



NEWSLETTER



The official newsletter of Coláiste Chiaráin

Welcome

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

IN THIS ISSUE

AMERICAN EXCHANGE
SHEACTAIN NA GAEILGE
LIMERICK ENTERPRISE
AWARDS

WOMEN IN SPORT

SHANNON COLLEGE OF HOTEL
MANAGEMENT VISIT

YOUNG SOCIAL INNOVATORS

DONAL WALSH TALK

SUCCESS AT BD STEM
STARS

SPORTS CORNER

AND MUCH MORE...

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American Exchange

It was an action packed fortnight as Coláiste Chiaráin welcomed Springford High School for the return leg of the American Exchange trip that takes place every year with our Transition Year Students.

There was a busy itinerary organised which involved Mr. Fergal Moore, Ms. Emer Cahill and Mr. O'Sullivan traveling to many great places to ensure that the 2 weeks were both action packed and fun. The group visited Bunratty Folk Park, Blarney Woolen Mills and Cratloe Woods on their first weekend. They attended classes in the school on the 13th and 14th. They enjoyed a delicious full Irish breakfast while being entertained by our traditional music group led by Ms. Emer McDonald. They had great fun learning how to set dance at the Ceilí that took place in the GP area, organised by Ms. Amy O'Brien. Our visitors watched the Coláiste Chiaráin hurlers play a demonstration Hurling match and the American students even got to give it a go themselves! As part of "Plant a Tree Week", our visitors got their hands dirty and each planted a tree on the ground of the school. Highlights of the trip included visits to Pol na Bron, Doolin, Cliffs of Moher and surfing in Lahinch, West Clare. They went on a Walking Tour of Limerick which included a visit to famous landmarks such as King John's Castle. Next on their busy agenda was a trip to beautiful Killarney where jaunting around Muckross House and a Lake Cruise on the Killarney lakes was both breathtaking and great fun.

A trip to Ireland would not be complete without going to the Capital and so an overnight trip to Dublin involved visiting Trinity University where the students saw the Book of Kells, the GPO, Croke Park and the National Gallery of Ireland.

Other highlights of the trip included a visit to Lough Gur and they then spent a day at UL. Activity Centre participating in Kayaking, Rock Climbing, Archery and water sports.

A special thank you to Mr. O Sullivan, Mr. Moore and Ms. Cahill for making this exchange trip possible.







Seachtain na Gaeilge

Bhí SnaG an-ghnóthach againn i mbliana; líonadh na laethanta le craic is spraoi inár dteanga náisiúnta. Dé Luain, cuireadh fáilte roimh na cuairteoirí ó Meiriceá le céilí mór beomhar! Ghlac 40 dalta ón Idirbhliain páirt ann agus rinne siad an-iarracht leis na 1, 2, 3s. Ag deireadh an taispeántais, fuair na Meiriceánaigh seans ‘Ballaí Luimnigh’ a fhoghlaim. Tá súil againn gur bhain siad taitneamh as!

Tosaíodh an Máirt le Tráth na gCeist don chúigiú bliain. Cúig bhabhta bunaithe ar Spóirt, Ceol, Tíreolaíocht, Teilifís agus Eolas Ginearálta. Bhí iomaíocht an-ghéar ann ach ar deireadh, bhí an bua ag Foireann 8. Comhghairdeas mór le Worthy, Darragh, Paul, Seán, Zach agus Ben.

Ag deireadh an lae, cuireadh Seó Tallainne ar siúl. Bhí na daltaí ón gcéad bhliain sa lucht féachana le haghaidh seó iontach taitneamhach. Bhí an caighdeán den chéad scoth; maith sibh gach duine a ghlac páirt. Thug na moltóirí an chéad duais do Rian Cooper (6ú), an dara duais d'Eimear Leonard (6ú) agus tháinig Harry Moriarty (1d) sa tríú háit. Comhghairdeas leo!

Bhí iarnóin taitneamhach ag an dara bliain Dé Céadaoin le taispeáint scannáin. Tháinig siad le chéile mar ghrúpaí sna seomraí ranga, roinneadh cúpla mílseán orthu agus ansin shuigh siad siar chun féachaint ar Spongebob as Gaeilge. Go raibh maith agat Netflix!

A leithéid d'aoibhneas a bhí ann don séú bliain Déardaoin! Tosaíodh an lá le maidin chaife; seans do na daltaí caint agus comhraí thar cupán tae nó chaife agus cúpla briosaí - cleachtadh iontach don scrúdú béil a bhí ag druidim leo!



Cuireadh deireadh le #SnaG23 leis an siúlóid bliantúil timpeall an ceantair. Chuaigh na daltaí ón gcéad bhliain amach ag siúl i gCromadh chun samplaí den Ghaeilge a aimsiú. Cé go raibh sé ag stealladh báistí ar maidin, bhí an t-ádh linn go raibh an ghrian ag spalpadh anuas faoin am a shiúlamar amach geata na scoile! Chonacthas an Ghaeilge ar charranna, ar chomharthaí, sna fuinneoga - tá an teanga beo i gCromadh gan dabht! Gabhann Roinn na Gaeilge buíochas mór le gach duine a ghlac páirt i Seachtain na Gaeilge i mbliana agus leis na múinteoirí ar fad a thug tacaíocht dóibh. Ní neart go cur le chéile.





Student Enterprise Awards

Congratulations to our representatives in the Limerick Student Enterprise Awards who all represented our school superbly. Special well done to the following groups that collected awards:

Seán O'Sullivan received the **most innovative award** for his Windtech Innovations. Seán was well assisted by Sarah O'Sullivan.

3rd Place Intermediate Category Award was collected by 3rd Year ICE mini company "Wag Tags". Igor Wichman, Diana Statiste, Adrianna Brazil, Hina Wadood and Gabija Jeseviciute.

2nd Place Intermediate Category Award was collected by 2nd Year ICE mini company "Braided Bracelets" - Kim Harvey, Leah Jordan, Emily Gore, Rachel Nolan O'Shea, Tiarna Parker and Mia Rouziers.

Their hard work and creativity was exceptional. Well done all!!



Hospitality, Tourism and Wellness taster Session at TUS Midwest

Our school was 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.

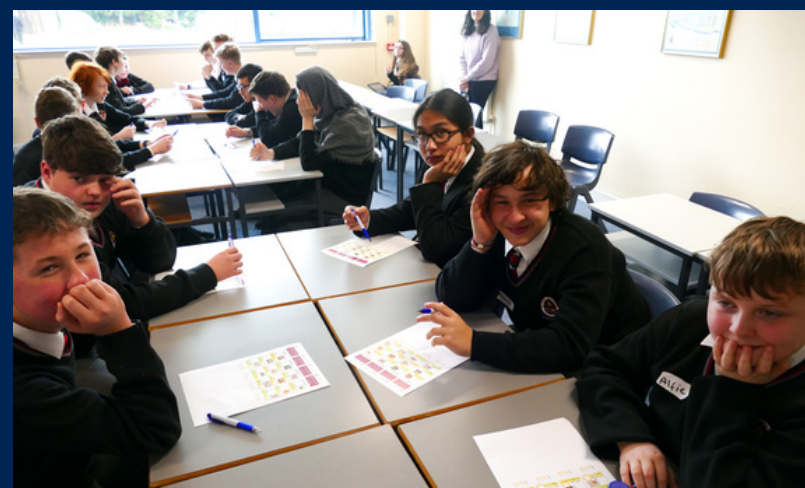
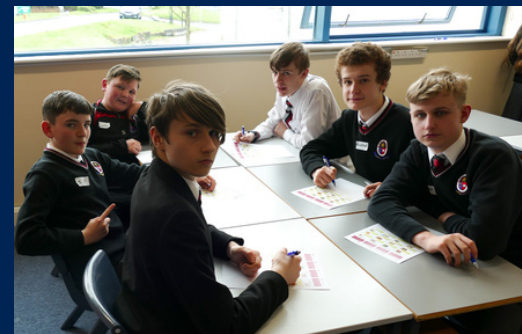
Students also learnt how flavours work together to compliment each other to create mouth watering dishes, under the guidance of Chef Jim O' Meara. Chefs Eithne Gavigan and Louise Hedderman then gave the students a demo in piping and decorating, before letting the students use their own creative, artistic 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.



EXPERIENTIAL GERMAN LEARNING EVENT AT SHANNON COLLEGE OF HOTEL MANAGEMENT

A fantastic day at Shannon College of Hotel Management for our Coláiste Chiaráin Year 2 German class. On arrival students were presented with fresh sandwiches and treats to keep up their energy levels for the learning activities ahead! Year 3 students from the College of Hotel Management then spoke to the class about their placement year in Germany, whilst presenting a slide show of their highlights from their year abroad. Our Coláiste Chiaráin German students then collaborated with Year 1 students, learning basic table setting instructions and napkin folding, before working in groups to build a simple menu, order a meal, whilst simultaneously revising their German grammar, in particular gender of nouns and adjective endings! A number of our students also assumed the role of waiter/waitress joining with the 'professions' from Shannon to take the orders of their peers. No doubt all students are ready now for their Oral Communication task as part of their Classroom Based Assessment 1!

A massive thank you to Helena, Danielle and the students at Shannon College of Hotel Management for facilitating our visit today and to Ms. Maher, German teacher and Ms. Brouder for accompanying the students. We look forward to building further future links with Shannon College of Hotel Management and expanding this type of learning event to all our Modern Foreign Language students.



WOMEN IN SPORT

Coláiste Chiaráin was the height of Activity as we celebrated International Women's Day. Ms. O' Connor demonstrated her wonderful Zumba Instructional Skills as the students participated in the high tempo, energetic class which was super fun and challenging.

We welcomed Dr. Marion Geary, lecturer in Sport, Leisure & Tourism in TUS, to the school also to talk to our 1st Year girls about Female Participation in Sport. Inspiring contributions from some of the female teachers in the school were also given. Thank you to Ms. Lisa Horgan, Ms. Ellen Horgan, Ms. Keane and Ms. Bourke for sharing their own personal experiences of Sport growing up and why they continue to be involved. We finished the week with a highly competitive Basketball game, our female staff against the Leaving Cert Girls... Ms. O'Connor grabbed the winner in the final seconds to end the day on a high for the teachers.

A great week of empowering our female students and celebrating our amazing Coláiste Chiaráin Women !



School Completion Programme

Easter Trip

On Wednesday 22-03-2023 a group of 10 students took part in an SCP day trip to Arena 5. The trip consisted of bowling, mini golf and lunch. Great planning went into this trip which was arranged with the input and support of the students who took part, in particular, Abby Flynn (group leader), Conor Carey (group leader), Megan Sheehan, Leah O'Sullivan, and Emma Dunworth.

The day began with bowling and was followed by mini golf with Conor Carey and Megan Sheehan being crowned winners of the day.



Special thanks to Siobhan Insley and Lorraine O'Connor for traveling with us on the day.



Thanks to Tom Twomey for an insightful lecture on the War of Independence to our History students. His passion for history is contagious and his experience was invaluable. Thanks to Mr. Hayes for organising the event

Transition Year Activities

FIRST AID COURSE



TYs had an interesting visit to Croom National School to get some experience at being at the other side of the desk, teaching Irish during Seachtain na Gaeilge



YEAR 2 GERMAN CLASS ATTEND PERFORMANCE OF THE GERMAN PLAY “WOYZECK” BY GEORG THE LIVELIFE FOUNDATION BÜCHNER

Our Coláiste Chiaráin Year 2 German class were thrilled to attend a performance of the German play “Woyzeck” by Georg Büchner, on Thursday, March 23rd at the University of Limerick. The play, a tale of love, murder and mystery, set in Germany in 1836, was performed by current first year undergraduate students of German. It was a fantastic opportunity for our students to experience German theatre live on stage, improve their language and cultural awareness, as well as getting a glimpse of university life and visiting the fabulous UL campus.



YSI (YOUNG SOCIAL INNOVATORS)



Congratulations to our Transition Year Students who spoke in detail about their project on Mental Health at the “ YSI Speak Out” Event . Our students spoke so well about their project which was called “Change Isn’t Strange” . This study was aimed at helping students to equip themselves with the skills needed to deal with change and to reduce poor mental health. They spoke in detail about their research, achievements and future plans. Their project consisted of creating a short film, posters and social media accounts to promote their campaign. They also raised 500 euro for Jigsaw Mental Health Services.

They promoted Physical Activity to reduce poor mental health and if that wasn’t enough, they now plan to promote their campaign by bringing a group of students to Carrauntoohill in order to demonstrate how physical health can promote mental health. These excellent students are also planning a Cultural Day in order to tackle Cultural change .

A special congratulations to the students’ teacher and mentor, Mr. Maloney who received the award for “Best Teacher” on the day . Well done all!

Donal Walsh and the Livelife Foundation

On Thursday March 23rd the Transition Year students were engrossed in a talk given by guest speaker Elma Walsh, the mother of Donal Walsh and a representative of the #livelife foundation.

Donal Walsh was a 16 year old boy from Blennerville Co. Kerry who passed away ten years ago this May of cancer. Donal's mother Elma spoke to the transition year students about Donal's life and his struggles during his illness.

Donal who fund raised tirelessly while battling Cancer has now had the Donal Walsh #Livelife Foundation set up by his family primarily in order to promote his anti-suicide #Livelife message.

This talk was moving and inspiring and promoted Donal's message to live your life to the full and when you are struggling in life to reach out and tell a friend and find someone you can open up to.

Donal's message has inspired the transition years to do some fundraising for the #livelife foundation so your support will be greatly appreciated.

Thank you so much Elma for sharing Donal's story.



Success at BD Stem Stars

Massive Congrats to Taha Tnie and Seán O' Sullivan who took part in the BD Stem Stars. BD is a world class medical pharmaceutical company that produces many medical devices for use in healthcare. Every year they host a competition for secondary school students to take part in finding a solution to a problem in health care or improving one. The students project involved designing a mobile mini ECG device and they achieved the 3rd Place Award winning 4000 euro and 400 euro for themselves. Well done boys and to their teacher, Mr. Power.



Sports Update

- **3/3/23**-Well done to the **Girls Soccer Team** who despite a close 2-1 loss in their debut match, these young ladies of the newly formed team showed determination, teamwork and resilience on the field against Scoil Mhuire, Askeaton. Keep your heads up, champions in the making!
- What a performance from our **Under 15 Hurling team**. They fought hard from the start to finish and secured an impressive win against Scoil Mhuire , Askeaton with a score of 6-12 to 5-04 in the Quarter Final. Well done to players and coaches
- **15/3/23**- Senior Post Primary School Hurling Semi Final: Our **senior hurling team** played Hazelwood College on Wednesday March 15th in Mick Neville Park in Rathkeale. The game was an intriguing encounter. There were 2 points between the teams at half time. The second half started well but by the end Hazelwood just had more fire power. Unfortunately, we lost the game but were very proud of our team.
- Congrats to our **2nd year boys basketball team** on an incredible run in the ¼ final! Winning all 5 games was an amazing achievement. The boys then travelled to Kerry for the semi finals but unfortunately were not successful on this outing. Well done a great season . Onwards and Upwards for next Year!
- Hard luck to our **Camogie Team** who were defeated in a tough match against Scoil Pól , Kilfinane. We are proud of your effort & determination on the field. Keep your heads up!
- **22/3/23 Under 15 North Munster Soccer** Semi Final to Hazlewood College, Newcastlewest
- **22/3/23 In the under 19 North Munster Soccer** Quarter Final, we had a great win and look forward to the semi final in April. Well done boys!
- **23/3/23 First and Second year Basketball team** took part in a blitz. They won their first game against Askeaton. The second game against Desmond went to extra time and then free throws. The girls were unlucky to be defeated. The girls' third game was a tight one and in the end we lost by one basket.
- **23/3/23 First year post primary hurling final** versus Salesians of Palaskenry. The first year team had a fantastic journey this year winning all of our games bringing us to the county final. The final was played in Mick Neville Park in Rathkeale on Thursday 23rd of March. The weather was very challenging and in the first half we played against an intense wind and rain. This made the game very hard as we had to sit and defend for most of the half. In the second half conditions calmed but Salesians had a good lead in the first half. The lads put in a very good effort and have worked very hard over the entire session. We look forward to our next game which will be the Under 15 county semi final
- **23/3/23 Under 16.5 Gaelic Football** lost to Genstal but played well.
- **27/3/23 First year Football Team** were unsuccessful in the county semi final against Askeaton. Well done in making it to the final boys!
- **27/3/23 First year First Year North Munster Quarter Final** took place against St. Annes, Kilaloe. Unfortunately we suffered a defeat in this match. Well done all
- **30/3/23 Under 16.5 Ladies Football** had to suffer a loss after a very tight match. They lost by a goal. Hard luck girls!



OUR FIRST YEAR HURLING TEAM WHO REACHED THE FINAL OF THE POST PRIMARY SCHOOLS



Recipe of the Week Energy Balls Makes 10 -12



Ingredients:

100g porridge oats (use gluten free oats for coeliac diet)

3.5 tbsp peanut butter

4 tbsp honey

1.5 tbsp cocoa powder

40g dedicated coconut or
chopped peanuts



Method: (10 mins to prep)

1. Place oats, peanut butter, honey & cocoa powder in a food processor & blitz until they all mix together.
2. Sprinkle the coconut / finely chopped peanuts on a plate.
3. Using your hands take bit sized pieces of the mixture & rolls into balls.
4. Roll each ball in the coconut or chopped peanuts.
5. Leave to set in the fridge & store in an airtight container.