



The Milford Gazette!

By children, for children!

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January Edition 2017



The Fitzpatrick Cup 2017

By Conal

The Fitzpatrick Cup was held this month and it was a thriller. The reason it is held is in memory of former principal George Fitzpatrick. The captains this year were Ben Hayes, Ben Murnane, Emily O'Halloran, Muirís O' Dalaigh, Rafaela Costa-Pinto, Ciara Oliver, Hannah O'Connor, Darragh Murphy, Evan Jenkins and Aidan Williams.

Two teams were knocked out in the first stage, unlucky to those teams. The quarter and semi finals took place the following week. All teams tried very hard to make it to the final. However, it was down to two, captained by Hannah O'Connor and Evan Jenkins. The final was a hard fought game, going to extra time and *The Golden Goal Rule*. Evan managed to hit a last minute shot and his team won! Unlucky to Hannah and her team, but very well played. The games were all played in good spirit so well done to all the participants and teachers who organised the event. Roll on next year!

Pointless Piece of Research of the Month

Ireland is the only country in the world which has a musical instrument – the harp – as their national symbol. The oldest known harp in existence is housed in Trinity College, Dublin.

January 6th Traditions from Around the World

By Saoirse



In Ireland we celebrate *Little Women's Christmas* on the 6th January. Little Women's Christmas is the traditional rest for all of the women of Ireland after making Christmas dinner and getting everything cooked and cleaned. In Brussels (where I lived for six months) and in France they have a cake called Gâteau des Rois, meaning "cake of the kings", which they eat on the 6th of January.

Inside is a little ceramic animal or a ceramic king. They do something similar in Spain, where they also celebrate the 6th January, but the cake is called Pastel de Los Reyes.

Recipe: Healthy Smoothie

By Laurie



Ingredients:

- A large handful of berries
- 3/4 cups of low -fat plain yogurt
- 1/2 cup orange juice
- 3 tablespoons Almond Milk
- 1 tablespoon honey
- 1/2 teaspoon vanilla extract

Method:

1. Place all ingredients into your blender or Nutribullet and blitz!
2. When smooth, pour your delicious healthy drink into a tall glass, with ice! Enjoy!



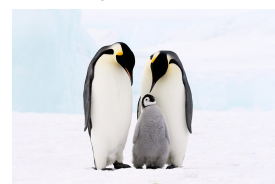
Top 10 New Year's Resolutions

By Ekene

1. To be a good boy/girl
2. Try to be nice and kind to everyone
3. Help parent(s) more at home
4. Be more charitable
5. Try and do your best in school
6. Eat healthy
7. Get more active/fit
8. Be myself
9. Be occupied
10. Be creative

Animal Kingdom: Penguins

By Caoimhe



- Penguins are flightless birds
- Though most birds use their wings to fly, penguins use them as flippers to swim
- Most penguins live in the Southern Hemisphere
- The Galápagos penguin is the only penguin species that ventures north of the equator
- No penguins live in the North Pole
- Penguins can live in the North Pole
- The population of penguins is 3.89 million
- There are 17 species of penguins

Dream Poem



by Alessia

I dreamed a dream in bed last night
I flew ever so high
I said hello to the moon and the sun,
As I whizzed across the sky
And then I fell
Back down to the ground
To a place most bizarre
With candyfloss instead of trees
And monkeys playing guitar
There was fields of flowers
As far as I could see
With yellow leaves and purple trees
'Where am I' I wondered aloud
As a cow came flying from behind a cloud
Then I was back in my bed
Just normal old me
I giggled for a bit, it was only a dream!

Drumming Workshop

By Caoimhe

From the 11th-13th of January, Ms. Reidy organised for a Drumming Workshop to run in the school.

John Bowker came to the school with over 60 drums!

It was loud but fun.

Fun Fact : The drums weren't called bongos they were called all different names.

He taught us how to play and he taught us a lot of songs.

He told a bit of history about the drums and he also taught us some African words. The words sounded funny.

It was fun and we also learned something new.

Troy Times

Our colleagues over at *Troy Times* have released a new edition of their printed newspaper packed with lots of interesting recipes, articles and reviews! We have placed their edition, alongside our printed articles, on the board inside the school entrance, check it out!!!! Well done to Theo, Aran and Niamh.

Movie Review: Rogue One Star Wars

By Joey



Star Wars Rogue One, A *Star Wars* Story came out on the 14 of December 2016. I went to see it in Odeon cinemas with my dad. The movie is about a little girl whose Mother is killed and father taken from her when she is very young. The dark side wants to take her father to build the ultimate weapon, and he has no choice but to agree. Years later the young girl has grown up and joins forces with some unlikely friends to help defeat the dark side and try to destroy their "Ultimate Weapon".

I thought the movie was really good fun and two of my favourite characters were Chirrut Imwe and K-2SO, the robot with humour. My star rating is 5/5!

Country Corner

Austria



By Caoimhe

- The population is 8,725,931
- The capital of Austria is Vienna
- Their presidents are Doris Bures, Karlheinz Kopf and Norbert Hofer
- The currency is euro
- They drive on the right side of the road
- The longest river is Danube River
- The longest lake is Bodensee Lake
- They speak Hungarian, German, Slovenian and Austrian German

Book Review

"Midnight" by David Walliams

By Paul



The midnight gang is one of David Walliams most thrilling books yet! Each kid is stuck in a hospital with an injury. There is Tom, Sally and more. My favourite child is Tom because he is the nicest.

The midnight gang is a group of children who sneak out of the room each night to fulfill their dreams including visiting the North Pole, going flying and much more. The midnight gang is one of my favourite books, I think you'll enjoy it!

5 Random Facts!



By Ekene

1. Pteronophobia is a fear of being tickled with a feather.
2. Banging your head against the wall burns 150 calories an hour.
3. When hippos are upset their sweat turns red.
4. *Facebook Addiction Disorder* is a mental disorder identified by Psychologists.
5. According to daysoftheyear.com, 29th of May is officially *Put A Pillow on Your Fridge Day!*

