



# The Caimin's Connection

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

TYA (Joe, Muireann, Patrick, Holly)

15th November 2024

Issue 19



## All-Ireland Camogie Champions - By Joe Casey

On the 16th of October, the division C All-Ireland Camogie 7-a-side blitz took place in the Meath GAA Centre of Excellence in Dunganny. Following a series of challenging matches, the St. Caimin's Junior team came out on top, bringing the All-Ireland title and Cup back to Shannon and back to Clare.

Coached and managed by Ms. O' Leary, Ms. O' Loughlin and Ms. Morey, Caimin's were a force to be reckoned with, winning all three games on the day; two groups matches and the final. They played St. Fergal's College from Rathdowney in the first game, and overcame the Laois side to move on to the next group stage. They faced High Cross College from Tuam in the second game, but the Galway side fell short and Caimin's progressed to the final where they met St. Dominic's Grammar School from Belfast. The final was a tough contest, but through sheer grit and determination, St. Caimin's were victorious, winning the final 5.9 to 1.9 in a skilful game of camogie.

Lining out in the full back line, Wolfe Tones camogie player Laura Meaney (TY), shared her thoughts on the day and her teams' performance. She remarked, "I'm absolutely delighted. We worked very well together as a team. It was a lot of hard work and a lot of running, but we all gave good passes and we

helped each other out as much as we could. I was delighted to win, I don't think any of us really thought we would go and win the whole thing and to bring home some silverware, it was amazing to bring home the cup."

Sarah McEvoy, in her role as Junior Management added, "I thought both teams in the final were fairly even in the first half, but then Caimin's were definitely the better team in the second half. The other team got tired, and we were better in the end. That's what it came down to."

Sharing her thoughts on the stand out performances of the day, Sarah said "Aoibhe O' Leary's performance definitely stood out to me. Every time she got the ball, she either scored or was fouled and won a free. She made good use of the ball and gave 100% for every game." Laura added, "Aoibhe was just so good, every time she got the ball, we knew we were going to get a score or something."

Speaking on how it feels to be crowned All-Ireland Champions, Sarah said, "It feels amazing and it's a great team to win with because we work very well together, and we have trained hard since the start of the year. I think we





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deserved it on the day because we worked really hard for it.”

Laura added, “It was really nice to win the All-Ireland, especially because getting through and winning the Munster 7s was a big challenge. We beat Laurel Hill in the Munster final and it was a tough game under such bad conditions. The final in Meath was a tough game, so it was nice that our hard work paid off.”

Ms. O’ Leary was thrilled with her team’s victory, saying, “The girls were unbelievable from the moment we met in Shannon at 6am. They were totally focussed and this was reflected on the field. The defence worked tirelessly from start to finish and we were ruthless up front. It was a pleasure to be a part of such a wonderful achievement, I was so delighted to see the hard work of these brilliant girls rewarded.”



Caoimhe Hourigan, Laura Meaney & Aoibhe Ring

Seniors beat Scariff after extra time recently and they will play Charleville next week. The two Junior teams played Coláiste Muire and Flannans in the first two games of the Clare Championships and recorded wins on both occasions. The Seniors’ first Clare games will take place next week. Meanwhile, our two first year teams were very competitive at the Clare schools blitz hosted by our TYs in Newmarket recently. We also held an in-house first year tournament and a primary schools event.”

Sarah, who was a ref for some of the primary schools games said, “It was nice to see the quality of camogie players coming up in the next few years and hopefully some of them will come to Caimin’s and play for the school team.” Meanwhile, Laura is thrilled to see a growing interest in first years taking up camogie. She remarked, “We have been a successful team, so a lot of first years are joining the camogie club to be a part of the overall success of the team which is great to see.”



St. Caimin’s joint captains; Aoibhe O’ Leary and Eimear Peacock

With the All-Ireland 7s under their belt, the girls are already turning their attention to the upcoming Clare and Munster Championships. Sarah said, “We are looking forward to seeing how we get on after winning the 7s. We will keep training to prepare for the next games that are ahead of us.”

Laura remarked, “We are excited to see how we get on in the Clare Championship. We won the Clare Junior A Championship last year, so we hope to win it again.”

Ms. O’ Leary added, “They have had big wins in the first round of both the Munster Junior and Senior competitions, with upcoming quarter finals in both. The Juniors beat Bandon and await the winners of Cahir and Mount Mercy. Meanwhile, the



Happy Captains: Eimear Peacock & Aoibhe O’ Leary



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## Trick or Treat for Temple Street By Muireann Earley

On the 23rd of October, the school held lots of Halloween-themed events and activities, including a special fundraiser to help raise money for The Children's Health Foundation. The outcome was incredible and the school received many generous donations to support this very worthy cause.

Children's Health Foundation is the new, unified children's healthcare charity, which exists to raise funds to support the vital, life saving work that takes place every minute of every day in Children's Health Ireland hospitals and urgent care centres. Formerly Temple Street Foundation and CMRF Crumlin, CHF came together in January 2019 to become one foundation to support all CHI sites and to ensure every sick child has the very best chance. St. Caimin's was delighted to play its part in making a difference in these children's lives.

As well as the amazing outcome of the fundraiser, students and teachers had a great time, dressing up in their best Halloween costumes. This made the day so special as we saw all kinds of unique costumes, from witches to pirates to killers and even teachers! Some of the 'best dressed' winners on the day were; Darragh Buckley (3rd Year), who dressed up as the Joker, and Lily Egan (TY), who dressed up as our teacher Mr. McDermott. Ms. Morgan also won a prize for her fortune teller costume, while Ms. Gregan dressed as an elephant. Congratulations to all our winners!

Just to add more fun to this spooktacular day, TY's organised a host of events including; Busking at Breaktime, Guess the Teacher, and a Monster Raffle which was organised by members of the SVP society. TY's also ran Halloween games for first years, including; Pin the Face on the Pumpkin, Apple Bopping, Halloween Hot Seat, Grape and Flour, and The Spider Race. It was a great day around the school with lots of excitement and a few scares!



Trick or Treat for Temple Street has brought everyone together, allowing creativity to shine. It's been a celebration of fun, community and charity. We look forward to next year's festivities, already imagining the costumes and excitement that awaits.





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## St. Caimin's Open Night Success By Muireann and Holly

On Tuesday the 22nd of October, St Caimin's held an open night for all current primary school students and prospective students. The open night took place from 5 till 7, welcoming Shannon-based primary schools from 5 till 6 and all other schools in the catchment area from 6 till 7.

During the open night, students hoping to attend St. Caimin's got to look around and explore the school. At the open night, there were many different stands on display showcasing all the different clubs and extra-curricular activities that the school has to offer. This included a Meitheal Mentoring Programme information stand. Here, students Emma Pearl, Callum Sutton and Iga Lesiczka met students and parents and spoke to them about their role as Meitheal Mentors and outlined the ways in which they support first year students in the first few weeks and months of secondary school.



6th Year student Justyna Wesolowska

in the Home Economics room, current students were busy showcasing some of the cooking and baking that takes place in the school, while in the art room, there was an opportunity for primary school students to try out Lino printing. In the music room, the school band and choir performed music for all who came and Irish dancers provided great entertainment. There was also a media studies demonstration where current students shared information about the school newspaper and podcast. There were many more activities taking place throughout the school including demonstrations in Woodwork and PE.

The aim of an open night is to give prospective students an opportunity to visit the school and see what it has to offer. It is a way for them to get information about the various subjects



and extracurricular activities available, and it is a good opportunity for primary school students and parents to meet the teachers, staff, and members of management in the school.

Current students Aibhe Ring and Caoimhe Hourigan (TY) were stationed in the Home Economics room and impressed visitors who stopped by to try their homemade granola. Aibhe commented, "I really wanted to get involved and help to showcase some of the things we do in Home Ec because over the past three years I have really enjoyed the subject and I wanted to share that with others."

First Year Mentor Iga Lesiczka explained to visiting parents and students that the Meitheal Programme is all about "helping students get a nice welcome to first year". Iga enjoys being a mentor to first years because she wants to "help first years because I know how nerve racking those first few days are."

We also spoke to Ms. Sheehan about what makes Caimin's a good choice of secondary school, to which she responded, "It is really inclusive, very diverse and we look after each other." Ms. Dalton added, "The relationships between the students and teachers is what makes our school a special place." Ms. Dalton enjoys open nights, seeing it as a chance to "meet new 6th class students as well as past pupils."

Many of the parents we spoke to on the night were very impressed by the open night. Local parent Tara Gleeson said, "I am very happy with Caimin's because my oldest daughter goes here. The atmosphere is nice and welcoming." We also spoke to Elsie Quinn who is a 6th class student in Kilmurry NS. She really enjoyed the open night, saying, "My favourite thing was meeting all the teachers and all the older students. I also enjoyed doing Lino in the art room. All the teachers are very welcoming and I am looking forward to secondary school already." Ivy Walsh, a 6th class student in St. Tola's added, "I liked the woodwork room and the staff seem really nice."

We look forward to welcoming our new students to Caimin's next August!



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## First Year Pumpkin Carving By Patrick Baylon

On Friday the 18th of October, a group of first year students took part in pumpkin carving in the art room for Halloween.

I spoke to some of the first years who got involved in the pumpkin carving. Conor Keogh said, "I enjoyed the pumpkin carving, it was really fun and I would definitely do it again." When I asked him what he enjoyed the most, he said, "My favourite part of the day was carving out the designs on the pumpkin and scooping out the seeds. I went for a spiky design on the eyes and the mouth of the pumpkin." Next, I asked him what he likes about Halloween, to which he responded, "I like Halloween because I find it fun to dress up." Speaking of his Halloween traditions, Conor said, "I go to Spain every year during Halloween and will be going again this year. I can't wait."

I spoke to another first year student Sarah Bermingham who said, "I enjoyed the pumpkin carving, and would definitely like to do it again next year. I enjoyed designing the faces, that was my favourite part. I chose to go with a smiling design because a lot of horror characters smile in lots of movies." When asked if she liked Halloween and what she likes about it she said, "I like Halloween and I like to be able to stay up late and watch lots of horror movies." she also said, "I like to eat a bunch of treats and watch horror movies as a Halloween tradition every year." Speaking of her plans for the Halloween break, Sarah said, "I just want to relax and take a break from school. That's what I'm looking forward to the most."







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## Happy Birthday Uma! By Holly Quinn

Uma is the school therapy dog in St Caimin's. She is a poodle and came from the charity My Canine Companion in Cork. Uma came to our school in December 2023 and has been greatly loved by many students since the moment she arrived. This October marked a very special occasion for Uma as we celebrated her first birthday.

On the day, there was a bake sale to raise money for My Canine Companion. Uma was gifted to our school by My Canine Companion which is Ireland's largest service dog provider set up in 2011. Uma is a therapy dog that helps students and staff through their time in school. Over the past year, Uma has made a big impact on many students lives. Uma helps students to be relaxed and supports students.

Uma is well looked after by students and teachers, especially Ms. Guinnane, who takes her home after school. Throughout the school, we have many different students who help in taking care of Uma. Some students help by walking Uma, taking her outside for fresh air and bringing her to meet other students.

First year student Sarah Birmingham is one of many students who enjoys taking care of Uma when she is in school. I sat down with Sarah and asked her all about her role and her thoughts about her four-legged friend. Firstly, when asked what her role is in helping with Uma, Sarah said, "I help Uma by taking her outside for fresh air and a run around because it is good for her." Sarah is glad to have Uma around her, saying "Uma has made me smile by just playing around and she does help a lot of people to be happy. I love Uma's company, she is so nice and friendly." Like many other students, Uma has positively impacted Sarah's school life. "I do think school would be very different without Uma. She can just brighten up your day if you are having a bad one." Sarah believes that having a therapy dog like Uma around is good for everyone in the school community. "I think Uma is great to everyone, not only for students, but teachers too, because she can make people feel good and put a smile on their faces."





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## Senior Hurling Match By Patrick Baylon

On Wednesday the 6th of November, the Caimin's Senior Hurling panel, coached by Mr. McDermott and Mr. Corry played Presentation Brothers College from Co. Cork. The match took place in Cork, a bus was organized for the match, and it took about 2 hours of a journey to get to the venue. There was a great facility down there.

The match started off nice and easy with each team scoring a few points to get the game going. There was a lot of back and forth scores from each team, until St. Caimin's scored the first goal to put pressure on PBC. It was scored by Eanna Collins who wore the number 9 for St. Caimin's. There were a lot of points scored by both teams after that such as Zak Phelan scoring a nice point from his own half. There were also a few points scored from the forwards such as Kevin Hanley, Cian O' Gorman and Peter Gilligan all getting their fair share of scores.



PBC responded to St. Caimin's with a goal, which brought them to within a few points of St. Caimin's, but St. Caimin's kept fighting and kept their lead against PBC and ended the match with a final score of 1-20 to 1-18. They were happy with their win and had a great time on the bus back to school. Overall, they had a great day out and they were happy with how it went.







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## Celebrate Us Week - By Joe Casey

"Last week in school was "Celebrate Us Week", a full week that gives staff and students in St. Caimin's time to recognise and celebrate the diversity in our school community. Through lots of different events and activities, "Celebrate Us Week" aims to build awareness, encourage us to be more inclusive, and build more respect for each other.

Throughout the week, SPHE classes focussed on topics related to inclusion, diversity, and equality. First year SPHE students made "Walk in My Shoes" posters, while third years played "Diversity Bingo" which was a lot of fun and encouraged students to talk to each other and get to know each other better, including their differences and similarities. Lots of students made diversity-themed posters which were displayed around the school too.

The highlight of the week was the "Rainbow Colours Day" which took place on Friday the 8th. It was organised by the student council and the LGBTQ+ group in school and was a big success. Both students and staff were asked to wear different colours of the rainbow to represent the diversity in our school community.

I sat down with second year class Cormac to discuss their thoughts on diversity and inclusion in St. Caimin's. When asked what celebrating diversity means to her, Savannah Dias said, "Celebrating diversity, to me, means that we recognize and accept our differences and our uniqueness. That we encourage every person's individuality, including their religion, ethnicity, and interests."

Savannah went on to explain why she believes it is crucial to celebrate differences, saying, "In my opinion, it is important to celebrate our differences because it promotes a sense of understanding and acceptance in our school community. Despite our differences, it's important to be inclusive of everyone."

Reflecting on what makes St. Caimin's a special place, Savannah shared, "Our school community is special because we are accepting and recognize everyone's individuality. All people, from different backgrounds and walks of life, are welcome in our school."

Finally, when asked how we can encourage greater inclusion in our school, she suggested, "We can make everyone feel welcome by promoting our uniqueness and spreading awareness about discriminatory behaviour and bullying."



I also spoke to Jillien Leybag, another student from class Cormac. She explained that "Celebrate Us Week is about celebrating our individualism and how unique everyone is." She added, "It is important to celebrate our differences because if we were all the same, our community would be boring and bland. Diversity is what makes our community special. In St. Caimin's, our community is special because everyone is different. We have different hobbies, interests, nationalities, and experiences. A lot of people are inclusive and make individuals feel welcome in school. We should avoid discriminating against people because of their differences."

Florence Sanger and Madison McCorrian also shared their views on Celebrate Us Week. "It is important to celebrate our differences so that we can have more understanding of other people and their cultures and perspectives. To make people in our school feel included, we should talk to each other and encourage each other to join one of our many clubs in the school. Every student should make the effort to include others."

For Chloe Kirby, celebrating diversity is about "being able to express ourselves." She added, "we should embrace our differences, because if we were all the same, the world would be very boring."

Meanwhile, Patrick Burke said, "What makes our school special is that everyone is unique in their own way." Áine McCoy added, "I think celebrating colours day is special in our school because I'm not sure if other schools do it. It's important to respect each other, regardless of where they are from, what they look like, or what religious background they have."



# MENTAL HEALTH

## MENTAL HEALTH AND SCIENCE

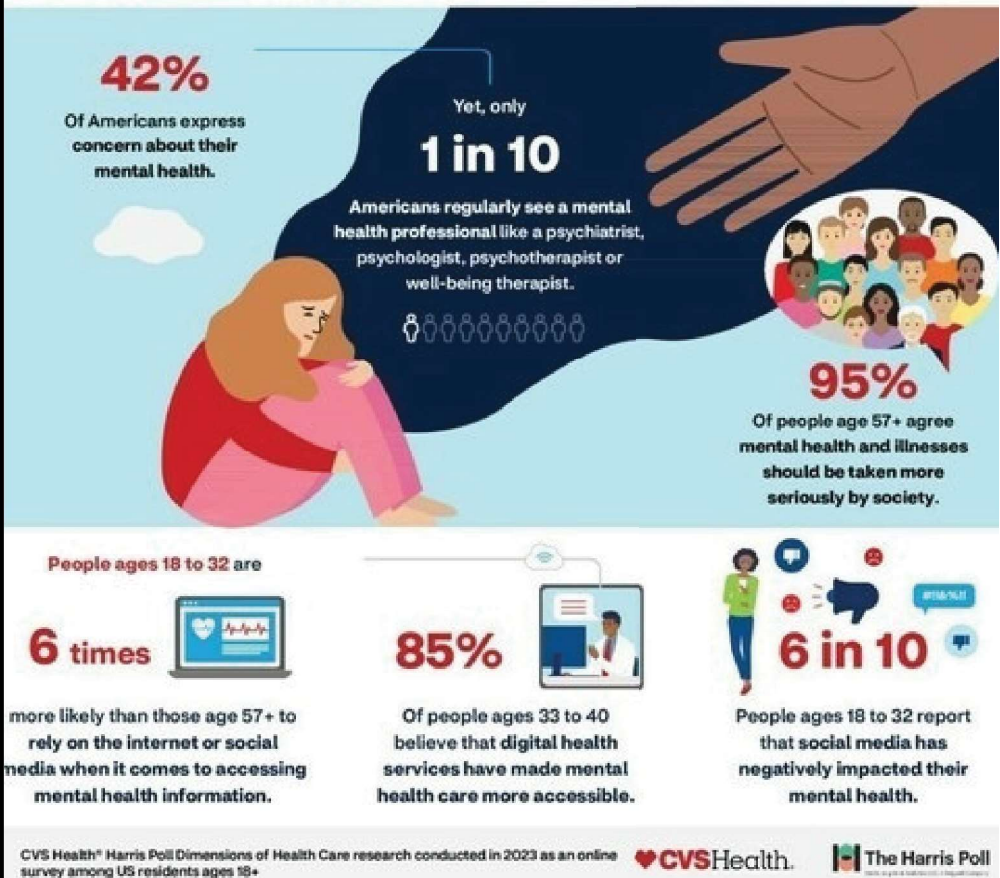


### What acutal is “mental health”?

**Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.** Mental health is important at every stage of life, from **childhood** and **adolescence** through **adulthood**. **Good mental health isn't just the absence of mental health problems.** Being mentally or emotionally healthy is

much more than being free of **depression, anxiety, or other psychological issues.** Rather than the **absence of mental illness,** mental health refers to the presence of positive characteristics. For example, **feeling good about yourself, managing stress effectively, and maintaining fulfilling relationships** mental health. **It's important to take care of your mental health just as you would your physical health.** This can include activities like **regular exercise, balanced diet, adequate sleep, seeking professional help when needed.**

### CVS Health study explores changing attitudes toward mental health



### What studies have been conduted by scientiests realted to mental health?

- 1.Sleep Duration and Mental Health:** Research in **BMJ Open** showed that **teenagers with high levels of psychological distress and high social media use tend to sleep less than the recommended 8-10 hours a night.** This highlights the negative impact on both sleep and mental well-being.
- 2.Screen Time and Mental Health:** A study by the **University of California, San Francisco,** followed over **9,500 children** and found that **increased screen time** correlates with higher risks of **depression, anxiety, inattention, and aggression.**

- 1.Adolescent Mental Health at School:** Published in **Frontiers in Psychology,** this study found that **positive relationships at school and life satisfaction** are crucial for **adolescent mental health.**
- 2.World Health Organization (WHO) Report:** WHO data shows that globally, **one in seven 10-19-year-olds experiences a mental disorder, depression, anxiety, and behavioral disorders** being the leading causes.

# October is Mental Health Month

## October 10th is World Mental Health day.

One big thing to have happened in recent times has been the Government decision in the budget to spend €9 million on phone pouches for post-primary school students.

Major studies have been done on **adolescence** and their **relationship** to their **phones** and the **damage** it causes to their **mental health**.

Some of the affects of teenagers being addicted to their phones are:

1. **Increased anxiety and depression,**
2. **Sleep disorders,**
3. **Social isolation,**
4. **Reduced physical activity,**
5. **Addictive behaviours,**

The pouches are designed to lock away students phones away during school hours. A lot of schools and teachers are happy with this as it erases the problem of students being distracted in class and spending their lunches glued to their phones screens.

This also will help with some of the **damage constant phone use** has on **teenagers mental health**.

### Class Survey of:

Students that are Anti/Pro Phone Pouches

Anti-Phone Pouch: **18 (75%)**

Pro-Phone Pouch: **6 (25%)**

### Sciences role in mental health.

Despite the **high value** people put on mental health, the survey found that **science's role** in **understanding** and **alleviating** mental health issues seems unclear to many. **Less than a third** said **science can explain a lot about how feelings and emotions work (27%)** or can do a lot **to help treat anxiety or depression (31%)**. In contrast, about **half** said science can do a lot to help **treat infectious diseases (53%)** or **cancer (49%)**.



**“Yondr pouches** are special **magnetic** pouches that securely store mobile devices to make them **inaccessible during specific times**. They allow users to keep their phones with them but prevent use, which helps reduce **distractions** in places like **schools** and **theaters**. These pouches can be unlocked with a special magnet when it's time to use the devices again.”



**SCIENCE BEHIND  
MENTAL HEALTH**

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