



# The Sacred Heart

## SECONDARY SCHOOL

*Where learning begins*





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The Sacred Heart School is an all girls school under the trusteeship of CEIST and currently has 640 students enrolled. It offers junior and senior cycle programmes with the addition of programmes such as LCA, Link Modules and Transition Year.

As one of the first schools in the country with a Student Council, established in 1972, the SHS values the student voice as vital to the functioning of a progressive school. In our school girls are encouraged to find a voice, to have a voice and to use it to promote social justice, fairness and opportunity in the local, national and international community. Shaping strong young ladies with a positive vision and a healthy sense of self is central to our programme of education. Rugby, Music, Art, Football, Camogie and swimming have a special place in our school and have provided countless opportunities to students who have excelled at national and international level.

The Sacred Heart School provides not just a fine education, it becomes a way of life.

## Innovation in The SHS

- IT as a Teaching Tool
- Peer Mentoring
- Flipped Classroom
- Flipped Staff Meetings
- Team Teaching
- Junk Kouture
- Office 365
- Shared Platforms
- Subject Choice
- Tracking
- Student Evaluation
- Reflective Practice
- Homework Charter
- Coaches Programme



## Teaching and Learning in the Sacred Heart School

- One of the top 100 schools in Ireland.
- One of the best all girls schools in the country
- Chosen as one of the four best schools in the country in Sept 2017 by Department of Education and Skills to showcase teaching and learning to European ministers.
- Top feeder school in Offaly with 83% of our girls attending university each year.
- A school where confidence and self-worth are emphasised for each pupil.
- We celebrate commitment and work ethic and we promote an unrivalled subject choice at both junior and senior cycle.
- Opportunity for all and support for individual needs.
- A school where extracurricular activity is strongly promoted and supported.
- Unrivalled state examination results.

## Extracurricular Programmes in the Sacred Heart School

- Basketball
- Choir
- Orchestra
- Hockey
- Badminton
- Swimming
- Art Club
- Football
- Soccer
- Rugby
- Camogie
- Equestrian
- Public Speaking

## Subject Choice in the Sacred Heart School

Choosing subjects at both junior and senior cycle is one of the most important features of your daughter's education. At the Sacred Heart School we promote the widest possible choice, where students are actively encouraged to test and taste and only then make their choice.

In the new Junior Cycle Programme in the Sacred Heart School students will choose ten subjects for their Junior Cycle Programme. However they will have a Taster Programme in 1st year. This means that all 1st year students will try all subjects and then select their ten subjects in May of 1st year. This model has worked particularly well for students in that it allows them select on the basis of experience. This model is also supported by the Department of Education and Skills and is advised by all educational bodies as best practice.

Taster Programme					
Sept - Dec	History	Music	Art	H Ec	French
Jan - May	German	Geography	Business	Science	Careers

In April of 1st year students have five core subjects and then choose another five from a choice of ten:

Core	Choose 5 from...
Irish	History
English	Geography
Maths	French
Religious Studies	German
Wellbeing	Art
	Home Economics
	Business
	Science
	Music

*"I would have to do the taster programme to know what subjects I really liked and what I am really good at."*

*"I couldn't imagine having to pick subjects before I went to the school - I had never done French or German so I would never have picked German but now it's one of my best subjects!"*



## Leaving Certificate Applied

For students who do not wish to go the traditional route, the Sacred Heart School provides an alternative programme. The LCA Programme allows students to complete their Leaving Certificate programme through a continuous assessment programme.

Traditionally, the students who complete LCA will then work towards a PLC course.

## Career Guidance

At both junior and senior cycle we have a comprehensive Career Guidance Programme.

At junior cycle, students are encouraged to reflect on not only what they would like to be, but also who they would like to be.

Positivity and opportunity are key features of this programme and we use our aptitude tests not to determine a students' ability but rather to measure growth and measure improvement. We focus on how our students are transitioning to 1st year, advising practical study skills and focussing on management skills

At senior cycle students have individual and class meeting with our Guidance Counsellor and students are encouraged and supported as they advance towards their career choice.

Students in the Sacred Heart School are encourage to manage their learning and choices.

## Senior Cycle

In Senior Cycle students choose as follows:

Core	Options
Irish	Business
English	Accounting
Maths	Economics
	Biology
	Physics
	Chemistry
	Applied Maths
	Art
	Home Economics
	Music
	Link Modules

## Transition Year Programme

In fourth year all students are given the opportunity to participate in Transition Year. At present we have approximately 93 students in TY.

Among all education bodies, it is agreed that students who participate in TY are more prepared for the demands of fifth year. Students who participate in TY have developed their social skills, have the advantage of work experience and of working in a very different learning environment.

In the 21st century workplace it is essential that our daughters can collaborate with teams and share both information and experience.

The Transition Year Programme is a demanding year and engagement and commitment are emphasised to all participants.



## Wellbeing in the Sacred Heart School

We understand that our daughters will not flourish into confident and successful young women if we do not teach them the skills needed to engage with others successfully or to look for meaning in life beyond exam results.

The students in the Sacred Heart School are trained to respond positively to situations, to develop a positive mindset, and to understand that accomplishment comes in many forms.

The SHS Wellbeing Programme underpins all actions in our school.



## Why an All Girls School?

- Leadership roles are held by girls thus giving strength to the notion that girls are natural leaders.
- Girls are encouraged in all subject areas - not just areas that are traditionally seen as girls' subjects.
- Teaching materials are chosen to appeal to girls and teaching strategies are developed and practiced to strengthen the learning process.
- Our school is defined by the presence of girls.
- Our focus is to support and develop strong and confident young women, ready to take their place in the 21st century world.

## S.H.S Choir

The S.H.S. Choir have toured Germany, Austria Italy, Czechoslovakia and the United Kingdom.

In 2012 the S.H.S. Choir was one of four choirs to compete in the live televised final of the All Island School Choir competition in the Titanic Quarter in Belfast.

They performed with groups such as the Band of an Garda Síochána, Vienna Boys Choir and the Celtic Tenors.

They were prize winners of the RTE Lyric FM 'Choirs for Christmas' competition.

The Choir have performed many times in the National Concert Hall along with many radio and television performances.

## Why Mixed Ability?

The Sacred Heart School uses mixed ability system in their classrooms. This means that students of different abilities are taught in the same classroom. Mixed ability works because-

- All students should know that they are exceptional and that their school expects the highest standard from them
- All students are deserving of dignity
- All students should be encouraged to have a "Can Do" attitude
- All students should have equality of access to all subjects
- Society is mixed ability
- Our school values all students - regardless of ability
- Mixed ability systems allow schools to offer a wider range of subjects
- All educational bodies consider mixed ability "best practice".



## SHS - A Digital Hub

- In 2016 the Sacred Heart School introduced a Linx tablet as a teaching and learning tool.
- It had a marked impact on organisation, bag size and student learning and has been one of the most successful innovations in our school.
- All students use Office 365 and One Note and the potential to store, share and engage has meant that students are very involved in their learning process. This is a key component of the new Junior Cycle.
- The use of email and Edmodo means that students can access all materials now, no matter where they are.
- An Information Night on the Linx tablet will be held for parents in February 2018.



## Junk Kouture

Bank of Ireland Junk Kouture is a national contest which encourages young designers in second level education to create striking couture designs and impressive works of wearable art from everyday junk that would normally find its way into the bin. Bank of Ireland Junk Kouture aims to inspire and ignite passion in these teenagers while at the same time subtly educating them about the importance of recycling and reusing waste. Over the last three years, here at the Sacred Heart School Junk Kouture has gone from strength to strength. Last year we were delighted to have won the coveted Enterprise award and we were chosen as the Western wildcard. Junk Kouture allows our TY students a creative outlet among a very busy year.



