



Saine Weekly

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Gaeltacht Scholarship



Comhghairdeas le Aodhán Travers i rang 10F a fuair scoláireacht Gaeltachta ó Pobal ar a'n Iúil inné ag an Aonach Oibre in Ionad Ealaíne na Sruthaile. Beidh Aodhán ag dul go Rann na Feirste i mí Iúil.

Huge congratulations to Aodhan Travers in Year 10 who won a Gaeltacht scholarship from Pobal ar a'n Iúil yesterday at the Irish language careers event. Aodhan looks forward to attending Coláiste Bhríde - Rann na Feirste in July.

Irish Language Careers Event

A selection of our Year 10 pupils attended an Irish language careers event on 1st February in The Strule Arts Centre organised by Fermanagh and Omagh District Council. It was an extremely informative and enjoyable event with a variety of speakers sharing their experiences of using the Irish language in their careers which varied from broadcasting, radio, television production, I.T., politics and translation. Their careers through Irish took them to all corners of the globe. As part of the presentation one of the speakers presented live online from his job in Brussels where over 200 Irish speakers are currently employed. This was a fantastic opportunity for our Irish language pupils to hear first hand about the plethora of professions available through Irish.



St Brigid's Cross Making



To mark the Feast day of St. Brigid on Tuesday, our students were busy this week making St. Brigid's crosses. A huge thank you to Mrs. McCourt and the traditional group for adding that special musical touch and a special thanks to the staff who helped to supervise.

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



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10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

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Cross Country

Cross country success for our athletes at the E district schools cross country championships. Two individual medals and no fewer than four team medals were won. The Brothers athletes also stood out from the crowd wearing their new maroon vest tops which looked very smart and were kindly sponsored by Duo Group. The senior boys U-19 5km was the first race of the day with Conor McAleer producing a fine individual effort to clinch a podium bronze medal. Shea Conway has trained well this season and was rewarded with 7th, Fionn Corry 9th and Oran McAleer in 14th gave the team 33rd and silver medals. Cian McGuigan finished 15th, David Quinn 19th, Luke Kelly 20th and Oran Pancott 30th. The Mini boys race was perhaps the most exciting and hotly contested race of the day, 1.6km long and it was only just decided at the finish line. Aodhan Corry produced a blistering powerful sprint and managed to hold off determined efforts by his closest rivals to win gold. We had no fewer than four runners finish in the top 10, with fellow Trillick teammate Daniel McGurran in 7th, Charlie McAleer 8th and Tom Gallen in 9th. This gave our Yr8 team a superb score of 25 point and 1st place team. Matthew Garrity ran very well and finished 13th, Ronan Barton 15th, Enda Lynch 21st and Patrick Colton 27th. The Minor boys 2km was a very fast paced race with lots of talent on display. Brandon Downey is a fantastic athlete and finished 4th, Ciaran Devine also is a gifted runner and finished 7th, whilst Pdraig Goodman 15th and Peter Garrity 16th gave the Yr9 lads an excellent team score of 42rd and another gold medal for the team; Charlie Meenan, Cathal Farley, James Scullion and Oisín Kelly. The Junior boys are Yr10 and the race was slightly longer at 3.2km. Harley Patton finished strong in 4th place with Kevin McAnulla in 12th, Cormac Cunningham 17th and Senan Doyle 23rd gave the team a score of 56pts which was enough for 2nd place silver medals! Odhran Mullin 29th, Malachi Leonard 35th, Ryan McGurran 36th and Oisín Bennett 51st were the remaining junior athletes. The Intermediate boys 4km race was highly competitive and unfortunately the team didn't qualify for Ulsters with a 4th place position of 77pts. The big positive is our athletes are only in Yr11 and are a year underage, so they can compete in the same race next year where they should be much stronger! Ciaran McCarroll ran strongly to qualify for the Ulster final as an individual with an 8th place finish. Dara Lynch 20th, Fearghal McGurran 24th, Patrick McWilliams 25th, Pdraig O'g McDermott 26th, Eugene Colton 28th, Oisín Lynch 43rd and Finn Kelly 49th. Rory Dolan is a very strong athlete and missed the race due to injury. Our Mini boys, Minor boys, Junior boys and Senior boys teams along with Intermediate boys individual Ciaran McCarroll (33 athletes) have all successfully qualified to represent our school in the Ulster schools cross country championship finals at Mallusk on Feb 9th. Well done and thanks to our coaches Mr Murphy and Mr McFlynn.



Year 9 Technology

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