

THE HAPPY PAPER

Brought to you by the Happy Paper News team! 😊

See if your contribution is inside!

June 2021

What's inside?

Super Sports Section
By: Eve Furphy & Katie-Rose Muldoon



Fashion, Make Up & Celebs!



By: Lucy Donnelly, Nicole Fox, Sinead Kelly and Ariana Derry-Curran, Leah Faherty and Eva Marie Bondi.

Mindfulness by Brenna Hegarty & Saorlaith O'Hara

Go Green! Gardening Tips

By: Alana Donnelly & Anna-Rose Morgan



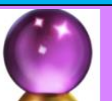
Entertainment: Sitcoms & Music!

By: Ataigh King, Leah Faherty and Lana Toner



Poetry Corner

By: Saoirse Palmer
Starry-eyed **ASTROLOGY**
by Lucy Donnelly



Brilliant Bakes!

By Brenna Hegarty & Saorlaith O'Hara



A Brand NEW comic strip!

Brought to you by Viktorija Masiokaite & Leonora Latanauskaite



ALL the gossip on the Friends reunion!



The Ultimate Summer Bucket List!
brought to you by Lana Toner...

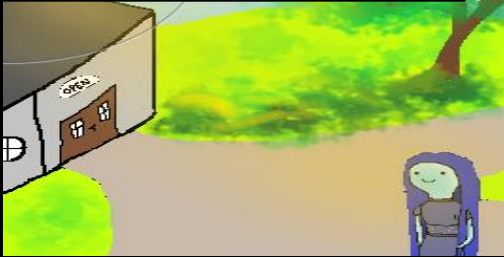


Plus games, puzzles and much more!

Enjoy the summer break everyone!

FRIENDS

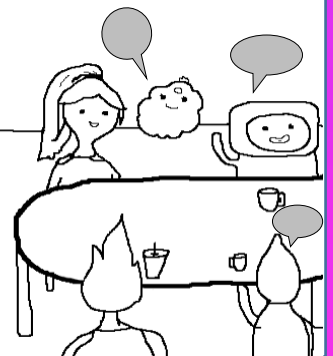
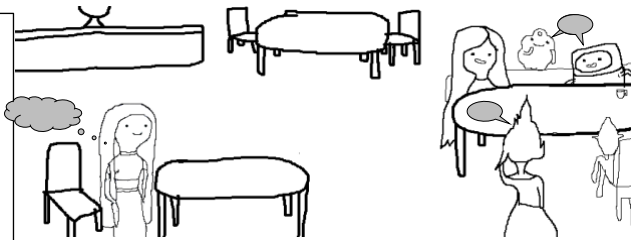
Ah... A new chapter of life...
How wonderful!



What a pretty
café, I'll check it
out!



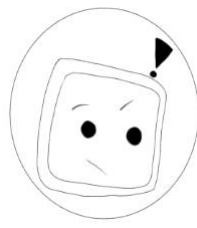
The people here
look so cool! I
wish I was
confident enough
to be friends with
them.



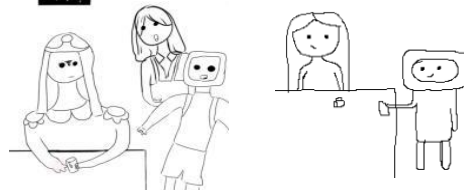
*Spills coffee



Hey! I'll help!



Thanks! Sorry about this...



No worries; you should come sit
with us. My name's Dash by the
way!

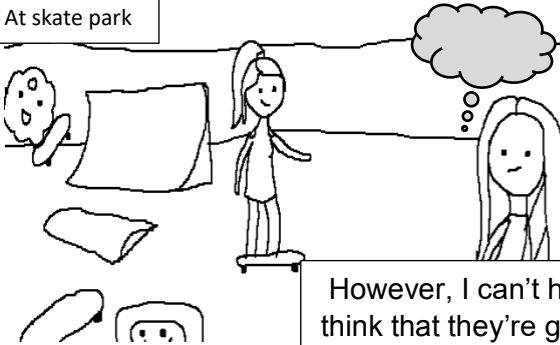


Later



It was great to meet you
Lilah! You should come
to the skate park with us
sometime!

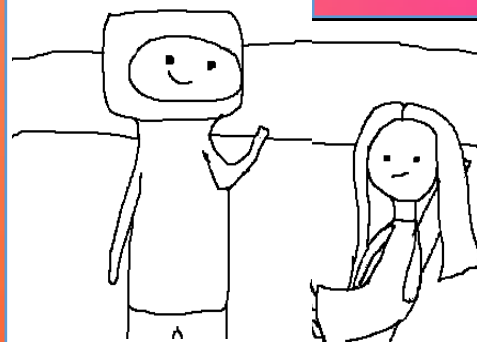
At skate park



I feel like
I'm really
starting to
get along
with
everyone
...

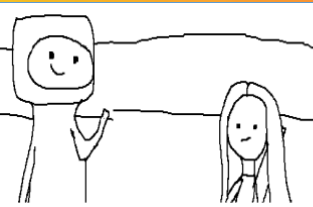
However, I can't help but
think that they're going to
leave me. Just like the others.

You can tell me
anything you know
that right?



Well, I'm
just a bit
anxious, I
feel like
everyone
here is so
cool and
I'm
different.

Hey Lilah, you
okay? You
seem a bit
down.



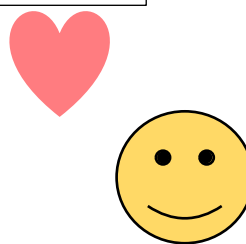
Yeah,
I'm
fine,
thanks
...

But everyone's different in their own ways! That's what makes us unique; that's why everyone likes you!



Come on, don't worry everyone loves you!

We'll be hanging out here again tomorrow, please come.

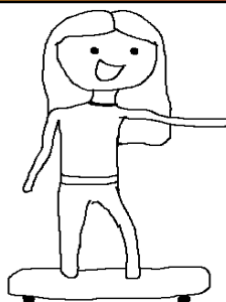
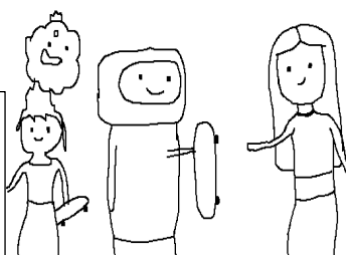


...Alright, I will see you soon



The next day

You should try skateboarding, I bet you'd be great!



You're doing so well!



All my new friends are so supportive, I shouldn't be anxious, I'm so happy when I'm around them, I should've surrounded myself more with people like these instead of my last 'friends' and so should everyone else! Life is great! Surround yourself with people you trust and love – Don't go for second best when you can have the best!



MEMORY QUIZ!

1. What is the name of the boy the main character meets?
2. What colour is the main character?
3. Where did the main character meet her new friends?
4. Where did Dash ask the main character to hang out?

ILLUSTRATED & WRITTEN BY:

Leonora Latanauskaite

Viktorija Masiokaite

The Skilled Sport Section

Different Types of Sports

There are many different sports that you can do to stay fit and healthy while still having fun!

Gaelic Football

Swimming

Tennis

Basket Ball

Soccer

Running

Athletics

Dance



St Catherine's College Sport

St Catherine's college offers many different sporting opportunities such as:

Physical education (P.E)

Running

Athletics

Gaelic Football

Handball

Soccer



Why don't you choose a sport and get involved at St Catherine's College?



Sport Star of the Year!



Marcus Rashford

Marcus Rashford (professional footballer) launched a campaign to make sure that children eligible for free school meals were fed regularly when schools were shut during lockdown. Rashford's efforts triggered a £20m of additional donations to the food poverty charity "FareShare". Marcus Rashford has become the youngest person ever to top the Sunday Times' giving list after helping earn £20m for charity in the past year.

Fitness Activity For Kids

WHAT'S YOUR NAME?



Spell Out Your Name And Complete The Activity Listed For Each Letter.
For A Greater Challenge Include Your Middle And/Or Last Name, Or Try Do Each One Twice!
For A Variety You Can Use A Favourite Character's Name Or A Family Member's Name.

- | | |
|---|--|
| A Jump Up & Down 10 Times | O Walk Backwards 20 Steps & Skip Back |
| B Spin Around In A Circle 5 Times | P Walk Sideways 20 Steps & Hop Back |
| C Hop On One Foot 5 Times | Q Crawl Like A Crab For A Count Of 10 |
| D Run To The Nearest Door & Run Back | R Walk Like A Bear For A Count Of 5 |
| E Walk Like A Bear For A Count Of 5 | S Do 3 Cartwheels |
| F Bend Down & Touch Your Toes 20 Times | T Pretend To Pedal A Bike With Your Hands For A Count Of 20 |
| G Do 10 Jumping Jacks | U Roll A Ball Using Only Your Head |
| H Hop Like A Frog 8 Times | V Flap Your Arms Like A Bird 25 Times |
| I Balance On Your Left Foot For A Count Of 10 | W Pretend To Ride A Horse For A Count Of 15 |
| J Balance On Your Right Foot For A Count Of 10 | X Try Touch The Clouds For A Count Of 15 |
| K March Like A Toy Soldier For A Count Of 12 | Y Walk On Your Knees For A Count Of 10 |
| L Pretend To Jump Rope For A Count Of 20 | Z Do 10 Push-Ups |
| M Do 3 Somersaults | |
| N Pick Up A Ball Without Using Your Hands | |

What can you do to stay active?

- Go for walks with your friends/family/neighbour
- Take on a new sport
- Go on bike rides (with friends)
- Take your pet for a walk
- Swimming
- Go running or try run with a friend or family member
- Work outs



☆The Sports Star of the year☆



Cristiano Ronaldo is a Portuguese professional footballer who plays forward for Serie A club Juventus and he also captains the Portugal national team.

In 2015 Ronaldo was named the world's most charitable sports person by dosomething.org and was reported as having donated £5 million to help the aid effort in Nepal following the devastating earthquake that area.



Some less active sports for you to try:

These sports can still help you stay fit and healthy

- Bowling
- Snooker
- Darts
- Table Tennis
- Ping Pong
- Chess
- Golf



Sports facts

- Sports have been played on the moon. In 1971, Alan Shepard and Edgar Mitchell made history when they became the first people to play sport on the moon. Shephard hit a golf ball while Michell threw a makeshift javelin, it was a staff they had used in one of their scientific experiments.
- The colours of the Olympic rings are significant, many people know that each of the world-famous rings represent one of the five continents of the world. However, the rings were designed by Baron Pierre de Coubertin in 1912, and he stated that together with the white background, their colours also represented the flags of every nation competing at that year's event.



Super Celebrities!

(all your celebrity lifestyle, gossip and inspiration, right here!)



Celebrity lifestyles:

Julia Roberts – “I walk my dog every day and travel to the grocery store like any normal mother,” Julia reports. “Fame won’t change my lifestyle and way of living with my family. Besides, I don’t have enough dresses to be constantly glamorous.

Ed Sheeran – “I like to keep myself busy”. Ed claims to wake up around 9AM every morning and chill out before a busy day. The pop legend says he “likes to spend time listening to or writing music through the day” and hang out with friends in the evening.

Paul Pogba – The all- star Man United player says “I treat myself to a morning breakfast. Some days it’s fruit and oats, and others it could be Nutella pancakes.” Pogba tries to work out as frequently as possible to maintain his fitness levels. He likes to spend time watching Netflix and “playing with the mates”.



Celebrity gossip:

Did Leonardo Dicaprio propose to Camila Morrone in quarantine? An issue from 2020, *Life and Style*, claimed Leo finally proposed and Camila said yes! Camila’s dad also allegedly gave the happy couple his blessing.

Shaqille O’Neal has been positively impacting complete strangers, making us love him even more! A couple months ago he helped a young man buy an engagement ring. Prior to that he bought furniture for a lady whose house had burnt down! Shaq is a big man with an even bigger heart!

Friends- Our favourite show returned to TV on May 27th with the main cast of the sitcom ‘Friends’ reuniting and reminiscing about their time filming, the bond they formed over the years and what made the show so special.

On May 15th, Ariana Grande married fiancée, Dalton Gomez in a ‘tiny and intimate’ wedding. Their wedding took place in Ariana’s California home according to reports, and newly released photos of the wedding have us totally mesmerised by the adorable newlyweds!

Celebrity inspiration:

Harry Styles- In December 2020, Harry Styles became the first male to ever appear solo on the cover of *vogue*. He tackled gender stereotypes wearing a stunning Gucci dress. Harry didn’t listen to any criticism and continues inspiring others by being himself.

Dolly Parton- While millions struggled financially through the pandemic, Dolly donated a million dollars to Vanderbilt university, which helped fund research for the Moderna vaccine for covid.

Josh Kraskinski – Just like us here at The Happy News team, during lockdown Josh started the web show ‘some good news’ bringing positivity into our homes during dark times. He shared funny, heart warming and motivating stories, and even hosted a virtual prom for fans stuck in quarantine!

The Weekend – The Weekend is constantly inspiring us all, in 2020, he donated 1 million dollars, with half of that going to MusiCare and frontline workers, and the other half going to charities fighting for racial equality.

Guess the Celebrity!

Can you identify the
celebrity by their...

EYES



CLUE: 🎤🎹🎵



CLUE: 🦋👗🎬

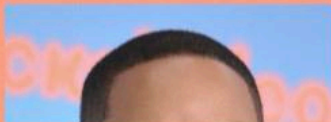


CLUE: 🧙📺💧

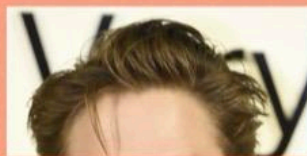
HAIR



CLUE: 🦉🎬🏆



CLUE: 🏀🎬🏆

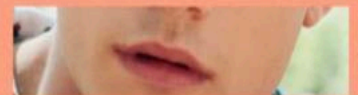


CLUE: 🧙🎬❤️

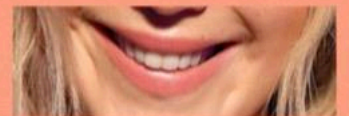
MOUTH



CLUE: 🎸🎤🐱



CLUE: 🎸🎤🎬



CLUE: 🎬📺✂️

Advertisement...



What is it?

Stage Stars is a drama group where young people sing, dance and act together!

Where is it?

The Barat Hall

When is it?

Saturdays, 1:30-2:30pm

Who runs it?

The drama queen herself, Miss Hamill!

FASHION

Vinted



What is this aesthetic?

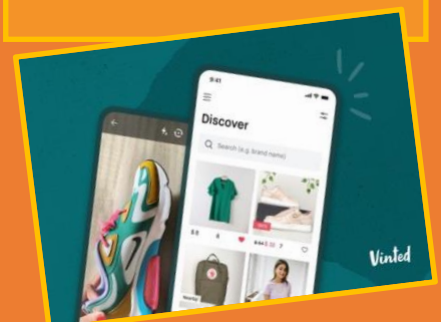
This is the aesthetic y2k (2000s). The Y2K era was the nickname for the decade following the year 2000. This name began in the late 90s, thanks to the increasing popularity of the internet and the worldwide technology boom! The Y2K era is also characterized by oversized flared pants, platform shoes, designer logo prints, and small accessories. Y2K replaced the Core '90s era which had been known for its darker, more serious tone, with aesthetics such as Grunge. Y2K peaked around late 1999/early 2000, coinciding with the turn of the millennium and apex of the dot-com



What Is this aesthetic?

This is the aesthetic Grunge. The term 'grunge' was adopted by the music industry for a style of music that had become wildly popular in the American northwest during the early 1990s. The term first appeared in 1972, but it did not become a popular term in widespread media until the late 1980s, influenced by the surge and decline of punk. They typically wore slip dresses with flannels, flannels and ripped jeans, and plaid in layers. Low-rise and ripped, wide-legged jeans.

Vinted is an app that was released in the year 2008, it was founded in Vilnius, Lithuania. Vinted has operations across 13 markets - France, Germany, Belgium, Spain, Italy, the Netherlands, Austria, Poland, Czech Republic, Lithuania, Luxembourg, UK and the U.S. and will be using the funding to double down on that while moving deeper into markets further afield. Many people use Vinted as a way to get rid of clothes, accessories, shoes and make-up that they don't use or need anymore whilst also earning money from it. Vinted is also used as a way to online thrift e.g. buying 70s clothes. Another cool thing about Vinted is that all ages can use it.



Fashion news

trends

Magnificent Mom jeans

Mom jeans are the new trend to swarm shops they are comfy, stylish and everyone is wearing them and they are suitable for any gender.

They were originally popular in the late 80s and 90s but today in 2021 they are back from the dead.

You can find mom jeans in places such as Primark, River Island, SHEIN ect.



Converse

Converse shoes can be worn with any outfit they come in hundreds of colours and for just a little extra you can get them customised with a design to make them your personal style.

Converse shoes are used all over the world for skating, walking etc they are truly the perfect city shoe. Converse can be found in JD Sports and most shoe shops globally.



Crop tops!

Crop tops have existed since the early 2000s but this year they have gotten ten times better with new fittings and new styles they are truly a summer must have!

They can be found in most female clothing shops to ever exist.



Biker shorts

Have you ever hated wearing shorts in the summer as they are so uncomfortable? If yes then let me introduce you to biker shorts.

Biker shorts are a great length and if paired with a baggy T shirt or a light sweatshirt it can really make that outfit just that little bit better. They are for any body type and come in a range of sizes you can find them in most sports shops such as Sports Direct, JD or Intersport.



Why not colour the fashion girls with the colours of the rainbow!!!



Fab fashion

How to look good on a budget

All of these goodies can be found at your local Primark. Why pay £30 when you can pay £20 Primark always has a lot to offer so get shopping!

Sponsored by Primark

Male.

- Denim shorts
- Striped shirt
- Strong hold hair gel
- Converse
- Sliders
- Denim jacket

Female.

- simple natural makeup
- Denim jacket
- Sliders
- Crop top
- Earrings
- Biker shorts

PRIMARK®

All of these goodies can be found at your local Primark. Why pay £30 when you can pay £20 Primark always has a lot to offer so get shopping!

Makeup Through the Years

Origination: The Egyptians

The earliest historical record of makeup comes from the 1st Dynasty of Egypt (c. 3100-2907 BC). Today, women and men wear makeup mainly to look good, but this was not the main reason for makeup originally. Archaeological evidence shows the Egyptian ladies were dolling themselves up to please the gods, as they felt their appearance was directly related to their spiritual worth. They applied eye makeup called mesdemet, a mixture of copper and lead ore, around their eyes. Green shades went on the lower eyelids; black and dark grey were applied to the eyelashes and upper eyelids. Dark colours were said to ward off 'evil eyes'. To complete the look around the eyes, they added almond shapes of dark- coloured powder (later called kohl).



The Vikings

Although there is no written evidence as to why Vikings actually wore make-up, most people suggest they wore it for protection from the sun or even war! Like the Egyptians, the main idea of Viking makeup was their eyeshadow and eyeliner- but their makeup looks were a lot more dramatic, with black being the main focus. They believed that using kohl and black henbane would protect their eyesight, but it was later proven that the substances they used were very harmful and toxic.



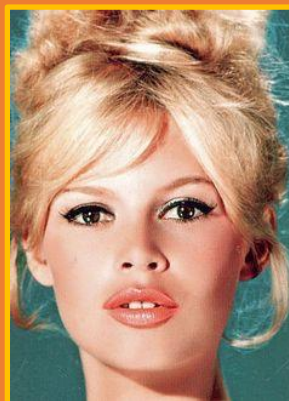
The Victorians

Makeup for ladies of leisure in the Victorian Era would consist of well plucked eyebrows, perhaps trimmed eyelashes and a dab of castor oil onto their eyelids and lashes. To hide freckles or redness they used rice powder, zinc oxide or pearl powder. For their lips they would use a substance such as beeswax for shine and protection, to which they may add crushed flowers for a tint of colour. To contrast their very pale skin, they would massage red beet juice or carmine dye into their cheeks. For bright eyes, they would add a drop of orange juice, as well as using poisonous belladonna to cause the pupils to dilate.



A More Recent Look: The 1960's

Looking into more recent makeup eras, the 60's started off with similarities to the late 50's; a flicked upper eye line, matte eyeshadow (mainly greys, greens and blues) on the eyelids, soft blush and lipsticks ranging from browns and soft reds to corals and pinks. As the decade continued, the focus shifted primarily to the eyes, with more dramatic eyeshadows and colours, and the rest of the face was kept soft and natural.



Y2K (Year 2000)

Makeup in the 2000's included shimmery blue and purple eyeshadows, extremely thin eyebrows, LOTS of lip gloss and rosy cheeks. The overall idea was shiny and dazzling makeup, yet a simple look.



Now

The past year may not have been a time to show off new makeup trends, but yet some iconic trends have submerged! The primary features of today's makeup are; simple hydrated, fresh looking skin with minimal base, fluffy and thick brows, and glossy lips. As far as eyeshadow trends this

and last year, we've had it all! Smokey eyes, throwbacks to the 60's and 90's, as well as even no eyeshadow at all!



"Caring about beauty, it is necessary to start with the heart and soul. Otherwise, no makeup will not help."
- Coco Chanel

Mindfulness

There are many different exercise and things you can do as part of Mindfulness.

Yoga is a very beneficial method of mindfulness. Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Yoga is something to be practised often and here are 8 different examples of good yoga poses.

- Child's Pose
- Downward-Facing Dog
- Plank Pose
- Four-Limbed Staff Pose
- Cobra Pose
- Tree Pose
- Triangle Pose
- Seated Half-Spinal Twist Pose



There are many apps out there to help you with mindfulness and working on yourself, for example the 'Calm' app.

Calm contains the standard mindfulness features for example, session timers, email reminders, progress tracking, program training, and an app community. There are audio and video features for example music, nature sounds and scenery.

How do I practice mindfulness and meditation?

Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful moment practices like taking time to pause and breathe when the phone rings instead of rushing to answer it.



30 AFFIRMATIONS TO BUILD CONFIDENCE

1. I am fearless.
2. I am always improving, but for today, I have the knowledge I need.
3. I am calm and mindful.
4. I am compassionate with others and myself.
5. I am a positive being, aware of my potential.
6. There are no blocks I cannot overcome.
7. I am strong and wise.
8. I love to meet other people and make new friends.
9. Life is beautiful.
10. I am my best source of motivation.
11. Challenges are opportunities to grow and improve.
12. I only attract positive people because I am a positive person myself.
13. I am unique and that's my Gift to the world.
14. I make a difference by showing up every day and doing my best.
15. I am becoming a better version of myself one day at a time.
16. My actions are intentional and they bring me closer to my goals.
17. I deserve what I want because my wish is pure and I have the required qualities.
18. I am solution-driven. I am not afraid of obstacles.
19. I am capable of accomplishing my tasks and responsibilities.
20. I am grateful for my journey and its lessons.
21. I have unlimited power.
22. I love myself and the circumstances life presents me.
23. I accept compliments easily because I know I deserve them.
24. Everything is possible.
25. I am creative and open to new solutions.
26. I am talented and intelligent.
27. My work fulfills me.
28. I acknowledge my Super Powers and use them to assist others.
29. I am enthusiastic, confident and persistent.
30. I let go of fearing mistakes and failure.



6 STEP BASIC BREATH AWARENESS MEDITATION

Breath awareness is a simple but powerful breathing meditation technique that puts the mind back into contact with the breath. It will make you more aware of your body and your physical being, and it will focus and relax your mind.

1

Set a timer for 3 minutes.

Make sure you're in a space free from distractions and that the temperature of the room is comfortable for you. Choose a comfortable place to sit.

2

Sit comfortably with your eyes closed.

Focus your attention on the present moment ... on sights, sounds and sensations. Thoughts will come up; simply ask these thoughts to slow down.

3

Focus your attention on your breath.

Observe your breath moving smoothly in and out of your body. Just simply observe it, like sitting on the shore of the ocean watching the waves coming and going.

4

Bring your mind back to the breath.

When your mind wanders, you may momentarily forget to focus on your breath. Simply bring your mind back to the present moment and back to your breath. Always return to the breath.

5

Let go of thoughts and feelings.

When thoughts and feelings come up, observe them, but do not attach to them. Non-attachment is observing from a distance. Just let the thoughts and feelings go. It's just a thought; nothing more.

6

Continue the meditation.

For 3 minutes, continue in this manner. Simply relax, breathe, focus, and let go, repeating the steps as necessary. Relax. Breathe. Focus. Let go.



All Things Gardening



Mini Beast Hotel

Why don't you make a new home for your incredible insects? Build a mini beast hotel full of natural materials, to provide spaces for your insects to explore.



Begonias are well loved for their large flamboyant blooms in a wide range of colours.



Sweet peas make fantastic cottage garden bedding plants.



Gardening and Mental Health

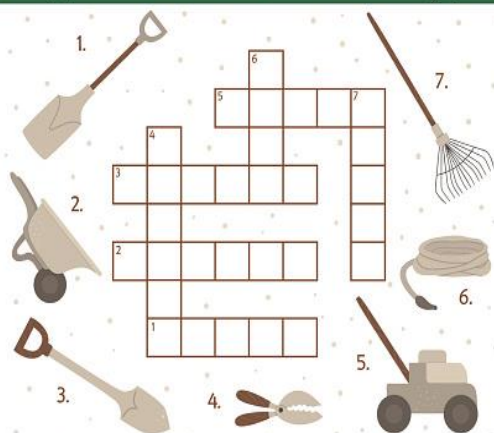
Even something as simple as having a plant on your desk can reduce stress and make you feel more energized and able to think more clearly, and many that suffer from anxiety or depression have found gardening and caring for plants to be incredibly beneficial.

Gardening is also a way of caring for something; sometimes just the satisfaction of keeping a houseplant alive, and the responsibility that comes with it, is enough to give us a sense of purpose and pride.

Indeed, the positive association with gardening was observed for a wide range of **health** outcomes, such as reductions in depression and anxiety symptoms, stress, mood disturbance, and BMI, as well as increases in quality of life, sense of community, physical activity levels, and cognitive function.

GARDEN TOOLS

— crossword puzzle —



Petunias are popular for their large trumpet flowers in a fantastic array of bright colours and patterns



The flower shop, Tom O'Kanes

Service options: In-store shopping
Address: 1 Moy Rd, Armagh BT61 8DH
Phone: 028 3751 1500
Province: Ulster



Hydrating fruits to eat during the summer

Eating vegetables and fruits rich in water content can help satisfy nutrient recommendations and keep you hydrated during the summer.

Mangoes – Up to 83% Water

Blueberries Up to 84% Water

Apples – Up to 86% Water

Pineapple – Up to 86% Water

Apricots – Up to 86% Water



SITCOMS

Sitcoms or 'situational comedies' have been around since about the 1940s and are loved by many. We all know 'Friends' and 'Brooklyn Nine Nine' but have you checked out these?



New Girl:

THEE unique and funny show about a girl who lives with three guy roommates revolving around all four of them & their friendships, love, careers, highs and lows that they face in their lives.

15+



Parks & Recreation:

This mockumentary is the perfect blend of friendships, relationships & hilarity. Probably my favourite show.

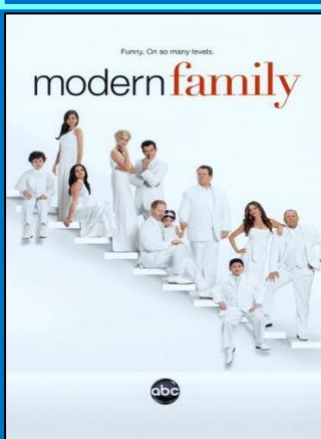
12+



Arrested Development:

The story of Michael Bluth and his slightly mad family is an incredibly respected comedy that never holds a dull moment.

15+



Modern Family:

The heart-warming tale of one big straight, gay, multicultural, traditional – happy family and their uniquely funny ways.

Pg/12+



The IT Crowd:

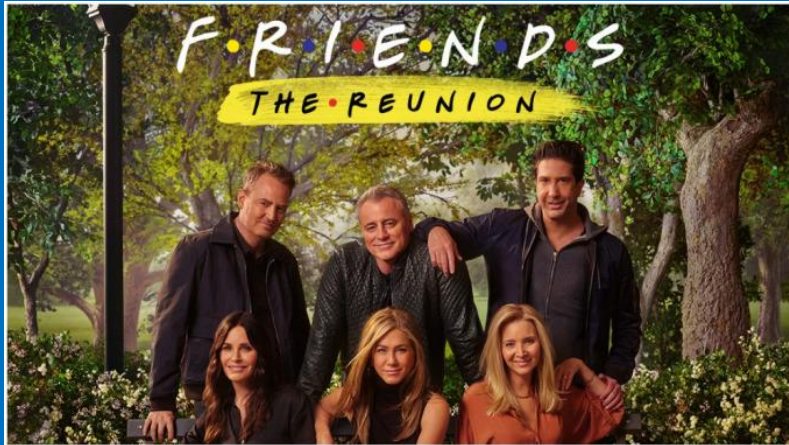
Commonly classed as the 'greatest sitcom ever', the IT Crowd is a British comedy following three work friends and their hilarious lives.

15+

CAN YOU GUESS THESE POPULAR SHOWS?

1. 🧛 🚲 1 1
2. 🧑 🏠 💰
3. 🧑 9 9
4. 🧑 ?
5. 🐯 🦄 🦄
6. 🐛 👜
7. 🌂 🏠
8. 🧑 = 🧛 🧛 🧛
9. 🧑 🤖
10. 🧑 🧛 🧑 🧛 🧑 🧛

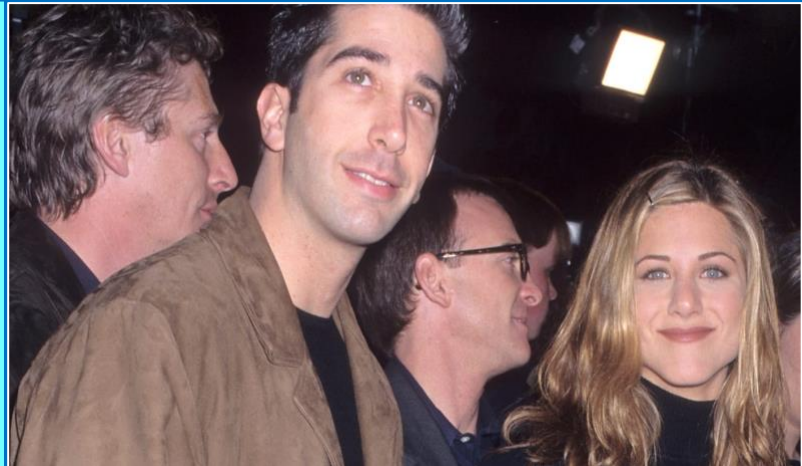
FRIENDS REUNION



On May 27th 2021, the main cast of the US sitcom 'Friends' reunited 17 years after the final episode to reminisce about their time filming, the bond they formed over the years, and what made the show special. Fans of the show LOVED this, and it soon became Sky One's most-watched show of all time. From tearful walks through the old set of the show to table reads of famous scenes, this reunion is FILLED with gossip, emotions and nostalgia that any 'Friends' fan will love!!

RACHEL AND ROSS: REAL LIFE CRUSHES?!

Fans were shocked as Jennifer Aniston and David Schwimmer revealed they 'crushed hard' on each other during filming and felt it was a 'bummer' that they had their first kiss on national television! No wonder they had so much chemistry on screen!!



FRIENDS MERCHANDISE



Central Perk LEGO
£62.95 on Amazon



FRIENDS pizza bath
salts

£15.00 on ASOS



FRIENDS X Revolution
mirror

£10.00 on Beauty Bay



Preparing your Perfect Playlist!

(with *The Happy Paper* music section!)



Music news:

We all saw it coming... Olivia Rodrigo is in her second week at number one in the artist 500.

Claire has returned with a new single titled "Blouse" teased via Instagram.

Billie Eilish's new single "Lost Cause" was released on Wednesday and is the 4th track to her up-coming album.

Dave Grohl and Krist Novoselic former band members from Nirvana reunite with Pat Smear and Violet Grohl on Jimmy Kimmel to sing "Heart-shaped Box".

New releases:

Looking for some new releases?
We got you!

Singles:

Lorde – Solar Power

Ava Max – Every Time I Cry

AJ Mitchell – One More Fight

James Arthur – September

Albums:

Maroon 5 – Jordi

Olivia Rodrigo – Sour

Marina – Ancient Dreams in a Modern Land

Twenty One Pilots – Scaled and Icy

Popular artists and genres:

Artists:

One Direction – 25,253,665
monthly listeners

Taylor Swift – 42,681,383
monthly listeners

The 1975 – 10,749,863
monthly listeners

Declan McKenna – 3,446,050
monthly listeners

Genres (ranked):

- | | |
|------------|--------------------|
| 1) Pop | 4) Indie |
| 2) Hip-Hop | 5) K-POP |
| 3) Rock | 6) Classical music |

if you like this music...then you'll love this.



Taylor Swift



Leyla Blue



Arctic Monkeys



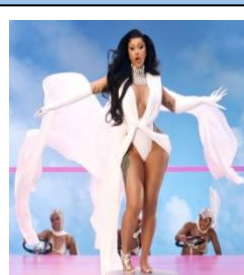
Catfish and the
Bottlemen



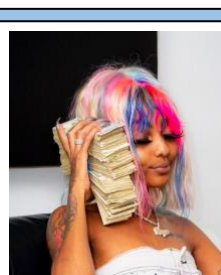
Post Malone



Lapsley



Cardi B



Baly Baby

- | | |
|----------------------------------|---------------------------------------|
| 1. 🐘 🌤️
- Cage the Elephant | 11. 🧊 🍌 🐒
- Arctic Monkeys |
| 2. 🍷 🎮 📶
- Harry Styles | 12. 🚫 💧 ❌ 😞
- Ariana Grande |
| 3. 🦄 🏃 🐯 🏰
- ABBA | 13. 📺 🍌 ❄️ 🌸 🌞
- Rex Orange County |
| 4. 🌞 🏖️ 📱 6 9
- Bryan Adams | 14. 🌞 ⌚ 😞 😞
- Lana Del Ray |
| 5. 🚗 😞 ❤️ ❤️
- Olivia Rodrigo | 15. 🟡
- Coldplay |
| 6. ☁️ 📱 9
- Beach Bunny | 16. 🍓 🌱 🌿 ∞
- The Beatles |
| 7. 🇧🇷
- Declan McKenna | 17. 😴 🚶 🌤️
- Fleetwood Mac |
| 8. ⭐ 🧐
- David Bowie | 18. 🗡️ 🐯 🏰
- Queen |
| 9. 🌊 👁️
- Billie Eilish | 19. 😞 ❌ 😞
- The Cure |
| 10. ❤️ 📦
- Nirvana | 20. 🕊️ 🕊️ 🕊️
- SZA |

Game Time!

Can you guess
the song name
using only these
emojis???

Advertisement...



St Catherine's College are proud to have been running a school choir for many, many years.

Where is it?

Miss Mallon's classroom.

When is it?

Break times, once a week.

Who runs it?

The singing sensation, Miss Mallon

What do they do?

The choir are always busy, from organising spring concerts to performing at school masses and events.

POETRY

WRITE YOUR OWN SONNET WITH THESE IMPORTANT TIPS:

Shakespearean sonnets -

- 3 quatrains
- 14 lines
- Four line stanzas
- Rhyming couplet
- Iambic pentameter (10 syllables)
- A rhyme scheme of abab cdcd efef gg

Petrarchan sonnets –

- 14 lines
- Eight line stanzas (octave)
- Rhyming abba abba
- A six-line stanza (sestet)
- Rhyming cdcdcd



Come to the new poetry class!

Taught by the King of sonnets himself: William Shakespeare!!!!

Starts every Wednesday from 3:25 – 4:15

Take a look at these different types of poems! – Centred on friendship!



Carl Setzer - (Haiku)

Each Moment grace
Talking with friends of
fears
As the rain falls



Friends - Allen Steble (Limerick)

Value your true and closest friends
When they're down help them to mend
Their trust do not betray
Their help do not delay
Stick with them till the very end

Sonnet 104 - William Shakespeare - (Sonnet)

To me, fair friend, you never can be old,
For as you were when first your eye I
eyed,

Such seems your beauty still. Three
winters cold

Have from the forests shook three
summers' pride,

Three beauteous springs to yellow
autumn turned

In process of the seasons have I seen,

Three April perfumes in three hot Junes
burned,

Since first I saw you fresh, which yet are
green.

Ah, yet doth beauty, like a dial-hand,

Steal from his figure, and no pace
perceived;

So your sweet hue, which methinks still,
doth stand,

Hath motion, and mine eye may be
deceived:

For fear of which, hear this, thou age
unbred:

Ere you were born was beauty's summer
dead.

Saoirse Palmer – (Sonnet)

I'll take your hand in life's
resentful gaze,
And search the moon for
absolute hope,
We'll lead each other through
life's weighted ways,
We'll pull each other through
life's inching slope.

Come dance with me through
harsh reality,
I'll shelter you from inhumane
phrases,
Even when the moonlight hits,
we're free,
We'll unveil the way of human
mazes.

Seeking comfort, I will rely on
you,
Rely on me with ever loving
trust,
We'll share our faith; conjoined,
unscrewed,
But, having time to ourselves is a
must,

Dear platonic soul mate, let's
search the moon
And if you depart, I'll still wait
here for you.

Have a go at this game! Fill in the missing spaces of the poem:

I'm a vegetarian Lion, I've given up all 1_, I've given up all roaring all I do is go tweet-tweet. I never ever sink my 2_ into some animal's skin; it only lets the blood run out and lets the germs rush in. I used to be ferocious, I even tried to 3_! But the sight of all the blood made me feel quite 4_. I once attacked an Elephant; I sprang straight at his head. I woke up three 5_ later In a Jungle hospital 6_. Now I just eat carrots, they're 7_ to kill, 'Cos when I pounce upon them, they all remain quite 8_!



ASTROLOGY



June 2021 lessons

Predicted by @MkyeThomas

ARIES: Open your mind to new ideas now. Learn everything that you can.

TAURUS: Turn your talents into gold. You can build wealth faster than anyone now.

GEMINI: Step into the spotlight. You are the brightest star in the sky.

CANCER: Release your demons. Do not let trauma, fears, or addictions haunt you.

LEO: Shake it up with your crew. Now's the best time to build your network.

VIRGO: Launch toward your ambitions. Show why you're beyond your competition.



LIBRA: Find ways to broaden your mind and spirit. It is time to spread your wings.

SCORPIO: Embrace your vulnerability. You deserve intimacy, so don't run away.

SAGITTARIUS: Dance with a twin flame. Life is better when you're on an adventure side-by-side.

CAPRICORN: Build a routine that supports a healthy lifestyle. Don't run yourself down.

AQUARIUS: Allow love to fill you up in every way. You shall paint your romance upon the stars.

PISCES: Find a steady base. You always need the safety of a cove to swim back to.

How To Find Your Big 3 ✨ ✨ ✨

Our "big 3" is made up of our sun, moon and rising sign. Each of these placements, along with the other planets within your chart, rule over a certain aspect of your personality and your life. The sun sign is the most well-known, representing your identity and individuality. Your moon sign is your inner emotions and subconscious feelings while your rising/ascendant is your social personality, how you appear to others. You can calculate your birth chart at <https://astro.cafeastrology.com/natal.php> or even get it on your Snapchat account! You can also find your astrological compatibility with friends and celebrities.

Zodiacs in one word

- ♈ **Aries** - Talkative
- ♉ **Taurus** - Confusing
- ♊ **Gemini** - Chill
- ♋ **Leo** - Attractive
- ♌ **Cancer** - Legal
- ♍ **Libra** - Loving
- ♎ **Virgo** - Realistic
- ♏ **Scorpio** - Perfection
- ♐ **Sagittarius** - Private
- ♑ **Capricorn** - Humorous
- ♒ **Aquarius** - Crazy
- ♓ **Pisces** - Determined

@horo.scopesdaily on instagram

Zodiac

DDNLSXKKDDPISCESGSDWMVCO
DELVPVZXSNMNEIDFEHWTOIX
FYZSKRZTCGSTPAHMYSLNAUQPO
NWRBTOXOXAKEQUIMSLMNVGB
CRAMIDVFABRXANGXSHANNARQ
XIOSTBNVJSLMICYTHYSNAXBX
TNPCHQUDOVDRXIUNTJYCKKR
LWAYIUFRNBBSQJBAOELHSRH
ZWD AURAYZMCBNAPBWJAPJIJ
AMROCLPOJVTAVQDGSJUAWDLXM
JGLUITPAJZYVZVRCDYDSEIRA
DIHTLRYHCCMLMOBITPGUVMRL
UFYMJOGWNQMRPAPVPTKUIADZ
FLLLJJJOHYVPKQBSQFARUDTJ
PBIVVPJOIFYISLDRCEERRRXCVM
VEYQLAEWYOYJQOYAWSLOIOWL
TWJRGJSYOAGSTBYNZJCDUSLP
AGWJFLBOBPZAZNYCNEMLUMKS
UDCANHJFXNEZLMREQWIFEXXG
RUINIWJTNRWIHLERQRRYJHYV
UTVKIAURCHCPGKYAJEBZYSBS
SOGFJNWPJGJMRRIUHTZODIAC
ATYIRTWBVBHQBQQKROGXCGNG
ARBILUPVIRGOUAOKERXPXSWL

Personality	Claudia	Creators	Shanna
Pisces	Capricorn	Aquarius	Sagittarius
Libra	Leo	Cancer	Gemini
Aries	Taurus	Scorpio	Virgo
Zodiac			

HOROSCOPE PERSONAL TRAITS

Aries mar 21-apr 20 Adventurous and energetic Pioneering and courageous Enthusiastic and confident Dynamic and quick-witted Selfish and quick-tempered Impulsive and impatient Fearless and daring	Taurus apr 21-may 21 Patient and reliable Practical and hardworking Persistent and determined Steady and secure Sensual and pleasure-loving Ambitious and goal-oriented Loyal and devoted	Gemini may 22-jun 21 Adaptable and versatile Communicative and witty Intellectual and curious Social and friendly Nervous and tense Superficial and inconsistent Curious and inquisitive
Cancer jun 22-jul 22 Emotional and loving Intuitive and imaginative Nurturing and caring Protective and sympathetic Charmable and witty Domestic and cozy Clinging and unable to let go	Leo jul 23-aug 23 Generous and confident Creative and enthusiastic Proud and dramatic Charismatic and magnetic Pampered and generous Warm and generous Dramatic and confident	Virgo aug 24-sep 23 Modest and shy Analytical and logical Practical and efficient Intelligent and analytical Fastidious and detail-oriented Hardworking and diligent Perfectionist and conservative
Libra sep 24-oct 23 Diplomatic and charming Romantic and idealistic Fair and just Social and graceful Indecisive and indecisive Glib and easily influenced Elegant and sophisticated	Scorpio oct 24-nov 23 Determined and powerful Mysterious and enigmatic Intense and passionate Loyal and devoted Jealous and possessive Secretive and suspicious Intuitive and psychic	Sagittarius nov 24-dec 23 Optimistic and freedom-loving Idealistic and adventurous Honest and straightforward Intellectual and philosophical Steady and reliable Responsible and dignified Facts and logic
Capricorn dec 24-jan 20 Practical and prudent Ambitious and disciplined Patient and careful Hardworking and serious Reserved and dignified Moody and grumpy	Aquarius jan 21-feb 19 Friendly and humanitarian Human and idealistic Original and innovative Independent and intellectual Unpredictable and curious Friendly and approachable Unconventional and detached	Pisces feb 20-mar 20 Imaginative and sensitive Compassionate and kind Idealistic and spiritual Intuitive and psychic Escapist and dreamy Secretive and shy Weak-willed and easily led

Etsy

HanburyStudio

Local seller | 4,285 sales | ★★★★★

EquinoxCrystal

Local seller | 1,843 sales | ★★★★★

TheAuroraGiftshop

Local seller | 915 sales | ★★★★★



Summer Recipes

Ingredients:

Watermelon & Raspberry Lollies:

¼ watermelon & 200g raspberries

Tropical Mango Lollies:

2 ripe medium mangoes & juice of 2 limes

Blackberry & Orange Lollies:

300g blackberries & juice of 2 oranges

Instructions:

Watermelon & Raspberry Lollies:

Cut the flesh from the watermelon and remove the seeds. Place in a food processor or blender with the raspberries. Blend until smooth, then strain through a sieve into a large jug. Pour into ice lolly moulds and freeze for at least 4 hours. To remove lollies from moulds, dip them briefly into hot water to loosen the lollies. Use as required.

Tropical Mango Lollies:

Peel the mangos and cut the flesh off the stone. Place in a food processor or blender with the lime juice, then blitz until smooth. Finish as described above.

Blackberry & Orange Lollies:

Place the blackberries in a food processor or blender with the orange juice. Blend until smooth, then press through a sieve into a large jug. Finish as described above.



Tropical Smoothie Recipe

Ingredients:

- 1 cup frozen mango chunks
- 1 cup frozen strawberries
- 1 cup ice
- 1 frozen banana, sliced
- 1/2 cup milk
- 1/2 cup water
- 1/4 cup orange juice
- 1/4 cup plain Greek yogurt
- 1 teaspoon honey

Instructions

Combine all of the ingredients in a blender and blend until smooth.

Visit @bakesbyeve on Instagram.

DM to order.

County Armagh area.

Homemade custom cakes of your choice! Chocolate, vanilla, red velvet, anything you want, Eve can make!



Method:

Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.

Ingredients:

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries



*"Cooking and baking
is both physical and
mental therapy"*
Mary Berry

Desserts Word Search

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



BROWNIE
CAKE
CHEESECAKE
CHOCOLATE
COBBLER
COOKIE
CUPCAKE
DOUGHNUT

FLAN
FRUIT
FUDGE
ICE CREAM
MILKSHAKE
MOUSSE
PARFAIT
PASTY

PIE
PUDDING
SMORES
SORBET
SUNDAE
TART
TRIFLE
TRUFFLE



CRAYONSANDCRAVINGS.COM

Foods That Boost Your MOOD & ENERGY

- CASHEWS/ALMONDS/HAZELNUTS
- SPOONFUL OF HONEY
- SALMON/LEAN MEATS
- BANANAS
- LEAFY GREENS/SPINACH
- APPLES
- ORANGES
- SWEET POTATO
- WATER
- DARK CHOCOLATE
- COFFEE
- TEA
- YOGURT
- EGGS



Method:

STEP 1: Line a 20cm cake tin or dish (either a square or rectangle works well) with cling film, leaving an overhang. Whip 500ml of the cream, the vanilla, orange blossom water and 125g icing sugar with an electric whisk until thick and billowy.

STEP 2: Add a layer of biscuits to the tin, and spoon over some of the cream, about 1cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries until you fill the tin, finishing on a layer of biscuit. You'll have some strawberries left over to serve. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.

STEP 3: To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100ml cream with 1tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining 1 tbsp icing sugar, and sprinkle the biscuit crumbs in between the rows of strawberries. Cut into slices to serve.

Ingredients:

- 600ml double cream
- 1 tbsp vanilla bean paste
- 1 tbsp orange blossom water
- 125g icing sugar, plus 2 tbsp
- 500g shortcake biscuits, plus 3 crushed
- 350g strawberries, sliced





SUMMER BUCKET LIST



- > Try an ice-cream flavour you've never had.
- > Have a movie night in the back garden.
- > Have a themed party.
- > Buy a digital camera and document your summer on it.
- > Go camping.
- > Put flowers on graves that don't have any.

- > Buy matching rings.
- > Self-Care week (face masks, walking, reading)
- > Go to the beach.
- > Listen to a podcast.
- > Do an all-nighter and watch the sunrise.
- > Go strawberry picking.

Teacher: "So what did you do this summer?"

You: "I did everything from the Happy News Summer Bucket List!"

- > Buy a cheap t-shirt and design it.
- > Try a recipe from the "Summer Recipes".
- > Make a summer playlist.
- > Buy a day ticket for the bus and go anywhere.
- > Buy a regal dress from a thrift/charity shop.
- > Make a 3-course breakfast.
- > Organise a picnic.
- > Go on a hike.
- > Movie marathon.
- > Trampoline sleepover.
- > Go to the beach.
- > Buy matching rings.
- > Redecorate your room.

This or That?

A		B
beach	or	pool
movies	or	reading
extroverted	or	introverted
snapchat	or	pinterest
dogs	or	cats
dancing	or	art
domino's	or	mcdonald's



Goodbye Years 12 & 14!

In May 2021, we said goodbye to two wonderful year groups! Although many Year 12 students will of course be returning to St Catherine's in September for A Levels, others will be beginning brand-new adventures elsewhere. Good luck everyone – make sure to come back soon and tell us all about your adventures!



Miss G
@MathsG902

Last Ever Maths Class with this lot! They have come along way from Year 8 ➡ Fly high Year 12!
#those5yearshaveflownby #GCSEMaths 🇮🇪 🇬🇧



stcatherinesarmagh @stcatherines247 · May 14

A beautiful mass today for our departing Year 14 students. The highlight of an emotional and enjoyable day with Cor Unum at its centre.
#greentartanskirt #stcats #corunum



8 56

StCatherinesHomeEc @StCatsHomeEc · May 25

My last cookery practical with this amazing bunch of year 12 students. The dish of choice was chicken fajitas. This was our penultimate enrichment class 😊😞 Check in tomorrow for our final farewell enrichment session. #foodskillsforlife #hebestsubjectever



1 9

RE@StCatsArmagh @REStCatherines1 · May 13

Always smiling 😊 sad to see these girls go! Always follow your dreams and good luck in all that you do 💚💛❤️ God Bless @stcatherines247



4 20

stcatherinesenglish @stcatherineseng · May 12

T'was the worst of times but it was also the BEST of times with these united, fun, talented EngLit pupils! Iced caramel lattes were enjoyed in praise of their resilience, good humour & commitment. We will MISS you! #teamengforever #corunum @stcatssixthform @stcatherines247



2 25

How lucky I
am to have
something
that makes
saying goodbye
so hard.



Five Fantastic Years!

So the time has come...

After coming into first year scared and nervous in 2016, I am finally leaving on the 27th May 2021. I am emotional but thankful.

If school has taught me anything it's that people in your form class are the most important people in your life and you will have to learn to tolerate them even if you don't get along. But for the most part you tend to be the closest with your form class and you learn something new about each other every day, they make your life in school bearable and enjoyable.

I am leaving with hopes that what I study in SRC will bring me closer to my career path and that I will still keep in contact with my classmates as that will be the hardest thing to let go when I leave.

But hear me out to people who think these are the worst days of your life... yes you have to go to class and learn things you may not need in the future, but you will never make such memories anywhere else and enjoy it while it lasts! Whatever you choose at the end of 5th year, when you are deciding if you want to stay on for A levels or if you want to move on and study something in SRC, it will be a difficult choice and either way it will be something new and exciting.

I've gone through a lot of ups and downs and I've met so many new people and teachers and have grown bonds with teachers you could say 'teacher besties', which I know others have too, this school offers so much love and support and makes you feel welcome every day.

Saint Catherine's, a school that I attended for the last 5 years, has been an incredible experience. Sure it has been rough and hard at times (especially during the years 2020-2021 with the lockdowns and covid-19 virus) but all the teachers had made it bearable and were always so understanding.

So to all the teachers that have taught me since 2016- THANK YOU! You have been incredible, and I will always be grateful.

By: Gabriele Askelovic 12C ☺

Girls Just Wanna Have Sun!

Girls Just Wanna Have Sun



I can't wait for summer! I have EVERYTHING planned. I will be going up town, to the beach, to lakes, for long walks, and having fun with my family and friends (if COVID lets us, of course!)

Last summer I missed out so much because of this virus, but this year I have it all planned! Hopefully I can go to Lithuania and see my other family because it is heart breaking that I can't see them right now because of all this madness!

I will have so much days with my friends, we will be going shopping almost every weekend, I should probably get a summer job. We will be going everywhere possible, and just enjoying the moment for as long as we can.

I can't wait to go to the beach!!! It is about time! I really want to go to Dunluce Castle, and go under the caves. Hopefully no rocks drop on my head... Afterwards I want to go to the Portrush beach and just get my perfect summer tan!

To do list:

- *Find a part time summer job
- *Go to the beach
- *Go shopping
- *Go to the zoo
- *Go to a nice restaurant
- *Celebrate my friends 16th birthdays!
- *Just have fun!!!



By: Gabija Suminskaite

Pictures To Make You ☺



By: Sanija Meija

Senior School Creative Corner

Inside my Mind

OPEN the cover,
Turn the page ,
Ink engraving my mind,
That comforting smell invading my senses,
Words blur into pages,
Chapter after chapter,
Book by book,
Mind growing wider,
Although the places change the feeling never does,
Freedom,
Confidence,
Joy,
From leading armies, to painting skies,
From dragons to goldfish,
The rush, the excitement,
Words connecting together like stars
mapping out the constellation of my soul,
Lifting me so high,
the feeling of flying is in reach with a single stroke of
a pen,
My worries being forgotten like the crumpled up
receipt being used as a bookmark
Creating worlds
Living thousands of lives
All in paper bound together by the ideas of the past.



By Kacey Quigley Y13

BOOK TOK...

At this point, with the whole teenage population on Tiktok, we all know there are many different types of videos.

From dancing to DIY, from makeup to one-minute movies. But the best side of Tiktok is... that's BookTok.

It never occurred to me that so many people sat down to read every night and, like me, when they open a book and like it, won't stop reading until the very last word – usually staying up to 3am!

So here are the top 10 Book Tok recommendations:

1. The Grishaverse series - Leigh Bardugo (Shadow and Bone trilogy, Six of Crows Duology, King of Scars duology)
2. Song of Achilles - Madeline Miller
3. Midnight library - Matt Haig
4. They Both Die at the End - Adam Silvera
5. Cinderella is Dead - Kalynn Bayron
6. Red White and Royal Blue - Casey McQuiston
7. Night Circus- Erin Morgenstern (this is my current read and it is excellent so far)
8. We Hunt the Flame - Hafsah Faizal (we free the stars)
9. Red Queen - Victoria Aveyard (5 book series)
10. These Violent Delights- Chloe Gong (our violent ends)

Year 12 recommends...

Books

New Releases 2021:



Recommended books:



This gripping novel is about a series of parallel worlds, similar worlds to Earth that can be accessed using a device called the 'stepper.' Joshua Valente, a 'natural stepper' teams up with Lobsang, a reincarnated Tibetan motorcycle repairman, to explore these worlds.

★★★★★



Harry Potter stumbles across a letter that reveals he is no ordinary boy, but in fact a wizard. The letter tells him that he has been awarded a place in Hogwarts. He comes across obstacles such as an evil wizard called, 'Voldemort' while making new friends and having adventures

★★★★★



Tris lives in a society where people are divided into five factions. Everyone must choose a faction and permanently commit. Tris finds out she is 'divergent,' something that is condemned within society. Follow her as she navigates her way through being an outcast while meeting an unassuming and brooding boy named, 'Four.'

★★★★★

By: Aleina, Clara, Molly and Megan

HAPPY ANIMALS HAPPY HOME

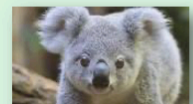
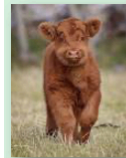
WHY SHOULD YOU HAVE A PET?

- Owning a pet can make you more responsible!!
- A pet will always love you whether you are rich or poor.
- BONUS POINT THEY ARE ADORABLEEE

HEALTH BENEFITS OF OWNING A PET!!

- Decreased blood pressure
- Decreased cholesterol levels.
- Decreased feelings of loneliness.

SEE PICS OF OUR RECOMMENDED PETS!



Why Own A Pet?

By: Amber, Holly and Paula

Chocolate Orange Brownies

Ingredients needed:

- 200g butter, chopped
- 200g dark chocolate, roughly chopped
- Zest of 1 large orange
- 4 large eggs
- 350g caster sugar
- 100g plain flour
- 50g cocoa powder
- 100g dark chocolate orange, chopped



Follow the steps:

STEP 1

Heat oven to 180C/160C fan/gas 4 and line a brownie tin with grease proof paper. Put the butter, dark chocolate and orange zest in a non-stick saucepan and very gently melt over a low heat, stirring every now and then, until smooth – take care not to overheat it. Then let it cool.

STEP 2

Whisk the eggs and sugar together with an electric whisk until the mixture has doubled in volume and leaves a trail when the beaters are lifted. Gently stir into the cooled chocolate mixture. Sift over the flour and cocoa, stir in, then add the orange chocolate chunks.

STEP 3

Pour into the lined tin and bake for 35-40 minutes. Let it cool in the tin, then cut into squares.

By: Niamh Trainor

TEACH THE TEACHER

	2016	2017	2018	2019	2020	2021
1	One	Lit	Lit	Lit	Yeet	Rona/Vid*
2	Fleek	Bae	Dope	Yeet	Boomer	Yeet
3	Bae	One	Fetch	Drip	Lit	Sus*
4	Lit	Fetch	Fleek	Bet	Cap	Lit
5	Dab	Dope	Bet	Fetch	Bet	Simp*
6	Fetch	Fleek	Yolo	Dope	Dope	Poggers*
7	Scholnged	Dab	Yeet	Bro	Tea	Cap
8	Bazinga	Swag	Woke	Tea	Woke	Bet
9	Bruh	Fam	Bruh	Dab	Fire	Dope
10	Swag	Yeet	Bae	Shook	Slaps	Fire

Internet Acronyms

- LOL - Laugh out loud
- PPL - People
- BTW - By the way
- AMA - ask me anything
- IKR - I know right
- OMG - Oh my god
- IDK - I don't know
- THX - Thanks
- JK - Just kidding
- FYI - For your information
- ILY - I love you
- BHY - To be honest
- SMH - Shaking my head
- IMO - In my opinion
- BRB - Be right back
- IDC - I don't care
- TGIF - Thank God it's Friday
- TMI - Too much information
- NM - Not much
- HMU - Hit me up
- NMW - Never mind
- OMW - On my way
- TTYL - Talk to you later
- AFK - As far as I know
- LMK - Let me know
- HMB - Hit me back
- TTYL - Talk to you soon
- ICYMI - In case you missed it
- AKA - Also known as
- CU - See you
- FAQ - Frequently asked questions
- TBA - To be announced
- HBD - Happy birthday

TOP TikTok

Rank	Song	Rank	Song	Rank	Song
1	Montero (Call Me By Your Name)	1	Montero (Call Me By Your Name)	1	Montero (Call Me By Your Name)
2	Save Your Tears	2	Save Your Tears	2	Save Your Tears
3	Blinding Lights	3	Blinding Lights	3	Blinding Lights
4	Save Your Tears	4	Save Your Tears	4	Save Your Tears
5	Save Your Tears	5	Save Your Tears	5	Save Your Tears

TOP TRENDING TIKTOK SONGS

Rank	Song	Rank	Song	Rank	Song
1	Montero (Call Me By Your Name)	1	Montero (Call Me By Your Name)	1	Montero (Call Me By Your Name)
2	Save Your Tears	2	Save Your Tears	2	Save Your Tears
3	Blinding Lights	3	Blinding Lights	3	Blinding Lights
4	Save Your Tears	4	Save Your Tears	4	Save Your Tears
5	Save Your Tears	5	Save Your Tears	5	Save Your Tears

Term/Saying	Definition
A force	Unnecessarily excessive effort
Bang 30s	To fight someone, as in a physical altercation
Beat your face/cake your face	Apply makeup
bops	A modern enjoyable song
bouta	I am about to...
bread	Future money
Catch a fade/catch these hands	To get punched and/or knocked out
Clap back	Respond to an insult with an equal or greater insult
clapped	A crazy person; someone who was punched
crackie	Someone who jacks/breaches
cross fade	Doubly vibrated

By: Caitlin Rath

Contributions to the Paper from budding journalists across the school

Due to It Who Must Not Be Named (Coronavirus) we were unable to have a team of journalists from every year group working on The Happy Paper this year so we decided to include this section where anyone from the school could contribute!

Poem by Chloe Molloy

Remember your heart,
Your intelligence,
Your beauty.

Remember you are brave
You are strong,
You are independent.

Remember you're a woman!

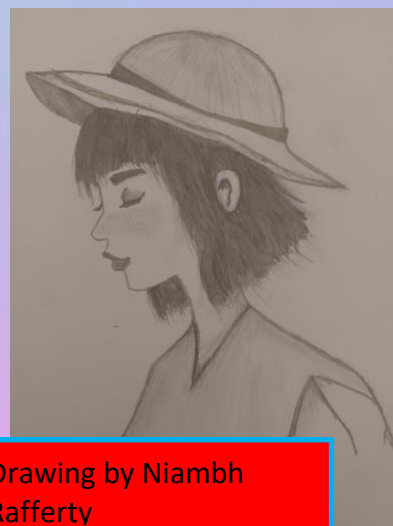
Don't forget your skills,
Your talents,
Your power.

Always use your voice,
Your brain,
Your kindness.

Because you are a woman!

Our pupils remained creative throughout lockdown!

Cardboard model made by Seba Favad



Drawing by Niambh Rafferty



Creative calculator by Aoife Molloy



Sketches done by Aoife McKenna

Hairbands made by Erin Stevens



My favourite Book!



This book tells us how the Mad Hatter from Alice and the Wonderland went mad and how the Queen of Hearts was made queen and how she was once just a girl...

Book recommendation from Maeve Hayes



Painting done by Ellie-Rose White

My Cat

By Eva Tsonkova

He is my fluffy cold pillow in the cold night.
When I feel down he fills me with joy and happiness.

He is my playful little shining star in the dark night
Grey fur like the stormy clouds
Chasing mice around the house like a spreading ghost

We snuggle together as you purr in delight
When I see your silver shining fur I wonder if
explorers found you in the mines.



Chocolate Heaven! Made by Clodagh Barlow



Delicious scones made by Anna Despard

My Horror Story The Aftons

By Evana Bejoy
9A

William wakes up for his usual eleven cups of coffee and his toast before heading to his animatronic office to fix Freddy, Bonnie, Chica and Foxy after they battle each other to death, trying to be the group leader. Clara dances in the kitchen. Michael up in the vents talking to Ennard who's eating exotic butters. Elizabeth catches up on all the years she missed with Terrance. Chris trying to get some sleep while Vanny showing off her bloody stained knives from different events and finally Glitch Trap trying to control William to make his life miserable. Ahh the daily life of the Aftons. But I'm surprised not to hear little kids screaming. That my child is the daily life of the Aftons family.

FLASH, the lights flicker and all you can hear are screams of children. FNAF were stuck in a dark damp bloody room filled with a scooping machine, a guillotine, a spring lock room. As they ventured through the musty corridor Bonnie screamed "Aaahhhhh something grabbed my leg. Foxy helped me!" "Grabbed on to me Bonnie. Freddy, Chica help me with Bonnie!" As they hauled him up they saw a bright misty light as the head towards it shut and the big bolted door shut. In the room the mystic was in and saw a strange looking guy. Chica asked "How are you?" The voice replied "The name William. William Afton. A large sudden gasp. Foxy got so filled with anger all he saw was red. William said "Come on Foxy. I know you want to kill me but you can't kill someone who is already dead. "You stay on your side and we stay on our side Afton!" Said Freddy.

Meanwhile back at a basement, Clara was teaching the animatronics at Five Nights at Freddy's: Sister Location. "Ok. Let's begin, shall we now one two three, one two three and slide then twirl and bow! Well done Guys that was amazing! Well I have to go bye." Bye" said all the animatronics as they powered down. Terrance was hanging with Vanny in the park when Karen ruined the wonderful moments by saying to Vanny that she was the most hideous person she had ever seen. "Excuse me young man, why would you spend time with such a discriminating person?" Terrance filled with anger and confusion said "I spend my time with her because she is the best person I have ever met and you dare say that. It's none of your business. HOW DARE YOU! I WOULD LIKE TO SPEAK TO YOUR MANAGER AND I'M CALLING THE COPS!" Hey lady, I have no manager. Plus you can't call the cops on someone who's dead. "So Bye Sucker. Let's go Vanny. While at home, Chris and Elizabeth create a London Fashion Show in the house with Nightmare and Goldie as the elegant models.

Michael was in his room with Ennard who was blabbing on and on about how exotic butters were the best food in the entire universe when suddenly a vortex opened up and sucked him in with Ennard in him. As they went through the portal, Ennard asked "Eggs? Do you think that wherever we're going there will be exotic butters?" "First, My name is Michael, not Eggs and second you only think about your butters" said Michael annoyingly. "Where are we? I don't know" but why are those idiots here? On the other side you could see Fredrick, Simon and Mark Michael's so called friends along with Aaron. Aaron asked "Who is that dweeb?" "Aaron, remember when we talked about Michael? That dweeb is him" replied Mark.

Back in the room, tension was filling between Foxy and William, just then Elizabeth fell from the sky. William raced over to stop her from falling and caught her. Freddy screeched out loud saying "Stay away from her William, I'm not letting you kill anyone else like you killed us" Elizabeth got frustrated and turned into Circus Baby and pushed Freddy away "Stay away from my daddy!" The others were surprised "Daddy?" "Yes... I'm her father. I have a wife and four kids and Elizabeth you... didn't listen." said William "Sorry dad and what do they mean like you killed us" confusingly asked Elizabeth "Well Eli, I didn't kill them" sorrowfully said William.

Chica asked "You didn't..... but then who did?"

William explains that when he was young his father would bully him and his mother. Everyday after school, he would beat William up. Sometimes if he was in a good or bad mood he would make William his personal assistant and his mother couldn't do anything because if she did she would get shocked and yes he put a shocker on her. Then one day his father took it too far and killed his mother in an attempt in murdering him. He ran away from his father and into the forest where he met Glitch Trap. They became the best of friends and weeks after Glitch asked how he was in the forest then he told him the story and Glitch was furious and told that he could get revenge. At first he said no but Glitchtrap reminded him what his father did and he let Glitch Trap into his mind. After Glitch killed William's father William's eyes became white and when his eyes turned purple it was Glitch and well you know the rest. He controlled me and he was the one who killed you but you didn't know so I got spring-locked and now I'm Springtrap. All of them crying out said "We killed the wrong person. We're sorry William" "It's ok I forgive you" See you later I will come over to redesign you all. Come on Eli" said William, happy to be forgiven as the portal opened to reach home.

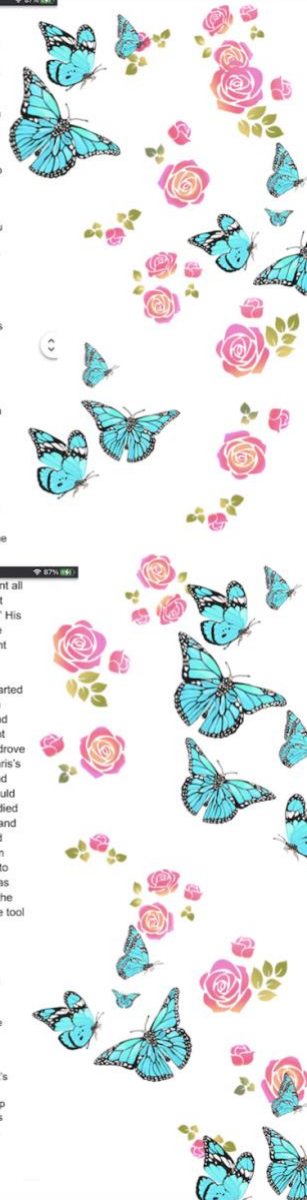
Meanwhile thing were getting better with Michael, "Michael is that person, he looks like a brat and the prank you guys did on Chris's birthday was hilarious," said Aaron Then, a flash of light appeared in the room and Chris came falling in. "I got you Chris" replied Michael as he caught Chris. "Mike! What are you doing here and most importantly why are they?" flustered Chris as he saw his bullies across the room.

"Hi I'm Aaron, I thought you were dead, you guys lied. You all are a bunch of dweebs and brats" Mark and Simon came up and said "Chris? We saw you die right in front of us" Michael slyly said "Let me tell you a story Chris."

"When I was young Me and Terrance were the best of friends and mom and dad loved us equally but then you and Eli came and got all the attention. They didn't care about me. Then Terry died, they mourned but not as much as me. After that I made good friends and they were more like family. Then one day, my so called friends told me to bully Chris and I didn't they would bully me and hurt Chris. But then they told a plan on your birthday that they

would lift you up at Fredbear's mouth. So it happened but it went all wrong and.... you died. Mom and dad fought a lot then Eli went missing, mom died and dad disappeared and I got depression." His bullies/past friends apologised but Chris and Mike didn't forgive them and gave them to Glitch Trap to do his thing and they went home.

William died because Glitchtrap controlled him and killed twenty four kids and some of the kids' souls came and started to haunt him. One day the spirits trapped him in a broken down animatronic and the springs in the robot are part of William. And now he's Springtrap. Clara died because William and her fought and she turned insane, jumped in the car then without thinking drove off the cliff. Michael found the body while visiting his brother Chris's grave. He took the body and created an animatronic for her and named it Ballora. William and Clara fought because William would never spend time with Michael and come home late. Terrance died by being locked in the basement. Glitchtrap controlled William and stuffed him in a room for hours. One day that evil parasite killed him. Terry turned into an angel and took care of Chris in heaven plus looked out for Michael from above. Michael died by trying to find Elizabeth in Five Nights at Freddy's: Sister Location. He was the night guard and Circus Baby and Funtime Ennard created the plan. CB brought Mike to the scooping room and said it was the tool room while Ennard turned the machine on. It scooped Mike's organs Henry Emily William Afton's Best Friend Colleague found him bleeding like a dead body but took him home and bandaged him. Michael was still purple and was having difficulty breathing. When Ennard came and explained what happened and said that he could live inside him to keep him alive. Elizabeth died due to not listening to her father. William created CB for Eli's 8th birthday. He warned her not to go near p but she went despite the warnings. She was magnificent. The animatronic tricked her with vanilla ice cream in coming close to her. It worked and the rest of her family thought she just went missing Elizabeth is now Circus Baby when her eyes turn green it's Eli controlling and when blue it's CB. Chris died with a prank gone wrong. His brother Michael and his friends did this prank on Chris's 7th birthday. They lifted him up into Fredbear's mouth and laughed. The mouth closed with Chris's head with it. He died and went to heaven was helped by Terrance. When he went to Earth two years later he turned into Shadow Freddy.



The owners unleashed this dog when their house caught fire. They ran out, but the dog went back in to save the kitten...



Just found out that if a Husky and a Pug mix, it's called a Hug. You're welcome.



SO YOU'RE TELLING ME



YOU CLEAN UP MY POOP, AND YOU'RE THE DOMINANT SPECIES?



SO YOU'RE TELLING ME



SO YOU'RE TELLING ME



IN 3 YEARS I'LL BE OLDER THAN YOU??



SO YOU'RE TELLING ME



10,000 points to gryffindor 🐾🐾

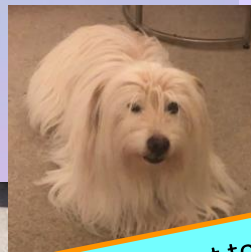
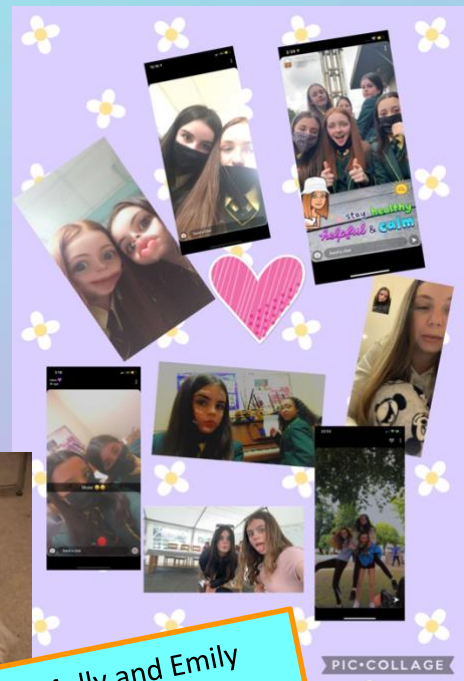


Smile for the camera!

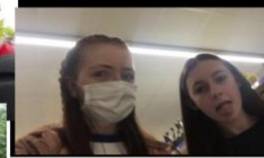
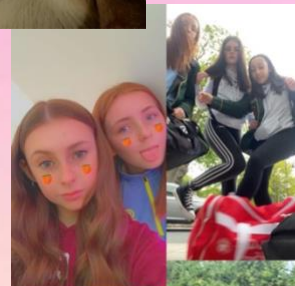
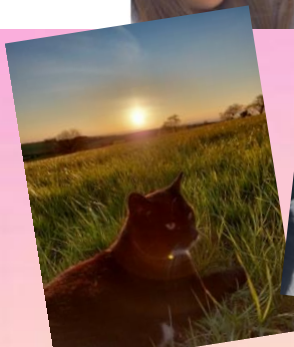
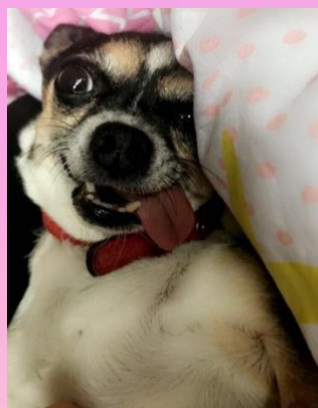
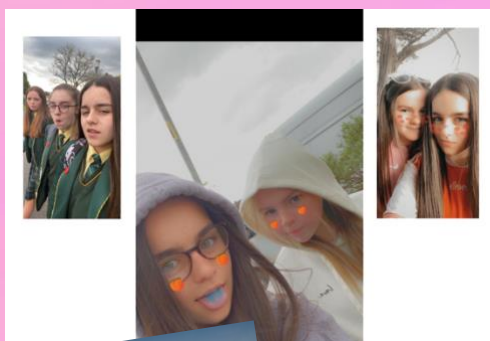


Photos from Feena McCreesh

Friends and pets have made lockdown a little easier!



Shout out to Molly and Emily
Hand from Clodhna!



Animal photos from: Niambh Rafferty, Chloe Cunningham, Aoife McKenna, Aoife McMahon, Erin McAtarsney and Orlaith McSorley.
Pictures of friends from: Blaithin Smalls, Charlotte Rice, Emma McKinney, Freya Tiffney, Carrie Conway, Alex Hughes, Clodhna McKeever and Amy Connolly.



PIC-COLLAG

Mountains!

Me and my family love to climb mountains at the weekends and on our holidays, I really promote getting your family out for a walk and a talk!



Slieve
LoughShannagh



Slieve
Binnian



Slieve
Binnian



Slieve
MeelMore



Slieve
Corragh



Slieve
MeelBeg



Carrauntoohil



Slieve Patrick



Slieve Commedagh



Slieve
Duan



Stairway
to Heaven



PIC•O



Rhea Maguire out
walking.

Quote from
Lottie Mackin

WHEN YOU FOCUS
ON THE GOOD,
THE GOOD GETS
BETTER

FADEMAREIS.CO.UK



Photo by
Leah Mallon



Photo from
Eva Donnelly



Aoibhinn Glackin
on a cycling
adventure!

It doesn't get
easier.
You just get
stronger.



Inspirational
quote from
Emma Fearon

Mountain
explorer
Maeve
Hayes!



Eva Campbell



Catherine Gallagher



Aoibhinn McVeigh

Pupils have still been getting out
and about and staying healthy!

Answer Sheet

Comic Strip Memory Quiz

1. Dask
2. Blue
3. Café
4. Skateboard Park

Gardening Crossword

1. Spade
2. Barrow
3. Shovel
4. Shears
5. Mower
6. Hose
7. Rakes

Guess the Celebrity

Eyes

1. Olivia Rodrigo
2. Kendall Jenner
3. Ian Somerhalder

Hair

1. Brad Pitt
2. Will Smith
3. Robert Pattinson

Mouth

1. Sza
2. Dylan Minnette
3. Jennifer Lawrence

Sitcom Emoji Quiz

1. Stranger Things
2. Breaking Bad
3. Brooklyn 99
4. Doctor Who
5. Tiger King
6. Fleabag
7. Umbrella Academy
8. You
9. West World
10. Russian Doll

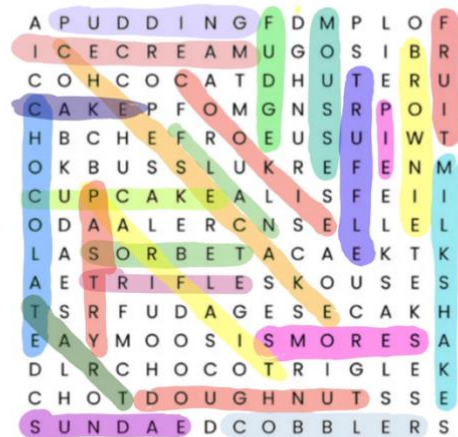
Music Emoji Quiz

1. **Cigarette Daydreams** 2. Watermelon Sugar 3. **Dancing Queen** 4. Summer of 69
5. **Drivers License** 6. Cloud Nine 7. **Brazil** 8. Star Man 9. **Ocean Eyes** 10. Heart Shaped Box
11. **Old Yellow Bricks** 12. No Tears Left to Cry 13. **Four Seasons** 14. Summer Time Sadness
15. **Yellow** 16. Strawberry Fields Forever 17. **Dreams** 18. Killer Queen 19. **Boys Don't Cry**
20. Doves in the Wind

Find the Missing Words

I'm a vegetarian lion,
I've given up all **MEAT**,
I've given up all roaring
All I do is go tweet-tweet.
I never ever sink my **CLAWS**
Into some animal's skin,
It only lets the blood run out
And lets the germs rush in.
I used to be ferocious,
I even tried to **KILL**!
But the sight of all the blood
Made me feel quite **ILL**.
I once attacked an elephant
I sprang straight at his head.
I woke up three **DAYS** later
In a jungle hospital **BED**.
Now I just eat carrots,
They're **EASY** to kill,
'Cos when I pounce upon them,
They all remain quite **STILL**!

Desserts Word Search



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