



# The Caimin's Connection

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

TYC Scott Ryan, Art Gregorio, Sarah Muldoon and Nadia Bossman 03/04/2025

## Autism Awareness month

By AJ Gregorio

Hi, my name Aj Gregorio I am a TY student here in St Camins and I have autism. Having a disability like autism can be very challenging but the facilities here help me to feel more accepted and much more comfortable.

In our school, most of the education for people with autism takes place in the Hub. The hub is a series of rooms allocated for people with disabilities divided into two main classrooms, one for senior cycle and one for junior cycle students. Both of which include separate toilets and sensory rooms, there is also a shared kitchen, outdoor area, staff room and a shared eating area. All students also have their own computers and lockers. All these things make up an amazing, safe, relaxing and comfortable environment for people like me to learn.



The hub had plenty of trips and excursions, but it would be to take the stress off the students in there. The trips themselves were great all of the students toughly enjoyed them. I particularly remember everyone singing country road on the way home I found it hilarious I wish I could've recorded that moment.

Most of the time we were in the hub, but it was fun to meet up with some of my friends in PE or science and it's nice to go into the hub after a normal class to charge my social battery.

During 2023 we got a therapy dog called Uma. Uma helps all of us keep calm and relaxed throughout the day. We were one of the first schools in the country to get a therapy dog we got her in December as an 8-week-old puppy in training she was provided by the My Canine Companion charity. Shes half golden retriever and half poodle. We all really love Uma, she comes to the hub for regular visits to make sure everyone is doing good and working well.





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## “About Us” Book Release

by AJ Gregorio

For the last few months, students from class Iarla and some TY students have been working together on a group project to write, illustrate and produce their own book titled “All About Us”. It was an amazing opportunity for all the students involved to write about their interests and talents. Last week a book launch was held to celebrate the 11 students fantastic achievement. Many parents attended the the book launch to celebrate their sons and daughters success. They each got a copy of the book for themselves. Ms Fallon spoke at the book release as she was the one spearheading the project. We followed up with her to see how she felt about everything. She told us she was nervous but was confident in presenting because of her experience teaching. She told us she was delighted to be there because it was the culmination of a lot of hard work and effort by everyone. The students started working on the book at the end of October up until now. The book was produced by CJ Fallon. But before the book was made, the students first had to work on it.



The students worked on the book in their TTRS classes (Touch, Type, Read and Spell) with the help of Ms Fallon.

There was two groups and the students had this class once a week, First, they brainstormed their ideas and started planning. They then made a rough draft. The students had six pages each to write about their personal interests and display their art work. Creating this book has been an incredible opportunity for the students. It allowed them to fully express their ideas, creativity, and voices in a meaningful way. The best part is seeing their hard work come to life in a tangible, physical form—something they can hold and be proud of. This process not only gave them a platform to share their thoughts but also empowered them to see the real impact of their efforts. Congratulations to Ms Fallon and all the students involved, Errin, AJ, Luke G, Bobby, Oisin, Dylan, Gavin, Nicole, Michael, Mathew and Luke B!





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## 2025 JC Home EC Exam

by Scott Ryan

Not every student takes Home Ec, but it remains a vital subject. It's hands-on, real-life learning, and for those who sit the practical, it's a chance to prove just how much they've learned. So, the next time someone calls Home Ec "just cooking," remind them it's much more cooking, cleaning, budgeting, planning, and presenting, all under pressure.

When people hear "Home Economics," they often think of cupcakes and sewing kits. But the subject, especially its Junior Cert practical exam, goes far beyond that. Home Ec equips students with real-world skills, from budgeting and healthy eating to sustainability and family life. One of the most important assessments for third-year students in Ireland is the practical cooking exam, which makes up 50% of the final grade. While some see it as a fun break from written tests, the Home Ec practical is a fast-paced challenge. In just 90 minutes, students must plan, manage time, cook, demonstrate nutrition knowledge, maintain hygiene, and present a balanced meal.



Home Ec teaches personal well-being and practical life skills, helping students care for themselves and others. It covers nutrition, meal planning, cooking, budgeting, sustainable shopping, sewing, family relationships, and environmental awareness. These lessons prepare students to be independent, informed, and responsible.

### The Junior Cert Practical

The cooking exam takes place in the school's Home Ec kitchen, where students work individually. They receive a list of tasks in advance and must choose one, typically preparing a main course and a dessert following dietary guidelines or themes.

Before the exam, they submit a detailed action plan outlining their meal, steps, timing, and food safety measures. On the day, they have 90 minutes to complete everything, from prep to cleanup, while being graded on organization, hygiene, cooking techniques, presentation, and nutrition knowledge.



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## Ty Transmission Radio

by Scott Ryan



On Wednesday 03/03/2025 the TY Students here in St Caimin's Community School completed a radio and media workshop called Ty Transmission Radio. The workshop was divided into 3 parts. During part one we learned about learning about advertisement, radio and media. In the second part we were thought how to wright and then wrote a captivating 30 second radio add. Finally, we recorded our adds in the mobile recording studio supplied by Tinpot.

Part one: In the morning, we were brought to a classroom where we would spend the rest of the day, from 9am until 11:00am. The day kicked off with Frank, the person who was doing the workshop with, told us all about his experience and interesting background in radio. We then learned how advertisers take advantage of us and our brains to make us want to buy something that we don't need. For some this was a massive eye opener as they had no idea how they were being manipulated into buying a product!

Part Two: From 11:15am to 1:15pm, during this period, Frank brought us through an in-depth guide on how we were going to write and record our radio adds. We then had to gather a group of 5 people to create our add, we used sound effects, music and strong captivating language to support the interest of the listener, following that we completed a voiceover activity where we read a script over an add to teach us how speaking confidently and with passion can make your add much more appealing.

Part three: Finally, it was time for the fun part, recording our adds. When we all had or adds written and our sounds prepared, we confidently marched down to the studio and recorded our adds. It was chaos, everyone was messing up their lines, and getting the sound timings wrong, but we eventually got it right after only 3 takes. Overall, we really enjoyed the day and came out of it learning a lot more about what we are being exposed to. Some people, including myself have a newfound interest in radio and media.





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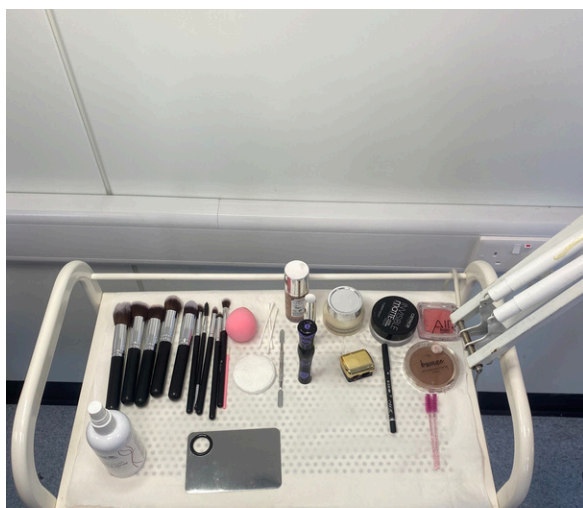
## Kilrush Skincare and Beauty Course

by Nadia Bossman

On Monday 24th of March 2025 was the first day of the Kilrush skincare and beauty course. Eight students were picked for this two-week course, four from transition year and four from LCA. The course started off with an introduction to beauty; the do's and don'ts, especially with hygiene. After that the students got a fifteen-minute food break and did some icebreaker activities to get a chance to get to know each other. When this was complete, they looked at exam questions and watched a video on how to do a facial correctly and got the opportunity to do it on each other. The skincare used was altered for each person depending on their skin type and relaxing music was played in the background. Students then got an hour's lunch break and got to go around the village and explore. This opportunity provided the students with an insightful glimpse into the beauty industry, helping them understand what a career in this field might look like and allowing them to explore whether it aligns with their interests and aspirations.



On Monday March 31st, students doing the Kilrush beauty course explored different makeup looks. The day started with some theory. The theory investigated the makeup products we use, expiration dates, what makeup products are best for the different skin types and the order its applied. This knowledge is crucial for understanding how to create looks that not only enhance beauty but also maintain skin health. After the theory session, the students watched their instructor's demonstration of techniques and tips that highlighted the importance of blending and colour matching. Then they set up their stations for a night look, carefully selecting products that would help them achieve their looks. They practiced applying eyeshadow, eyeliner, and lip colour, experimenting with different styles and techniques to find what suited them best. By the end of the day, each student had created their unique night look, showing their creativity and new skills.





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## TY Commerce Trip

By Sarah Muldoon

Four TY students from along with Mr. Quealy attended an insightful presentation at Dromoland Castle on Tuesday, April 1st, 2025. The event was hosted by the CEO of IDA Ireland, Mr. Michael Lohan, who shared valuable insights on the economic landscape, investment opportunities, and Ireland's role in the global business environment. The presentation aimed to inspire and educate the next generation of leaders, providing them with a deeper understanding of Ireland's strategic position in attracting multinational companies and fostering innovation across various sectors.



The students had the unique opportunity to engage directly with Mr. Lohan, learning about the IDA's efforts in driving economic growth and creating job opportunities throughout the country. The event highlighted the importance of international collaboration and strategic planning in the ever-evolving business world. For these students, it was not only an educational experience but also a chance to gain a broader perspective on potential career paths in global business, technology, and economic development.



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## Tidy Towns Mural

by Sarah Muldoon

TY art students have been tasked with painting an abstract mural for the Shannon community and Tidy Towns. The students are working on this unique project with no set references or predetermined theme—allowing for a truly personal and imaginative representation of their community. The mural, is located just a stone's throw from Shannon Airport. The goal is not only to beautify the area but to create a piece of public art that resonates with both the residents and visitors who pass through the town. The project, which takes place every Wednesday from 10:00 AM to 2:00 PM, is a true collaborative effort. Students Alexi Abiog, Lena Pokrywa, Lauren Keane, Lily Egan, and Laoise Reddin have been given free rein to decide on the colours and shapes that they feel best reflect the heart of Shannon. This freedom of choice has allowed the young artists to infuse their personal experiences and interpretations of the town into the mural, resulting in an artwork that is both diverse and deeply meaningful.



Although there is no official deadline for the mural's completion, the team is aiming to have it finished by the summer. Finishing the mural by summer will help it shine in the warm months, bringing bright colors and energy to the area for everyone to enjoy. The process of creating this mural is more than just a fun project; it's a chance for the students to engage with their community, contribute to its beautification, and leave a lasting mark on Shannon's cultural landscape. The students are learning valuable skills in teamwork, problem-solving, and artistic expression while also developing a sense of pride in their town. As the weeks go on, the mural is expected to continue evolving, with each brushstroke contributing to a collective vision of Shannon's future. The combination of abstract design and local input will undoubtedly make it a striking landmark for both residents and visitors alike.

