



# NEWSLETTER



*The official newsletter of Coláiste Chiaráin*

## Welcome

Welcome to our May edition of our Coláiste Chiaráin Newsletter. We are delighted to celebrate and showcase the many activities, events and achievements in the past month. From achieving big success at The Young Economist of the Year, celebrating Culture Week and Wellness Week to having the best fun at Our Annual Sports Day!. We also had to say goodbye to our wonderful sixth Years at their Graduation.

Enjoy the read!

- YOUNG ECONOMIST OF THE YEAR
- JUNIOR DEBATING COMPETITION
- NOTHERN TRUST/BUSINESS IN THE COMMUNITY
- CULTURE WEEK
- SPORTS DAY
- WELLNESS WEEK
- TRANSITION YEAR TRIP TO ITALY
- SURFING IN LAHINCH
- SIXTH YEAR GRADUATION
- GARDA AWARDS
- AND MUCH MORE.....





# Young Economist of the Year

Well done to the 5th and 6th year students for representing the school so well at the National Finals of the Young Economist of the Year competition which were held in UL for the first time this year.

Mastora Akhon and Fatima Shah achieved gold standard and were awarded the Trinity College Dublin Fiscal Policy Category Award. The Minister for Public Expenditure, Paschal Donohoe, was present on the day and he took some time to talk to the girls about their project entitled "Why are we taxing sun cream in Ireland?".



Colin Frawley and Ronin Kidney achieved the silver standard and Maksim Halinouski bronze in the 5th year category





6th year Ben Moloney achieved the gold standard and was awarded runner up in the Central Bank of Ireland Category Awards. Ben also picked up a Display Distinction Award for his presentation in the UL Concert Hall.



TADHG PURCELL REACHED THE NATIONAL FINALS AT **STUDENT ENTERPRISE AWARDS** WITH HIS BUSINESS TPDECALS

# Junior Debating Competition

A new debating competition for Limerick's Junior Cycle students began this year with the first debates taking place in March. Organised by Killian Bushell of Coláiste Chiaráin, six schools (Ardscoil Mhuire, Laurel Hill FCJ, Limerick Educate Together Secondary School, Coláiste Chiaráin, Castletroy College and St. Clements College) took part in the inaugural competition. Ardscoil Mhuire took on Laurel Hill FCJ in the final which was hosted by Coláiste Chiaráin on 15/05/2024. In a very closely fought debate the students of Ardscoil Mhuire won out. Both teams were excellent and a credit to both their schools and their mentors. Students from Castletroy College and Coláiste Chiaráin were in attendance to watch the final and perhaps learn from watching the two best teams in the competition



Well done to Cian Portley and Daniel Carmody who were awarded the Judges award at the **Scratch finals** .. great stuff guys!!  
Well done Mr. Power



# Northern Trust/Business in the Community

Coláiste Chiaráin were delighted to host the final session of our mentoring programme on the 14th May. The 6th year students, in collaboration with Linda Hall of Business In The Community and their mentors from Northern Trust, had another informative and productive session dealing with LinkedIn and social media issues. The session aimed to inform the students of the advantages of using such platforms to market oneself in the professional world while remaining aware of the pitfalls associated with these social media platforms. It was so beneficial to hear from the mentors on how they use these platforms. The students were very grateful to them for sharing their stories and advising them of best practices. The students realised the benefits of networking and self-marketing in the pursuit of their own goals and future careers.

The session ended with refreshments and a celebration of everyone's efforts and input throughout the year. The students expressed their gratitude to the mentors and Northern Trust by presenting them with a framed photo and thank you card. The students were presented with a certificate of participation in recognition of their achievements throughout the year.





# Wellbeing Week 2024

The theme of this year's wellbeing week was Reduce stress, relax your mind, focus on study. Students made posters to highlight the theme and updated the student plasma with information to support the theme. Ms.Power gave yoga workshops to senior students and Ms.O'Connor ran Zumba workshops for all yeargroups. We had talk and tea during lunchtime to help students to reengage with eachother. In tutor time students were shown examples of how to use box breathing techniques and mediation to help reduce anxiety and stress. The well-being subjects of STEM, PE, RE and SPHE all took an aspect to equip students in the knowledge of how to reduce stress, relax their mind so they can remain focused to achieve their best in the upcoming end-of-year and state exams. They reviewed the importance of a proper sleep routine, did mindful colouring, mediation and looked at the benefits of being part of Jigsaw's One Good School programme.





# Culture Day 2024

This year we celebrated one of our biggest Culture Days ever. We had over 70 volunteers from 5 different continents. They brought in food from their own culture to share with others in the school. The students also wore traditional clothing, participated in a fashion show and played cultural music from a wide range of backgrounds. The day was an enormous success in that, not only did it celebrate the diversity in our school, it also raised over €500 for the Palestine Children's Relief Fund. Huge thanks to Mr. Maloney for coordinating the event





# Sports Day









# Careers Update

On Thursday, May 16, the Guidance Department welcomed Mr. Pat Galvin, Programme Officer on the Access to Apprenticeship Programme at TUS, to speak to our Year 5 and Year 6 students. The Access to Apprenticeship programme is a 12-week full-time programme delivered by the Dept. of Built Environment at TUS and offers students an opportunity to sample a range of apprenticeships including Construction, Engineering, Electrical and Motor Mechanics. Consequently, this programme gives students a real insight into a broad range of apprenticeships thereby ensuring they are better equipped to make an informed decision about the type of apprenticeships they might like to pursue if any. The programme also includes modules on CV and Interview skills, a two week work placement, as well as guiding students to achieve Health & Safety and Safe Pass Certificates.



## Garda Awards



**Liam Costello, Special Award for Medical triumph over Diversity**



**Kyle Williams and Bradley Prior : Award for their Excellence in Kick Boxing**



**Hina Wadood and Sean O' Sullivan representing the whole school for creating an area Biodiversity and planting 3500 trees**



# Transition Year Trip to Spanish Point



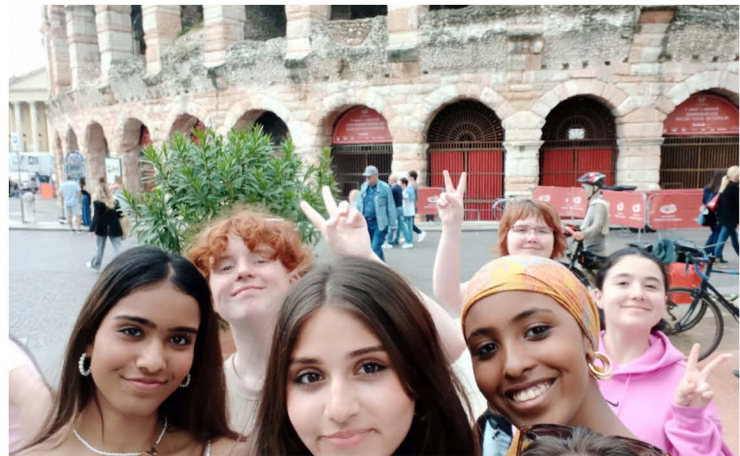


# TY Trip to Italy

Thrills, spills, dashes and splashes - the students of the quarto anno had an amazing experience on their 4-day visit to Lake Garda, Venice and Verona! The end-of-year trip began early on the 14th May. The group enjoyed views of vineyards and olive groves as they ambled the streets of Verona, sampling authentic gelato while taking in an amphitheatre which is older than the Colosseum! Ever-educational, The students even managed to re-enact some Shakespeare from Juliette's Balcony and glean luck in love from a close encounter with her statue. Memories were made when the group donned their aprons and experienced making their very own pizzas!

A thrilling speedboat trip on Lake Garda with music to the max, cemented the group's bond and the splashes set them up for all the aqua to come! Despite phenomenal downpours, floods and thunderstorms, the students loved every minute of our trip and actually had some very enjoyable sunshine too!

Of course no TY trip is complete without a theme park full of adventure rides, relaxing strolls and plenty of water and roller coasters for the adrenaline junkies! A super trip and thank you to Ms. Benenati and accompanying teachers that made the trip possible





# Sixth Year Graduation 24

Congratulations to our amazing Leaving Certificate students on their graduation. They have shown incredible determination and spirit throughout their journey. May their futures be as powerful and bright as the Year of the Dragon





# MentoringTrip

Our annual Mentor trip took place on Tuesday 21st May. From I students were treated to a homemade breakfast on campus cooked by our Form IV Mentors before travelling to Arena 5 for some bowling and lunch. Well done to all our Mentor group participants this past year for their collective efforts in supporting the transition to secondary school for Form I students







First year Girls Soccer team who won the Limerick District Final



North Munster Under 14.5 Ladies Football Champions