



# NEWSLETTER



*The official newsletter of Coláiste Chiaráin*



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## Welcome

Welcome to the first edition of our Coláiste Chiaráin Newsletter! We are excited to bring you updates, news, and insights from our school community on a monthly basis. In this issue, we will showcase the achievements of recent weeks and share information about upcoming events and initiatives. We have had great success at BTYSTE and Féile Luimnigh in the month of January. Our school musical 'The Wiz' was a stand out event that we are delighted to showcase in this newsletter also. Ms. Horgan has agreed to lead the creation and curation of our monthly newsletter. We are also excited at the opportunity that this publication presents for our Form 4 journalists and media team. Our goal is to keep you informed and connected with all that is happening on campus. This newsletter will provide another platform for sharing the stories and celebrating the successes of our wonderful school community. Thank you to Ms. Horgan and all involved in this publication. We hope you enjoy reading this first edition of our newsletter and look forward to your feedback and suggestions for future issues. An archive of newsletters will be maintained on our school website: [www.cco.ie](http://www.cco.ie). Enjoy!

*Mr. O'Sullivan, Principal*

# BT Young Scientist Success for Coláiste Chiaráin



For the third consecutive year, Coláiste Chiaráin students have stood out in the BT Young Scientist Exhibition Awards ceremony in the RDS, Dublin which was held on Friday, January 13th. With a total of four entries in the competition this year, Coláiste Chiaráin walked away with three top prizes.

Seán O'Sullivan, a TY student, looked at "Investigating The Viability of Micro-Level Wind Generation" with his comprehensive project. Seán was awarded 3rd Place in the Individual Intermediate Technology category and was also the recipient of the Greencoat Renewables Technology Special Award.

Seán's project undertook an investigation on the impact of rotor design and orientation on Micro-Level Wind Generation efficiency. In this research Seán researched, designed, and 3D Printed 16 wind turbine rotors, 4 Motor Housing Assemblies, and 2 Arduino Data Capture Boards, and undertook a total of seven experiments. Testing was undertaken in the wind Tunnel at the University of Limerick as well as varied outdoor wind conditions.

As a result of this investigation and analysis of various known turbine blade designs, Seán's investigations highlighted a curved blade design that consistently outperformed all other categories of blades in both wind tunnel and outdoor conditions. This design performed on average 19% better than its nearest rival which was the traditional straight bladed rotor that we commonly see in domestic and commercial wind turbines.





Also prize winners on the evening were Aiden Oseccar, Caitlin Quain and Katelyn Prior who were awarded a Display Award for their project, entitled, 'Wearable Device to Alert the user when UV index is high'. Through their research, the students noted that although skin cancer is the most common type of cancer in Ireland, over 50% of those surveyed don't wear sunscreen, with those who did only reapplying every four hours. The device, which can be worn like a watch, sends a reminder every 2 hours to top up the sunscreen while also continuously monitoring the UV index.



Two further projects represented Coláiste Chiaráin at this prestigious competition with Matthew Furlong investigating "How to Make an Aircraft Invisible to Radar" and Emily Ceban researching "Using a Plasma Ball to Teach about Electric & Magnetic Fields".

Great credit is due to mentor teacher Ms. Edel Farrell for the work that she does in mentoring our students.

Congratulations to Seán on his excellent award in the Intermediate Category and to Aiden, Caitlin and Katelyn for their display award. Well done also to Emily and Matthew on their entries. Our students have been wonderful ambassadors for Coláiste Chiaráin and have done themselves proud, well done all!"



# Northern Trust and Business in the community Mentoring Programme

The second session of our senior mentoring programme took place which involved one-on-one mentoring. The theme for the session was Life Goals and Career Investigation. The students were given the opportunity to talk about possible career paths and the CAO application process.



## ARGENTINIAN STUDENT VISIT



On Friday 19th our Transition Years once again welcomed a group of Argentinians to the school as part of an exchange programme that has been in place for many years. A group of 26 students from two regions in Argentina (Buenos Aires and Jujuy) spent a very interesting morning with us where presentations were made by ourselves on Irish Culture, and our visitors on Argentinian culture.





The school Trad Group led by Ms Emer McDonnell provided some traditional Irish music and over breakfast we were treated to some typical foods and drinks from Argentina. This was a wonderful opportunity to learn the similarities and differences of our two countries and there were plenty of opportunities to exchange ideas and make new friends. We brought the morning to a close with a brief demonstration of the skills involved in hurling, camogie and Gaelic football. We didn't miss the chance of challenging our guests to a short soccer match - and in true Irish spirit - we allowed them to win! A big thank you to Fernando Carro (ecolonias) for offering us this opportunity and also the TY students for their hard work involved in preparing for the visit.

## COLÁISTE CHIARÁIN CONQUER AT FÉILE LUIMNIGH

Coláiste Chiaráin returned to Féile Luimnigh this year and won an impressive hoard of medals.

The Féile Luimnigh Speech and Drama competitions were held in Mungret College from Wednesday 18th January to Saturday 21st January. It is an annual Limerick based Arts and Cultural festival which aims to promote and encourage creative effort and practise in the arts of Speech, Drama, Singing and Instrumental Music.

Students ranging from Form II to Form IV entered a variety of competitions across the entire festival and were awarded for their performances. On Thursday Form III student Ben Costello won gold in the u18 Impromptu Speaking competition with Sarah Jane Noonan, Form III placing second. Ben was also awarded a Highly Commended certificate in the u16 solo verse competition. The following day they were delighted to see Amina Costello, Form II, win the u15 Impromptu Speaking competition. The success continued into Saturday where Form IV pupil Seán O'Sullivan took home the gold in the u18 Solo Verse competition.

Teacher Ms. Mary-Kate Hanley said that "the standard of the competitors was exceptionally high and I'm so proud of all the Coláiste Chiaráin students who gave wonderful performances. It's not easy getting up there in front of an audience! We are absolutely thrilled with the prizes we received and we are looking forward to next year already!"

Coláiste Chiaráin provides their students with great opportunities within the Arts. As well as participating in Féile Luimnigh last week they are currently preparing for their production of "The Wiz" in the Lime Tree theatre this weekend. It's going to be an amazing show and good luck to them all!





## Visit to the houses of the Oireachtas

At Leinster House, our 5th year Politics and Society ástudents availed of a guided tour of the Dáil and Seanad chambers, before being invited to take part in a workshop debate in the Oireachtas committee rooms under the auspices of Conor Reale, Oireachtas Education Officer. These students have completed core units of learning regarding Power and Decision Making and National Policy, and discussions and insights they availed of will no doubt prove expressly beneficial to their exam preparation. The day proved an invaluable, complementary, and worthwhile experience enjoyed by all.



Photo Album From THE WIZ [www.cco.ie](http://www.cco.ie)





# COLÁISTE CHIARÁIN MUSICAL "THE WIZ"

Coláiste Chiaráin has just concluded a very successful run of "The Wiz" in the spectacular Lime Tree Theatre, Mary Immaculate College. The show ran from Friday 27th to Saturday 28th January. The matinée was attended by 500 national school children from various Limerick schools who thoroughly enjoyed the performance. The evening shows were also an absolute sellout! The hardworking cast and crew had been preparing for this production since September 2022 and put in tireless hours after school, during the mid-term, Christmas holidays and over numerous weekends.

This production of "The Wiz" was such a fantastic show to get the Coláiste Chiaráin students back on stage after a 2 year Covid absence. The audience were blown away with the immense talent that was on display. Coláiste Chiaráin were also delighted to be joined by representatives from the Limerick and Clare Education and Training Board for their productions.

The diligent cast certainly showcased their expertise as well as the production team. Mr. Michael Young (Musical Director), Mr. Fergal Moore (Producer), Ms. Mary-Kate Hanley (Choral Director), Ms. Barbara Meaney (Choreographer) and Mr. Des Henn (Director) put much time and effort into this musical and their hard work was clearly evident in all the productions. The entire team provided an amazing show for the public. Commenting after the final performance, Principal Mr. O'Sullivan thanked the entire school community for their support and paid tribute to the hard work, commitment and energy of all students after many months of rehearsals. "Well done on the many months of hard work in preparation for this year's musical. Your talent and the professional performance for all three shows has been inspirational. You should be very proud of yourselves; we couldn't be prouder!"







"THE  
Photo: Coliste Chiará









# Sports Diary

9/1/23 - **Our Intermediate Girls Camogie** team took on Killenaule .The scoreline didn't reflect what was a competitive match in which the girls worked hard until the end. Unfortunately we had to bow out of the Munster competition which ended up being the last game for our 6th years. Well done to Mai Griffin, Kayleigh Twomey and Michelle Bennis for their commitment to camogie since 1st year.

9/1/23 - Our **first year boys soccer** took on St Clements as part of the Munster Championship. We were victorious with a comprehensive win ( 3-0)Well done!!

10/1/23 - **Under16 Girls Basketball** Team played Scoil Pól, Kilmallock.Despite our recent success and considerable potential , our opponents got the better of us this time

16/1/23 - Our **Junior camogie** team took on Hospital but were unsuccessful on this outing

17/01/23 - As part of the Munster Championship our Under **16.5 boys football** team took on Kilmihil . Unfortunately it wasn't our day.

18/01/23 - Our **Under 19 Boys** took on Munster Community College as part of the **Munster Soccer Championship**. Result did not go our way as we lost 0-3

19/1/23 - **Junior Ladies Football** versus Scoil Pol. Great play by the girls but the girls were not victorious on this outing.

20/1/23 - **Under 15 C Boys Munster Hurling** versus Carrigaline Ghaelcholaiste. We played well but suffered a loss.

24/1/23 - First Year **North Munster Under 14 FAI Cup** saw us take on St Clements. There was Victory for the energetic first years. 5-2 was the final score against Clements.Some great heart shown and special shout out to Paddy O Connell. Hope to see you back on the pitch soon. Goal scorers of the match were Paddy O Connell, Mighty Odudo and Conor O Mahoney.

26/1/23 - Great day for the **2nd year basketball** team as they played home blitz. They were victorious against both CBS and St Clements. Well done boys!

27/1/23 - **Under 15 hurling** match V Mounthawk .We were victorious with great play from all players. Final score 4-13 to 3-08

26/1/23 Transition Year Students had a day out at “Suas” Climbing Wall in Corbally, Limerick. A great day was had by all!

First Year Bouldering: This is an ETB Initiative held in Kilfinane where ETB schools met to compete against each other. Special mention to Michael Vilkel who achieved the highest score of the day. Well done all. You were all super!



# HEALTHY, LIVES, HEALTHY MINDS, HEALTHY FUTURES



**Health and Wellbeing Corner** - *The Coláiste Chiaráin Wellbeing Team*

Starting a new year new habits and practices. For 2023, why not start the practise of Journaling. This involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life.

## Benefits of Journaling

- Helps to keep your thoughts organised
- Improves your writing skills
- Helps you to set and achieve goals
- Allows you to self reflect
- Helps to boost your mood and reduce symptoms of stress and anxiety
- Helps improve your memory

## How to start Journaling

Get yourself a notebook or copy and set aside 20 mins to write down whatever thoughts come to mind on a topic. Put on some relaxing music to create a relaxing and calm space. Here is a list of topics to explore....

- List 20 things that make you smile: what makes you smile, makes you happy
- What does success look like to you? By this time next year, what would you like to have achieved so that it a successful year
- List 3 Wins and 3 Disappointments in the last year: take joy in the wins and what can you learn from the disappointments
- What my Perfect Day Looks Like: Describe what your perfect day would look like if you could plan it. Who would you spend it with? What would you do? How would you feel at different times of the day?

## How to start Journaling

# HEALTHY, LIVES, HEALTHY MINDS, HEALTHY FUTURES

Healthy Eating Recipies - Ms. Lynch



## Homemade Granola

### Ingredients:

100g jumbo porridge  
50g sunflower seeds  
50g pumpkin seeds  
50g flaked almonds  
50g hazelnuts  
50g walnuts  
3 tablespoons agave syrup/ honey  
4 tablespoons of melted coconut oil  
Pinch of salt

### Method:

1. Preheat oven 180 degrees.
2. Mix all ingredients in a bowl.
3. Line a tray with parchment paper
4. Spread out ingredients evenly & 25 - 30 minutes until lightly roasted.
5. Turn occasionally to prevent burning.
6. Remove from oven and let to cool.
7. Place in airtight container & serve with yoghurt & fruit. Enjoy!

## Super Berry Smoothie

Serves 2

### Ingredients:

225g raspberries  
225g blueberries  
1 ripe banana  
1 tbsp honey (optional)  
150 ml milk of choice  
150ml natural yoghurt



### Method: (6 mins to prep)

1. Wash berries & place in blender
2. Peel the banana & cut into pieces, add the banana & honey to the blender.
3. Pour in the milk & yoghurt to the blender.
4. Blend on a high speed until completely smooth.
5. Serve in a glass & enjoy.



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VENUE: LIME TREE THEATRE, Mary Immaculate College, Limerick



COLÁISTE CHIARÁIN  
PRESENTS



# THE WIZ

This amateur production of  
The Wiz is presented by  
arrangement with Concord  
Theatricals Ltd.  
[www.concordtheatricals.co.uk](http://www.concordtheatricals.co.uk)

THE WIZ  
Book by William F. Brown  
Music and Lyrics by Charlie Smalls  
From the story "The Wonderful  
Wizard of OZ" by L. Frank Baum



DAY TIME SHOW | 10.30AM | Friday 27th January 2023

[www.cco.ie](http://www.cco.ie)