

# First Year Summer Newsletter

2023

## Year Head's Message

It's hard to believe that the first year of Secondary School is over. You have made many new friends and developed in many ways. I hope you recognise your many successes and failures which will help you in second year, to develop into independent young people.

Overall the year was a positive experience for you all, I hope you have a nice rest and enjoyable holiday.

Looking forward to working with you in September,

Year Head

Ms. B Dalton



## Girls Soccer

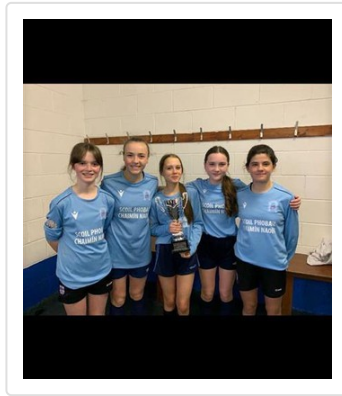
St. Caimin's First Year Girls Clinch FAI Clare Schools Final with 4-0 Victory over Colaiste Muire. The team showcased their immense talent and determination as they triumphed over Colaiste Muire with an impressive 4-0 victory in the FAI Claire Schools Final.

Right from the kick off, St. Caimin's displayed their attacking process, with midfielder Kate Lee making an immediate impact. Kate opened the scoring for her team with a powerful free kick that left the Colaiste Muire goalkeeper with no chance. St. Caimin's soon doubled their lead through midfielder Ava Moloney who showed great skill to finish to the net just before half-time.

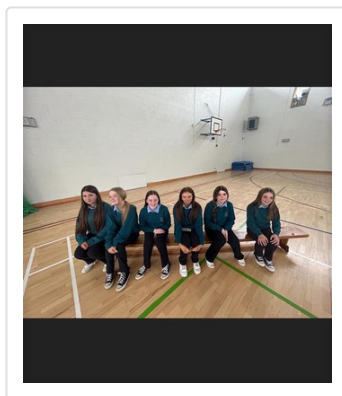
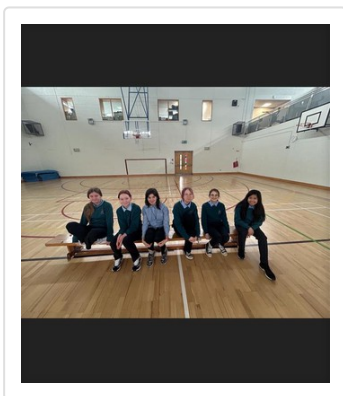
As the second half got underway, the girls continued their onslaught on the Colaiste Muire goal. Midfielders Olivia Darcy and Kate Lee dominated the battle in the middle of the park, asserting their control over the game. Their vision, passing ability, and tireless work rate allowed St. Caimin's to maintain their attacking momentum and prevent Colaiste Muire from mounting any significant comeback. With their midfield dominance established, St. Caimin's expanded their lead even further through the sheer brilliance of right winger Amy Magee. Magee showcased her exceptional skill and accuracy as she unleashed a thunderous strike from outside the box. The ball soared through the air, leaving the opposition goalkeeper with no chance as she found the top corner of the net. As the second half developed, Lily Fahy

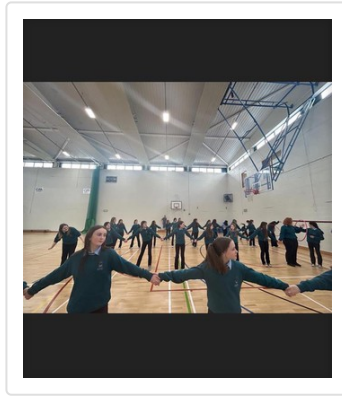
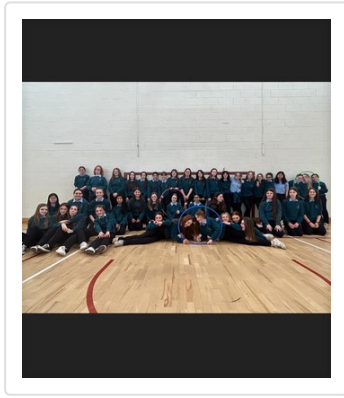
continued to be a threat on the left despite being double marked for most of the game. To cap off an outstanding team performance, Kate Monaghan ran through and finished excellently. While St Caimin's were excellent in attack, credit must also be given to their formidable defence of Courtney Behan, Grace Cordon, Olivia McMahon and Eimear Peacock. The defenders showcased their resilience and composure, thwarting Colaiste Muire's every attempt to breach their backline. Behan and McMahon's exceptional reading of the game, solid tackles, and timely interceptions ensured that their team maintained a clean sheet and secured a fantastic victory. After the game, captain Olivia Darcy lifted the cup on behalf of the team. Well done girls!



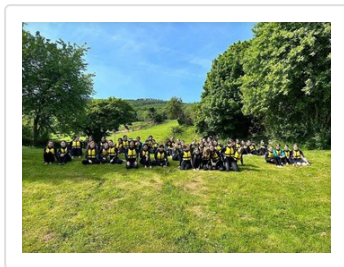


## Girls Active in Caimins





Here's a few snippets from the 1st Year Girls Active trip that took place on our last week of school. The 43 girls who took part in the 6 week programme at lunchtimes, were rewarded with a trip to West Lake Aqua Park. The Girls Active programme aimed to encourage physical activity and building relationships within the year group. We hoped to introduce girls to alternative, fun, low impact ways to exercise in order to maximise participation and increase a sustainable healthy lifestyle.

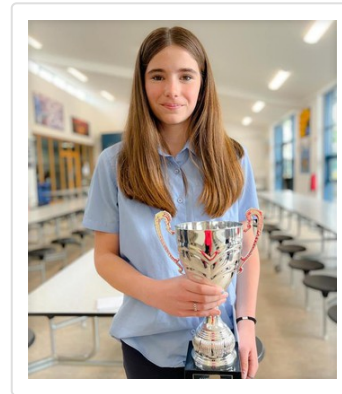
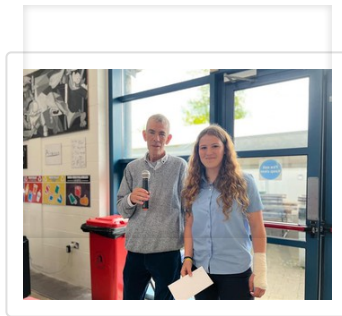
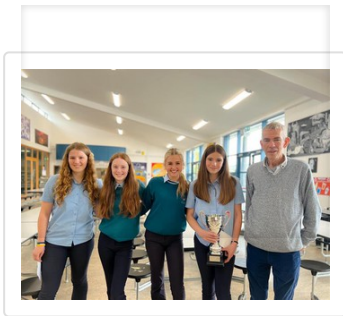
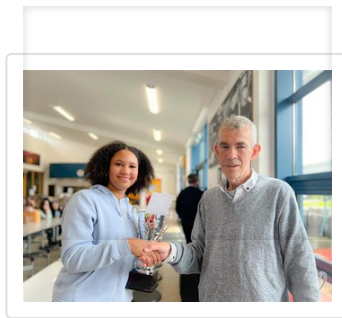
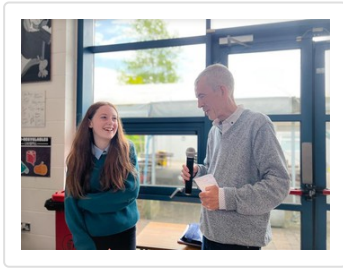


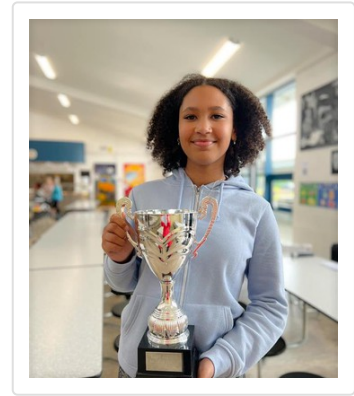
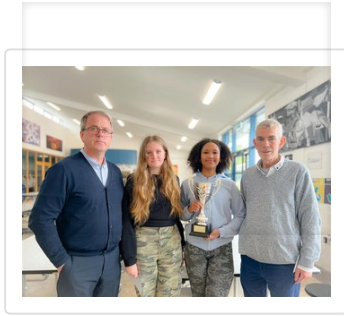
## Richard Grimes Awards

We'd like to congratulate the first and second year students who received their prizes for the inaugural Richard Grimes short story and poetry competition.

Richard retired in June and he has generously sponsored two new writing competitions: poetry writing for first years and short story writing for second years. We were delighted to have him back in school today to present Natasha Rossman, Crea Lynch, Sarah Farrell, Laura Meaney

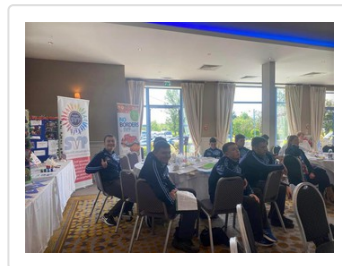
Abi Darcy, Caoife Gunn and Caoimhe Hourigan with their prizes and perpetual trophies for the first prize winner in each category.





## Saint Vincent de Paul

Well done to the 21 Young SVP Members who represented us so well at the Mid West Young SVP Youth Day. Olive and Joshua took part in a panel discussion about some of the activities we did throughout the year. Amy sang on stage and brought down the house. Well done and thank you for all the hard work throughout the year.



## Camogie

Our first year camogie team lost out narrowly on a final today after winning 2/3 matches down at Mallow. Huge effort by players representing Sixmilebridge, Newmarket, Cratloe and Shannon!



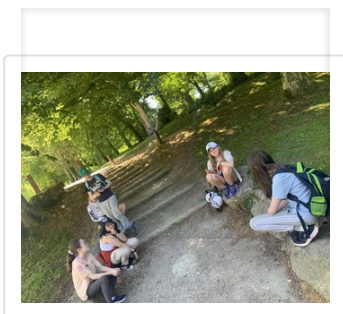
## Well Being Trip to Currachase

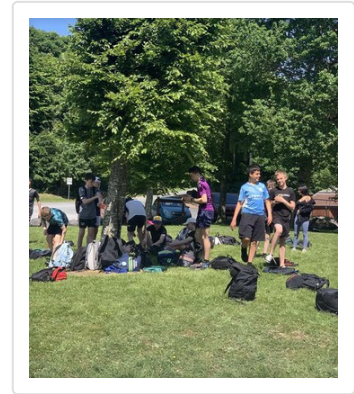
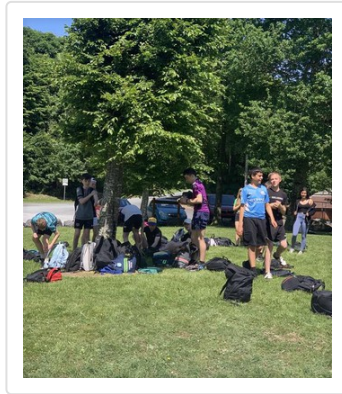
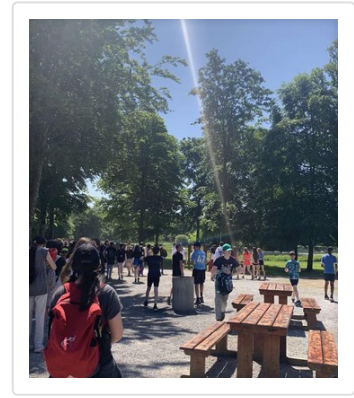
We started off the day by boarding the three buses, phone use was not permitted as it was a wellbeing trip. Everyone was chatting and having a great time without their phones. It took about forty minutes to get there.

When we arrived we went off on our first activity of the day which was a walk on the main trail. It was great to see everyone out in the lovely weather. After the walk we took a break for forty minutes in the main area.

For our next activity we went for a walk around the lake. We then visited the cafe where everyone treated themselves to something nice after the day. After that we had an hour to ourselves, some people played hurling, football, some went on a walk and others just chilled out and relaxed in the sunshine and shade.

This was a great experience for everyone and everyone had a great time. We would like to thank our year head and teachers for organising this trip for us, we really enjoyed it.





## Fun Sun and Soccer

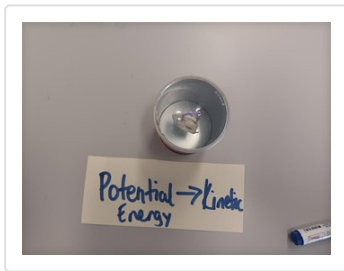
A few of our first year boys, Ben Stenson, Callen O'Neill, Charlie Glynn and Calvin McGuinness flew to Barcelona with Shannon Town United. We hope they had fun!



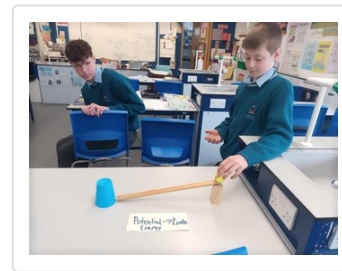


## Science Energy Conversion Models

This year, the first years learnt all about energy and energy conversions in science class. Students were asked to design and make an energy device that shows an energy conversion. Using the law of conservation of energy- energy cannot be created or destroyed but can be changed from one form to another. In the picture Oisin lets go of the golf ball, its potential energy the ball due to its position converts to kinetic energy and moves the cup. The higher up the ramp is the greater the potential energy of the ball. Rhandir created a device out of a pringles container with elastics and coins stuck together inside. With each twist he gives his device more potential energy until he lets go and converts to kinetic energy. Students were asked to explain how their device worked, and state the energy conversion. They also had to think of ways that they could make their device more efficient.



Rhandir's invention



Oisín's invention

## Experiment Video

### June 1st Fun Day

St Caimin's Fun Day was organised to raise money for Cliona's Foundation. Students were asked to bring 2 euro to donate.

1st year students competed in teams from all year groups in 20 different activities throughout the day. These activities were a mix of physical challenges, mental challenges and team bonding challenges. Class groups were broken into different colour groups of 5 per class group. The students had great fun in the sun. Pictured below are first year class groups that participated in this years Fun Day!

