



EXTRACURRICULAR ACTIVITIES CALENDAR 2023-2024



Extracurricular activities in St Caimin's Community School aim to support student wellbeing and create positive experiences.

These activities in part ensure that each person within the school community can enjoy developing to the fullest, while feeling cared for and safe.

Involvement in extracurricular activities builds teamwork, communication, relationships, and a sense of belonging, all of which help students to develop socially and emotionally.

Participation in extracurricular activities demonstrates the importance of being part of a community. Involvement in such groups also have shown been linked to

- Developing the ability to manage oneself
- Increase time management skills
- Increased confidence
- Increased academic performance
- Physical health gains

Extra-curricular Activities 2023 - 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)
Lunchtime	1.15 – 2.00: <ul style="list-style-type: none"> Games club (room 205) Environmental club (room 205) Photography club (141) 	1.15 – 2.00: <ul style="list-style-type: none"> Games club (room 205) Trad. Group (room 152) 	1.15 – 2.00: <ul style="list-style-type: none"> Games club (room 205) Junior SVP (156a) Girls Football 	1.15 – 2.00: <ul style="list-style-type: none"> Games club (room 205) Art club / Junk Kouture club - alternating weeks (141) Maths Club (170) 	1.15 – 2.00: <ul style="list-style-type: none"> Games club (room 205) Girls Active club for first years (six-week block after Easter)
After School	4.10 – 5.00: <ul style="list-style-type: none"> Homework club (126) 	4.10 – 5.00: <ul style="list-style-type: none"> Homework club (126) 	3.30 – 4.30: <ul style="list-style-type: none"> Homework club (126) Girls soccer Girls Junior Basketball Athletics Club (172) 	3.30 – 4.30: <ul style="list-style-type: none"> Homework club (126) Boys Junior Basketball 	3.30 – 4.30:

- **Boys' football (u.14, u.15, u.16 & u.16.5)** – varies during the year with training either Tuesday, Wednesday or Thursday.
- **Camogie/Hurling** – varies during the year with training either Tuesday, Wednesday or Thursday.



More Information:

Name of Activity	Description of general activities of club	When and where do the club meet	Who should be contacted if students want to join
Breakfast Club	THE BREAKFAST CLUB - A GENTLE START TO YOUR DAY- OPEN TO ALL Every morning Monday to Friday from 8.15 to 8.45 a few teachers host the breakfast club with assistance from some students. This facility is in Room 143, the Home Ec room. Everyone is welcome. It is a lovely opportunity to meet up with others, have a cup of tea or juice and toast and a pleasant chat.	Room 143 every morning	Open to all Mr Moynihan Ms Dhiman Mr Corbett Ms Hill Ms Lynch Mr O'Keefe
Games at lunchtime Club	Runs at lunchtimes in 205. Open to everyone, operates a 'Leave no Trace' policy. Students clean up after themselves.	Lunchtimes Tuesday to Friday – room 205, just turn up	Ms McDonnell Ms Clohessy Ms Byrne
Homework Club	An invitation to the homework club is extended through the year head and homework club facilitators to students from 1st to 3rd year.	After school Monday to Thursday - room 126 (90 minutes)	Ms O'Loughlin Ms Phelan Mr Corbett Mr McDermott Ms Phelan Ms N. Beirne Ms Gooney Mr Keane Mr Nolan
Environmental Club	Online Team, all year groups	Mondays in 205	Ms McDonnell
Traditional Music Group	Traditional Group is open to aspiring musicians hoping to develop their skills in Irish Traditional Music. You will get the opportunity to learn new tunes in a fun and positive environment and perform at various events throughout the year.	Music Room (Room 152) at lunch times on Tuesdays.	Ms Killeen Ms Fahey

Meitheal Mentoring Programme	1 st year induction programme for incoming students to the school. Open to Senior students who self-nominate for the position in March of each year.	Training takes place in May and August. Induction Days in August/September	Ms. Roche
Senior Camogie	Competing in both Munster and Clare competitions. S&C Training. Bonding activities.	Trainings after school or lunches depending on matches. Training after school Monday and Thursday.	Ms O Leary Ms O Loughlin Ms O Connell Ms Phelan Ms Morey
Junior Camogie	Competing in both Munster and Clare competitions. Internal League. Munster 7s Competition. S&C training. Bonding activities.	Trainings after school or lunches depending on matches First Year training: lunchtime on Friday Junior & Senior Training: after school Monday and Thursday	Ms O Leary Ms O Loughlin Ms O Connell Ms Phelan Ms Morey
Junior Soccer	Competing in both Clare and Munster Competitions. Training is after school.	Training can be on the school pitches or in the PE hall. Girls training: After school on Wednesdays	Boys: Mr Corry Mr Nolan Girls: Mr. Corbett Ms. Counihan Ms. Lynch
Senior Soccer	Competing in both Clare and Munster Competitions. Training is after school.	Training can be on the school pitches or in the PE hall. Girls training: After school on Wednesdays	Boys: Mr Corry Mr O'Brien Girls: Mr. Corbett Ms. Counihan Ms. Lynch
1st Year Hurling	Competing in Blitz competitions throughout the year. Training can be after school or lunch while competitions are active.	Training takes place after school on Mondays and Wednesdays. It can be on the school pitches, in the PE hall or in the school gym.	Mr Cunningham Mr Duddy
Under 15 Hurling	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training can be on the school pitches, in the PE hall or Strength and Conditioning sessions in the school gym. After school on Wednesday	Mr Lohan
Under 17 Hurling	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training happens after school on Thursday, and it can be on the school pitches, in the PE hall or in the school gym.	Mr Corry Mr Corry

Senior Hurling	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training happens after school on Thursday, and it can be on the school pitches, in the PE hall or in the school gym.	Mr McDermott Mr Corry
Junior Football	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training can be on the school pitches, in the PE hall or in the school gym. Boys training: Wednesdays after school (subject to change) Girls training is at lunchtime on Wednesdays.	Boys: Mr. Moynihan Mr. Aherne Girls: Ms Beirne Ms Hill
Senior Football	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training can be on the school pitches, in the PE hall or in the school gym. Girls training is at lunchtime on Wednesdays.	Boys: Mr. Keane Mr. Quealy Girls: Ms Beirne Ms Hill
Student Blog	Online articles are submitted and published to the blog regularly. These can vary from something topical in the news, a poem, a movie review etc.		Ms. O'Brien
TY News Reporting	Team of TY students who attend school events throughout the year and report back for posting on social media. The team is trained as part of the GAA Future Leaders Sports Journalism Module and work in pairs to report on events through reports and photography.	Ongoing throughout the Year.	Mr Aherne
Golf	Junior and Senior golf teams compete each year in a Munster competition. Every May we hold a Caimin's golf tournament in Shannon GC.		Ms. O'Brien

School Choir	Open to all students, our school choir has the opportunity to perform at school concerts, Carrigoran House, the local community at various events throughout the year.		Ms Fahy Ms Killeen
Diabetes Peer-Support Group	Peer support for students who have diabetes and for friends to learn about living with diabetes.	Ongoing throughout the year.	Ms. Guinnane
An Gaisce	Gaisce Awards are non-competitive and completed in TY: participants choose their own activities, goals and projects for 13 / 26 weeks	TY	TY Co-Ordinator
LGBT+ Group	A safe, non-judgemental space for people to chat over lunches. Don't have to identify with the LGBT+, can come to learn more about the experiences of others.	Lunch times (notice posted on a Team)	Ms Guinnane Ms Morey
Chess Club	Junior and Senior Chess teams	All year groups	Ms McDonnell
Junior SVP	A group of students who wish to make a difference to the lives of others. They are involved in social justice projects within the community, visit the residents of Carrigoran Nursing Home, raise vital funds for Local branches of SVP and other organisations. They host coffee mornings for senior citizens in Shannon, engage in food and toy appeals and they engage in creative ways of showing kindness within the school and beyond. They attend the Regional Young SVP Youth Day each year.	Every Wednesday at lunchtime in room 156a. Open to all year groups.	Ms Guinnane Ms. Lynch Ms Clohessy
Girls Active Club	First year girls programme to encourage girls to get involved in non-competitive exercise while developing relationships and confidence. There is also an end-of-year trip.	Fridays at lunchtime in a six-week block.	Ms O'Leary Ms Morey Ms Beirne Ms O'Loughlin

Photography Club	Open to all year groups. Photography task given each week, group discussion and tips in every meeting. No camera required – just your phone.	1.30 on Monday in the Art room	Ms Masterson
Art Club / Junk Kouture	Open to all year groups. Art skills shared and art topics discussed weekly.	Every second Thursday at 1.30, starting 21/9/23	Ms Masterson
Maths Club	This club is led by TY students. First and Second Year students can come along if they need help with maths or if they would like to learn new skills. Maths games and activities also.	Lunchtime on Thursday in 170	Ms Drudy
Junior Basketball	Basketball for First, Second and Third Year boys and girls.	Girls training: After school on Wednesday Boys training: After school on Thursday	Ms Byrne Ms O'Loughlin
Athletics Club	Training for schools cross-country and track & field events throughout the year. All are welcome.	3.30-3.40, meet in room 172	Ms Quinn