



Red Sokz

Volume I, Issue XVI

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And so to the final edition, since next week is set to be a very packed one here at Villiers. Much of this edition tells us about Action Day - read on! Since the following week is exam week, all will be sufficiently occupied and Red Sokz is to be put to bed - only for the summer we hope! This edition comes from the hard work of Form IIQ. You may have noticed Form IIP produced issue XIV when Form IV were away on their work placement module. This time they are in Delphi, having a great time by all accounts. Without Form IV, particularly the Red Sokz team, there would be no newsletter. Thanks to one and all your Trojan work, patience, perseverance etc. A special thanks also to Mrs. M. O'Sullivan and Ms. J. Storey for their proof reading during the Year.

Go raibh míle, maíbh agaibh

Mr. J. McCrohan

Next Thursday is Action Day

This will be a colours day and classes will take place as normal until 11:10.

Everyone is welcome to take part.

The Student cohort has been divided vertically into six colour groups, which will compete in various competitions including athletics, basketball shooting, penalty shoot outs, penalty flicks, obstacle races, archery and spaghetti eating.

Outside of the colour groups' events there will be bouncing castle, cake sale, Student Council talent show, face painting and hair braiding, lottery wheel, arts and crafts exhibition and lots, lots more.

Nigel Callender is hoping, with the help of Mr. Lillis, to organize a climbing-related activity (SRT - single rope technique) using a harness and rope to ascend/descend the trees in the driveway. Some of the boarders, it seems, know what this one is all about!

Some interesting facts on Villiers traditional Action Day.

Action Day was originally called Sports Day but it was changed a few years ago, the idea being to widen the range of activities beyond sport to include such things as exhibitions and the many other activities listed already.

By Aideen Madden & Aisling McMahon IIQ



Features

Ms Gowing's House

As some of you may know, Ms. Gowing is going to Zambia to build houses for the natives with an organisation called 'Habitat for Humanity'. They raise money to build houses and then, with the small amounts of mortgage that they get from the people living in the houses, they build more houses. The traditional houses are one-room huts where they store their valuables and possessions which are made of poles stuck into the ground with mud bricks and cement. They sleep in these huts and cook outside. Each house costs about €1600. The new houses are built of proper brick and cement with a corrugated iron roof. This is the official charity of action day on the 23rd of May where Ms. Gowing is building a very small house. You may buy a brick for €1 to contribute to the house and the money will all go to the building of the houses in Zambia.

By Alan Ryan, Jason Enright and Colm Goode IIQ

The Talent Show

The finals of the talent show will be on

Action Day with auditions on Monday the 21st (for first years) and Tuesday the 22nd for the rest of the school. This is an event for everyone and anyone in the school to show off their skills and talents for the prize of €100. There are approximately 20 groups or individuals taking part, covering dancing, singing, magic tricks etc. These people will be narrowed down on Monday. After this, 5/6 lucky finalists will go through to the finals on Action Day which will be held in either the hall or rooms 4&5 (with the partition removed). The judges on the day will be: Miss S O'Sullivan, Mrs. Bray and Andrew Cunningham. Good Luck to those involved!

By Josh Guyett IIQ

Healthy eating week

This past week, for those of you who eat lunch in dining hall, you have all been eating healthy food. This is thanks to Mike Wryne, our chef and the catering team. He said that it was a project by Irish Heart Foundation to try and bring down the risk of heart disease due to unhealthy eating by persuading people that good food doesn't have to taste bad.

He said that there was too much carbohydrate and fat in the food that he gave us and he wanted to give us a more natural diet with nuts, berries, fruits and vegetables. This is a national event primarily aimed at working adults. Mike thought of using this event not just for the staff of this school but also for the students. And for those of you who hate healthy food, then here's a reason to hate it more: next year Mike wants to dedicate one day a week to healthy eating where we'll all get our quota of vegetables and fruits! He said he will be giving us fish more often as they contain iodine and vitamin A. Is this a welcome change? Only you can know for sure but in Mike's view it was a popular innovation as the feedback was overwhelmingly positive. Enjoy the healthy option!

By Owen Lewis IIQ

Christian Aid

Thanks to everyone who supported the coffee and cake morning. We were pleased to find that **€125.63 was raised!** This money will be sent to Christian Aid and will be used to help third world countries such as Ghana.



North Munster Athletics

The talented displays of our athletes were once again shown when Mr. Sutton travelled with them to Castleisland last Saturday. Aisling McInerney IIP (200m) Ciara Jones IIQ (high jump) managed to receive **gold medals**. Ailbhe O' Driscoll-Collins IIP (800m) received a **silver medal**. Anita Roche IM (200m) received a **bronze**.

In the **Girls Inter Relay** (100m x 4) with only two teams in the race they showed Salesians Copsewood what running was all about. They picked up the **gold medal**. Well done to everyone who competed and good luck to those who made it to the Munster Finals.

By Ciara Jones & Katherine Buggy IIQ

Interschool Sports

For all those who haven't noticed, Bean Uí Riain has been flying around from class to class, asking for participants for the interschool sports. The events take place in Waterford next Tuesday May 21st. The bus will be leaving at 8:30 (approximately). If there is any one else who is interested in competing please contact Bean Uí Riain as soon as possible.

By Heather Whiteford IIQ

Soccer

On the 24th of April a soccer tournament began on the AstroTurf-pitch. Each form had a team consisting of five players. The top two teams of each group went through to

the quarter finals. The final will be held on Action Day the 23rd May. The winners of the tournament will play a team made out of the teaching staff. The semi finalists are: IVP V's IVQ and VN V's VP.

Last night in preparation for the world cup in Korea and Japan in June sadly Ireland was defeated by Nigeria. However we believe this is the last defeat for a while and we look forward to **victories** as we say good luck to the squad who departed for Asia this morning. Apart from the World Cup, we hope you got to see Ireland beat Sunderland 3-0 last Wednesday May 15th.

By David Holmes & Gordon Roe IIQ

New Ties

To all those lucky and hard-working sports players in the School, congratulations on receiving the special new ties. These ties were given out today for all those that have made it on to the senior hockey and rugby teams. About thirty ties were given out today in assembly by Mr. Hardy. We are sure you are all honoured to have received these ties. Keep up the good work.

By Josh Guyett & Owen Lewis IIQ

Rugby

The Munster Rugby team trained in Thomond Park on 15th May in preparation for the final against Leicester in Cardiff on Saturday 1st June.

By David Holmes IIQ



Announcements The weeks ahead

Café and Tuck Shop change in Opening times

Café will be open to visitors on Action Day from 12.00 onwards to serve afternoon tea which will consist of cakes and tea. Café and tuck shop will be closed from 31st of May. On Action Day boarders and day pupils who receive dinners will be having meals on wheels which must be eaten in café please.

By Marion Murphy & Caoimbe Buckley IIQ

Donations for Action Day

Donations of Homemade cakes or preserves would be greatly appreciated for sale on Action Day. Please try to donate at least one per household.

By Marion Murphy IIQ

Summer Exams

Summer exams will be starting on Monday the 27th of May and ending on the 31st. The duration of each exam is being decided on as we type. The seating arrangements will be displayed around the school some time early next week. So if you haven't started studying **time is running out!!!!**

By Heather Whiteford & Niamb Ryan IIQ

Low Fat Week

We hope that you enjoyed your low fat meals and look forward to our next theme day which will be an Italian day further on in the month. Mike's motto of this week is "Healthy Food can be tasty food", and so say all of us! On Action Day the catering team will also be raffling a mountain bike which was donated by Mangan's Cash and Carry and all proceeds raised will be going to Habitat for Humanity in

Zambia. Tickets are five euro; we hope that everyone will support this worthwhile cause.

By Marion Murphy & Caoimbe Buckley IIQ

The New School Tracksuit

There will be fittings next week to decide how big or small the three sizes should be (small, medium and large). Various garments can be purchased to go with the tracksuit such as: polo shirts, long sleeved rugby shirts etc... If you would like one for September be sure to order before the end of term. For any inquiries contact Bean Uí Riain or Mr. Atkinson.

By Allanab King & Faye Dobson IIQ

Ms. Gowing's House

This charity event will take place on Action Day. Ms. Gowing will be building a miniature model of a house. Each person should pay €1 per brick (or more if possible) to build the house. When its built the money raised will go to *Habitat For Humanity*.

By Niamb Ryan & Faye Dobson IIQ

Swimming

For all you swimmers out there, the cups will be presented on Monday (at assembly if there is one). Go to Bean Uí Riain for more information.

By Heather Whiteford IIQ

Music

The music department wishes to inform piano and singing students who are doing exams that these will be on May 20th, at the University of Limerick. We wish them all the best of luck. See music notice board for more details.

By Caoimbe Buckley IIQ