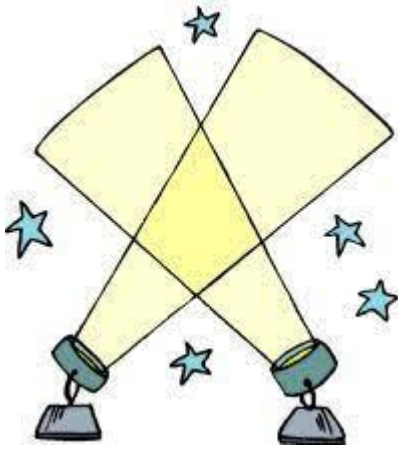




Welcome to the first St. Mary's newsletter of 2022! Read on for hard-hitting interviews, brain-tingling quizzes, and thought provoking articles...

Newspaper Club meet in H22 after school on Thursdays. Budding journalists...





SIMMARIAN IN THE SPOTLIGHT

In this edition of *Simmarian in the Spotlight* we will be joined by budding athlete Cormac Austin. Cormac is in Year 12, and is Linfield's youngest ever senior player. We caught up with Cormac to get an insight into what it takes to be top of your game...



Cormac on international duty

Hello Cormac, thanks for joining us. Our first question is do you find it difficult to balance school work and your sporting commitments?

Sometimes yes. It can be quite demanding if you're trying to achieve a high level in football, which I am. The standards can be very demanding on and off the pitch, with school work, and gym work and so on. I'm studying for my GCSEs, and we all know how stressful that is, but we have to dig in even though it can be tough.

Do you have any tips, or coping strategies?

I like to break up the day. For example, over half-term I'll get up and study for two hours, then train for two hours and study when I get home, and maybe watch a film to relax.

Do you have a footballer who you view as a role model?

Not really, I come from a GAA background and actually didn't start playing football until I was twelve or thirteen. When I started playing and people thought I was good I worked hard at it, because I never wanted to work in an office, and want a career that is active. To be honest my role model is NFL player Tom Brady. He was 199 out of 200 in the NFL draft, and is the greatest American Footballer of all time, he is someone I look up to.



Tom Brady retired a few weeks ago after a glittering NFL career

You mentioned that you came from a GAA background, did that help prepare you for the sport you are in now?

There are aspects that helped me, particularly the physicality and running – GAA pitches are far bigger than football pitches, and I was playing against bigger boys every week. I miss it a lot. I'll do everything I can when I have Gaelic or hurling matches with St. Mary's.

How do you stay motivated after a defeat?

I know I have to be the best. I love the feeling of being better than everybody because this is what I want to be, and this motivates me every day. I've come back from a back injury over the summer, and it took me nearly five months to get back – it was mentally draining.

Do you enjoy playing in a team sport?

The camaraderie is everything, you're like a family. You win as a team and lose as a team. You might lose a game and sulk with each other for a few hours, but soon enough you are mates again, joking and laughing and going out with each other. You can't get much better than that, what more can you ask for?

What advice would you have for a young, talented athlete at St. Mary's?

In a field that's so competitive, you have to strive to be better than everyone else, to be the best. Be that in school, outside school, or in the country. It's so competitive, so fickle, you have to do everything you can to push past people – I want to do everything I can to be a footballer. I've had to make sacrifices, I've had to give up GAA – something I've done since I was four years of age, and that was tough. I ultimately want to do well for my family, and future kids and this is what motivates me.



Finally, you can't say Ronaldo or Messi, who is your favourite player of all time?

Everyone sees the Mbappes, the Neymars, the tricks and flicks, but for me I admire Sergio Busquets. The things I've learned from football now, making space for his teammates, playing passes to the player's strongest foot, things like that, it's unreal to watch. In his heyday he was phenomenal, he was the back-bone of the great Barcelona team. Vicente Del Bosque used to say "when you watch the game you don't see Busquets, but if you watch Busquets you see the whole game."

WINNER!

You have no idea what it's like to being homeless. The constant concern of having no-one to rely on or back you up the sheer hopelessness of feeling eternally alone. I often think "Why? Why has God done this to me?" As if I'm sitting in church on my knees begging for forgiveness. Being homeless is sitting in the almost terroristic freezing cold that stabs into your skin as if a serial killer was killing you. This happens every single night.

Don't get me started about the smell down town. Abhorrent, I tell you, though it's the best chance I've got to round up some change but the smell of smoke and wet concrete from building sites is enough to drive you insane, and it doesn't help that all you hear in the cold dark is the squeaks and scurries of rats, screaming away at me with their demonic pitch.

And just when you think your worries are letting up and you cry out with joy, the skies hear your joyousness and hereby damn you with eternal rainfall, infecting you with freezing cold temperatures.

So be happy you're not homeless. Don't try and go at it alone make sure you always have someone behind you, with every step of the way you may never know when you need it.

Congratulations to [Darragh Corr 10E](#) who has won our Creative Writing Competition based on Homelessness!





Here at Newspaper club we value mental health, and we decided to interview Miss Warren about promoting positive mental health – here's what we found out:

[“Can you give us a few details as to why you think talking about mental health is important?”](#)

“Here in St Mary’s. So we realise lockdown has had a severe impact on all of our students and having a healthy mind is really important so we want to ensure that talking about how we feel is normal. That means when we are struggling we are able to admit it and when we are happy we are able to celebrate that.”

[“What are the benefits of having positive mental health?”](#)

“I think it’s important that we recognise that we don’t always feel positive, however, looking after our mind is as important as looking after our bodies. Our mind needs trained in the same way that a muscle does, therefore, when tough times come having a positive outlook and strategies can help us through these. It won’t stop difficult moments, but it will give you a bigger toolkit to use at these times.”

[“What are some of these coping strategies?”](#)

“Getting outside into fresh air and taking a walk can be really helpful, we spend so much of our days inside and on screens that even half an hour a day walking can be a real respite. Also, when we get stressed or anxious our breathing becomes shallower, taking time to slow down each breath for the count of seven in and out will regulate your nervous system and disperse high levels of adrenaline that are pumping through your body. Finally, talking to someone you trust about how you feel can lift a massive weight from your shoulders, you might not know exactly how to word how you feel but even by saying ‘I’m having a tough day’, can bring great relief and open up a conversation.”

Our School Counsellor Louise is available to meet with anyone who would like some time to talk about their mental health. Please see your Form Teacher, or Mrs. Barr for more information.

NI Direct offers valuable information on how we all can look after our mental health, details of their website are below:

<https://www.nidirect.gov.uk/articles/mental-health-support>



Who was Blessed Edmund Rice

Edmund Ignatius Rice was born on the 1st of June 1762 in Callan, Kilkenny the fourth of seven sons to Margaret and Robert Rice.

When Edmund was 17 he went to work for his uncle Michael's livestock trading business in County Waterford.

In 1785 Edmund married a lady called Mary Elliot from Waterford, but Mary tragically died in 1789 from a fever. When Mary died she was pregnant with their daughter who was successfully delivered by doctors, she was named Mary after her mother. Due to Mary Jr's premature birth she was left disabled.

After settling his business affairs in 1802, Edmund devoted his life to charity and prayer. In 1802 he established a makeshift school on New Street in Waterford.

In 1808 Edmund Rice founded the Christian Brothers or as it was known then the Presentation Brothers

In 1828 Edmund founded the North Richmond Street House and school in Dublin.

He continued on with his charity and religious dedications for the rest of his life and was beatified by Pope John Paul II for his work on the 6th of October 1996

Edmund Rice died on the 29th of August 1844



Blessed Edmund Ignatius Rice

1st June 1762-29th August 1844

Can you solve this New Year's word search?

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



Calendar	Countdown	Chapter
Midnight	Leaf	Fire works
Resolution	Toast	Confetti

QUIZ

-
1. What's the largest mammal in the world?
 2. Who manages Premier League champions Manchester City?
 3. Which is the largest rainforest in the world?
 4. Tom Holland won a Teen Choice Award for which film?

5. Name the slowest animal in the world

6. What was the first soft drink in space?

7. Is Pluto a planet?

Answers will be posted in the next newsletter
... Good luck!