

LCII and LCAII Newsletter



December 2024

Message From The Year Head 🌲

As this term draws to a close, it is a good time to reflect on what has been a busy but enjoyable half-term. All the students have been to open days, took part in Science Week, had the opportunity to listen to guest speakers like Dr. Harry Barry and Michael McNamara, and took part in the well-being week at the end of November. Students and parents have been busy familiarizing themselves with the CAO system and chatting with their career guidance counsellor, Ms. H. Fitzpatrick. Students deserve both rest and relaxation over the holiday period.

Yet we cannot forget this is a very important year for them academically, and with this in mind, we are recommending that each student spend at least five days on their studies over Christmas.

More details below.

Looking forward to meeting you all again in 2025.

Kins regards,

Ger K.

Study Tips:

All students are encouraged to devote a minimum of five days to their study over the Christmas break. Given all the excitement and celebrations in homes throughout our catchment, we realize this way prove difficult but self-discipline and focus will allow you Leaving Cert student to achieve this goal. Begin by identifying the five days which will be the quietest in your home over the holidays and mark these days on your calendar as study days. On these days students should begin work at 9:00 in the morning and follow the structure of the school day-taking short breaks every 40/45 minutes and longer breaks from 11:00 to 11:15 and from 13:15 to 14:00.

Most teachers will have given the student's revision work or study guides for the break so creating a plan to tackle this work is also advised. Planning material and study aids collated by our Learning to Learn Co-ordinator, Ms O Loughlin can be found following the link below:



Learning to Learn and Study Skills Resources St. Caimin's Shannon

Study Skills Supports for Parents and Students

padlet.com

Important Dates to Remember

Monday 6th January: Return to school after the holidays.

1st February: Closing date for the CAO Registration.

Monday, 3rd February: School Closed, St. Bridget's Day.

Wednesday, 5th February: Mock Exams Begin.

Friday, 14th February: Mock exams end and midterm break begins.

Monday, 24th February: School reopens after mid-term break.

Colours Day

'Celebrate Us' week took place from November 4th to November 8th to celebrate diversity within the school community. During the week, the SPHE Department focused on a number of topics during their classes, including diversity, inclusion, and equality. As part of the celebrations, students wore their own colours on Friday, the 8th of November, to raise awareness of LGBT+, with our 6th year group wearing purple to mark the occasion.



Science Week - Physics Fair by Luke Molloy and Matthew Repunte

Science Week was held in St. Catherines from November 11th to 15th. It was an ideal opportunity to showcase the subject, along with having some fun along the way. Each day there was a science brainteaser competition, while on Wednesday, the 13th of November, an intriguing 'Physics Fair' was held, hosted by Ms. Fallon. This lively event lured students and science fans together for a compelling day of exploration and discovery to display key concepts in physics, such as principles of aerodynamics, energy transformations, and Newton's laws of motion. Participants had the opportunity to witness interesting and simple experiments, including conducting electricity with a potato and Swift aeroplane launcher, sparking excitement and curiosity among all the students and even teachers.

The fair also hosted engaging and detailed presentations by physics students, who explained complex ideas but in an entertaining and accessible manner for everyone. Countless numbers of students and teachers gathered around the different unique experiments conducted by the physics students. The students got to experience the amusing demonstrations in person, helping with their understanding of concepts related to physics that they learnt about in a classroom setting. Despite having only been in the physics fair for an hour and twenty minutes, it was truly amazing to witness the extreme enjoyment and awe from not only the teachers and the younger students learning about physics, but also from the Leavin' Cert students, who were happy and grateful to have the chance to show off all the knowledge they had of physics and showcase them in a way that left students wanting more.

We hope everyone that participated in this physics fair went away learning something new and that it inspired students to pick up on physics in the senior cycle and maybe even work towards

becoming their own kind of scientists in the future.

Dr. Harry Barry - Mental Health Expert

On Friday, the 8th of November, we were very fortunate to receive a talk from the well-respected author and mental health expert, Dr. Harry Barry.

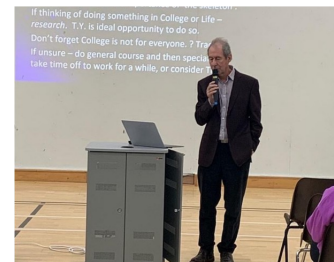
Dr. Barry spoke passionately about anxiety, stress, and depression, along with techniques and coping strategies on how to deal with these potential issues. Dr. Barry also raised awareness of the resources that are available to anyone struggling with their mental health or stress coming up to exams. Overall, it was a fascinating insight into a world that is not spoken about often enough. Thanks so much to Ms. Guinnane for organising the event.



Dr. Harry Barry giving us a great talk about mental health



Our Senior Students listening to the mental health talk



Dr. Harry Barry telling us great information to do with mental health

Apprenticeship Showcase

Over 50 of our students recently attended the apprenticeship showcase in the Raddison in Limerick on Wednesday, the 19th of November. This event provided a fantastic opportunity for our students to learn more about courses inside and outside of the CAO system. There were a number of stands presenting information about possible careers as an electrician, plumber, hair and beauty therapist, welding, and aircraft mechanics, to mention but a few. Our students were delighted to be given the opportunity to witness this showcase and want to sincerely thank Ms. Guinnane for organising the logistics for the event.

Below is the link to the apprenticeship website, it has all the information you need to learn about the different types of apprenticeships available.

<https://apprenticeship.ie>

Yoga and Nutrition Talk

As part of Well-Being Week, over 60 of our LCII students took part in a yoga session with a guest practitioner in room 207. All those who participated spoke about how much they enjoyed the practice and the positive benefits that they got from taking part.

On Friday, the 29th, all the LCII students got a nutrition talk from Grainne Trauers. Grainne has worked with a number of successful Clare GAA teams over the years, and she spoke about how refuelling is so important in the lead-up to exams.

At the end of the presentation, the students got a chance to make a high-protein pancake, which was a lovely treat.



Our Leaving Cert Class participating in yoga.



Our Leaving Cert Class Enjoying The Nutrition Talk



Two of our Leaving Cert students making the high protein pancakes



LCAII

Our Leaving Cert Applied class were busy during this term with key assignments, tasks and work-experience. During well-being week our LCA students went paint-balling to Quin Adventure Centre. After a great day out the trip was concluded with a trip to McDonald's in Shannon



Ger Keane

Ger is using Smore to create beautiful newsletters

