



W

e come to the end of another academic year, and although it has been a year like no other, it has been a productive and progressive year. The shift to remote teaching and learning posed challenges for all members of our school community, but our students worked diligently with their teachers to ensure that quality learning and teaching continued throughout the period of closure. There is no doubt that the resilience, determination and commitment of our students and teachers, coupled with the unwavering support of our parents, outshone the adverse situation in which we found ourselves. The articles included in this newsletter are testament to the strength of character of our students and staff when faced with a challenge.

Throughout the year, our new Student Council continued to promote student voice and student leadership through tutorials for first-year students, a competition for all students and the rejuvenation of the House System. Such leadership encourages students to take an active role in their education and to develop positive skills in the process, thereby creating a culture of ownership, collaboration, and community in the classroom. We aspire to create leaders in and out of the classroom and are immensely proud of the role models within the Student Council, and the greater student body, who are inspirational to those around them.

As we approach examination time, we wish our third-year students every success in their Junior Cycle Examinations,

Principal's Address

and equally, we wish all our students the very best of luck in their summer exams. The summer break has been well-earned and is well-deserved, and it is important to re-energise over the coming months. I would like to acknowledge the support and commitment of our teachers and parents, of the dedicated Parents' Association and the equally dedicated Board of Management. Our thanks also to our friends and colleagues in Cork ETB and the Diocese of Cloyne. Most importantly, thank you to our wonderful students for making Carrigtwohill Community College what it is.

It would be remiss of me not to acknowledge the tremendous amount of work that has been done by Mr. Tadhg Long since he began as Deputy Principal in 2016. Tadhg has decided to return to teaching, and we are fortunate that he is remaining with us in Carrigtwohill Community College. Tadhg has left an invaluable print on the development of our college and, although I will miss having him by my side, the students and teachers are very fortunate to be gaining him as a teacher and colleague respectively. We wish Tadhg every success in his teaching career, and thank him for his vision, dedication and enthusiasm.

Wishing you a happy and safe summer.

Lorna Dundon





Amber Flag Award



We are very proud to announce that our college has been awarded its first Amber Flag Award.

The Pieta Amber Flag Initiative recognises the individual efforts of secondary schools to work together to create healthy inclusive environments that support well-being and eradicate the stigmas associated with mental health in Ireland.

To achieve the Amber Flag Award for 2021 the Amber Flag committee, which composed of CCC students and teachers, was formed. The Amber Flag



committee began by establishing a set of goals and objectives. These goals were focused around promoting positive mental health throughout the school community.

In October we achieved our first Amber Flag goal by promoting Mental Health Awareness Week. This was accomplished by encouraging all subject departments to incorporate positive mental health awareness into their lessons.

Our second goal was achieved when Transition Year



students designed and decorated a vibrant and colourful Amber Flag notice board to showcase mental health awareness in a positive, proactive light.

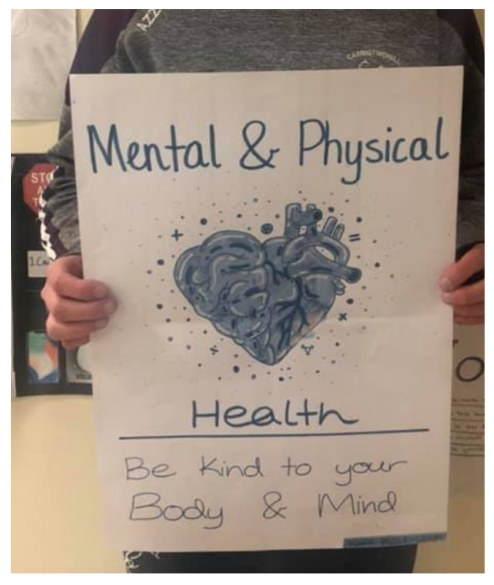
The third goal, which focused on the important role of physical activity on mental health, was promoted when First Year students completed a Steps Challenge during the school closures earlier this year.

The Wellbeing and Amber Flag committees promoted the importance of connections with others when we returned to CCC with our Reconnections Week. Students and staff engaged in a variety of activities across the year groups with the Hula Hoop Challenge and Gratitude Wall to name but a few. This marked the achievement of our fourth and final goal.

Well done to everyone involved especially student members of the committee Aoife Aherne, Abbie Eady, Abby O'Donovan, Ben Allen, Cian O'Riordan, Emma Clarke, Eric O'Sullivan, John Nolan, Lauren Dean, Oisín Lynch, Oisín O'Driscoll, Rachel Holland-Connery, Robbie Horgan and Ronan Browne, and staff committee members Ms. C. Morrison, Ms. C. Daly, Ms. C. Roche, Ms. L. Murphy, Ms. L. O' Reilly, Ms. M. Cullinane, Mr. N. McCarthy and Mr. P. Lucey.

Ms. C. Morrison & Ms. C. Roche



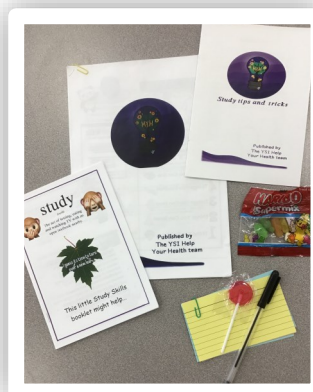


Young Social Innovators—Help Your Health

This year 23 Transition Year students participated in the Young Social Innovators (YSI) competition. We chose to focus on improving the mental and physical health of the students in our school. We felt that this was a good topic to base our project on because we felt that we could have a positive impact on the day to day lives of our peers. We believe that physical and mental health are essential to the healthy development of teenagers. This cause is very important to us because we have also experienced the stress of school ourselves, and we feel that this is even more important during the Covid-19 pandemic.

Throughout the year, we set weekly tasks for the students. The tasks were chosen to suit all students in our school, to ensure students felt comfortable to participate and to allow students become more involved in the school community. We set tasks such as a Steps Challenge, a Keepy-Uppy Challenge, a Poster and Photography Competition, a Christmas Card Competition as well as many others. Our first task of the year gave students the opportunity to design the 'Help Your Health' logo. The winning logo of the light bulb was designed by a TY student Lauren Dean. We believe that these tasks have had a positive impact on all students by getting them involved in fun activities.

We also decided to try and alleviate some of the stresses associated with exams for our Third Year



students. We carried out surveys and interviews with Third Year students to see how we could help them. As a result, we created an exam pack with a booklet full of study tips, advice, blank

templates for a study timetable, flashcards, pens and a lollipop. These went down a treat with the Third Year students. We also created a booklet full of gorgeous recipes, mindfulness strategies and even a Spotify playlist to help with exam stress.

A mindfulness guide was created and our plan is to publish this on our newly launched website www.cchelpyourhealth.com. In this mindfulness guide, we have included some step by step guides on mindfulness techniques. We included instructions and blank templates for activities such as brain dumps, doodling, bullet journaling and mindfulness colouring. Our aim is to make the mindfulness guide widely accessible and downloadable so that we can reach a wider audience than just our school community.

Before Christmas, we participated in the TY Christmas market held in the marquee on site. We used this as an opportunity to raise awareness for



our project and to also raise money to print more booklets. We ran activities such as a Goal Challenge, Guess the Number of Sweets in the Jar and much more. The students had a great day at the market.

When the opportunity arose to participate in the YSI Den, we jumped at the chance! Our project managers went forward to pitch our project to a panel of judges in the hopes of being awarded funding and mentoring. After an enjoyable (and successful) pitch, we were delighted to be awarded €400 and mentoring throughout the rest of our project. We are currently using this funding to create our website. We have put a lot of hard work into bringing our dream website into reality. The website is still a work in progress but we are getting there.



We were delighted to be shortlisted for the Young Social Innovators final, which placed us in the top 5 teams from all over the country in the mental health category. We thank the judges, the people at the YSI Den, our teachers, students and the people within our group for their continued support.

Ms. L Murphy & the TY YSI group 'Help your Health'



We would love it if you would follow our social media accounts:

- Twitter** <https://twitter.com/CHelpyourhealth>
- Instagram** https://www.instagram.com/ccs_helpyourhealth/?igshid=1cxnn5vov6inq
- Tik Tok** https://www.tiktok.com/@ccs_helpyourhealth?lang=en
- Facebook** <https://www.facebook.com/pg/Help-Your-Health-CCC-104566181481709/>

Check out some of our posts on social media overleaf



Website: www.carrigtwohillcc.ie **Email:** carrigtwohillcc@corketb.ie

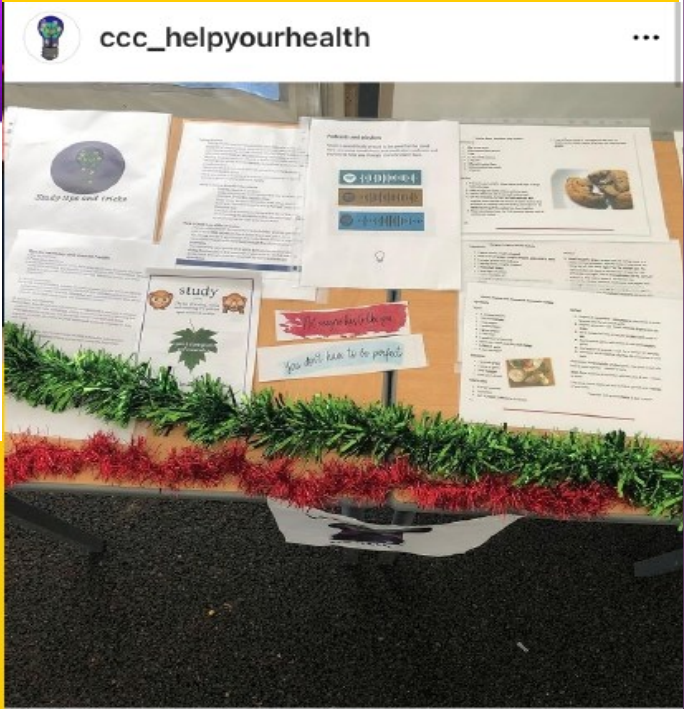
Tel: 021-4853488







ccc_helpyourhealth This week's competition is an lgbti+ themed photography competition. The deadline is this coming Monday (Monday 19th November). Make sure and participate as there will be prizes for the winners! 😊
 #ysiireland #lgbti 🌈 #helpyourhealthccc
 19 November 2020



ccc_helpyourhealth ~Flashback to our Christmas market stall of 2020~ #ysi #helpyouhealth #positivementalhealth #positivephysicalhealth





Credit Union Quiz

Well done to the students who took part in the All-Ireland Schools Quiz 2021 in association with The Education Credit Union. In the absence this year of the many sporting and other extracurricular activities that make school life so memorable and rewarding, we felt it important to end the year with some fun and competition for our Junior Cycle students.

Although we did not feature in the prize winners, all teams did have some competitive fun!

Many thanks to our team reserves and to all who volunteered to be part of the quiz.

Ms. S. Lowe



Team CCC1A

Juliette Creedon, Abbie Ahern, Niall Barry, Kacper Trela, Aisling Kelleher



Team CCC2A

Jake Kirby, Patrick Chacko, Sam Donnellan, Akram Mahadi



Team CCC1B

Fionn Mallon, Rachel Williams, Jack Maher, Sean Óg Madden



Team CCC2B

Ben Murphy, Robert Dean, Ian Fitzpatrick, Shane Donovan



World Book Day

World Book Day took place in March when we were in the midst of lockdown, knees deep in remote teaching and learning.

To provide some light relief, the English teachers of CCC set fun and exciting tasks to promote literacy and creativity.

Students were given the task to create a 'Roll' Model of their favourite characters from a book using a toilet roll core. Check out some of the entries!



Book Quiz

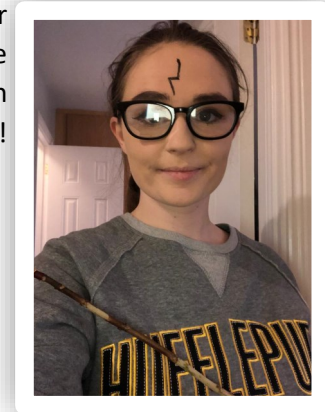
Can you guess the title of the book? .

1. 🧐 ⚡ + 📖 😬
2. 🧒 🐷 🕷️ 🕸️
3. 🧒 🧒 + 📖
4. 🧒 + 🏠 🏢
5. 🐣 🐣 + 🧒 🧒
6. 🐶 ➡️ 😂 🐦
7. 🌴 📖 (🧒 🧒 🧒 🧒 🧒 🧒 🧒 🧒 🧒 🧒 🧒 🌴 🌴)
8. 😊 😊 🧐 🧐
9. 🐷 🐑 🐮 🍌
10. 🕒 ✈️ 🚗 🚗 🧒

Staff of CCC were challenged to a book quiz – try it out yourself! Answers are at the bottom of the page. Congratulations to Gillian O’Callaghan who was victorious in the staff quiz.

Lastly, members of the English department dressed up as their favourite book characters. Little did the students expect Harry Potter to be teaching them from the Gryffindor Common Room on a dreary Thursday morning! Fair play Ms. Cullinane!

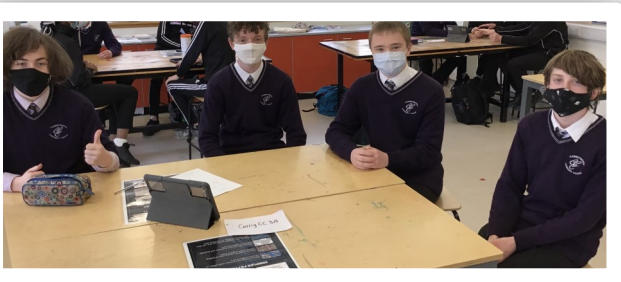
Ms. S. Lowe



Credit Union Quiz—3rd Year Teams



Team CCC3A
Edan Leahy, Kane Mullan, James Barrett, Alex Bell



Team CCC3B
Joshua Hoare, Jasmine Obi, Daniel Stashevskyy, James Lonergan



- World Book Day Quiz Results
1. Harry Potter and the Chamber of Secrets
 2. Charlotte's Web
 3. The Lion, The Witch and The Wardrobe
 4. Charlie and the Chocolate Factory
 5. Of Mice and Men
 6. To Kill a Mockingbird
 7. The Jungle Book
 8. Angels and Demons
 9. Animal Farm
 10. The Time Traveller's Wife



Seachtain na Gaeilge

Bhí spraoi agus craic ag muintir Choláiste Phobail Charraig Thuathail le linn Seachtain na Gaeilge i mbliana. D'oibrigh an Roinn na Gaeilge go crua chun na himeachtaí a heagrú ar líne. Bhí a lán imeachtaí ag dul ar aghaidh ar líne i rith na coicise ar nós Tráth na gCeist, Comórtas Griangrafadóireachta, Comórtas Postaera agus an céilí ar líne. Ghlac múinteoirí agus scoláirí páirt sna himeachtaí agus níl aon dabht ach go bhfuil an Ghaeilge beo i gColáiste Phobail Charraig Thuathail. Go raibh míle maith agaibh do gach duine a ghlac páirt i Seachtain na Gaeilge i mbliana. Ná déanaigí dearmad: *Is fearr Gaeilge briste, ná Béarla cliste.*



Members of Carrigtwohill Community College enjoyed the 'spraoi agus craic' during Seachtain na Gaeilge this year. The Irish Department worked hard to organise and run the events online this year. There were a lot of activities that took place such as a Table Quiz, a photography competition, a poster competition and a virtual céilí. Both teachers and students took part in the activities and there is no doubt that Irish is alive in CCC. Many thanks to everybody that took part in Seachtain na Gaeilge this year. Don't forget, broken Irish is better than clever English.

Buaiteoirí

Comórtas Griangrafadóireachta:

1ú: Abby O'Donovan

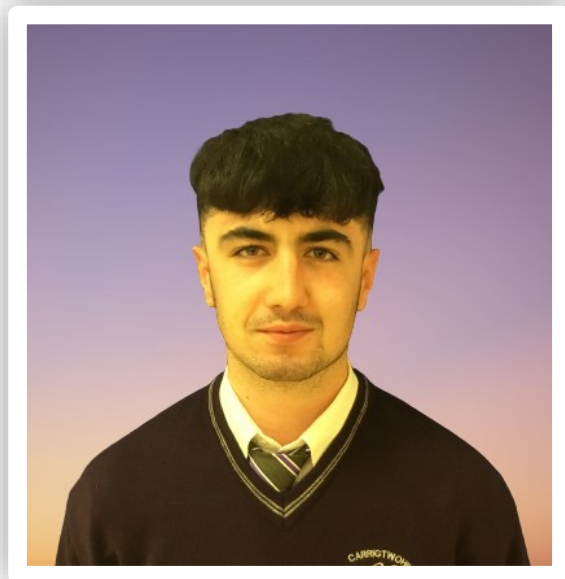
2ú: Sarah Barrett

Iníon E. Ní Shúilleabháin

Cork ETB Student of the Year 2020

Congratulations to Cork ETB Student of the Year 2020, 5th year student Craig Murphy. Craig is a well deserving recipient who embodies the ethos and philosophy of Carrigtwohill Community College. Craig has been nominated for several CCC awards since he began in the college in 2016. He is committed to reaching his academic potential and is equally mindful of his own personal development. He always displays a positive attitude and has excellent leadership skills.

Well done Craig!





The Medieval Times – Monster Mayhem

24/3/1347

In a freak happening last week, a little girl, known as Red Riding-Hood, was attacked by her grandmother, Celia Riding-Hood, aged 63, who had turned herself into a wolf. The girl was rescued by a John Burke, aged 37, a woodcutter. The wolf is hiding in Wolfwood Forest, where she has been terrorising the local residents by destroying their homes.

Red Riding-Hood was bringing a cake to her grandmother to celebrate Celia's 63rd birthday on the 21st of March. However, when she reached the house there was no grandmother, only a wolf! The wolf leapt onto Red, clawing and scratching.

Fortunately, John Burke, a neighbour, heard Riding-Hood's scream, and came just in time to save Red's life. He hit the wolf on the head with the blunt edge of his axe. He immediately went off with Red to find the local sheriff of Wolfwood, Jack Smith. The three of them came back to Celia's residence but the wolf, evidently only knocked out, had come to and escaped into the woods. Red is now safe in the infirmary of St. John's Abbey, and has only sustained superficial scratches.

At first it was supposed that it was one of the common wolves that inhabit the forest that had ventured into the town and eaten Celia, but on closer investigation it was shown that Celia was a witch. In Celia's basement, there was a large stash of potions and spell-books. One of the spell-books was opened to the page which had a spell for 'changing form to be a wolf'. In the evening of the 23rd, a sighting of a wolf of unusual size and intelligence was reported by three brothers, pigs, who live in the west fringes of Wolfwood forest. The wolf had thought of blowing down two of their houses, which were made of flimsy materials, and they had escaped to the third house, which was made of strong bricks. Celia tried to climb down the chimney and fell into a pot of soup which was boiling for dinner. The pigs immediately slammed the lid onto the pot and ran for the sheriff, and the wolf is now in custody and awaiting trial.

Red Riding-Hood, when interviewed, stated that she had had an encounter with the wolf while going to the grandmother's home in the forest. The wolf inquired as to what direction she was going, and Red naively told her. Celia, evidently thinking to pin the blame on the wolf and keeping her human form innocent, let Riding-Hood go on. John Burke also stated that Celia was secretive and held grudges, and bad things always happened to those that offended her.

One possible motivation for this crime is that Red Riding-Hood, when a toddler, had expressed her dislike of Celia in no uncertain terms, and according to the testimony of Red's mother, Celia had been aloof and cool for the rest of the evening. It is thought that Celia may have had a type of madness that aggravated her already destructive temperament.

The two pigs that built houses out of flimsy materials (straw and sticks!) have revived the reward for catching the culprit and are using it to buy bricks.

This concludes the account of the mayhem experienced over the few days. The trial will undoubtedly bring interesting facts to light that fill in gaps in this account.

by Daniel Lewis



A picture of Little Red Riding-Hood by our resident engraver





Debating Club

A First Experience of Debate Club

I joined our Debate Club earlier this year as I thought that it would be a good opportunity to make new friends as I didn't know many people when I first joined CCC. It was also good to try something relatively new to me.

Suffice to say, it was a great idea! Debate Club has been an amazing experience, I have made new friends, improved my public speaking skills and learned new things.

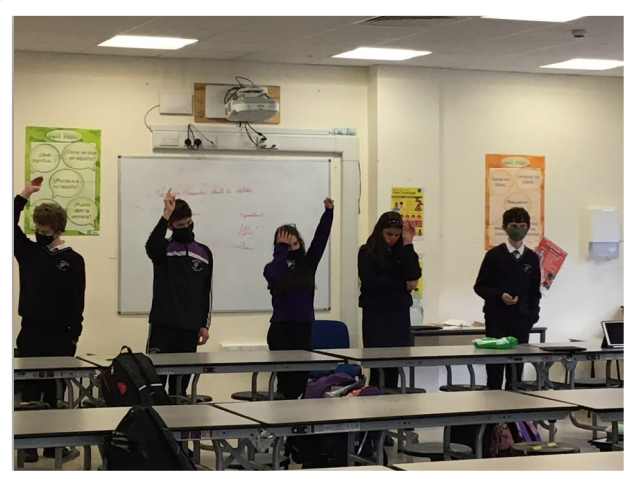
As I was appointed to secretary of the club this year, I have had the opportunity to learn even more new skills and undertake new responsibilities.

Each week we have two teams debate a motion, which can range from "Pineapple on pizza should be banned" to "All cars should be electric". We do walking debates afterwards and every week there are new and fun conversations.

I speak for everyone in Debate Club when I say that the club is really ours! We, the students, pick the motions and organise the proposition and opposition; we even adjudicate and decide who wins!

We really appreciate Ms. Collins and Ms. Kelly for giving up their time to facilitate the running of the club. It has been an excellent fellowship to be a part of and I look forward to it every week and would highly recommend it to everyone. We enjoy welcoming new members into the club.

Aisling Kelleher 1st Year





A Veteran's View of Debate Club

Debate Club takes place on Tuesday after school from 15:20 to 16:00 in the 3rd and 4th Year Social Area. The debates consist of topics that interest the members of the club. We have 2 vs 2 with three adjudicators who decide which team wins. Ms. Collins and Ms. Kelly pick speaker of the week but this isn't always the strongest student - it tends to be the person who has improved the most or who has made a great point of information or someone who has manipulated the motion to their advantage. We have a time keeper too, they ensure our speeches stay within the time limit.

The debate club has allowed us as members to develop our confidence in public speaking. It allows us to work on our speech writing and broaden our knowledge on random and interesting topics.

Ms. Collins and Ms. Kelly make sure Debate Club can go ahead and everything runs smoothly. We have walking debates where a motion is put forward and members either agree or disagree. We hear each other's point of view to improve our debating skills. This is done so that members who are going to debate the following week have an idea of what their opponents are going to say and highlights new ideas they may not have considered.

We all learn so much from listening to each other debate as we are able to take tips and tricks from one another. We all support each other and really enjoy debating against each other. If you want to find out more you can talk to any member of the debate club, Ms. Kelly or Ms. Collins.

Abbie Eady Transition Year





Reconnections

The return to school was full of trepidation for all! With this in mind, staff focused on activities that foster connections and relationships with and amongst students.

The Wellbeing Team wanted students to ease back into school life in CCC in a positive way and encourage the students to reconnect with each other and the college community. The activities implemented were cross curricular. Extra break times were allocated and mask breaks were timetabled. Activities within the classroom included the Marshmallow Tower challenge, The Hula Hoop challenge and The Rock Paper Scissors tournament. This provided great entertainment for staff and students alike.

The students created Thank you cards in Religion for those who helped them during lockdown. The English department completed gratitude bricks to



create a gratitude wall in the school corridor. Our art poster competition, based on the importance of reconnection, was a great success and added colour to our Amber Flag Positive Mental Health notice board.

The staff and students of CCC benefitted from the positivity and the reconnections helped many students transition back into full time education.

by Ms. C. Roche



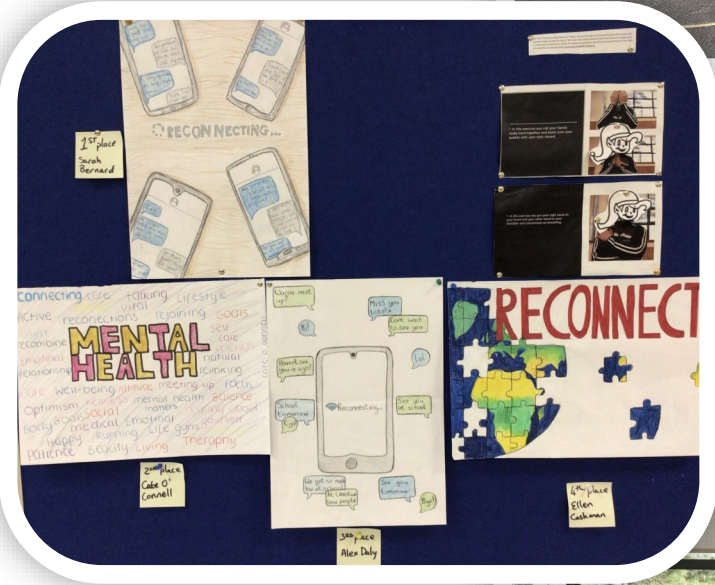
Above: Rock Paper Scissors Tournament



Right: Gratitude Wall



Reconnections—Activities





Have you “herd” of Certified Irish Angus Beef?

2021 invoked new beginnings. New year. New dreams. With that in mind, four young, enthusiastic students from Carrigtwohill Community College began their new year on a quest to educate consumers on Certified Irish Angus Beef.

These students are currently promoting Certified Irish Angus Beef online, and within their area, in an overall effort to ‘certify’ themselves as Certified Irish Angus Competition champions in order to make CCC the real capital of Irish Angus Beef. Much like after a long days work on the farm, this group are hungry for silverware. They hope to be bursting with pride (after they complete their project), similar to the subsequent feeling after guzzling on a high quality Certified Irish Angus steak.

About the group

Firstly, the Certified Irish Angus Schools Competition is an annual competition for Transition Year students. It is sponsored by ABP Food Group, Kepak and Certified Irish Angus Beef Producers Group. Aherns’ Angus are feeling confident that their project will make the “cut”, so to speak, and win the prestigious prize of rearing five Angus calves. Their

wealth of knowledge will assuredly benefit them in their run in the competition. Aoife Ahern was born and raised on a Certified Irish Angus farm, and cousins, Ben Allen and Cian O’Riordan, and family friend, Mark Walsh, all regularly provide assistance on the Certified Irish Angus Ahern farm. This first-hand experience of working on a Certified Irish Angus farm gives them a priceless background knowledge, which is proving to be essential to the groups research, giving them a very welcome boost to their project, ‘tús maith leath na hoibre’.

About the project

The fundamental focus of the project is to educate consumers about the positive aspects involved in the production of Certified Irish Angus Beef which contributes to its immaculate quality. These unique students intend to hone and uphold all of the impeccable standards associated with Certified Irish Angus Beef. With a lot of past entries in this competition focusing on what should be done to improve Irish Angus Beef, combined with a somewhat negative perception of beef in the media, these students were prompted to steer their project



Team Members: Aoife Ahern, Mark Walsh, Cian O Riordan & Ben Allen





in a different direction. Their farming experience stimulated their drive and urge for promotion of Irish Angus and they are determined to put right the negative perceptions of beef.

Promotion, Education and Consumer Awareness

Ahern's Angus' are off to a flying start already. Utilising the era of social media to their advantage, their Tiktok account is bolstering Certified Irish Angus Beef. Ahern's Angus has also promoted their project within their community through organising an "Angus Day" in CCC, putting up posters and surveying and presenting to students. Competition sponsors Kepak, Certified Irish Angus Beef Producers Group and ABP Food Group will certainly be delighted with the publicity as a result of this promotion process.

Local Certified Irish Angus Beef farmers will be pleased too, with the group trying to embed the knowledge and awareness of the flawless quality of Certified Irish Angus beef.

Why Certified Irish Angus Beef?

Certified Irish Angus cattle are reared with the utmost care by farmers. The Irish Angus herd thrives in the mild, Irish climate feeding on lush open fields where they eat the sweetest grasses, wild herbs and natural clovers. It is great that something benefits from our predominantly wet climate! These unique grazing conditions create a superior flavour and tenderness to the beef, which many consumers may not be aware of. This, coupled with the high standards expected from wholesalers (e.g Certified Irish Angus Beef Producers Group), can only mean nutritious benefits. In addition, the official Bord Bia Quality assurance scheme has bestowed its prestigious award, another boost to Certified Irish Angus Beef.

'Balanced diet' is a somewhat prominent phrase used in today's society by various dieticians across the globe. Certified Irish Angus Beef certainly fits into the calibre of 'balanced diet' as it's

exceptionally high in protein, low in fat and contains essential micronutrients such as calcium, iron and vitamins A&B. This aids people in all walks of life; it contributes to the aspiring goal everyone wants to live to be 'happier, healthier and fitter'.

Why must we support Certified Irish Angus Farmers?



Group member Aoife Ahern has witnessed first-hand the trojan work carried out by Certified Irish Angus Beef farmers. She understands the pressures involved in the extreme quality control process involved in rearing Certified Irish Angus cattle. This allows wholesale companies like the Certified Irish Angus Producers Group, Kepak and ABP Food Group to promote a tender, juicy and nutritious cut of meat.

Ahern echoes her beliefs that "Certified Irish Angus Beef is the best [beef] around". She goes on to say "I am so proud that my father and grandfather contribute to such an incredible production line. I see the immense work we, as farmers, do to feed and rear the Certified Irish Angus cattle on lush grass which they thrive on. This maintains their highly nutritious diet. The process as a whole is such a joy to be a part of. I wish consumers could see all of the work put in by us [farmers] to meet the standards that are set by wholesalers such as Kepak, ABP Food Group and Certified Irish Angus Producers Group."

With the current challenges of Brexit and recovery from COVID-19, these farmers certainly need your support now more than ever!

Ideas for promotion

As a group it is their intention to increase consumer awareness about the incredible standards achieved by Certified Irish Angus Beef farmers and wholesale Irish Angus Beef companies. To stimulate growth in the Certified Irish Angus Beef sector, this group of students have put together some creative,





Have you “herd” of Certified Irish Angus Beef?

innovative and effective ideas for what can be done. Their aim is to focus on the measures Certified Irish Angus farmers are taking already, day after day. Some suggestions were open farm visits for Certified Irish Angus Beef farmers, more appealing packaging and commercial advertisements.

Open farm visits would make consumers aware of the unique standards set among these established farmers. Meanwhile, packaging would make consumers more aware of the unique quality of Irish Angus Beef, making a greater connection between consumers and the product. Commercial ads would reach a huge audience and highlight the message.

If successful in the competition, Aherns’ Angus vow to document the lives of the five Irish Angus calves on Tiktok to confirm the high standards in which Certified Irish Angus Beef cattle are reared.

What can we do as consumers?

As consumers we are more responsible than one may think! We have the choice of supporting indigenous, ethical and moral brands through our purchases.

When thinking of what we, as responsible consumers, should purchase, we must think critically, carefully and cautiously in order to support the right practice in production.

We, as consumers, have a responsibility to really consider our purchases.

We must acknowledge the incredible standards demanded by companies such as Certified Irish



Angus Producers Group, ABP Food Group and Kepak, who produce time and time again exceptional beef as a result of their strict, efficient protocols.

This group certainly believes in how these companies operate, which is a responsible, ambitious and passionate manner to provide consumers with the best standard of beef; whilst helping the economy by employing thousands from farm to factory across Ireland.

Aherns’ Angus will continue to educate consumers by increasing awareness through social media and promotion within the community. Tiktok is currently the most effective way of reaching a wider audience due to its surge in popularity over the past year. The group intend to make it to ‘cream of the crop’ in the competition. For now, they must prepare for the interview stages, with a view to proceeding to the finale in Croke Park.

For more information on Certified Irish Angus Beef or the group’s journey in the competition, support us @ahernsangus Tiktok.

Do not forget to visit the Certified Irish Angus Beef counter in your local supermarket/butchers to see what all the fuss is about!

(At the time of going to print we were gearing up for Angus Day in school – grass fed goodness in a bun!)

Team members: Aoife Ahern, Ben Allen, Mark Walsh and Cian O’Riordan

Special thanks to Mr. D. Crowley for all his support and guidance, Ms. L. O’Reilly for help on drafting this article and Ms. M. Buckley for helping to organise Angus Day in school.

Cian O’Riordan Transition Year



Aoife, Ben, Mark & Cian presenting on their project

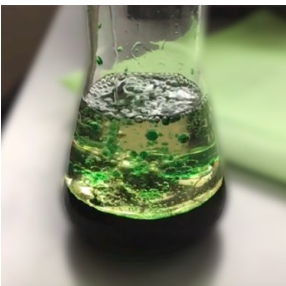


First Year Science Club

At the beginning of the year we established our CCC Science Club for first year students.

Due to the incredible interest from our budding scientists and to ensure social distancing was maintained, students were divided into two groups and attended once a week after school on an alternating basis.

Over the year, we carried out a range of experiments such as extracting DNA from bananas, experimenting with lava lamps, bath bombs and glow in the dark plants to name but a few. We also investigated STEM activities such as building and designing parachutes and launching bottle rockets.



The effort and determination shown by our Science Club members is an inspiration as they strive to reach their full potential as scientists in an investigative and exciting environment.

Science Club takes place every Monday after school and we look forward to welcoming new members in the coming year.

by Ms. C. Morrison



Niall Barry (above) & Lidia Pasiecznik (right) carrying out experiments in Science Club



Meditation Classes

At Carrigtwohill Community College we are trying to instil a holistic approach to our education. Prior to remote learning, Ms. C. Roche, Ms. C. Morrison and Mr. N. McCarthy were facilitating a meditation group aimed at supporting students' wellbeing every Tuesday and Thursday morning in school. The overwhelming positive feedback from the students who participated gave Mr. McCarthy the encouragement to continue with these classes via Microsoft Teams *during* remote learning, with the aim to lift the spirits of students during the challenging lockdown period. The class involved a 10 -minute meditation to help students feel relaxed, less anxious and more positive. Feedback from students was encouraging and they also felt they benefited from the social interaction with their peers.

Classes are due to commence again! Hopefully more



students will attend and everybody is welcome. With exams around the corner, these classes can only be of a benefit to those in attendance.

If you are interested, please do not hesitate to contact Ms. C. Roche, Ms. C. Morrison or Mr. N. McCarthy and they will assist you in joining the classes.

by Mr. N McCarthy





'Formula One in Schools' Competition



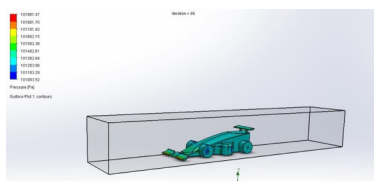
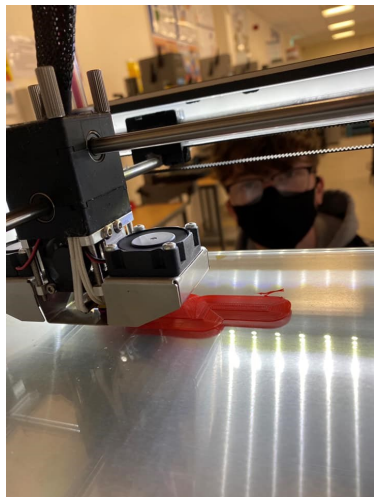
Craig Murphy, Cian Bolger, John Nolan, Mark Walsh and Ben Allen came together this year to enter a team called "Ar Nós Na Gaoithe" in the worldwide 'Formula One in Schools' Competition. This prestigious competition tested the students to design and make their own model F1 car which was to be raced over a 20-meter track. They had to design this car using CAD (Computer Aided Design) where they put their designs through a rigorous testing process. The car was then manufactured using a combination of 3D routing and 3D printing. In addition to this, they had to produce a number of portfolios which documented their progress. These included an Engineering Portfolio, an Enterprise Portfolio, Engineering drawings and a pit display.

The students started working on the competition last October and continued to meet to work on the project twice a week virtually throughout lockdown. The students secured a sponsorship deal with Stryker and as a part of this they met with David, an engineer from Stryker, on a regular basis for advice and support.

The competition rounded off with Interview Week, where the students had 4 different Zoom interviews and were quizzed on all elements of their work and got the opportunity to showcase their knowledge.

The national finals are being run in late May so fingers crossed for a good race for Ar Nós Na Gaoithe!!

by Mr. A. Keane



Transition Year 2020-2021



Following on from a first term full of activities and hard work, January found us back in our homes participating in online teaching and learning. Our resilient group of Transition Year students continued working to the best of their ability while teachers worked hard to provide worthwhile learning experiences. A number of online activities took place including Driver Education, virtual careers events, SLAM poetry workshop, School of Improv comedy workshop, the hotly contested Rang Aodhan versus Rang Ailbhe quiz and a virtual escape room.

We are all delighted to be back where we belong in CCC. The final term started with a bang with a drumming workshop, where serious talent was uncovered! All students are currently participating in online Italian classes in conjunction with the UCC Italian

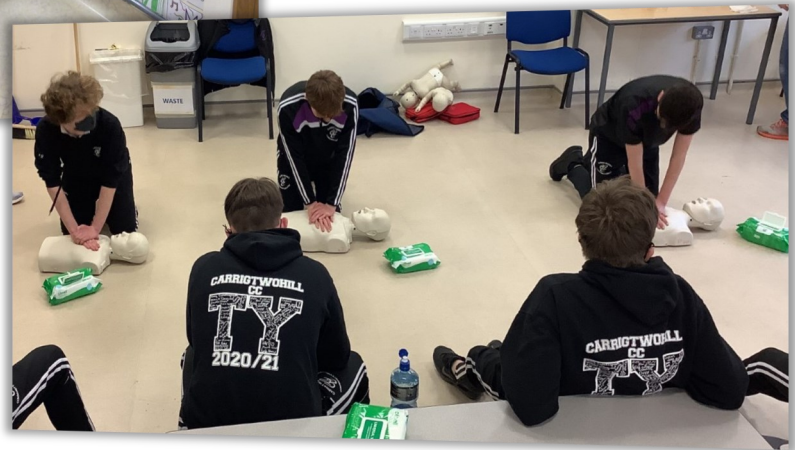
department, First Aid practical and theory classes run every Tuesday afternoon in school and the Aware 'Living Life to the Full' resilience training is ongoing. There are many more activities to be packed into the term (and to be confirmed whilst the newsletter goes to print), in the meantime students are gearing up to the practical driving session!

Transition Year 20/21 students graduated on May 21st and start their senior cycle journey in September as more mature, socially aware, personally developed young adults. We wish them all the success in the world - a more fabulous group of students, you could not find!

by Ms. M. White

Right: Drumming Workshop

Below: Abby O'Donovan working on Gratitude Wall



Right: First Aid Workshop



Art in Lockdown 2021

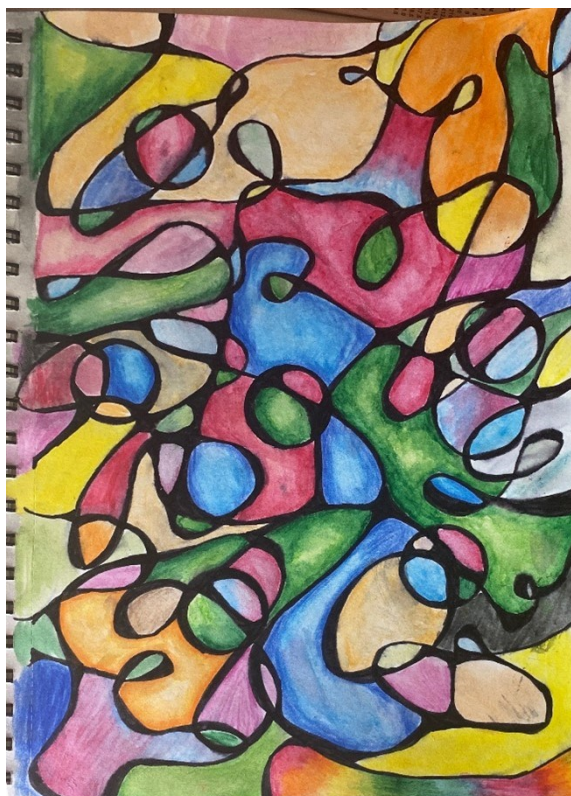


Rachel O' Meara pictured above with her CBA 2 Submission, 'Cobra' which can be seen on the right

Some amazing artwork was produced by the Art students in CCC during lockdown and remote learning. Ms. Roche would like to showcase some fine examples.

A special mention goes to Rachel O'Meara for her craftwork clay 'Cobra' piece for her CBA2 based on the theme 'Pattern'. Exceptional skill and creative commitment was shown throughout Rachel's whole project. Well done!

by Ms. C. Roche

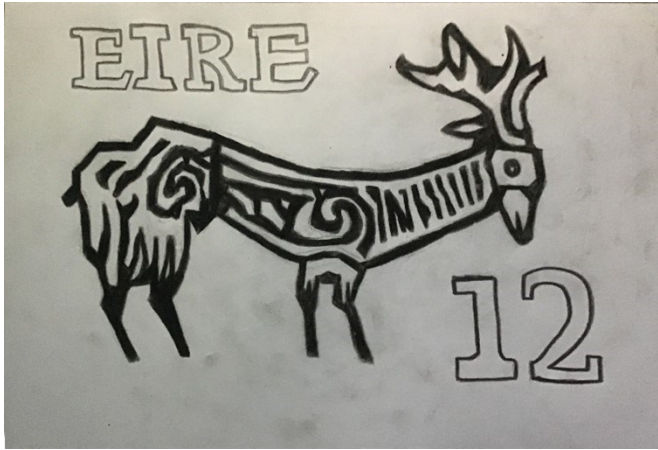


Neurographic artworks by Alannah O'Connell 3rd Yr



3 Object Still Life Drawing by Caoimhe Twomey Rea 3rd Yr

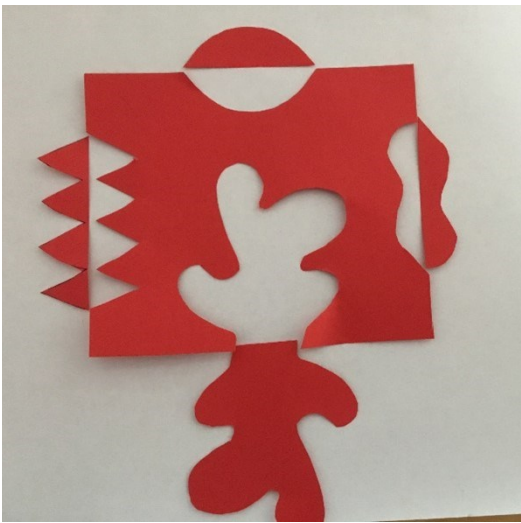




Stamp Design Practice by Adam O' Keeffe 2nd Yr



Colour wheel with objects by Ellen Cashman 1st Yr



Notan artwork by Cian Kirby TY



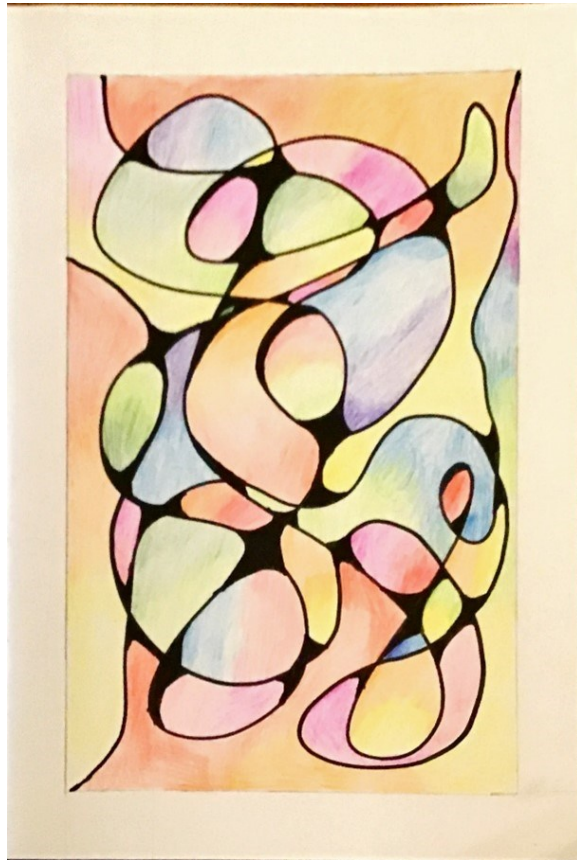
Fractured heart with water coloured pencils by Juliette Creedon 1st Yr



Observational Drawing of school bag by Jacob O'Brien 1st Yr



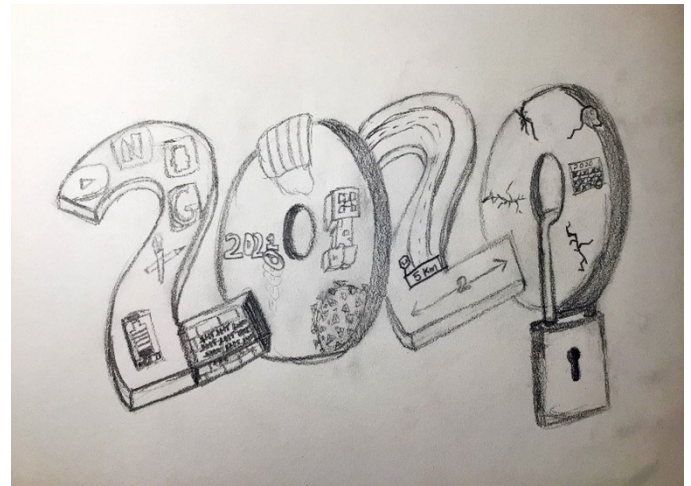
Art in Lockdown 2021 ctd



Neurographic artworks by Leah Maher 3rd Yr



Above: Zentangle Initials
Right: Land art or earth art inspired by Andy Goldsworthy
both by Lily O'Brien Sarrazin 1st Yr



Reflections on 2020 lockdown Typography and image combination
by Lidia Pasiecznik 1st Yr

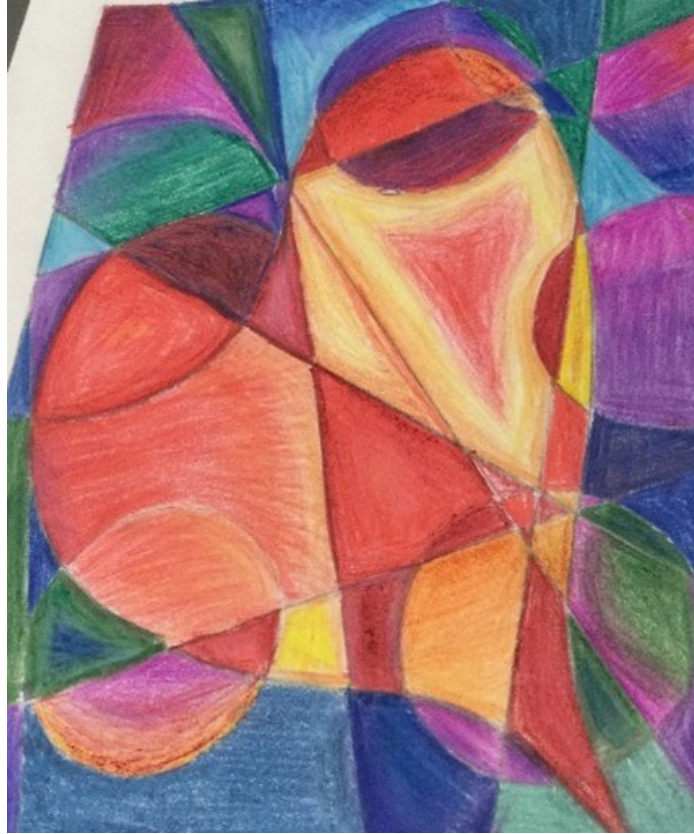


Colour wheel with objects by Eliana Moroney 1st Yr

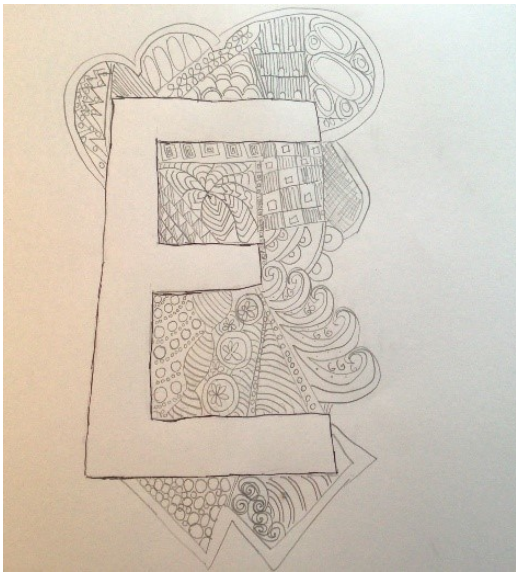




*Land, Art or Earth art inspired by Andy Goldsworthy
by Rachel Williams 1st Yr*



*Fractured heart with water coloured pencils
by Yuri Guarino 1st Yr*



Left: Zentangle Initials by Eva McCabe 1st Yr

Cork School Orienteering Championships 2020

Students recently received their medals for the Cork School Orienteering Championships which took place in March 2020.

2nd/3rd Year Boys:

First place: Joshua Hoare

Third place: Cian O’Riordan

Overall team placing: First (Joshua Hoare, Cian O’Riordan, Ronan Browne & Adam O’Neill)

1st Year Boys:

First place: Cillian McCarthy

Second place: Matthew Barrett

Third place: Josh Tynan

Overall team placing: First (Cillian McCarthy, Matthew Barrett, Josh Tynan & Jack Barrett)

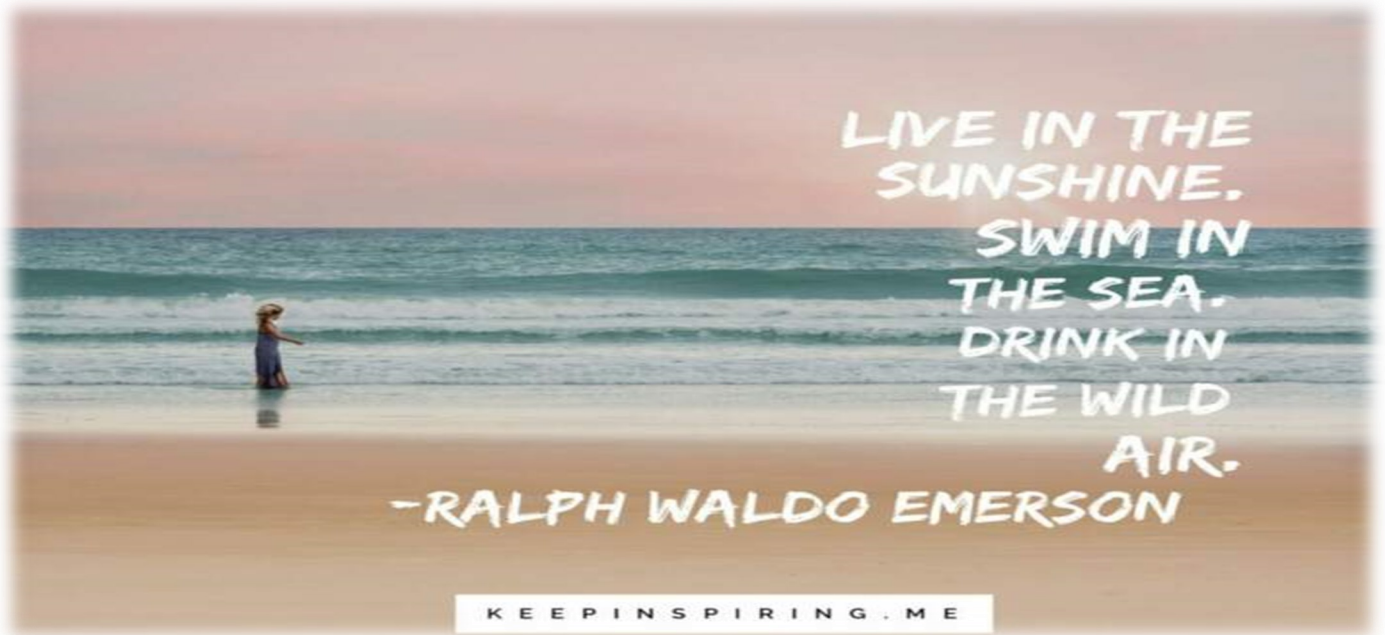
- Missing from photo: Cillian McCarthy



TY Class of 2021



Absent: Nicholas Jubrils, Luke O'Regan, Aoife Lee



Submissions welcome at ccnewsletter@corketb.ie
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