



As we approach the summer break, we look back at another busy and fruitful year in CCC. It would be impossible to capture all of the events and activities in which our students participated over the 2018/19

academic year, however this edition of our newsletter gives insight into some of the many undertakings of the students and staff of Carrigtwohill Community College.

Our Mission Statement was developed over the year; the result of a collective and consultative process in which students, parents, staff and the Board of Management participated. It states that our college is a community of learning and teaching where all members have the opportunity and are encouraged to reach their potential, where talents are nurtured, and positive relationships are fostered through mutual respect. The high expectations and standards visible in the classroom have been met in equal measure in the various extra-curricular areas offered, giving all of our students the opportunity to develop both personally and academically. This is enabled by being in a school community that is characterised by care and mutual respect. This edition displays the many successes of our students this year and we are immensely proud of each one of them and their achievements both in and out of the classroom.

On a personal note, it is a pleasure to work with such talented and enthusiastic students and staff, and the support of the Parents Association, the Board of

Principal's Address

Management, our friends and colleagues in Cork Education and Training Board and in the Diocese of Cloyne is really appreciated. I wish our students, staff and all in our college community a safe and enjoyable summer break as we look forward to another fulfilling year with many opportunities for growth and development as well as opportunities to celebrate the gifts and talents of our students.

Lorna Dundon



Alan Whelan, Cork ETB Student of the Year 2018 with Ms. Lorna Dundon, Principal & Mr. Tadhg Long, Deputy Principal





Wellbeing in CCC

The promotion of wellbeing is ongoing at CCC. Wellbeing is embedded in all aspects of college life –

in our relationships, in our curriculum, in our culture and in our policy and planning.

A wellbeing policy has now been written which seeks to provide a context as to how the policies, procedures, culture,

ethos and activities at Carrigtwohill Community College serve to assist in the wellbeing of all school members.



Staff Bake Off

As a special treat for our third year students prior to the commencement of their Pre-Examinations in February, a staff bake off took place.



Ten staff members produced amazing baked dishes which were tasted by our lucky third years. The dishes included a Mint Aero & Malteser cheesecake, a chocolate Victoria sponge and a Mars pavlova to name but a few!

The students chose their favourite dishes using a specially designed scorecard and the results were tallied.



Students awarding marks for each dish

Our wonderful secretary, Aimee was victorious with her 'Filthy Brownies' which were a popular first place choice.

Huge appreciation was given to our teachers who gave so kindly of their time in preparing the treats.



Wellbeing Afternoon Activities—including Physical Activity, Music and Tai Chi/Positive Mental Health



3rd Year students tasting the treats baked in the Staff Bake Off

Wellbeing Afternoon

On Friday 12th April, all students had a well-deserved break from afternoon classes to participate in an afternoon of Wellbeing. Students were grouped according to the Houses of Ventus, Ignis, Aqua and Terra and the emphasis for this event was on cooperation and the creation of a sense of connectedness to fellow students within and across year groups.



Wellbeing Afternoon Art

The four groups rotated through five different activities: Art, Physical Activity, Time to Talk, Music and Tai Chi/Positive Mental Health.

Our special guest on the day was Senior Cork Ladies Footballer, Orlagh Farmer,

who spoke to our students about positive mental health and gave them the opportunity to participate in Tai Chi which is an activity that combines gentle physical exercise

and stretching with mindfulness. In the Time to Talk activity, students participated in a workshop on autism to celebrate Autism Awareness Day 2019.

Students were also given topics to discuss in their groups over a cup of tea and biscuits. Huge thanks to SuperValu, Middleton for their kind sponsorship of the tea and biscuits.

Merits for Houses were awarded by teachers for overall effort and participation in the activities and merits for individual students were also awarded for enthusiasm and effort. Well done to all who received merits!

A non-uniform day was also held to raise funds for another local hero, ex-Senior Cork Football, Kieran O'Connor. A total of €270 was raised and was presented to Kieran's brother, a representative of the Friends of Kieran committee.



Personalised Muffins from SuperValu

To celebrate National Wellbeing in the Workplace Day, all staff members were treated to a personalised muffins, again courtesy of SuperValu, Middleton.

Ms. M White



Presentation of cheque to Friends of Kieran committee by CCC Students





Student Council meets Caring for Carrigtwohill

3rd year Student Council members made history on Tuesday March 5th when they visited the Community Centre to collaborate with others to assist Caring for Carrigtwohill. Student Council members were there to help evaluate and suggest ways of improving Caring for Carrigtwohill's 'School Presentation'.

It was the first time that representatives from the Student Councils of both secondary schools, Carrigtwohill Community College and St. Aloysius' College, have met and worked together. The Caring for Carrigtwohill presentation has been devised for the village's secondary school students.

Student Council members provided valuable oral and written feedback which will help change and improve the presentation before it is rolled out in each of the secondary schools in Carrigtwohill. This help is hugely appreciated by Caring for Carrigtwohill.

This important work highlights the voice and crucial role all Student Councils play in the life of our College and indeed, our community. Without doubt there will be many opportunities to continue making valuable contributions to many aspects of both College and Community life in the near future.

Mr. C. O'Brien



Student Council members from Carrigtwohill Community College and St. Aloysius' College working collaboratively



Chief Executive Ted Owens Retires

We started our journey in 2016 with Mr. Ted Owens by our side as Chief Executive of Cork Education and Training Board. Mr. Owens was a tremendous support to us in the past three years, right up to his retirement in January 2019. His objective of providing not only inclusive education but also a quality service to the community of Carrigtwohill and its surrounding areas was always explicit.

This continues to be our focus in Carrigtwohill Community College. We wish Mr. Owens health and happiness in his retirement and acknowledge his support and efforts over the past three years. We also wish Mr. Denis Leamy, new Chief Executive of Cork Education and Training Board, the very best in his new role and we look forward to an equally positive relationship in the months and years ahead

Ms. L. Dundon



Ted Owens, Ms. Lorna Dundon & Mr. Tadgh Long pictured outside CCC



Seachtain na Gaeilge

Bhí spraoi agus craic ag muintir Choláiste Phobail Charraig Thuathail le linn Seachtain na Gaeilge i mbliana. D'oibrigh Club na Gaeilge agus Roinn na Gaeilge go cruca chun na hócáide a heargú agus a rith. Bhí a lán imeachtaí ag dul ar aghaidh ar fud na scoile i rith na coicise ar nós Tráth na gCeist, Comórtas Canadh agus an dúshlán 'Seomra gan Teanga Seomra gan Anam'. Ghlac múinteoirí agus scoláirí páirt sna himeachtaí agus bhí atmaisféar taitneamhach le braith timpeall na háite le gach duine ag déanamh a seacht ndícheall an Ghaeilge a labhairt. Níl aon dabht ach go bhfuil an Ghaeilge beo, ar bail agus ar biseach go laethúil i gColáiste Phobail Charraig Thuathail.



Members of Carrigtwohill Community College enjoyed the 'spraoi agus craic' during Seachtain na Gaeilge this year. Club na Gaeilge and the Irish Department worked hard to organise and run the occasion. There were a lot of activities ongoing throughout the school such as a Table Quiz, a Singing competition and the challenge 'Seomra gan Teanga, Seomra gan Anam'. Teachers and students took part in the events and there was an enjoyable atmosphere to be felt throughout the school with everyone doing their best to use their 'cúpla focal'. There is no doubt that an Ghaeilge is alive, prospering and increasing daily in Carrigtwohill Community College.

Iníon Ní Chualáin

CCC Art Department

There have been lots of exciting activities happening in the Visual Arts Department. Our 3rd years have completed their projects for the Junior Certificate Art, Craft and Design. The 2nd years have finished their first CBA for the New Junior Certificate Visual Art. They will do a second CBA next year culminating in two finished pieces for the States Examinations Commission to

grade.

The 1st years have just completed their acrylic portrait paintings on canvas inspired by a famous artist of their choice. These will be hung in the school corridors of CCC as part of our annual exhibition of works by our first years.

Ms. C. Roche



1st year portraits nearly finished for the annual exhibition





What is S.T.E.A.M?



S.T.E.A.M (Science, Technology, Engineering, Art, Math) education opens up a new world of learning for our students, as it provides students of all ages hands-on learning experiences.

Students are able to take the information that they are learning in class and apply it to real-life situations, which creates a project-based learning environment. This approach to learning also allows students an opportunity to see how their knowledge and skills can be applied to careers in STEAM fields. Therefore, helping them to find a passion that they can continue to pursue throughout their educational career.

Here James Barrett from 1st Year recounts what he has been busy doing for the latter part of the academic year in STEAM



This year in STEAM the first years made rockets in small groups. They had to plan, buy, budget, market, design and launch their rockets as part of this project.

Each group had four members with four different roles: head of finance, head of marketing, head of design and group leader.

The group had to buy the parts using fake money given to them by the teachers, however the head of finance was ultimately responsible for the budget.

The head of marketing oversaw the poster we made at the end of our project, detailing our processes and skills.

The head of design was in charge of the rocket design and the group leader made sure everyone contributed and kept the project on track.

Towards the end of the project, all the groups got

to launch their rockets. This group project contributed to their grade.
James Barrett—1st Year



Rocket launch day—S.T.E.A.M.

Trócaire Lenten Campaign

CCC students wholeheartedly embraced Trócaire's approach to this year's Annual Lenten Campaign. Trócaire is an international aid agency which was established in 1973 and supports the most vulnerable people in the developing world, whilst also raising awareness of injustice and global poverty in Ireland. While the traditional 24-hour fast is still a mainstay of their fundraising activities, the international aid charity has diversified its range of fundraising activities to offer greater choice to people who wish to help their numerous good causes.

As can be seen from the students in Rang Brian, who reported on the recently completed Digital Detox (see Page 10), the experience of sacrificing something can, at times unexpectedly, bring rewards to the people making the sacrifice themselves.

It is fair to say the work of Trócaire does not just transform the lives of those who benefit from their work in the developing world, it has and continues to transform the lives of those here at home in Ireland who support their essential work.

Many of our students participated in the 24-hour

fast, while, at their own request, the first years took part in our first School Sleepover for Trócaire on Friday 12th April, the start of our Easter holidays. I would like to express a special word of thanks to the staff members who gave up their time to help make this event possible, namely Ms. Fitzgerald, Mrs. O'Callaghan, Ms. O'Sullivan, Ms. Dundon, Mr. McCarthy and especially Mr. Long.

Two third year students also had their heads shaved to raise money for Trócaire.

As monies are still being collected, we don't have the total amount raised, but so far we have collected over €1,000. As our students know, for every euro donated to the charity the government matches the money raised, so we can be justifiably proud of the donation to Trócaire this year.

Mr. C. O'Brien



Movie Night in CCC

Movie Nights

The idea of a CCC school movie night in aid of charity was developed in September of this school year. In consultation with students, a list of possible movies was drawn up. It was decided that the movie chosen each month must either be inspirational, thought provoking or have a strong moral to the storyline.

Prior to the Christmas break, the students came together to watch 'The Sixth Sense', 'Invictus' and 'The Grinch' on different occasions.

In January, students were highly enthused and captivated by the story of 'The Greatest Showman' with €70 raised for Cork Penny Dinners.

February's movie night, in keeping with the love theme of the month, was 'The Fault in Our Stars'. Students reflected on the inspirational love story of two teenage cancer patients and €70 was donated to the Irish Cancer Society.

March featured the classic 'Forrest Gump' with €80 donated to the FACE Project.

The April movie night coincided with the 'School Sleepover for Trócaire' and all money collected on the night was added to other monies raised for Trócaire's Annual Lenten Campaign.

The final movie night of the year will be a viewing of the movie 'The Pursuit of Happiness'.

I would like to express my thanks to all staff members who gave up their time on the Friday nights to facilitate the movie night and the students in attendance on all evenings deserve a special mention for their generosity, good humour, enthusiasm, kindness towards one another and willingness to get involved in the preparation and clean-up afterwards.

Go raibh míle maith agaibh.

Mr. C. O'Brien





'Me and My Music'

This term Carrigtwohill Community College was delighted to be selected to take part in the JCT 'Me and My Music' initiative in conjunction with IMRO and Sing Ireland. We were delighted to welcome, Cork School of Music and Juilliard Graduate, Fiona Flavin to CCC for 3 composing and performing

sessions with our fabulous 1st year Music class! Students developed their creative skills through composing, brainstorming, experimenting with musical elements and collaboration with each other! An excellent experience was had by all! Well done to our 1st Year Music Class!

Mrs. W. Daly



1st year Music class partaking in JCT 'Me and My Music' Initiative



Cork ETB Student of the Year

Third-year student Alan Whelan is the embodiment of the ethos and philosophy of Carrigtwohill Community College. Alan is committed to doing his best by working hard to ensure that he reaches his academic potential. Mindful of his own personal development, Alan partakes in a number of clubs and societies namely Club na Gaeilge, Pope Francis Society and Drama Club.

As a member of the Student Council, Alan is committed to developing and improving the educational experience for all students in the college and has taken on the role of secretary, liaising between the Principal and the other members of the Student Council, to ensure the smooth running of Student Council gatherings.

Alan was awarded the Thomas Edison Award as a first and second-year student, an award given to a student who "lights up a room" when he or she walks in.

Alan was also the second-year Student of the Year, he was acknowledged for being hard-working, respectful, getting on well with both students and teachers and being a good role model. Congratulations to Alan and to his very proud parents Michael and Margaret all of whom hail from Leamlara.



Alan Whelan
Cork Education and Training
Board Student of the Year 2018



Debating Club

Debating Club takes place from 3:30 to 4.15 every Tuesday in the History Room.

In debating you have a motion (the topic of debate) and two teams who compete against each other to debate the topic. The 'proposition' is the team who agree with the motion and the 'opposition' disagree with the motion. There are adjudicators too, who listen to the debate and declare a winner. In Ms. Collins's debating club there is a treat for the best debater!

James Barrett—1st Year



Jack Bogue, Rang Bláthnaid, debating his point that illegal drugs should be legalized

Fun for All

Created by Leah Maher & Lauren Stacey-James, 1st Year

Secret Message... can you crack the code?

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Decoding Tips

☒=b	☐=h	●=n	?=s	⊖=x
☐=c	☐=j	☐=p	☐=u	⊖=y
☐=d	☐=l	☐=q	☐=v	⊖=z
☐=e	☐=m	☐=r	☐=w	

Flower Names Word Search Puzzle

O	S	A	O	C	J	S	U	L	O	I	D	A	L	G	S	A
S	T	H	M	R	S	Y	M	I	L	I	T	C	S	R	L	E
H	W	T	Y	E	C	N	A	I	T	A	N	R	A	C	S	P
T	H	B	L	U	M	H	Q	C	U	W	R	N	I	M	A	T
N	T	S	I	K	X	M	I	A	D	R	U	K	F	T	I	E
I	K	P	L	N	O	P	J	D	E	N	A	R	S	A	T	E
C	S	I	R	T	A	I	L	T	C	L	I	E	B	P	Q	W
A	I	S	E	E	R	F	S	U	M	L	N	W	X	J	U	S
Y	Q	D	G	H	O	A	L	U	J	Q	E	O	P	U	A	R
H	B	F	I	R	D	U	I	D	I	Z	D	L	C	S	I	Q
N	H	W	T	I	S	N	A	E	D	P	R	F	T	Y	J	T
Z	Q	Z	L	J	I	F	L	I	S	I	A	N	T	H	U	S
O	L	O	U	H	F	G	Q	L	J	I	G	U	C	M	E	A
C	S	I	P	O	E	N	O	M	E	N	A	S	N	F	J	R
X	S	L	D	C	A	L	S	T	R	O	E	M	E	R	I	A
V	E	I	A	M	A	R	Y	L	L	I	S	L	N	Q	U	O
D	L	Y	S	N	A	P	D	R	A	G	O	N	T	J	R	O

ALSTROEMERIA
 AMARYLLIS
 ANEMONE
 CARNATION
 DAFFODIL

DELPHINIUM
 FREESIA
 GARDENIA
 GLADIOLUS
 HYACINTH

SNAPDRAGON
 SOLIDASTER
 SUNFLOWER
 SWEET PEA
 TIGER LILY

LARKSPUR
 LIATRIS
 LISIANTHUS
 ORCHID
 RANUNCULUS





Engineers Week Visit



Bridge construction underway

In March, our 2nd Year students visited Stryker to celebrate Engineers Week 2019. The day began with a talk on the biomedical devices produced in the facility.

Students learned about the manufacturing process, the functions of devices made and the importance of maths and engineering skills in their development. Students were

then given a guided tour of the manufacturing facility. Students were shown the technology used in making and assembling a number of products.

2nd Year students on their recent visit to Stryker to celebrate Engineers Week 2019.



The day concluded with a design challenge. Students worked in teams to design and build bridges using spaghetti and marshmallows.

Overall, the day was a great opportunity for students to get an insight into the operations of this fantastic facility and to see the links between skills developed in school and their application in industry. We are very grateful to the staff at Stryker for providing us with this fantastic day!

Mr. D. Crowley

School Retreats



The Net Ministries Team at the Glounthaune Parish Centre during the First Year Retreat

Our students' annual retreats took place this year in February. 3rd years visited SCALA at Blackrock for their retreat this year, while both 1st and 2nd years' retreats were delivered by NET Ministries and took place in Glounthaune Parish Centre.

The SCALA retreat for 3rd years incorporated interactive activities, such as a walking debate, meditation through art, group games and covered topics such as respect and peer pressure.

The theme of both the 1st and 2nd years' retreats was 'Debt Free' which focused on God's forgiveness. Their day consisted of lots of interactive games and activities, small group circle time, plays and stories about saints. The

team members also shared their own stories about experiencing forgiveness. Confession was on offer for any student who wished to avail of the sacrament. Students described the NET Team as friendly, inspiring, enthusiastic and funny. NET stands for National Evangelisation Team. They are missionaries who share Jesus' Gospel message with young people. The NET ministries team consists of a team of volunteers, made up of Irish and International young people who commit for a year or more to work on a team in Ireland, where they share their faith with the young people within schools, parishes and Youth Club settings.

Mr. C. O'Brien



3rd Year Retreat in SCALA, Blackrock

Cork International Choral Festival Choir

On Wednesday 1st May, as part of the Cork International Choral Festival Friendship Concerts series, we had The Petrosyan Chamber Choir from Ukraine perform for the entire school. This was a fabulous morning of song spanning many genres and the choir even got us all up dancing at the end!

The Alexander Petrosyan National Technical University Chamber Choir was founded in the 1950s in Kharkiv, Ukraine. Since then the choir has been a regular participant at various concerts, festivals and competitions both in Ukraine and abroad. The choir's repertoire includes classical, sacred traditional Ukrainian and other ethnic music, as well as pieces by contemporary composers.

Visiting Choir—The Petrosyan Chamber Choir, Ukraine



The group enjoys travelling, receiving guests, learning new music and establishing new musical partnerships with other ensembles.

The choir consists mostly of students and alumni from the university who, despite the scientific nature of their studies, all adore singing and have made choral music one of their treasured pastimes.

Mrs. W. Daly

Lego

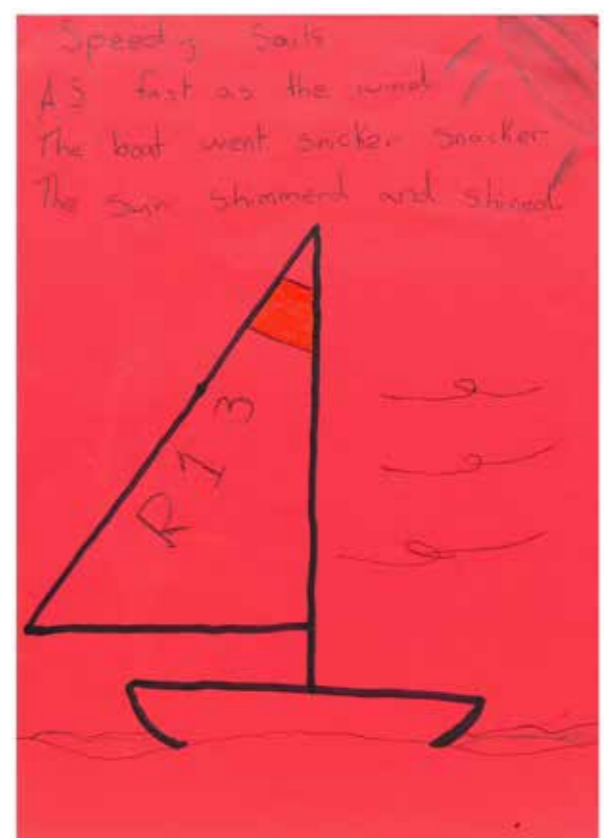
Huge congratulations to the CCC Cosmonauts who won the Robot Design Award at the Munster LEGO Leagues competition in December in UCC! The team involved were rewarded for the hard work they have put in since September in preparation for the competition which was based on space travel this year.

At the competition, the team showcased their engineering, research, presentation and team-work skills. We are all very proud of our future astronauts Imran, Chidi, James, Aishling and Victor (pictured below)!

Mr. D. Crowley



Creative Writing



Poem written by Matthew Pearson, 1st Year





Digital Detox—Phone Free Lent

Students of Carrigtwohill Community College participated in the 'Digital Detox'. During the 'Digital Detox' students handed up their phones to Mr. O'Brien, who was the organiser of this activity. The insightful activity of our 'Digital Detox' was held for the whole of Lent.

Approximately 15% of Carrigtwohill Community College students took part with parental permission.

Phones were brought in on a Monday morning and stayed in school all week until they were collected

on a Friday evening. We got to use them for 10 minutes every morning before class in the Religion Room. We put them into labelled plastic bags so they

Last minute checking were easily identifiable. They

were kept in a safe in Mr. O'Brien's office for the week. We took them home for the weekends.

The benefits of this was task were plentiful: more personal time, better sleep, less stress, more family time, going outside more, doing more sports and more fresh air. We did this to raise money for the charity, Trócaire, but also to prove a point that we



Students packing away their phones

don't have to always be on our phones and we could socialise more. We also had the added bonus of Mr. O'Brien kindly rewarding us with an Easter egg and 10 VSWare positive points.

By participating in the 'Digital Detox' we not only felt better in ourselves but were also helping other people. With not having the phones glued to our hands 24/7, our family and friends saw a more sociable side to us. Those who took part found themselves to be more sociable and had more 'actual' conversations with those around them. It was reported by those who took part in the 'Digital Detox' that their sleep quality improved and their mood was better. Without phones, the participants found they had more free time and this in turn allowed them more time to exercise. It also gave us the opportunity to raise money for Trócaire. We had the option to ask for sponsorship for taking part in the 'Digital Detox'; all proceeds went to Trócaire to help other people in need.

Students who took part also felt that their posture improved and concentration levels were increased. Overall the students who took part felt that the 'Digital Detox' helped them in many ways, some foreseen and some unforeseen.

Rang Brían, 1st Years



Digital Detox participants after completing their challenge of staying phone-free throughout lent



Féile an tSamhraidh—Success for Alan Chen



Congratulations to 2nd year student Alan Chen who won gold in U15 Piano Solo and Bronze in Under 18 Piano Repertoire this weekend at Féile an tSamhraidh in Midleton!

Féile an tSamhraidh



Alan is currently studying Piano at the CIT Cork School of Music. His musical talents are renowned in CCC, and we are very lucky to have such a talented musician in our midst. Well done Alan, everyone in CCC is delighted for you on your recent successes.

Mrs. W. Daly

Alan Chen displaying his silverware (left) & medals (inset)

Board Games Club



How many board games can you spot in this picture?



Board Games Club is in action for all year groups in CCC!

Ms. Collins runs the Board Games Club at lunch time on Mondays in the History Room. We play Chess, puzzles, guessing games and, of course, board games!

You can even bring your lunch so it is a great way to socialise. Come on down, bring your lunch and enjoy all the fun and games!

Leah Maher—1st Year





Irish Orienteering Championships

We have a national hero at Carrigtwohill Community College. Here Joshua Hoare recounts his wonderful achievements at the Irish Orienteering Championships. Well done Joshua, these are amazing results!

We left Carrigtwohill on Friday lunchtime and arrived about five hours later in a little town called Belcoo in Co. Fermanagh just over the border in Northern Ireland. We set up our tent on the shores of Lough Macnean and then headed off to Florence Court Estate. Our first competition was the Sprint Orienteering, in this event not only do you have to run fast but you also have to think fast about your route choices – every second counts! I started my race at around 8pm and finished with a time of 14:39 with my nearest competitor 17:09. Day 2 saw us heading to Castle Archdale Forest Park on the shores of Lough Erne for the Middle Distance. My race was 2.4 km with 9 controls and it was run over difficult terrain. I finished second with a time of 21:13, being beaten by just 16 seconds. Day 3 we travelled back into the Republic of Ireland to the Cavan Burren Park for the Long Distance. This is the most technical and

has the most difficult terrain with thick forest and open mountains. My course was 4km with 13 controls. In this I finished in first place with a time of 39:37. Overall it was a very successful and fun weekend, and I would highly recommend the sport!

Joshua Hoare - 1st Year



Joshua Hoare competing in Irish Orienteering Championships

Jae Hun Kim Taekwon-do

On 7th April four students from Carrigtwohill Community College, Conor O'Brien, Neal Cotter, Dave Williams and Aishling Williams, received their black belts in Jae Hun Kim Taekwon-do Martial Arts. They were graded on their overall ability in sparring, grappling and hand & foot techniques.

Congratulations to you all on having such success outside of the college. Well done!



Adult Kettlebell European Championships



And representing Ireland....we have Abby O'Donovan...

Abby O'Donovan, 2nd Year, is representing Ireland in Germany at the Adult Kettlebell European Championships in May.

Competing against adults, Abby will be lifting one 16kg repeatedly for 10 minutes doing the one arm long cycle.

Good luck from everyone at CCC.



Silverware for CCC Footballers

This year started off with an under 16 football match against Schull. 1st, 2nd and 3rd year boys all played in the match and tried their hardest but unfortunately, they were unsuccessful.

The under 15 footballers, however, have had much more success. This team is made up of 1st and 2nd year boys and they topped their group in the East Cork School's competition. They started off the group playing St. Colman's, Midleton and won well. In their second match which they played against Cobh and had a good win. We are now through to a semi-final where we will play Youghal.

Recently the under 14½ team, which consists of 1st and 2nd year boys, played in the county championship which was held on the 4G pitch in Páirc Uí Chaoimh. The lads played 3 matches in total. In the quarter final they played Macroom and won convincingly. This pushed them into a semifinal against Kanturk, who were a better opposition than Macroom but they still had no chance against CCC. We went on to play Schull in the final, a rematch of the game earlier in the year, and after a tight game, we came out on top! A great victory for the school and the lads.

It is the first of many trophies to come back to CCC hopefully!

Oisín Lynch—2nd Year



Captain Oisín Lynch receiving the Cup (Above) and Mark O'Connor takes his score (right)



U14½ County Championship Cup Winners





Ladies Gaelic Football

Carrigtwohill Community College's U16 Ladies football team reached the Munster E Shield semi-finals this year but, unfortunately, they were defeated by a strong and deserving Meán Scoil an Leith Truig side.

CCC's young squad set off for Ballyvourney on April 30th, unaware of the talented team of Kerry footballers they were about to encounter. The weather conditions were perfect, but the girls had a far from perfect start.

From the throw in to the final whistle in the 1st half, it was very visible that the lack of training had finally caught up to the girls of CCC.

Hannah Dikibo was challenged with the impossible task of defending the goals which were bombarded, one after the other, by the hungry Castlegregory team. Spectators commented on Hannah's fantastic goalkeeping skills and stated that the score was no reflection on the tremendous work she was doing in goals. Aoife Lee worked like a Trojan and kept her player out of the game but the rest of the Carrig girls were asleep. The 1st half was a complete annihilation.

At half time, inspiring words from Iníon Ní Shúilleabháin and Iníon Ní Chualáin sent the Carrig girls out with a hunger to put some scores on the board.

Midfielders Clodagh O'Regan and Aoife Ahern opened up the play and scores began to flow for Carrigtwohill. One after the other, the brilliant Sinéad Crowley popped over a few fantastic points and delivered perfect balls into the nifty Alannah O'Connell, who like always, found the back of the net. The Carrigtwohill girls were awake and



CCC Ladies Gaelic Football Team



had finally started to play the football we know they can, but unfortunately it was just too little too late. That didn't stop the likes of Sarah Barrett, Rachel Adedokun, Jodi O'Connor, Jennifer Adebayo and Hazel Nolan putting their bodies on the line to defend the goals and work the ball back up the field. Katie Ryan and Abbie O'Connor made some wonderful runs from the centre of the pitch, working a skillful 1-2 passing technique so that the Castlegregory girls found it difficult to keep up. Niamh Quinn made for a wonderful addition to the second half team as she showed her strength and natural affinity for sport in her debut for the U16 ladies football team. Equally, Robyn Murphy, Aisling O'Regan and Rachel O'Meara worked hard to narrow the gap between the two teams.

Captain Clodagh O'Regan spoke wisely at the end of the game and reminded her team that they are a very young team and next year, if they train more, they will have a better chance at winning. There is no doubt that there is football and talent in these young girls and I have no doubt that they will continue to improve and prosper year after year. Watch this space!

Iníon Ní Chualáin



First Year Boys Basketball Team 2019

The first year Boys Basketball team of 2018/2019 did very well. They started off slow, lacking in experience and teamwork, but as time went on, they became better and better.

They had a few close matches, but every match they lost, they learned more about playing as a team. In their last event they went to the Parochial Hall in Cork city which was a two-match blitz. The team lost their first match but won their second by a very respectful margin of twenty points. Despite having given it their best, the team sadly did not qualify for the next round.

Even though they were disappointed, the lads agreed that they had improved enormously in the short time span. We are determined that with a lot of practice



First Year Boys Basketball Team 2019

and dedication, we will do much better next year.

I, for one, am looking forward to playing with such a great team again.

BASKETBALL RULES!!!

Sam Norton—1st Year

South Munster Schools Track & Field



Three athletes represented CCC at the South Munster Schools Track and Field Championships at CIT on Friday 10th May.

All three athletes have now qualified for the Munster Schools Championships. Dinny McLean placed 2nd in the Junior Discus event, Cian O'Riordan came 2nd in the Junior 1500m and Chidi Olugbue finished 4th in the Junior 800m final.

A great days work by all!

Ms. M. White

Dinny McLean, Cian O'Riordan & Chidi Olugbue - Qualifiers for Munster Schools Championships





Update on the Hurling Season

“Don’t practice until you get it right. Practice until you can’t get it wrong”

Carrigtwohill Community College opened in 2016 but this is the first year they entered a team at U16 level in the Cork Post Primary Schools Competition and at U15 level in the Munster Colleges Competition. It was encouraging to see most players committing to training every Tuesday after school. As previously stated on CCC’s first newsletter in December, our U16 team exited the championship against a very strong DLS Macroom team.

This experience was invaluable and stood to the U15 team when it came to their championship time. They defeated Desmond College, Gortboy in the first round with an impressive performance. This paired them up against Nenagh Vocational School, Tipperary. Once again, the lads performed excellently and went on to comprehensively defeat Nenagh. Daniel Covaci led the way from goals giving a performance “Anthony Nash” would be proud of. The prize for this win put CCC into the quarter final of the Munster College Championship. In preparation, training went well, the lads’ attitude and openness to learn and improve gave them every opportunity to overcome the massive challenge of taking on last year’s winners Mount Hawk.

Unfortunately this proved a step too far which exited CCC from the championship. The lads were bitterly disappointed but were humble enough to accept they were beaten by the better team.

Moving on a few months to April the lads entered an eleven a side U14½ tournament in Páirc Uí Chaoimh. Nine teams participated. CCC’s first opponents were Scoil Mhuire, Karturk and

thankfully the lads performed well to get their first victory of the day and were comprehensive winners. They were led by their inspirational leader and Captain Oisín Lynch at full forward. Next up were DLS Macroom, the team that knocked CCC out of the U16 championship. This only motivated the lads and they didn’t leave a stone unturned to come out of this game with a victory. It was semi-final stage now and the lads were buzzing with excitement. In a titanic battle, Bantry only just overcame CCC. It was a devastating defeat with only a puck of the ball between the sides. It would be unfair to single out individual performances as honestly every player dug deep to try and win this one. It was a bit of a consolation that Bantry went on to be the overall winners but it’s impossible to even put into words what it would have meant to all involved to be playing in that final.

This group can hold their heads up high after the way they performed over the season. No silverware in the end but that will only galvanise this group even more to win something next year. They are open minded and mature enough to understand this is not all about winning, certainly not, it’s about learning, growing, respect, friendships and fun to just name a few and this group demonstrate and have these values in spades. Hon CCC!!!!

Both trainers, Ms. L. O’Reilly & Mr. N McCarthy, are grateful to be involved with such a great group. They believe strongly in the importance of meticulous preparation.

“You earn your trophies at practice. You just pick them up at competitions”.

This message will be reinforced at each training session until silverware comes in the front door of Carrigtwohill Community College.

Ms. L. O’Reilly & Mr N. McCarthy

CCC Hurlers at a recent competition



Orienteering



Orienteering Teams displaying their recent successes

On the 12th February 2019, our 1st and 2nd year students participated in the Cork Post-Primary Orienteering Championships in Fota Gardens. The

1st Year Boys course consisted of 15 controls, whilst the 2nd/3rd Year Boys course contained 19 controls; both courses required great endurance and stamina.

Carrigtwohill Community College was very successful. Our 1st year boys team was crowned second overall with Joshua Hoare finishing first place in the individual stage of the competition. The 2nd year boys won gold medals for the team event, while Ben Allen and Cian O’Riordan placed second and third respectively.

All 16 participants from CCC demonstrated excellent orienteering skills, clearly outlining the huge development in orienteering as an extra-curricular activity in our school.

Cian O’Riordan—2nd Year



CCC Students at Cork Post-Primary Orienteering Championships in Fota Gardens

Girls Basketball

Our girls’ basketball team came 3rd in the Southern Regional Basketball League. After 5 wins in a row the first-year girls basketball team was very unlucky to lose out to Boherbue Comprehensive in the county semi-final by just 4 points. It was a huge achievement to reach this stage and we are immensely proud as we are the first ever CCC girls basketball team.

Congratulations to all and well done. The team will be playing again after the summer, and members are encouraged to join.

For further information, please talk to Ms. White.

Leah Maher—1st Year



CCC Girls Basketball Team





CCC Rugby

The 2018/2019 season saw Carrigtwohill Community College make significant progress within the Munster Rugby Emerging Schools Blitzes. Training began in October and our first blitz of the Munster Rugby Cork Conference took place on 15th November on the main pitch in Irish Independent Park. We played 3 games, narrowly missing out to St. Colman's College, Midleton in the first, we lost the



second to a very strong Ballincollig Community School side before our comprehensive victory (22 -0)



against Douglas Community School.

With some new additions to the squad during the winter training months, confidence was high as we prepared for our second blitz which took place at Munster's grounds in Mahon on 27th February. The team faced a tough task when lining out against Crosshaven with many of their players playing for clubs as well as their school. Things didn't go our way in that game but the senior boys in the squad showed great leadership and helped the team regroup and learn from their mistakes. Peer coaching proved hugely beneficial when we faced St. Colman's Community College in a second successive blitz. Team CCC stormed into the lead racking up an early lead of two converted tries. Gaps in our technical knowledge of the game meant

we missed out on two further almost certain tries. The game ended all square at the whistle. The boys took part in their third blitz on Wednesday 20th March again at Munster's grounds in Mahon. We lost to Educate Together Secondary School Cork City and overcame Midleton CBS in a tough battle. We were delighted to learn that we qualified for the final of the overall Munster Regional Emerging Schools' Blitz in Muskerry on Tuesday 9th April. In the lead up to this we had the Invitational Blitz and a return to Irish Independent Park to look forward to on Thursday 4th April. The results of the invitational blitz games were a real confidence builder with us emerging victorious in 3 of our 4 games with victories against Edmund Rice Secondary School (Carrigaline), Caherciveen Community School and Cork City Educate Together Secondary School.

We were full of confidence on arrival at the final blitz in Muskerry on April 9th. We narrowly lost out in games to Coláistí Chorca Dhuibhne and Coláiste an Chraoibhin (Fermoy) before facing an awesome Kinsale Community School who made it all the way to the final.

The appetite for rugby continues to grow in the College and students are already looking forward to what lies ahead next year. A special word of thanks to Tim in the Community Centre for making the Astro pitches available to us for training throughout the year and to Munster Rugby's Vincent O'Leary, Eugene McCarthy and Ray Gadsen for their working with coaching and organising the blitzes through the year.

Mr. C. O'Brien



CCC Rugby Team



Update on the Camogie Season

"Practice like you have never won. Perform like you've never lost"



CCC's First Camogie Team to compete in the Camogie Championship

Carrigtwohill Community College are very proud of how the girls performed in the college's first ever year competing in the Camogie Championship. While the opening game before Christmas didn't go according to plan against an excellent Coláiste an Chraoibhin side, the girls' "never say die attitude" was admirable. After a slow start they were like a new team in the second half led by Jodi O'Connor and Niamh Quinn in the back line. Throughout the field all players gave it everything and it certainly wasn't from the lack of effort that they didn't win this game.

After Christmas the girls were straight back into action against their local rivals Midleton. This turned out to be a fantastic game with only a puck of the ball separating the teams in the end. It would be unfair to single out any individual performances here, as all players from both teams showed off their many skills and determination in this cracking game. A shot by Midleton that hit the side netting was the final play of the game and to witness the CCC girls celebrating was a 'memorable moment' for anyone who attended. CCC won by two points, 4.10 to 4.08, bragging rights already over our neighbours!! Unfortunately, Fermoy topped our group so they progressed onto the next stage, but this invaluable experience will stand to all going forward.

Fast forwarding onto their next tournament which took place in April at Mallow, the girls were grouped with Listowel and Brogan's College. The former team were up first and when the girls settled, they outplayed Listowel and gained their first victory of the day. Alannah O'Connell was the standout player as the ball was like glue to her hurley. Brogan's proved too strong for the girls and they went on to top the group. Overall the girls should be proud of what they achieved in their first year competing for the school. As the saying goes "you win or learn" so these experiences can only be a positive for the coming season.

Next season with more training, the CCC girls will be hard to beat. It was an enjoyable year, friendships were made and most importantly the girls seemed to really enjoy it. Both trainers, Ms. L O' Reilly and Mr. N McCarthy, were only delighted to help the girls out. They would encourage any girls, regardless of ability, to come on board for the 2019/2020 season and help bring a cup back to Carrigtwohill Community College.

"The more I practice, the luckier I get"

Ms. L. O'Reilly & Mr N. McCarthy





1st Year School Tour—Swell Surf Camp

On Friday 3rd May 2019 First Years attended Swell Surf Camp at Inch Beach.... here are a few snaps taken on the day showing how things went...



2nd Years head to Cuskinny

The Second Years attended Cuskinny Court Activity Centre in Cobh for their school tour, also on Friday 3rd May 2019... here are some pictures capturing the many activities they completed on the day.



Newsletter Club

Our newsletter highlights the achievements of our students in the school community and the local community. Ms. Lowe, Ms. Hayes & Iníon Ní Dhéisigh came together to head up the Newsletter Club.

The dedication of the teachers and students involved has been superb. The level of achievement in CCC across all fields is vast. The Newsletter issues have been busting at the seams with detailed reports which have been submitted by various staff members and students. The Newsletter team would like to thank everyone for their contributions.

Members: Leah Maher, Lauren Stacey-James, Victor Obiejesi, James Barrett, Edan Leahy, Ms. S. Lowe—Editor, Ms. J. Hayes—Creator & Designer

If you would like to contact us or submit an article please do so at ccnewsletter@corketb.ie



Healthy Habits



Every issue we aim to promote positive wellbeing through our healthy habits section.

Can you make healthy habits part of your day-to-day life?



Junior Cycle Class of 2019

The first cohort of Carrigtwohill Community College will sit the Junior Cycle examinations in June, the first State Examinations in the college. Our third year students have been in the very unique position of paving the way for those who come behind them. The Learning to Learn programme, established in their first year, has allowed them to understand their own personal learning styles based on their strengths and they have been supported in the development of the key skills and knowledge needed for both the upcoming examinations and for life in general. They have been working hard to reach their potential as the examinations approach. We wish them the very best in the Junior Cycle. Remember students: this is your journey, make the most of it, reach for the stars!

“You’re off to great places, today is your day, your mountain is waiting, so get on your way” Dr. Seuss



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