

Third Year Newsletter

Christmas Edition - December 2022

Christmas Greetings

Christmas is upon us once again with all the fun, excitement and festivities that the season brings with it.

Our third year students will begin their well earned Christmas break at 12 noon on Wednesday December 21st, 2022. School re-opens for all students on Thursday January 5th, 2023.

Wishing you all a Merry Christmas and a peaceful New Year!



Student of the Year and Academic Awards

Heartiest congratulations to all the students who received Distinction and Merit certificates as part of the Academic Awards just before the October break. We foster a growth mindset in St.Caimins and encourage the students to set targets for themselves and to work towards these targets and continual self-improvement.

The Student of the Year recognises outstanding academic success along with engagement with the school community and adhere with our school ethos. Congratulations one and all!



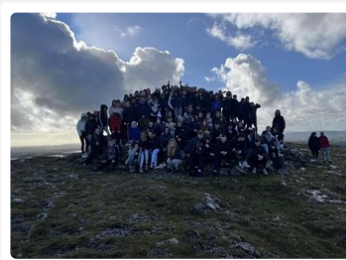
Geography trip to the Burren - L.M.

On Tuesday the 9th of November, all the 3rd year classes went on an educational geography field trip to the Burren in North Clare. Even though the weather conditions were far from ideal it didn't stop us from having an enjoyable time.

When we arrived after the one hour bus journey, we went for a 6km uphill hike which was tiring but well worth the effort. The view from the summit was stunning and we took a lovely group photograph, we also got a picture of Father Ted's house which is nearby.

While on the hike we were able to examine fossils, limestone pavements, clint and grikes.

On the way back to school we had a well earned stop at the shop. Overall, it was a great day out. Not only did we get a break from school work but we got a chance to spend time with our friends. We learned about geography in practical terms and honed up our social skills aswell.



Irish Showjumper

Jill Greene, who is in class Ide in 3rd year, was recently selected to represent Ireland in a number of prestigious international events in Belgium and Holland in the individual pony showjumping category. Jill was selected to compete abroad because of her consistent performances in domestic competitions including the Royal Dublin Horse Show at the RDS. Her first international competition was held at Sentower Park in Belgium before travelling to the Netherlands to compete at Lichten-voorde the following week.



It is a great honour for Jill, her family and her community in Newmarket-on-Fergus to receive this international call-up. Needless to say the St.Caimins school; community of teachers and students all wish her well in her future competitions and we are all very proud of her achievements to date.

Sport

In hurling, our 16 ½ boys hurling team were unfortunate to lose out to a physically strong Tralee C.B.S team who won out of a score line of 1-16 to 1-10 and subsequently won the competition outright.

In Camogie, a number of 3rd year girls starred as St. Caimins defeated St. Flannans in the Clare Girls Senior Camogie final on a score line of 4-7 to 3-4.

There were also a number of 3rd year girls in the Senior Girls Gaelic Football team who were narrowly defeated in the Clare Senior 'C' final against Lisdoonvarna.

The U-15 Gaelic Football team have reached the latter stages of the Clare B competition which will be concluded after Christmas.

In Girls Soccer, our Junior team have played a number of blitzes and matches in Lee's Road and continue to progress. While in Boys Soccer, a number of 3rd year pupils were on the school's U-17 team who had a great victory in the North Munster Cup against St. Patricia's Comprehensive in Lee's Road on a score line of 3-2.



Study Seminar

On Thursday 10th of November close to one hundred and forty students engaged in a motivational study skills seminar. The seminar was aimed at inspiring, educating and motivating students on the importance of good note taking, study tips and techniques. Students were tutored on how to keep focused and how to create goals and targets for the year ahead.

It was a beneficial day for a lot of students and helped to motivate and focus the 3rd year students for the year ahead.

Reflection Day

On Tuesday, 6th December, the 3rd year students at St Caimins took part in a Reflection Day in the PE hall. It gave students the chance to reflect on their different choices at school as well as their decisions about their futures outside of school in a fun and informal manner.

A Pleasant Surprise by M.H.

On Tuesday the 6th of December the 3rd years did a Reflection Day.

Leading up to the day there were a lot of questions running through the 3rd years. What were we going to reflect on for the whole day? What

was the Reflection Day about? Nevertheless, when Tuesday came the whole year gathered in the hall.

The room was filled with chatter until the three guides of the reflection day introduced themselves.



One of the first things they said to us was that they wouldn't treat us the way teachers treat students, they didn't see us as inferior to themselves. They treated us like young adults. This added a safe atmosphere to the room and the experience overall.

The day started off with some games. The games were very fun and easy to play. My personal favourite was when they asked volunteers to take part in the "4 people and 4 chairs" challenge. I was the last person I expected to participate in such a challenge. Yet, somehow, I found myself grabbing onto my friend's hands like my life depended on it and my legs were on fire. School records were broken and so was my will to stand up.

The rest of the day was mostly focussed on the experience of teenage life. Struggles unique to teenagers were brought up and discussed, it felt nice to be out and open about our struggles and to be taken seriously.

It was great to be gathered as an entire 3rd year group and enjoy each other's company and support. The day turned out to be better than we had all expected.

Mock Examinations

The school has timetabled the Mock Examinations for 3rd year students to run from Wednesday 1st February 2023 up until Friday the 10th of February, 2023.

In preparation for these examinations students are encouraged to begin revising their exam material over the holiday period. It is important that this revision/study is both structured and efficient. Our recent study skills seminar would have given the students the skills to attack their study with confidence. Some simple steps to follow to ensure efficient study habits are as follows.

February	Subject	Time
Wednesday 1	English H/O	13:10-15:10
Thursday 2	Home Economics C	09:45-11:45
	Wood Technology C	13:10-15:10
Friday 3	Graphics C	09:45-11:45
	Engineering C	13:10-15:10
Tuesday 7	Mathematics H/O	09:00-11:00
	Religious Education C	13:50-15:50
Wednesday 8	Irish T2 (Written Section) H/O	10:00-11:45
	Geography C	13:10-15:10
Thursday 9	Science C	09:00-11:00
	French/German (Written Section) C	13:10-15:10
Friday 10	History C	09:45-11:45
	Business Studies C	13:10-15:10

Helpful Study Habits

- Fill out a study timetable.
- List your goals and targets.
- Remove all distractions from your study area.
- Make sure that you are comfortable and sitting on an upright chair if possible.
- Leave the mobile phone switched off or outside the door.
- Study in 40/45 minute blocks, taking breaks in between study periods.
- Vary your study techniques, key words, exam papers, reading and reviewing.
- Reward yourself when your work is done.



Remember to do your best over the holidays. It is important to eat well, sleep well and get plenty of exercise also. Remember, a healthy body leads to a healthy mind!

After School Study

After school study continues to run everyday after school for two hours and it is a good way for students to get a good block of homework done as well as revision and study work. There is a link to the booking form in the News section of the St.Caimins website if the link below fails to work.

 **Microsoft Forms**

forms.office.com

Transition Year (TY) and Leaving Cert Applied (LCA) Options

If any of the 3rd year students are interested in doing Transition year or the Leaving Cert Applied course then they can contact Mr. Quealy directly for more information or their parents can email him at

Tom.Quealy@stcaimins.ie.

The general aim of TY is to develop students ability to engage in independent and self-directed learning. It also can help to develop technical and academic skills as well as work-related skills. The programme also develops social skills among students along with building good communication and self-confidence.

St Caimins also offers the LCA programme which aims to recognise the talents and abilities of all students and to provide opportunities to develop personal responsibility, self-esteem and self-knowledge. The programme helps students apply what they learn to the real world.

An information night for parents will take place later in the New Year to give more details about the respective programmes.



Christmas Talent Show

Lots of our third years are gearing up for their performances in the Christmas Talent Show which is taking place on Tuesday the 20th of December at 7pm. Some third years are apart of the school choir while others are even doing solo performances! Best of luck to everybody taking part, break a leg!!!! We hope to see ye there!



Wishing Everyone a Peaceful and Happy Christmas from all the staff at St.Caimins Community School!!!!!!

