



YOUNG SVP NEWSLETTER
SOUTH EAST REGION
April 2020





A LITTLE NOTE FROM DEBBIE

HI GUYS!!! WELCOME TO THE SECOND EDITION OF THE YOUNG SVP SOUTH EAST REGION NEWSLETTER. I'M GOING TO USE THIS SPACE TO HIGHLIGHT THE FANTASTIC WORK THAT YOU, THE STUDENTS AND TEACHERS, ARE DOING IN YOUR YOUNG SVP SCHOOL CONFERENCES ACROSS THE SOUTH EAST REGION.

I'M SO DISAPPOINTED THAT OUR YEAR HAD TO COME TO AN UNEXPECTED EARLY END DUE TO COVID-19 BUT AS YOU ALL KNOW WE ARE TRYING OUR VERY BEST TO KEEP UP OUR CONNECTION WITH YOU ALL VIA SOCIAL MEDIA. THE MOST IMPORTANT THING IS THAT WE ARE ALL SAFE AND WELL AND ARE LOOKING OUT FOR EACH OTHER IN THESE UNCERTAIN TIMES

THIS NEWSLETTER WILL BE SENT TO SVP MEMBERS AND SCHOOLS AND CENTRES IN THE SOUTH EAST REGION. IF YOU ARE NEW TO THE PROGRAMME AND WOULD LIKE TO FIND OUT MORE ABOUT THE PROGRAMME, PLEASE DON'T HESITATE TO GET IN TOUCH.

TO THE STUDENTS, I AM ALWAYS BLESSED EACH YEAR TO WORK WITH ABSOLUTELY WONDERFUL YOUNG PEOPLE AND THIS YEAR WAS NO EXCEPTION. YOU ARE ALL AMAZING AND I HOPE YOU NEVER LOOSE THE PASSION AND DRIVE THAT YOU ALL HAVE TO HELP OTHERS.



KEEP SAFE, DEBBIE XXX



ST. PAUL'S COMMUNITY COLLEGE YOUNG SVP

WATERFORD CITY

The TY group of 2019-2020 that participated in SVP has been the largest group throughout the years doing everything we can to complete the challenging tasks put in front of us.

Starting off with the Deise sleep out that was held the 6th of December in the Edmund rice centre. What a whirlpool of emotions that night was, listening to all the stories that sounded like a fiction was really their reality. As a group we all really enjoyed not only raising money but loved participating it was a memorable experience.



My favourite task we did this year was when we did a positivity campaign where a small group of the SVP committee wrote kind messages for the entire school on sticky notes and stuck them too their lockers. This really lit up the school for the day. The first years where very exited and the sixth years felt less stressed and more about the positive things.

Before we all had to go into quarantine the SVP committee where planning a culture day at the school. We had plans to find out what where the different cultures in our school and have a day where they could have a display table with national food, music dances etc. unfortunately we haven't gotten to it yet due to the circumstances but we are focusing on it when we return

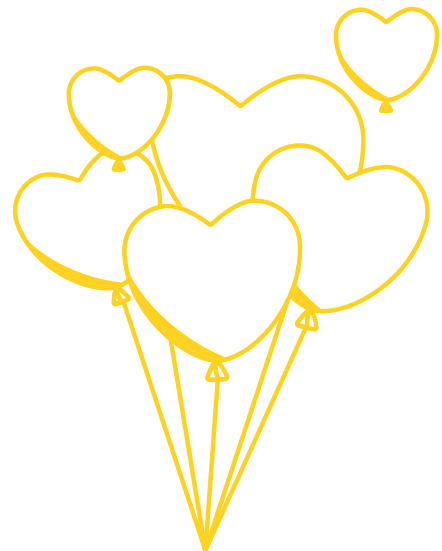
COLÁISTE COIS SIÚIRE

MOONCOIN, CO. KILKENNY

This is Young SVP's first year in Coláiste Cois Siúire and the programme was based in a second year religion class.



"We have done many charity events for our Young SVP projects. We sold hot chocolate at one of our school events (a tractor run), painted SVP on our faces and had so much fun doing it. For Valentine's Day, we gave people pieces of paper to send to their Valentine anonymously in a bag with love heart sweets and a small chocolate. We also put inspirational quotes on the 3rd and 6th year lockers in the run up to their mock exams"



COLÁISTE AN ÁTHA

KILMUCKRIDGE, CO. WEXFORD

Our Young Saint Vincent de Paul Journey By Kerry Ann Murphy & Maria Whelan

Our Young Saint Vincent de Paul Journey began in Transition Year. Debbie visited our school and spoke to our class about the work Saint Vincent de Paul carried out, the people they helped and how important the work they did was. Nine people took the opportunity to sign up and become Young Saint Vincent de Paul members. We were the first ever Saint Vincent de Paul group in our school. As a group we needed people to know we were here!

The first Saint Vincent de Paul event was on the 14th of November. The event was for first years to learn about the presence of Saint Vincent de Paul in our school and most importantly have fun. The event included a basketball tournament and mini activities such as table tennis and chess which was held in our school gym. Our members coached the basketball teams. We collected two euro from each participant for Saint Vincent de Paul. The event was a success and not only did the first years have fun, the Young Saint Vincent Paul group members did too!

A very special event has held in memory of John Hammell, who was well known and respected by all the students of Coláiste an Átha. Mr. Hammell always made sure our village was kept clean and would be seen most mornings cleaning up and socializing with the students. In his memory we created Buzzby's Clean up Crew to get our Transition Years out to our village and pick up rubbish. Events like this really bring the school and the village community together. It shows the dedication of our students and demonstrates the work the Young Saint Vincent de Paul group carry out. We will continue with Buzzby's Clean Up Crew with students from all years in the coming weeks.

Chara Club, which was held each Tuesday at breaktime, was the last event we held. Chara Club is for first years and was a place they could socialise, make new friends and have fun. The Young Saint Vincent de Paul group has worked hard over the past few months to make events like this happen, with the help of incredible teachers too. We cannot wait to pack the last few weeks of school with events and fun.



MOUNTRATH COMMUNITY SCHOOL

MOUNTRATH, CO. LAOIS



Our SVP group, comprised of fourteen 5th Yr students are glad that we managed to help out our local community before schools closed due to the Covid-19 virus.

We began the year hoping to make a difference for local families in need before Christmas. To this end we organised a Christmas Food Drive in our school, and are very thankful for the positive response we got to this.

On the day of our Christmas Carol Service we organised a Christmas Jumper Day – a fundraiser which saw us collecting €750 for our local St. Vincent de Paul Society.

Since then our luck has dwindled somewhat: we hoped to do a fundraiser to coincide with St. Valentine's Day – where we'd sell lollipops to students and staff that they could then give to someone they cared about. However, another group in the school had the same idea and beat us to it! Not to be put-off by this, we then decided that we'd try to organise an Easter Egg hunt for the First Years – but this time we were beaten by the Covid-19 School Closures! Good job that we got so much done before Christmas. At least our first term was productive.

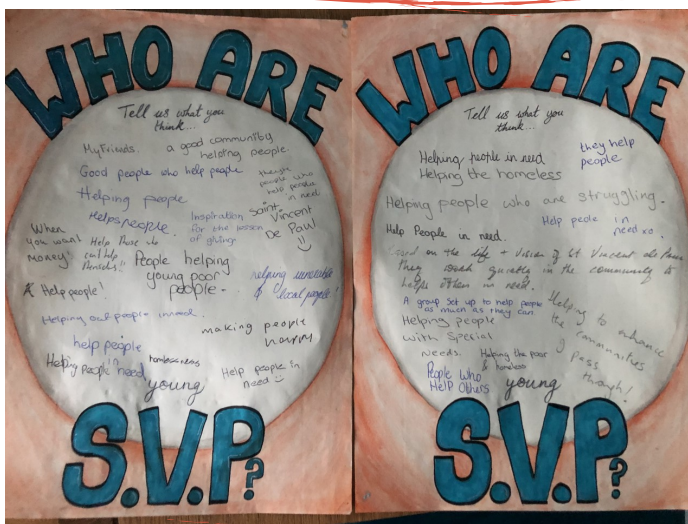
Our sincere thanks to Debbie for all her support throughout the year. We always enjoyed our meetings with her and hopefully next year's group will have a bit more success. Our thanks also to the Management and Staff of our own school for their support of our group. It is much appreciated.

PRESENTATION SECONDARY SCHOOL

WATERFORD CITY

Presentation Secondary School Waterford's Young SVP has been diligently and actively working towards improving their local community all year.

Some girls delivered a PowerPoint presentation to first years, telling them all about what they do. The group ran a successful shoebox appeal from homeless services, had its annual Christmas toy appeal and were delighted to sing carols and pass out Christmas cards at an old folks home. A jar of inspirational quotes were written and given to Waterford Marine search and rescue to show gratitude and appreciation for their voluntary service.



Between our activities and the workshops delivered by Debbie, the entirety of the girls have developed an even stronger of morality and a desire to help others. Each member has enjoyed participating and was delighted to play their part.

Amazing

FCJ SECONDARY SCHOOL

BUNCLODY, CO.WEXFORD

The Young SVP Programme has been active in FCJ Bunclody for many years. This year, our committee comprised of 11 Transition Year Students.



Under the guidance of Debbie O'Halloran, Ms. Doyle and Ms. Nolan, we undertook our first project in November: a bake sale with live music. In December, we went to Ros Aoibhinn nursing home to sing Christmas carols, and play a few traditional songs.

Another bake sale took place in January. Some of the treats sold were cupcakes, cookies, cornflake squares, lemon cake and gluten-free scones. In the end, we made €200.



For the mocks, we wrote good luck notes for 3rd and 6th years. At the same time, we sold roses sourced from a local florist for Valentine's Day. The roses were enjoyed by students and teachers alike, and all money raised was donated to our local branch of Saint Vincent de Paul.

While we had many other plans, the Covid 19 pandemic intervened.

Joining Young SVP has allowed us to develop both personally and socially, whilst gaining an understanding of the ethos, mission and aims of SVP. The programme enabled us to develop projects that can improve the lives of others who are less fortunate than we are, and ultimately gain a better understanding of Social Justice.

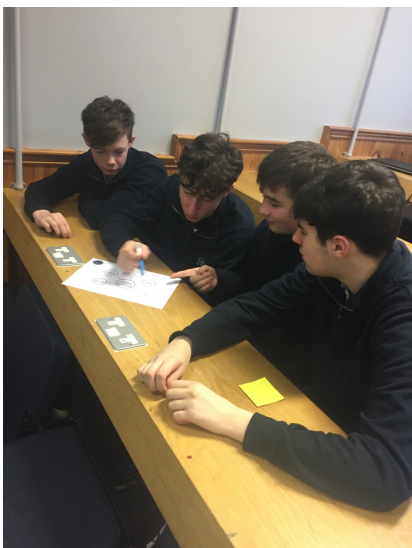
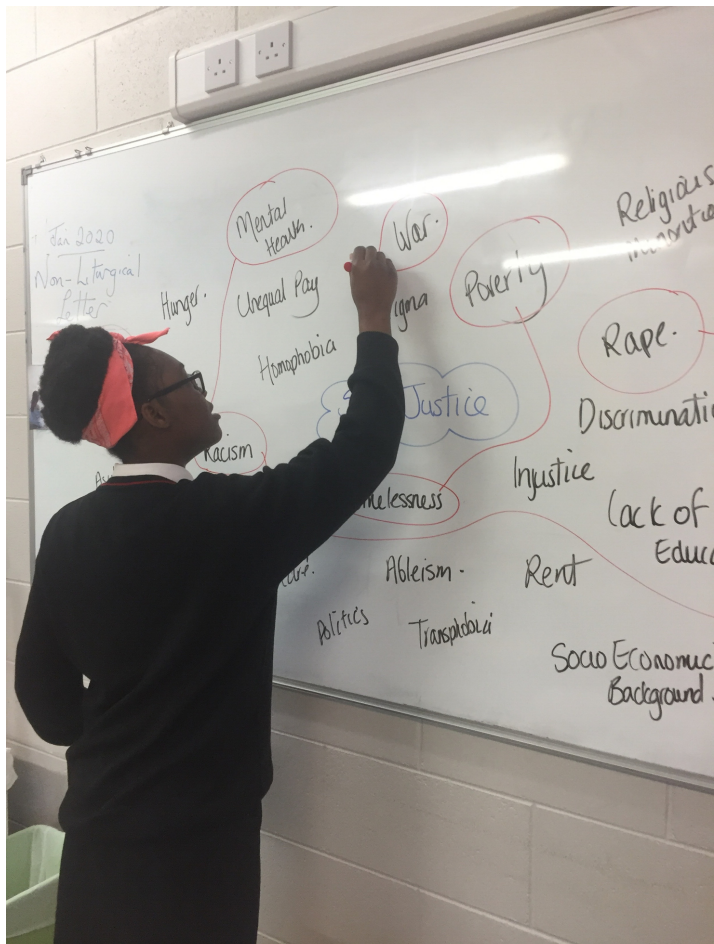
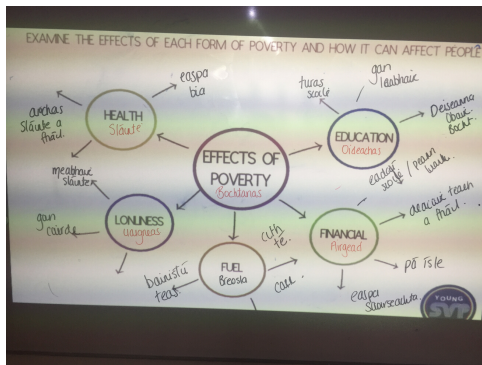
WORKSHOPS

This year we had a great workshops and discussions covering a range of topics from the work of SVP, poverty and social exclusion, equality and justice to human rights and dignity



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CBS SECONDARY SCHOOL

NEW ROSS, CO. WEXFORD

As a school this was our first year having a Young SVP group in our school. To start off the year we had a teacher appreciation day where we baked goodies and gave them out to the teachers and staff of our school to let them know that we know and appreciate all they do for us.

Next, we wanted to do something for our fellow students so we decided to write inspirational quotes on sticky notes and put them on all lockers in school for everyone to find the next day



When Christmas came along a few of our members along with the music students went to sing carols in a local nursing home.

We did 2 fundraisers to raise money for people in need. We did a car wash and raised €400 for SVP and to wrap up the year we held a non uniform day to raise money for a local centre for homeless women and children.

PRESENTATION COLLEGE CARLOW

CARLOW

We were proud and honoured to get the opportunity to take part in YSVP for its fifth year in the school. Sadly, the year has been cut short on us due to covid-19, however in the time that we did get to help our community, we have done a lot.

At the start of the year we raised awareness for SVP and the good it does by holding a tuck shop and soccer/just dance tournament for 1st years. That was a huge success raising 385.85 euro.

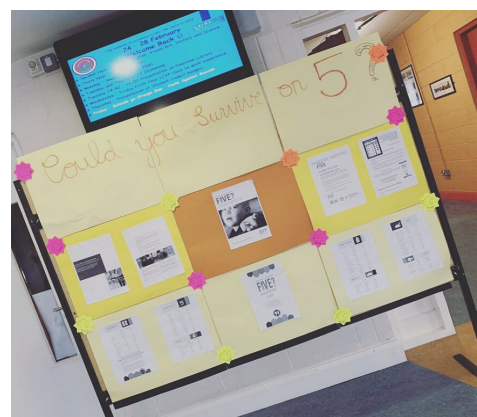


We then raised awareness for blue Monday by holding a bake sale and going to places like St Lazerians(a school for those with learning disabilities) and the sacred heart hospital (a nursing home) with buns to try and cheer them up on the "most depressing day of the year).

We wished our 3rd and 6th year students the best of luck in their mocks. Then finally we all took part in the survive on five challenge, a great test that really opened our eyes.



We were going to go to St Lazerians before Easter for our befriending project but sadly that idea is now cut short. We raised over 700 euro this year. We would like to thank Debbie and Ms Coburn for the opportunity, and we would like to thank everyone in TY 2019-2020 that took part in YSVP.



ST ANGELA'S SECONDARY SCHOOL

WATERFORD CITY



This year was a busy one for our Saint Vincent de Paul group! We started off the year with a breakfast morning for the first years in our school which was a huge success. And then keeping with our food related theme we had a “buns with the nuns” event where had a tea morning with our nuns. We got to hear all about how much our school has changed!



Throughout the year, we developed a notice board in our school where people can post what they are grateful for. Into the new year, six girls took part in the Survive on Five challenge which was difficult but definitely worth while. All in all, great fun has been had by all and it's been a fantastic year.

LET'S REFLECT!!

A couple of my favourite quotes

 from this year

"Coming together is a beginning
Staying together is progress and
Working together is success"
Henry Ford



"Never doubt that a small group
of thoughtful committed citizens
can change the world, indeed,
it's the only thing that ever has"

Margaret Mead



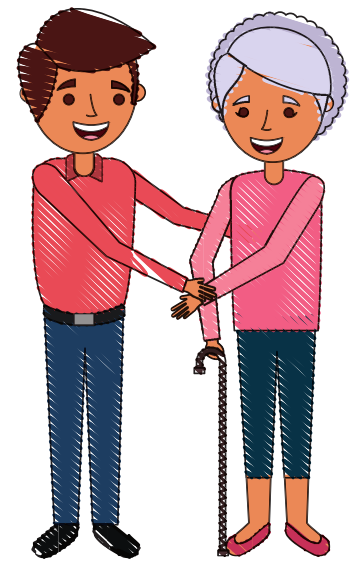
PRESENTATION/DE LA SALLE

BAGNEALSTOWN, CO. CARLOW



My journey as a young SVP member was both exciting and eye opening. I learned about how much it meant to help those who are less fortunate and vulnerable than I am. It made me realise how much a little talk or smile in someone's direction would make someone's day.

Our main focus as a group was to look at ways, we could assist our community mainly through older people. We as a group decided upon visiting the local nursing home every Friday for one hour in hope of interacting and learning more about the elders in our society. We brought with us games and music to help get involved and interact closely with everyone. We found that just a small chat of day to day life brought a smile on everyone's face. They were a musical group and loved to sing and watch members Irish dance.



I reflect back as I sit here in the midst of our covid-19 isolation and I find myself thrown back to the friendly faces I have met through my journey as a young SVP. I could not have imagined a better way to have spent my time as a Young SVP member.



Written by Chloe Coady

ST. MARY'S CBS

PORTLAOISE, CO. LAOIS

This year we decided we wanted to do something different for our religion class and give back to our local community. We set up a SVP conference as a class and had regular visits from Debbie. We learned about poverty and social justice issues in society and planned activities and projects to get involved in our local community.



We backpacked in Dunnes for Portlaoise SVP, we helped sort shoe boxes for the Team Hope shoe box appeal but without a doubt our highlight was our 6 weeks Buddy programme with Droimnín nursing home. We visited every Thursday for 6 weeks and worked in groups with the same residents each week baking, playing pool, bingo, bowling, memory games amongst other things. It was such a wonderful experience and one we learned so much from. We met so many interesting characters and loved hearing their stories each week. We had plans to do peer teaching and volunteer in a soup kitchen but unfortunately they have been put on hold. SVP has been a really interesting and hands on experience and an integral part

PRESENTATION SECONDARY SCHOOL

WEXFORD

Here in Presentation Wexford our team has been working hard on advertising the SVP and all making our school aware of all the good they do. Our launch in November went wonderfully as we introduced the new members of the committee and informing the first years and new students on what exactly we do and how they can get involved. We designed posters that are placed all over our school and gained a lot of interest from our fellow students.

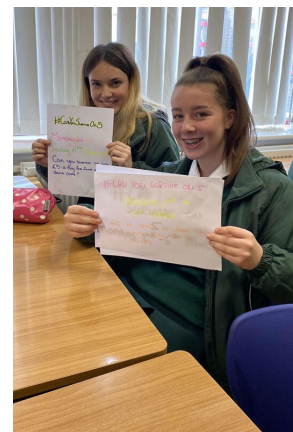


Leading up to Christmas we partook in the annual food drive appeal, and the giving tree, both with great success. We feel so honoured to have been able to make someone's Christmas just a little easier, as things get more complicated at that time of year.



In the new year we held a fundraiser on Pancake Tuesday, and to our delight we raised €120.

Lastly, we put it out to our school for the Survive On Five challenge, and received nearly 200 participants, some being teachers! The sense of community in our school and support they show for the YSVP fills us with great pride and excitement for the future, as we have so many more plans! (if we ever do get back)



ARDSCOIL NA MARA

TRAMORE, CO WATERFORD



Our Journey So Far

At the start of the school term we decided to launch our new SVP committee to our school, the idea we came up with was a bake sale, this worked extremely well as we sold the cakes in the school at lunch time and we sold out making a total of 185 euro.

On the open night of our school we set up an SVP information desk and we had our members talk to incoming pupils and parents about what we do.

We also had four of our members of our committee Lauren, Kerry, Amy and Harry go to our local SVP shop each week to learn all about the shop and at the end of the year they will be opening up the shop on their own and doing it all themselves.

We also set up a Christmas food appeal boxes at the entrance to our school in aid of SVP and we did positive notes for the students during our wellness week.

Our Young SVP group plan to do an Easter Egg hunt around the school for the first years and a fun slip and slip day for the TY's.

CBS SECONDARY SCHOOL

WEXFORD

During this school year, as we do every year we started with Carol singing in Tesco and a local nursing home



We soon moved on to creating a befriending project with the Primary school next door to us, in conjunction with their principal we have set to work on creating seating and a play area made from fully sustainable Eco-bricks and for a bit of fun we all dressed up for World Book day and spoke to the primary students about the importance of reading. Currently, we are working on our awareness campaign about young peoples lives while living in Direct Provision and how it will affect their lives in the future



← scary!!



Our Young SVP journey has been a very long and highly enjoyable one. Since setting up our Conference in 2017 we have just learned and grown so much in the world of social justice! We have had the amazing opportunity to work with amazing people like Debbie and her team, our co-ordinating teacher and many guests along the way!

Getting involved with local initiatives and working with large organisations like the Irish Wheelchair Association and SVP itself have allowed the lads in the Conference to learn so many useful skills that will benefit them in their future lives and careers.

I think all the lads agree that each youth day that we have attended have been the highlights of our years, from karaoke with the de la salle boys or Matthew being carried on stage all memories and experience that our Young SVP Journey has provided.

Thanks & Much Love,
The Wexford CBS Boys.

GRENNAN COLLEGE

THOMASTOWN, CO. KILKENNY

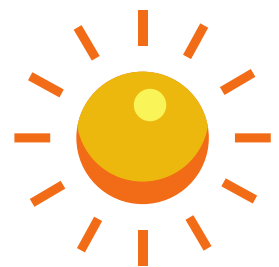
Our journey in S.V.P has been filled with so many great memories. At the beginning of the year we started with the launch of the annual hamper appeal. We raised over 100 euro from a bake sale we held in the canteen and also donations from teachers to go towards lidl vouchers. This meant including lots of food donations there was also a surprise voucher in every hamper. During this period we also did a positive-a-tree where some students got to make a wish and place it on a Christmas tree. We understand that Christmas can be a really hard time for so many families and wanted to do as much as we could during this time.



After this we planned a surprise for every student on Blue Monday. The members of our committee wrote out hundreds of positive notes/quotes and put one in every single locker. This was to put a smile on some of the students faces and to start off their day on a positive note.

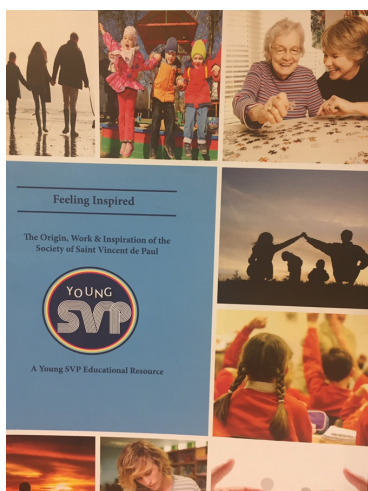
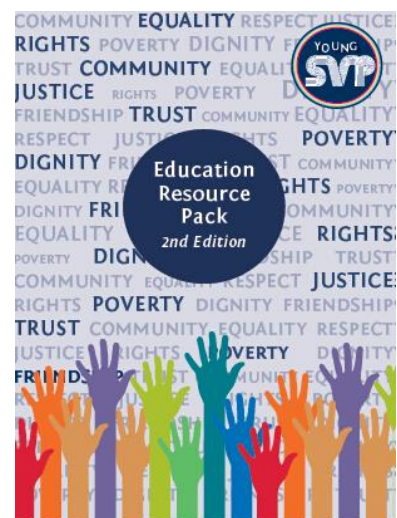
Following this, our S.V.P committee took part in the Survive On 5 challenge where we had to survive on 5 euro a day. This proved difficult for many of the members but we had some troopers pull it off. This was a really eye opening experience overall and was a great way to raise awareness for all those struggling with poverty in Ireland.

Finally we did a bright colours day to raise funds for a trip we were going on to Dublin to visit the Capuchin Day Centre and also the S.V.P head quarters. Unfortunately due to Covid-19 we haven't gotten the chance to go. The bright colours day was also to promote better mental health among teenagers and ended up being a really great day. Young Saint Vincent De Paul has allowed us to do so much during our transition year and we are very grateful we got the chance to be apart of the amazing work they do and make a difference.



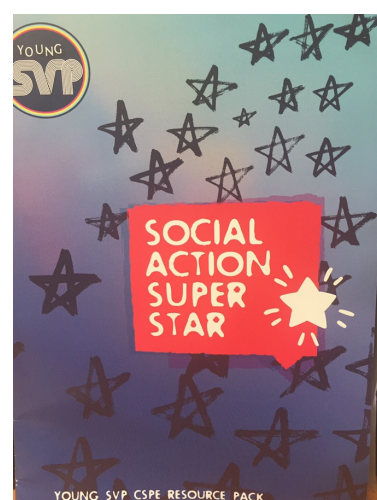
YOUNG SVP RESOURCES

Young SVP Education Resource Pack- this pack is a resource for use with students of secondary school age. There are seven core lessons within the pack that address and encourage exploration in the areas of poverty, social justice and social action; all key aspects of the work of SVP in Ireland and around the world. The lessons are designed primarily for use with Transition Year students and there are also clear links to junior cycle CSPE and Religious Education. The resource could also be useful for those completing LCA and LCVP.



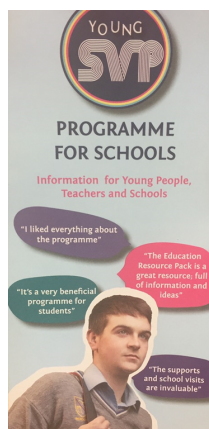
Feeling Inspired- this resource was designed to support teachers of Junior Certificate Religious Education to deliver Section A of the syllabus 'Communities of Faith'. Other syllabus links can also be drawn. It may also be useful for groups taking part in a Diocesan Award such as the Pope John II Award or as a starting point for students undertaking a project. The lessons are intended to facilitate an exploration of the ethos, vision & mission of the Society of St Vincent de Paul and the key aspects of the work of SVP in Ireland.

·Social Action Superstar- The activities in this resource will facilitate students to develop the following skills: Identification/Awareness, Analysis/Evaluation, Communication and Action. Students will also be encouraged to reflect on their attitudes and values. This resource will also make some suggestions for social actions to undertake. Where links can be drawn between the work of SVP and the core concepts of CSPE, these will be highlighted.

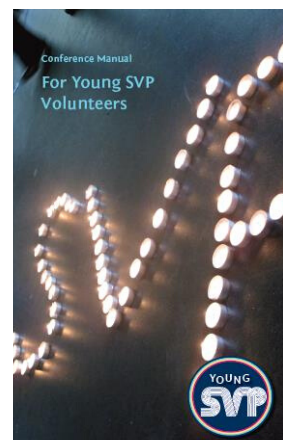


YOUNG SVP RESOURCES

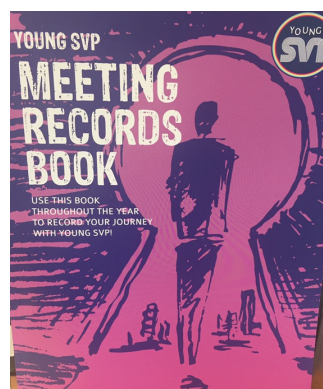
Young SVP Information Leaflet- this leaflet provides an overview of the Young SVP programme for young people, teacher and schools



Young SVP Conference Manuals- these manuals provide key information for young people, teachers and leaders on how to set up and run a Young SVP Conference.



Young SVP Meeting Record Book- this resource supports students to record their meetings and plan actions they would like to take. It includes useful information on setting up and running a Young SVP Conference.



Appropriate Activities Leaflet- this leaflet lists suggestions of appropriate activities for SVP members and volunteers aged under 18 and all those attending school.



Appropriate Activities for SVP Members and Volunteers aged under 18 and all those attending school

Email: youth@svp.ie
Telephone: 01 884 8223

CBS SECONDARY SCHOOL

KILKENNY

We planned to have meetings once a week. As a group we realised the problems we would face with that on our time so decided to have one everyday so we could get more work done on our befriending project. Everyone from our group played a huge part in helping the team for the project. We have discussed the different jobs we would need to accomplish to achieve our goals for the project. We needed someone to contact newspapers, radio stations, local parishes, and on social media. We decided for food we would bake ourselves to add a more personal touch to the project.

Our project was to bring together the older and younger generation to show that you are able to talk to teenagers as most people try to ignore us. The project took place on Thursday 12th of March. During the meeting we gave a presentation to the elderly about what we are trying to achieve with this group. After this presentation we shared tea, coffee, desserts, and sandwiches. We then shared different experiences with them. Overall as a group we feel that the meeting went well and are looking forward for things to come.



#surviveon5 challengers



ST DECLAN'S COMMUNITY COLLEGE

KILMACTHOMAS, CO. WATERFORD



This year I took part in SVP in my school as part of fourth year. I was involved with SVP before this in my parish and wanted to continue being a Young SVP member. We started the year doing a befriending project and a fundraiser. We organised a movie day for the second years and it was a great success! We also put motivation messages in every locker.

Throughout the year our teacher Ms. Farrell let us have our independence and come up with ideas on our own. As we are in Transition Year we are always out on trips so finding time for SVP class was difficult, but we made it work.

We came up with the idea of cutting out hands and writing a fact on it about homelessness and getting the first years to colour them in. We would then laminate the hands and hang them up around the school. We were also going to collect socks and for every sock there would be 10 homeless people, but we didn't get around to doing that as the schools closed!



I have learned a lot of new information about SVP and homelessness that I didn't know before. I really enjoy SVP as the atmosphere in the class is great!

Written by Joanne Guiry

HEYWOOD COMMUNITY SCHOOL

BALLINAKILL, CO LAOIS

Since September YSVP Heywood has done lots of different events and fundraisers. To start the year off we set up a YSVP stand in our school with leaflets etc. We had a colouring competition for 1st to 3rd years where people designed posters for our stand and we had prizes for 1st, 2nd and 3rd place. On our school opening night we had people at the stand telling people what YSVP does in our school and we gave sweets etc.



Our first fundraiser we did this year was the shoe box appeal. This went really well and we got over 30 shoe boxes for HOPE. We did this because we wanted to give something to people other than in Ireland so we thought this would be the best way. After we finished the shoe box appeal we did a collection for PATH (homeless charity) for hygiene products like hats, gloves etc for the homeless. We did this because we wanted to do something for a local charity. The last thing we did before Christmas was our biggest event which was our food appeal for SVP which is done every year in our school. We raised money to buy food and people donated a lot of food as well. We sold lollipops at lunch everyday for over 2 weeks. This was presented to a SVP representative at our school carol service.

After Christmas we started off by doing another collection for PATH which was a chocolate bar appeal where people could donate chocolate bars which they didn't want which would be given to the homeless on the streets of Dublin. This worked out really well and lots of people donated including a local supermarket



We decided to do motivational messages for the 3rd and 6th years before there were mocks where we put little messages in their lockers to give encouragement and tell them we were looking out for them. A number of people in our group took part in survive on 5 in the 1st week of march to raise awareness for people on low wages and have to survive on just 5 euro a day.

We hoped to have a teacher appreciation day on the 19th of March but was cancelled due to Coronavirus which we hope to reschedule if we go back to school and also we were going to have a quiz for TYs to raise money for guide dogs Ireland which we hope to do also if we go back to school.

PRESENTATION SECONDARY SCHOOL

KILKENNY

The Young SVP programme demonstrated to the Transition year students from Presentation secondary school how we can help others in a variety of different ways. We started our journey before Christmas by collecting food from the students in our school, to donate to people who needed it over the festive season. We collected a variety of foods such as pasta, tins of beans, mince pies and sweets. In the few days before Christmas, it was given to families who needed it.

After having our Junior cert mock exams last year, we all knew that it can be a stressful time for the third and sixth-year students. We decided to surprise them by putting jokes and sweets on their lockers while they were doing their exams.



The Amber Women's Refuge is a safe place where women and children can go to escape domestic violence. We contacted one of the workers and asked how we could help the women who seek refuge here. We were given a list of items that would be really appreciated if we could donate them. We asked every year in our school to assist us by donating some of these items.

COULD YOU SURVIVE ON

FIVE?



From the 2nd to the 6th March this year, students, teachers, SVP staff and members across the country took part in the #surviveon5 challenge. The aim of this challenge was to highlight the daily struggle of those on low incomes and to do this all participants had to survive on €5 a day for all of their food and drink intake. I think all those that tried the challenge agree that it was very difficult, myself included. Little did we know that 3 weeks after the challenge we would have a global crisis where so many people would lose their jobs or have their hours cut and income reduced and the challenge of surviving on 5 would become a reality. Here is an account from our regional president Ben Doyle on her experience of the challenge.

Ok so I cheated straight away as my 88 year old mother celebrated her birthday on the Monday and I knew there would be dinner and lots of goodies so I was late starting... so Tuesday was my start day.. day one not so bad found it good. Day two again not quiet so bad.. day three... struggle... day four really not good.. now know what hunger is.. Tonight am heading to bed with tears in my eyes. I could cheat and eat ... but what about all the other people who are in this situation and have no choice not to cheat... I know my struggle will end tomorrow.. day 5... this has been tough and very hard... being a type two diabetic it's been really rough trying to have diet good.. how many others are struggling with health and trying to survive on less than a fiver a day.. am not ashamed to say I shed tears.. not ashamed to say I was hungry very hungry from day two onwards... this has been an eye opener for me to come face to face with reality which a lot of people with families face day to day... and if am being honest would safely say I did go over my €25 budget for the five days... it certainly made me appreciate what a daily struggle feels like for a lot of people.. am glad I took this path with Young SVP

Ben Doyle Regional President South East

OUR LADY OF LOURDES SECONDARY SCHOOL

NEW ROSS, CO. WEXFORD

As part of our random acts of kindness, we surprised the Third Years with tea and biscuits before their mocks to relieve them from stress. We thought this would be a good idea as we know how it feels to have that stress of studying. We chatted to them about school and study for 40 minutes. We also had tea and biscuits for our TY's. TYs have a big role in the school so we wanted to bring them all together to have a fun and relaxing class.

Another thing we did as part of our SVP journey was a bake sale. All members of our committee baked something to sell. We decided to keep the prices reasonable as our main aim was to spread awareness about our committee. We used the money we raised for future events we held.

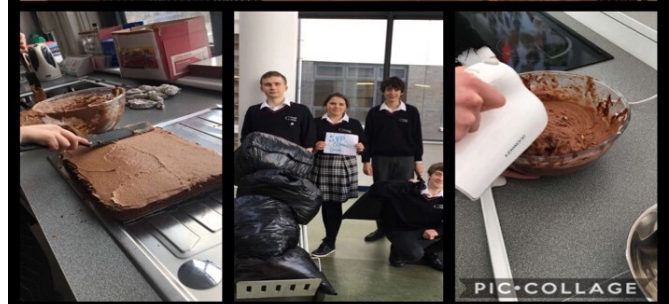
Our committee also went to the Community Hospital in New Ross. A few girls played music and sang to entertain the elderly. We also chatted with them and gave them sweets. They really enjoyed having young people to chat to and we all sang Christmas songs and danced.



CREAGH COLLEGE

GOREY, CO.WEXFORD

At the start of the year our SVP group made a visit to the SVP housing in our local town, Gorey. We met many nice people and got a tour of the house. We learned about happens in the SVP house and how they take care of the people living there. We had weekly meetings discussing what we could do as members to help every Monday during lunch time. Every Friday the members would take turns going down to the SVP shop in Gorey to help there. We stocked shelves, sorted out the clothes and helped in any way possible. We decided to have a teacher appreciation day to thank the teachers for all of the hard work they do for us. We surprised the teachers with cakes and muffins that we made for them. We held a clothes drive for the the local SVP to raise money for them. We also went to the Oakfield nursing home in Courtown where we sang carols for them.



LORETO SECONDARY SCHOOL

CO. KILKENNY

Our class were lucky enough to be chosen by Ms Mackey to be part of Young SVP this year. We did so many great activities, it's hard to sum it all up but here's a brief insight into what we did this year.

Games Club is a place where all students are welcome to come and enjoy themselves during lunchtime. Games Club allows students to step out of the school atmosphere for half an hour every Thursday, and enjoy the fun and games. It has been a huge hit with students and teachers

Next up was our SVP day where we did a range of activities for all students in the school as acts of kindness and to raise awareness about SVP



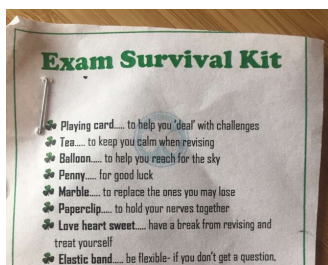
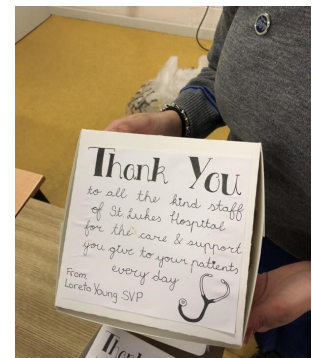
The after school Homework Club is something that our class volunteered to as part of Young Saint Vincent De Paul. The Homework Club at the Fr. McGrath Centre aims to help children with their homework, while at the same time allows us to get to know the children and to create a bond with them.



Every year our school Loreto holds the annual hamper appeal in aid of Saint Vincent De Paul. Our class was given the responsibility of organising the collection day. Our Hamper Appeal was one of the biggest successes ever, as we filled a total of 120 boxes! Finally, the boxes we collected from our school and delivered to the Good Shepherd Centre.



During the month of February, our class decided that we wanted to give something back to the people who do so much for us in our everyday lives. We agreed that St. Luke's Hospital would be a great place to visit to show the appreciation that we have for all of the hard working staff.



The Survival Kits are something that Ms. Mackey has been doing with her Young SVP class for many years now. It's a simple, yet very thoughtful idea of making up little goodie bags, or 'survival kits' as we call them, and gifted them to the 6th years. These small bags include the most random of items, each with a different meaning behind them to help the leaving certs stay calm and focused before their mocks.

ST MARY'S SECONDARY SCHOOL

NEW ROSS, CO.WEXFORD

Our YSVP started with a launch day in October. We held a bake sale, decorated the school blue and played music all breaktime! It was great fun and we raised €333.



Our first action was writing positive messages on sticky notes and attaching them to the lockers of the 1st Years. We wanted to congratulate them on making it through their first term and spread some positivity through the #BeKind campaign.



Next, we organised a food drive for New Ross SVP. The Christmas Food Drive is a Mercy tradition, and obviously Christmas is a very tough time for some, so that action was really important to us.

Knowing from experience the amount of stress the 3rd & 6th Years were under, we decided to do something for them. We baked 240 cookies and brownies and gave them to the students the Friday before the Mocks began. They went down extremely well!

Our last action was a clothes drive. We collected 35 bags of clothes and treated the class who brought in the most bags to a pizza party as a prize. It's safe to say that all 42 members of our Society will cherish the memories they made in YSVP.



Young SVP At Home

Young SVP had to get creative when school closures meant that we couldn't meet you all in person. We took our programme to social media and have loved interacting with you online. Here is a round up of what we have done so far

 **CALLING ALL TEACHERS**
Let's Collaborate!

Would you like to support your students to learn about social justice & social action while the schools are closed?

Follow us on social media over the next few weeks to find out how to stay involved with Young SVP!

Or email youth@svp.ie and we will share resources you can send on to your students!

WE HAVE ANOTHER #youngsvpathome challenge for you!

Share some positivity and let us know the things you enjoy that are #notcancelled

ARE ALL #NOTCANCELLED

For example...

- Films & TV Shows
- Spending time in the garden
- Trying out recipes
- Listening to music
- Playing video games
- Keeping in touch with friends
- Dancing & singing
- Playing an instrument

#youngsvpathome 

HELLO YOUNG SVPI!
We have exciting school holiday plans!

Watch this space for:

- Sustainable Fashion Quiz
- Netflix Party!
- Sustainability Challenges
- Upcycling Ideas
- Wellness Wednesday & more...

We are going to find out more about sustainability & take action together!

#sustainableyoungsvp
#youngsvpathome




Identifying your support networks

Knowing who you have in your corner is important and helps when you're feeling down or need support.

Ask yourself:

- Do I feel respected by this person?
- Do I trust this person?
- Does this person bring out my best qualities?
- Does this person allow me to feel good about myself?
- Do I leave interactions feeling positive?

#youngsvpathome



You've got to nourish to flourish

Don't Forget! Drink water & get sunlight. You are basically a house plant with more complicated emotions.

#youngsvpathome



HELLO YOUNG SVPI!
We have another challenge for you!

Is there someone you would like to reconnect with?

What could you do to get back in touch?

This one is all about friendship & connection!

- Video call
- Text message
- Phone call
- Send a post card
- Share a funny meme
- & more...

#youngsvpathome



YOU ARE INVITED
#youngsvpathome Netflix Party

This week for Wellness Wednesday we will be watching a feel good film!


WEDNESDAY 15TH APRIL
3.00PM

- 1) Make sure you are using Chrome
- 2) Download Netflix Party
- 3) Follow @youngsvpofficial & DM us for the invite link
- 4) Join in with the chat
- 5) Stay for the after party (discussion about the film)

* please note this movie is rated 15s.

The Fundamentals of Caring *

#youngsvpathome



Let's ground ourselves in nature!

Staying within 2km of home while out exercising can feel limiting, but we can also take it as an opportunity to refocus!

How well do you know your local area? Can you find something you haven't noticed before?

A plant, a bird, a nice view? Are flowers starting to come out? Are there animals living near you?

#youngsvpathome



HELLO YOUNG SVPI!
Let's show everyone you are taking this seriously!

Young people have an important role to play right now, by staying home, #SocialDistancing & helping us all stay safe.

The Challenge: Post a picture or video of yourself at home and tell us what you have been doing to fill your time, while social distancing!

I'm staying home and catching up on TV boxsets!

DON'T FORGET TO USE THE #
#youngsvpathome



YOU ARE NOT ALONE PROJECT

After hearing the news that one of our schools in the South East were coming to terms with the loss of a student to suicide during the lockdown, I wanted to get my students together to work on a message of solidarity and the response was overwhelming. The finished product will be released at the end of the month but here in a look at some of your lovely photos



DE LA SALLE, WATERFORD

WEXFORD YOUTHREACH

BUNCLODY VEC

RAMSGRANGE COMMUNITY SCHOOL

OTHER SCHOOLS INVOLVED IN THE
YOUNG SVP PROGRAMME 2019/2020

TULLOW COMMUNITY SCHOOL

NEW ROSS YOUTHREACH

MEANSCOIL GHARMAN

ST LEO'S COLLEGE, CARLOW



Thank You!!

What an amazing year it's been even though it was cut short! A big thank you to all you submitted pieces for this newsletter. You all should be so very proud of yourselves.

I'd like to say a big thank you to all my teachers for their continued support and for school communities across the South East who continue to encourage and support our Young SVP members

Thanks also to my colleagues both regional and national and to all SVP members across the South East who continue to support me in my role and support the Young SVP Programme. It's clear to see from this piece that all our time and effort is worth it.

I'm looking forward to seeing what 2020/2021 will bring.

Take care, be safe

Debbie xx

