

# CLONKEEN COLLEGE



## SCHOOL NEWSLETTER

*Prepared by Transition Year Students*

November / December 2015

### Transition Year News

#### *Work Experience*

Alex Flynn

Transition Year students returned from two weeks' work experience on 16<sup>th</sup> November. Following this first block of work experience it was agreed by all students involved that it had been a most valuable learning experience. Many felt that it has given them practical insight into careers to which they may have been attracted. All TY students will carry out a second block of work experience in late February.

- Students are made aware how healthy food can contribute to a healthy mind
- A nutritionist comes in to talk to the boys
- Students examine the positive effects music can have on their mood.
- Students examine the positive effects exercise can have on their lives
- Students will participate in 3 weeks of yoga and 1 week of circuit training
- Students will examine their own sleeping habits and analyse how sleep can contribute to a healthy mind and lifestyle

#### *Health Promoting Schools*

Finn McGowan



Clonkeen College has decided to take part in the HSE's Health Promoting School Initiative, which aims to make school a happier and healthier place for all who learn, work and visit. This is a two year initiative and on completion Clonkeen will receive recognition from the HSE that Clonkeen is a health promoting school. The Health Promoting Schools Programme supports schools to focus on health and wellbeing and to involve all members of the school community.

As part of this initiative all Transition Year students complete a module in health promotion. The following areas will be covered in the module:

- Students will examine their diets



Erika Doolan visited the school recently to speak to the Health Promotion class about Sports Nutrition and Mental Health.

#### *D3 Visit to Dublin Castle*

Ian Forde

TY Group, D3, had a very enjoyable visit of Dublin Castle on 30<sup>th</sup> November. The students had the opportunity to admire the fascinating architecture of the castle which was built in 1169 as a defensive

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fortification following the Norman Invasion of Ireland.

Today Dublin Castle has evolved into a multi-functional establishment. Most notably, it has been the venue for the inauguration of the President of Ireland since 1938 and hosts Official State Visits

The Castle is also home to the extensive book collections of the Chester Beatty Library and the State Apartments which housed the Lord Lieutenant of Ireland.



One highlight of the trip was visiting Saint Patrick's Hall, which is arguably the grandest room of the State Apartments. It was formally the ballroom of the Lord Lieutenant and is one of the most important decorative interiors in Ireland, along with the State Bedrooms, the Throne room and the State Dining Room.

This trip to Dublin Castle proved very interesting to the students of D3 and was an invaluable learning experience for all. We would like to thank Ms. O'Keeffe for organising the visit and for accompanying the students on the day.

### *L1 Integration*

Eoin Kane

An integration programme has been set up this year where each week two Transition Year students spend the week in L1. L1 is a class within Clonkeen College for students with Moderate General Learning Difficulties. The aim of this programme is to further the integration of the two students in L1 (Sam and MacDara) within the wider school community in addition to giving TY students an understanding and appreciation of both the abilities and difficulties of Mod GLD students. TY student David O'Riordan has written the following reflection on his week in L1.

### My L1 Experience

David O'Riordan

When given the opportunity to work with Sam and MacDara in L1 I jumped at the chance to be able to work with people with learning difficulties because I knew it would be a valuable experience that I could use in the future.

When I arrived at L1 after roll call on Monday morning I was nervous. I didn't really have much experience working with the boys and had been told that it takes a lot of energy working with them. Five minutes into my stay at L1 and my original feelings and thoughts quickly changed. Everyone there was incredibly kind and very helpful. Everyone worked very well together.

At first, I mainly observed the boys working away and there was little participation from us but by the end of the week I was happy being able to sit one on one with them and work away sending emails, writing letters, working with money, painting, learning about new countries and languages, cooking and much more.

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I found it very easy to work with Sam and Mac-Dara and I felt that the time I spent in L1 changed my perception of people with learning difficulties.

After just one week I have learned so much about the two boys and their individual abilities and difficulties that I would not hesitate to spend another week with them. For me personally, the week was an incredible experience.

The deadline for submissions from other students in Clonkeen College was provisionally set as Friday the 11<sup>th</sup> of December, but we are willing to consider submissions from other Clonkeen students up to the end of the Christmas period.

The **Production Department** will be laying out the book in early January before handing it over to the **Editorial Department** who will prepare it to go to print. Watch out for the **Marketing Department's** promotional posters in the New Year too. The Marketing Department will be going class to class in early February to secure advance sales also. Remember we only order as many as we have orders for so if you want a copy of this year's book, make sure you get your order in during February.

The fully edited manuscript is due to go to print during the February midterm break. All going well, we should have the book ready for distribution in late March or early April.

As always, all support for THE ANTHOLOGY project is appreciated, whether it be contributing stories to the collection or buying a copy of the book.

### Clonkeen College Press'

#### ANTHOLOGY 2016 – on its way!!!!

Mr J Toomey

Work on this year's edition of THE ANTHOLOGY is well underway. The TY Creative Writing Class has formed **Clonkeen College Press 2015/16** and has organised itself into **Production, Marketing** and **Editorial Departments**. Each student in the class has written at least one composition for THE ANTHOLOGY and the students are in the process of editing their stories.

If you have questions regarding THE ANTHOLOGY 2016 or are interested in submitting work, please feel free to direct questions to Mr Toomey, in person or via email at

[clonkeencollegepress@gmail.com](mailto:clonkeencollegepress@gmail.com)

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### Reading Club

Luke O'Toole

Clonkeen College is delighted to announce the continuation of the Literacy Initiative. The Reading Club is aimed primarily at the students in 1<sup>st</sup> and 2<sup>nd</sup> Year. The aim of this initiative is to increase the frequency with which students choose to read and follows the extremely successful work carried out with last year's 1<sup>st</sup> Years. Clonkeen College has a wonderful collection of books, purchased last year, all of which have been sourced and approved by the children's book buyer in Dubray bookshop.

Each student who participates will get a book pack that will contain a book, a student logbook, the book list and section for student review. Reading Club takes place for 30 minutes during lunchtime on Mondays, in the Art Room, and is supervised by Ms. Healy and Ms. O'Rourke.

### Exam Preparation

With Christmas Exams underway and Mocks just around the corner in the New Year, many students may be taking time over the Christmas Holidays to work out the best way for them to study in order to achieve the best results. Here are some tips from Transition Year student Johnnie Bell, who was one of three Clonkeen students to achieve 11 A grades in his Junior Certificate. Along with three other Transition Year students Johnnie has created the website [www.jclearn.ie](http://www.jclearn.ie) to help Junior Certificate students get the most out of the time in the lead up to the exams.

### *Exam Tips*

Johnnie Bell

Studying is not all about the amount of time you put in it's the amount of work you put in during that time. Although there are many theories as to how to study effectively there is really only one fail-safe way to perform well in exams: put in the hard work during the year and coming up to the exams. Having said this hard work can be aided by clever techniques and the right mind set.

One such technique is to plan a reasonable study schedule. Many students filled with enthusiasm decide to plan to study three hours each night but realistically, on a Friday evening, will you want to study for three hours? No. While writing out a schedule can be a real source of motivation it is important to keep your goals achievable. As you tick each item off your list you feel a sense of accomplishment and you can see your own progression, which then motivates you to push forward to achieve the next goal.

An essential part of your preparation is to be well organised. Title all your notes clearly and make your writing easy to read. Have ring binders or folders for each subject. Make sure all the material you are studying from is logically laid out as this will help you remember it.

Another way to perform well is to have the right mind set. You should only study for yourself and not because a teacher or parent is telling you to. You should realise the benefit of working hard in school and achieving good grades, instead of another person telling you that this is what you should do. Students must realise the study they do helps them in many ways. Not only will it make your school and home life more pleasant but it's worth remembering that statistically those who set and achieve goals become wealthier than a person who has no time for study and simply doesn't bother.

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### Science Week

Johnnie Bell

Science week this year took place from 9<sup>th</sup> – 15<sup>th</sup> November, and it was an overwhelming success. On the first three days, the 5<sup>th</sup> and 6<sup>th</sup> year students completed a number of fascinating experiments during school, which grasped the attention of all students. One wonderful example of these experiments is the ‘potato cannon’ that they created. This humorous experiment worked by using the laws of pressure and force, and really demonstrated a strong understanding of Physics. These experiments were undertaken as part of the ‘Physics Busking’ programme, which is a national initiative to promote the awareness and engagement of the Irish public with science.



On Thursday, a number of 6<sup>th</sup> years took part in the annual ISTA quiz in Trinity College. The students who participated were Clifton Lewis, Seán Cullen, Kieran Cosson, Conor Dunne, Mike Allen and Conor Wallace. They performed very impressively in this competition which saw teams from about one hundred schools go head to head, but unfortunately, they did not win. Congratulations go to the winning team from Loreto Abbey, Dalkey.

Friday was an exciting day throughout the school, as an informative science quiz took place in the hall. The quiz was based on the three areas of science taught at Clonkeen College (Biology, Chemistry and Physics). The winners of the Senior Quiz were Clifton Lewis, Kieran Cosson, Ned Quirke and Naoise Ó Conluain, while a team made up of Ciaran Haverty, Hammad Ul Haque, Joe O'Driscoll and Allencris J.R.R. were victorious in the Junior Quiz.



A number of classes throughout the school carried out really interesting work during this week, with students devising their own demonstrations to develop their knowledge of science. A few examples of these enjoyable demonstrations include ‘floating teabags’ and a ‘mini hot-air balloon’. As well as this, many students contributed to the addition of facts about science-related information on the notice boards throughout the school.

Overall, the week was hugely beneficial to the development of our school’s knowledge of science.

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### Gold Medal in Applied Maths

Congratulations to past pupil Eoin McCrossan who was awarded a gold medal for top results in the Leaving Certificate 2015 Applied Maths Exam. On November 28th at a ceremony held at UCD. Eoin was also the recipient of a prestigious J.P McManus All-Ireland Scholarship which he was awarded at UL on November 21st. Eoin is currently continuing his studies in Maths in Trinity College Dublin. We wish him all the best with all his future pursuits.



### Gaelbhratach

Conor Léon

Tá an scoil ag súil le Gaelbhratach a fháil leistigh de dhá bhlian. Rinne na dáltai sinsearacha grúpa chun é seo a dhéanamh. Tá súil acu é seo a dhéanamh le cabhair na múinteoirí (Ms. Fulton, Ms. Ní Chatháin agus Ms. Gibson). Tháinig cigire isteach sa scoil agus bhí sí ag caint leis na buachaillí.

Bhí an cigire an-dearbach faoi cursa Gaeilge i Coláiste Chluain Caoin, agus faoin obair i dtreo an Gaelbhratach.

Thug na buachaillí suirbhéanna do go leor ranganna faoin mothú i dtreo na Gaeilge. Bhí na buachaillí sona sásta lena torthaí.

Tá an grúpa ag bualach gach coicíse, agus ta alán spriocanna ag an ngrúpa. Mar shampla, beidh ar gach dalta 'Amhráin na bhFiann' a fhoghlaim.

### T.W.S.G. News

Cónan Scanlan

### *The Church Gate Collection*

The Third World Support Group had its annual Church Gate Collection, in the Church of Our Lady of Victories in Sallynoggin on November 14<sup>th</sup> and 15<sup>th</sup>. During each of the masses, Chairperson Conor M. Murphy (6<sup>th</sup> Year) spoke passionately about the invaluable work that the group supports in the developing world. Yet again the collection was very generously supported by the local community. A huge thank you must be given to Fr. Padraig Gleeson, the Sallynoggin community and to all group members who gave up their time and helped out on the day.

### *Non-Uniform Day*

The first TWSG Non-Uniform Day of the year took place on November 27<sup>th</sup>. Thank you to everyone in the school community who facilitated this fundraiser and to all students who donated €2 on the day.

### *Annual Christmas Fast*

The school's Annual Christmas Fast is taking place in December. As always, a great number of students have decided to participate. Well done to all! All funds raised will go directly to the Indian School Building Project currently being carried out in Assam, in conjunction with the Jesuit Fathers and Educo.

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### Sports News

#### *Sam Maguire Visit*

To the delight of all at Clonkeen College, Sam Maguire visited the school on December 11<sup>th</sup>. A big thank you Adrien Dunne and Cuala GAA for bringing Sam to visit us and to Mr Sheehy who organised the event.



#### *U16 Basketball*

Ian Connaughton

On 10<sup>th</sup> November our U16 basketball team played against St. Munchin's Secondary School in Limerick in the All-Ireland quarter final. It was a closely fought match with our boys being very unlucky to come away with a loss of 38-26. Outstanding on the day for Clonkeen were Donal Healy, Macdara O'Midheach, Shane Murphy and Liam McCarthy.

Congratulations to Ms. Ní Chatháin and the team for reaching the quarter finals. Commiserations to all on their exit from the tournament.

#### *U18 Gaelic Football*

Matthew Reynolds & Brendan Stapleton

The Senior Gaelic Football team have had a very successful season to date, qualifying for the Dublin quarter finals which will take place early in the New Year.

A challenge match against, old rivals Oatlands College, ended in a disappointing draw but provided valuable feedback for the team and coaches ahead of the start of the group matches.

The boys got their campaign under way on November 13<sup>th</sup> with a win against Drimnagh Castle. An exciting match saw two very closely matched teams go head-to-head. Ultimately Clonkeen managed to assert their dominance securing a win by 7 points.

Our next match, on 20<sup>th</sup> November, saw James Moffat lead his side to another win, this time against St. MacDara's C.S. This was a high energy, closely fought match in very difficult conditions. Clonkeen played great football in very poor weather, taking the victory by a single point.

Clonkeen were the away side in their next encounter as they met Old Bawn C.S. in Tallaght. A thrilling match resulted in a convincing win for Clonkeen, ten points ahead of their rivals. Notable on the day for Clonkeen were Eoin Kennedy and Ronan Hayes.

With all eyes set on the next hurdle, a quarter final match to be played early in the New Year, the boys played Roscommon CS in a challenge match in early December. The visitors played a good game but were no match for our boys who came away again with a convincing win.

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This team has many great footballers who play a similar brand of football to the Dubs. All 30 players are committed to coming back to Clonkeen early in the New Year to prepare for the knock out stages of the championship.

Congratulations to the team and their coaches Mr Sheehy and Mr Mc Bride on their achievements to date.



### *U18 Hurling*

Eoghan Rafferty

Clonkeen College U18 Hurling team went up against a team from Coláiste Cois Life in the quarter-finals on November 6<sup>th</sup>. Some great skill was shown by all members of the panel who came away with an impressive victory with the score 4-20 to 1-09.

The team and their coaches progressed to a semi-final against Portmarnock Community School which took place on 19<sup>th</sup> November. Although the boys put in a strong performance and again showed grit and determination they were very unfortunate to lose 0-08 to 0-10. Congratulations to the team and their coaches Mr. O'Brien and Mr. Bennett for reaching such an advanced stage of the tournament but hard luck on the final outcome.

### *U17 Soccer*

Cormac O'Neill

On November 18<sup>th</sup>, Clonkeen College U17 Soccer Team had a convincing win over Oatlands in the league. Although the first half was extremely

close the team persisted and closed out the game during an intense second half. The boys were delighted to come away with victory on a score line of 8-3, which sees them guaranteed qualification for the semi-finals. Well done to all the players and their coach Mr. Cassidy.

### *U15 Soccer*

Adam Mohan & Aaron Moy

Our U15 Soccer Team had a fantastic victory over Coláiste Éanna on November 16<sup>th</sup> that sees them through to the cup semi-finals. The result was 2-0 to Clonkeen, Our goalscorers on the day were Dylan Wildes and Byron O'Gorman. Congratulations to the team and their coaches Mr. Cassidy and Mr. O'Faherty.

On 23<sup>rd</sup> November, the team faced Drimangh in the league. Clonkeen impressed from the off and ended the match victorious on a scoreline of 7-2. Oran Maloney had a fantastic game, scoring a hat trick, while goals also came from Andrew Byrne (2), Dylan Wildes and Byron O'Gorman. This leaves our boys top of their league. Again congratulations to the team and their coaches.

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### 1<sup>st</sup> Year Soccer

Ronan Dunne & Aaron Toner

Our 1<sup>st</sup> Year Soccer Team took on local rivals Oatlands College in a tightly fought league match on 27<sup>th</sup> November. The teams appeared well-matched from the outset with neither team looking likely to find the back of the net. Clonkeen gave an extra push that resulted in Sean O'Reilly opening the scoring, making it 1-0.



Clonkeen held their lead into the half and as the boys returned to the pitch for the second half it was hoped by all that they could capitalise on their lead and secure the match for the away side.

Oatlands College came to the second half with intensity, knowing they needed to make their mark on the match if they wanted to walk away from the game without a defeat. They applied pressure, forcing Jack Jenkins in the Clonkeen goal to pull off a good save. Clonkeen found themselves on the back-foot and a brilliant effort from Oatlands College levelled the sides. It was 1-1.

Neither side managed to secure a much needed second goal so the match finished even 1-1. Although, our boys were disappointed with the draw, they showed great motivation and communication on the pitch. A special mention to Alex Bishop and Seán O'Reilly who both had a great match. A big thank you to the team's coaches Mr. O'Shaughnessy and Mr. Faherty.

### International Soccer

It has been a busy period for our International Soccer players.

Shane Hanney (6<sup>th</sup> Year) and Eric Donnelly (5<sup>th</sup> Year) both lined out for the Ireland U18 team in two matches against the Czech Republic in November. It was a case of mixed fortunes for the boys who had a great first match with a 4-0 win but suffered a disappointing defeat in their second match which ended 3-1.

Dylan Watts (6<sup>th</sup> Year) was a member of the U19 Irish panel who saw their hopes of qualification for the UEFA U19 Championships go up in smoke following a defeat to Scotland in Limerick on 18<sup>th</sup> November. Having lost to Slovenia earlier in the month but coming off a 3-0 victory against Latvia, they needed to secure a win against Scotland to finish in one of the top two places and ensure passage through to the Elite Phase. Sadly, luck was not on their side and they lost the match 4-0.

Finally, 3<sup>rd</sup> Year student Jason Knight pulled on a greens shirt to represent Ireland in an U15 Boys match against Poland on November 24<sup>th</sup>. The match which was played at Rock Celtic in Louth saw the boys in green come away with a convincing 3-1 win over their Polish counterparts.

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### Rugby 7s

Johnnie Bell

Mr. Howley is the proud manager of the first rugby team in the history of our school, masterminding a terrific performance in the 'Rugby 7's' blitz with this new squad of 15 students on November 4<sup>th</sup>.

Five teams participated in this thrilling blitz – Oatlands College (red), Oatlands College (green), Newpark Comprehensive School, Cabinteely Community School, and of course, Clonkeen College. Unfortunately, we lost the first game we played. This match against Newpark Comprehensive, which ended 20-5, proved a steep learning curve for our inexperienced team.



Our fortunes changed in the following match against Oatlands College (red) with an incredible 45-0 victory for us. An exciting but astonishing result for our new players. After this, we played Cabinteely Community School and we were victorious once again, 54-0. The final game that we played was against Oatlands College (green) and we ended this memorable blitz with a win; the score: 25-10.

Our squad is made up of 15 students, all from 3<sup>rd</sup> to 6<sup>th</sup> Year and is captained by Paul Fitzachary. Early reports suggest that Harry Martin and Mark Brophy are the players to watch as we continue our foray into the world of rugby. 3<sup>rd</sup> Year student, Mark, scored an amazing six tries during the blitz.

Huge congratulations go to the team and their coach Mr Howley. We have high expectations of all involved, following this fantastic start!

### Spikeball

Ben McGloin

Mr Howley has set up the school's first Spikeball Team. This team is made up of pupils from 1<sup>st</sup> and 2<sup>nd</sup> Year, who do not participate in other sports in the school. Spikeball is similar to volleyball but each match is contested by teams of just four players.



We welcomed students from Blessington Community School to our first ever Spikeball Competition. The competition which was played in our sports hall was a resounding success and great fun for all involved.