

# First Year Spring Newsletter

April 2024

## Welcome Note

Hi Everyone,

As we finish the Easter break, I hope all of our first years and their families enjoyed their well deserved two week midterm. Last term, the year group were not only busy academically, but also through their involvement in all their favourite sports and activities. I hope you enjoy our little write-ups and pictures, which capture their work, effort and fun they had while engaging in some of their favourite activities.

Here are the final school dates to put in your calendar

Monday April 8th - Friday 31st of May

May 6th : Bank Holiday.

Summer Exams: Tuesday 21st May - Friday 24th of May

1st Year Wellbeing Challenge - Day trip to Curragh Chase, last week in May - exact date TBC

As students head into this last term, it is important to support them at home as they strive to do their best for their summer exams. Keeping up a regular routine each evening regarding homework, both written and learning will create a positive learning environment for your child. A little extra help with study plans and supervising their homework each evening for the coming weeks will help your child to truly reach their full potential in each of their subjects.

As parents, the following may be helpful

1. Check VShare for information regarding attendance, behaviour etc
2. Make sure all subjects are written into the journal at the weekend for the week ahead
3. Check your child's journal every night, ensure all homework is being attempted with their best effort
4. Encourage your child to make out a study plan each week to help them prepare for their summer tests.

Thank you for your continued support and cooperation, replying to emails, phone calls and coming in to meet me. It is greatly appreciated.

Kindest Regards,  
Tara O'Loughlin  
Year Head

## #Online Safety

### #Online Safety

Please be aware of your child's activity on social media and also the amount of time they are spending on their phones, especially late at night.

Have regular conversations with your child about what to watch out for online. Here are just a few more helpful tips for parents.

### Girls Active

Every Friday at lunchtime "Girls Active" takes place for our 1st year girls in the gym. Over 40 first year girls have participated in the the first 6 out of a 10 session programme run by some of the staff. This is a movement programme for first year girls that aims to increase physical literacy in a non-competitive environment. It also aims to build relationships within the group while also developing leadership capacity within the girls. Well done everyone to all the girls who have participated so far. We will continue these sessions again on Friday 12th of April at 1.30pm, all new comers are welcome!



## ONLINE SAFETY TIPS FOR PARENTS



### 1. GET INFORMED

Get started by visiting [webwise.ie/parents](http://webwise.ie/parents). You'll find expert advice, how to guides, explainers and helpful talking points for parents.



### 2. HAVE THE CHAT

Have regular conversations with your child on the important things to look out for online and any potential risks.



### 3. AGREE RULES

Agree on a clear set of rules in your home about internet use and around screentime. Remember the importance of a healthy balance!



### 4. ASK FOR HELP

Reassure your child that they can always come talk to you about anything that comes up online.



### 5. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour!



### 6. JOIN IN

The internet is a great resource for children! Play your child's favourite computer game and discover the online world together.

Visit [webwise.ie/parents](http://webwise.ie/parents) for more expert advice, support and resources

## Summer Exam Preparation and Study Skills

With the Summer Exams due to take place at the end of May, it is really important for the 1st years to begin study preparation for each subject's exam. Planned, active study is essential. Note taking and testing at the end of each chapter/unit of learning using questions from previous tests and chapter tests from books should be used. Students will be informed by their teachers the topics that will be part of their exams. For more information regarding study skills and Learning to Learn please click on the following [link](#):

## Summer Exams 2024 –Study Tips

1. **Plan each day in your study planner** – You must name the Subject and the topic e.g. **Maths:** Simultaneous Equations  
**Geography:** Rock Formation
2. Your **study must be active** – you must write notes in your notes copy or write flash cards or create mind maps or do up chapter summary sheets
3. Use the **Pomodoro study Technique:** 25 mins of active study, take a few minutes break and then back to another 25 minutes study. Two 25 minutes per subject is enough in any one day for that subject.
4. **Test yourself:** Use your past exam questions and end of Chapter Tests to test your knowledge, practice doing questions under the time limits you have in the exam. The parts you get wrong are the parts you need to go back to and actively study again.

## Seachtain na Gaeilge

A huge congratulations to all students who participated in "Seachtain na Gaeilge". Many activities were organised by the Irish Department.

This included a wonderful traditional music concert from our Traditional Music group and Irish dancers.

Well done to all our Music teachers Ms. Killeen and Ms Fahy and the Irish teachers who put in a tremendous effort each year for Seachtain na Gaeilge, ensuring our students enjoy the week and showcase the Irish language.

Gabhaimid buiochas leo go leir



**1st Year Trad Musicians and Ms. Killeen**



**1st Year Molly Irish Dancing**



**Some more members of the 1st year Trad group**

Last term saw our 1st year boys take part in matches and blitzes in Clare and Limerick. Recently, they representd the school in a rugby blitz in Thomand Park today where they played Pallaskenry, Kanturk and St Paul's.



**Thomand Park Blitz**



**1st Year Boys Rugby squad**



**Rory and Colin with Andy Brace**

First Year Rugby players Rory Jones and Colin O'Dea with Andy Brace international rugby referee. Andy was a match official in last years Rugby world cup in France and was the referee when Scotland beat England in this year's Six Nations Championship in Murrayfield.

### **1st Year Girls Soccer**

In the First Year Clare League, St Caimin's triumphed over Scariff with a hard-fought 3-0 victory. Despite a slow start characterised by a sluggish first half, St Caimin's showcased an impressive resurgence, particularly in the second half, where they demonstrated their ruthless streak by scoring three times.

Leading the charge was the talented Heidi Conneely, who achieved a hat-trick for the second game running. Conneely's clinical execution undoubtedly played a pivotal role in propelling St Caimin's to success, earning her rightful acclaim as a standout performer.

However, the team's victory was not solely attributable to Conneely's heroics upfront. St Caimin's boasted a formidable defensive line anchored by the unwavering efforts of Sarah Conlon and Chloe Kirby. Additionally, Eva Considine made a significant impact upon transitioning to the centre of midfield, injecting energy and creativity into St Caimin's midfield play.



### **1st Year Boys and Girls Basketball**

Both the 1st year groups had a lively return to the Basketball courts this term. Our 1st year girls played their hearts out in the Clare league but missed out narrowly to Kildysart CS. The 1st year boys competed impressively in the Munster School Boys league with some excellent displays both at home and away. This is St Caimin's first return to the school basketball leagues in a few years.

we are delighted with their effort and hard work. Big thank you to 3rd years Lauren and Ezra for training and managing the girls, and to Ms. Byrne, Thomas and Cuba for their mentoring the boys team.





## 1st Year Camogie

1st year Camogie have taken part in some Clare Blitzes in the last term. The last blitz took part in St. Flannan's. The girls fought 4 hard battles in the freezing cold and hailstones.

They started off very strong winning three matches in a row against Colaiste Mhuire, St Joseph's Tulla and Rice College but unfortunately they lost the last battle against Killaloe.

Brooke O Connell captained the team excellently well today with some great performances from Sarah Conlon, Lily Flannery, Holly Shire and Vivienne O Connor.

Big thanks also to our TYs Ruth, Amy, Avril and Sammi for their help with first aid, match reports and looking after the girls throughout the day. The girls have shown themselves to be a strong, determined and committed team. There will be two more blitzes next term one in the Clare Colleges school league and the Munster 1st year Camogie Blitz.



**Tara O Loughlin**

Tara is using Smore to create beautiful newsletters

