



The Caimin's Connection

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

TYB (Gloria, Holly, Aoife)

12th April 2024

Issue 12

Hello, it's Joe!

Dear Students,

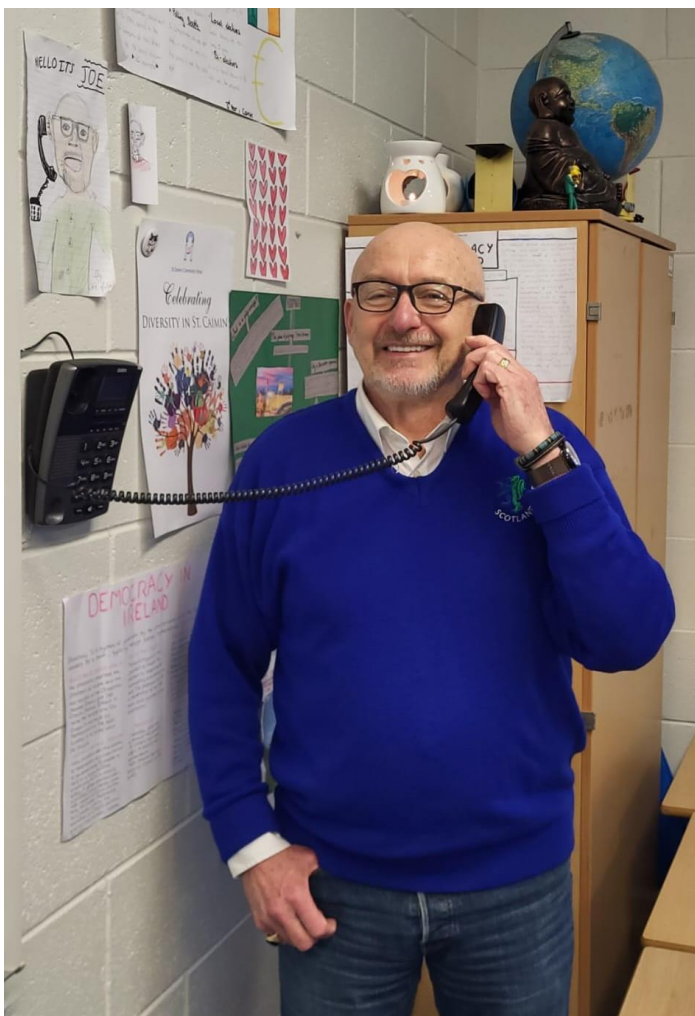
As I stand here, on the threshold of retirement after two decades of teaching at St. Caimin's school, I am overwhelmed with gratitude for each and every one of you who has walked through these halls, graced my classroom, and filled my heart with joy and inspiration.

Your unwavering support, dedication to learning, and boundless enthusiasm have been the very essence of what has made teaching here such a fulfilling journey. I am profoundly grateful for the privilege of being a part of your lives, witnessing your growth, and contributing in some small way to your journey towards success.

As you prepare to step beyond the familiar confines of these school walls and embark on the next chapter of your lives, I offer you a few words of advice. Remember to embrace change with courage and resilience, for it is through challenges that we grow and evolve. Stay true to yourselves, your values, and your dreams, and never underestimate the power of perseverance. Be kind, compassionate, and empathetic towards others, for it is in giving that we truly receive. Keep learning, exploring, and pushing the boundaries of what you believe is possible. And above all, cherish the memories you have created here at St. Caimin's, for they will serve as the foundation upon which you build your future.

As I bid farewell to this chapter of my life, I carry with me the countless moments of joy, laughter, and camaraderie that we have shared together. Thank you, from the bottom of my heart, for allowing me the privilege of being your teacher. May your futures be as bright as the promise you hold within you.

Best of luck, Joe.



Good Luck
With your
Retirement

Farewell Mr. O' Keefe – By Holly Fahy

It is incredibly sad to hear that Mr. O' Keefe is leaving the St. Caimin's Community at the end of the school year. He is loved by all students and staff members alike. During the week, I sat down with Mr. O' Keefe, to ask him some questions about his time as a teacher in our school.

Me: When and why did you make the decision to become a teacher?

Mr. O' Keefe: *"If I am being honest, I got into teaching by accident. I was going for an interview with a bottled water company and my mother told me they were looking for a teacher in the Comp, so I started teaching English there and after two days I liked it and it carried on from there."*

Me: When did you start teaching here in St Caimin's and what subjects do you teach?

Mr. O' Keefe: *"I started working here in 2004 at the age of 46. I have a double honours major in philosophy and sociology and also a masters in theology, so I can teach Religion and Philosophy. I love teaching CSPE because it is how the world works. Also, I love teaching SPHE which is mostly dedicated to all the types of health. Although, I wish I could have taught English as I really enjoy reading and writing and I love the English language."*

Me: Do you have any highlights from your teaching experience?

Mr. O' Keefe: *"I do not have a particular highlight, but I have met some smart kids along the way. I am conscious that there are people sitting in front of me that are smarter than I am. You also get kids that are exceptionally talented, moral, nice and are a pleasure to teach. Sometimes I look at the kids and think when I am older, I want to be like that kid."*

Me: Do you have highlights here in St Caimin's?

Mr. O' Keefe: *"I have come across individual students over the last twenty years that I find amazing kids that I would love to follow their careers and see the remarkable things they do in the world."*

Me: What do you see as your role here in St Caimin's?

Mr. O' Keefe: *"Secondary school is a time of transition for students, a time where choices must be made about what kind of person you're going to be, what kind of life you're going to lead, what kind of values you hold. So, the way I see myself as a teacher is as a guide, trying to help a kid to make the right decisions and to adopt some of those good values in their lives."*

Me: When you retire what will you miss the most?

Mr. O' Keefe: *"I will miss a lot of things, being with the kids and having the craic in the classroom and staffroom. I will miss it as we get along so well. We help each other out and it is an incredibly fun place to work. And mostly I will miss being a part of this Caimin's Community even when I do leave here. When it comes to 11 o'clock in the morning, when teachers are all in the staffroom having tea, talking, and having the craic in the staffroom, I'll miss that. Of all the careers I've had in my life, this is the happiest I have been by far out of all of them and it really suits me, and I think I have grown up a lot since I have worked in St Caimin's. I have changed how I think and behave. I also think I have gotten softer as well."*

Me: If you could start your journey all over again, what would you do differently and what advice would you give younger people?

Mr. O' Keefe: *"I did not realise how much you need the support from others and to get the support from other people, you need to be nice and kind helpful and supportive to them for them to be supportive of you. I was very self-centred but when I was growing up, I started to realise there is a better way to behave around people. One thing I would tell younger people is to never tell a lie and another thing I try to do is to be kind. Now I love going out of my way to be kind, helpful and supportive. To be happy, you need good relationships with others, in order of good relationships you need to have good values such as kindness respect faithfulness and have people to trust you."*

So, there you have it those are the questions we asked Mr O Keefe during the week, but we wish him the absolute best of luck with on the next chapter in his life and he will be terribly missed by our whole Caimin's Community.

TY First Aid Course - By Aoife Holand

On Tuesday April 9th, TY Class A took part in a first aid course. The students learned a lot of new essential life skills. It was an interesting day and the students seemed to benefit greatly from this course. Throughout the day, students learned many important skills such as CPR and the recovery position.

The instructor had mannequins for students to practice CPR on. Each student got a chance to practice CPR on an infant, a child, and an adult mannequin. They then partnered up and got to practice the recovery position on each other and were taught when they should do CPR or the recovery position. The students learned about mouth-to-mouth CPR and how to do it correctly using barriers of protection.



Students also learned how to identify how badly injured someone is by monitoring things such as their breathing, pulse, body temperature and colour. They were taught how to monitor all these things and learned about normal breathing patterns for infants, children, and adults so they could identify how the person is doing. They were also taught normal pulse rates for everyone so they know when the pulse is steady so they would know if the injured person is getting better, worse or in a stable condition.

Also on the day, students learned how important it is to try and do CPR or put the unconscious person in the recovery position while waiting on an ambulance, as trying to do something could potentially save a life. The instructor also taught them about respiratory difficulties such as asthma and different types of allergic reactions such as anaphylaxis and how to stop it by using an EpiPen. They learned how to help someone who may be choking and how to identify symptoms of a stroke.



Overall, the students seemed to enjoy this useful CPR course and they all learned new vital life skills that could one day potentially help them to save someone's life.



Latest News in St. Caimin's



U15 Munster Hurling Semi Final - By Aoife Holand

On Wednesday April 10th the St. Caimin's U15 hurling team played their Munster semi-final against Pallaskenry. The match took place in TUS, Limerick and unfortunately, Caimin's missed out on a place in the Munster Final, with a narrow loss to the Limerick side.

The ball was thrown in at 12.30 and Pallaskenry started attacking fast, scoring three points in the first ten minutes. St Caimin's fought back and scored the opening goal of the game, followed quickly by two more points, bringing the score to 1-2 to 0-3. Pallaskenry fought back harder, scoring two goals and three more points before half time. They were now leading 2-6 to 1-2. It wasn't looking good for the Caimin's boys, despite their greatest effort.



Pallaskenry had a strong start in the 2nd half, scoring two points early on, until Caimin's responded with a goal from Rory Jones, bringing the score to 2-2 to 2-8 to Pallaskenry. Pallaskenry put the pressure on by scoring point after point and not letting Caimin's get a look in.



In the final quarter of the game, tensions were beginning to rise, and yet Caimin's made a great attempt narrow the gap, by scoring six outstanding points. Soon after, a great goal scoring opportunity presented itself to Éorann Hegarty, but in the end, Pallaskenry came out on top.

The final score was 2-8 to 2-13. The Caimin's boys played an excellent game and put up a great fight to make it through to the Munster Final but unfortunately it wasn't enough to get them over the line. Well, done to all the players and management on a brilliant performance.



U17 Soccer Report - By Holly Fahy

All the boys starting are ready and clued in and focused on their warm up listening to their coaches. A very early goal chance in the first half presented itself to St Clements but with the brilliant defence of Kian Dempsey and Denis Martsenyuk, the attacker didn't stand a chance. Kian Dempsey runs down the right wing and had a very close goal chance but sadly hitting the woodwork. St Clements start to travel up the field trying to make attack the St Caimin's keeper Kyle Mcinerney their left back sends in a high ball but a lovely header from Denis Martsenyuk to Kyle Kirby keeps Kyle Mcinerney calm for now.

Kyle Kirby travels through the centre giving Aleksander Gladysz having a lovely chance on goal but sadly it is saved by the keeper giving St Caimin's a corner. Patrick Lonergan gives Cian Conroy a perfect ball into the box, but it just goes wide. The boys have had many goal chances, but they aren't giving up yet. St Clements begin to travel up the pitch, but a great tackle made by Adeola Adeniyi takes the tension down a notch Adeola makes a great pass to Kian Dempsey on the right wing and into the box and is fouled by the defence resulting in a penalty.

A lovely bottom corner penalty scored by Lee Maguire. St Clements are now determined to get an equalizer. St Clements go at it again with another goal chance, but great defence was made by Denis Martsenyuk and Evan O'Brien. A high ball given in by Lee Maguire into the box for

Patrick Lonergan but is knocked down by the goal keeper, But he is so dedicated that he pulls through and continues to play. The half time whistle is blown, and management are delighted with the boys' performance.

The second half has started. St Clements are trying to make a comeback the St Clements striker running up the wing, but the striker is under so much pressure he fouls Kian Dempsey giving Caimin's a free kick. Lee Maguire gives a lovely ball into Aleksander Gladysz make an excellent shot on goal but due to the winds it just blows to the right. St Clements attack again but sadly the defence were not prepared and St Clements have scored an equalizer.

A great pass made by Kyle Mcinerney to the midfielder Kyle Kirby. Kyle Kirby gives a great pass to Kian Dempsey he travels down the left has a great chance of a goal, but it is saved by the keeper. Minutes later Patrick Lonergan has a beautiful goal chance, but it just goes left from the bottom corner. St Clements make another goal chance but a rough foul in the box from the defence and it is a penalty for St Clements.

Kyle Mcinerney is focused to save this penalty, but the St Clements striker sends Kyle the complete opposite way making the score St Clements 2, St Caimin's 1. The St Caimin's boys are now focused to score an equalizer. The boys do not put their heads down yet great tackles made by Adeola the St Clements midfielder fouls Adeola giving Caimin's a free kick, Another close goal chance by Lee Maguire. The keeper kicks it straight to the striker sending another goal past Kyle Mcinerney. The final whistle is blown, and the final score is 3-1 to St Clements.

Practical Exams Underway – By Gloria Markham

With Junior Cycle Home Economics practical exams taking place this week, I caught up with some third year students earlier in the week to see how they have been preparing and practising their chosen dishes in the hope of blowing the examiner away with their cookery skills.

The practical cooking exam is 1.5 hours long, with an additional 30 minutes allocated for preparation time, so to get it done in time, students must work hard and practise at home. This exam is worth 50% of students' overall mark for Home Economics. Students will be assessed on their ability to follow recipes, use proper cooking techniques, and present their dishes nicely.

During preparation time, students must wash their hands, tie back their hair, remove any jewellery and nail varnish, and put on apron. I spoke to one third-year student, who gave me a great insight into the junior cert practical exam for Home Economics, what is expected and what she has planned.

Q: What dishes you are preparing?

A: "I'm making a lunch and a healthy snack."

Q: How much practice are you doing inside and outside of school?

A: "Inside school we get to practice once a week and outside of school I normally practise one to two times a week, because it's important to practise the recipes beforehand and familiarise yourself with the cooking methods".

Q: What made you decide to pick this dish?

A: "I've made both dishes at home and at school, so I know well how to make them."

Q: How are the teachers helping you prepare for the exam?

A: "The teachers help a lot when it comes to knowing what to do in the exam. They explain everything properly and make sure we are ok with everything and completely ready."

Q: Did you have to prepare a booklet and if so, what information did you have to include?

A: "We did. We had to write a brief overview of our task (CBA). We also must write out all our ingredients and equipment as well as what dishes we chose to make. We then must write out our prep (washing veg, setting up unit before exam etc.) and the method for our dishes. At the end of the booklet, we have an evaluation to write after we serve and taste our dish."

Top tips to do well in your exam:

Practise – familiarise yourself with the recipe.

Time management – allocate your time wisely.

Stay organised – keep your workspace clean and organised this will help you work efficiently and avoid any unnecessary mistakes.

Follow instructions – pay attention to measurements, cooking times and techniques.

Presentation matters – pay attention to plating, garnishing and overall visual appeal as this can make a big difference in the final assessment.



Well done to everyone completing exams and best of luck to those of you who have their practical next week.

Junior Cycle Art – By Gloria Markham

As the deadline for the Junior Cycle visual art coursework is fast approaching, third year students are putting the final touches on their amazing art pieces before their final submission.

There are three themes students can choose from this year. This year's options were; 'My Favourite Things', 'Camouflage', and 'Utensils.' There is a wide variety of art pieces you can choose from such as oil paintings, regular paintings, drawings, charcoal pieces, and so on.

In preparation, students must find a primary source picture for reference, then let their imagination take over. This visual art coursework lets students explore their artistic skills and creativity. It also allows you to experiment with different techniques and materials – every art lover's dream!

I spoke to one third-year art student about her Junior Cycle coursework, and here's what she had to say!

Q: How did you decide on a theme for your art coursework?

A: *"I choose 'My Favourite Things' because it sounded more interesting than the others. I also wanted to draw something related to sport, so it was a perfect theme for me."*

Q: Which painting method did you choose and why?

A: *"I choose sketch drawings with markers and colouring pencils. I prefer this method best, and I find it the easiest."*

Q: How is the teacher helping you prepare for this?

A: *"The teacher helped me by practising different techniques with me prior to starting the project, she also gives us plenty of time to plan and create our artwork which is great."*

Q: How are you finding reaching the deadline?

A: *"I will have it done in time! The deadline for the Junior Cycle art coursework is the 9th of April and I have good time management so that helps."*

Top tips to do well in this art coursework:

Plan ahead – create a timeline to ensure you are making progress each week. This avoids last minute rushes.

Stay organised – keep all your art materials, sketches, and references in one place.

Practise – set aside time to practise because the more practise you get the better you get.

Start early - don't wait until the last minute to begin your coursework. Give yourself plenty of time to brainstorm ideas and gather inspiration. This will let you produce higher-quality work.

Seek feedback – talk to friends or your art teacher. This will improve your work and make it higher quality.

This junior cert art coursework is a good chance for students demonstrate their creativity, technical abilities, and artistic growth. Best of luck to all art students in Junior and Senior Cycle with upcoming projects and exams!