all of them and I'm sure next time we will be able to print the score!!!

The senior boys gave a dazzling performance last week against a strong Aberdeen side (with sexy accents!). Goals from Andrew Hodgins and Andrew Grey, with an amazing goal from Alan Delahunt which sealed the victory 3 – 1. If only the senior girls could learn a lesson from the boys in playing Scottish teams (10 – 0, Haa ha ha!).