



# CASTLEREA COMMUNITY SCHOOL

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Easter 2023,

Dear Students, Staff and  
Parents/Guardians,

Welcome to the Spring edition of our school newsletter for this academic year. The second term in school is always an incredibly busy one and as always, this newsletter reflects that busyness and the myriad of opportunities and activities that our students have availed of and been part of since the Christmas publication and the generosity of our teachers in giving their time to promote these activities.

Having witnessed the huge efforts by our students and teachers not only on their academic fields but also across a broad range of extra and co-curricular activities, I am filled with pride when I see the core values of hard work, respect, team spirit and responsibility, which we aim to instil in

our students, permeate through the actions of so many. From competing on the All Ireland stages of basketball, poetry recital and public speaking to Regional successes in football, soccer, business enterprise and drama, our students have indeed demonstrated that future consequences are inevitably shaped by present actions.

It is the continued dedication and commitment to give your all, that will reap the rewards; particularly relevant at this time for our present examination students who are preparing for their Oral examinations in the coming days as we wish them well.

Recent weeks saw our whole school community come together for Seachtain na Gaeilge activities, while taking some time out to look after our emotional, psychological and social wellbeing through the many workshops and activities during wellbeing week. On Friday last, we took the opportunity to award

our Junior Cycle Profile of Achievements to the Junior Cycle class of 2022; a welcome return to familiarity since the pause button was pressed in 2020. Our sense of togetherness and mutual responsibility was demonstrated never so profoundly than through our Transition Years recent awareness campaign on drink spiking which has reached phenomenal acclaim in the online sphere.

Thank you for taking the time to peruse our newsletter and we hope you enjoy looking back on a very busy and productive term at some of the highlights of the past three months. Thank you to the many students and staff who have put time and effort into its compilation and I wish each of our students and their families a happy, restful and safe Easter holiday.

Beannachtaí na Cásca oraibh go léir.

*Ms. Ryan*



### University of Galway Awards Ceremony:

Congratulations to Lily Mulrenan and Saoirse Burke, who received special recognition awards from The University of Galway, having received Distinctions in Higher Level Irish in the Junior Cycle 2022. Well done to the girls and their teacher Ms. E Callaghan on this excellent achievement. The girls are among the top 2.6% in the country.



An tOllamh Ciarán Ó hÓgartaigh (UG), Lily Mulrenan, Saoirse Burke, Ms. E Callaghan (Irish Teacher) An tOllamh Pól Ó Dochartaigh (UG) pictured at a special recognition awards ceremony in UG for attaining Distinctions in Junior Cycle Irish 2022.

### Soroptimist Public Speaking Competition

Well done to Leanne Vaughan (TY) who participated in the Regional Finals 1 of The Soroptimist Public Speaking Competition in The Mansion House Dublin last weekend. It was a wonderful evening of public speaking delivered by eight very inspiring speakers. Leanne spoke passionately on her prepared topic "Partnership and Empowerment of Women." she also had to deliver an impromptu speech on the evening. Leanne thoroughly enjoyed the experience and learnt so much from her involvement in this competition. Thanks to Ms. M Larkin (mentor), Ms. E Ryan (Principal) and Ms. M Nally, Soroptimist Branch Athlone, for all their help, support and guidance.



Ms. E Ryan (Principal), Leanne Vaughan and Ms. M Larkin (Mentor) pictured at the The Soroptimist Public Speaking Competition in The Mansion House, Dublin

### Success for Public Speaking Team in the Knights of St. Columbanus Public Speaking Competition

Massive congratulations to our TY public speaking team who won first place in the Elphin Dioceses' Public Speaking Competition in Donamon Castle recently. Well done to Leanne Vaughan (captain), Sarah Joyce, Julia Dzwonkiwska and Micheal Shriane (sub). The students spoke passionately on the topic – "God has created all human beings of equal rights, duties and dignity, and has called them to live together as brothers and sister" (Fratelli Tutti). The students spoke about issues facing the elderly, the sick, migrants and refugees in our society. All their arguments were supported by the students' lived faith experiences and their faith formation with-in family, parish and school. The students and their mentors Ms. Margaret Larkin and Mr. Stephen O'Hara were thrilled to be crowned overall winners on the day. Thanks to the Knights of St. Columbanus for sponsoring, Fr. John McManus for representing Bishop Kevin Doran and Mr. Justin Harkin (Diocese of Elphin Education Secretariat) for giving us the opportunity to participate.

The team proceeded to the All-Ireland Final on Saturday 25<sup>th</sup> March. The competition was held in the Carlton Hotel, Dublin where they were runners up. The students who participated from all provinces in Ireland were absolutely outstanding and spoke with passion and eloquence on their chosen topics relating to Youth, Human Rights, Climate Action and Faith Formation. Congratulations to the winning team St. Louis Grammar School, Ballymena. Many Thanks to The Knights of St. Columbanus for their very generous prizes to the school and the team members. All at CCS are very proud of your achievements.



Ms. M Larkin (English teacher), Leanne Vaughan, Sarah Joyce, Julia Dzwonkowska, Micheál Shriane and Mr. S O'Hara (Chaplain) pictured at the All-Ireland Final of The Knights of St. Columbanus Public Speaking Competition in the Carlton Hotel, Dublin.

### Pathways to Education Seminar

Sixth year students – Ciaran Cahill, Meghan McDonagh and Daiane Kristina de Oliveira, attended a Pathways to Education Seminar at the University of Galway recently. This was a very informative session around pathways, supports and bursaries for third level education. The students were accompanied by their career guidance councillor, Ms. AM Quinn.



Ciaran Cahill, Meghan McDonagh and Daiane Kristina de Oliveira, pictured at the University of Galway where they attended a Pathways to Education Seminar.

## All Ireland Winner in The Poetry Aloud Intermediate Category

Congratulations to Sarah Joyce who won first prize in the Intermediate Category of the All-Ireland Poetry Aloud Final in the National Library of Ireland, Dublin. Sarah was announced overall winner of the category after giving exceptionally strong recitals of her two chosen poems and beating off incredibly strong competition. Sarah received a Seamus Heaney Poetry Aloud Certificate from the new Director of the National Library of Ireland (NLI), Audrey Whitty, for her performance. CCS was well represented at this event, with four of the 22 finalists out of over 300 entries. We are very proud of all four girls – Sarah Joyce, Leanne Vaughan, Cara Gill and Kate Hawkshaw, who represented our school exceptionally well and received very high praise from all adjudicators and guests on the day. Having four competitors from the one school in this competition is an amazing achievement and we commend their mentor, Ms. Margaret Larkin for her work with the team in preparing them so well.



Kate Hawkshaw, Cara Gill, Sarah Joyce (winner) and Leanne Vaughan pictured with their mentor Ms. M Larkin at the All-Ireland Poetry Aloud Final in the National Library of Ireland, Dublin.

## BT Young Scientist and Technology Exhibition

Two 5th year students Kylian Crossan and Daniel Rodrigues qualified for the BTYS Exhibition with their project “Maths Anxiety In Students.” They set out to discover what was meant by maths anxiety and how it affected the students in their locality. They felt that this topic was very relevant and that it was affecting people's lives. They also wanted to see if they could come up with solutions to help people overcome it.

From their research they discovered that because maths anxiety can negatively affect learning and influence a person's career, it is beneficial to identify it as early as possible.

They surveyed students in the locality. They then had a good idea of how it was affecting young people, the potential causes, and they devised ways that it could be prevented such as techniques and strategies to relax people in class, before a maths exam or even before doing homework. Most required no equipment like breathing techniques so they were ideally suited to a classroom or exam situation. Others needed simple equipment like a fidget popper but most of these were still unobtrusive in a class or exam hall.

We also looked at ways that teachers, parents and even peers could help. Better attitudes towards math can really influence a child's learning and their development.

Positive reinforcement is the best way to have a good relationship with maths and learning in general. This is because it rewards the child with confidence when they are correct, and when they make mistakes it is crucial to let them know that everyone makes mistakes.

Their project was well received in the RDS and numerous people showed great interest in it.



Kylian Crossan and Daniel Rodrigues pictured with their teacher Ms. Y Hanbury participating in the BT Young Scientist and Technology Exhibition in the RDS last week. Their project was entitled “Maths Anxiety in Students.”



## Connacht Poetry Writing Competition

Well done to all CCS students who were shortlisted for the Connacht Poetry Writing Competition. An awards ceremony was held in The University of Galway recently and the winners announced. Two out of the three winners in this competition, which was open to all post primary schools in Connacht, are from CCS. Rian Fahy (1st Year) won first place and Rolandas Plotnikovas (TY) who was runner up. Thanks to Ms. Larkin (mentor) and Ms. Collins (HSCL) for their support and guidance.

Pictured right are the students who were shortlisted for the Connacht Poetry Writing Competition attended an Awards Ceremony in The University of Galway. They are pictured with Ms. M Larkin (Mentor) and Ms. D Collins (HSCL)



## Business and Enterprise Success for CCS

CCS was well represented at the Local Enterprise Office (LEO) Student Enterprise Final in the Abbey Hotel, Roscommon recently. They attended the event with their Business and Enterprise teachers Ms. Y Ryan and Ms. E Robson. The TY teams were "Sams Signs" which included: Michéal Shriane, Andy Estrella and Shane Larkin. "Bí Linn Bí Crúinn" which included: Dervla Cryan, Leanne Vaughan, Lily Mulrenan and Sarah Joyce and we would like to congratulate "Scent from Heaven" - (Jamie Higgins, Saoirse Burke, Maie Costello, Aoife Freeman and Leah Mockler) who won the **Sustainable Business Award** in the Senior Category. In the Junior Category, Oisín Flattery was the overall winner with Isabel Kelly claiming second prize. Well done to the 2<sup>nd</sup> Yr. students and their Business Teacher, Ms Y Ryan. This was a huge success for the second years as it was their first time entering this competition.



Ms. Y Ryan, Ms. E Robson pictured with "Scent from Heaven" members: Saoirse Burke, Maie Costello, Aoife Freeman and Leah Mockler, winners of the Sustainable Business Award in the Senior Category( abs. from photo-Jamie Higgins)



Junior Category Entrants: Front Row (L-R) Ramzan Sattar, Ali Abbas, Eilidh Muir, Yani Chiforuic, Ms. Y Ryan, Ms. E Robson. Back Row: Mr. Enda Cannon (LEO) Isabel Kelly, Cian Fitzmaurice, Ruairí Webb, Oisín Flattery and Ethan Maloney.

## CanSat Challenge

A team of four students from CCS took part in the CanSat challenge recently. The team members were Kylian Crossan, Daniel Rodrigues, Joseph Mannion and Conor Griffin. They called their mission CCS Aerospace. The European CanSat Competition is an ESA (European Space Agency) educational project aimed at promoting STEM (Science, Technology, Engineering and Maths) literacy amongst young European students through project-based learning. The CCS team's challenge was to fit all the subsystems of a satellite inside a can the size of soft drinks can! The team had to accomplish two missions: a mandatory primary mission – to collect and transmit air temperature and pressure data at least once a second by means of radio waves, land the satellite and a secondary mission completely open to the team's imagination! The teams secondary mission was to check the humidity in the atmosphere to see if life would be sustainable if their satellite was to reach another planet They also had to design the container to take the subsystems which they designed in Solidworks and then 3D printed.

There was a third phase to the competition which involved communicating with the local community and schools, having a social media presence or designing a website and also getting media coverage for the project.

The team went to TUS (AIT) recently to launch their satellite, gather results while it was in flight. After their successful launch they had to present their findings to a group of adjudicators. After the presentation they answered questions on their project and findings. The team were presented with certificates for their efforts.



Ms Hanbury (Mentor)  
Joseph Mannion, Kylian Crossan, Conor Griffin and Daniel Rodrigues at the launch of the CCS Aerospace CanSat Mission in TUS Athlone recently.

## Young Social Innovator Students' Project: 'Don't Turn Your Back!'

Transition Year YSI (Young Social Innovator) Students have now completed their project entitled

'Don't Turn Your Back!' The project was a drink spiking awareness campaign about staying safe on a night out. The aim of the project was to bring about awareness of drink spiking and educate young people on how to stay safe on a night out by creating a social media campaign (TikTok) that highlighted the issue. Students recorded their TikTok in McGourty's pub in Castlerea and posted it on social media where it has now gone viral. Wiktorija Chojnacka and Zoe Jury-Quigley were interviewed on the Tomny Marren show, while Julia Dzwonkowska and Dervla Cryan along with their teacher, Ms. Gormally, were interviewed by Shannonside Radio. Finally, TY students attended the Young Social Innovators Speak Out event in Griffith College, Dublin. Their YSI project has been a phenomenal success. Well done to the students and their mentors, Ms. B Gormally and Ms. J. O'Dea.

A huge thank you to Lorna McGourty for facilitating the use of McGourty's pub for the recording of the TikTok for the TY YSI drink spiking awareness campaign.



TY Students who recorded their TikTok in McGourty's pub for their YSI Drink Spiking Awareness Campaign



<https://vm.tiktok.com/ZMYy8KPoq/>

**Young Social Innovator Students' Project:  
'Don't Turn Your Back!'  
continued**



TY Students, pictured with their teachers, Ms. Gormally and Ms. O'Dea, at the Young Social Innovators Speak Out event in Griffith College, Dublin.

**Enterprise News**

Congratulations to the three Enterprise Teams who were selected to go forward to the Student Enterprise County Final. The teams are: "Sam's Sign"(Shane Larkin, Micheal Shriane, Andy Estrella), "Bi Linn, Bi Cruinn"(Leanne Vaughan, Lily Mulrenan, Sarah Joyce, Dervla Cryan) and "Scent from Heaven" (Maie Costello, Saoirse Burke, Jamie Higgins, Aoife Freeman, Leah Mockler) with Business & Enterprise Teachers Ms. E Robson and Ms. Y Ryan.



"Sam's Signs" - Andy Estrella, Shane Larkin, Micheal Shriane - pictured with Business and Enterprise Teachers Ms. E Robson and Ms. Y Ryan.

**Lá Glas 2023**

Members of the school community recently donned their green outfits to celebrate Lá Glas 2023 .Lá Glas is a celebration of Irish culture and heritage and was a fantastic day for everyone in school. The day began with the raising of the Irish Flag at the front of the school. This was followed by song, dance and a cake sale during the breaks. A host of other activities took place throughout the day and were thoroughly enjoyed by all. All donations collected on the day went towards the UNICEF Turkey (Türkiye) and Syria Earthquake Appeal. Well done to all the students and teachers involved and to all who contributed to this worthy cause.



Students enjoying Lá Glas



TY Students who hosted the Bake Sale for Lá Glas to raise funds for the UNICEF \_Turkey (Türkiye) and Syria Earthquake Appeal.



"Scent from Heaven" - Maie Costello, Saoirse Burke, Jamie Higgins, Aoife Freeman, Leah Mockler - pictured with Business and Enterprise Teachers Ms. E Robson and Ms. Y Ryan.



"Bi Linn, Bi Cruinn"- Leanne Vaughan, Dervla Cryan, Lily Mulrenan, Sarah Joyce - pictured with Business and Enterprise Teachers Ms. E Robson and Ms. Y Ryan.



### Croagh Patrick Climb

CCS recently embarked on its inaugural pilgrimage to Croagh Patrick. We were blessed with some amazingly bright sunshine but crisp cold weather, especially at the summit! The entire Transition Year group took part on the day with many students fulfilling requirements for participation in their Gaisce and John Paul II awards by completing this activity. It was a significant trek for many to undertake with many students not having any experience of the mountain. The wind and cold on the day made the descent from the summit quite tricky, however students had researched the mountain and were prepared, in advance, for different eventualities. This stood to them well. Students are to be commended for the way they looked out for and encouraged each other in all aspects of the climb, keeping health and safety to the fore. Everyone had a very enjoyable day with a sense of accomplishment and satisfaction at the conclusion of the climb. Thanks are due to Deacon Chris Garret who gave generously of his time and accompanied us on our trek maintaining a link with the parish in our school activities. Teachers Ms. J Kenny and Ms. O Murphy, SNA Caroline Miley and School Chaplain Mr. O'Hara supported the students on their Croagh Patrick pilgrimage. We are already looking forward to climbing the Reek next year!

Well done to TYs who travelled to Co. Mayo to undertake a pilgrimage climb of Croagh Patrick. This completed climb will work towards the students Gaisce and Pope John Paul II Awards. It was a fabulous and enjoyable day for all.



Well done to TY students who undertook a pilgrimage climb of Croagh Patrick. The climb will contribute towards the students' Gaisce and Pope John Paul II Awards. Here they are pictured at the summit with Ms. O Murphy.

### I Wish Event at the RDS

I WISH is a community committed to showcasing the power of Science, Technology, Engineering, and Maths to teenage girls. The TY Girls recently attended the I Wish event in the RDS. The event provided a fabulous showcase of STEM careers, with many inspirational speakers and exhibits. The girls received wonderful advice and benefited from the sharing of knowledge and experience at the event. They explored choices, chances and changes #Dream IT, Dare IT, Do IT. Afterwards, they enjoyed an afternoon visit to the award winning EPIC Museum where they discovered the stories about the Irish people who travelled the world. They learned about their achievements across sport, music, literature, fashion, politics, science and much more. Thanks to Ms. Y Ryan for organising the trip and Ms. S Mee who accompanied them.



TY girls who attended the I Wish event in the RDS.



TY girls pictured outside the EPIC Museum, Dublin



### First Year History Visit to Rathcroghan

Our first year History students visited the Rathnadarve site on Friday 10<sup>th</sup> March, following an invitation from the archaeologists working on the Farming Rathcroghan EIP project. The project's aim is to support farmers in the area to sustainably manage the monuments on their lands in order to preserve them for future generations. This was a great opportunity to visit this important site, to meet with archaeologists and see them at work. Community Archaeologist, Kate Robb, told us about the threats to the site, the methods being used to protect it and the students were able to handle some of the materials being used. Mike, from the Rathcroghan Visitor Centre, explained why the site is important and told stories about Queen Medb of Connacht and the Battle of the Two Bulls. This was a very enjoyable learning experience for everyone. Thanks to Kate Robb, for facilitating the visit and to Camille, Joe and Mike who also met the students and answered their questions.



First Year History students who visited Rathcroghan recently



## Basketball News



### U16 All-Ireland Boys' Basketball Final

Hard luck to the U16 Boys' Basketball Team and their Management who, despite an amazing team effort, lost their U16 All-Ireland Final against St. Finian's College, Mullingar in the National Basketball Arena in Tallaght. The final score was 58-33. All of the players are a credit to CCS and had huge support at the game. It is an amazing achievement to compete in an All-Ireland Final and we are all very proud of you. Thank you to everyone for their support and good luck wishes.



The U16 Boys' Basketball Team pictured after receiving their medals with Coach Mr. J Henry (Right) and assistant coach, Mr. T Callaghan (Left)



CCS Students show their support for the U16 All-Ireland Boys' Basketball Team in Tallaght

### First Year Girls' Basketball

Our first-year girls' basketball team put in a huge effort this term. They availed of many learning opportunities and are ready to take on further challenges next term.



The First Year Girls' Basketball Team pictured with their coach Mr. T Callaghan



## Soccer News



### U15 boys' Soccer

The U15 boys' Soccer team were victorious in the Connacht Quarter final this term. They beat off stiff competition from a powerful Swinford side. It proved to be a thrilling game which went to penalties in the end. At the full time whistle the teams were level at 2 all. Goals from Jack Dolan and Cian Fitzmaurice were welcomed, together with a great save by Cian Bruen in the penalty shootout which ensured victory for the boys. Congratulations to the team and their management.



The U15 boys' Soccer team who defeated Swinford in the Connacht Quarter Final

### U15 Girls' Soccer

Well done to the U15 Girls' Soccer Team who gave great performances throughout the term. Outstanding performances were given throughout the term by Kiera Malone, Michaela O'Flanagan, Isobel Kenny, Kate Hawkshaw, Isabel Kelly, Megan Flanagan, Emma Larkin, Nia Comerford and Cara Gill. They were ably supported by the excellent skills displayed by Sophie Fleming, Cameron Oliva and Katelyn Daire. Unfortunately, the team missed valuable members throughout the season, who were absent due to injury/illness including Eilidh Muir, Grace Kelly, Katie Hannon and Leona Larkin. The girls were mentored by Ms. Y Hanbury.



CCS Girls' Soccer Team who took part in the U15 Girls' Soccer Competition. Back row L-R: Nia Comerford, Isabel Kelly, Michaela O'Flanagan, Isobel Kenny, Kiera Malone, Cameron Oliva and Sophie Fleming. Front row L-R: Cara Gill, Emma Larkin, Megan Flanagan, Katelyn Daire and Kate Hawkshaw. Missing from photo: Eilidh Muir, Grace Kelly, Katie Hannon and Leona Larkin.

### U17 Girls' Soccer

It was a wonderful achievement for the U17 Girls' Soccer Team to reach the Quarter Finals of the Connacht Girls' School Soccer Competition. The girls are very proud of their achievements and hope to build on this in the future.



U17 Girls' Soccer Team who reached the Quarter Finals of The Connacht Girls' School Soccer Competition

## Wellbeing Week 2023

CCS wellbeing week 2023 proved to be an outstanding success. Wellbeing Week is an opportunity to take time to reflect on how we are looking after ourselves, what areas we are doing well in caring for ourselves and what more we can do to further look after our wellbeing.

It was a jam-packed week of activities for our students, with talks and activities to promote positive mental health, physical activity and nutrition.

The official launch took place on Monday 21<sup>st</sup> with the whole school body being addressed by Fergal Coyle of Coyle Environmental. Fergal talked about his own background and the route he took to establishing his business in Castlerea. He stressed the importance of remaining focused and blocking out any "white noise" when completing a task. He referred to our work rate and stressed the importance of achieving a high work rate in whatever we do. Life is a journey and we should continually strive to learn, better ourselves and keep active no matter what stage we are at in life. His final piece of take-home advice was that although we cannot change the world, we can make a significant difference. After his address, Fergal planted a beautiful cherry blossom to mark wellbeing week 2023. Many thanks to Fergal for his wise advice and for taking time out to launch our wellbeing



Fergal Coyle of Coyle Environmental, Castlerea, addressing students and staff at the official launch of wellbeing week

Following the official launch of wellbeing week, TY and Second Year girls took part in "The Shona Project." This is a project in celebration of women from all over the world. The topics which were covered included: The challenges faced by young women in Ireland today, how we approach and address these challenges, the people who influence us and shape us as people, how we treat ourselves and each other, our place in the world and how we would like to be remembered. The girls found the workshop to be most enlightening, educational and enjoyable.



Some of the Second Year Girls enjoying "The Shona Project" during Wellbeing Week 2023



Some of the TY Girls who took part in "The Shona Project" during Wellbeing Week 2023.



Members of staff and students pictured with Fergal and Annie Coyle, of Coyle Environmental, at the tree planting ceremony to officially launch Wellbeing Week 2023.



While the TY and Second Year Girls were involved in "The Shona Project," the boys attended a presentation by **Just Go Fitness and Nutrition** which is located in the Enterprise Hub, Castlerea and in Ballyhaunis Enterprise Centre. The JG Fitness motto is to help us to look, move and feel better as well as learning how to train and sustain a healthy, fit and strong body. The boys were shown a selection of exercises and received valuable advice about nutrition. Many thanks to Brian and Olivia for their inspiring presentation.



Some of the TY and Second Year Boys getting active during a workout given by Brian and Olivia from JG Fitness and Nutrition

Third Year students completed a **Digital and Mindfulness Workshop with Aoife Noone**. The cyber mindset "think smart" sessions are designed to help students take notice of how their thoughts, feelings and actions have an impact on their results in life and on others. Students learned key lessons on how to think smart to get better results in life and learn why you need to act smart when it comes to using smartphones and technology. This was a very educational and worthwhile workshop.



Ms. B Gormally (Wellbeing Coordinator) pictured with Aoife Noone – Noone Cyber Services – hosting the **Digital and Mindfulness Workshop**

Students were treated to an exciting adventure with "**The Animal Roadshow,**" who brought along a selection of creatures from reptiles, birds, creepy crawlies and mammals, to name but a few. The aim of the show is to generate excitement about nature and encourage a love of animals, offering first hand interaction with their wide selection of creatures.



Wiktorija Chojnacka gets up close to a snake!



Tadhg Donlon enjoys his encounter with a skunk



Darren Glover bravely holds a snake



Mr. Whitney admiring the tarantula with some trepidation!

Students were taught some important **Self-Defence Skills** throughout the week by Tracy Cunnane, Ballyhaunis. Self-defence skills give students the necessary skillset to defend themselves from any kind of bullying or other forms of physical harm. It improves balance, focus and control, creating a strong mind/body connection. Students really enjoyed learning about self-defence in a fun yet safe environment.



Second Year Students learning Self Defence Skills while having fun

## Wellbeing Week 2023 Continued

The **Spike Ball Game**, between the teachers and Leaving Cert students proved to be one of the highlights of the week, which clearly illustrated the collegiality between the students themselves and their teachers.



The Young St. Vincent De Paul Committee along with their teacher Ms. Robson, created a wonderful **Cultural Day Display**. The diversity of culture in the school brought a richness of perspective and ideas, tapping into the profuse tapestry of culture which exists within the school today. The event provide an opportunity for students to share - art, music, dance, food, fun and friendship - from their family's heritage. Such Cultural Displays help to foster respect and open-mindedness for other cultures. Celebrating our differences, as well as our common interests, helps unite and educate us. It helps us to understand others' perspectives, to broaden our own, and to fully experience and educate ourselves. It was a most enjoyable experience for all. Thank you to everyone who helped make Culture Day a huge success!



The Young St. Vincent De Paul Committee along with their teacher Ms. Robson celebrating Culture Day.



Our Indian Students celebrating Culture Day 2023



Daniel Rodrigues celebrating Culture Day 2023

**Avril Tierney's Presentation – "Resilience: Coping with what life throws at you,"** was most inspiring. Avril is from Dublin but living in Laois. She works for a charity, and she is also a psychotherapist. She is living and coping with cancer so she has first hand experience of the importance of resilience. She gave the students some very practical advice about coping mechanisms and how to meet the challenges that we all face in life, no matter what stage we are at. Students were impressed by her positive attitude, which was widely commented on by them. Many thanks to Avril, for her wonderful presentation.



Avril Tierney's Presentation on "Resilience: Coping with what life throws at you," in The Trinity Arts Centre

Living Lessons given by Sandra Ganley of "**Jiving Teens**," also featured during wellbeing week. Students learned how to Jive, waltz, quickstep, foxtrot and line dance. In fact, they were introduced to everything they need for the Country Music scene in Ireland today.



Leaving Cert Students pictured with Sandra Ganley of "Jiving Teens."



Leaving Cert Students lining up for their jiving lesson



Leaving Cert Students stepping it out during their Jiving Lesson!

Lorraine Dunleavy introduced staff and students to **Tai Chi**, which was a new experience for most people. Tai Chi is a Chinese martial art system, consisting of sequences of very slow controlled movements. Staff and students thoroughly enjoyed Lorraine's lesson in the art of Tai Chi.



Conor Kenny and Kaleb Connell, pictured with Lorraine Dunleavy before commencing Tai Chi



Leaving Cert Students learning the art of Tai Chi

The **Cross Bar Challenge**, which took place towards the end of the week, tested the skills of our footballers. Participants had to set their goal, sharpen their aim and throw the ball directly into the goal by hitting the crossbar. It was an enjoyable and fun experience!



Mr. Britton takes on and succeeds at The Cross Bar Challenge



Ms. Kenny, in full flight, during The Cross Bar Challenge

Overall, it was a most enjoyable and inspiring week, when every member of the school community got a chance to reflect on their own wellbeing and ensure that they are taking good care of themselves. Many thanks to Ms. Gormally (wellbeing co-ordinator) and the wellbeing team for all their hard work in organising the week. It is much appreciated.





## Gaelic Football.



### Juvenile Boys Football

The Juvenile boys football team qualified for the knock-out stages of the Connacht Championship with a good win over Roscommon CBS B recently. Despite missing a few players, the lads put in a good performance and won the game comprehensively. They will play Sligo or Leitrim Team in the next round at the end of March.

CCS: Cian Bruen, Kieran Murray, Timur Tumbek, Ruairí Webb, Conor Larkin, Ryan Dunleavy, Cian Fitzmaurice, Sean Vaughan (C), Kaylum Curran, Sean Donlon, Dara Curran, Alan Joyce, Conor Higgins, Jack Dolan, Tyler Waldron, Robert Bligh, Martin Mujica, Oisín Flattery, Martin Gurren, Sean Silke, Aaron Flanagan Egan, Oisín Fleming, Tadgh Donlon, Conor Hannon, Leon Burke.



The Victorious Juvenile Boys' Football Team, pictured with their mentor, Mr. P Gooney.

### Senior Boys' Football Victory

Congratulations to our Senior Boys' Football Team, who won the Roscommon Schools Senior B Championship against Colaiste Chiarain. The managers were Mr. D McDermott, Mr. J Reidy and Mr. D Burke. Well done to all involved.



Senior Boys' Football Team, who won the Roscommon Schools Senior B Championship against Colaiste Chiarain.

### U14 Girls' Football

Well done to U14 girls Football Team and their management on their achievements this term. They look forward to further success next term.



The U14 Girls' Football Team who have gained much experience this term

## Juvenile Football Team Through to Quarter Final of Connacht Championship

The Juvenile boys defeated Colaiste Mhuire, Ballymote in the last 16 of the Connacht Championship on Thursday last at the Centre of Excellence. This was a very good all round team performance. The final score was CCS 8-15 Ballymote 2-11. The lads will now play St. Brendan's, Belmullet in the Quarter Final after the Easter holidays.

CCS Panel: Cian Bruen, Eddie Finneran, Timur Tumbek, Kieran Murray, Conor Larkin, Ryan Dunleavy, Cian Fitzmaurice, Sean Vaughan (c), Kaylum Curran, Alan Joyce, Sean Donlon, Yani Chiforiuc, Dara Curran, Jack Dolan, Tyler Waldron, Martin Gurren, Martin Mujica, Ruairí Webb, Oisín Flattery, Conor Higgins, Sean Silke, Aaron Flanagan Egan, Tadgh Donlon, Conor Hannon, Oisín Fleming, Leon Burke, Robert Bligh.

## Swimming.

### Connaught Senior Schools' Swimming Championship

Well done to Cara Gill, Ruairí Webb and Kate Hawkshaw who competed in the Connaught Senior School's Swimming Championship in Longford. Great swims were had by all with many PB's recorded. Many thanks to Ms. D Callanan for managing the team.



Cara Gill, Ruairí Webb and Kate Hawkshaw recently competed in the Connaught Senior Schools' Swimming Championship



## The Foróige Enterprise Competition overall winners of the Innovation Category

On Wednesday 29<sup>th</sup> March TY students attended The Foróige Enterprise Competition in Roscommon. The competition was very keen and CCS was very proud to be informed that the “Bí Linn Bí Cruinn” group were the **overall winners of the Innovation Category**. The judges were extremely impressed with the quality and confidence of all groups. They will now progress to the National Semi Final which will be held at the end of April. In addition to that, another group “Emotion All” (Anna Regan and Jasmine Despard) were chosen as **“the One to Watch”** in the same category. The judges were extremely impressed by their work and believed they should be recognised for it. A huge congratulations to all students and their mentors, Ms. Y Ryan and Ms. E Robson.



Ms. Y Ryan pictured with The Foróige Enterprise Competition overall winners of the Innovation Category “Bí Linn Bí Cruinn” (Dervla Cryan, Leanne Vaughan Sarah Joyce, Lily Mulrenan, Leanne Vaughan and Dervla Cryan)



Ms. Y Ryan pictured with “Emotion-All” (Anna Regan and Jasmine Despard) who were chosen as “the One to Watch” in The Foróige Enterprise Competition Innovation Category

## Foroige NFTE Regional Enterprise Final

Well done to 'CCL' (Joseph Canny, Jack Muldoon, Conall Murphy and Jamie Moore), 'Sams Signs' (Micheal Shriane, Shane Larkin and Andy Estrella) who also participated in the Foroige NFTE Regional Enterprise Final in Roscommon, accompanied by their teachers Ms. Y Ryan and Ms. E Robson. Well done also to Julia and Zoe who participated in the online final of Social Enterprise element of the competition last week.



Ms. E Robson, pictured with Jamie Moore, Conall Murphy, Jack Muldoon and Joseph Canny (CCL) at the Foróige NFTE Regional Enterprise Final in Roscommon

## Chaplain's Easter Message:

It may seem strange to start by mentioning Christmas, it is at that time of year that some people obsess over small details- getting everything just right, orders being delivered on time, presents bought etc..

Yet, as the weather improves and we have more daylight it is worth remembering that Holy Week we are now approaching is the high point of the Church's calendar. Without the events of Holy Week there is no point in celebrating Christmas!

This Holy Week I ask you to watch out for, and reach out to, those who are lonely or troubled. Renew your Lenten promises and make time for reflection and prayer. Your local parishes will have many ceremonies remembering the events of Holy Week.

It is a special time to ask the question as they did at the empty tomb: Where is Jesus?

P.S: After the Good Friday ceremonies my Granny in Manorhamilton would always come home to have a cup of tea with sugar. This marked the end of her Lenten observance!

### Easter Prayer

*Come Holy Spirit, fill me up  
And reign in me this day  
So that everything I think, and say and do  
Will be inspired by you.  
God our Father  
By your spirit at work in me  
May I seek and find you in all things this day,  
And by your Grace, may others seek and find something of you in me.  
Amen.*

Stephen O'Hara





What a quick and busy term for everyone! I would like to wish all our families a very Happy Easter. Thank you to the parents who came to our "Savour the Flavour" cookery course that took place in the school kitchen on the 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> March. For those of you who missed it, we hope to run another one in October, and I will keep you posted of same. A big word of gratitude to Maria Fitzmaurice (GRETB) who facilitated the cookery classes where an array of dishes was cooked from soups, goujons, chicken dishes, kebabs, pizza, muffins with the participants getting the opportunity to practise their skills each week. Maria's expertise along with her tips and tricks made for particularly interesting demonstrations and her gentle nature made it a very welcoming course for everyone. Recommendations for future course would be gratefully received.

As we move into the summer term, I would like to arrange a 'Walk n Talk Club' for parents on Wednesday mornings, with a cuppa afterwards. Watch for notice to come (on social media).

If I can be of assistance to any parent/guardian, feel free to contact me through text or phone call and I will do my best to respond and point you in the right direction.

Deirdre Collins  
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Ms D Collins HSCL Coordinator pictured with parents who took part in the "Savour the Flavour" Cookery Course.



Ms Marie Fitzmaurice who facilitated the "Savour the Flavour" cookery classes.

*With Sympathy*

The school community extends its sincere condolences to Ms Aisling Daly on the death of her mother Marian Callaghan, Ms Tina McGarry on the death of her sister Teresa Walters

We also offer our deepest sympathies to all members of the wider school community who have been bereaved in the last year.

Go suaimhní siad i síocháin