



Half Term Heroes Year 8 Year 9





Year 10



Year 11





Year 12



Class of the Month

80



90/E





10N



11M



12A



13M





Business

















Child Dev Construction Engineering























Geography







H&SC





Hospitality









Maths



Public Services



R.E.











Spanish











Technology













Christmas Bauble Art Competition Winners

Our Art department held a competition before Christmas, to design a bauble which would be made into a Christmas card. It was a tough competition with a lot of fantastic designs. It was very tough to pick the winners! Well done to everyone who entered.

Year 8

Omar N 8A Khloe W 8M Emme F 8N Keely O'N 8M Hanna S 8M Cavan O'N 8A

Year 9



Year 10







Staff Champions

Our well being Champion, Mrs Gilleece is focusing on staff Champions in Malone, below are November and December's champions she has chosen and a bit about them and their wellbeing advice.



November Champion

Our Champion shares her quickfire questions below

Name: Miss McConville Job: RE Teacher

Favourite Show, Book, or Movie: Show: All the light we cannot see

Movie: Lincoln Lawyer Book: Harry Potter, always



Health and Wellbeing Tip, Advice or Recommendation:

'Control the controllables' if it is beyond your control you shouldn't let it disrupt your mood/happiness.

First paying job:

Sales assistant at NEXT

Hobby, interest or how you like to unwind:

I play a lot of sport; camogie and football but always find the gym very therapeutic and great for boosting your mood.



November Champion

Our Champion shares his quickfire questions below

Name: Mr Hanna Job: Geography Teacher

Favourite Show, Book, or Movie:

Show: The Simpsons Movie: Goodfellas

Book: Killing Kennedy: The End of Camelot



Health and Wellbeing Tip, Advice or Recommendation:

Allocate 'me time' once a day to engage in an activity that will allow you to 'declutter'

First paying job:

Sales Assistant Mace in RVH

Hobby, interest or how you like to unwind:

I am a very active person and love sport; such as basketball, the gym and football. I also enjoy a walk listening to music or a podcast ('The Rest is History' is a great listen!)



December Champion

Our Champion shares her quickfire questions below

Name: Mrs D McComb Job: Finance Assistant

Favourite Show, Book, or Movie:

Movie: Beaches

TV Show: Scandal, Ted Lasso

Book: The Shack



Name: Mr R McComb

Job: Caretaker

Movie: Wolf of Wall Street, The Shawshank

Redemption

TV Show: Game of Thrones, Ted Lasso

Health and Wellbeing Tip, Advice or Recommendation:

Everyone is going through a struggle you know nothing about, always be kind.

First paying job:

Boots Chemist, Belfast City Centre

Hobby, interest or how you like to unwind:

Time with my kids and family



December Champion

Our Champion shares his quickfire questions below

Favourite Show, Book, or Movie:

Health and Wellbeing Tip, Advice or

Recommendation:

Be active: Physical activity like playing football, Gaelic or even a walk etc.. can really make a difference in your mood.

First paying job:

Marks & Spencer, I started there in July 2003 and continue to work there part time today.

Hobby, interest or how you like to unwind:

Love to watch football and travel to Glasgow most weekends with my son. Spending time with family and travelling to different places with friends.

Staff Champions

Our well being Champion, Mrs Gilleece is focusing on staff Champions in Malone, below are January's champions she has chosen and a bit about them and their wellbeing advice.



January Champion

Our Champion shares her quickfire questions below

Name: Ms McPeake
Job: Head of Drama



Favourite Show, Book, or Movie:

Show: Wicked, the musical Movie: Miracle on 34th Street Book: The girl on the train

Health and Wellbeing Tip, Advice or

Recommendation:

Take life a day at a time, don't sweat the small stuff and control the controllables.

First paying job:

A waitress in a hotel.

Hobby, interest or how you like to unwind:

I like to read, get out side for walks and spend time with my children.

January Champion

Our Champion shares his quickfire questions below

Name: Mr McCarter Job: Head of Maths



Favourite Show, Book, or Movie:

Show: I watch The Office (US) the whole way through every couple of years, it always makes me laugh, but I also like dramas like Breaking Bad.

Movie: The Lord of the Rings Trilogy

Book: I really enjoy reading and find it a great way to relax without screens. I read lots of different books from different genres, though recently I have been reading a lot of Science Fiction and Fantasy. It is hard to pick a favourite.

Health and Wellbeing Tip, Advice or Recommendation:

Get outside and exercise!Whether it is playing sport, running, or just going for a walk it always makes me feel better.

First paying job:

Glass collector in a bar

Hobby, interest or how you like to unwind:

Playing sport or spending time with my kids.

