

Third Year Newsletter

Christmas Edition, 2021.

Season's Greetings from St. Caimin's.

December is upon us with all the excitement, fun and joy of the upcoming holiday. With this in mind I want to send you a brief note to thank you all for your encouragement and support over the last few months and to wish you and your families a Merry Christmas and a peaceful New Year!

Our third year students will begin their well earned Christmas break at 12 noon on Wednesday, December 22nd, 2021. School reopens for all students on Thursday January 6th, 2022.

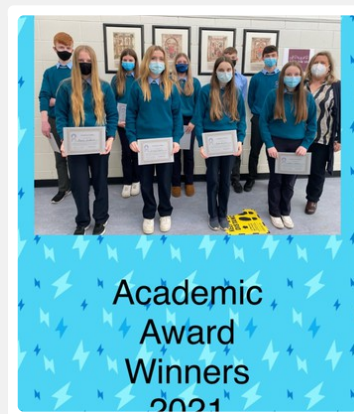
Wishing you happiness, warmth and love this Christmas season.

Siobhan
Year Head

Second Year Student of the Year 2021 and Academic Awards

Congratulations to all the students who received Academic Awards earlier this term. Unfortunately we were not in a position to invite their parents to share in an Award Ceremony but hopefully this did not hamper the sense of pride and achievement felt by the students and their families. We foster a growth mindset in St. Caimin's and encourage the students to set targets for themselves and to work towards growth and self improvement.

The Student of the Year Award recognises academic success, engagement with the school community and adherence with our school vision/mission. Congratulations all.





Student of the Year 2021

"If it is to be, it is up to me"

On Wednesday November 24th all one hundred and twenty third year students engaged in a motivational study skills seminar. The seminar aimed at inspiring, stimulating and empowering students. I asked two of our students for feedback and here is what they had to say.....

"Rayse The Game – Study Skills

Last Wednesday all 3rd year students had a Study Skills Seminar with Raymond Langan.

During the seminar, Raymond discussed the importance of good note taking, study techniques, mantras, how to keep focused, goals for the school year and how our energy levels lead us to achievement.

Raymond mentioned how many students feel they have missed too much school and class-time.

Others feel negative, lack motivation and many are overwhelmed.

Many students do not know how to study or how to get started but Raymond said this can change.

He talked about doing 30-minute study sessions and how to study smartly. We all found this to be very useful. A nice mantra Raymond mentioned was "If it is to be, it is up to me" Repeating this mantra will help it become a reality.

We were given a weekly timetable to plan our week. he encouraged us to make sure we did an appropriate amount of study but also made time to relax. We also learned how to have a "miracle morning"

A miracle morning includes a five second rule when waking up, drinking water, making your bed, burpees, eating fresh fruit and making sure you go to bed early to get a good night's sleep. Overall we enjoyed the seminar and found it very beneficial. Third Year Students.



St. Caimin's "Stand Up Week" and "Colours Day"

Here in St. Caimin's all the students and staff shared in our celebration of Stand Up Week, 2021 to support our LGBT+ members. On Colours Day, November 19th, students from each year group were asked wear the rainbow of colours and to stand up and be counted. The third years embraced the challenge and were bright and cheerful in their yellow clothing. Our school sent out a clear message to all that everyone in our community is valued equally and that everyone should feel safe to be their true self.



"The Boyz in Yellow"



Yellow for Stand Up
Week



Shining brightly on
"Colours' Day"

Back to Sport

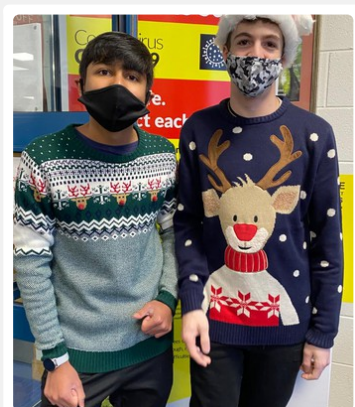
Thankfully the COVID restrictions have eased and our students are back training and playing games representing our school. Here in St Caimin's we celebrate all aspects of a student's growth and development and we invest heavily in sport and wellbeing. The third year girls and boys have been very involved in matches over the last few weeks and are representing the school and their families with great pride. Winter hurling, camogie, football and soccer is a challenge. Third year students have risen magnificently to meet this challenge. I asked a student for some feedback on her recent return to play and this is what she had to say;

"Hearing that there was going to be a return to sports after the second lock down was probably the best thing I had heard in a long time. I really missed the social aspect of going to training, meeting the girls, and having a laugh. But the thing I missed most was training, when the only thing that mattered was the training session I was about to do, the rest of the world went on pause. No mask, no restrictions, just training. It was like covid was irrelevant. Training is a place where I can be me, a place where I fit in and feel like I belong. We can all put our differences aside and focus on the game. It was such an amazing feeling to have that back after it had been taken away from me for so long. Sport has become an even bigger part of my life after both lock downs, because having it taken away for so long made me appreciate and cherish every moment even more when it returned, because you never know what the future holds." Third Year Student



SVP Christmas Jumper Day

St. Caimin's St. Vincent de Paul conference has been very busy over the last few weeks. Their festive cheer began when the group organised Treat Bags for the Late Late Show Toy Show. These were enjoyed in homes throughout our catchment area. The group also organised a very successful Christmas Jumper Day on Friday, December 10th. They also served hot chocolate and cookies at break time to raise additional funds. All money raised by the group will be shared with families in our community this Christmas. Well done to all involved.



Stocking Fillers: Books for Christmas.

Books are a fantastic present for Christmas and this year, like always, the shops are flooded with new titles to choose from. Here are a selection of books that would be suitable stocking fillers for our third

year students.

The Guinness Book of Records 2022

The Marvel Encyclopedia

Our Wild World by Eanna Ni Lamhna

Daughters of the Deep by Rick Riordan

Pony by R.J. Palacio

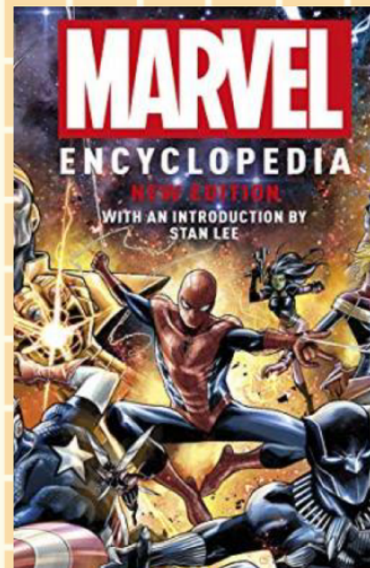
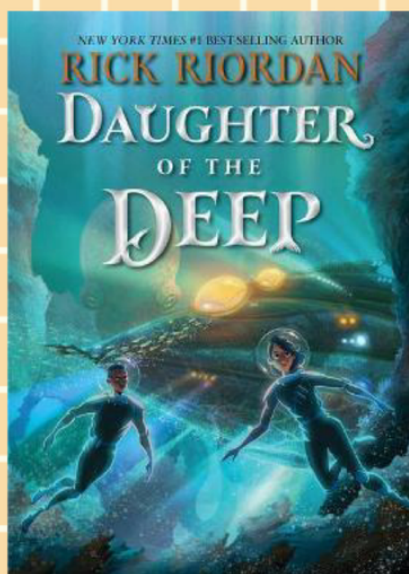
The Hunger Games by Suzanne Collins

The Ballad of Birdsongs and Snakes by Suzanne Collins

Hani and Ishu's Guide to Fake Dating by Adiba Jaigirdar

One of Us is Lying by Karen McManus

Dead or Alive (Skulduggery Pleasant 14) by Derek Landy



Mock Examinations

The school have timetabled the Mock Examinations for third year students to run from February 9th to 18th, 2022.

In preparation for these examinations, students are encouraged to begin revising their work over the Christmas holiday. It is important that this revision/study is both organised and efficient. Our recent

"Rayse the Game", Study Skills Seminar and the "Learning to Learn seminar" completed last year would have given the students the skills to attack their study with confidence.

Some simple steps to follow to ensure effective study habits are as follows:

- Fill out a study timetable
- List your SMART targets (Specific, measurable, Attainable, Realistic and Timed.)
- Remove all distractions from your study area
- Make sure you are comfortable; sitting on an upright chair if possible
- Leave the mobile phone switched off or outside the door
- Study in 40/45 minute blocks, taking short breaks in between study periods
- Vary your study techniques; key words, exam papers, reading and reviewing etc
- Reward your self when your work is done

Remember to do your best over the holidays. It is important to eat well, sleep well and get plenty of exercise also. Remember a healthy body leads to a healthy mind.