



W

elcome to the Christmas 2020 edition of our newsletter and what an unusual term it has been! We welcomed 120 new first years to our college in September and they have embraced the CCC experience with notable enthusiasm. Our established students have been hugely supportive of the efforts to keep the college as safe as possible in the current environment, and we are very proud of every one of them for their readiness to stand tall together.

Despite certain restrictions, we have had a busy term, with students and teachers using creative and innovative ways of learning and teaching to ensure that all students have optimum possibilities to reach their potential. Our first cohort of 5th year students hit the ground running with a Study Skills session upon their return to school, and they are working hard to prepare themselves for the Leaving Certificate Examinations in 2022. Our new Transition Year students are participating in a wide range of workshops, events and activities, and are very clearly benefitting from the academic, social and personal development that goes hand in hand with our TY experience. It would be remiss of me not to mention the level of care for the community that these TY students

**Nollaig  
Shona  
Buit**

### Principal's Address

have shown through fundraisers and events to support others less fortunate than themselves. Finally, as in all year groups, our 2nd and 3rd year students are positively engaged as their teachers challenge and encourage them to become resourceful and confident learners. As a college, we are not solely focused on the best academic outcomes for every learner, but also on supporting each learner's growth as an independent, resilient, and respectful young person. The contents of this newsletter open a window to the array of activities that facilitate this endeavour.

I would like to wish our students, staff, parents and guardians, members of the Board of Management, colleagues and friends in Cork ETB and the Diocese of Cloyne, and not least members of the community of Carrigtwohill, a very happy and peaceful Christmas. We are very cognisant of the steadfast support we receive from our stakeholders and I would like to pay tribute to you this Christmas for all of the support received this term.

Nollaig shona agus athbhliain faoi mhaise daoibh go léir!

*Lorna Dundon*





# Amber Flag Committee 2020



**THE AMBER FLAG INITIATIVE**  
PROMOTING POSITIVE MENTAL HEALTH IN SCHOOLS

The Amber Flag committee is made up of students and teachers of Carrigtwohill Community College. The Amber Flag committee are trying to improve the mental health of both our students and staff. We are also trying to raise awareness regards mental health in general.

We are aiming to raise the awareness of mental health in the school by putting up a noticeboard in the first-year social area, with the content focusing on spreading positive messages. We want to promote the use of meditative practices in our classes and make people more aware of mindfulness techniques.

We are planning fundraisers for other charities, like Caring for Carrigtwohill and Pieta House. We are also linking up with the 4th year YSI group known as 'Help Your Health' who are also trying to promote mental health and well-being in the school. We will be building on the success of CCC's Mental Health Awareness Week.

If you would like to join the Amber Flag committee

or even just want to raise awareness about mental health you can talk to Ms. Roche or any of the teachers mentioned below. Alternatively, you can talk to the chairperson Oisín Lynch, or the vice chairperson, Cian O' Ríordan and we can aim to facilitate your ideas at one of our meetings.

We would like to thank Ms. Roche, Ms. O' Reilly, Ms. Morrison, Ms. Kelly, Ms. Murphy, Mr. Lucey and Mr McCarthy for aiding us in our endeavour to promote mental health in CCC.

Please mind your mental health because it is vital.

*Abbie Eady 4th Year  
For and on behalf of the Amber Flag  
Committee 2020*

## Carol Singing



2020 has been a tough and gruelling year for all of us. From the dullness of the past few months, thankfully the season of goodwill has emerged... the season of happiness, celebration and thanksgiving.

But sadly, there are people who cannot indulge in this festive season. With that in mind the Transition Year students of Carrigtwohill Community College brought the excitement and joy of Christmas to the elderly in our society. We, as Transition Year students, did not want any person to feel excluded during this special time of year and so therefore we held a virtual carol service.

We needed a day to practice, getting our voices in tone (as they were quite rusty). The following day

we assembled along the main stairs, in a socially distant manner, to perform our virtual carol service. We sang carols like 'Silent Night', 'Away in a Manger', and 'Oh Come All Ye Faithful'. We also sang some more of the modern songs like 'Jingle Bells', 'Santa Claus Is Comin' To Town', 'Snow is Fallin'' and 'Rockin' Around The Christmas Tree'. All our songs were recorded and sent out to various nursing homes across the county.

Overall, it was a blast and hopefully our audience enjoyed it!

*Imran Shareef 4th Year*





*I want to give up  
I said with a sigh,  
With books on the ground and tears in  
my eyes  
I'm too dumb, too slow, all these excuses I  
made  
Dyslexia definded me,  
I had let myself be played.*

*What's in the future?  
Where do I stand?  
With money in my pocket or living by a  
trash can  
I have goals in life  
Places I want to go  
But how do I do this when I'm stuck in a  
hole*

*20 maths questions  
Take one each night  
You'll find there is hope  
You'll find there is light*

*We are not the same  
In fact we are better  
Our brains may work different  
But that doesn't mean we arnt clever*

*Dyslexia is a blessing  
Tho covered with a descise  
It's up to us to reveal it  
To show what's inside*

*Theres a back door for everything  
But we can still go in the front  
Why give up so early  
Start acting like an adult*

*By Eva Linehan  
5th Year*

Mindful breathing practices are encouraged in CCC. A key part of mindfulness and meditation is the breath. By focusing on the breath, we can calm both our minds and bodies. Recent studies have revealed why breathing has this effect!

Breathing affects noradrenaline—a natural chemical in the brain often referred to as one of the “stress hormones”. When we produce too much it, it increases our heart rate and blood pressure, which is part of the body’s normal fight-or-flight response. Noradrenaline allows us to react physically in stressful situations. When we produce too little of this hormone, it affects our ability to be alert and focused. Hence, we need just the right amount!

Just the right amount, “The Goldilocks Proportion”, lies somewhere in the middle. If noradrenaline is produced at the right levels, we can think and focus more clearly. The right amount also helps build connections between new cells in the brain, which improves brain health. These two benefits are where breath-oriented practices such as mindfulness, meditation or yoga are important.

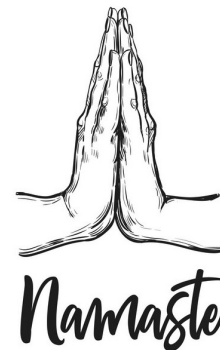
One of the simple methods we use and encourage in CCC is the 7/11 breathing technique.

You breathe in for a count of 7, hold and release for the count of 11 and you repeat this 3 times. It helps to rest your thought process and reduces your heart rate.

We are currently running Mindful Mornings Tuesday and Thursday at 8.15 to 8.30 in the Art Room for students.

Nasmaste

Ms. C. Roche



## Letters to Nursing Homes



In English this term, first year students wrote 180 letters to nursing homes in our community. Brookfield Care Centre in Lemalara, Oaklodge Nursing Home in Churchtown South and Carechoice Nursing Home in Ballynoe will all receive letters from our wonderful students just in time for Christmas.

An Post states that "Community is about reaching out with compassion, staying connected and sending love to each other" and that is exactly what our first-year students in CCC wanted to achieve this Christmas. The letters are filled with information like what their favourite subjects are and their plans for Christmas. They are hoping for a response from their new pen pals!

This is a wonderful initiative, and I am delighted to be able to facilitate the students of CCC in connecting with the wider community.

*Ms. C. Kelly*



## Fighting Words Workshop

The English Department in Carrigtwohill Community College organised a creative writing workshop for second years. Traditionally we would have attended the Graffiti Theatre in Blackpool but this year the amazing co-ordinators at Fighting Words were able to facilitate the workshop over Zoom.



Fighting Words is a creative writing centre established by Roddy Doyle and Sean Love. Fighting Words helps students of all ages to develop their writing skills and to explore their love of writing.

During the Fighting Words workshop, the students spent time working together creating a story, initially through role play and improvisation. The students then worked together as a class, developing characters, setting, and plot, adding dialogue and editing as they went along.

Each participant then had the opportunity to work on their own individual pieces of writing which will be used as part of their Classroom Based Assessment 2 for Junior Cycle English. The workshop was very engaging, and students thoroughly enjoyed the experience. A big thank you to Fighting Words Cork for reinventing their workshop in these restricted times. .

*Ms. S. Lowe*



# Debating Club

This year the CCC Debating Club has had more students than ever involved! We have relocated to the Ionad Gorm, a much larger venue, to ensure that social distancing is maintained as we argue out our motions.

This year the Debating Club is being run by a very able student committee, barely facilitated by teachers. The committee was selected by a vote after candidates argued the motion that 'I would be the best candidate!' We can proudly announce the 2020 committee as: Abbie Eady (Chairperson), Aisling Kelleher (Secretary) and James Barrett (Motions Officer).

Students have had fun with socially distanced walking debates, where they argued their opinions in an effort to encourage others to move to their point of view. Motions debated ranged from 'Ireland is the best country to live in' to 'dogs are better than cats', and topically, 'Biden will be a better president than Trump'. The atmosphere varies from heated to farcical, but it could be argued that fun is had by all!



## DEBATECLUB

Students have also prepared for and conducted more formal debates such as 'The study of Irish should not be compulsory' and 'Celebrities born into fame don't deserve fame'. Student adjudicators to date have been tough but fair in choosing their weekly winners and the teachers' 'Speaker of the Week' is always hotly contested!

Debating Club continues every Tuesday in F04 from 3:20pm to 4:00pm in Iona Gorm. Join the Debating Club Edmodo group or contact Ms. Collins or Ms. Kelly for more details.

New members are always welcome.

*Ms. C. Collins*



Website: [www.carrigtwohillcc.ie](http://www.carrigtwohillcc.ie) Email: [carrigtwohillcc@corketb.ie](mailto:carrigtwohillcc@corketb.ie)

Tel: 021-4853488



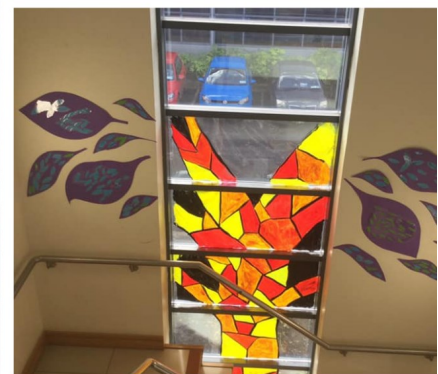


# Mental Health Week

In October we celebrated Mental Health Week with each member of our school community. Over the course of the week an array of activities were held to promote the importance of positive mental health and wellbeing. A special theme underpinned the activities of each day and each subject marked the week by linking course material and activities to wellbeing. Activities included the One Mile Challenge (Staff and Students), DEAR (Drop Everything and Read) time, poster competitions, photography competitions, song/rap creation; to name a few. The school is bursting with bright colourful posters highlighting the importance of mental health, thanks to our active Student Council. A beautiful sunny, blossoming tree enlightens our

main stairwell, decorated in leaves, each of which represent an individual we are protecting by wearing a mask. We also held a non-uniform day as we fundraised for the local and incredibly important charity, 'Caring for Carrigtwohill'.

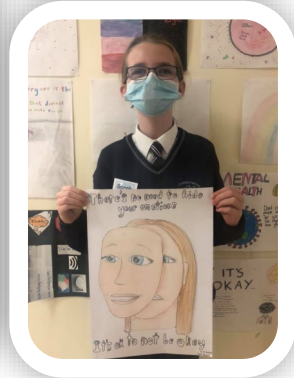
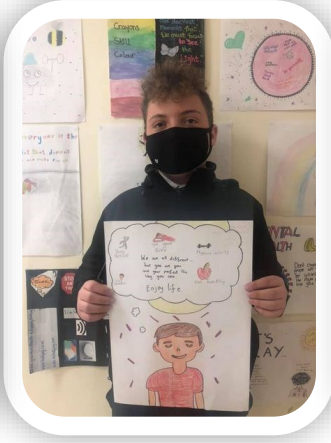
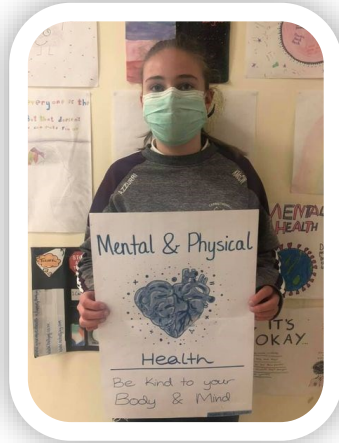
'It's OK Not To Be OK' was created by 2nd year students as part of Mental Health Week in CCC. This original song was composed by music students Sam Allen, Akram Mahadi and Praise Tamardoe. The song was recorded and produced by Sam Allen and performed by Akram Mahadi, Praise Tamardoe, Roisin Crotty, Eorann McGrath and Yasmina Soumaila. The song highlights the importance of looking after your mental health and recognising that it is okay to not to feel okay sometimes.



# Poster Competition Winners

Our overall winner of the CCC Mental Health Awareness Poster Competition was 3rd year student, Katie McCall Walsh, pictured below. The 2nd year winner was Callum Fitzgerald, also pictured below. The winners in first year were 1st - Aisling Kelleher (Domhnall), pictured below, 2nd Juliette Creedon (Dearbhla) and 3rd Sarah Bernard (Domhnall), both pictured to the right.

Mr. T. Long



## It's OK Not To Be OK

For Mental Health Awareness Week the second year music class wanted to do something to help so we decided to write a song. It started off as just three of us writing the song but it eventually grew into a whole class project and the song appeared on the school Facebook page.

The first step we took to writing the song was to sit down and just be creative. A melody was created, some lyrics followed shortly after and the song kept on getting better. The main goal was to raise awareness of Mental Health and that is where the name came from. We decided "It's OK Not To Be OK" was the best topic to write the song about. After we found a theme and tune for the song, we all went home and completed our parts of the song.

On the second day we combined everything we had worked on and made it into a full song. We practiced and found it sounded quite good, so we decided to record it. I brought in music recording equipment from home and helped record the song.

When we were happy with the recording our teacher, Ms. Cullinane, sent the track to Mr. Long and he was extremely impressed so it was decided a music video would be made and it would be posted to Facebook. Mr. Long recorded and edited the video and it was posted on Facebook a few days later. The video got about 1500 views which we were all very happy with. You should [check it out here!](#)

Overall, it was a great experience to get to create, record and be part of a song which is helping to raise awareness for such an important topic.

### Song Credits:

*Backing track - composed by Sam Allen*

*Lyrics - Akram Mahadi and Praise Tamar DOE*

*Singers/rappers - Akram Mahadi, Praise Tamar DOE, Roisin Crotty, Eorann McGrath and Yasmina Soumaila*

*Music recording - Sam Allen*

*Sam Allen 2nd Year*



## Board Games Club

Board Games Club takes place every day at lunchtime in the Art Room, and is a big hit with all ages in the school... if you haven't already, make sure to pop in some day to see what all the fuss is about.



# Visual Art: Fun Photography Project

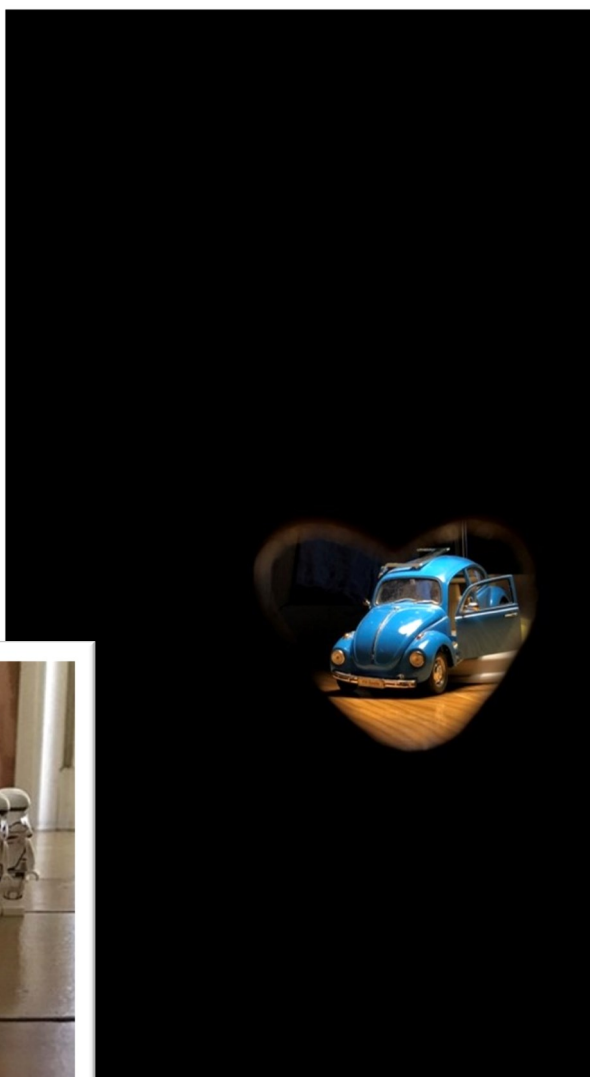


The 'Toy Forced Perspective Photography Project' was a fun project that the students from 1st to 3rd year of CCC completed during lockdown. They came up with some fantastic tag lines and narratives to go with their photos.

Can you come up with a humorous caption for these shots?

I'm sure these students would recommend this as a nice art project for any age group. Why not give it a go over Christmas? Your photos could end up in the next newsletter edition.

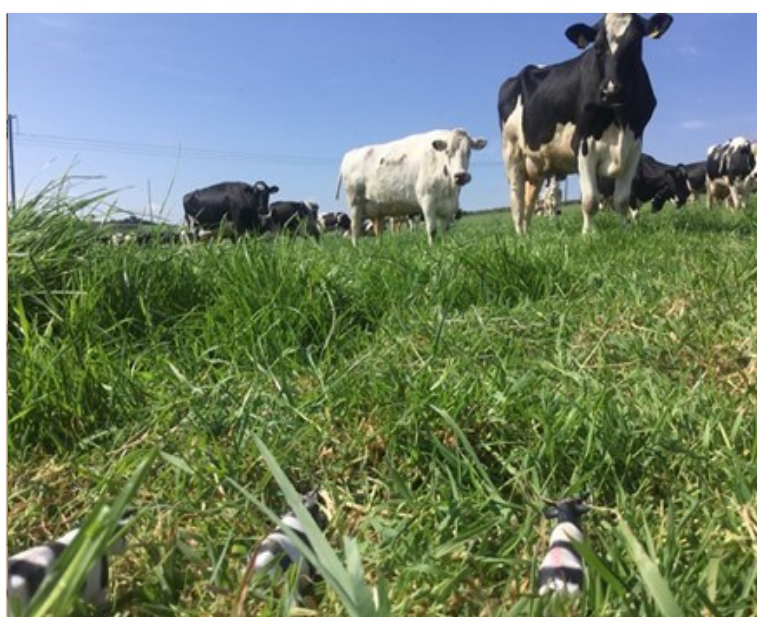
*Ms. C. Roche*



*Above: Forced Perspective  
by Thomas Shanahan*



*Above: Forced Perspective  
by Elliot Chan*



*Right: Forced  
Perspective  
by Aoife Ahern*





There's a new band in CCC called 'Stag Beetle' and we are looking for a **rhythm guitarist** to join the group.

We are a **rock band** that wish to begin making original music soon.

We hope to find someone to join our band that fits our requirements, which are as follows:

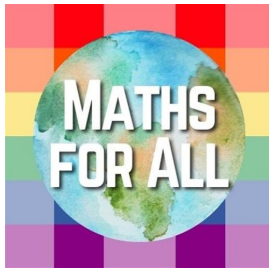
- 1) Any level of guitar playing skill
- 2) Good at working in a group



From James Moloney, Oisín Mc Sweeney and Leon Mellis



# Maths Week 2020



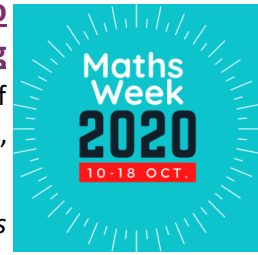
Once again, reasoning and problem solving were the focus of Maths Week 2020, which ran from 10th - 18th October. With school life being a little different this year Maths Week went virtual with multiple maths puzzles being posted daily to keep both students and staff on their toes.

Competition was strong in all age-groups, particularly between 2nd and 3rd years, with a huge

number of entries in that category. All entries were placed in a winners and runners up raffle for prizes, with a special mention to participants who achieved a work of merit.

Check out the [link here to see the raffle taking place](#), and the list of winners in each category, who are pictured below.

Ms. J. Hayes

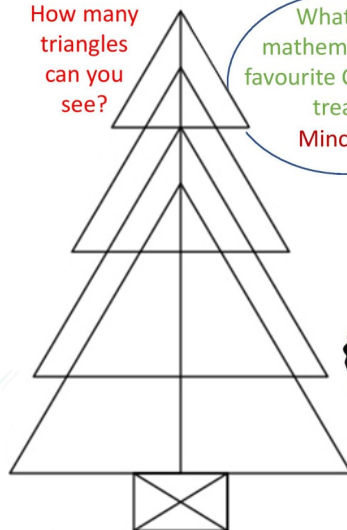


Alice buys a box of Christmas crackers. Each cracker has a paper hat inside. In a packet of 8 crackers there are 3 red hats, 2 purple hats, 2 blue hats and 1 green hat.

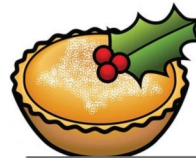
Alice cracks a cracker with her friend and wins. What is the probability that Alice wins a red hat?



How many triangles can you see?



What is a mathematicians favourite Christmas treat?  
Mince  $\pi$





# The Care Centre

by Eva Linehan

"They are here," they say  
 As all fingers point to the boring glass  
 window that I always look out.  
 This boring glass window has a new  
 scene today  
 It's a family of four, "Your family," they  
 say.

Why are they there shivering outside?  
 I tell them come in but they say "No" with  
 a sigh.  
 I'm told it's a virus one that can kill,  
 But my family are here and healthy  
 Please let them in!

As they wave and blow kisses I think with  
 a sign  
 "It's a virus" they say,  
 And beg me not to cry.

Now I'm here having dinner  
 At a table set for eight  
 But I'm the only one here  
 They must be running late.

The days are getting longer  
 There's only so much TV you can watch.  
 I'm feeling quite lonely  
 I'm feeling quite lost.

Now the phone it starts ringing  
 The nurse natters away,  
 Then comes rushing to me  
 "It's your family" they say.

They are there on the screen  
 Fill of smiles and laughter.  
 Oh how I wish I was there  
 In their company, that's all I ask for.

This virus must end it really has to.  
 If there's hope in the air, the time might  
 go faster  
 But for now it's the same  
 And for the days that come after  
 I just miss my family  
 I miss their laughter.

By Eva Linehan

## 'Architects in School' 2020/2021



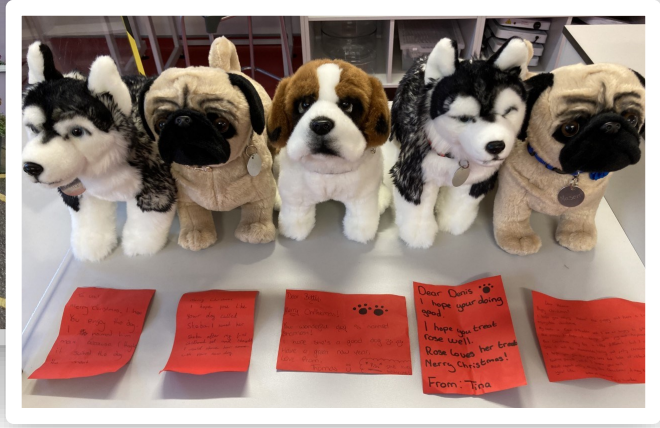
The Irish Architecture Foundation presents 'Architects in School' 2020/2021

Majella Walsh, an architect from Litema Architecture + Design in Cork, came to Carrigtwohill Community College to facilitate a short architectural programme with our TY students. It was both an inspiring and valuable experience. Go raibh mile maith agat!

Ms. C. Roche



# Dogs for Dementia



To maintain the wonderful link between our teenagers and residents in our local nursing homes, whilst adhering to Covid 19 restrictions, our transition year students signed up to the 'Dogs for Dementia' initiative. This initiative allowed us to bring joy to people living with dementia during this very different Christmas. TY students worked incredibly hard to fundraise in order to purchase these soft toy dogs and have raised over €2,000. The excess money will be donated to local charities. Research shows that the use of soft toy animals can be particularly helpful for those who may not be engaging with others and who are restless, distressed or anxious; improving their well-being and ability to communicate.

On 18th December a cohort of our students travelled to three nursing homes to deliver 50 soft toy dogs. Prior to this, each dog was given a pet name by the TY students, this was then engraved on the front of the dogtag and the name of the new owner was engraved on the back. A personalised Christmas greeting was also attached. Having met the Activities Co-Ordinators in Care Choice Montenotte, St. Luke's Home and Brookfield Care Centre, we were assured that these gifts would make a huge impact on the lives of people living with dementia this Christmas. Oaklodge Nursing Home is the final destination next week.

For the new year we have plenty ideas to further strengthen the wonderful link between our teenagers and residents in our local nursing homes.

Ms. M. White



# Young Social Innovators—Help Your Health

This year CCC have been able to offer 'Young Social Innovators' as an optional subject to half of our TY students. Since the beginning of the year, 23 TY students have been participating in a YSI class twice a week. The aim of this programme is for the students to identify a social issue and come up with a creative 'big idea' which will have a positive impact on the people affected by the chosen social issue. The students have entered the Young Social Innovators National Competition and have chosen to focus on the promotion of the positive mental and physical health of our students, as well as developing links with our local community. Our group name is 'Help Your Health'.

We decided to focus on the positive mental and physical health of our students as our issue for our project. We feel that we could have a positive impact on the day to day lives of our students during these challenging times by improving the physical and mental health of the students in our school. Our main aim is to help everyone feel happy and provide a safe and positive environment for our students.

We have been running weekly challenges every week (with a prize at the end for the winner). We have also given out bookmarks with positive quotes on them to all students in our school. Our overall idea is to create an 'exam de-stress pack' to give to our third-year students before their pre-exams. We believe our initiatives will have a positive impact on all the students by getting them out doing fun activities and challenges and providing support during a challenging time. We hope that by at the end of this school year, all the students in the school will be happier, healthier, and less stressed.

Please let us know if you have any ideas for weekly challenges, physical and mental wellbeing initiatives or need any support. We are more than happy to help.

We would love for you all to get involved in our project, challenges, and initiatives. Please like and follow our social media accounts - CCC Help your Health.

*The 'Help Your Health' YSI team*



*The 'Help Your Health' Young Social Innovators Team*



# Halloween Poetry Writing Competition

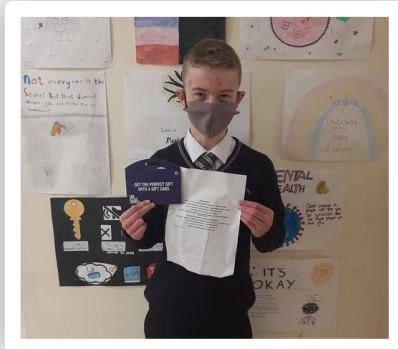


Congratulations to the winners of our Halloween Poetry Writing Competition, pictured below with their poems. Well done to all students who entered the competition.

## YOUR LAST DAY

YOU WAKE UP IN AN OLD HOUSE WITHOUT MEMORY OF THE DAY BEFORE.  
 YOU WALK AROUND, BUT HEAR A HANDLE TWIST, COMING FROM AN ANGRY DOOR.  
 YOU ARE CHASED BY THE BEAST WITH KNIVES FOR TEETH,  
 IT IS NOT SOMETHING YOU WOULD LIKE TO MEET.  
 YOU DART THROUGH THE DOOR INTO A CORRIDOR WHERE YOU RUN, FOR THE BEAST  
 LOOKS SAVAGE.  
 YOU SOON COME ACROSS AN UNGUARDED PASSAGE,  
 TO AN EMPTY PARALLEL CORRIDOR. YOU QUICKLY MAKE THE LAST OF YOUR MISTAKES.  
 YOU DASH THROUGH SWIFTLY, THE MIRROR BREAKS,  
 AND A VAMPIRE IS CUT APART BY THE SHARP GLASS.  
 THEN THE HARMLESS MONSTER DIED, ALAS.

By Noah Donohue



**1st place:**  
 Noah Donohue,  
 Rang Caoimhe

Gone but not forgotten

It was a dark, dreary night  
 the luminous moon shone bright  
 There wasn't a cloud in sight  
 he approached the woods, weary  
 venturing through them would be scary  
 he stands there shivering, eyes bleary  
 running through the twisted trees  
 he stumbles to his knees  
 all he could hear was the crunching leaves  
 the graveyard was near,  
 his blood boils with fear  
 if he didn't make it, he'd have to wait another  
 year  
 he pushed the rusty gate forward  
 and cuts through the overgrown orchard  
 he was getting close, his heart feeling warmer  
 a smile lit up his face,  
 he quickened his pace  
 as he runs over to his family's resting place  
 because, Halloween is no ordinary night  
 Halloween is a festival that reunites  
 the ghost family hug their son tight.  
 as long as you remember them,  
 your loved ones will never be gone  
 On the day before November  
 go see how they're getting on!

The sneaky witch

I grabbed my broom  
 and sung a tune.  
 "I love chocolate and  
 Sweet treats."

I hover on my broom  
 so high  
 and I give a scary sigh.

I see some children  
 with some sweets,  
 I say to myself there my  
 lucky treats.

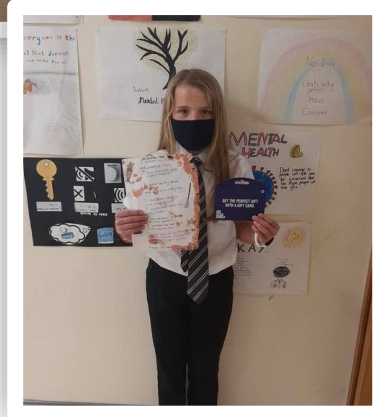
I whizzed down to them  
 and from beneath,  
 I grabbed the bags and  
 kicked back my feet.

I flew back to my cave that night  
 where I would be safe and tight  
 and enjoy my night without  
 a fight.

Happy Halloween  
 by Abbie Ahern



**2nd place:**  
 Sarah Bernard,  
 Rang Domhnall



**3rd place:**  
 Abbie Ahern,  
 Rang Dearbhla





# Student Council Elections

The Student Council has been working tirelessly over the past few weeks to prepare for the election of the college's incoming members. After a huge amount of planning, organisation and work on the council's behalf, a great contest took place amongst the candidates of each year group as they battled to be representatives on the Student Council. Due to COVID-19, candidates created a video during midterm explaining what



they would do if elected and why the students should vote for them. These were mirrored to the board and then the vote took place on Microsoft Forms. On Friday 7th November, outgoing Rúnaí, Alan Whelan, announced the results via the intercom. He thanked staff for cooperating with the process and all those who ran for election. The outgoing council were pivotal in representing the student voice and we are sure the new council will be no different. Comhghairdeas to those elected!

Alan Whelan, 5th Year

## Getting Europe Moving

Lack of exercise is a huge health threat that costs Europe billions every year – but we can act now to save lives

### The Problem: Europe's not moving



**1 in 4** adults & **4 in 5** adolescents across Europe are **not active enough**

**ADULTS** are advised to take part in 150 minutes per week (just over 20 mins per day) of moderate intensity physical activity

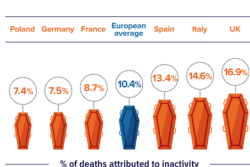
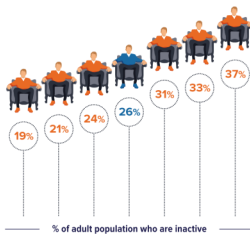
**ADOLESCENTS** are recommended to exercise for 60 mins per day at a moderate to vigorous level of intensity

### Inactivity kills, and we're sitting on a ticking time bomb

Deaths caused in Europe every year by not moving enough:

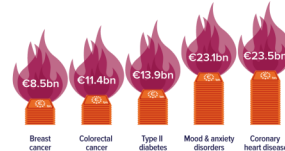


If we do nothing, lack of exercise could soon cause **more deaths than smoking**. But the burden isn't shared equally – some countries are more inactive than others.



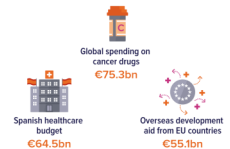
### There is a high cost to doing nothing

Lack of exercise contributes to diseases that cost Europe over 80 billion Euros every year



**Total: €80.4bn**

which is more than:



### The Solution: Simply move more

Exercise and sport are great for health, but simply moving more is what matters most. Just over 20 minutes of activity a day lowers the risk of many diseases.

20 minutes of moving more could mean:



"The medicine is inherently free and available to everyone"

Cebr report for ISCA, "The economic costs of physical inactivity in Europe"

ISCA (International Sport & Culture Association) is campaigning to get 100 million Europeans to move more by 2020

### Let's get mobilised

If only **1 in 5** inactive people took up exercise...

**We'd save LIVES**  
Over 100,000 deaths averted per year. That's one life saved every 5 minutes.

**We'd save MONEY**  
Annual savings: 16.1 billion Euros. Three quarters of these savings (11.8bn) would be made in just six countries: UK, Italy, France, Germany, Spain & Poland.

**We'd save MINDS**  
There are many mental benefits of moving more including better sleep, lower stress, and higher productivity.

Read the full report and find out what you can do to help get Europe moving at <http://inactivity-time-bomb.nowwemove.com>



# CCC step up in Getting Europe Moving Campaign

During the month of November both the TYs and the 2nd years took part in a steps challenge competition, the aim of this challenge was to reach up to 10,000 steps per day throughout the whole month of November. The 'Get Europe Moving Campaign' is encouraging people of all ages to get up and start moving more as the level of inactivity and obesity are rising drastically every year. Here in CCC, we did our bit to ensure that we achieved our 30 minutes of exercise each day, which is the recommended daily amount.

The effort and determination showed by the students was an inspiration and they should all be immensely proud of themselves.

Below are the results of the winners to both the class steps challenge and individual steps challenge. A huge thank you must be given to the following businesses who kindly sponsored our prizes, Quay Carpentry, Nova Broadband, and Roca Sports.

## Individual Winners

**1st place:** Jack Barrett with 467,029 steps (355km), the same as walking from Carrigtwohill to Donegal. Unbelievable Jack, well done you! Jack deservedly received a Fitbit Versa 2 sponsored by [Quay Carpentry](#)

Quay Carpentry Limited

**2nd place:** Cian O'Riordan with 462,012 steps (352km) the same as walking from Carrigtwohill to Leitrim. Cian kindly offered his Fitbit Versa 2 to the 3rd placed winner. Thank you so much Cian, you are an inspiration and a person that so many of our students can look up to. Cian received a Sigma Fitness Tracker kindly sponsored by [Roca Sports](#)



## Sports

**3rd place:** Seán McSharry with 444,988 steps (339km) the equivalent of walking from Carrigtwohill to Sligo. Amazing Séan, well done! Seán deservedly received a Fitness Versa 2 kindly sponsored by [Nova Broadband](#)



## Class winners

Well done to Rang Caoimhe who together walked 4,545,708 steps, which in kilometres is 3,456.21 km. This is the equivalent of walking from Carrigtwohill to TURKEY! Amazing Rang Caoimhe well done, they deservedly received a pizza day for their efforts.

Ms. C. Daly



*Left: Jack Barrett 1st place (right) & Seán McSharry 3rd place (left) with their prizes.*



*Left: Cian O'Riordan 2nd place, who kindly gave his prize to a first year who he helps out in Homework Club, well done Cian!*



## CCC Student Council



Since the college reopened in late August, Comhairle na nDaltaí has been hard at work representing the whole student body and as always, bringing forth our views and concerns to management. The council has held several meetings since then, leaving no stone unturned in making suggestions for improvements within the school and local community. Prior to our return, we anticipated morale would be low amongst the students considering the long break and the new environment we would be coming into with masks etc. Therefore, we created bright, colourful and engaging posters shining a light on how to keep mentally strong and promoting the use of face coverings. We have conducted two surveys since our return, these were in relation to College Open Days & Club Obair Bhaile. Our detailed Student Council Policy was ratified by the Board of Management whilst then Cathaoirleach, Craig Murphy & Rúnaí, Alan Whelan presented the council's work which was met with great praise and compliments for our exemplary work.

The Council was heavily involved in the planning of events for Mental Health Week and came up with the idea of a non-uniform day. We felt that a day with more relaxing attire would benefit students after what had been a tough few weeks. A total of €465 was raised for 'Caring for Carrigtwohill', which the Council were delighted with.

Another activity brought forward was to create a blossoming tree on our main stairs with each leaf representing who we were protecting by wearing a mask. This was a roaring success and lit up the stairway.

After a huge amount of work creating presentations and demo videos, the election was held for the 2020/2021 Student Council. It was great to see so many students willing to put their name forward and outstanding videos were made by the candidates as they tried to convince their year group why they should vote for them.

Comhairle na nDaltaí is a vital part of the school's community and we are glad to be handing the reigns over to such capable young people who we are sure will strive to do their best to ensure the greatest environment in CCC. Go n-éirí an t-ádh libh.

Ní Neart go cur le Chéile!

*Alan Whelan 5th Year*



# Science Week 2020

Now in its 25th year, Science Week 2020 took place from November 8th to 15th. Check out the pictures below for a taste of what took place, and follow the [link to our Facebook page here](#) to see some experiments in action.



## Hope

Stay positive & look on the bright side of things.

- Here we are back together
- Seeing friends again
- Back to a normal routine
- Taking your next step through your school life

Together we are Stronger

Together we can get Through This

Ní Neart go cur le Chéile

## Dóchas

[doh-cuss]  
(n)

Hope, optimism





## Transition Year 2020-2021

Despite the restrictions currently in place our TY students have been busy over the last few months with many on-site and off-site activities. They have been very active in the community by supporting care homes in the locality, through the making of bunting, as shown here and their involvement in the Dogs for Dementia initiative. They created a carol singing service and sent it to four nursing homes in the locality to be played during their Christmas party days for residents. The [Carol Service can be listened to here.](#)

They also completed their GAA Coaching course last month, where they honed their skills on the wonderful pupils of Scoil Chliodhna, a huge thank you to them for their participation.

2021 will also be a busy year with plenty activities planned for the coming months which will help this group of students to grow and develop through their many experiences.

Ms. J. Hayes



## SCHOOL OF LIFE SEPT 2020





# SKIPPING SEPT 2020



# ZIP IT - SEPT 2020





# SPECIAL EFFECTS WORKSHOP OCT 2020



# TRIP TO CHARLES FORT OCT 2020





# GAA COACHING NOV 2020



## *Music Department*

The music department has been busy throughout the term. The year began with the department singing beautiful hymns for the beginning of year prayer services for all year groups held in the hard court area in October. Students have composed multiple pieces including It's OK Not Be OK, for Mental Health Awareness week, and most recently the TYs have worked on the carol service for Nursing Homes in the locality. Click on the following links to listen to performances by 3rd and 5th year students, and Eva Linehan, 5th year, recorded for Christmas.

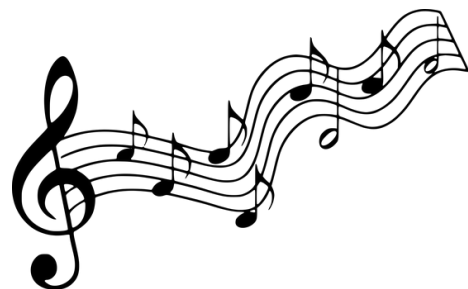
[Merry Christmas Everyone performed by 3rd & 5th year students](#)

[When Christmas comes to town by Eva Linehan, 5th Year](#)

Ms. J. Hayes

### *Performers of Merry Christmas Everyone*

- Sarah Barrett
- Clara McCarthy
- Finbarr Bohane Cashman
- Sam Norton
- Cian Bolger
- Abbie Walker
- Mitchell Walker



# Welcome back!

The effects of lockdown have been fierce on all of us, if you're feeling worried, stressed, anxious, afraid or just need a chat, remember there is always someone you can talk to.

- School chaplain Ms. M O'Brien
- Your Class Teacher
- Your Year Head
- A parent or friend
- An anonymous helpline e.g. Childline, Teenline Etc.

You are Never Alone



## Staff Photo November 2020



**Back row (L-R):** Pdraig Lucey, Áine Daly, Michelle Buckley, Natalia Kuczynska, Celine Hus, Eoghan O'Brien, Eva O'Sullivan, Maria Garcia

**2nd row from back (L-R):** Niall McCarthy, Olan Lynch, Vanessa Dineen, Fiona O'Regan, Alan Keane, Daithí Purcell, Gary Burke, Aoife Roche

**Middle Row (L-R):** Caroline Collins, David Power, Diarmuid Crowley, Erna Finch, Margaret Dean, Elaine Fitzgerald, Caroline McCarthy, Michelle Crotty

**2nd row from front (L-R):** Winnie Daly, Juliann Hayes, Ciara Kelly, Louise O'Reilly, Mary O'Brien, Ciara Daly, Caoimhe Morrison, Lauren Murphy

**Front Row (L-R):** Margaret Cullinane, Síle Lowe, Aimee Hallissey, Lorna Dundon (Principal), Tadhg Long (Deputy Principal), Claire Roche, Brendan Cronin, Macdara Burke

**Absent:** Valerie Creedon, Karen Crowley, Suzanne Ni Dhéisigh, Gillian O'Callaghan, Maria White



Submissions welcome at [ccnewsletter@corketb.ie](mailto:ccnewsletter@corketb.ie)

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