



# THE CAIMIN'S CONNECTION



*TYC: Ciarán Ryan, Sophie Grady, Marcel Andryjanczyk, & Summer McPhillips*

24/01

PLAY. DOMINATE. REPEAT

2025

On Friday January 17th, our U15 boys travelled to Clareabbey to play Scariff Community College in the final of the U15B Post-Primary School competition sponsored by Club Clare. The match was originally fixed for the 29th of November, but was postponed due to unplayable conditions before the Christmas break. However, this Friday morning the weather couldn't have been closer to perfect. The sun was shining and the conditions underfoot were excellent. Refereed by Paul Howard, this was a game that will live long in the memories of this talented bunch of players.

The match started with Scariff CC getting a few early scores on the board, but St. Caimin's kept their composure and, with points from Jack Flynn and Rory Jones, this ensured that the lead was never too steep. The Scariff school were very much up for this game and a goal in the 25th minute ensured the score going into the half time break was 1-8 to 9 points in favour of the east Clare school.

With an energising half-time pep talk from management (Michael Corry, Clooney/Quin and Aaron Cunningham, Wolfe Tones), the team ran back on to the field rejuvenated with a new found spirit and desire to win. With the added bonus of a strong breeze, St. Caimin's put up a strong

## BOY'S U15 HURLING

*By Ciarán Ryan*



performance to be reckoned with. Super scores from second years Mark O' Neill, Fionn Collins, and Harry Loughnane, as well as first year Liam Mulready kept the team in the driving seat. After Jack Flynn scored his second goal in just a few minutes, this really gave Caimin's the boost to push on and win the match. Nevertheless, Scariff never gave up and scored a few points to try and claw it back but it was too little too late. A super performance from all involved and they ran out just winners in the end, 2-16 to 1-13. Team captain, Rory Jones (Newmarket - On - Fergus) accepted the cup from Head of Clare Underage Development Squads, Kieran McDermott. After expressing his gratitude with a brief speech, he engaged in celebrations with the team on their well deserved win.

The St. Caimin's side lined out as follows:

Aaron Freeman, Larry Howard, Diarmuid Ryan, Sean Colon, Patrick Burke, Cian Mullins, Jack Monaghan, Fionn Collins, Liam Mulready, Liam Flannery, Rory Jones (C) Harry Loughnane, Mark O Neill, Jack Flynn and Caleb Hayes. Impact subs are often key and with fine performances from Noah Seago O' Sullivan, Gavin Jones and Oisín Rafferty, they ensured that the game was seen out to the very end.



# THE CAIMIN'S CONNECTION



24/01

EXPLORE. DISCOVER. INNOVATE

2025

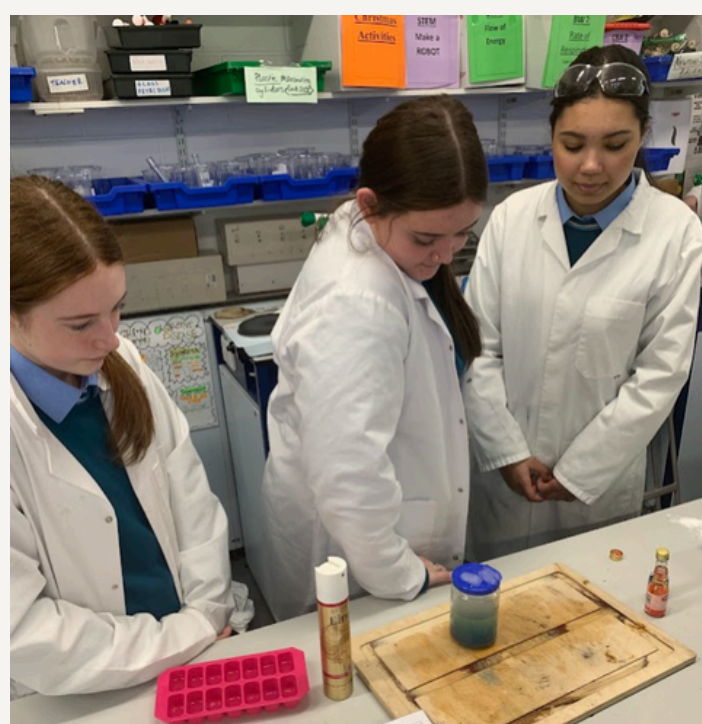
On Tuesday January 21st, TY class 'C' held a Science Fair to demonstrate their learning in relation to practical science experiments. Among the demonstrations were 'Dancing Spaghetti', 'Underwater Fireworks', 'Egg in a Bottle', 'A Plasma Gun', 'A Cloud in a Jar', 'Bed of Nails' and an explosion using egg whites, baking soda and vinegar.

One of the groups, 'Cloud in a Jar' comprising of team members Caoife Gunn, Katlyn Higgins and Nadia Bossman, described their project as 'interesting and fun.'

In another group 'Pepper Wave', Tadhg Keane, Ciarán Ryan and Oisín Byrne constructed an experiment to investigate the effect of surface tension on water. The group placed water on a plate and shook ground black pepper corns over it. They then got some washing up liquid to place on their fingers. When the washing up liquid came in contact with the water the surface tension pushed all the pepper to the edge of the plate. Team member Tadhg Keane said the idea originated from a similar experiment he had completed in primary school. He said that he looked forward to demonstrating his project for everyone.

## SCIENCE FAIR

*By Ciarán Ryan*



TY class 'A' member 'Eoghan O'Leary' who watched the demonstrations said 'I found the science fair to be very enjoyable. I saw lots of great experiments on display and learned loads of cool and intriguing facts. My personal favourite project was Scott Ryan, leaksibun Howlader and Marcel - Filip Andryjanczyk. They created a flamethrower using only a plastic bottle, butane and a lighter. In my opinion that's fascinating.'

Hugh O'Donnell said that his favourite project was the 'Underwater Fireworks', created by Godson Onyebuchi and Cillian O'Connor. The project works due to the different densities of the substances. The sunflower oil is more dense than water so it stays at the top. Food colouring dissolves in the water but not in the oil, as the oil is less dense than the water and it will float to the top. The coloured drops begin to sink because they are heavier than the water.

Science teacher Ms. Fallon complimented the experiments on display and acknowledged that they were all very entertaining. She congratulated all those involved on a successful exhibition.



# THE CAIMIN'S CONNECTION



24/01

FIRST AID

2025

My name is Sophie Grady and I am currently doing an FAR course with the Order of Malta Shannon. I began the course on Saturday the 11th of January and it will run for a few weeks. It is just Catherine and I doing the course; our instructors are Ian and Amy. FAR stands for First Aid Responder. You go through about eight different topics.

The most important component of the course is the CPR. CPR stands for Cardiopulmonary Resuscitation. The CPR consists of 30 chest compressions and 2 breaths and using an AED (Automated External Defibrillator) if you have one on hand, or get someone to get it for you. The medication that can be given at the different levels FAR, EFR and EMT are lifesaving medication, and are licenced under PHECC Pre-Hospital Emergency Care Council. While FAR can give aspirin, it is as per the training given, to be given to someone having a heart attack and under the guidance of PHECC.

We have a lot of acronyms to help us remember our training, like CACBCDE, AVPU, SAMPLE, PEEPS and many more. CACBCDE stands for C: Catastrophic Haemorrhage, A: Airway - you must make sure it's clear, C: C Spine - maintain if you suspect a spinal injury, B: Breathing - check the breathing rate, rhythm and the strength, the average adults breathing rate is between 12-20. C: Circulation - this is the pulse you do strength, rate, and rhythm the average adults pulse is 60-100. Finally, D is for Disabilities where you check AVPU, E is expose and examine any injuries.

## FAR COURSE

By Sophie Grady



*This is us practicing how to do CPR and using a training AED.*

AVPU stands for Alert, Voice, Pain, Unresponsive.

We use this to describe what the patient is reacting to. SAMPLE, the S is Sign and Symptoms what you see and what the patient tells you, A is Allergies, M is Medication, P is Past Medic history, L is Last time they had food, or a drink and E is for Event (what happened before hand). PEEPS is used to control bleeding. P stands for Posture, E is Elevation to keep it above the heart, if possible, E is for Examination to have a look at the wound P is Pressure to try and stop the bleeding, S is for Shock to treat it by raising the legs.

The clinical levels start at CFR, to FAR, to EFR, to EMT, Paramedic, and so on to a doctor. CFR stand for Cardiac First Responder which you will do it in every clinical level. FAR is First Aid Responder, this would be your basic one that everyone above you would follow and add more onto it. EFR is an Emergency First Responder. EMT is an Emergency Medical Technician, this is the highest-level Order of Malta (OMAC) would bring you. In the Shannon unit we have a wide range of people at different clinical levels.

My least favourite part of the FAR course is taking the pulse. I know how to take the pulse, but I find it hard to keep the pulse when I am counting it for 30 seconds. We will have a practical exam to complete in the coming weeks, to put all of the skills we have learned into practice.



# THE CAIMIN'S CONNECTION



24/01

PLAY. DOMINATE. REPEAT

2025

On the 21st of January, the senior football lads were away. Coached by Mr. McMahon and Mr. Keane, Caimin's took on Kildysart in the Senior B Championship Final. The match took place in the Clarecastle GAA grounds and was played on the Astro turf. The Caimin's side was co-captained by Eanna Collins and Dara McInerney who are both in sixth year.

The match kicked off at 11:15 and the game got underway. Kildysart was the first team to get a point on the board. The first half went well, Caimin's blocked down a few balls, got a good few frees and 45's, but unfortunately, they just could not convert them. Caimin's tested the Kildysart goalie six times only coming away with a 45. At one point in the match, it was 45 after 45 for Caimin's. The half time score was 0-5 to 0-3 to Kildysart. Lee Maguire scored from a free and Cian O' Gorman scored points from a 45 and a free.

The Caimin's team lined out as

1. Orainn McInerney

2. Ultan Donnelly 3. Mark Mullins 4. Tadhg Guinane  
5. Kyle McInerney 6. Dara McInerney 7. Peter Gilligan  
8. Jan Zmija 9. Adi Adeniyi  
10. Cian O'Gorman 11. Shay Waller 12. Eanna Collins  
13. John Deasy 14. Kevin Hanley 15. Lee Maguire

Subs

16. Flinn Carrig  
17. Eddie Meaney  
18. Cathal Ahern  
19. Caelan Tourish

## SENIOR FOOTBALL FINAL

By Sophie Grady



The second half started, and Caimin's were rearing to go. After about 15 minutes, a sub was made Eddie Meaney was brought on for Kyle McInerney. A few yellow cards were given out to both teams on separate occasions. Kildysart scored their goal in the last 2 minutes of the match. Once the final whistle was blown, Caimin's were upset about their loss. The final score was 1-11 to 0-6 to Kildysart. Sadly, it was not Caimin's day, but next year it will be. The team will be completely different as most of Caimin's players are 6th years. Lee Maguire scored 2 points in the second half from frees, Shay Waller scored a point from play, the only point Caimin's scored from play.



# THE CAIMIN'S CONNECTION



24/01

CREATIVITY & ENVIRONMENT

2025

On Tuesday the 21st of January, our 5th year art class completed a creative engagement workshop. The workshop was led by self-taught felt artist, Belinda Reid from Kinvarra, County Galway, who has been doing wet felt painting for the past twelve years. Ms Reid demonstrated the art of felt painting - an art form where you use wool to make mainly small toys and plushies. Belinda showed the class two felt art techniques: *pin needle felting* and *wet felting*, along with a few tips and tricks from the industry.

The creative engagement programme is an arts-in-education programme where an artist comes to work with students to impart their knowledge and enthusiasm to the students. It is not limited to just art but also visual arts, music, theatre, dance and everything in between. It strives to encourage creativity, initiative and expression in students through art. The programme has been running since 2005.

The students were then given the task of making their own beautiful felt art piece that was then sewn together into one image. With various vibrant colours of different shades, students poured out their creative hearts and minds into the project.

## CREATIVE ENGAGEMENT

*By Marcel Andryjanczyk*



The students reported to be very satisfied with the workshop and Belinda's friendly nature. They all recommended the workshop to future art classes and hope that the workshop will continue to work with our school.

So, what significance does the shared felt art piece bring? Well, the art was made to raise awareness of Ireland's and our local ecosystem, nature, wildlife and our environment, due to recent research showing its decline.

But also to show the students attending the workshop how art can be used for sharing ideas, bringing everyone together to a common goal and how it helps with people's wellbeing.

The students also shared their liking towards felt art as it opened up new doors and gave them ideas on their future projects in art and for the Leaving Cert.

Thank you to Belinda for coming to teach our students in felt art and also to our students Emma Cabida and Bailey Mullins for conducting an interview about the workshop.



# THE CAIMIN'S CONNECTION



24/01

PLAY. DOMINATE. REPEAT

2025

On Wednesday the 22nd of January, the St. Caimin's Under 15 Boys Gaelic Football team played Limerick side, Kilfinane. The championship game took place in Ballylanders GAA club and the Caimin's side were coached by Mr. McMahon and Mr. Coughlan.

Before the match, both teams did their final warm ups. St Caimin's did lunges to loosen the legs then did a few small laps whilst our goal keeper trained with another player to help prepare him to block any incoming goals scored by the opposing team. The game started at 12:15 beginning with a flurry of activity on both sides of the field.

As the match began, Kilfinane took the lead with two scores above the net. But our lads kept their resolve and started to slowly scrape by to earn a few points to keep up with the opposing team.

After 30 minutes of play, the ref blew the half time whistle and gave both teams 10 mins to rest and plan for the second half. Both teams huddled around and revised their ideas to defeat the other team and bring home the victory.

## BOYS GAELIC FOOTBALL CHAMPIONSHIP

*By Marcel Andryjanczyk*



At 13:00 the game started once again for the second half, with both teams reinvigorated and ready to win. However, with both teams scoring points keeping close with each other that proved to be a difficult task to accomplish. But as both sides encountered losses in the form of teammates due to injuries and exhaustion making the game a game of attrition of who will break first after a thrilling and exhausting back and forth and another 30 minutes of play, the score came out to a tie of 20 points each.

After another 10 minute break, the teams emerged for extra time. After two gruelling halves, the result was in.

Despite Kilfinane's staunch resistance, St Caimin's won the battle in the end, with a final score of 0-28 to 0-24 in favour of the Shannon side. Both teams gathered in the middle of the pitch to show their respect to the other team and brought us home the victory. Well done to both sides on an enjoyable game of football and a hard fought contest.

Well done to management Mr. McMahon and Mr. Coughlan for their ongoing commitment to this team.



# THE CAIMIN'S CONNECTION



24/1

PLAY. DOMINATE. REPEAT

2025

On the 22nd of January, the St. Caimin's first year camogie team set off for a camogie blitz against Coláiste Mhuire, Ennis. Managed by Ms. Kelly, students left school at around 9:20 and walked to the camogie pitch in Shannon.

Shortly after arriving, Ms. Kelly gave out the jerseys and named the team. Coláiste ended up being late, so the first match was delayed by half an hour, resulting in a shorter game that lasted twenty minutes. Fortunately, St. Caimin's won the first match, with excellent performances and scores from Alice Lyons, Ruby Mulrooney, Lucy Conroy and more. The first match was both Caimin's and Coláiste's first teams.,

While waiting for the next match, both schools' second teams warmed up to get ready to play in the cold damp weather.

TRAINING IS EVERY FRIDAY AT  
LUNCHTIME IN THE HALL

CONTACT  
MS. O'LEARY OR MS. MOREY TO  
JOIN!

## FIRST YEAR CAMOGIE BLITZ

*By Summer McPhillips*



All matches on the day were reffed by Kevin Walsh. The second match started at around 11am and St. Caimin's also won this match with scores coming from Sophia Dolan, Kate O'Neill, Roisin Liddane and more. There was a great fight and effort from every girl today, but Caimin's just came out on top.

Coláiste then played Coláiste's second team, and it was time to get lunch in the shop then return for the last 2 classes after a long day of matches.

Overall, it was a wonderful day out for our first-year camogie players and management. The score of the first match was 5-1 to 0-0 to Caimin's the next match was 3-1 to 2-3 to Caimin's.





# THE CAIMIN'S CONNECTION



24/1

DANCE. FUN. MUSIC

2025

The annual Transition Year Ball took place on the 10th of January in the West County Hotel in Ennis. For the girls, the preparation started early, hair makeup and tan was essential for the boys a suit and a haircut would suffice!

Before the ball, everyone met up at their friends' houses and took pictures and spread excitement, some TY's organised busses to take them to the ball.

The ball started at 7pm, with the Transition Years from St. Caimin's lining up to scan their tickets. Everyone was excited and couldn't wait for the event to start. The TY's went into the designated room and sat down at their allocated tables for dinner. Before the dinner, the DJ played some music. After a few songs, it was time for the dinner to be served. For dinner, roast beef was served with a side of mashed potatoes and some vegetables. Dessert was a cheesecake.

Then the music and dancing resumed, and at around 9 o'clock, the awards were called out. There were lots of different awards, including; *Best Boy Duo*, *Best Girl Duo*, *Funniest Boy*, *Funniest Girl*, *Biggest Glow up* and *Most Popular*.

## TY BALL

*By Summer McPhillips*



Best Boy Duo was won by Zak Phelan and Rory Chaplin, best girl duo was won by Emel Fitzgerald and Abbie Ryan, Hugh O' Donnell won Funniest Boy while Funniest Girl went to Summer McPhillips. Biggest Glow Up was won by Ella Woods. Everyone who won was thrilled, even the ones that didn't, however they were simply happy.

On the night, there was a photo stand with hats and fake instruments to take pictures with and a Tribal TY backdrop. For the price of €2 per person you got 4 photos.

There was also a Bucking Bronco game in which the TY's competed to see who could stay on the longest.

There was also a game of rock the boat where everyone who wanted to join sat on the floor in between their friends legs and went forward and backwards.

There was also a DJ, and the dance floor was open to anybody who wanted to use it. Most of the couples at the ball were seen dancing with each other.

After everyone danced some more it was time to go at 12 o'clock, there was parents waiting for the students outside.