You are going on a retreat in town!

9.30am SHARP: Meet your Form teacher, Ms Cassidy, the school Chaplain, Ms. Redmond, and your spiritual guide, Anita, to the right of the main entrance at St. Stephen's Green Shopping Centre.

Don't be late - you are responsible for making your own way there!

12.45pm - 13.30pm: Lunch Break. Rule: Less than 3 never should be - little groups

15.00/15.15pm: Make your own way home!

Bring some snacks in case you get hungry before the official stop for lunch. You can buy your lunch or bring a packed lunch, your choice.

Wear your school uniform or tracksuit - your choice. COMFORTABLE SHOES.

Have your school jacket and layers in case it's cold or wet (or sunglasses and sunscreen if it's sunny!).

You need a pen and a face mask for going into places.

