



# NEWSLETTER



*The official newsletter of Coláiste Chiaráin*

## Welcome

Welcome to the February edition of our Coláiste Chiaráin Newsletter. We are delighted to celebrate and showcase the many activities, events and achievements in the past month. From celebrating The Rest and Digest Café Initiative, to engaging with Ms. Cynthia Ní Mhurchú, we have had a very busy month!

Enjoy the read!



- MS. CYNTHIA NI MHURCHÚ SPEAKS TO OUR SCHOOL COMMUNITY
- NOTHERN TRUST/ BUSINESS IN THE COMMUNITY
- GARDEN CLUB
- LILLIE LÍ ACCEPTED FOR RESEARCH SCHOLRSHIP
- THE REST AND DIGEST CAFÉ
- FIRST YEAR HISTORY PROJECTS ON DISPLAY
- TRANSITION YEAR ACTIVITIES
- SENIOR BOYS FOOTBALL PROGRESS TO COUNTY SEMI FINAL
- AND MUCH MORE...



# Ms. Cynthia Ní Mhurchú Speaks to Our School Community

On Friday 13th February, our school community had the wonderful opportunity to connect live with Cynthia Ní Mhurchú, who generously gave her time to speak to our First Year, Second Year and TY European Studies students, as well as our 5th Year Politics and Society class, in a special call from Brussels. Ms. Ní Mhurchú is a member of the European Parliament and ensures that Ireland's voice is heard at European Level. A strong advocate for the Irish language, Ms Ní Mhurchú emphasised the importance of multilingualism in our ever-expanding and increasingly interconnected society.

The morning began with an impressive presentation from six of our European Studies Class Ambassadors. They delivered a comprehensive overview of the many projects students have been working on as part of the European Parliament Ambassadors Programme (EPAS). Their presentation highlighted the creativity, collaboration and critical thinking that the programme encourages, and it set a positive and professional tone for the discussion that followed.

Our Second Year students also proudly shared a virtual tour of the school, which they had carefully prepared in advance. This gave Ms. Ní Mhurchú a real sense of our school community and the enthusiasm of the students involved in European Studies.

Ms. Ní Mhurchú also shared details of her fascinating and varied career path, reminding students that the journey to politics is rarely straightforward. Beginning her professional life as a primary school teacher in a Gaelscoil, she later spent ten years working with RTÉ. She then built an impressive 27-year career as a barrister and mediator before being elected as an MEP in 2024. Each stage of her career, she explained, provided valuable skills and experiences that ultimately prepared her for public service at European level.

The session offered students not only a deeper understanding of European politics but also an inspiring example of dedication, adaptability and lifelong learning. The role of a politician is undoubtedly demanding, yet Ms. Ní Mhurchú's enthusiasm and commitment shone through in every aspect of the conversation.

We are extremely grateful to Cynthia Ní Mhurchú for taking the time to speak with our students. Her generosity, openness and encouragement made for a memorable and motivating morning that will undoubtedly inspire future ambassadors, linguists and perhaps even parliamentarians within our own school community.

Finally – we haven't forgotten (nor do we intend to!) Ms. Ní Mhurchú's promise to visit us in person. Rest assured, we will be keeping that promise firmly on her agenda with gentle reminders – we're determined to make that visit happen!



# February in the Garden Club

February has brought some exciting signs that spring is on the way! Despite the chilly mornings, our school garden is beginning to wake up.

The daffodils are now blooming brightly around the garden beds. These cheerful yellow flowers are one of the first signs of spring. The students have been learning about how bulbs store energy underground through the winter, ready to burst into life as the days grow longer.

Inside the polytunnel and on our windowsills, seedlings are starting to appear. It's been exciting to see the first shoots pushing up through the soil. We've been carefully watering them and making sure they get plenty of light so they grow strong and healthy.

Our onions and garlic are also growing steadily. Their green shoots are getting taller each week, even in the cooler weather. These hardy crops are teaching us about patience, as they'll continue developing over the coming months before they're ready to harvest.

A big thank you to everyone who has helped with watering, weeding and checking on the plants during break times. As we head into March, we're looking forward to planting even more seeds and watching our garden continue to grow!



The 2nd Year Italian Class made their own masks to mark the start of the Venice Carnival. The "Carnevale di Venezia" is an annual world-famous festival held in Venice, Italy, lasting two weeks and culminating on Shrove Tuesday (Feb 17, 2026).

It is renowned for its elaborate masks, period costumes, and luxurious masquerade balls. The festival originated in the Middle Ages and is characterized by street performances, boat parades, and, notably, the "Volo dell'Angelo"



# Northern Trust/Business in the Community

On the 26th of February, Coláiste Chiaráin's 5th year students who are participating in the Northern Trust/Business in the Community Mentoring Programme enjoyed another highly beneficial session this week.

The programme, delivered in partnership with Northern Trust and Business in the Community, continues to provide invaluable guidance and real-world insight to our students as they begin to focus on their future career pathways.

During the meeting, each student had the opportunity to work closely on a one-to-one basis with their assigned mentor. There was a real sense of energy and enthusiasm in the room as meaningful discussions took place. A key focus of the session was developing CVs and learning how to confidently express personal qualities, skills and achievements.

The mentors generously shared their own career journeys, offering practical advice and personal experiences that helped the students better understand the expectations of the workplace. This individual support proved extremely beneficial, allowing students to become more career-focused while also strengthening their self-belief.

The session will be of great value as the students continue to build their confidence and prepare for the upcoming mock interviews taking place in March. We are very grateful to all the mentors for their ongoing commitment and encouragement, and we look forward to the continued progress of our 5th year students as they move forward in the programme.





**Lillie Li**

## **Accepted for Research Internship**

Huge congratulations to fifth year student Lillie Li who has been accepted on to the RSI Summer programme at **Massachusetts Institute of Technology**.

RSI is the seven week research internship where students conduct individual projects under the tutelage of mentors who are experienced scientists and researchers. 100 students from all around the world are selected in an extremely competitive application process. It is a huge achievement for Lillie and the school to be accepted on to the programme and is a reflection of the work she has completed in BT Young Scientist, Scifest and the Stripe Patch summer programme in the past. Well done Lillie.

## **The Rest and Digest Café**



*“The Rest and Digest Café”* was organised and run by TY Young Social Innovators. It was a pop-up wellness café that the students ran in the school during exam time to support students’ mental health. Tea, coffee, and hot chocolate along with donated baked goods were served to help create a calm and welcoming space for students to take a break, relax, and talk with friends before their exams.

The café also raised over €500 for Limerick **Marine Search and Rescue**, and many students said it helped lift their mood and reduce stress before going into their afternoon exams.



# First Year History Projects



**Mr. Hayes and his First Year History class have been busy creating their projects which are all displayed in the School Library**



# Transition Year go Paint Balling and Mountain Biking



# Coláiste Chiaráin Chess Club

Students participated in a chess competition in St. Munchin's on January 26th. Our two minor teams came joint first place.



The senior boys football team who were victorious in the county quarter final scoring 4-13 to Charleville's 2-16 in a very competitive game to progress to the county Semi Final. Super Result. Well done Boys!



# School Completion Programme Newsletter

Kicks SCP works with young people in a number of schools in Co. Limerick.

They are work steadily towards helping some students become happier, comfortable and more at ease with their school environment.

They offer supports and programmes which can help some students during their education journey

Please refer to the Kicks SCP newsletter via the QR code below for additional information around the program.

