



The Caimin's Connection

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

TYB (Scott, Leanne, Mark, Julieanne)

12th January 2024

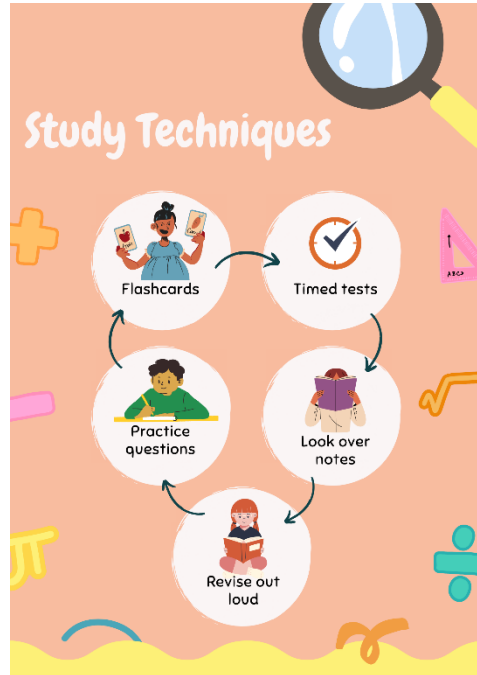
Issue 7

Mock Preparations Underway By Julieanne McAuley

We have just returned after the Christmas holidays, and school is back in full swing, especially for Third Year and Leaving Cert students, who will be doing their Mock exams from the 29th of January to the 9th of February.

As the Mock exams rapidly approach, the tension is high, which can cause stress and anxiety. Third year student Lucy O'Dwyer has noticed this and has made a comment on her own feelings about the mocks. She said, *"At the moment, I feel a bit nervous, but I feel that I've been preparing enough and putting in the work needed so I don't believe there's too much to worry about. The teachers are also putting in a lot of work to prepare us and make us feel a bit more confident."*

There are many good ways to overcome the stresses that exams can bring. One of the best ways to overcome exam stress is to be prepared and organised for your exams. There are many different ways to do this, such as making a study schedule, along with having a timetable for your exams a while in advance so you know when each one is.



Another great way to be prepared for your exams is to study and revise well.

However, many students have no idea how to study! There are many different and effective study techniques that can be used to revise, and it is important to

try and find the studying technique that best suits you.

Third year Lucy O' Dwyer has also shared her own personal studying technique and how it has helped her. She told *The Caimin's Connection*, *"I find studying quite difficult. Trying to focus on the material properly can be hard, but I find practicing questions to be the most helpful. It helps me figure out how to structure an answer as well as figure out which material is relevant to the question, and which is not. I find the exam papers very useful for this, knowing how much to write and how much detail is needed in a specific answer."*

As the Mock exams draw nearer, Lucy O' Dwyer's thoughts give us a glimpse into how students feel—a bit nervous, but prepared. Finding a way of studying that works for you is really the key to getting the grades you are reaching for. By preparing well and finding study methods that work for you, students can feel more confident, not just for these exams but for the learning journey ahead of them. Good luck to all Third Year and Leaving Cert students in their upcoming exams!

HOW TO REDUCE EXAM STRESS?

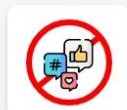
Try These Tips



Stick to a proper routine



Get good sleep



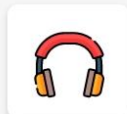
Don't let social media & other stuff distract you



Avoid junk food & eat a well-balanced diet



Never skip taking rest



Mini rewards are a must: Watch TV or listen to music

Upcoming Events – TY Paintballing By Mark Cronin

TY students have just returned to school after a two-week break, but they are already looking forward to their next day out, that will take place on Wednesday, the 24th of January 2024. They will travel to the Deerpark Outdoor Centre, for Paintballing. Deerpark Outdoor Centre is in Quin just across the road from Craggaunowen Castle. It provides original games and free refreshments on top of not having any time limit.



On the day, all students will be provided with the paintball guns and correct equipment upon arrival. They will be shown how to use the guns and the equipment will be explained to them by the instructors there. Deerpark has received many good reviews as it has 4.7 out of 5-star rating from 69 Google reviews. It also has a 5 out of 5-star rating on TripAdvisor.

Some people in my year have been to Clare Paintballing before, including myself. The last time that I was there was on a primary school tour. Although, that time we did splat ball instead of paintball because we were younger. I really liked the set-up which is in a forest. In my opinion, the forest setting makes it even more enjoyable because there are lots of places to hide and sneak up on people. From my recollection, the instructors were also friendly and helpful. My other classmates who have been there also said that they liked it there and are happy to be going again.

The trip has been arranged by Mr. O' Brien, who teaches Business and Enterprise to TY students. This will be the second trip that he has brought TY students on this year. The first was to Ennis to attend a talk on Enterprise. Afterwards, he brought us to The Planet where he gave us a choice between playing bowling or Qasar. I found the first trip with Mr. O' Brien enjoyable as did other students that I spoke with, so let's hope that this one is the same.

All students will need permission slips to go on this trip or else they will not be allowed to take part in the games. The permission slips were handed out this week and need to be signed and returned to Mr O' Brien as soon as possible.



Anyways, given the good reviews online, the success of the last trip with Mr. O' Brien, and the past experiences of some students at Deerpark, it is quite easy to see why the TY students are already excited about the trip, despite it still being another 16 days until we go. Let's hope it lives up to the hype and is a great day for all involved!



Latest News in St. Caimin's

LCVP Mock Interviews By Mark Cronin

A number of Leaving Cert students had their Mock LCVP interviews this week. LCVP is a Leaving Cert programme that stands for Leaving Certificate Vocational Programme. It focuses on enterprise and preparing students for working life. All 5th Year Students must do the subject, but it is not mandatory for 6th Years. It does have a written exam, but the exam is not worth 100% of their total grade. Like in most other subjects, they will also have to submit a portfolio which is worth 60% of their overall marks.

I spoke to our school's LCVP coordinator Mr Quealy to get a better understanding of what these interviews are about and what tips he would give to students who will do these interviews. He told me that in these interviews they will be asked about that they have done in LCVP so far. They could also be asked questions such as what skills and qualities they have, what work experience they have, and what they plan to do after they finish secondary school.

When he spoke about the mock interviews he said, *"The mock interviews are basically getting students ready for their real interviews for their link portfolio which is worth 60% of their whole Leaving Cert grade for LCVP"*. He also said, *"we have teachers who mark exams and know what questions are commonly asked and these mock interviews are giving students a rehearsal for the main day"*.

When speaking about his role as LCVP coordinator he said *"my job is to coordinate the LCVP interviews. So, I bring in third parties to do the interviews and I think that's a good idea because I feel that the students might speak to them quicker than their class teachers who will do the real exam"*. He explained that the interviews will be videoed and that they will be given feedback on them from the interviewer about the positive points and what they could improve on. This year the interviews were carried out by employees from SES which stands for Shannon Engine Support. I would like to thank Mr Quealy for speaking to me about these interviews and congratulate all students who completed their interviews this week.



Exam tips from Mr Quealy

Look over the sheet of potential questions, that they were all given and rehearse answering them at home in front of the mirror.

Go over all past material such as your CV, work experience, career investigation, and class trips.

Show up to your interviews looking neat.

Latest News in St. Caimin's

History Week: 15th – 19th of January By Julieanne McAuley

Next week, from January 15th to January 19th, it will be History Week in St. Caimins Community School.

Last year's History Week was full of lots of exciting activities, from the daily questions to the quizzes, there was always something to do.

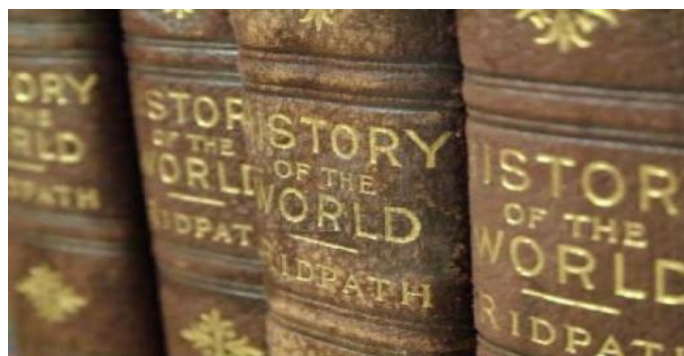
There are even more of these activities for each year group being held this year!

Another quiz is being held on Friday, the 19th of January, from 9.10am to 11am for third year students, and all students will have a chance to take part in the daily questions that will be asked at reception each day throughout the week.



Having a history week in our school is so important because it helps us to understand our past, learn from it, and appreciate how events and people shaped our present.

By exploring historical events, we find out about the challenges faced, the decisions made, and their impact on the world today. It allows us to appreciate the progress made over time, learn from past mistakes, and understand the roots of different cultures and traditions.



As well as this, it encourages critical thinking, empathy, and a broader perspective on the world around us.

Understanding history helps us make informed decisions and shape our identities as individuals and communities.

It helps us understand the hardships faced in the past and how they have affected our current world and helps us feel sympathy for the people who had to deal with these hardships to make us ourselves today.



These are just a few reasons as why it is so vital to take notice of the fact that it is history week next week, so everyone should try their best to take part in some of the activities that are being held for the students as they are all there to help us realize how important history is as a whole.

Rising Sports Stars – Junior Girls Soccer – By Leanne Murphy

The Junior Girls Soccer Team in St. Caimin's defeated Croom in Adare this week. The match began at 10:30 and was a game of exciting moments, impressive scores, and a great team effort.

In the opening moments of the game, first Year student Aizea Keane made a great kick but unfortunately her effort at goal was saved by the opposing goalie. Jenna Downes took a corner, but it narrowly missed the goal, sailing over the line and wide. Shortly after that, Heidi Conneely hit the back of the net with her first goal of the game, putting Caimin's ahead for the first time.

The Caimin's girls displayed some excellent defensive play. There were some intense battles between some of the players, which resulted in a goal for Croom. Heidi once again scored, with the assistance of Aizea. The half time scored ended up as 2-1 to Caimins.



In the second half of the game, there were some strong belts and defensive work on display from Grace McNamara. Heidi scored a hattrick as she scored her third goal with a powerful strike. A couple of injuries occurred for opposing team. The final score ended up as 3-1 to Caimins.



All of these girls have a very high chance of being an amazing team and have shown great promise already. They put up a great fight and were successful in the game. They will soon be playing in the Munster's, which I have no doubt they will do great in. A player that really stood out for me was

Heidi Conneely. Her performance in this match was incredible. All of the girls work so well together, and you can see that their friendship really benefits their teamwork and communicating which is a huge part of sport.



Playing sports is super important for girls especially since so many quit. It's not just about staying fit; when people play sports, they learn important skills like working hard, being tough, and sticking to things. Plus, it makes them feel good and boosts their confidence. But that's not all – playing on a sports team is a fantastic way for people to make friends. Whether they win or lose, going through it together creates a special bond. These friendships go beyond the game and become a support system for dealing with all the ups and downs of growing up. So, playing sports isn't just about fun and games; it's about building a strong foundation.

Latest News in St. Caimin's

TY SVP Workshop By Leanne Murphy

The TY students will all participate in an SVP workshop. SVP, otherwise known as The Society of Saint Vincent de Paul, is a global organization dedicated to alleviating poverty and supporting those in need. The organization operates on the principles of Christian charity and social justice. The society is named after Saint Vincent de Paul, a 17th-century French priest known for his compassion and dedication to serving the poor.

Getting involved in charity work is important for students because it helps them understand and care about other people. It teaches empathy, compassion, and a sense of responsibility towards society. Charity work also lets students use what they learn in class to solve real-life problems, improving their practical skills. It encourages teamwork and working together, which is important for success in personal and professional life. Besides personal growth, doing charity work allows students to make positive contributions to their communities.

Our school at St. Caimin's has an SVP group and often holds fundraisers for the charity and welcomes all new members. I decided to interview Ms. Guinnane, who is in charge of SVP here at the school. She is also the one who has organised this upcoming workshop for TY's. I began by asking Ms. Guinnane what was the idea or inspiration behind organising this workshop for Transition Year students.



She remarked, *"It was really all about trying to spread the message of SVP to others and give them the chance to get involved in charity work and make the aware of what they do."*

Next, I asked Ms. Guinnane to explain a little bit about how she went about planning the workshop. She said, *"Clodagh who works in youth development at SVP regularly visits the school and she let me know that they would be having a TY workshop and I put down our school."*

Then, I asked her what kind of feedback or reaction she hopes to receive from students who attend the workshop. She responded, *"I hope students find it beneficial. These workshops have helped so many people in the past, and hopefully people would like to get involved in the SVP now or even later on in life after they leave school."*

I would like to thank Ms. Guinnane for taking the time to speak to me.

Girls Football in St. Caimin's



U15's Boys Football Final By Scott McCoy

On Tuesday, our U15 boys participated in the B Championship Final in Lees Road versus Kilrush. With a huge pep talk beforehand given by Mr. O' Brien and Mr. Moynihan, the squad had their game faces on and looked like they were ready to give 110% in this final.

The start of the game was very close, with the score line being Kilrush 0-04 to Caimins 0-02, although Kilrush were fantastic on counter attacks. It ended up being 3-04 to 4 points in favour of Kilrush at half time.



Despite the large gap at halftime, it didn't stop Caimins from giving it their full effort. They fought hard with what was left in them. Another two points were scored by Caimin's, courtesy of Eddie Meaney and Sean O' Gorman. However, Kilrush yet again were almost like bullets being fired out of guns with the speed they had on counter attacks and bagged another 2 goals.



Although the final score had quite a large gap between them, the boys still went home with smiles on their faces as they knew that it wasn't going to be an easy game and they gave it their all and all teachers were satisfied with the teams' performances.



Some standout performances in the game for me were Captain Tadhg Guinnane, Dougie Brew, Eddie Meaney, Orainn McInerney, Eorann Hegarty, and Sean O'Gorman.

Commiserations to the Caimin's boys Under 15's team on their hard loss, but yet again, they knew that they gave 110%. Well done on such a huge achievement on getting towards the final with the work they have put in and have delivered on the field.

Latest News in St. Caimin's

Get Active Programme By Scott McCoy



Over the last few weeks, our TY's students here in St. Caimins Community School have been doing PE lessons with our Hub students in first, second and third year. This is part of the 'Get Autism Active' Programme we are running in the school.

The programme has helped our students in both TY and the hub in improving our fitness and getting to know one another better. Our hub students have made a lot more new friends and are always over the moon with excitement when it's time to do PE with our TY's.

At the start we got a worker named James to come in and teach our TY's on how to work with people with mental and physical disabilities and it has benefitted us enormously.

What's mostly been done is we have done running, skipping, walking and we are now doing gym work with the students.

Our hub students have learnt a lot on how to improve their fitness by doing gym work and even outside work such as going for walks and runs for example.

I got the opportunity to ask a student by the name of Luke Birmingham to ask does he enjoy doing PE with the TY's and he has said *"Of course I do, I love every bit of it, especially making new friends along the way"*. The programme is still taking place as we go on and we can't wait to teach our Hub friends more in PE.



Picture: Some of our *Get Autism Active* participants and trainers