

LC1, TY & LCA1 Newsletter

AUTUMN EDITION 2021

DEAR LC1, TY AND 5TH YEAR PARENTS, GUARDIANS AND STUDENTS

Welcome back to school and LC1, TY and LCA1 Year in St. Caimin's!

Although we are still working through unprecedented times due to the Covid 19 pandemic, it is great to be back to face to face teaching and learning. Returning physically to the school building where we can meet up with our friends and teachers and the commencement of school activities and clubs is exciting for both students and teachers.

STUDENT COUNCIL ELECTION

The student council elections took place under the guidance of Ms. Glendon Gary this year. All year groups have nominated and voted for the student representative they felt would best represent their voice at student council.

Each class nominated a person and while there was some very stiff competition, the 5th year student body voted for Maria

Vrabete. Jack Birmingham and Cillian Crowley were voted as the TY spokespersons.

All issues and suggestions 5th year students would like to be brought forward to student council should be communicated to our very capable delegates!

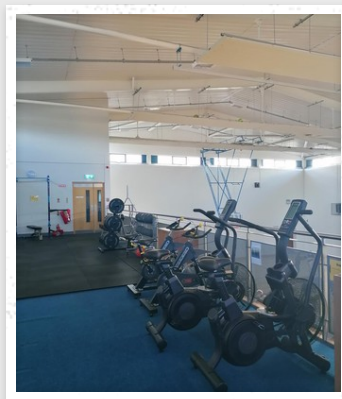
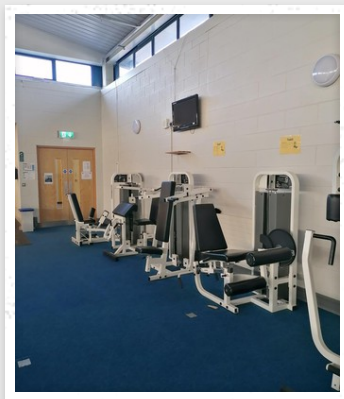


GYM AND AFTER SCHOOL ACTIVITIES FOR SENIOR CYCLE STUDENTS

Reminder that the gym is now available to senior cycle students for Tuesday and Thursday mornings and lunchtimes on a Wednesday and Thursday. The following rules apply:

Gym Procedure for Students

- Your own programme must be sourced from a person trainer, strength and conditioning professional or sports development officer.
- This programme must be sent to Mr Aherne along with the name of the person who created it.
- Time periods available for individual student use are as follows:
 - o Tuesday morning 8:00-8:45
 - o Thursday morning 8:00-8:45
 - o Wednesday Lunch Time
 - o Thursday Lunch Time
- In order to use the gym, you must send your name to Mr Aherne on teams for whatever day you want so we have a record of how many students will be there. I will reply to say if there is enough space or if numbers are too high.



Tuesday after school (pitch)	Girls Junior and Senior Football	Senior Boys Football
Wednesday after school (pitch)	Senior Boys Soccer	
Thursday after school	Senior and Junior Camogie	U15 Boys Hurling

SHOUT OUT FROM THE YOUTH SVP GROUP IN ST. CAIMIN'S

What is being a member of SVP all about?

I have been involved with SVP here in St. Caimin's for over a year. I have gotten to see firsthand what they do to help people in our community and in our school. One of my favorite things we did last year was making Late Late Toyshow Treat Bags . These were really popular, and all the proceeds went to the local branch of SVP here in Shannon. We had great fun doing this and I got to meet new friends. Due to Covid restrictions many of the activities



that the SVP do here in the school had to be curtailed. One of the most recent activities we did was to make surprise goody bags for world teachers' day. This was a small gesture to say thank you to our teachers, SNA's and Office staff. The SVP group is open to new members all the time and we have meetings every Monday at lunchtime. We are currently electing our new officers for the group and planning our projects and activities up to Christmas. If you would like to join, Come along to a meeting on Monday's at 12.45pm or go to Ms Guinnane's office (outside of the cafeteria) and tell her you want to join. I really like the SVP group because I meet lots of new people and have had a lot of fun.

Colin Devitt 2nd Year student

LEARNING TO LEARN: LINK TO ONLINE STUDY SKILLS WEBINAR FOR PARENTS AND STUDENTS

Study Skills for Post Primary Students and Parents - Thurs - 21 Oct, 4 & 18 Nov @ 7.15pm

Oct 21, 2021 07:15 PM

Dublin

[Every 2 weeks on Thu, 3 occurrence\(s\).](#)

DATE: Thursday, 21 October, Thursday, 4 November & Thursday, 18 November

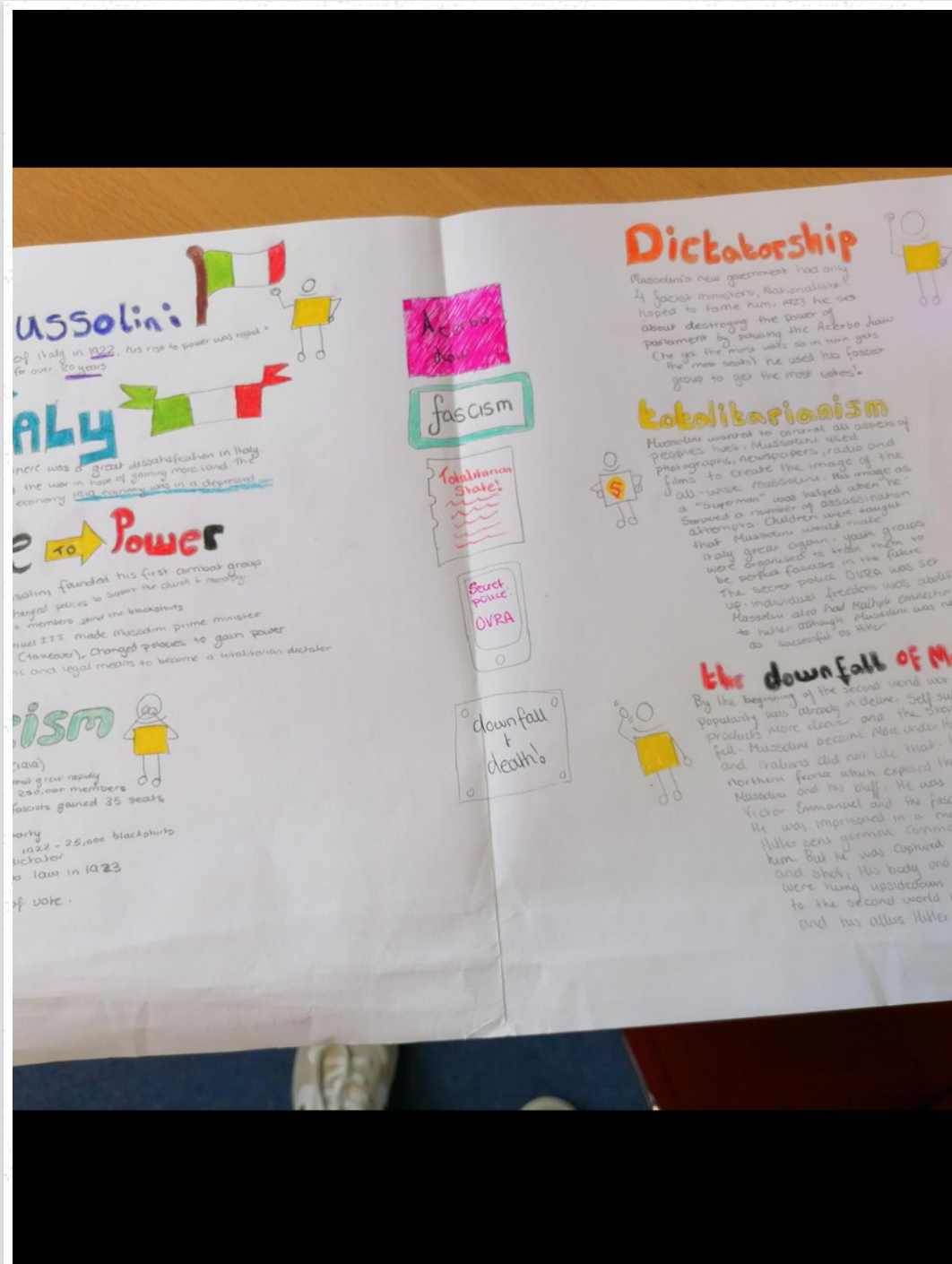
TIME: 7.15pm to 8pm

This short series of webinars will encourage students, with the support of their parents, to develop positive learning and study habits.

<https://www.clareed.ie/cpd-courses/post-primary-courses/2149-study-skills-webinar-series-for-post-primary-students-and-parents-pp-parents-students.html>

LEARNING TO LEARN: SKETCH NOTES

Through our learning to learn rotation students are encouraged to explore all methods of learning for the purpose of long term memory and retrieval. Here is an example of Caitlin's sketch notes work on Mussolini.



MEITHEAL LEADERS 2021

Dear Parents/Guardians,

Our time as Meitheal leaders was a learning experience for both the first years and us. It was a great opportunity for the first years to make new friends and give them a chance to come out of their comfort zone to overcome the transition from primary school to secondary school, as some students find this more challenging than others. The Meitheal leaders program is designed to reduce the amount of stress caused by this transition.

This program has allowed us, as leaders to learn many skills that we did not have before such as; teamwork skills, we developed this skill when we worked together to introduce ourselves to the first years as we helped them find their classes. Another skill we got to improve on was our leadership skills. This program allowed us to show by example and lead the first years. Finally, the last skill we got to improve on was public speaking. For this program we had to give instructions to the first years and give advice to them, by telling them about our

experiences as first years, for example showing them how to be organised for classes, etc. We learned and developed these skills through an intense one-day course, which was taught by Mr.Nolan and Mrs.Roche. On this day, previous Meitheal leaders attended this course in order to teach us these skills and give us advice on how to help the first years.

The Meitheal leaders program let us become closer and create a bond with the first years. Our aim for this was to make the first years aware that we were people that they could come and ask for help, if they needed anything we would always be there, to talk and support them, not just during the course but all throughout their school years.

This was an experience of a lifetime and we feel that we will be able to bring what we learned during this time with us into the future. We will be able to use the skills we developed in our course, in our own life.

We are very glad we were given the opportunity to become Meitheal leaders, as it has helped both the first years and us greatly.

Eilish Mundy and Lucy Dalgarno Meitheal Leaders 2021

PEOPLE YOU MAY NEED TO CONTACT

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