



Getting to Know Your Cara

“We are all part of one welcoming school community”. This was certainly on proud display last week as the popular Cara programme began for another year.

Under the Cara programme, each 6th Year is buddied up with a 1st Year. The older girls provide help and support to the juniors as they make the transition from primary school to life at Loreto Abbey Dalkey.

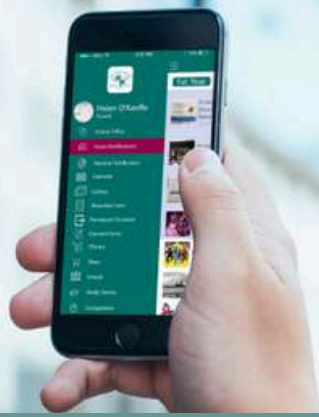
After a one-on-one tour of the school, there were treats to be had and chats in the sunshine as our Cara duos got to know each other for the year ahead.

**Save
The
Date**

Dates for Your Diary

The full school calendar of events and other important dates can be found on both the school website and via our school app.

Sept 16th, 7.30pm	Meeting for 1 st Year Parents, Lecture Theatre
Sept 17th, 7.30pm	Social Meeting for 6 th Year Parents, Concert Hall
Sept 19th, 7.30pm	Social evening for TY Parents, National Yacht Club
Sept 26th	School closed



Download our School App

All school communication and attendance systems are centralised through the Loreto Abbey Secondary School app (available on the App Store and Google Play). The app is completely private and secure, with access only available for current parents/guardians, students and teachers.

School notifications and updates will be sent out via the app, and parents can also submit absence notes, sign in/out digitally, give permissions, and make contact with the school.

We would ask all parents to please download the app today, so that you receive all relevant information.



First Year Hockey Gets Underway

Hockey was back with a bang last Saturday as the 1st Years took part in their first hockey training session. It was absolutely brilliant to see so many of the girls turn out to have fun with their classmates and, for many of them, try something new. Well done!

More sports photos can be found on Instagram @loretoabbeydalkeysport



Music at Loreto Abbey Dalkey

Music at Loreto Abbey Dalkey is vibrant and welcoming, with a wide array of activities to get involved in. Our music programme is bursting with opportunities for students of all ages and interests to find their rhythm and express themselves.

Choir and Orchestra

Junior Choir (1st to 4th Years) meets after school on Mondays and before school on Thursdays. Older students can join the Senior Choir, which rehearses on Tuesdays during lunchtime. If you are an instrumentalist, the School Orchestra is a great place to play, with rehearsals every Tuesday morning before school. All these groups come together to perform at school events, showcases, and even at local community events.

Lunchtime Music Clubs

Lunchtime offers a variety of fun and creative clubs. Students can join Songwriting Club, where they can learn to write their own tunes. Fans of traditional Irish music will enjoy Trad Group. And, if you've ever wanted to be on stage, Musical Theatre Club is the perfect place to shine.

Private Music Lessons

The music department also offers private lessons, with almost 40 students currently taking lessons in a wide range of instruments and vocal training. This is a fantastic way to develop your skills and receive one-on-one guidance. Whether you're a seasoned musician or just starting, there's a place for you in the Loreto Abbey Dalkey music community!

For more information, please contact Ms Penston on naoimh.penston@loretoabbeydalkey.ie

Senior Basketball

Senior and Cadette teams were back on the court this week for an action-packed training session!





Pilgrimage to Lourdes

The Dublin Diocesan Pilgrimage to Lourdes takes place from September 4th to 9th, and will include five 6th Year students from Loreto Abbey Dalkey along with their teacher Ms Hayes.

The September pilgrimage is one of the biggest events in the Diocesan calendar and lead by the Archbishop. Approximately 1,300 pilgrims travel to Lourdes from all over the Diocese. Of these, 100 are sick pilgrims staying at the Accueil Notre Dame, which is 'a place of welcome' close to the Grotto with many of the facilities of a modern hospital. Another 500 of the pilgrims are voluntary helpers, made up of nurses and doctors, male and female helpers, a team of chaplains and the Dublin Lourdes Choir. A further 200 young people assist as well in the care of the sick pilgrims and many of these are from secondary schools and colleges from around the Diocese.

We would like to wish our students and Ms Hayes a safe and fulfilling trip, and look forward to hearing more on their return.



How to Make the Most of This School Year



- Join in
- Try something new
- Share your talents
- Stay active
- Always try your best
- Ask for help, if needed
- Do something creative
- Make the most of each day
- Get plenty of rest
- Be kind, always

Hockey Results

The first day of matches kicked off on Wednesday, with Dalkey taking on Loreto Beaufort in a series of hockey matches.

Junior B won 1-0, Junior A lost 2-0, Minor A lost 2-0, Senior 1 lost 3-0, and Senior 2 (not pictured) had a 0-0 draw. Well done to all teams!



TY Team-Building

From archery to the toxic swamp, via the minefield and the Bottle Rocket Challenge, our TY students had a brilliant team-bonding day on the hockey pitch.

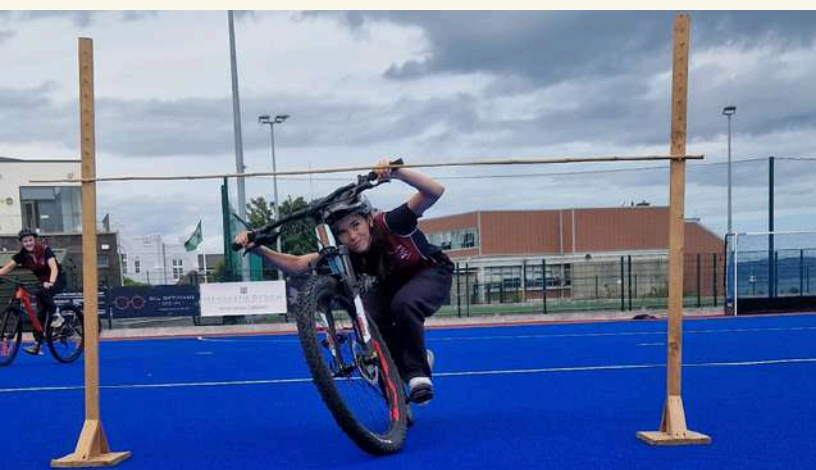
There were lots of laughs along the way as they developed their problem-solving and leadership skills, using teamwork and communication to solve the challenges and collect as many points as possible at each station.



TYs in Motion

Transition Year students took part this week in an exciting mountain biking induction run by Aisling and Daryl from Trail Bike Body.

The workshop gave students the chance to test their skills through races and obstacle courses, while also enjoying fun challenges such as bike limbo and balance practice. It was a brilliant way to build confidence on the bikes and getting to know their new class groups while having plenty of laughs along the way!



Baking Up a Storm

Some of our Transition Year students were baking this week, creating tasty treats in Home Ec. What a wonderful way to also welcome our first group of students from Loreto Seville, who will be here on exchange for the next month.

**COMING
SOON**

Upcoming TY Dates

Ongoing	Musical auditions & rehearsals
Sept 8th & 9th	Barista Training
Sept 10th & 11th	Reflection Mornings (different classes)
Sept 17th	World Skills Day in the RDS
Sept 22nd	Mary O'Donnell talk
Sept 22nd	St Joseph's Shankill Dementia Care talk

Recycle for Rumbek

Drop your empty recyclable cans and bottles in the designated recycling bins with this logo around the school and the Sports Hall. All funds raised from recycling these items are donated to our sister school, Loreto Rumbek in South Sudan.





Glendalough 2025

Following in the footsteps of St Kevin, the 5th Years were treated to a reflective day in the ancient sites of Glendalough. Steeped in the Wicklow countryside, the students reflected on their hopes for the year and visited the monastic sites of early Christian Ireland.

The hike provided an opportunity for the students to reconnect following the summer break and to prepare for the busy school year ahead.



More photos can be found on Instagram @loretoabbeydalkey_



Sports Schedule

Below is the current schedule for training throughout the week. There may be some adjustments, particularly for 1st Years once teams have been finalised.

Hockey

Time	Monday	Tuesday	Thursday	Friday	Time	Wednesday
7.45 - 8.30am	-	-	Senior 1, 2 & Junior 1 S&C Training	-	1.00 - 2.00pm	1D & 1E (classes) and GK training
3.40 - 4.40pm	Junior 1, 2, 3	Junior 1, 2, 3	Senior 4	1D & 1E (classes) and GK training	2.00 - 3.00pm	1A, 1B & 1C (classes)
4.40 - 5.40pm	Senior 1, 2, 3	Senior 1, 2, 3, 4	Senior 5, 6	1A, 1B & 1C (classes)	3.00 - 6.00pm	Home/Away Matches
5.40 - 6.40pm	Minor 1, 2, 3, 4	Minor 1, 2, 3, 4	Junior 4, 5, 6	-	<i>1st Year schedule is provisional Some times may change once teams are finalised.</i>	
3.40 - 7.00pm	-	-	-	Home/Away Matches		

GAA

Time	Wednesday
1.15 - 2.15pm	2nd & 3rd Year (Junior) GAA training in Cuala
Time	Thursday
4.00 - 5.15pm	TY. 5th & 6th Year (Senior) GAA training in Cuala

Cross Country

Time	Tuesday
3.40 - 5pm	Cross Country running (all years)

Soccer

Time	Thursday
3.40 - 4.40pm	1st Year Soccer
Time	Thursday
4.40 - 5.40pm	2nd Year Soccer

Basketball

Time	Monday	Tuesday	Thursday	Friday	Time	Wednesday
7.45 - 8.30am	-	-	-	-	1.00 - 2.30pm	1st Years (Minors)
1.20 - 1.40pm	1st & 2nd Year Shooting in Hall	1st & 2nd Year Shooting in Hall	1st & 2nd Year Shooting in Hall	1st & 2nd Year Shooting in Hall	<i>1st Year schedule is provisional. Some times may change once teams are finalised.</i>	
3.50 - 5.20pm	1st Year (Minors), Cadettes and Seniors	2nd Year (Juniors)	Seniors and Cadettes	2nd Year (Juniors)		

NOTE: There will regularly be basketball on Saturdays, particularly for 1st and 2nd Years, however times and groups will vary from week to week