



## **OUR LADY'S BOWER**

*Secondary School for Girls*

1884 - 2019

*Celebrating 135 years at the forefront of  
education in the midlands*

# AIMS

**Our Lady's Bower aims to provide an education which is firmly Christian.**

Within this caring community we endeavour to develop the spiritual, intellectual, artistic, moral and social capacity of all our students.

The school motto 'Each for all and all for God' is the framework within which everyday life at our school is lived.

Our school excels in the personal development of its students in academic studies, sports and the Arts. Our Lady's Bower places firm emphasis on high scholastic achievement, yet equal provision is given to personal development and self discipline. We endeavour to

inculcate a sense of self-worth which provides the basis for personal fulfilment in work and in life.

*Each for all and all for God*



**Mr Noel Casey**  
Principal



**Ms Anne Beades**  
Deputy Principal



**Ms Diane Windle**  
Deputy Principal





# HISTORY

**Our Lady's Bower is a voluntary secondary school situated on Retreat Road in Athlone, Co. Westmeath. The school was established in 1884 by the sisters of La Sainte Union des Sacres Coeur.**

Belgium. Some years later a community was established in Bath, England. In 1863 the LSU sisters opened their first school in Ireland in Banagher Co. Offaly and then significantly in May 1884 a small group of sisters took possession of the newly built convent of Our Lady's Bower on the esker on the

eastern edge of Athlone. Since its establishment over 135 years ago the Bower has been at the forefront of education in the midlands and today's modern and fully equipped school for girls is **currently ranked in the top 100 feeder schools for Irish universities and third level colleges.**

Our Lady's Bower continues to make history as it faces the challenge of being the only single sex school for girls in Athlone.

The congregation of La Sainte Union was founded in Douai in Northern France in 1862 by Fr. Jean- Baptiste Debrebant to minister to the educational and spiritual needs of children. The mission of each LSU sister was to bring children to the Kingdom of God through love of Jesus and Mary.

By 1860 their mission had established a network of schools from the Diocese of Cambrai in Northern France across the frontier into





# CURRICULUM

## JUNIOR CYCLE MANDATORY SUBJECTS

English

History

Wellbeing (CSPE, PE and SPHE)

Geography

Religion

Wellbeing Module

Irish

Maths

Science

## JUNIOR CYCLE OPTIONAL SUBJECTS - CHOOSE 3

Home Economics

Business Studies

Technical Graphics

Music

Art

French and/or German and/or Spanish

## LEAVING CERTIFICATE CORE SUBJECTS

English

Irish

Maths

Religion

PE

Career Guidance

Health Education

## LEAVING CERTIFICATE OPTIONAL SUBJECTS - CHOOSE 4

Business

Economics

Accounting

Biology

Chemistry

Physics

French

German

Music

Geography

Home Economics

Art

History Early Modern

History Late Modern

LCVP

Design and Communications Graphics

Agricultural Science

## OTHER AREAS OF LEARNING

- Book Club
- Choir
- Orchestra
- Maths Club and Puzzle Competition
- Green Schools
- Alpha de Beta Society
- Hockey
- Gaelic football
- Futsal
- Basketball Club
- Badminton Club
- Tag Rugby
- Fitness
- BT Young Scientist
- European Day of Languages Quiz
- Food Art Competition and Cupcake Competition
- Sewing Club
- Seachtain na Gaeilge
- Seó Raidió na Scoile
- Public Speaking



# GUIDANCE

## PERSONAL / SOCIAL

- Induction
- Support
- Life Issues
- Social Skills
- Wellbeing
- Coping Skills
- Transitions
- Help



## EDUCATIONAL

- Academic Achievement
- Subject Choice Study Skills
- Time Management
- Psychometric Assessment
- C.V. Preparation
- Exam Preparation
- Life Long Learning

## CAREERS

- Work Experience
- Guidance Resources
- Higher Options
- Scholarship Advice
- Open Days
- Points System
- C.A.O.
- College Visits
- Guest Speakers
- Mock Interviews



Darina Doyle



Eamon Hardiman





# NURTURING FIRST YEAR STUDENTS

Our Lady's Bower understands that the transition from primary to post-primary school is a time of great change and challenge. All of our first years are supported and directed through this new phase of their education.

First years receive a two day introduction into life at Our Lady's Bower at the start of the school year. This enables them to ease into the demands and challenges of a new school: It helps overcome difficulties with timetable, building

layout, lockers and daily life in a post-primary school.

This support continues throughout the year where the girls are encouraged and facilitated to participate in the following;

- Little Sister Big Sister
- First Year Wellbeing Evening
- Maths Club
- Scifest
- Doodle 4 Google Competition
- European Day of Languages Table Quiz
- Bookmark Competition
- Irish Club
- Christmas Market
- Nicola Ward Public Speaking Award
- Student Enterprise Programme
- Food Art Competition
- Visit to Knock
- IMTA Junior Maths Competition
- Bebras Computing Competition
- Ceili
- Book Club
- Maths Week Competitions
- Basketball Blitz
- Texaco Art Competition
- Coding with Ericsson
- 1<sup>st</sup> year Talent Show



# A CARING SCHOOL

Our Lady's Bower offers students a broad holistic education set against the atmosphere of mutual respect and dignity for all.

'The quality of care of students is excellent with a warm inclusive and collegial atmosphere.'

Inspectorate Feedback 2017

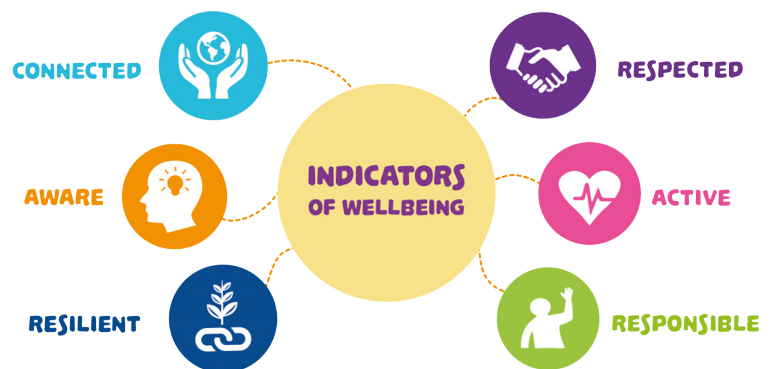
We strive to help our girls to reach their full potential both academically and in the context of extracurricular activities.

Our Lady's Bower provides a full and varied set of supports for students with Special Educational Needs. These supports are offered following formal and informal assessment and consultation with parents, primary schools and other educational professionals.

The wellbeing of students and staff is of paramount importance. We aim to provide students with life skills for school and life beyond. The Junior Cycle programme including Wellbeing

and Key Skills are central to this. We offer a broad range of student support services including;

- School Management/ Board of Management,
- Year Heads,
- Class teacher,
- Guidance Counsellor,
- School Chaplain,
- Parents' Association,
- Whole School Support Team,
- Special Educational Needs Team,
- Student Council,
- Head Girls.



'The Parents' Association is very active and has very good links with the school.'

Inspectorate Feedback 2017





# TRANSITION YEAR

**Transition Year is an optional year after the Junior cycle. The Department of Education and Skills encourages each school to design its own programme to meet the needs of its students.**

Our programme aims to promote the holistic development of our students and to prepare them for their role as responsible members of society. It is designed to provide pupils with the opportunity to discover their own talents, aptitudes and abilities while developing skills and competencies within an academic structure. It requires that students accept responsibility for their own learning and evaluate their progress.

We offer students the space to learn, mature and develop while enjoying a broad variety of learning experiences inside and outside the classroom. By taking our Transition Year option and committing to it, the students develop independent work

habits, become more skilled at dealing with people, develop their character and personality, and are inspired to give some of their time and energy to the wider community. The programme also assists young people to connect with adult and

working life through the provision of work experience and career guidance modules. Each student spends three weeks on a work placement during the year.



TY Musical - Rock of Ages 2019



The girls have a regular class timetable which includes: Irish, English, Maths, Religion, Careers, French, German, PE, Communications, Health Education, Science, Geography and Computers as well as modules in subjects such as Video, Tourism, Mental health, Psychology, History through film, Enterprise Education and Architecture. They also come out of class from time to time throughout the year to take part in other activities some of which include:

- School musical
- Drama classes and drama competition
- Westport Outdoor Pursuits Trip
- Visits to the National Gallery, IMMA, Botanic Gardens, Irish Aid centre
- Junk Kouture competition
- Mock Trials competition
- Young Scientist competition
- Gaisce, The President's Award
- Young Environmentalist
- Scifest
- Public speaking competitions
- Mini-company/Enterprise competition
- First Aid course
- Craolachán radió
- Ceardlanna Gaeilge
- Workshop on style, haircare, drumming and film making
- Workshops on leadership and confidence building
- Workshops on drug and alcohol misuse
- Skydome mobile planetarium
- Westmeath GAA Coaching and refereeing course
- Rotary young leader, young writer, young chef
- Basketball coaching in Primary school
- School bank
- Yoga and self defence classes
- Athlone Community Radio project
- La Sainte Union Missions support
- Visiting speakers

# Transition Year



In addition to traditional style homework, TY students are also asked to undertake self-directed learning experiences through projects, assignments, interviews, research and other demanding tasks. The effort they put into this determines the grade achieved at the end of the

year which is recorded on their Transition Year certificate. Some girls choose to spend a period of the year improving their language skills abroad or in the Gaeltacht. Students are encouraged to give of their time to the community e.g. in activities with St Hilda's school, the Gateway

project, visiting the elderly and fundraising for local charities. The Transition Year programme has been running in the school for over thirty years and it is regularly adapted and updated to meet the needs of our pupils.



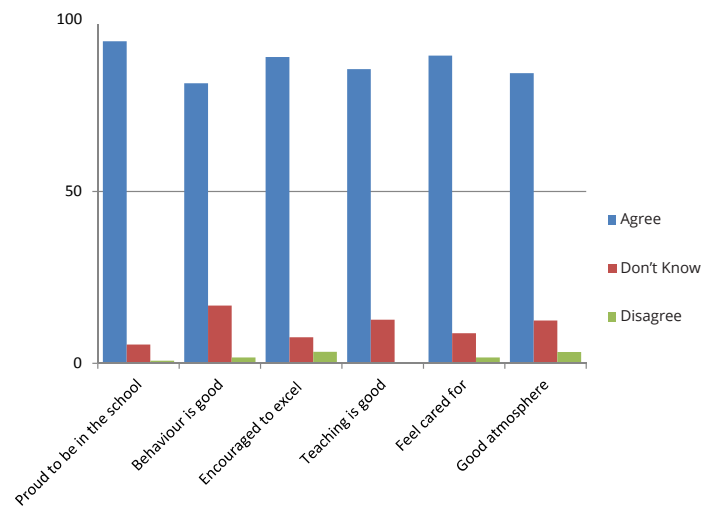
# BEING A BOWER GIRL

We take great pride in stating that a unique atmosphere of mutual respect exists within our school community. Warm friendly interaction is a feature of working relationships which is nurtured in the girls. Our past pupils carry this quality with them into life after school and we feel that 'Once a Bower girl, always a Bower girl'.

## We acknowledge the benefits of attending an all girls school:

- It builds self confidence
- Provides an environment where students are free to express themselves
- Challenges students to achieve their full academic potential
- Engages, inspires and prepares girls for their futures

WSE MLL Students' Survey



## In the words of our students

Being a Bower girl is about being respected and connected in our Bower Family

Being a Bower girl means having a chance to stand up for what you believe in, helping all of your class, your year and the school

Being a Bower girl means having a community of people who will support you no matter what

Being a Bower girl means wearing a uniform you are proud of

Joining the Bower community is very special and an honour. All the teachers are kind and helpful

Being a Bower girl means growing in confidence, in spirit and in knowledge





# ARTS WEEK 2019

Celebrating the Arts has always been an important part of life in Our Lady's Bower. This festival of creativity is a special occasion for students to experience the wonder of learning through a variety of approaches.

It has been the aim of the school that every girl should experience a week devoted to the Arts once in her school career. Students enjoy hands-on art activities such as painting, calligraphy, tapestry, cake decorating, crochet, bog oak & jewellery design, flower arranging and make-up artistry. They are also given the chance to act, sing, dance and make music.

Arts Week 2019 saw the school building transformed into an art gallery and creative space for 150 hours of workshops, talks, demonstrations and concerts with over 80 contributors.

Our students embrace this event whole-heartedly and we commend them for their engagement and

energy throughout. The event enables them to make fantastic memories during a week when the normal timetable is suspended and we are confident that it has the power to ignite an appreciation and passion for the Arts that will last long into the future.



# SPORT

**Physical Education is an integral part of the curriculum at Our Lady's Bower. For us it is an essential component in the development of our students. As the saying goes, a healthy body is a healthy mind.**

Research shows that regular physical activity results in improved muscular and cardio respiratory fitness, improved bone and functional health, as well as reducing the risk of heart disease and diabetes. Physical activity also improves mood, promotes better sleep and provides an opportunity for students to make friends and have fun!

Students are provided with a double class of PE each week. As part of the PE programme, students take part in a broad and balanced range of activities including Athletics, Gymnastics, Dance, Adventure Activities, Orienteering, Badminton, Volleyball, Rounders, Ultimate Frisbee, Netball, Olympic Handball and many more. In Transition

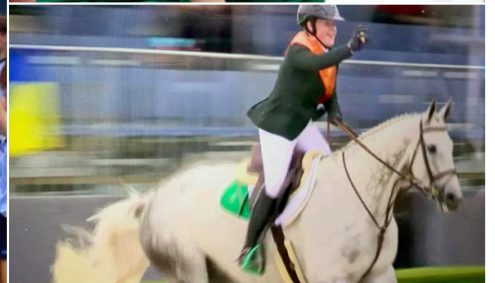
Year students go on an Outdoor Adventure trip and enjoy activities such as kayaking, surfing, hiking and windsurfing.

As part of the new Wellbeing programme, Physical Activity for Health and Wellbeing is a vital part of the PE programme. Students develop an awareness of their own health and wellbeing by participating in a variety of health and skill related tests, which in turn help them to understand the importance of regular physical activity as part of a healthy lifestyle.

Recent Irish research shows that girls who play sport report increased energy levels, confidence and mental wellbeing. In Our Lady's Bower there is a vast range of extra curricular

opportunities available for our students. We are proud to be a prominent competitor in inter schools competitions in hockey, basketball, gaelic football, athletics, cross-country running, equestrian events, golf, rowing and swimming, and have an impressive record of success in these sports. All students are welcome and encouraged to join our school sports teams.

Our Lady's Bower has excellent on-site sports facilities which include a state of the art sports hall and fitness suite, all weather pitch and new equipment. We look forward to additional facilities in the near future as work has commenced on the upgrading and development of additional external sporting facilities.





## We are very proud of our students who have excelled on the sports field in the past year:

### Connacht Schools Cross-Country Finalists February 2019:

Jessica Collins, Rachel Reid and Kelsey Daly

### All-Ireland Schools Cross-Country Connacht Finalists February 2019:

Alanna Ni Chuinneagain, Aoife McDermott and Roisin Ni Dhuibhir

### Schools Track and Field Athletics Connacht Finalists May 2019:

Jessica Gica, Grace Crossen, Nini Collins, Amelia Halpin, Alanna Ni Chuinneagain, Roisin Ni Dhuibhir, Áine Cassidy and Rebecca Lowe and Kelsey Daly.

### Connacht Schools Rowing competition participants

Cliodhna Murthagh, Molly Larkin, Eliza Heaslip, Niamh Tallan, Aoife Hensey, Ava Larkin, Ava Kelly and Jade Doyle.

### All-Ireland Rowing Club Winners

Aoife Hensey, Ava Kelly, Ava Larkin, Jade Doyle winners of the All-Ireland WJ144X+ rowing championships July 2019.

### All-Ireland Schools post primary Basketball competition

Our Lady's Bower first year team took bronze in the All-Ireland schools basketball competition May 2019.

### Inter-regional post primary schools Basketball competition

Faith Greene and Hannah Dickie represented the school and the midlands teams in September 2019 in an inter-regional tournament in Kerry where they came runners-up.

### Inter-Provincial post primary schools Hockey Team

Erika Lowe was on the U-16 schools Connacht hockey team which won bronze at the inter-pros in September 2019.

### Hockey Mc Callion Cup 2019

The first year team of 2018-19 won the Mc Callion Cup competition in 2019.

### European Touch Rugby

Ivana Kiripati and Leah Downes represented Ireland in the European touch Rugby Championships in July 2019.

### Connacht Rugby Union

Ivana Kiripati represented Connacht in the U-18's Interprovincial championships in September 2019.

### Ladies Gaelic Football

Kellie Colgan and Holly Martin were on the Roscommon Ladies Minor team which got to the All-Ireland final. They were also on the Roscommon Intermediate Ladies team which reached the All-Ireland Quarter final in August 2019.

Tegan Foley, Grace Mc Glynn, Lisa Seerey and Ellie Temple won the U-14 Leinster title with Westmeath and progressed to become All-Ireland bronze champions in June 2019.

Our Lady's Bower U-14 team became Leinster champions in June 2019.

### World and European Titles in Equestrian

Kate Derwin won gold in the U18 individual equestrian competition at the European Championships in the Netherlands in July 2019.

Kayleigh Mc Cormack was on the Irish Nations Cup team for May 2019.

### World and International Irish Dance Championships

Grace Delaney and Marianna Doolan competed in the World championships in May 2019. Grace came 5<sup>th</sup> and Marianna came 8<sup>th</sup>.

### National Gymnastics competitions

Eimear Nic Ghiolla Phadraig came first place in an Intermediate team competition in December 2018.

Liadh Nic Ghiolla Phadraig came first place in the individual apparatus competition on bars in October 2018. She came third place on the floor and vault. Both girls continue to successfully compete in various different Gymnastics competitions.

### Connacht Secondary Schools Swimming Championships, October 2018

**Erika Lowe** (1<sup>st</sup> place Freestyle Junior, Member of the gold winning junior freestyle team, Gold Junior IM relay, 2<sup>nd</sup> place in Junior Back Crawl.)

**Emily Martin** (1<sup>st</sup> place Breast Stroke, Member of the gold winning junior freestyle team, Gold Junior IM relay)

**Eva Fitzpatrick** (Member of the gold winning junior freestyle team, Gold Junior IM relay)

**Cara Fitzpatrick** (Member of the gold winning junior freestyle team, Gold Junior IM relay)

Both **Erika Lowe** and **Emily Martin** qualified for the Connacht Interprovincial team.

**Ellen O'Flaherty** also represented the Athlone Swim Club in the National Finals in the Aquatic Centre and won bronze in the U-16, 400m freestyle event.

### Soccer

Ciara McManus - Galway WFC- FAI League and Cup Champions 2019.



# FACILITIES

- A Science suite consisting of Physics, Chemistry and Biology laboratories, preparation area and demonstration room
- Two Home Economics kitchens and a dress design room
- Double sized fully equipped Computer room
- Modern Technical Graphics room, computerised for CAD
- All classrooms equipped with computer, data projector, sound system and 100MB wireless broadband
- Smart Interactive Whiteboards
- Cleverboards
- Two dedicated Art rooms one of which is equipped with a kiln.
- Music teaching and practice rooms
- Lecture halls
- Canteen
- Pastoral care facilities including an Oratory and Meditation room
- First aid room
- Year Heads' offices
- Full size gymnasium with a dedicated fitness suite
- Library with internet research facilities
- Administration suite
- Career guidance suite
- Three internal courtyards
- Supervised evening study





# MUSIC

**There is a long tradition of excellence in music in Our Lady's Bower. The music department offers music at Junior Cycle and Leaving Certificate level.**

Leaving Certificate students have the opportunity to study options including instrumental, technology, conducting or composition. Our state of the art music room is equipped with an interactive white board, computers with 'Sibelius' software, Yamaha digital pianos and percussion instruments.

Each year our school orchestra and choir perform at various functions, including our school liturgies, Christmas carol service and summer concert. Rehearsals take place once a week after school. The choir participates in the annual

Dublin Feis Ceoil and also enjoy musical events at the National Concert Hall and Bord Gais Theatre.

Our students regularly advance to the National Youth Orchestra of Ireland and the National Wind Ensemble for talented young musicians.

Transition Year students produce a school musical annually. Students not only perform, but manage backstage, sets, lighting, sound, costumes, make-up and front of house. Recent performances include, Hairspray, All Shook up, The Lion King and Little Shop of Horrors.

We were very proud to be selected to be part of the Junior Cycle Initiative Me and My Music.

**This years production with the Marist is Grease.**



In recent years Our Lady's Bower was the recipient of the O'Connell Cup, awarded annually to the student who achieves the highest mark in Ireland, in music in the Junior Certificate exam. The school was also awarded the prestigious O'Cillan gold medal for the top Leaving Certificate music result nationally.



# THE CLASSROOM & BEYOND

To be asked in our final year to be headgirls of Our Lady's Bower was a great honour. We are so delighted to be able to give something back to the school in this way.



We were very proud to be selected as this year's Headgirls. We are thrilled to represent the student body of Our Lady's Bower. We consider the Bower to be a family. It is a place where we feel safe, cared for and respected.

As we've watched each new group of first years arrive to the school we've known the excitement they feel and opportunities that await them. Since our own first year we have shared experiences that will stay with us for life.

Leaving the Bower will be difficult as it will have been the focus of our lives for six great

years. However, we are confident that the connections we have made and the education we have received will have given us a firm footing to take the next step on our life's journey.

This school has played a significant role in shaping who we are. We will always be proud to call ourselves Bower girls and remember that we will always have a place where we belong. 'Once a Bower girl, always a Bower girl' is a phrase that we have been told since first year and now as we find ourselves in sixth year, it is one that we hold very close to our hearts.

KM, KD, CC



In the past year alone our students excelled in the following external competitions:

- |   |   |  |   |
|---|---|--|---|
| <ul style="list-style-type: none"> <li>• Finalist All Ireland Linguistics Olympiad</li> <li>• Student invited to attend DCU CAT summer programme for talented students</li> <li>• Display Award Young Scientist Competition</li> <li>• Highly Commended Intermediate Technology BT Young Scientist Competition</li> <li>• Highly Commended Junior Technology BT Young Scientist Competition</li> <li>• Finalist in the Junior International 'Ericsson Girls Who Innovate' Competition</li> <li>• Scifest Best School Award</li> <li>• Scifest Health and Nutrition Award</li> <li>• Scifest 2<sup>nd</sup> place Jazz Pharmaceuticals Senior Individual Life Sciences Award</li> <li>• Scifest 1<sup>st</sup> place Ericsson Intermediate Group Technology Award</li> </ul> | <ul style="list-style-type: none"> <li>• Award</li> <li>• Scifest 1<sup>st</sup> place Ericsson Junior Individual Technology Award</li> <li>• Scifest 1<sup>st</sup> place Newstalk Best Communicator Award</li> <li>• Scifest 1<sup>st</sup> place Best Physical Science or Technology Project</li> <li>• Scifest 2<sup>nd</sup> place Jazz Pharmaceuticals Senior Group Life Sciences Award</li> <li>• Scifest 1<sup>st</sup> place Jazz Pharmaceuticals Intermediate Individual Life Sciences Award</li> <li>• Scifest Highly Commended Jazz Pharmaceuticals Junior Group Life Sciences Award</li> <li>• Scifest 1<sup>st</sup> place Ericsson Junior Group Technology Award</li> <li>• Scifest 2<sup>nd</sup> place Ericsson Junior Group Technology Award</li> <li>• Scifest 1<sup>st</sup> place Arran Chemical Junior Individual Physical Sciences Award</li> <li>• Scifest 1<sup>st</sup> place Spectrum Signs Award</li> </ul> | <ul style="list-style-type: none"> <li>• Display Award</li> <li>• Scifest 1<sup>st</sup> place AIT Health and Wellbeing Award</li> <li>• Scifest 1<sup>st</sup> place Enterprise Ireland Entrepreneurship Award</li> <li>• Scifest 1<sup>st</sup> place ESERO Discover Space Award</li> <li>• National Finalists Bebras Computing Competition</li> <li>• Students invited to train for the International Maths Olympiad</li> <li>• Students invited to participate in the final of the IMTA Junior Maths Competition</li> <li>• 4 Medal winners in Mangahigh Maths Challenge 2017</li> <li>• 2 students Spoke at the WE Day conference in London as Unicef ambassadors</li> <li>• Winners of FTA French Quiz</li> <li>• 3<sup>rd</sup> place FTA French Quiz</li> <li>• Overall winner Junk Kouture</li> <li>• Glamour Award Junk Kouture</li> </ul> | <ul style="list-style-type: none"> <li>• Special Merit Award Texaco Art Competition</li> <li>• Student Invited to join the National Youth Orchestra of Ireland.</li> <li>• 1<sup>st</sup> place Junior Concerto, ESB Feis Ceoil, Dublin.</li> <li>• Highly commended in Junior Violin, ESB Feis Ceoil, Dublin</li> <li>• Very highly commended: Cello, Dublin Feis Ceoil</li> <li>• Gold Medal, Royal Irish Academy of Music</li> <li>• Students Book 'Penguin's Success' Published</li> <li>• 1<sup>st</sup> Place International Gold Medal representing Ireland at INESPO</li> <li>• 3 students Gold Medal winners in John Paul II Awards</li> <li>• Student represented Westmeath at the Foróige Junior Baking competition at the Ploughing Championships</li> </ul> |
|---|---|--|---|



# OUR ACADEMIC RECORD

Our Lady's Bower has consistently been the top feeder school in Westmeath with the highest percentage progression to universities.

The Sunday Times, 29<sup>th</sup> September 2019, identified Our Lady's Bower as the **ONLY SCHOOL** in Midlands in the top 100 schools in Ireland with **92%** of our girls from the class of 2016 - 2018 in Third Level.

OVER THE LAST FOUR YEARS  
**55%**  
OF OUR GIRLS  
ACHIEVED OVER  
**400 POINTS**

OVER THE LAST FOUR YEARS  
**25%**  
OF THE GIRLS  
ACHIEVED OVER  
**500 POINTS**



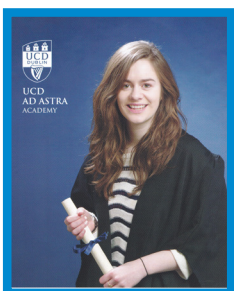
Hannah Ward, Isabelle Hamilton & Eimear O'Brien  
UCD Entrance Scholars



Jess Groarke Donagh Trinity  
Entrance Exhibition Scholar



Caoimhe Mannion NUIG Entrance  
Scholar



Annette Benson



Clodagh Reilly



Laoise McDaid DCU Entrance Scholar

The **UCD Ad Astra Academic** programme awards motivated students who can demonstrate high intellectual achievement who want to reach further through undertaking a challenging university programme. Our Lady's Bower has had 4 recipients of this scholarship in the last three years, each of these girls getting 6 A1's.



Aiveen Digby



Ellen O'Rourke



Sinead Kilgarriff



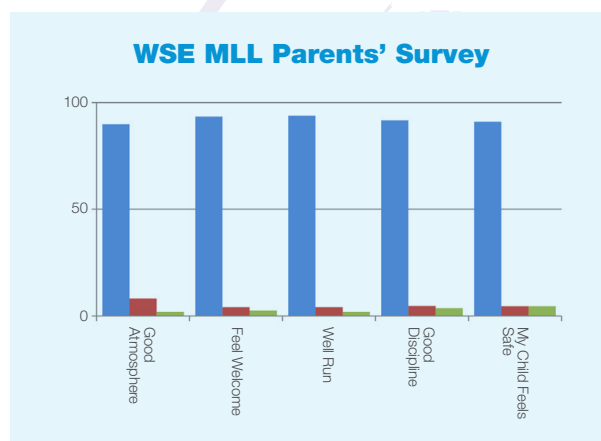
# A PARTNERSHIP IN EDUCATION

Our staff engages in a three way partnership with our Board of Management and our Parents Association in order to deliver a quality education to our students.

The Board manages the affairs of the school and provides leadership in the ongoing development of the Whole School Plan.

Our Lady's Bower Parents Association enables parents to actively engage in the life of the school. The members co-ordinate fundraising and finance Study Skills workshops and third level bursaries.

**Parents are encouraged to become involved in their daughter's education in the following ways:**



## ATTENDING EVENTS

- Musical
- Christmas and Summer Concerts
- Public Speaking Finals
- Wellbeing Evening for 1<sup>st</sup> Year
- Debates
- TY Evening
- 6<sup>th</sup> Year Graduation Evening

## INFORMATION EVENINGS

- Transition Year Programme
- Guest Speakers (Stay Safe Online, Drugs)
- Subject Choice for 5<sup>th</sup> Years
- Parent Teacher Meetings
- Junior Cycle information evenings
- School Tour information evenings

## USING THE FOLLOWING TO MONITOR DAUGHTER'S PROGRESS

- Christmas, Mock and Summer Reports
- Online Access to Timetables, Attendance and Grades
- Individual Report Card/Appointment with Year Head/class teacher

## Parents Voice:

It is a very high achieving, well run and well organised school with an enjoyable and welcoming environment

The students are not numbers, but people and the school is sensitive .....

Teachers help you every step of the way to reach your full potential

The school really nurtures the first years and helps them through the difficult transition from primary to secondary school

Our Lady's Bower puts the student first

I am glad to send my daughter to the Bower as I know they will invest in all areas of education from academic achievement to personal development

An all girls school would give my daughter better support and education for the future

The highlight was the first year mass which captured the ethos of the school beautifully



# IN THIS SCHOOL

we do second chances,  
we apologise,  
we forgive,  
we respect one another,  
we never give up,  
we keep our promises,  
we encourage one another,  
we laugh often,  
we belong,  
we are the Bower Family.

# LA SAINTE UNION

## OUR LADY'S BOWER SECONDARY SCHOOL

Retreat Road, Athlone, Co. Westmeath

-  Telephone 090 6474777
-  Email: [contact@ourladybower.com](mailto:contact@ourladybower.com)
-  Twitter: @OLBAthlone
-  Facebook: [www.facebook.com/OLBAthlone](http://www.facebook.com/OLBAthlone)
-  @olbathlone
-  [www.ourladybower.com](http://www.ourladybower.com)