

# The Buzzy Bee

Issue 3

St Attracta's S.N.S.

June 2019

## Teacher's Trans-American Trip



This year at the end of June Mr Maguire will cycle across America for Motor Neurone Disease.

Motor Neurone Disease is a progressive and harmful disease that can stop all the muscles in your body from moving and it causes increasing disability.

We asked Mr Maguire some questions about his cycle. He gave us some interesting answers. We hope that you enjoy reading it.

Go to page two to read the whole interview.

by Hannah Cathcart & Sarah Maher

## Treats or No Treats?

We asked six of our sixth class pupils to write a debate on "We should bring back the Friday treat".

Chiezda Walsh, Isla Parkes and Cormac McKeon are proposing the motion and Sofia Galstyan, Aoife Ryan and Lean Nealon are opposing the motion.

The main arguments for the motion are that treats on Fridays raises independence and responsibility and lowers temptations to eat more treats.

The main arguments against the motion are that children took advantage of the treat and that treats have no nutritional value. We hope that you find this debate interesting as the teams worked very hard.

The full debate can be found on page three.

by Olivia Moody





## Interview with Mr Maguire about his Trans-American Trip

**What inspired you to cycle across America?**

I see the cycle as a personal challenge and an opportunity to help other people who are less fortunate.

**What cause are you doing it for?**

The cycle will raise funds for the Irish Motor Neurone Disease Association.

**Why did you choose this cause?**

I chose this cause because MND is a devastating disease and currently there is still no cure. MND remains seriously underfunded in this country and every cent raised goes toward the provision of specialist medical equipment, nursing services and palliative care treatment for those living with MND.

**What states are you going through?**

I'm cycling across ten states from West to East: Oregon, Idaho, Wyoming, Nebraska, Iowa, Illinois, Indiana, Ohio, Pennsylvania and New York.

**How far are you cycling?**

5000 km.

**How long are you cycling for?**

I hope to complete the cycle in 33 days.

**Do you know anyone with MND?**

I would have known a few people with MND down through the years.

**What is the most important thing that you will bring with you?**

My water bottles because there will be long distances between towns and I have to make sure I have enough water to keep me going.

**How much money are you hoping to raise?**

€5000 is the target but if I get any more than that it will be amazing.

**How do you think you will feel after the cycle?**

I will probably feel exhausted. I'll also be very grateful for the support and for being able to get through it.

**How can people donate money?**

If you type in 'iDonate Cycle Across America' to Google it's the first result that comes up and people can donate there.

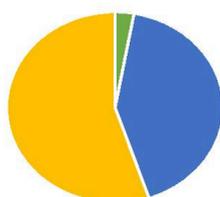
Thank you Mr Maguire for you time and very best of luck from all of us in St Attracta's SNS.

## Suirbhé

I rith Seachtain na Gaeilge chuaigh ceathrar ó rang Ms Miles timpeall gach rang le suirbhé. Bhí an suirbhé faoin Gaeilge labhartha sa bhaile. Chuireamar ceist orthu: (a) ar labhair said beagáin Gaeilge sa bhaile nó (b) a lán Gaeilge nó (c) níor labhair said aon Gaeilge.

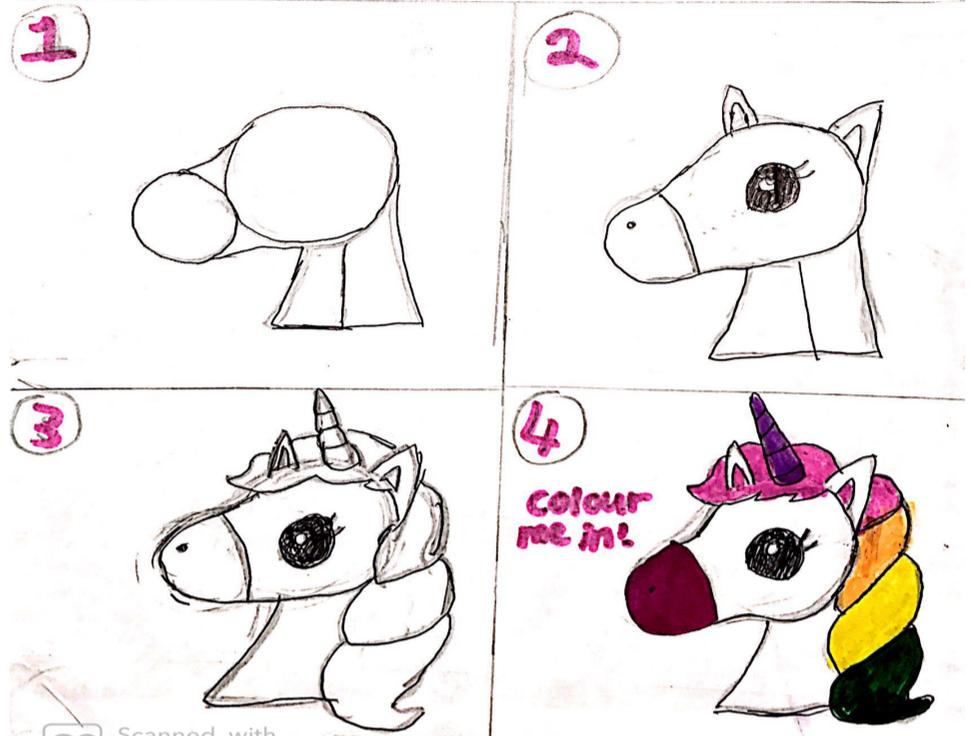
Le Sofia Galstyan, Aisling Kelliher, Andrew Sargent agus Alex O'Mahony

An Méid Gaeilge a Labhraímid sa Bhaile



■ Go leor ■ Beagáin Gaeilge ■ Ní labhraíonn

## HOW TO DRAW A UNICORN!



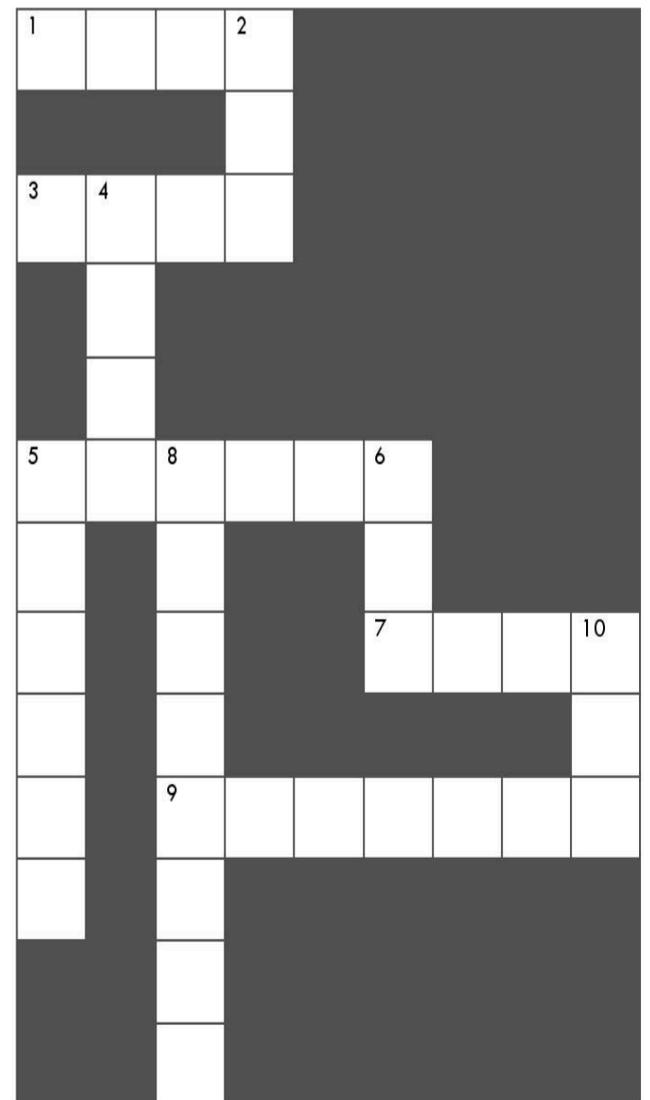
by Chloe Carley



by Seán Hynes

### ACROSS

- a baby sheep
- a plant with leaves and is used to make wood
- a type of power
- something that you do after doing a lot of exercise
- a trip to do with sleeping in a tent
- a winged animal that makes honey
- a type of weather where water falls from the clouds
- the special event that is after lent
- the sound of some dogs
- something that you do to get fit
- a game to do with chasing each other and someone being "it"





## Run in St Enda's Park

by Hannah McDowell

On Thursday 21st of March a group of boys and girls from our school went to St Enda's Park to compete in a cross country race. For the boys, the race was roughly 2.5 km long. The girls however only had to run 1.5 km, and while this was not as long as the boy's race the girls still did exceptionally well.

When we arrived there the whole green was filled with children from other schools. We saw schools stretching and walking around the track. Soon enough we were walking up to the starting line and there were a lot of people running. In each race there were around 400 children running.

The race was long but we are so proud of everyone who competed and we were fortunate enough to come home with three students finishing in the top 20. All in all it was a great experience, but one of the best parts, was at the very end when everyone got a goody bag!

I would recommend anyone to try it because we had an amazing time, all thanks to Ms McCormack, Ms McDonagh and Ms O'Leary. They gave us such a great opportunity and were so nice.

## The Big Debate

**Motion: We should bring back the Friday treat**

### Proposition Argument

The reasons we believe that Friday treats should be brought back are that having treats on Fridays will teach children to have treats in moderation, not having treats on Fridays will tempt children to have too much at home or on the weekend and children in the senior school are responsible enough to bring in small treats.

The first reason we believe treats on Friday should be reintroduced is because it will teach children to have them in moderation. For example, if someone were to have a small treat and then go home only a few hours later they won't feel as much hunger for them. Therefore they won't eat too much and over time they will learn to have treats in moderation.

Our second point ties in with our first being that children won't feel as tempted to go home and eat more or eat too much over the weekend. This will help them not to eat too much and reduce obesity. As well as this, if children aren't eating too many treats they'll get more of a taste for fruits and vegetables which will make children eat them more.



Microsoft

## Trip to Microsoft

by Hannah Cathcart

On the 27th of March some of the 6th class students went over to Microsoft to see the building and to do some coding. The bus journey was not very long and I was partners with my friend.

When we got there we headed into the Dream Space room. First we put our coats and bags into little cupboards and then we got little name tags. After we got into two groups and each got a tour and explanation of each level.

My favourite part was the wooden rock staircase and the LED river! After we went back and got some food and they gave us an explanation of what Microsoft is. Then we did coding. It was a little bit hard but fun. We went home after. I had a great time!



Our third and final point is that children in the senior school are responsible enough to bring in a small treat. This might not mean much to you but one of the reasons we got rid of treats on Fridays was because the junior school didn't have it and people thought it was unfair but this simply shouldn't have been the case. The junior school have younger and more irresponsible children but when you're in the senior school you are at an age when you are responsible enough not to overdo it. Just imagine it's your birthday and you have school the next day. Wouldn't you just love to cut yourself a slice for your little break? Well children in the senior school would think twice about it but children in the junior school wouldn't.

by Cormac McKeon, Isla Parkes & Chiedza Walsh

### Opposition Argument

The reason that we believe that we should not bring back Friday treat is because when it was around some children brought too many sweets in to school and it got out of control.

The Health Department and the World Health Organisation promote healthy eating and believe it is a bad influence feeding children unhealthy lunches, even once a week. Children need to know what is good for their bodies and help them to live a healthier life. A simple survey showed that most children have sweets nearly every day. Our school should not encourage this.

Fruits and vegetables are actually cheaper than processed foods. Simply increasing the volume and variety of fruit and vegetables in your diet is shown to reduce the risk of ill health and isn't all that expensive. Unhealthy diet contributes to 678,000 deaths worldwide each year due to nutrition and obesity related diseases, such as heart disease, cancer and type-2 diabetes in the last 30 years.

In conclusion, even if children bring in a small treat into school, everything adds up and our school is a healthy eating school, which means sugar should not be permitted.

by Sofia Galstyan, Leah Nealon & Aoife Ryan

## Ridiculously Good Recipes



### Healthy Banana Bread

by Layla-Grace White

**Ingredients:**

- ½ cup of sugar
- 3 cups of self-rising flour
- 2 bananas (mashed)
- 1 stick of butter
- 2 eggs
- Chocolate chips or nuts (optional)

**Method:**

1. Pre-heat oven to 180° C.
2. Place all of your ingredients in a large mixing bowl and mix them until creamy.
3. Line your loaf tin with grease-proof paper.
4. Pour all of the mixture into the tin.
5. Bake for 1 hour.
6. After an hour, stick a knife gently all the way to the bottom and take out. If there is any mixture on the knife bake for 10 more minutes.
7. When it's completely done place on a cooling rack until cool.
8. Then cut into slices and enjoy with a bit of butter on top.
9. If you don't want to make it in a loaf tin then you can always make it into cupcakes.

ENJOY!

### Homemade Pizza

(makes 4 medium pizzas)

**Ingredients:**

- 1½ tsp. dried yeast
- 1 tsp sugar
- 2 tbsp. olive oil
- 250 ml warm water
- 375g strong plain flour
- Salt and pepper
- Pizza sauce
- Grated cheese
- Any additional toppings

**Method:**

1. Mix the yeast with 3 tbsp. of water. Set this aside for 10 minutes or until it is frothy.
2. Sift the flour into a bowl and add the sugar, salt and pepper. Then dig a hole in the centre.
3. Pour the yeast, water and oil into the hole. Use your hands to mix everything together.
4. Sprinkle flour over a clean surface. Then knead the dough for 8 minutes, until it is smooth.
5. Oil a large bowl, pop in the dough and cover with cling film. Leave in a warm place until the dough has doubled in size.
6. Poke holes in the dough. If the holes stay it is ready! Punch down with your fists and place on a floured surface.
7. Knead the dough again. Then cut into four equal pieces. Roll each piece into a 18cm/7in circle and place on a baking sheet.
8. Pre-heat the oven to 222°C/425°F (Gas mark 7). Spread pizza sauce on each pizza base.
9. Sprinkle the cheese all over the pizzas.
10. Put any other additional toppings on your pizza.
11. Cook them in the oven for 12 minutes or until golden.

by Sarah Maher



### RIDDLES

1. There's a person who lives in a bungalow. The kitchen is red, the bathroom is blue and the bedroom is gold. What colour is the stairs?
2. As I was going to St. Ives, I met a man with seven wives. Every wife had seven sacks, every sack had seven cats, every cat had seven kittens. Kittens, cats, sacks, wives, how many were going to St. Ives?
3. A boy fell off a 100m high ladder and did not hurt himself. How?

- Answers**
1. There's no stairs in a bungalow.
  2. One. I was going to St Ives.
  3. The boy fell off the first step.



My wife told me to stop acting like a flamingo. So I had to put my foot down.

What do you call a penguin's baby?  
Ice, ice baby.

What do you call a sheep with no legs?  
A cloud.

Doctor, doctor people keep disagreeing with me. No they don't.

What do you call a lost wolf?  
A where-wolf.

Doctor, doctor I feel like a bell. Take these pills and if they don't work give me a ring.

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**Crossword Answers**

ACROSS  
1. lamb  
2. bee  
3. tree  
4. rain  
5. energy  
6. yap  
7. rest  
8. exercise  
9. camping  
10. tag