



# The Caimin's Connection

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

TYC (Sinéad, Ellie, Callum, Devin, Avril)

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## TY Trip to Salou and Barcelona: Day One – By Sinéad McMahon

On the 17<sup>th</sup> of May, 62 Transition Year students and six teachers went to Salou, Spain for three nights to mark the end of another school year. We arrived in Shannon airport for half 5 Friday evening. Everybody had their holiday clothes and sunscreen packed and were excited to go. We all got through the airport and hopped on the plane at 7:30pm. We arrived in Girona Airport two hours later. We got the bus to our accommodation and got our rooms in the hotel. The hotel was lovely. It was about 2am by then, so we called it a day and went to bed.

Saturday morning, we were up early for breakfast. All the food in the hotel was buffet style, and it was delicious. In the morning, we had free time in Salou. The weather was warm and sunny with blue skies. Lots of people explored the town and went shopping, while others went swimming in the sea. Lots of people got braids or hair wraps in their hair. We went back to the hotel for 12 and got our lunch.

In the afternoon, we went to Barcelona and visited the Sagrada Familia. The Basilica El Templo Expiatorio de la Sagrada Familia, otherwise known as Sagrada Familia, is

a church under construction in the Eixample district of Barcelona, Catalonia. It is the largest unfinished Catholic church in the world, designed by Catalan architect Antoni Gaudí. It was spectacular. The architecture was amazing. We then visited the magnificent Park Güell, one of the major works of Gaudí. It is one of the most beautiful parks in Barcelona. We got the bus back to Salou and went for a stroll, while some people went for a dip in the water. After this, we were all exhausted and headed back to our accommodation. Everybody said they really enjoyed the day and were excited for the next day.



# Latest News in St. Caimin's

## TY Trip: Day Two – By Ellie Dawson

On the morning of day two (Sunday), we had to wake up a bit earlier than the day before, as we would be heading off to PortAventura which was only maybe a 20-minute bus ride from the apartments. It was around 10 o'clock when we arrived at PortAventura and while the park did not open until half 10, there was already a huge queue of people to get. Once we got our tickets and got into the park, we were allowed to go off on our own and enjoy the day.

The rides at the park were brilliant. One of the most popular rides was the Dragon Chan which was a really fast rollercoaster which had around five loops. The Dragon Chan was in the China world part of the park, and there were many more worlds such as Far West, Polynesia, México, SésamoAventura and last Méditerranèa and each of these worlds had loads of rides and restaurants where you could get food or even just a drink.



Once we left PortAventura, we went back to the hotel for dinner, before leaving again around half 8 for bowling which was great fun. Bowling was over by nine o'clock, so we headed back to Salou and had time to go to the beach or go shopping. Most students had enough time to do both. Then we headed back to the apartments but luckily on the way back, we were walking past a McDonald's, so we got something to eat, before heading off to bed, but not before packing up our stuff in the apartments as the following day we would be heading home. This is what one of the students had to say about Barcelona day two. *"We got to do loads; it was definitely one of the best days of the trip! It was such an amazing experience that I am sure none of us will ever be able to forget. My friends and I got loads of pictures, but nothing can beat experiencing it in the moment."*

The students had a wonderful time and will definitely be something they'll never forget and, in my opinion, if you are thinking of going to Barcelona but are not a hundred per cent sure, I recommend going as it was a fabulous experience and you'll never run out of things to see or do while you're there and I'm sure the rest of the Transition Year students will agree with me!

## TY Trip: Day Three – By Devin Downes

On our last day in Spain, we had one last opportunity to soak up the Spanish sun in the morning and take a stroll on the beach in Salou, before moving on to Montserrat, a beautiful Benedictine monk mountain retreat, about an hour north west from Barcelona. We stopped for some photos and the views were amazing.

Before making our way back to Girona Airport to fly home, we made a brief stop at the Olympic Stadium, which hosted the 1992 Summer Olympics and is currently the home stadium of FC Barcelona because of the renovations of the Camp Nou that are taking place until next year. It was a brilliant trip, with lots of memories made.



## Latest News in St. Caimin's

### Clare Knight Cup – By Avril Crowe

On Thursday the 16<sup>th</sup> of May, the Clare Knight Cup was held in the pitch behind the school where all the 1st and 2nd years ran 5 laps of the pitch. There were prizes for the winners here are a couple of photos of the winners.



I spoke to a first year student Anna McInerney, who said, *"I found it very fun because I was with my friends doing it but it was also very tiring as it was so hot outside. I ran half of it and walked the rest. The weather was unbearable for running. Mr. Nolan put a lot of his time setting the event up. Overall, I thought it was a great day and we also got time out of class which was a nice bonus."*

Next, I spoke to Calvin McGuinness, the winner of the day. He told me, *"The day was very warm for running, it was very nice and fun as I was outside with my friends. I came first place which I was delighted about. I got presented with two trophy's by Mr. Nolan and Ms. O' Halloran. I was so happy and my friends cheered for me when I won. I want to congratulate my friends Orainn and Caelan for coming 2nd and 3rd place. Overall, I was thrilled that I came first and I had such a good day out."*



### Exam Tips – By Callum Sutton

The school year is coming to a close and that means one thing, exams. So here are a few tips and tricks for the exams that you may or may not already know!

1. It's not too late to start studying, even the smallest bit of study is beneficial as it is better than no study at all.
2. Read the exam instructions at the start to make sure you have a smooth sailing exam, the instructions will make your exam easier to do and for you to get the highest grade possible.
3. Time management: make sure you know how much time you have per question, and for exams that have the time it should take for you to complete the question at the top of each question, try stick to it so you will not run out of time at the end of the exam.
4. Take your time: the exams are not a race, and you don't have to be the first to finish. Make sure you read every question carefully and answer to your best ability. Even if you find a question hard, skip it and come back to it and the end, or the answer might come to you in a different question later on.
5. Check your answers. If you have time near the end of the exam, go over all your answers and try spot and mistakes throughout it.
6. Read questions slowly and highlight key words, take your time reading the questions to make sure you don't skip out on anything useful for the answers like in maths, "round to the nearest whole number" or to ensure you don't miss anything while reading the questions, you can use a highlighter to highlight key words like "when" or "where" to make it clearer in your mind to know what you are trying to find the answer for.
7. Make sure you keep a healthy mind-set during the exam, stay hydrated and get enough sleep. The last thing you want is to feel tired during exam so watch yourself before, during, after and in between exams.

With these seven tips, they can help your time during your junior or leaving certificate a bit easier, and remember don't stress, you got this! Best of luck to all students of St. Caimin's in their upcoming exams!

# Latest News in St. Caimin's

## Funds Raised for My Canine Companion – By Callum Sutton

On Tuesday the 14<sup>th</sup> of May, the Transition Year's organised a successful bake sale in aid of a very worthy cause; My Canine Companion.

My Canine Companion is an Irish charity that provides therapy dogs to people with disabilities, predominantly autism. My Canine Companion helped us to get our school's therapy dog, Uma. A therapy dog is a dog who is trained to provide comfort and support in various settings such as schools. Therapy dogs are different to assistance dogs, as they assist with people's physiological needs. Therapy dogs work with their handlers to improve the lives of people.

Uma's guardian is Ms. Guinnane, who takes care of Uma and teaches her everything she needs to know. Uma is still in training and learning every day. At the moment, Uma is learning to sit and wait, how to cross the road safely, and the difference between left and right. It will take Uma a full year to be fully trained.



Uma also has a few rules that everyone has to follow, Uma must be sitting for you to be allowed to interact with her, Uma cannot eat any human food and she cannot jump up onto you.

Uma's job in the school is to make us all feel happier and safer. Her job is to calm us and bring a positive energy to the school. Our job in return is to mind her.



Make sure we pick up after ourselves and to know the rules when interacting with her.

The bake sale was organised by Ms. Guinnane and Ms. Lynch and was run by the Transition Year students. The TY's were asked to bring in baked goods to sell and raise money for Uma and help with her training. There was an amazing output of baked goods for the bake sale, so much so, that one table was not enough! The demand for the bake sale was outstanding and we raised more than enough money for Uma and My Canine Companion. Thanks to all students and staff who came along to the bake sale and showed their support for such a worthy cause.



## Celebrating Bike Week 2024 – By Sinéad McMahon

On the 13<sup>th</sup> of May, Transition Year students cycled part of the Limerick to Kerry Greenway, to mark 'Bike Week 2024.' Bike Week takes place each year and is a celebration and promotion of the benefits of cycling. Every year, there are themed events organised by local authorities, communities, and cycling groups all over the country and we were glad to take part.

The bus left the school soon after 9am. There was bad weather expected, but everyone was still excited and up for the challenge. The bus arrived in Barna, Co. Limerick and here, we met our cycling instructors from 'Like Bikes' who made sure we could all cycle



and explained how to be safe on the greenway. Like Bikes supplied each of us with a rented bike, a helmet and hi-vis jacket. The students got normal bikes and the teachers got electric ones. The instructors showed us how to work the bikes beforehand and made sure we all got a bike that fit.

At 11am, we started our long journey ahead. The journey was great fun as most of it was downhill and there was no pressure, you could go at your own pace. We travelled 13km and had a quick stop in

Abbeyfeale, where we caught our breath, recharged, and got some food and water. Then, we headed off for the rest of our journey. It stayed dry for most of the journey, and we only got rained on once, but we dried off quickly. The views were amazing. We all arrived in Listowel, Kerry at around half one, having travelled a total of 26km. Thankfully, everyone made it there without any accidents. We handed back our bikes and gear and thanked the brilliant cycling instructors from Like Bikes.

We got food in a local petrol station and relaxed for an hour. Everyone was happy to be finished and said they enjoyed the cycle very much. The bus collected us at half two and brought us back to school for four. Overall, it was a very enjoyable day. Thanks to the teachers for organising this brilliant day out. It was a great experience to try something different, spend time outdoors and take in some spectacular views along the way.



## LC1 Ecology Trip – By Ellie Dawson

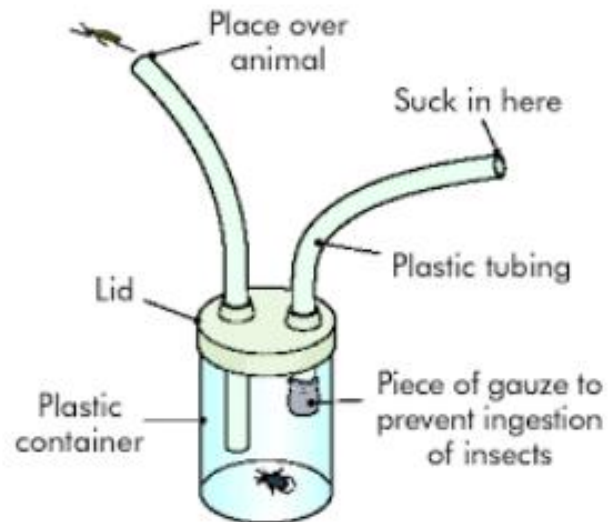
For those who don't know what ecology is, it can be defined as the branch of biology that deals with the relations between organisms and their physical surroundings.

On the 13<sup>th</sup> of May a Monday afternoon, Ms. O' Leary's 5th year biology class went on an ecology trip from 2.40 until the end of school at 4 o'clock. The class went to The Point, which is a beautiful scenic walk along the Shannon estuary starting at St Patrick's Comprehensive school and goes all the way to Shannon airport. The point is filled with beautiful wildflowers and lots of wildlife, from insects, birds, animals and even sea creatures.



The point is around 10 to 15 minutes' walk away from St. Caimin's school. While the students were at The Point, they got to use different equipment to catch different creatures in. They used a beating tray which is a pale coloured cloth that is usually stretched out using a frame. It is placed under a tree or bush and then shaken. As it is shaken it catches any insects that are living in the bush or tree. They also used a pooter, which is a flexible tube that can be used to catch insects directly from leaves.

The students suck on one end which allows the insects to be sucked up into the trap. One of the last pieces of equipment that they used was a quadrat, which is used to identify what type of species of flowers, plants or insects are in an area. It works by throwing the quadrat onto a grassy area and then examine what's inside it.



I asked one of the students what they had caught up at the point and they told me that they had caught a bumble bee, ladybug and a snail using the equipment mentioned up above. When asked what they thought of the trip their response was "I found it enjoyable and interesting as I didn't know what I would find or catch up at the point. I also found it interesting to see what lives in that area by the Shannon estuary." Another student who had been a part of the ecology trip said, "I'm really happy to have taken part in the trip as now in my opinion I have a better understanding of the topic by physically taking part in it and using the equipment"

The trip was a lovely day out for the 5th year biology students and was very educational by helping them see what lives in the area and was a chance for them to get involved and have fun while still learning.

