



# The Caimin's Connection

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

TYA (Robin, Aidan, Holly, Seán)

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Issue 3

## You've Got an Ally in Me – written by Holly Quinn

Throughout last week, we celebrated 'Stand Up Awareness Week' in school, culminating in our annual Colours Day at the end of the week. In recognition of the rainbow theme and of diversity in our school, each year group was designated a specific colour to wear on the day. A huge effort was made by students and staff alike, who wore their colours with pride as a show of solidarity and respect to everyone in the school community.

Stand Up Awareness Week takes place nationwide every year and the idea of this week is to give secondary schools all across the country time to take a stand against homophobic, biphobic and transphobic bullying. It is an opportunity for schools to take steps towards making secondary school a safe and supportive space for LGBTQ+ young people.

Every year, there is a theme for Stand Up Week, and this year was no different. The theme this year was 'Allyship' which was interesting to learn about from a student's point of view. We were informed that an ally is not just someone who is tolerant of LGBTQ+ people, or even someone who doesn't discriminate against them. Instead, an ally is someone who takes action to challenge prejudice, bullying, someone who tries to make the world a fairer and more equal place for all of us to live in.

Many students and staff worked together collaboratively to plan and organise this year's Stand Up Week and there were lots of activities happening throughout the week. There was also an opportunity for students and staff to donate €2, with all proceeds going to two deserving organisations GOSHH and Belong To.

GOSHH is a Limerick based charity which provides a safe, confidential, welcoming environment for everyone they work with, with a strong focus on promoting equality and



wellbeing, with a positive and respectful approach to gender diversity. Belong To is Ireland's national LGBTQ+ youth organisation that aims to create safe spaces and places for LGBTQ+ young people, and to empower others through education to support LGBTQ+ young people.

This year, St. Caimin's is working towards becoming an LGBTQ+ Quality Mark School which is very exciting. There will be lots of initiatives and events going on in the coming weeks and months to make our school a safer and more supportive place for all students.

We have an LGBTQ+ and Allies Group in St. Caimin's that is a safe, non-judgemental space for people to chat over lunches. You are welcome to come and join the group to learn more about the experiences of others. You don't have to identify with LGBTQ+ to attend and take part in LGBTQ+ school initiatives.

This year's Stand Up Awareness Week was a great success with students and staff all coming together in the spirit of community to embrace the occasion. We will keep you up to date with future LGBTQ+ events taking place throughout the year, along with an update on how much money was raised for Belong To and GOSHH, as soon as we have it.

## Latest News in St. Caimin's

### Senior Hurling Update – by Seán McInerney and Aidan Jones

On Wednesday the 15<sup>th</sup> of November, the St. Caimin's Senior Boys hurling team played Presentation Secondary School Ballingarry in a do or die match, which took place on the Seán Treacy GAA grounds in Kilcommon.

Our captain Calum Phelan won the toss and decided to play with a strong wind in the first half. Presentation Ballingarry started the match strong with four quick scores to put them ahead early on. St. Caimin's replied well with three frees by Seán Murphy and a one in a million score by Lee Freeman to level the sides. St. Caimin's managed to take the lead with Calum Phelan and Evan Crimmins scoring from long distances, while defenders Tadhg Fitzgerald and Mark Mullins kept their side in the game. St. Caimin's found it tough to get the chances they needed, hitting eight wides in the first half and Ballingarry keeping the game tight. The opposition side eventually found a way through St. Caimin's near the end of the first half and got three great scores to end the first half with a score of 0-9 to 0-6 favouring the Tipperary side.

St. Caimin's made a tactical change, bringing on Peter Gilligan for Lee Freeman at halftime, with Peter Gilligan have a huge impact on the game. Midfielders Jack O' Halloran and Niall Fitzgerald put in savage work to win almost every ball back in the middle of the pitch and supplying both wing forwards Eanna Collins and Chris Meaney. Wearing number 15 for Caimin's, Seán Murphy managed to find his momentum early in the second half and slot over four frees in a row, followed by another



Calum Phelan point. At this stage in the game, St. Caimin's decided take make their second and final change in the game and bring Neil Forde onto the wing in place of Chris Meaney. Our Keeper Ben Mulvihill continued to supply corner back Harry Chaplin and Dara McInerney with the ball and make some top class saves.

Full back John Deasy defended consistently to keep a very good full forward quiet for the game. With about fifteen minutes to go, Ballingarry broke the line and got in for a goal putting them 5 points clear of us. Soon after, a great ball into Finn Murphy was fired into the net putting us just two points behind with minutes remaining. Unfortunately, the goal wasn't enough for the lads to win and now they are knocked out of the championship. A great performance was put in by all players, with the score finishing 1-14 to 1-11 to Ballingarry. A narrow win and a hard fought battle for our home side. Hard luck to the Caimin's Boys on a narrow defeat to a very strong side.

### Clare Haven Visit – by Aidan Jones

At the start of the month, Transition Year students had a visit from Clare Haven Service, which is a women's domestic violence and children's domestic violence organisation that helps women and children escape from violent homes or from homes where they are suffering domestic violence or violence in general.

The facilitators of the workshop, shared lots of useful information about where women and children can safely stay and sleep and know that they are safe from any abusers. They shared information on all of the different

types of domestic violence and abuse which was both insightful and shocking at the same time.

The three women who facilitated the workshop were very good. They explained everything in detail, with lots of statistics and videos which kept the workshop interesting. We had lots of discussions and interacted with each other too which was good. The facilitators were very helpful and were open to questions about everything and anything that we wanted to know.

## Latest News in St. Caimin's

### My Junk Kouture Journey – by Robin Leenane

If you are creative and want to express an important message, Junk Kouture is the place for you! If you are not familiar with this initiative, Junk Kouture is a sustainable fashion competition open to 12-19 year olds and challenges young people to design, upcycle and create high end Kouture – clothing – from recycled junk.

As a passionate art student, I decided to join the Junk Kouture group in school to practice my art skills in a different, unique, and creative way, while also getting the opportunity to spread an important message about the environment. This is something that is very important nowadays when we consider the current climate, and ongoing issues around global warming, rising sea levels and wild fires. I think it is a good way to teach young people and all people, to make a difference and help fight climate change.

Having given my project a great deal of thought, I have decided to make a dress out of toys, with the aim of opening up a conversation about the 'throw away' toy culture that exists in today's society. Many people in day to day life throw away perfectly good toys when they are not in use anymore. In fact, it has been reported that 80% of toys end up in landfill. This is a serious issue and one that I am interested in tackling. By taking part in Junk Kouture and making the dress, I am hoping to show people that there are other ways to get rid of unwanted toys, like giving them to charity shops in your nearest town or city.

In preparation for Junk Kouture, I have been busy collecting old toys from friends, family, and neighbours but I still need a lot more. I've also been collecting plastic packaging and paper from shops in my locality. This whole process has really taught me how much waste exits in our everyday lives.

I'm really excited to be embarking on this Junk Kouture journey for the first time. It has been a big learning experience for me, but really fun and I have made a lot of memories with my sister who is my partner for this project. We enjoy working together and I hope to work on more fun projects with her in the future. Junk Kouture

has been such a fun experience and I have already learned so much about the environment. Now, we all need to play more of an active role in helping to protect and save the world we live in. Junk Kouture is a good way to branch out and take part in new experiences. If anyone would like to join us on our Junk Kouture journey, we meet at in Ms. Masterson's room (Art Room) at lunch time on Thursdays. All are welcome!



### Aesthete – a poem by Gia Mirium Gibson

A blank canvas can turn into a world of  
colour in seconds,

And a blank piece of pages can turn into  
passages of imagination or reality,

Art is splashing your inspiration into a  
blank space,

It helps people understand the emotions  
flowing inside them,

Art can be expressed in many ways...

## Latest News in St. Caimin's

### SVP Updates – by Robin Leenane

The Society of St. Vincent de Paul Group – or SVP group as you may know it - has been a major part of our school community for many years. Whether they are organising bake sales, toy show bags or Christmas Jumper Day's, the SVP group is always working hard to raise awareness, raise funds for a worthy cause and to try and make a positive impact on people's lives. This year's SVP group is no different and seems to be buzzing with excitement in the lead up to Christmas. I sat down with the SVP group Vice Secretary, Sophie Grady, to find out what has been happening within the SVP group in recent weeks, and to get the scoop on what events we can expect in the weeks and months to come.

I began the interview by asking Sophie to explain to our readers what the main role of the SVP is. She said, "SVP is a voluntary organization which aims to help people in need." Speaking on why she decided to join the SVP committee in St. Caimin's, she remarked, "I decided to join SVP in first year as both of my sisters had been a part of it and they both really enjoyed it." Sophie, who is now in third year, explained that she works hard to make the SVP group a welcoming space for anyone who wants to join and be a part of something positive and impactful.

Sophie explained that her involvement in the SVP group in school has been beneficial for her in many ways and she has had the opportunity to get involved in many events and initiatives in school and in the local community. Among her roles in the SVP group is her interactions with members of the wider community. She explained, "My favourite thing I have done with SVP is when we go to Carrigoran. We get to talk and interact with the elderly residents there and learn about their past. The last time I went there, I was in a cast, and I sat down talking to this gentleman. After a lengthy chat, I found out that he used to be involved with the Order of Malta Charity in Limerick and we both knew people still involved with the charity. It was nice to make connections and see that we had things in common."

Speaking on advice for someone who wishes to join the SVP committee in school, Sophie suggested, "If you want to be in a group in St. Caimin's, I really recommend

joining SVP. It is a lot of fun, and you make new friends across all year groups." For anyone interested in joining the SVP group, they are more than welcome and can go to Room 156A at lunchtime on Wednesdays. All new members are very welcome.



*Caption: The current SVP Committee in St. Caimin's*

At present, the SVP team are working on their annual SVP collection. Speaking on this, Sophie explained, "There are lots of fundraising activities coming up between now and the Christmas holidays. All money raised from the different fundraisers is donated to our local SVP here in Shannon, Sixmilebridge and the surrounding areas. It is a really worthy cause, and we encourage everyone to donate if they can."

The Late Late Toy Show is on RTÉ next Friday night, the 24<sup>th</sup> of November, so Toy Show Treat bags are now in sale for €7, with all profits going to SVP. If you would like to order a treat bag, please give your name to Ms. Guinnane by Wednesday the 22<sup>nd</sup> of November.



## Latest News in St. Caimin's

### Munich Moments - by Megan Keogh

Recently, I was part of a group of students who enjoyed a trip to Munich, Germany. When we arrived in Munich on day one, we visited Marienplatz, a gorgeous central square in the heart of the city. It is a bustling and vibrant place, known for its historical and architectural significance. The square is surrounded by impressive buildings, including the New Town Hall. After exploring the square, we visited the Allianz Arena. Here, we enjoyed a brilliant, guided tour experience and got to shout "GOAL" from the seats, which echoed throughout the stadium. While there, we got to see the Bayern München dressing rooms and take a walk onto their perfectly kept pitch.



We returned to Marienplatz for a guided tour of the city which included a visit to a Michael Jackson memorial, followed by dinner at The Hard Rock Café. The day wasn't finished just yet as we arrived at 3D Neon-Minigolf, where the vibrant colours and glowing designs made for an exciting evening activity to end our first day in Munich.

The next morning, we dressed up warm as we were headed for Mount Zugspitze. At 2,962 metres above sea level, it is the highest mountain in Germany. We all crammed into a cable car which took us to the peak of the mountain, which was chilly to say the least! Despite the cold, my friends and I headed straight for the glaciers down another cable car, where we got to go sledging down a slope. This was a barrel of laughs when no one could stand still on the ice. We flew down the bumpy slope before crashing into the snow at the bottom and climbing back up the hill with the sled in tow. This was definitely the highlight of the entire trip for most people. The laughs we had are memories we will never forget!

While in Munich, we enjoyed some of the local cuisine. We tried 'Currywurst mit Pommes', a German dish of a pork sausage, ketchup curry and fries. Most found it to be a delicious and unique combination of flavours that left us craving more. Once we returned to Marienplatz we had a bit of free time to explore and shop until it was time for dinner at 'La Forchetta'. Our evening activity was a round of bowling to end the day on a high note. It wasn't long before Ms. Quinn and Ms. Feehily were taking turns playing for some of the students which either showed up as a 2 or 9 on the scoreboard!

On our final day, we visited the BMW museum, which displays a collection of BMW cars, motorcycles, and engines, and showcases the brand's history, innovations, and technology. This proved to be a delightful and stunning experience. Following that, we proceeded to Dachau, a memorial for one of the first concentration camps set up in Germany in March 1933. Visiting the memorial was a real eye opener, it is a solemn place with a museum and preserved parts of the former camp, like the barracks and a crematorium. Visiting this memorial helps us learn about history and honour the memory of those who suffered there. It was definitely worth seeing. This concluded our Leaving Cert trip to Munich.

Overall, this adventure was fantastic and filled with excitement, particularly because it was the sole chance for an overseas school trip for the majority of us. We created numerous unforgettable memories and forged new friendships with individuals we hadn't previously had the chance to connect with. We express many thanks to Ms. Quinn for her willingness to coordinate this trip, as well as to Ms. Feehily and Mr. Corry for accompanying us. Our time was truly fantastic.





### Exploring the Wonders of Rome – A Trip to Remember

The adventure began as students and teachers landed at Naples Airport, filled with excitement and anticipation for the cultural experience awaiting them. Our journey kicked off with a scenic drive to Mount Vesuvius, an iconic volcano overlooking the Bay of Naples, where the students marvelled at the breathtaking views and learned about its historical significance.

Next on the itinerary was the ancient city of Pompeii, frozen in time by the eruption of Vesuvius in 79 AD. Walking through the well-preserved ruins, students gained a vivid insight into daily life during the Roman Empire. As the day unfolded, our tour buses whisked us away to Sorrento, a charming, picturesque town nestled on the Bay of Naples.

On day two, we set off for the ancient city of Rome. The students enjoyed a guided walking tour that led them through the heart of this ancient metropolis. The majestic Colosseum stood as a testament to Rome's grandeur, and the Roman Forum unveiled the rich history that unfolded within its ruins. The awe-inspiring Pantheon, a marvel of ancient engineering, left an indelible impression on the students. Later in the evening, students visited the vibrant Piazza Navona, the iconic Trevi Fountain, and the Spanish Steps. Each site offered a unique glimpse into the city's artistic and architectural legacy. Laughter filled the air as students soaked in the rich cultural tapestry of Rome.

On the third day, our journey led us to the Vatican Museums, a vast treasure trove of art and history, with over 1,400 rooms. The highlight was undoubtedly the Sistine Chapel, where students craned their necks to admire Michelangelo's masterpieces adorning the ceiling. Next up was a stroll through St. Peter's Square, home to St. Peter's Basilica, followed by some retail therapy before retiring to the hotel in Fiumicino.

On the last day, we ventured to the San Callisto Catacombs for a guided tour. Located just off the Appian way, these catacombs originated from about the 2nd century and are part of a cemeterial complex which occupies an area of 90 acres, containing a network of galleries about 12 miles long, covering four levels, more than 20 metres deep. For students, it was a haunting yet captivating testament to early Christian burial practices.

Overall, students and staff had a brilliant time in Rome. From ancient ruins to modern marvels, from art to history, the trip proved to be an enriching experience that transcended textbooks, leaving students with an appreciation for the cultural diversity of this famous city. The group bid 'Arrivederci' to Rome as they made their way to Fiumicino Airport, cherishing the memories of an unforgettable journey that will undoubtedly be a highlight of their time in St. Caimin's for many years to come.

See some more pictures from the trip, plus the thoughts of some of those who attended the trip on the next page!

## Latest News in St. Caimin's



*"My highlight was seeing the interiors of the Sistine Chapel. It's amazing to look at all of the small details and design that went into it. Truly a once-in-a-lifetime experience."* – Kyla Andres, 2<sup>nd</sup> Year.



*"My highlight is when 12 or 13 of us played Foosball on the last night. We barely had the 50 cent needed to play, so we all pooled our money together. It was definitely one of the most competitive games of Foosball ever! Sometimes the ball went flying off the table because we were all trying so hard to win!"* – Laura Meaney, 3<sup>rd</sup> Year.



*"My personal highlight is the memories we made on the bus and just the fun between us and the teachers. No matter where we went, we found something fun to do. Every place we saw was amazing. It was the highlight of my year and would go back in a heartbeat. I could have stayed there for the whole misterm!"* – Ali Maxwell

*"I loved the tour of Rome because we learned about it in*

*school and it was exciting to see it in real life and not just in a textbook."* – Hannah Wang, 2<sup>nd</sup> Year.

*"It was very fun and exciting seeing historical buildings and monuments. I really enjoyed looking at the Colosseum and its architecture and design. I also enjoyed the ice-cream and the pizza!"* – Iga Lesiczka.



*"My personal highlight is singing our hearts out on the bus and climbing Mount Vesuvius. The view was amazing, and we got such nice pictures and made many memories up there."* – Katie McMahon, 3<sup>rd</sup> Year.



*"I loved the trip to Italy. My favourite memories are spending time at the shopping centre and the hotel, because in these places, I got closer to people I wouldn't expect to."* – Lena Pokrywa, 3<sup>rd</sup> Year.



*"I loved visiting the Colosseum. It's crazy that it was built over 2,000 years ago and it's still in such good condition."* – Sean Healy, 3<sup>rd</sup> Year.

*"I liked Pompeii because the buildings were almost perfectly preserved. It was interesting."* – Tadhg Guinane.

## Cúinne Gaeilge



### An Idirbhliain i bPobalscoil an Chaimín Naofa – by Scott McCoy

Dia daoibh, is mise Scott Mac Aodh agus tá mé san idirbhliain i Scoil Phobail Chaimín Naofa Taitníonn an bhliain seo go mór liom. Táim ag glacadh pairte sa cheoldráma agus táimse ag baint

an-spraoi as.

Is clár bliana é an Idirbhliain idir na sraithe Sóisearacha agus Sinsearacha. Tugann sé deis do dhaltaí le fás, forbairt agus foghlaim saor ó bhrú na Scrúduithe Stáit.

Tugann an Idirbhliain deis iontach do dhaltaí forbairt, fás agus bláthú i go leor slíte lasmuigh den seomra ranga.

Cuirimid béim ar an bhforbairt pearsanta seo, araon leis an taobh acadúil sa bhliain. Tugaimid deis do dhaltaí níos mó a fháil amach fúthu féin trí Obair Dheonach agus Taithí Oibre a eagrú, ceoldráma a dhéanamh, turasanna thar lear a eagrú, deiseanna a thabhairt páirt a ghlacadh in imeachtaí cosúil le Gaisce, YSI, agus go leor rudaí eile.

Tugtar deis dóibh a scileanna féin-eagrú agus féin-fhoghlaim a fhorbairt le ríomhphunainn a úsáid freisin, agus níl aon dabht ach go gcuirfidh na scileanna a fhoghlaimítear san Idirbhliain go mór leis na daltaí agus iad ag dul isteach sa Chúigiú Bliain.

Ar an iomlán, mholfainn do chách an idirbhliain a dhéanamh mar laghdódh an bhliain an strus agus an brú a bhíonn ar dhaltaí.

## Lighting the Spark for Science Week - by Holly Quinn

This week is Science week in St. Caimin's – a time to celebrate the science around us in our everyday lives.

Students from TYA conducted a variety of experiments to showcase their abilities and what they have learned to date. The students worked in teams of two and three. Students from TYC were invited to attend and evaluate TYA's science fair projects. The feedback was very positive overall, and everyone seemed to have enjoyed the occasion. This was a great way to encourage



participation in the Science subjects within the school environment. Who knows, we may even have a future Young Scientist of the year in our midst! Students were encouraged to embrace science week and test themselves with daily brainteasers on Teams.



There were lots of other exciting science activities taking place throughout the week, including a Science Emoji Competition, Leaving Cert Physics Quiz, Egg Drop Challenge, Hydrogen Gas Production, Floating Can Relay Races, Neuron Model Making and Science Dingbats!

