



Walking Club

The Walking Club in the college is held every Thursday from 3.30pm – 4.30pm. Anyone interested in participating in this club should speak to Mrs Hetherington or Miss McManus. Parents are warmly invited to attend the walking club.



Students and staff enjoy sampling the healthy food choices in the college canteen.

Healthy Food Tasting Day at ICD

In a project supported by the Southern Investing for Health Partnership and the SELB Youth and Health Wellbeing Forum, the college hosted a very successful Healthy Food Tasting Day. ICD students, along with Primary 6 pupils from Windmill Integrated Primary School, enjoyed a tremendous array of recipes served up by the college's canteen ladies. Foods available included an assortment of scones, bread and fruit juice selections, savoury dishes, fresh fruit, soups and fresh fruit salad.

Helen Holland, Nutritional Standards Co-ordinator for SELB, spoke to the students about the importance of healthy eating and how a healthy diet can be an enjoyable diet.

Angela Doris, Unit Catering Supervisor, said, "All the students really seemed to enjoy the food tasting. We are constantly reviewing our menu, to see how we can improve the variety of foods on offer to the students to ensure that the healthiest diet possible is provided for them."



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Road Safety Education

ICD recently welcomed Constable John Wilson, PSNI Traffic Education, to assist with the successful programme of Road Safety Education already offered in the College. All Sixth Form and GCSE Motor Vehicle & Road User Studies students enjoyed an exciting, interactive and informative presentation by Constable Wilson, who discussed a number of issues relevant to all road users and in particular new drivers. Topics such as speeding, vehicle care, inattention and driving under the influence of drugs and alcohol were presented and examined, with all students making the most of the opportunity to quiz a serving police officer who all too often sees the negative impact of poor behaviour on our roads. We would like to thank Constable Wilson for taking the time to prepare and deliver an excellent Road Safety presentation and we look forward to his return for a whole school assembly next term.



Constable Wilson shows Head Girl, Katie McLaughlin, how a breathalyser works. Thankfully this was only a demonstration!

Dates to Remember

11 - 15 August	Year 8 & Year 11 Summer Scheme
14 August	A Level Results available
21 August	GCSE Results available
1 September	Autumn Term commences for Years 8 & 9
1 September	Year 8 Information Evening at 8pm in College Hall
2 September	Autumn Term commences for Years 10 – 14