



NEWSLETTER



The official newsletter of Coláiste Chiaráin

Welcome

Welcome to our February edition of our Coláiste Chiaráin Newsletter. We are delighted to celebrate and showcase the many activities, events and achievements in the past month.

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Appointment of Acting HSCL

We are delighted to inform our school community that Ms. Mary Kate Hanley has been appointed to the role of Acting Home School Community Liaison.

The Role of Home School Community Liaison is incredibly important in our school. Our Home School Community Liaison works with and for our parent body. Working together enables our school and parents to collaborate and attain the best outcomes for all students in our care.

Congratulations to Ms. Hanley on her appointment to this role and we wish her every success as Acting HSCL for Coláiste Chiaráin.

Ms. Hanley's contact information is detailed below should any of our parent body need to make contact.

HSCL Mobile: 086-3888829
HSCL E-mail: hscl@cco.ie

We would like to wish Ms. Hanley well in this role, and we encourage you our parents to engage with her for support and guidance as we navigate opportunities or challenges that may arise.



Form 1 Registration Night



Form 1 Registration Night took place on Tuesday, 21st February in the school. It was wonderful to meet all the parents of the incoming Form 1 students and to give them further information which will help in the transition from Primary to Secondary school. Our incoming Form 1 students will complete their entrance exam on Friday, May 12th. Over the coming weeks, our Home School Community Liaison, Ms. Mary-Kate Murphy, will be in touch with all Primary schools to learn more ways in which we can support the transition of these students. The following links are valuable resources that parents may find useful over the coming months as you navigate this new journey with your son/daughter.

Step Up to Secondary School

<https://stepup.ie/>

NCSE

<https://www.sess.ie/resources/transition-primary-post-primary>

Jigsaw

<https://jigsaw.ie/school/primary-to-secondary-school/>

<https://jigsaw.ie/the-transition-from-primary-to-secondary-school/>

Schooldays.ie

<https://www.schooldays.ie/articles/Transition-from-Primary-School-to-Secondary-School>

Parents plus

<https://www.parentsupport.ie/parenting-resources/back-to-school-top-tips-to-help-the-transition>

Love parenting

<https://loveparenting.ie/back-to-school-resources/>



Kirby Group 'Day in the Life' Workshop

A group of students from 2nd year ICE had the opportunity to meet with and interview nine different employees from Kirby Group on Thursday 19th January. This is the second of five workshops that this group of 2nd year students will engage with as part of the Business in the Community Ireland Skills at Work Programme. There was great excitement on the day as the students were fortunate enough to meet Limerick's All Ireland winning hurling star Kyle Hayes. Kyle works in the HR department at Kirby Group and the students were able to learn about his role.



Northern Trust and Business in the Community Mentoring Programme

A number of our sixth year students experienced a tour of Northern Trust as part of the Northern Trust, Business in the Community Mentoring Programme. As well as having a tour of the building, a Northern Trust Specialist in Early Career Development gave a presentation on how to design and improve a curriculum vitae. This was hugely beneficial to our 6th year students who found it very worthwhile as they were mentored individually on how to improve their CV.



Great Feedback for Greens Schools at Coláiste Chairáin

Coláiste Chiaráin was delighted to welcome Green Schools Representative Sinead McDonnell to the Campus on Thursday the 23rd of February. Sinead was taken on a tour of the new campus and was extremely complimentary about the Whole School approach to Green Schools. The couple of acres of bio-diverse garden and the 3-4,000 trees planted around the school by Students, Staff and Management were of particular note. The Polly-Tunnel, the new compost bins and the flower planting impressed too as well as the re-purposing of the gathered rain water system in place.

Sinead then met with members of the Coláiste Chiaráin Green Schools Committee and quizzed them about their work for the current flag "Global Citizenship Marine Environment". The students informed her of the number of litter picks they have done in the locality and their work to combat litter around the Greatschool with posters and videos on display. They explained how they linked Green School work to other subjects like Science, Home Economics, STE(A)M and Art to name but a few. Ms. McDonnell was very impressed with the work done so far on the life size 3D Shark and Turtle being made in the art department to help create awareness for Climate issues and is looking forward to seeing images from our "Day of action" activities in particular "The Boat Race" and the unveiling of the 3D art.

Well done to all

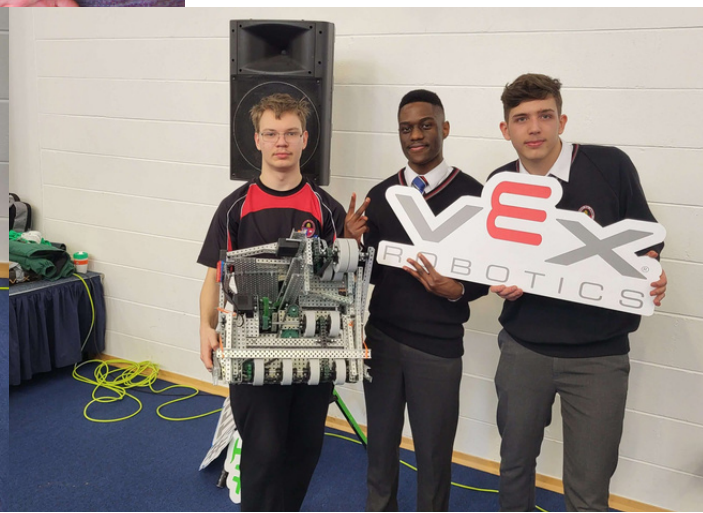


SUCCESS AT VEX ROBOTICS



Congrats to our Form 5 Vex Robotics team led by Petr Pershin.

Team Thunderscore competed in the Vex Midlands Regional Finals. Having finished on top of the 16 competing teams after the qualification rounds, they entered an alliance with Sacred Heart Tullamore. In this alliance, they won the tournament and shared the tournament champion award with their alliance partner. They were also awarded the Excellence Award which goes to the best team overall at the event. They went on to the National Finals on the 24th February and made it to the semi-finals. fantastic! Well done to the students and their mentor, Mr Power



COLÁISTE CHIARÁIN SPELLING BEE COMPETITION 2023

Friday 24th February Coláiste Chiaráin held their annual Spelling Bee competition for all first year pupils. It was a very enjoyable day for all involved. The event was organised by Transition Year pupils and their teacher Ms. Mary-Kate Hanley. First year students had been preparing for this competition for weeks by researching commonly misspelled words and practicing in class with their English teachers. It's a fantastic initiative and a great way to promote literacy in the school. A special word of thanks must be extended to Mr. Pat Hayes and Ms. Emer Cahill for providing the prizes. Mr. Hayes of the Coláiste Chiaráin Library donated O'Mahony's vouchers along with a book of choice for the winning students. Ms. Cahill kindly organised for all finalists to receive an Easter egg, much to their delight! Congratulations to Mighty Odudu who was the overall winner and crowned Spelling Bee Champion 2023. Well done also to Aoife Hulevych-Slapka who placed 2nd and Adam Sheehan who placed 3rd. A wonderful day was had and every participant should be extremely proud of themselves!



FIRST YEAR BOULDERING

The annual bouldering competition is an ETB Initiative held in Kilfinane where ETB schools meet to compete against each other. Special mention to Michael Vilkels who achieved the highest score of the day and Marcus Vilkels who was third in the boys event, In the girls event, Mildred Premyeh was also 3rd Well done all. You were all super!





Hospitality Taster Day at Shannon College of Hotel Management

Coláiste Chairáin TY students visited Shannon College of Hotel Management on Thursday, February 23rd for a Hospitality Taster event. Students participated in practical demos including Mocktails and Towel Art, as well as a team bonding exercise involving Marshmallows and Spaghetti, with some interesting results!! A fantastic opportunity for our students to meet with Shannon College Student ambassadors to learn more about the degree programmes on offer and the range of career opportunities available.

HOSPITALITY, TOURISM AND WELLNESS TASTER SESSION AT TUS MIDWEST

Delighted to be invited by TUS Midwest to participate in a Taster Session in conjunction with the Department of Hospitality, Tourism and Wellness.

Coláiste Chiaráin Fourth Year students attended three workshops in the areas of Culinary Entrepreneurship / Culinary Arts, Business Studies with Event Management / Business Studies with Travel & Tourism Management and Business Studies with Beauty & Spa Management. Students received an introduction to these courses, explored progression routes and learned about the associated careers.

Students also learnt how flavours work together to compliment each other to create mouth watering dishes, under the guidance of Chef Jim O' Meara. Chefs Eithne Gavigan and Louise Hedderman then gave the students a demo in piping and decorating, before letting the students use their own creative, artistic and culinary talents to decorate chocolate lollipops and use piping bags to message their individual dessert plates, with some interesting results!! A huge thank you to Joe Mulcahy and Schools Liaison Officer, Ann McBride, TUS Midwest, for coordinating the event, as well to Ms. Maher, Guidance Counsellor and Ms. Bowles for accompanying the students.



TUS MIDWEST VISIT



Thank you to Mary Nash and Anna Murphy at TUS Midwest for hosting Coláiste Chiaráin Fifth Year Students for a really insightful Taster Day, with focus on Sport, ICT and Film Production & Photography.



Congratulations to Fifth Year student Worthy Igbinomwanhia on winning the crossbar soccer challenge at TUS Midwest. Worthy's skills could only be matched by the amazing right foot of Mary Nash! Thank you to Wayne Fanning for organising all the sports activities - our students had a ball!

INTERNET SAFETY TALK



As part of our internet safety week, our First Year students participated in an insightful, informative talk from Garda Padraig Tobin. The talk was based on Internet Safety, laws and consequences. Padraig also did an interview with the school media team after the talk.



Transition Year Activities

TY KILLARNEY WALK

Transition Year students went on their annual hike to Killarney. The sun shone for their day out and the challenging trail from the bottom of Torc Waterfall to the top was both fun and the students got to experience the breathtaking views of Killarney. They then continued their trip away by going to Muckross House and some dipped their feet into the freezing water of the famous Killarney lakes. A great day was had by all. Another great experience which is all part of the TY Programme.





TY Rock Climbing

Mr Moloney accompanied our Transition Years to SUAS in Corbally, Limerick. This Climbing Wall was challenging to say the least . The students spent the day trying to climb to the top and some were successful! It was an excellent TY activity enjoyed by all.

HEALTHY, LIVES, HEALTHY MINDS, HEALTHY FUTURES



Recipe of the Week

Vegetable Soup

Serves 4

Method: (20 mins to prep & 20 to cook)

Ingredients:

1 onion
1 small leek
2 large potatoes
2 carrots
1 parsnip
2 sticks celery
1½ l water
1 vegetable stock cube
25 g butter
60 ml milk or cream



1. Cut the top off the onion and divide it in half through the root. Remove the skin and roughly chop. Discard the root.
2. Wash the leek. Trim off the top and bottom of the leek and cut into ½ inch slices.
3. Peel the potatoes, rinse them and cut them into small cubes.
4. Top and tail the carrots and parsnip, peel them and dice them finely.
5. Cut the celery in half lengthwise and dice it finely.
6. Boil a full kettle. Pour 1½ l of boiling water into a jug and add the stock cube. Stir with a fork to dissolve.
7. Preheat a saucepan over a medium heat for 1 minute. Add the butter and let it melt for 30 seconds.
8. Add the onion, leek, potatoes, carrot, parsnip and celery to the saucepan. Cover with a lid and cook for 5–8 minutes until beginning to soften. Stir regularly.
9. Add the stock and stir well. Bring to the boil then reduce the heat and simmer for 20 minutes or until the vegetables have softened.
10. Remove the soup from the heat. Add the milk or cream and season with salt and pepper.
11. Using a hand blender, purée the soup until smooth.

TOP TIP

Try to avoid adding salt to soup as stock cubes are already high in salt!!

FAI KICKSTART LEVEL 1

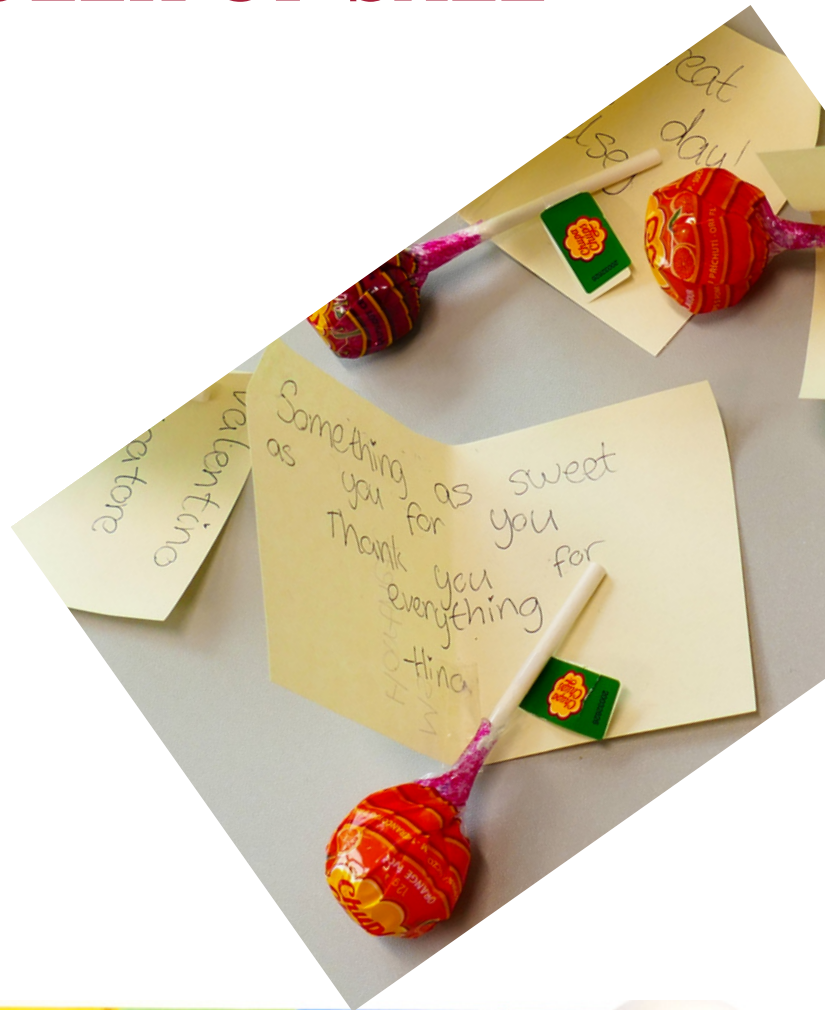


Well done to our Transition Year students who took part in the TY Coaching Initiative. The group of students have now completed the Kickstart Level 1 Coaching badge and the FAI Safeguarding Level 1 Child Protection Course. These students are now qualified to work in FAI Holiday Coaching Camps . The initiative has been a joint venture between Coláiste Chiaráin and the FAI. Special thanks to Mr. Jason O' Connor, FAI Development Officer for Limerick City for working closely with Coláiste Chiaráin on this excellent partnership.



STUDENT COUNCIL VALENTINE LOLLIPOP SALE

Love was in the air for Valentine's Day at Colaíste Chiaráin. The Student Council set up a stand in the GP Area which was decorated with balloons to get people in the mood. Students had the chance to buy a lollipop for their chosen Valentine and have it given to them along with a little message. This was all done anonymously by the very creative Student council with the help from Ms. Hanley and Ms. Bourke. The student council did a super job in making everyone feel loved and had great fun in doing so!



Sports Update

- **2/2/23 First year Football match V Glenstal.** Our 1st years played superbly and were victorious with the final score 5-9 to 3-2. Fantastic Performance!
- **5/2/23 Munster Schools Swimming Championships.** We had 4 swimmers representing C  laiste Chiar  in at UL Arena where over 80 schools competed . Petr Pershin, Lucy Morrissey , Sarah O' Sullivan and Sean O' Sullivan represented the school excellently with many personal best times . Well done !
- **7/2/23. Our Under 14.5 Hurling Team** competed in a blitz with other schools. C  laiste Chiar  in were victorious with the final score: Askeaton 1-4 to Cola  iste Chiar  in 1-8. Top scorers of the day were Tommy Reidy, Tommy Gore, TJ Keogh and Conor O Mahony
- **8/2/23 Under 15 Rugby Blitz:** 23 boys traveled to Shannon Rugby Blitz. After hard work with Mr Bennett ,Colaiste ciar  in were drawn against Nenagh CBS and Kilmallock Community College. We struggled against a much bigger Nenagh side but managed to grab a late try with a final score of 24-7. We then played Kilmallock and this match was much closer but a last minute try saw us fall 14-12 defeat. Our last game of the day saw us drawn with St. Ailbes, Tipperary for the 3rd place playoff. Another tight game but we came out on top 7-5. A great day of rugby and hopefully many more to come!
- **Our First and Second Year boys Basketball teams** have been on a winning streak all month. The second year team has won all of their 5 matches and the first year team were victorious in all but one match! Next month will see our First years traveling to Tralee to take on Causeway while our Second year team will host Tarbert . Both teams are competing for a place in the South West Regional Finals. Best of Luck !!
- **24/2/23 Under 19 Soccer match** versus Salesians, Pallaskenry: Unfortunately it was not our day on this outing but well done all
- The **Under 14 1/2 Hurling Team** had a very successful outing to UL. In the semi final the boys won very well 5.12 to no score against Glenstal Abbey . In the final they played Kilmallock Col  aiste Iosaef. Unfortunately, Kilmallock scored goals early so we were on the back foot. The final score of Kilmallock 5.5 to Col  aiste Chiar  in's 1.1 did not reflect the closeness of the game. The entire panel contributed to this teams' success
- **Our Under 15 Hurling team who overcame Askeaton** to qualify for Limerick School Semi Final in March. Best of luck lads.



Well done to Kieran O Kelly , a 4th year student who has been selected for the Limerick Minor Football Panel for 2023. A fantastic achievement. Wishing him the best of luck for the season ahead



Well done to Ben Ryan & Michael Naughton who have been selected to the Under 16 Football Panel for 2023



Well done to first year students Tommy Reidy and Conor O' Mahoney who have been selected for under 14 Limerick Panel