

# FIRST YEAR NEWSLETTER

OCTOBER 2023

## Year Head Welcome

Welcome to our First Year newsletter for parents and students. The transition for our first years to life in St. Caimin's has gone really well as our 1st years are embracing their new life in Secondary School. We would like to thank the teachers, 5th years and TY mentors who are involved in the Meitheal induction program for all their help in getting our 1st years off to a super start. We captured some images of the student's first day at school (see below) and all images are available [at the following link](#)



They have adapted to their new school environment with ease and are working really well in all their new subjects.

First Year is a busy year, settling in and embracing all the new subjects.

A reminder to parents that:

1. Absent notes need to be uploaded on VSware so that they can be authorised by us.
2. If a student is leaving for an appointment or returning to school from an appointment, they need to sign-out and sign-in at reception. It should also be recorded by the parent on VSware.
3. All behaviour issues are now recorded on VSware -parents/guardians should check this feature regularly to keep track of how their child is doing.

On return from the October Mid Term break, students need to get into a good routine of completing all homework and learning and studying their subjects each night in preparation for their upcoming exams at Christmas.

Finally thank you to all our parents and guardians for all of your support and help in getting our 1st year students off on the right foot.

I hope everyone has a wonderful midterm break.

Tara O'Loughlin



1st day in St.  
Caimins 2023



Mr. O'Brien's first  
day too!



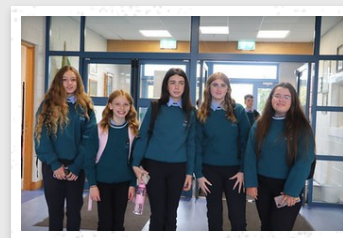
1st day friends



Starting day 2023



1st trip to the  
Canteen



Smiles all round  
on our 1st day

## A note from our 1st Year Student Council representative - Lexi Twomey

We have been attending St. Caimins now for about 8 weeks. When you are in primary school they tell you a lot about secondary school and how different it is, but you really don't know it until you experience it.

My initial worries were not being able to find classrooms, or getting lost but that hasn't been a problem. The teachers are very considerate and understanding of us as first years and I haven't felt pressurised with anything whether that be work, getting our books or equipment or being late to class.

I was really surprised by all the extra curricular activities in the school. There is something for everyone which I really like. Clubs like hurling, camogie, Gaelic, Rugby, The School Musical, The photography club, SVP .. I could go on! I was also surprised by how busy it is. I knew it would be filled in the halls but you really don't realise how busy it actually is until you are in the thick of it!

I have really enjoyed making new friends and going more into depth on certain subjects like geography and religion. One thing I have taken away from the first term at the school year is

that hard work does pay off. If you put in the bit of effort it goes a long way. I can't wait to see what the rest of the school year brings and to keep broadening my academic horizon!

## What it's like in First Year by Ethan Kavanagh, Class Siún

On the weekend before the school year started, I was worried about what First Year may be like, but also excited at the same time. The night before school started I couldn't sleep for my thoughts were daunting about how the day could go.

I went in on the first day, full of excitement. I met our Year Head Ms. O'Loughlin and our Principal Ms. Sheehan.

We were given our lockers and timetables and I found out who would be in my base class. The next day was spent going to our classes and we found out who our teachers were for each subject. Over the next few weeks, we tried out different options, made new friends, and experienced what secondary school was really like. We went on a fun trip to Lahinch where we learned to surf, we chose our options, and now we have our timetables for the year. I am looking forward to trying out the wide variety of different clubs, and the many years to come in St. Caimins.

## Homework

In terms of Homework, we expect that there is a genuine attempt made by the student to complete the homework to the best of his/her ability and to submit the work at an agreed time.

Homework is a very important part of learning. It helps us;

- build on what we have learned in class
- practice skills
- ensure we understand new topics/concepts
- prepare for the next class
- prepare for examinations



The Homework Journal:

Is the place where all homework is recorded. Homework is recorded at the end of each class and students have been reminded that there are many different types of homework. Parents and guardians should ensure that the student completes all homework to the best of his/her ability and should sign the students journal each week.

First year students should be completing approximately 1.5 hours of homework a night.





If there is a problem completing homework parents/guardians should inform the teacher of any difficulties by means of a written note in the journal.

There is no such thing as no homework - students are encouraged to revise what they would have covered in class that day. The topics/concepts covered in class should be written into the journal as a reminder.

## Clubs and Extra Curricular Activities available to students in St.Caimins

We have so many clubs and activities running in the school, we would encourage all of our 1st years to come along, join in, and make some new friends and learn new skills!

Extra-curricular Activities 2023 - 2024					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)	8.20 – 8.55: Breakfast club (room 140) Quiet workspace (room 157)
<b>Lunchtime</b>	1.15 – 2.00: • Games club (room 205) • Environmental club (room 205) • Photography club (141)	1.15 – 2.00: • Games club (room 205) • Trad. Group (room 152)	1.15 – 2.00: • Games club (room 205) • Junior SVP (156a) • Girls Football	1.15 – 2.00: • Games club (room 205) • Art club / Junk Kouture club - alternating weeks (141) • Maths Club (170)	1.15 – 2.00: • Games club (room 205) • Girls Active club for first years (six-week block after Easter)
<b>After School</b>	4.10 – 5.00: • Homework club (126)	4.10 – 5.00: • Homework club (126)	3.30 – 4.30: • Homework club (126) • Girls soccer • Girls Junior Basketball • Athletics Club (172)	3.30 – 4.30: • Homework club (126) • Boys Junior Basketball	3.30 – 4.30:
		<ul style="list-style-type: none"> <li>• Boys' football (u.14, u.15, u.16 &amp; u.16.5 – varies during the year with training either Tuesday, Wednesday or Thursday.</li> <li>• Camogie/Hurling – varies during the year with training either Tuesday, Wednesday or Thursday.</li> </ul>			

## Girls Basketball - By Elizabeth Cernaуска, Ruby McQuillan, and Valerie Young

Dear Parents,

We are going to tell you about our experience of our school basketball team. The people are really fun and friendly. We have made some really good friends. We have been practicing and training really hard, learning new skills and bonding as a team. We played matches against each other and we hope to play in the 1st Year Clare School's Basketball League after Christmas. Our



Coach is Mike Hickey, he is amazing and is always pushing us hard. He helps us play better and improve every week. He is always inspiring us with his passion.

Our Year head who organised this task has been supportive cheering us on as we improve and celebrating our progress.

It is so much joy training with the school basketball team!

Elizabeth, Valerie and Ruby

## St Caimins Swim Team by Kate Kearney

Over the past few weeks in our swimming team we have been working on the schools gala that is coming up by having meetings at lunch time with Ms Dalton and Maura to figure out who is racing in what relays that will be taking part in the gala. We can't wait for our first gala - it should be great fun!

## Camogie By Lily Flannery and Brooke O' Connell

We started off this year with great camogie. We had some great dedication towards training which led us to great results in our matches. Our coaches Ms. Morey, and Ms O'Leary were a great help towards these matches.

Everyone trained every Monday and the coaches trained the 1st years on a Friday at lunch. The training sessions on Fridays are more a fun puck around to get to know people from other clubs and practice some skills. Training on a Monday is more focused towards match preparation.

We had a first year match against Tulla this term which was an interesting game as it was our first match playing together as a team in St. Caimins. There was also a Munster seven a side blitz in Flannans which some first years took part in. Our own first year Clare blitz will take place on the first Wednesday (8th of Nov) in Wolf Tonnies GAA - this should be super fun. We are very grateful for the amazing teachers that are willing to coach and help us along the way and we can't wait for the rest of the year!!



## 1st Year Hurling By Rory Jones

To start off the year for St Caimins 1st year hurling team we had a meeting at break time, we figured out that our coach would be Mr Duddy and later on at training we would find Mr Cunningham would be over us as well. Our coaches told us that we would have blitzes on Mondays and training on Wednesday after school.

Our first match was against St Flannans in St Flannans pitch. We worked well together and had a decent performance for our first game. The score didn't turn out well but from that match we would figure out we had an excellent team with many quality players, and a bit of training would have us ready for championship in February. We went in to play Tulla in Tulla today, we played very well together and our work rate was very good in the second half. Our passing was very good and we worked very hard. It was a shame we couldn't just bury a few goals! I think this team will do well in championship in February and I think Mr Duddy and Mr Cunningham will have us ready and sharp for our first game.

Come on Caimins!





## 1st year Girls Soccer By Abbie O Gorman

Over the past few weeks in soccer we have been training and had some matches. Training is on every Wednesday after school. Training is good and we practice shooting, taking other players on and defending. We also play matches at training to prepare for real games. We had only one match this year so far but we will have a lot more with the Clare Cup. I think our team has great potential and hopefully we will most of our matches in the future. Big thanks to our coaches - Mr. Corbett and Ms. Counihan.

## 1st Year Boys Rugby

We played one 1st year blitz so far this year, in Ennis we won three out of four games and had great fun !





## The Photography Club

The Photography club takes place every Monday at 1.30 pm in the Art room. It is open to all year groups. No professional camera is required just your phone. An exhibition of photographs produced over the year will take place in May.

## St. Caimins Running Club By Molly Moroney

Hi, I am Molly Moroney and I am part of the St. Caimin's Athletics Club. It is on every Wednesday after school from 3.30 to 4.30. We meet outside MB172 .

We do different things every week, some weeks its 1kms or it could be a speed session (like sprinting). It is a really good club to sign up to because if you are good or like running you would like this club. People also bring speakers which is good for motivation. This club is also great for exercise, mental health and also a great way to meet new people.

I have been running for two years now and I really enjoy it. You might too so talk to Ms. Karen Quinn in Mb 172 for more information. We would love to see some more people join our club!

## St. Caimins Maths Club - By Molly Purcell (TY student)



Every Thursday at lunch from 1.25pm to 1.55 pm, some TY students are running a maths club open to 1st year students. It is ran in MB170. We have a lot of options of maths games to play ( winner of these games receive a prize. While there are winners it is also extremely beneficial

As well as games there is also help available to 1st years whether it is studying for upcoming tests or help with homework - we are there for you! Lastly, maths club is fun - learning does not have to be boring !

## Supporting your child and their learning

St. Caimin's Community School has a number of resources on their website that might be useful to parents/guardians in supporting their child and their learning and their wellbeing. These include:



**Learning 2 Learn Resources:** Learning to Learn aims to strike a balance between the development of subject knowledge, thinking abilities and key skills enabling students to develop a number of essential learning habits such as:

- Checking and Reflecting (making links, setting targets, question and extend learning)
- Framing Learning (identify learning and make connections)
- Collaboration (Give and receive help, listen actively, express opinions and be a leader)
- Problem Solving (spot patterns, take notes and research)
- Working Independently (organise information, be accurate, use resources and persist at a task)

Learning to learn is supported through a variety of activities in St. Caimin's Community School. For more information follow this [link](#)

**Special Educational Needs (SEN) Resources:** The SEN Department have created a Padlet wall with information and supports available for various learner and in particular those with additional needs. To access these resources please follow this [link](#)

**Wellbeing:** The school's wellbeing committee have gathered resources to help with mental health and the promotion of student wellbeing. Information on the various initiatives coordinated by the wellbeing committee will also appear on this page. To access these resources please follow this [link](#)

## 1st year Surfing Trip - By Derek Mc Auley

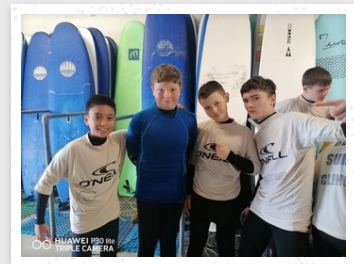
On the 18th of October my class class Cormac, Class Conaire and half of Class Aodhan went to Lahinch surfing.

In school everybody was talking about the surfing and we were very excited. At 9am everyone had to gather in the PE hall. The roll was done and we hit the road.

When we arrived in Lahinch we went straight to the changing rooms and put on our wet suit and water shoes. When everyone was ready we got a t shirt and a surf board. We then went onto the beach and got in the water. Surprisingly the water was warm! I managed to stand up on the surfboard and I was really proud of myself - until I face planted the water!

When we were finished surfing, we had to walk back to Ben's Surf Clinic and get changed into our nice, warm clothes. We then ate our lunch and talked to our friends. As it had stopped raining we we allowed onto the beach and we played rugby while we waited for the other group to finish.

It was a fun and a great day. I enjoyed every minute of it.



## Visit from An Garda Síochána - Halloween Rules: By Evan Murphy and Ryan Kelly

1. You should not have fireworks as they are illegal
2. If you have fireworks make sure they are in a controlled environment
3. Do not go too close to Bonfires or fireworks
4. If getting fireworks make sure they are from a certified company
5. You can still have fun during Halloween but just be safe and careful





## Accelerated Reader

Most classes are up and running with their Accelerated Reader books and are really enjoying getting stuck into some great stories! Keep up the great effort, reading will bring you huge rewards! We greatly encourage our students to read and accelerated reader motivates, monitors, and manages students' independent reading!

### How it works:

Here in St. Caimin's we use a 'digital learning platform' to assist with teaching learning and assessment. Working on the Microsoft 365 platform, students have access to Microsoft Teams where they can communicate and collaborate on classwork or



well as receive updates on what is happening in general school life. Students also have free access to apps like Word, Excel, PowerPoint where the school pays a subscription on the student's behalf. These can be accessed via the main Office 365 Portal at [www.office.com](http://www.office.com). At the beginning of the year all first year students attended an ICT induction session where computer account details were provided (see sticker added inside journal) and students got up and running with computers for the first time. Many students are now also actively using Microsoft teams on their mobile phones. We encourage parents/guardians to be aware of their children's use of this platform and engage with them on this. Where technical issues are encountered, and support is required the school operates an ICT Helpdesk which is available to students, but parents can now also feel free to use this support. Students also have access to an ICT support team in Microsoft Teams.

## Trick or Treat for Templesteeet

This summer just past, Templestreet Hospital has played a huge part in helping our Principal Ms. Sheehan's daughter to recover from a brain tumour. In an effort to repay some of the kindness shown to Ms. Sheehan's family the school dedicated Thursday Oct 26th 2023 as a non uniform dress up for Halloween day. A super day day of fun was had by all in the school as well as raising some much needed funds for a wonderful childrens hospital.



Ms Ryan Quinn,  
Ms, Killeen and  
Ms. Morey



Our modern  
foreign lanuage  
teachers



Ms. Maguire, Ms.  
O'Loughlin and  
Ms. Sheehan

**WE AT ST.CAIMINS WISH YOU A  
WONDERFUL MID-TERM AND A HAPPY  
HALLOWEEN!!!!!!!**



