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Working for communities

Clinic 9.30am every
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ALL you need to know about **WHAT'S ON** around Skerries

This thing saved my life!



FIRE STATION: Heart attack victim welcomes new defib unit



**Back from the brink:
Skerries Mother
and Toddler Group
busy as ever**

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**In cinemas now:
dark gothic drama
filmed entirely
in Ardgillan**

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**Were you there?
Photo special of
all the Scarecrow
Festival fun**

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**New
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CLASSROOM COMMERCE

Serious business

By EMILY DIEBOLD

Skerries News was delighted to be invited to meet the Junior Entrepreneurs Club in Valerie King's sixth class in Skerries Educate School last week.

We were greeted very professionally with a handshake at the front door by David and led up to the library for a meeting with his entire group, where Mattie had a powerpoint presentation ready.

Oran explained: "An entrepreneur is someone who owns a business. To be an entrepreneur you need to be able to make snap decisions, take risks and work well with others.

"We're building things and making things and we're going to sell them. We're simulating how real businesses would work and we're hoping to make a profit so we can donate it to charity."

David continued: "We don't know the prices yet but when we do we will advertise them through our website and we'll set up a stall in the hall or maybe outside."

Mattie then went on to give the presentation explaining that the entire class will be making wooden ornaments/coasters and pencil cases and the group will be selling them.

They will be making a website which Mattie showed us a mock up of. He said "The point of the website is to show people about the Junior Entrepreneur programme and tell them about why we are doing it.

"It will also be used for marketing. We are doing the Junior Entrepreneur programme to be creative and have fun, not just to sell pencil cases and ornaments."

They will make posters to tell people what they are doing and to advertise the website.

They are just at the beginning stages of the project and are working towards having it all ready for the Christmas market in the school.



READY FOR BUSINESS: Matthew, Daragh, Odhrán, Maggie, Ruby, David, Finlay, and James

Photos: Emily Diebold

Meeting Skerries' youngest entrepreneurs



PRODUCTS: Burnt wood coasters and ornaments and pencil cases

Mattie said: "We're also thinking about custom ones. At the market, if people have a picture on their phone or they show it or drive back and get the picture, and we will trace it for them."

Maggie and Ruby are in charge of the pencil cases. They explained that they make the pencil cases with a sewing machine.



Ruby said: "They only take like 10 minutes to make. It's actually really easy. You just need a zipper, fabric and thread.

"We went around lots of classes and did a survey and asked what fabric they would want so we're just going to order that and make them."

Meanwhile the wooden decorations will be made with

a wood burner.

Mattie explained: "We have two wood burners. We've done our first practice yesterday, me and Finley, and Oscar and Finley made these today.

"It took about 20 minutes for each. They are coasters and ornaments. As well as custom ones there will also be base ones like a Robin or a Christmas tree that someone in the class will do and someone else will do like a dog and you can just order them if you want."

"We're also going to do custom pencil cases with white fabric," added Ruby, "and they can say if they want their name or a design on it and we can draw them on."

The names for the companies are 'Skerries Woodburnt Designs' and 'Skerries Stationery'.

We look forward to finding out how they get on. ■

In the first of a short series of five articles to help towards a healthier happier you *before* the New Year, Black Rose trainer **Jason Leong** talks about goal setting, holding yourself accountable and how he achieved competition fitness by *just keeping going...*

WHETHER you're a beginner, an athlete, or some sort of expert in the fitness industry, or you have your own fitness journey but you're not sure what to do or where to go, it really is important to set a goal. It gives you a reason to keep going and helps you to stay motivated.

So at least have a date, whether it's a photoshoot, competition, or maybe you just want to look good for a holiday. I know when I didn't have any goals, I had nothing to push me, so I had no accountability.

MOTIVATION

My quality of training wasn't good. My motivation wasn't there, and I had no way to measure myself towards the end, whereas when I had the goal I was able to measure my daily, weekly, monthly progress. I was able to stay motivated and give myself reasons to keep going through good days and bad.

After I completed my competition, I was quite happy. I actually started something and finished it. And I was aware of that because I had said 'You know what? I'm going to do this. I'm going to stick to it.'

It really is important to measure every step of the process, whether it be taking pictures, tracking your workouts, maybe going with a friend, and having them keep you accountable for your training sessions.

In terms of tracking as well, it's really important to be able to compare your good days, your bad days, and your progress from start to finish each week so you can make sure you actually get

BLACK ROSE

GOAL SETTING - ARTICLE 1

BY JASON OF BLACK ROSE GYM





YES YOU CAN

How you can be the 'you' that you've always wanted to be...

better at what you're trying to achieve.

In terms of my own progress on my road to competing for the first time this year, there would have been certain metrics I track – step goals, cardiovascular goals, sleep goals, training volume goals, as well as some sort of strength goal to get stronger at certain lifts to maintain that strength throughout – all with a notepad. I track my sleep and my steps with a smartwatch.

TRACKING

On top of that, I held myself accountable for the food I was eating, tracking calories per day for a week. I took this one day at a time because each day added up to a successful week, and week on week turned into a successful month. That led me up to my competition.

It can be simple, but remember the reason I was doing this was because I figured out early on

that one leads to another. I need to track my progress and have good sleep in order to have a good day. If I wake up in a good mood after a good sleep, I know that affects my food decisions so I can definitely keep to my calorie counts and keep to my good foods.

If I have good foods, my digestive system is working fine. I don't feel bloated or anything like that, so then I can still have a good training session. And on top of that, when I have a good training session, I can still hit my lifts that will release, for example, endorphins. But I will feel better that I'm making progress.

Maybe friends or family or social events and holidays creep up. These are inevitable. You can't just stay stuck in your house, only going to the gym and back. You need to go out, enjoy your friends, family, and time away. The world does still spin.

You just learn to make better

decisions when, for instance, eating out. I've all good meals. You can change your drink decisions and make different choices.

Guys, accountability is the number one thing that keeps us motivated. From beginner athletes to the most coached, most expert people in their fitness fields, we all need goals and accountability.

At Black Rose, we have a lot of success stories. We have Instagram success stories, we have a photoshoot wall, we have a number of members as well as staff that have competed, with plenty of medals all around, but I can tell you for a fact that not one of us have achieved our goals alone.

So if I was to speak to my younger self and give that lad better advice, the best thing I could ever say is just to keep going. Regardless of what I think, or other people's opinions. Keep going no matter what.