



The Caimin's Connection

Keeping you up to date with the latest news in our school community

TYA (Abbie, Oran, Lena)

6th December 2024

Issue 21

Wellbeing Week 2024

By Lena Pokrywa

Wellbeing Week took place from the 25th to the 29th of November. The aim for the week is to educate students on the importance of wellbeing. Wellbeing is the experience of good health and happiness. It involves having good mental health and satisfaction in life. The school was busy with different activities occurring throughout the week.

To start the week, some choir students sang at breaktime on Monday. Their performance of 'Linger' created a great atmosphere in the canteen and set a nice tone for the week.

On Tuesday, the first years enjoyed a day of footgolf at the local footgolf course in Shannon. The year was split into two groups for the day. One group went to McDonalds, while the other group went to footgolf, and they switched over after a while. At footgolf, the students were split into teams of four and competed against each other. Each team started at a different part of the course and the goal was to get the least number of touches before getting the ball into the hole. The students got very competitive and had a great time. They really enjoyed the experience and for many it was their first time ever playing footgolf.



Meanwhile, second year students were introduced to tribal drumming. They were first shown some African calls such as calls for fights or peace. They were shown three different drums, the African tribal drum, the American pop drum, and a casual drum. They learnt how to play the drums. They also played Chinese Whispers on the drums - the coach would play a pattern and the students replicated it. They did a huge drum roll to end the tribal drumming lesson.



Second years enjoying some tribal drumming

The third year students were brought out on a walk around the Shannon estuary. Despite the wet weather, the students enjoyed the walk, laughing most of the way. The students took this opportunity to share funny stories between each other which helped them get to know each other better. Wiktoria Adamska said, "The journey turned out to be a memorable bonding experience for me and my classmates."





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The third years also attended a brush dancing class with Ms. Hill and Ms. Watson. They learned lots of different steps, then danced to traditional reels and hornpipes. Students were exhausted by the end, since there was a lot of jumping and moving around involved which was physically draining, but they still found it to be a great experience. When I asked Ms. Hill about it she said, "I think the brush dancing was a great success this year. We had to improvise and use hockey sticks instead, but it was great fun. The third years are an enthusiastic bunch and it was great to see them give it a go, even though it was completely new to most of them. For me, it was great to see students being active and doing something outside of their comfort zone. I wanted to show students that there are other ways to be active and get moving that don't have to be too serious or competitive. Dancing has so many benefits for young people. It's great cardio and it's great for toning and strengthening your muscles. It's also good for coordination and flexibility. There are so many benefits."



Transition Years had a great day out in the Burren doing the LoughAvalla farm loop. It was about a 10 km hike along a beautiful trail filled with breath-taking views. Students came across streams, mountains, greenery and livestock wandering around freely. It was a positive, enjoyable experience filled with laughter and chats.

As part of their Wellbeing Week experience, LCI's visited the Falls in Ennistymon. Students took the opportunity to walk around, explore the area, and take pictures around the cascades. Later, they went to Lahinch for a picturesque walk along the beach. After, they had free time to walk around the shops in Lahinch. It was a great break from schoolwork.



Trying new things - Students from Third Year Class Caoimhe



Practice makes perfect! Class Earnán perfecting their brush dancing skills





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The LC2's also enjoyed some activities during Wellbeing Week. They did a yoga class and attended a workshop with a Nutritionist, Gráinne Travers. Gráinne spoke to the leaving certs about nutrition and how it helps students for exams and concentration. She spoke about the five food groups and their benefits for young people.

According to 6th year student William Gordon, "The workshop was very informative and beneficial and taught me a lot about food and nutrition. I learned how to prepare a good, nutritious breakfast that will boost my energy for exams. Gráinne showed us how to make protein pancakes which are full of important nutrients such as protein, carbohydrates and vitamins. I learned that blueberries are an extremely important fruit because they have an abundance of vitamins in them so should be included in your diet where and when you can."



LC2 students Danielle Sheedy and Ruby Sheedy

Danielle Quain added, "Friday the 29th resulted in a fun break from school where we got to make healthy pancakes with Gráinne Travers, health nutritionist. Gráinne explained the importance of staying healthy during our leaving cert year and outlined the benefits of the pancake's ingredients. I admit, I was at first sceptical. I didn't think they would taste great considering how healthy they seemed, but I was happily surprised! We added chocolate and lots of fruit- probably too much- so when they were finished, I was practically drooling. The pancakes (or scrambled eggs in the lads' case, why? I don't know) were easy to make and so, so delicious. Definitely something I will be making again!"



I spoke to Home Economics teacher Ms. Beirne to get her thoughts on the workshop. She remarked, "Yes, I would recommend doing it again next year. Gráinne makes the talk relatable to students lives and focuses on how nutrition is important for performance in sport and exams. Nutrition plays a key role in managing stress and anxiety, which are common during exams. Many teens may not be aware of the effects of poor eating habits (like relying on junk food or skipping meals) therefore this talk gave them an insight into the importance of good nutrition and hydration. Gráinne demonstrated how to make high protein pancakes which could be made in advance and eaten for breakfast the morning of an exam or even as a quick meal after playing sport."

All students really enjoyed these activities during Wellbeing Week 2024. The activities felt like a break from study and work, which was a relief for some students. A huge number of students bonded with others that they would have least expected. This led to a sense of community in school. Overall, the week was a great success.



Time to relax and unwind - LC2 Yoga Class



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Morey Movement

By Abbie Ryan

On Monday the 11th of November, TY C swapped their classrooms for a day of fitness at the Morey Movement gym in Sixmilebridge. Students got the opportunity to learn all there is to know about resistance training. Coached by Clare Hurler and fitness coach Seadna Morey, the group experienced a typical session in the gym. This marked the end of an enjoyable and informative 12 week strength and conditioning module.

Once at the gym, Seadna split the class into pairs and set up exercise rotations to ensure everyone got a chance to try all the equipment. The workout started with cardio sessions on the exercise bikes and rowing machines, getting everyone warmed up and ready to go.

The next phase included a mix of exercises like goblet squats, push-ups, and lunges, which had the students working hard and their blood pumping. After a short five-minute break, the group tackled the next set of challenges, including sit-ups, chest presses, and ring pull-ups. Many found this round particularly tough.



TY Class C at Morey Movement

The final exercises included hip thrusts, bicep curls, and med ball slams with a 3kg weight, providing a high-energy finish to the session. Before heading back to school, Seadna organised a fast-paced pair challenge to end the workout on a fun and competitive note.

I got the chance to speak to Caoife Gunn and Katlyn Higgins from TY C to hear about their day at Morey Movement. When asked about the new skills learned, Caoife responded, "We were taught how to perform exercises the correct way to prevent injuries, as well as going outside our comfort zones and trying new things. I really enjoyed the experience."



Describing the state of the art equipment at the gym, Katlyn commented, "their equipment is very impressive, and they have more advanced equipment for certain exercises. It's a huge gym, with plenty of space for everyone to exercise comfortably."

Sharing her personal highlight, Caoife said, "My favourite part of the day was the cardio and the med ball slam because it was entertaining for us." Katlyn added, "My favourite part was learning all the different exercises and how to do them properly. It was a first-time experience in Morey Movement for me, and I really enjoyed it. I would definitely go back again."

Students were very lucky to have the expertise of Seadna and Ms. Morey on hand to help and guide them through the training. Katlyn said, "Our coach, Seadna was very helpful and provided advice if necessary. Their coaching methods suited people with all skill levels." The students returned to school just in time for lunch, energised and with plenty of new fitness skills. A big thanks to Seadna Morey for hosting TY C for such a good experience!





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LCA Paintballing

By Oran Fitzgerald

On Wednesday the 27th of November, the two Leaving Certificate Applied (LCA) classes visited Clare Paintball's Deerpark Outdoor Centre in Quin for a day of paintballing and friendly competition. Located in an area with lovely views across the road from Craggaunowen, the adventure centre offers paintball, splatball, airsoft and 3D archery activities for secondary school students.

Students left the school nice and early and drove up to the paintball centre. When they arrived, they were informed about the rules and protective gear, which included a face mask, chest protector, armoured gloves and camouflaged overalls. They were each provided with a paintball gun and 300 paintballs.

Next, the instructors informed students of the safety precautions. The main rule was that students must wear their face mask at all times. Students were informed that paintballs travel at speeds of up to 300 feet per second, which is roughly 200 miles per hour. This is enough energy and speed to severely damage someone's eye. Players caught lifting their mask away from their face could expect to be removed from the game.



There was lots of space to around and there were a lot of great hiding spots too." Colin Kavanagh agreed with Zach, adding "my favourite part was capturing the flag because it was difficult, but fun. The goal of the game was to run to the other teams' flag, capture it, and bring it back to your own flag. It was very competitive and everyone wanted to win."

When I asked Zach about the equipment provided he explained, "We started off with 300 paintballs, but we had to refill the tank when they ran out. Getting hit by paintballs didn't hurt as much as I thought it would. It doesn't hurt because the gear is protecting you, but there was a few painful spots to get hit. It was a great experience."

Zach and Colin are enjoying LCA so far, both agreeing that they have had the opportunity to do a lot. Colin said, "we have all of our key assignments finished and next week, we are going to the Crescent Shopping Centre in Limerick to do some Christmas shopping. We are also coaching for a soccer blitz and some of us are doing a two week welding course which will be a good experience too and something different."

Thanks to Zach and Colin for taking the time to share some of their thoughts on the paintballing trip and LCA so far.



For most of the LCA's it was their first time paintballing, so I sat down with some of them to see how they got on. Zach Smith said "It was great fun and I would definitely go back.



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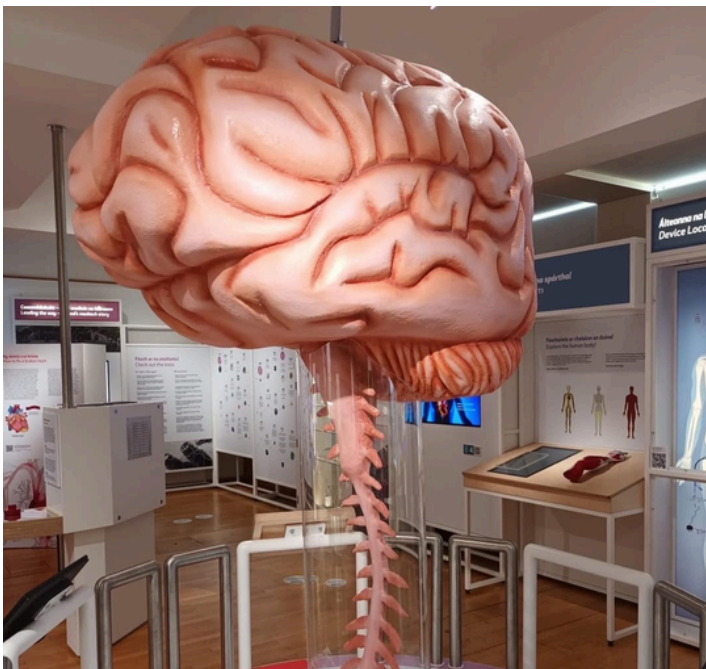
Superhuman Exhibition

By Abbie Ryan

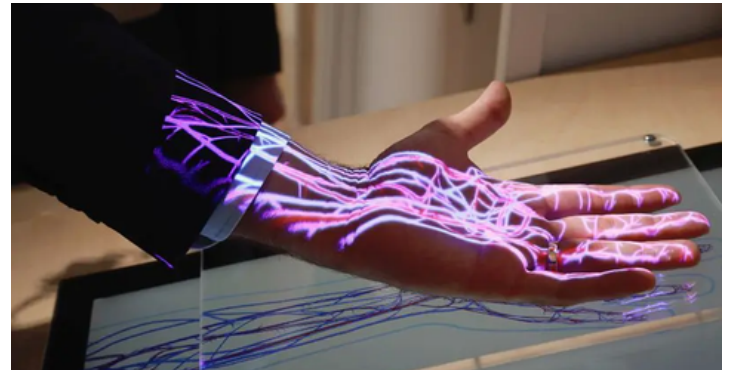
On Tuesday the 26th of November, a group of 30 students from St. Caimin's visited the Galway City Museum to take in the impressive Superhuman Exhibition and participate in an engaging workshop on the topic of diabetes.

For students, this was an opportunity to actively participate in the EU-funded STEAM Learning Ecologies project, which aims to integrate science, technology, engineering, arts, and mathematics into community-based learning environments. This initiative connects formal education with real-world challenges by fostering collaborations among schools, local organisations, businesses, and civil society. As one of 13 partners across Europe, St. Caimin's has been instrumental in co-developing and piloting innovative STEAM-focused activities and methodologies.

On the day, students took part in activities to better understand the challenges of living with conditions like cancer and diabetes as a teenager. These immersive experiences were designed to foster empathy, raise awareness, and integrate STEAM disciplines into real-world scenarios.



The Superhuman Exhibition invites students to experiment with interactive features, explore information panels, view short films and learn about medical device research past, present and future. The research on display is focused on developing innovative and smart medical devices and implants to improve the quality of life for patients with chronic ailments such as heart disease, Parkinson's disease and diabetes.



Ms. Fallon explained, "Students got to view different medical devices that are used by a variety of biomedical companies in Ireland. In the presentation on diabetes, students got the opportunity to put themselves in the shoes of someone with diabetes on a typical day and understand the experience of having highs and lows in blood sugar levels. This game helped them to empathise with these patients. It illustrated how what the person with diabetes, food intake, water intake, and sleep had on there condition and how their day can be one whereby they have to balance their sugar levels. The workshop also broke down myths associated with diabetes. For example, you only get diabetes if you eat too much sugar. The workshop explored the many different types of diabetes and possible causes. The overall conclusion wrapped around the idea that with technology and research, diabetes is a manageable condition."

Ms. Fallon believes the workshop was beneficial to all students. "I think that most students came into the workshop with limited knowledge of the topic, although they may know of people who have diabetes. I felt by the end of the workshop they had a deeper understanding and empathy of the condition. It is relevant for students sitting state exams because it is linked to food and the digestive system in the junior cycle science course, and the study of digestion and the role of insulin in the condition of diabetes in the leaving cert biology course. Overall, it was a fantastic trip and lots of learning took place."





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It's Beginning To Look a Lot Like Christmas

By Lena Pokrywa

With Christmas fast approaching, staff and students in St. Caimin's are starting to get into the festive spirit. In light of that, different events have been happening in recent days, to spread some festive cheer in and out of school. On Wednesday the 4th of December, a group of choir students went to the Crescent Shopping Centre in Limerick to do some carol singing.

The choir, organised by Ms. Killeen sang a rotation of songs four times and they sang for a two-hour slot, from 10-12. Some of the songs they sang were, "Have Yourself a Merry Little Christmas", "Linger", "Do They Know it's Christmas Time", "Ring Christmas Bells" and "Winter Song". The students performed in the main intersection of the busy shopping centre and attracted a lot of attention from busy shoppers.

Along with the choir singing together, a few solo's were also performed which were impressive. The choir had a great time and most importantly, the group raised money for the Leaving Cert Music students, who are planning a trip to Dublin to see a musical. They also hope to put the money raised towards a tour of a recording studio.

I spoke to one of the participants, Transition Year student Lauren Keane, who said, "It was a great experience to bond with my peers and bring the Christmas community together throughout Limerick. I really enjoyed the day."



Meanwhile, the LCA students were busy this week decorating the reception area and making it look nice for the festive season. Thanks to Jodie, Dean, Zach, Kayden, Jack, Elliot and Dylan for putting in such hard work and effort on the Christmas tree and the crib.



Our school choir representing the school well and spreading some festive cheer at the Crescent Shopping Centre, Limerick

Second years have also been busy getting into the festive spirit, by making some gingerbread men in Home Economics class and by decorating the Library Christmas Tree.





Caimin's Bow Out of Munster Cup

By Oran Fitzgerald

The St. Caimin's Under 15's boys soccer team travelled up to Adare to play John the Baptist Community School from Hospital Co. Limerick in the Munster cup on Monday the 25th of November.

The game kicked off on time and started strong for the opposition. JTB were keeping good possession of the ball and got a great early goal to make it 1 nil in the early moments of the game. Soon after, the Limerick side scored another superb goal to make it 2 nil.

The John the Baptist side was strong, with some players on their team players for their county team and some with League of Ireland. So, St. Caimin's knew they needed to up the tempo and put a score on the board. Caimin's started to keep the ball and play very well. Kelvin Mulqueen in second year, intercepted a high ball and knocked it past two of the the midfielders and ran through their defence. The keeper came out from the line and Kelvin put it through his legs and into the back of the net to make it 2:1.

After the St. Caimin's goal, the referee blew the whistle for half time and the players took the much needed rest. Team manager and coach, Mr. Nolan gave the players a great half time talk and made some tactical substitutions, bringing on first year Lewis Aylmer and second year Craig Vincent.

The second half kicked off and both teams pressed well and St. Caimin's were keeping the ball well and won a corner. Mr. Nolan instructed one of the sub's Lewis Aylmer to get into the box. The ball was whipped in and Lewis headered the ball into the corner of the net. This brought the score to a level 2:2. Caimin's were back in the game and this gave the players a great lift. However, the momentum was soon lost and JTB scored a goal in the last minute.



U15 Soccer Panel 2024

The Caimin's players were devastated, but it was not meant to be. It was a great game to watch and both teams represented themselves very well.

I spoke to third year student Omar Khatimy who started centre back and also played left back. Omar commented, "It was a great game and a very intense game. We should've taken more chances and the other team were great and put up a great fight."

Kelvin Mulqueen added, "It was an intense game and even though I think we played well, we should have taken more chances and we should have scored more goals. The team did well and played the best they could."



Second Year Kelvin Mulqueen