

CLONKEEN COLLEGE



SCHOOL NEWSLETTER

Prepared by Transition Year Students

May 2015

Transition Year News

D2 Kayaking Trip

Cian Rellis & Kevin Gannon

Mr. Faherty and Mr. Daly accompanied a group of TY students on a kayaking trip in Carlow and Kilkenny on May 13th/14th. On 13th May the group went to Carlow to begin their trip from here, kayaked along the river Barrow to Graigue-namanagh in Co. Kilkenny. Along the way we encountered many rapids and even some weirs which resulted in many taking an unexpected dip in the river. That evening we stayed in the scout hall in the town and spent the evening with a BBQ and swim by the Barrow.



The next morning we woke up tired but ready for another day of canoeing down the Barrow. The second day we had become accustomed to life on the river and were much better at navigating around the rapids and weirs. We began to get more adventurous and try different tricks on the water. The level of our improvement was clear that day with only two people capsizing during the four hour journey from Graigue-namanagh to St. Mullins. After a long but rewarding two days we made our journey back to Dublin with Manos. Thank you to Mr. Faherty and Mr. Daly who accompanied us on our trip.

Transition Year Exhibition of Work

An exhibition of Transition Year work completed over the course of the last year was displayed in the gym on Friday, 22nd May. It was a fantastic opportunity for TY students to show off their hard work across a diverse range of subject areas and for their families to gain an insight into the excellent array of activities and courses being offered to TY students at Clonkeen College. Small teams of students manned each of the individual subject area stands, where they spoke to visiting family members about the work they had carried out in each module.



TY Coasteering Trip

To bring a fantastic year to an end Transition Year students spent the day coasteering near Hook Head on 25th May. An excellent day was had by all involved. TY student Naoise O'Conluain put his filmmaking skills to good use on the day producing a short video of their trip. Naoise's video can be seen at <https://vimeo.com/128913009>

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Gasice Hike

Naoise O'Conluain

On Wednesday 13th May, a group of around twenty-five TY and 5th Year students faced a lengthy 25km hike along the Wicklow Way, as part of the Gaisce President's Award adventure journey. Along with Ms. Gibson, Ms. O'Keefe, Mr. O'Shaughnessy and Mr. Traynor, we left the school for Crone Wood, where we would begin our two-day expedition, destined for Lough Dan Scout Centre, a daunting 16km away! After plenty of stops for much needed rest and refreshments, we eventually arrived at Lough Dan Scout Centre, just in time for dinner, which was very kindly prepared by Ms. Gibson. Later that evening, some of us took part in a competitive game of football against students from a school in Wicklow, which Clonkeen won! Those of us who couldn't handle the intensity of the match, chose instead to play a friendly game of frisbee. After the celebrations of winning the match died down, we joined the other group from Wicklow for a communal campfire, which involved toasted marshmallows, sing-songs and guitar solos from Conor Kinsella in TY. When the last pieces of timber turned to ashes, it was time for bed. An 8am wake-up call awaited us in the morning, so there was no time for any late night shenanigans.



The following morning, we prepared ourselves for the last leg of the hike. The hike was considerably shorter this time around (only 8km to Laragh) however showers of rain and painful blisters from the day before left the morale levels of some group members very low. However, the group battled through the inclement weather and we reached our final destination, Laragh village, at midday, where we had lunch before heading back home. The trip as a whole was a great success, as 5th years were able to take a break from their study and TYs can now boast having completed the Gaisce Bronze Award! Many thanks to all the teachers involved, especially Ms. Gibson and Mr. O'Shaughnessy for organising the trip.



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Sejuiced Smoothies

Andrei Olariu

Sejuiced Smoothies was set up as part of the TY Young Social Innovators (YSI) Module. Through an excellent advertising campaign the enterprise has grown from initially selling only to a few TY customers to a tremendous day on Sport's Day where we sold over 100 smoothies! Teacher and pupils alike have enjoyed the three delicious flavours on sale at lunchtime!

Mental Health Awareness Day

Monday 18th May saw Clonkeen College's first Mental Health Awareness Day. All class tutors spoke with their class groups during the morning's SPHE class about mental health awareness and highlighted the #littlethings campaign being run by yourmentalhealth.ie. Students also completed handouts where they each listed eight #littlethings they could do to look after their mental health. Their answer sheets were entered into a draw for a small prize. The draw took place on 27th May with Ryan Noronha (1st Year) and Conor Spain (5th Year) being the winners.



We also had a number of visitors to the school to mark our first Mental Health Awareness Day. The day started with a visit from Clodagh McCarthy of Bright Sparks Coaching who carried out a mindfulness workshop with all 2nd Year groups. Later, past pupil Dr. Mark Joynt delivered a talk to TY students on mental health while Shane Martin visited to speak to 6th Year students about coping with exam stress and the transition to Third Level. The whole day was a great success and it is hoped that it will become an annual event! A big thank-you to all the teachers involved in the organisation of the day.

Senator David Norris Visit



Senator David Norris visited the school on Monday, May 11th to speak to a group of students from TY and 5th Year about the role of Seanad Eireann. Senator Norris talked about his political career to date, giving pupils insight into his route into politics to his campaign in the 2011 Presidential Election. The talk was both an enjoyable and informative experience.

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David Gillick Visit

Retired Athlete David Gillick visited Clonkeen College twice in the last month to deliver a talk on motivation to groups from 1st Year, 2nd Year and TY. Relating his experience training as a world class athlete to our students' preparation for exams, David spoke to the groups on a variety of topics including goal setting, practice, nutrition and rest. Each session was rounded off with students having the opportunity to put questions to the sports star. The talk was both inspirational and insightful and was of huge benefit to all who attended. A big thank you to and the Parents' Association who organised this event.

Sports Day

Clonkeen College annual Sports Day was held on Friday, 15th May. There was a fantastic turnout from all years, with all students giving their best performances in a bid to break some of the college's long standing sports' records.



Congratulations to Finn McGowan (C1), the only student on the day to break a record, doing so with an impressive jump of 1.64m in the High Jump. This is the second consecutive year that Finn has broken the High Jump record meaning that he now holds both the 2nd Year and the 3rd Year High Jump records.



Away from the sports action the area around the yard and lunchroom was a hive of activity with the Parents' Association's BBQ, Sejuiced Smoothies (a TY YSI project), the Tuck Shop (run by the 5th Year LCVP class) and Teddy's Ice Cream van offering refreshments to our sports stars. A huge thank-you to the Parents' Association and the students and teachers involved in organising such a wonderful Sports Day!



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Clonfest

Oisín Singleton

Clonfest, the annual school concert took place on 8th May. Students from all years were given the opportunity to attend and as with previous years the concert proved very popular with high ticket sales. The students enjoyed performances from different acts, such as: David O' Riordan, Sean Ashworth, Ryan Noronha, Cameron Teehan, Conor Kinsella, Lewis Murphy, The Nameless, Conor Murphy, and The Enzymes.



The concert also featured non-music acts: Tim Guidera, who read his own story from this year's Anthology, and Ben Hogan and Mark McMorrow, who each performed a monologue of their choice. Thanks to everyone who performed and attended and to the teachers, particularly Mr. McGloughlin who organised the concert. We are delighted that over €900 was raised for the school's TWSG!

6th Year Graduation

Luc Joole

Congratulations to this year's Leaving Certificate students, who officially graduated from Clonkeen College on May 19th, 2015. The evening started with a beautiful mass in the school gym which was followed by awards presentations and a number of speeches. Congratulations to Earl Echivarre who was chosen as 6th Year Student of the Year for 2015.

The previous night teachers and students attended the annual staff-student meal in the gym.



The students will return to the school for the final time on 3rd June 2015 to complete their Leaving Certificate Examinations. The exams will finish on Friday June 19th.

We wish all the 6th Years the best of luck in their exams and in all their future endeavours.

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U14 Gaelic Football

Mr. J. Lynch

May brings awards presentations: we honoured our excellent **U-14** and **First Year Teams** with Certs and Trophies after a season which saw both reach the Quarter-Final stages in their Dublin Competitions. Our **Top Trainers Trophy Winners** in **2nd Year** were **Jack McCarthy, Liam McCarthy, Finn McGrath** and **Ben O'Dowd** [B1]; **Dylan Davis** and **Harry Mullen** [B2] and **Joseph Bradley** [B3]. Well done lads for an excellent commitment to training and to the team! The rest of the panel who gained Certificates were: Jamie Blake-Holmes, Brendan Dunne, Jamie Langan, Chalmers Nyakwende, Cian O'Dea and Kevin Quinn [B1]; Seán Hussey, Shane Murphy and Mike Donnelly [B2] and Conor Hall, MacDara Ó Midheach and Laurence O'Toole [B3].

Special Certificates were awarded to **Devon Cummins** and **Donal Healy** [B1] and **Mark Brophy** and **Liam Murphy** [B2] who were a great support to us in training before their U-16 campaign started in November. Thanks lads! They'll now be joined by the rest of the U-14s for next year's Junior Football Campaign. Good to luck to all in their step up to the next age group!

Our **First Year All-Star Team**, made up of the **15 Top Trainers since September** is:

1. **Max Cunneen** [A2]
2. **David Farrelly** [A2]
3. **Conor Ring** [A1]
4. **Seán Walsh** [A3]
5. **David O'Dowd** [A1]
6. **Evan Savage** [A1]

7. **Elvis Cooney** [A2]
8. **Cal Doran** [A1]
9. **Conor Keane** [A2]
10. **Conor Knight** [A3]
11. **Oisín O'Connor** [A3]
12. **Luke Lynch** [A2]
13. **Charlie Boyle** [A2]
14. **Khalid Banakher** [A1]
15. **Brian Kenny** [A1]

Well done lads on your great commitment!

The rest of the panel earning their certificates are: Seán Finn, Adam Hachadi, Alex Hogan, Oran Molony, Jack Moraghan, Byron O'Gorman and Jack Nugent [A1]; Kilian Flynn, Adam Matthews, Conor Nolan, Diarmuid O'Mahony, Donal Martin and Jamie Crilly [A2] and Seán Ashworth, Andrew Byrne, Daniel Carson, Harry Gunning and Eoin Harcourt [A3].

Most of the players are eligible for the U-14 Team next year. See you on Monday, 6th September for training. Enjoy the summer!

Summer Wishes

Best of luck to all Clonkeen College students sitting State Examinations in June! We hope all your hard work pays off.

We would like to wish all staff, students and their families a relaxing and enjoyable summer. We look forward to seeing everyone back in September and to welcoming our new 1st Years.