



Welcome to the Summer 2022 edition of our newsletter!

The 2021-22 academic year was a busy and productive year in Carrigtwohill Community College. In September, we welcomed 156 new first years, all of whom embraced the CCC experience with enthusiasm. We also welcomed our new Deputy Principal, Tommy Brown, who has been a great addition to CCC. We had our first cohort of Leaving Certificate students and welcomed their awareness of, and commitment to, the collaborative effort required to facilitate optimal prospects for their futures. In fact, we must acknowledge all students and staff who continued to keep the focus on learning and teaching to ensure that every member of our school community could reach his/her potential.

Our fifth year students worked hard this year to prepare themselves for the Leaving Certificate Examinations in 2023, and sat their DATs (Differential Aptitude Tests) to assist them in making decisions about their future. Our Transition Year students participated in a wide range of workshops and events, and very clearly benefitted from the academic, social, and personal development that goes hand in hand with our TY experience. They were successful in creating lucrative enterprise projects and in giving back to their school community in projects such as the creation of a sensory room for their peers. Second year STEAM students engaged in the ever-popular annual Fota Enrichment Programme, creating enrichment tools for animals, whilst third year students sat Preparatory Examinations in November and pre-Exams in February, giving them the

Principal's Address

opportunity to understand exam format and techniques required to succeed. As a college, we expect our students to engage positively as their teachers challenge and encourage them to become resourceful and confident learners. Equally important is supporting each learner's growth as an independent, resilient and respectful young person. We were delighted to resume extra-curricular activities and the selection this year was second to none. We are thrilled with our new AstroTurf and it has led to a huge amount of fun for our students and staff. There was a great buzz in the school as students participated in after-school activities and engaged in matches and events with other schools. The contents of this newsletter open a window to the array of activities that facilitate our endeavour to nurture well-rounded young adults.

I would like to thank our hard-working staff - teachers, SNAs, office, cleaning and caretaking staff - who, as always, go above and beyond to make sure that teaching and learning remains to the fore and our Mission Statement remains a living statement. To the parents/guardians of our students, thank you for your unwavering cooperation and support, which we do not take for granted. A special mention to our wonderful students who remained positive and in good humour throughout the year. 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 members of the community of Carrigtwohill, a safe and enjoyable summer.

Lorna Dundon





Newsletter Club

Welcome to the 2022 newsletter end-of-year edition. After nearly two years of Covid we are excited to be able to share with you a hard copy version of the CCC Newsletter. Over the last few weeks our members have been meeting in G09 every Tuesday during break to create this year's articles. With our first meeting having only gotten under way shortly before the Easter break, we certainly have

been busy.

From art competitions and puzzles to a report on this year's school show, our members have been hard at work under the great guidance of Ms. Hayes and Mr. McKermott. From all of us at the CCC newsletter, we hope you have a wonderful summer and hope to see you next year for the next issue!

Eliana Moroney, Editor



Newsletter Club Members

Back row (L-R): Martyna Postrozny, Rachel Williams, Juliette Creedon, Daniel Lewis, Jack Maher
Front row (L-R): Sarah Bernard, Eliana Moroney, Aisling Kelleher, **Absent:** Eden Leahy, Erin Shine

Emergency Response Team



We are delighted to announce the introduction of the newly formed Emergency Response Team in CCC. An advanced first aid responder training course was run last November to enhance the first aid response capabilities of staff. A number of staff volunteered to complete the 3 day intensive course, and following the successful completion of the course, the Emergency Response Team was formed.

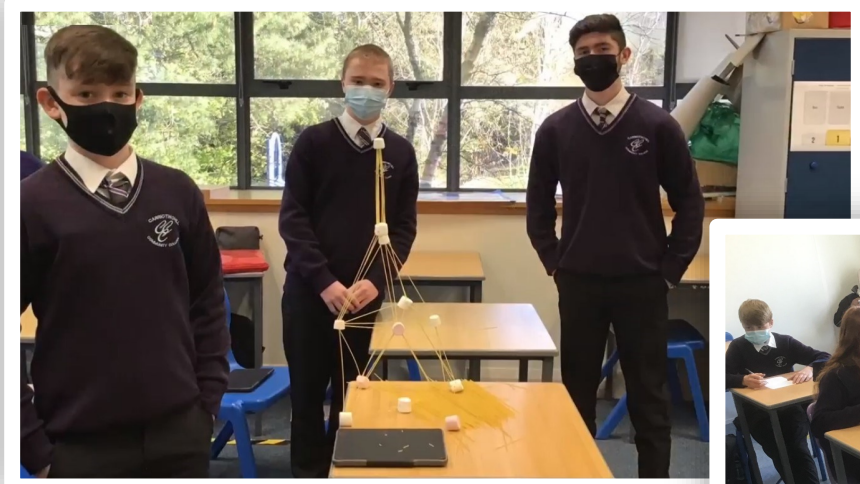
Members of the team are trained to assess and manage a patient who has become suddenly ill or injured in the pre-hospital environment until the arrival of emergency medical services, in accordance with Clinical Practice Guidelines.

The team members (pictured to the left) are Ms. C. Daly, Mr. P. Lucey, Ms. E. O'Sullivan, Ms. C. Roche & Ms. J. Hayes



Reconnections Week

Starting back, we focused on reconnection activities in a Covid-safe way. We wanted to ease back into school life in a positive way and encourage the students to reconnect with each other and the college community. The activities implemented were cross curricular. We gave extra break times, allocated mask breaks and included the marshmallow tower challenges within each class



group. The Hula Hoop rock paper scissors challenge between the first-year class groups and teachers was great fun. Well done, teachers!

The students created thank you cards 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 success and added colour to our amber flag positive mental health notice board.

Well done to all the students and staff of CCC who

got involved. The positivity and connections helped many transition back into full time education again. We are so glad to see everyone back and have enjoyed reconnecting since our return to the classroom.

Ms. C. Roche





Musical Theatre Club



For the first time, CCC has its very own musical theatre club! Run by Ms. Kelly, Ms. O'Brien, Ms. Cullinane and Cathy McDermott, the musical theatre club has been a great success and they have been kept very busy this year.

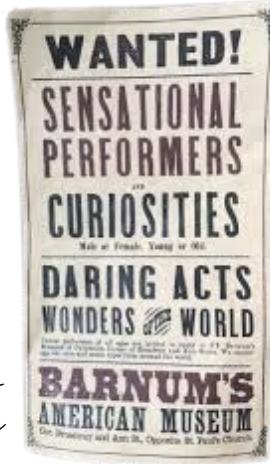
A production of 'The Greatest Showman' is their current production and there has been a massive amount of time and effort put into it! Between the expert choreographing skills of Juliette Creedon, Caitlin Cullinane and Elia Deriu and the group's ability to sing, dance and act, there is no talent going to waste in the making of this show.

The commitment and passion is very clear to see and it all pays off to see what a wonderful performance they have done. The

production of 'The Greatest Showman' was performed by the Musical Theatre club, followed by scenes from "High School Musical" performed by the CCC Transition Year students. The shows took place in Carrigtwohill Community Centre on May 18th and 19th and it was great to see all the hard work of students and teachers alike to be shown in such an entertaining way.

Unfortunately the show had not taken place on going to print, so we can only show some behind-the-scenes work before the show. We look forward to including some photos from the live show in our next edition next year.

Sarah Bernard 2nd Year



Some behind-the-scenes photos of Musical Theatre club members during rehearsals of The Greatest Showman, under the watchful eye of Ms. Kelly



Meditation

MEDITATION CLASS - EVERY FRIDAY MORNING (8.15AM TO 8.30AM) IN F02

At Carrigtwohill Community College we are endeavouring to encourage an holistic approach to our student's learning experience and support their mental wellbeing. Mr. McCarthy is facilitating a meditation group aimed at supporting our student's wellbeing which will help the students develop the tools necessary to cope better with life's everyday challenges.

Here is feedback from some of the students who have taken part in these meditation class:

"The mediation classes have been beneficial to me because if I were stressed out over a certain thing or an exam, after the meditation class it would not be stressful anymore. It also benefits you especially for us in 3rd year as we have had a lot of exams and it helps us study better".



This meditation class take place **every Friday morning in Ms. Roche's Arts Room (F02) from 8.15am to 8.30am.**



Numerous scientific studies have proven that there are many benefits to meditation varying from increased academic performance, enhanced positivity and happiness along with reducing student's stress/anxiety levels.

"Meditation helped with clearing my mind of anything negative that had happened during the first half of my day and afterwards it was like a new day had begun that what happened was in the past".

Hopefully more students will start participating in these mediation classes. Everyone is more than welcome to attend.

Hope you would consider giving meditation a chance!!!

Thanking you,

Mr. McCarthy



House System Relaunch Day

This April, students across CCC took part in our House System Relaunch Day. There are four Houses in the school which are Aqua, Ignis, Ventus and Terra. All staff and students are assigned to a specific House when they join the school. Everyone in CCC is involved in representing their house and this can be demonstrated in different ways.

As part of the Relaunch Day, the Aqua, Ignis, Ventus and Terra teams took part in a variety of bonding activities which included bench ball, space ball, basketball, general knowledge quizzes and riddles. The students were split up and bonded with students across all year groups. They were marked by their teachers on their levels of friendliness and encouragement to those around them. It was lovely to see so many students speaking with new friends and including those around them as this is a key part of our CCC ethos.

Ms C. Kelly



AQUA
Water



IGNIS
Fire



TERRA
Earth



VENTUS
Air



HOUSE
RELAUNCH



Tír gan Teanga, Tír gan Anam



The Transition Year Group at Carrigtwohill Community College has made enormous strides in the promotion of the Irish language in the school environment working on developing an initiative called 'Tír gan Teanga, Tír gan Anam'. This has been achieved by making the language far more visible in permanent signage and artwork designed and executed by the students themselves; by increasing the frequency of Irish being used through the PA system; by setting up a 'Radio na Scoile' which broadcasts to the school community on a regular

basis; enlisting the cooperation of teachers in the use of Irish greetings and instructions in the general classroom; culminating in whole school participation in a staging of 'An Dreoilín' in the school yard on 16th March, 2022.

Ba bhreá linn ár mbuíochas a ghabháil do ghach duine a thug tacaíocht don bhfeachtas! Mar a deir an seanfhocal, Is fearr Gaeilge briste, ná Béarla cliste! CCC abú

Roinn na Gaeilge agus lucht na hIdirbliana

Portrait Painting Project

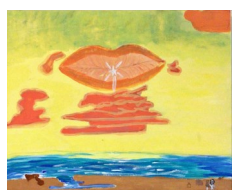
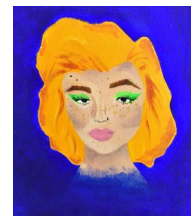
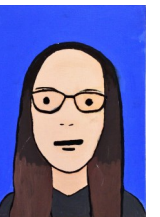
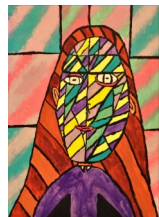


The first year art class have completed their first canvas paintings for our ongoing Collage exhibition on artwork. Each year the first year group completes a painting based on a famous artist, researching techniques and interesting facts about the artist. These acrylic paintings are then added to our existing exhibition that will travel with us to our new premises when that happens.



I have been very impressed by the quality of the canvas pieces produced by our students and how much the students gain from the project.

Ms. C Roche





FORBAIRT PROJECT

2021/2022 | SCHOOL SELF EVALUATION | ACTION RESEARCH

Coláiste Pobail Charraig Thuathail
CARRIGTWOHILL COMMUNITY COLLEGE

Our Forbairt Team:



Back L to R: L. Dundon, J. Hayes, M. Buckley, D. Crowley, D. Purcell, T. Long, E O'Sullivan
Front L to R: B. Kiernan, C. Morrison, M. Cullinane, M. Healy, F. O'Regan, C. Roche

Brief Overview:

- Teachers across different departments involved
- Success Criteria provide clarity on what success looks like in a topic
- Success Criteria devised at the beginning of a topic & shared with students
- Evidence gathered pre- & post-implementation

Student Benefits:

- Clear guide through a topic & a signpost for revision
- Assist students in taking ownership of and responsibility for their learning
- Provides clarity around what is required of them/in their work for success
- Helps student motivation
- Benchmark against which to assess their own progress in a topic

WHAT IS IT?

Action Learning Project for improvement in Teaching & Learning

WHY?

A focused and evidence based approach to improvement in learning experiences & outcomes for our students

OUR FOCUS

Improved teacher clarity, via success criteria, for improved learner experiences and outcomes



World Home Economics Day

This year, World Home Economics Day fell on Friday 25th March and the school celebrated by deciding to help Ukraine through baking. With a bake off, bake sale and showstopper cake raffle, the fantastic efforts of everyone involved raised over €800!

By the amazing organisation and efforts of the CCC Home Economics Department,



helping hands of some TY students. Before period 6 the winners of the bake off and raffle were announced. The winners were as following:

sixth - Kasia Rycharska,
fifth - Lucy Ahern, fourth
- Ms. Sarah Beausang,
third - Ms. Fiona

O'Regan, second - Shannon Williams and now reigning first place champion - Clodagh O'Herlihy. A big congratulations to the winners! Overall, world Home Economics Day was a fabulous day filled with cakes and bakes but most importantly, the donation money raised for an extremely important cause. The money is going to good use through SERVE, a local cork-based charity working with organisations all around the world, including one of their primary concerns right now; the people of Ukraine. These donations are vital at the moment and this is a cause that needs awareness all over the world. The Home Economics Department would like to give a huge thank you to all staff and students who baked, donated, bought tickets and cakes, helped and supported CCC's World Home Economics Day 2022. At the end of the day, the event combined two great things; sweet treats and an important cause!



the bake off went ahead period 1 on the Friday morning, the entries being judged by an expert panel. Later that afternoon the delicious treats and raffle tickets were sold in the marquee, with the



Aisling Kelleher, 2nd Year



Netflix and Chill?

“I am the one who knocks”, “By order of the Peaky Blinders...”, “How you doin’?”.

TV has become a bigger and bigger part of our lives in recent years. So much so that we take quotes from the small screen into our everyday lives in a way that we used to from the big screen. During lockdown, in order to maintain sanity, subscriptions to streaming platforms grew exponentially and although many of these



services also run movies, the popularity of TV shows exploded to previously unseen levels in Ireland and around the world. From *Tiger King* to *Squid Game* via *Downton Abbey*, television shows via on demand services such as Netflix, Disney Plus and Amazon Prime became a central part of our lives.

This begs a question: has TV replaced movies? Netflix recently announced a bumper 221.64 million worldwide subscribers, up 14 million from the previous year. This figure, coupled with total revenues of \$7.686 billion, suggests

that the question is well and truly answered. However, not everyone is on-board with the swing in popularity. According to Martin Scorsese, director of *Raging Bull*, *Goodfellas* and *The Irishman*, the movie industry is dying as a result of TV’s growth. Taking Marvel to task of their movie franchising, Scorsese described the hit movies as “theme parks”, adding that the films aren’t “real art”.

The question remains; what do the students and teachers of Carrigtwohill Community College think? Of the students asked, a whopping 100% chose TV over movies, citing reasons such as convenience, more entertainment and more time

to progress story lines and character arcs. From among the teachers, an overwhelming 86% would prefer to sit down at home to watch their favourite TV show ahead of the latest movie. What is it that makes the movie, once the staple of cinematic entertainment,

the less attractive option? Let’s see what the students and teachers of CCC had to say.

Akram Mahael: “I prefer TV because I can stretch out watching time”.

Ms W. Daly: “I prefer TV as it is all part of the compartmentalisation of life”.

Yasmina Soumaila: “TV has a longer run time and can devote more time to the story than any movie”.

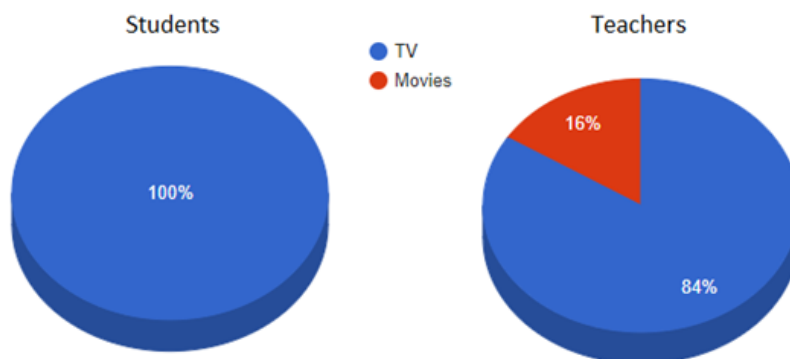
Mr M. Burke: “I prefer films in cinema because it allows you to enjoy a full, immersive experience and get the full story. Many series are at this level now though and plots/arcs are excellent

at keeping you gripped. However, if I’m giving it the time I want to do it properly”.

Ms C. Daly: “I prefer TV as it is less time consuming and I enjoy the continuity”.

Alex Delaney: “I prefer TV because of Peppa Pig”.

Mr F. McKermott



Minister Simon Harris visits CCC

Thank you to Minister for Further and Higher Education, Research, Innovation and Science, Simon Harris, accompanied by David Stanton, TD who both came to our school on Friday 24th January. Minister Harris came to the school to speak to our 5th and 6th year students about the changes to the CAO process.

Minister Harris was very generous with his time, discussing and answering questions about the cao.ie options process, highlighting the further education and apprenticeship options which have now been added to the website, to make it more accessible for school leavers.

As the current 6th years are the first in CCC, the visit to our school was very much appreciated.



Left: Minister Simon Harris, Alan Whelan, David Stanton, TD, Ms Lorna Dundon, Principal, Craig Murphy, Hazel Nolan & Mr Tommy Brown, Deputy Principal



Above: Minister Harris explains latest changes to CAO website



Left: Minister Harris chats with current 6th year students, Hazel Nolan, Alan Whelan & Craig Murphy



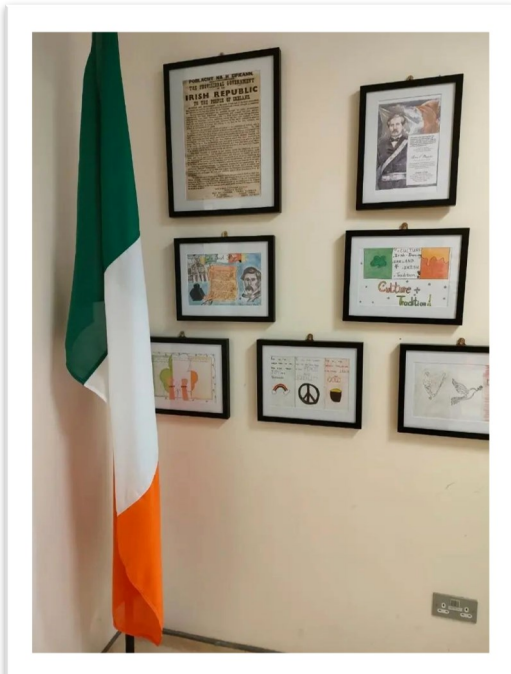
Thomas F Meagher Flag Day

March 7th 1848 - The day Thomas Francis Meagher first flew a tricolour of green, white and orange. Green signifies Irish Catholics, orange signifies Irish Protestants and white signifies a lasting truce between the two.

To many, the white now signifies much more than peace between Catholics and Protestants. To many, it signifies peace, respect and inclusion of all.

On March 16th we had a ceremony as part of Thomas Francis Meagher Flag Day. Oisín O'Neill - sixth year - read about the meaning and origin of the Irish flag. Ruby Savage and Jamie O'Donovan - both of fifth year - read aloud a copy of the *Proclamation* which Pádraig Pearse read on the steps of the GPO on Easter Monday 1916. On the wall behind our readers is some of the artwork created by our student body on what the Irish flag means to them. Also included is a poem written by second year student, Eliana Moroney. Flag Day provides an opportunity to celebrate the pride, respect and inclusion of the Irish Flag.

"A national flag is the most sacred thing a nation can possess" - Thomas Francis Meagher.



Tricolour with accompanying artwork symbolising what the Irish flag means to the student body of CCC



Jamie O'Donovan, Ruby Savage & Oisín O'Neill at the Thomas Francis Meagher Flag Day ceremony

What the Irish flag means to me

By Eliana Moroney

*Green, white, and orange
Union, peace, hope
A long-drawn journey
A diligent
68 years
from presentation
To the raising of a beacon declaring a long-suffering nation's bright future.*

*Plague, masks, isolation
An ongoing expedition,
How many years left
No one can know.*

*2022,
1848,
Draw hope from the symbols of the past.
Three-colour flag
Three-year pandemic, I must hope,
Draw strength from the roots of my heritage.
Past roars for inclusion, brotherhood, union
Yet in this pandemic we must stand apart.*

*I must bid fairwell to the society I knew at birth,
And find new meaning amongst all this death,
The want for freedom embeds in my bones
Sings like a national flag raised at the pale.*

*What the Irish flag means to me,
Is an ability to survive amongst all this uncertainty,
If my country can fight for its freedom,
I can relinquish my hold on mine,
To give back to this country,
To keep its people safe in threatening times.*



Maths Week - Oct 16th-24th 2021

Just before Autumn midterm students of CCC participated in various activities to celebrate Maths Week 2021. Our annual daily maths quizzes were posted to Padlet, testing the reasoning and problem solving skills of the students.

All students were encouraged to participate in trying to solve these puzzles and to submit their thoughts, workings and possible solutions by email to members of the Maths department with submissions being entered into a number of raffles.

Winners of the raffles were drawn during 2nd Year Maths class to ensure fairness. Just as well as the Ahern family were drawn twice as winners!

The winners pictured below are as follows:

- **1st Year & TY Winner** - Osas Aghedo 1st Year
- **2nd Year Winner** - Lucy Ahern 2nd Year
- **5th & 6th Year Winner** - Sean Ahern 6th Year

Ms. J. Hayes



Debate Club

Debate Club this year was held **every Monday from 3.15pm—4pm in G04.**

Every week two teams debate on a motion that was voted for the week previous e.g. Disney Movies are a bad influence on children. There are two people per team, one for the proposition and one for the opposition. The club helps students gain confidence in public speaking with a group of friendly like-minded debaters. We hope to enter debate competitions next year, COVID complying.

This year our chairperson was Aisling Kelleher, 2nd year. Here are her thoughts about running debate club this year, "It's really great to see people getting involved and having a club that is based on the students input and includes everyone. It's been amazing to work with everyone involved and see so many people being passionate about what they are debating about with their peers, and I'm extremely grateful for being given the opportunity to be the chairperson this year."

Juliette Creedon 2nd Year



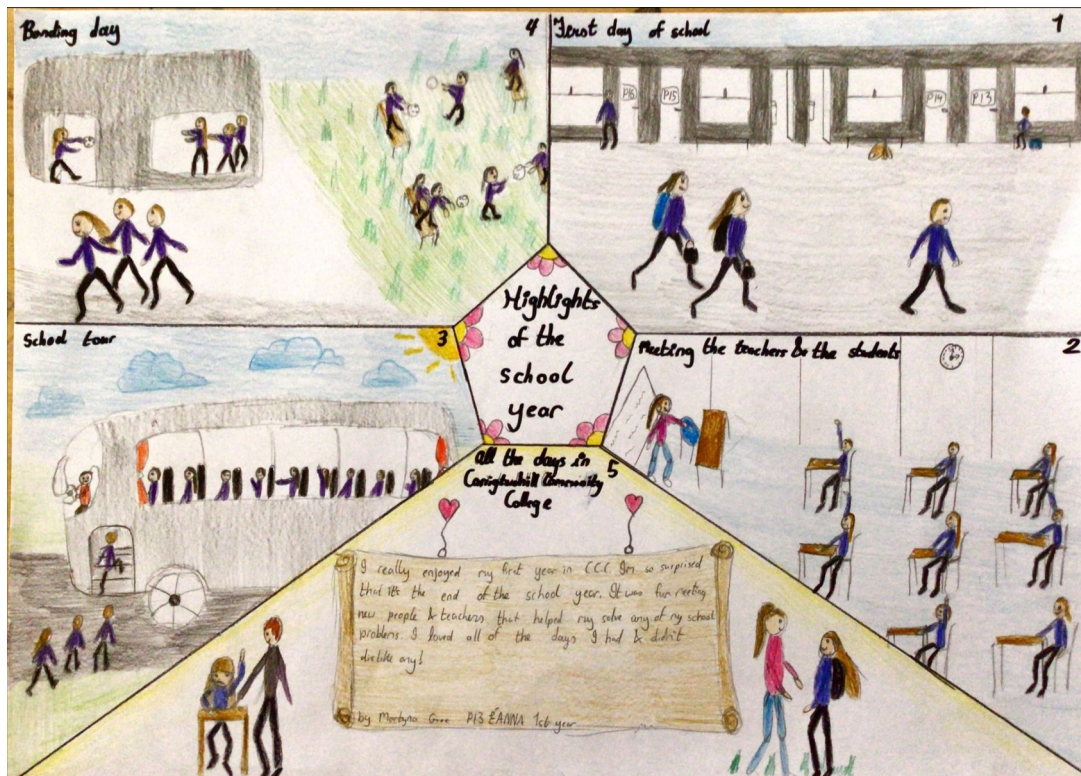
Newsletter Art Competition

With the theme of the newsletter art competition being *The Highlight of my School Year*, competition organisers, Rachel Williams, Juliette Creedon and Erin Shine were delighted with the many lovely entries submitted. Students were given 3 weeks to work on their pieces. All mediums were accepted, with the pieces being A3 or A4 in size. Ms. Roche & Ms Browne kindly agreed to take on the role of judges and on deliberation awarded top spot to Huda Shareef, with Martyna Giec taking second and Edan Leahy placed in third for his entry. Juliette Creedon & Shannon Williams were awarded 4th & 5th position respectively. Well done to all who took part and congratulations to our top three worthy winners whose artwork is on display here.

Ms. J. Hayes

Right: Third place entry by Edan Leahy, TY

Below: 2nd Place winner, Martyna Giec, 1st Yr





Positive Self-Talk Journal

What is positive self-talk?

Positive self-talk makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

Negative self-talk tends to make you pretty miserable and can even impact on your recovery from mental health difficulties.

Some examples of self-talk

- "I can't do it" change to "I can do it."
- "I am not good enough" change to "I am good enough."
- "I can't" change to "If I want to, I can."
- "It does matter" change to "It doesn't matter if I make a mistake"



How does self-talk improve confidence?

Self-talk is something you do naturally throughout your waking hours. People are becoming more aware that positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master positive self-talk are thought to be more confident, motivated, and productive.





1st Years 2021-2022

CCC had it's biggest in-take of first years in September 2021, with 156 students joining the school. Coinciding with the opening of the Quad area, the new arrivals were able to enjoy a space of their own and really get to know each other. Making up 7 class groups they have brought a lot of energy and enthusiasm to the school. Amazingly, their first year in CCC now draws to a close... They will take on a new role in September 2022 welcoming the incoming first years and setting a good example to their younger peers.

Ms J. Hayes

Right: First Year Rang Éadaoin with Mr. Daithí Purcell, Year Head, Mr. Shane Moloney, Class Tutor & Cathy McDermott SNA



Left: First Year Rang Éanna with Mr. Daithí Purcell, Year Head & Mr. Niall McCarthy, Class Tutor

Right: First Year Rang Eoghan with Mr. Olan Lynch, Class Tutor





Right: First Year Rang Eithne with Mr. Daithí Purcell, Year Head & Ms. Blaithín Kiernan, Class Tutor



Below: First Year Rang Eimear with Ms. Ciara Kelly, Year Head & Mr. Stephen MacSweeney, Class Tutor



Above: First Year Rang Eamonn with Ms. Ciara Kelly, Year Head & Ms. Lauren Murphy, Class Tutor



Left: First Year Rang Éabha with Ms. Ciara Kelly, Year Head & Ms. Karen Crowley, Class Tutor



Trips



Zip-It

The Transition Years kick-started the year with a trip to Zip-It, a zip-lining Park in Farran Woods. The students set up their gear, took a trial course, then got a start on their adventure!

There were five courses, each increasing in difficulty. The green and orange courses were warm-ups, to get used to the feeling of soaring across the park. The white course was a bit more challenging, with difficult high ropes, and tough crosses. The blue course was a zip-line-focused challenge, with plenty of fun to be had but that all ended with the red course, the most challenging of the five. The most athletic students made it to the end and loved every second of it.

After a quick detour to the swings, everybody headed home, having loved the experience!

Midleton Cinema

On October 21st, the Transition Years took a trip up the Gate Cinema in Midleton for a nice day out. The students went to see new release *Venom 2 : Let there be Carnage*. The students found the film very entertaining.

Afterwards, the group left the cinema for a stroll across Midleton, making a stop at the *Kindred Spirits* statue to learn about its history, as well as a photo op.

The students came home and rounded off the day with a year-wide basketball tournament. What a day!

Orienteering

On November 18th, the Transition Years headed off for their next trip on the schedule; orienteering in Little Island. The group arrived at the venue at around 10am and following a quick introduction and safety briefing, they set off to navigate the course with nothing but a map in-hand.

It was a difficult course, with over 20 waypoints to be reached but everybody found their way through. The students took a photo as a memory for the day, then got on their way home. Luckily, no map was needed for that!

Well done to the winning teams; Ben O'Sullivan and Kane Mullan in the men's category and Sarah Barrett and Katie McCall Walsh in the women's category.

Leahy's Open Farm

The Transition Years didn't hesitate in going for another trip, as less than a week after their tour to Little Island, they were off again! This time, to the wonderland of Leahy's Open Farm. The students got off the bus and were divided into two groups. Group one started off in the chocolate factory, while group two got to take on the activities the farm had to offer.

In the chocolate factory, group one was given an overview and demonstration of how chocolate was crafted, from the harvest of the first cocoa bean right to being popped on store shelves. Then they created their own chocolate lollies and hand-painted white chocolate farm animals. It wasn't long before the students figured out they could drink the melted chocolate, so needless to say the group was on a massive sugar rush for the rest of the day.





On the other side of the farm, group two were having their physical abilities put to the test, with monkey bars, balance boards, and other challenges. They were then shown the many activities the farm had to offer. This ranged from a simple slide, to taking a ride on a dirt bike across the woods! They were then shown the various animals the farm took care of, such as pigs, goats, ducks and even alpacas!

After 2 hours, the groups were given a lunch break, then swapped over in their activities. At the end of the day, both groups were unsure of whether they were tired from all the work, or energetic from all the sugar! If one thing was for certain however, everyone had something to enjoy in Leahy's!



Fota Ice Skating

On Friday December 14th, to celebrate the coming of the Christmas Holidays, the Transition Years headed to Fota Island Resort to participate in their winter attraction; the Alpine skating rink. The TYs had just wrapped up their Secret Santa gift-swap, so this was a lovely way to round off an already outstanding day.

The group was given a brief safety guide for the rink, then were handed ice-skates and sent off to the skating circuit. There were lots of people slipping and sliding and even more falls to the ice but it was all in good fun. Even the teachers got involved!

At the end, the group made their way to the locker room to get their belongings back, then got back on the bus home to end their final full week in 2021. What a way to send off the year!

Waterford Greenway

On February 17th, the Transition Years hopped on the bus once more and prepped themselves for a trip down the Waterford Greenway! The Greenway is a 46km long cycling path that stretches across most of the county, and the Transition Years were about to cycle the full length!

The group arrived at the bike rental area at approx. 11am, and before long they set off on their journey which took nearly 3 hours to complete! Throughout the way there were many sights to behold, including

a beautiful view of the coastline, and the monstrous mountains that lie near the path. At the end of their journey, the Transition Years stopped off at a restaurant to refuel, before getting back on the bus, surely exhausted from all the work they had to do!

In April, we made our way to Killary Adventure Centre in Galway. There is a full account of our trip on the next page.

Visitors

The Transition Years couldn't always go to the activities, sometimes the activities had to come to the Transition Years! There were many speakers and organisations coming to the school. There were very upbeat activities, such as an Improvisation workshop with the one and only Bernard Casey, as well as some more hard-hitting ones with Jackie Fox. Some of my classmates have described these activities overleaf.

As you can see, Transition Year 21/22 was full of fun, learning, excitement, and memories to be made. The students will surely look back at this year fondly as they move forward in their academic careers. We wish the same joy for next year's Transition Year group! Take care for now.

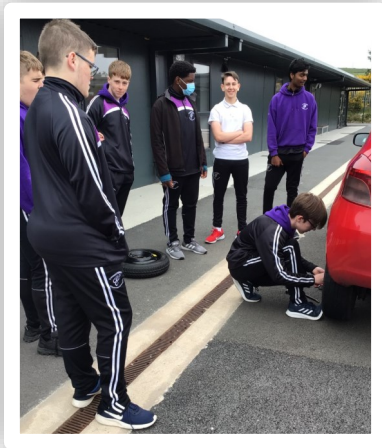
Edan Leahy, Transition Year



TY 2021-2022 - Visitors to the school

1st Year Bonding Day – by Sarah Barrett

At the start of the year the TYs organised and ran a bonding day for first year students. They were split into groups, and they made up a variety of fun activities for students to get to know each other and have fun. Everyone got involved down to the staff and all the students. The atmosphere was amazing, and it really stood to the first years when making new friends.



filled and wrapped before a large group of TYs personally delivered them to the Care Workers at Brookfield. This initiative was to thank the workers for all their hard work and show them that their efforts do not go unnoticed!



GAA Coaching – by Katie McCall Walsh

At the beginning of our TY year we started a coaching course for Gaelic football. We first had a session with just ourselves coming up with games and drills to do and getting to know the head coach and the following week we were introduced to the fourth, fifth and sixth classes of Scoil Chliodhna. During these four Thursday afternoons we bonded with the kids through sport and learned good life skills such as how to be a good leader, how to be patient and listen, respect and how to teach things in fun engaging ways. Although challenges arose, such as trying to get and hold the kids' attention and try to get those who weren't as interested involved, we overcame them. Overall, it was a great experience that I can say we all enjoyed, including the kids.

Driver Education – by Jake Douglas

The TYs took part in a Drivers Education course on Monday 4th April. During the course they learned how to spot hazards on the road, they got to wear drunk goggles to simulate what it is like to be drunk, they learned how to change a tyre and even got to drive a car around the car park. They had a great time and learned a lot during this activity.



Languages – by Kane Mullan

TY students were given the opportunity to learn not only one, but two new languages this year; Chinese and Italian. They immersed themselves in both the language and culture of these nations. TYs learned the iconic hand signals of Italy and even tried their hands at Chinese paper cutting. It was an educational and fun experience that the students enjoyed wholeheartedly.

The CSI Experience – by Maja Nawrot

The TY students participated in a workshop that gave them an insight into crime scene investigation as a career. In the full day course, they learned about fingerprints, footprints, identification, trace evidence, fire and so much more. Throughout the day, TYs had the opportunity to really engage with the information they were learning. This informative and interesting day concluded with our TYs being assigned to a reconstructed real crime scene to investigate, each having a role to play which they previously learned about.

Caring for Carers – by Alex Bell

Transition Years spent the weeks leading up to Christmas raising funds for, planning, and preparing gift boxes for the staff workers at Brookfield Care Centre in Carrigtwohill. The boxes were carefully



Trip to Killary Adventure Centre

At the bright hour of 7am on April sixth, our Transition Years departed from the school to make their way to Killary Adventure Centre in Galway. The students had been anticipating this trip for quite a while and were buzzing to get going! Following a quick stop to pop in to Centra, the group arrived in Killary after a 5-hour bus ride! The group passed through Cork, Clare, Limerick and Sligo before Finally reaching Galway. That means the Transition Years have been to 6 counties this year alone! How many more do you reckon they'll get to before the end of the year?

The Transition Years spent some time settling into their rooms, but it wasn't long before the start of the first activities. Groups 1-3 headed off to the High Ropes, and groups 4 and 5 undertook the Killary challenge. The high ropes consisted of a leap of faith, a ladder climb, a climbing wall, and crate stack. Many people flew, many people fell, but everybody had a fantastic time! The Killary challenge was a team building activity, where everyone put their minds together to solve various puzzles put before them. The day was concluded with some indoor activities and a quiz before everyone headed off to the land of nod!

On Thursday, the groups ate up their breakfast, then left to get started on the next set of activities.

Groups 1-3 got started in the turf challenge, while groups 4-5 got their fair share of the high ropes. The turf challenge was a brutal course that put your physical limits to the test, with the risk being a plunge into freezing water! At the end, students were treated to a thrilling slide into an icy cold lake to wash off, before taking a warm shower. Students then headed back to the main area to have their lunch, which was a sandwich and oatmeal flapjack. Afterwards, group 1-3 headed off to partake in the Killary Challenge, and group 4-5 took on the gorge walk. The night was finished with a live music performance, as well as some group singing sessions and a solo performance by Harry Morley. This was followed by a team building game about protecting your egg from a massive fall, what a night!

Finally, on Friday, everyone had their breakfast, then split off for activities. Some students went cliff diving, others re-did the Killary Challenge, but everyone had fun! The students then came back, ate their lunch, and then set off home. After a stop in McDonalds in Clare, the TYs finally arrived back home, absolutely wrecked!

The Killary Trip was full of memories, and the students will surely look back fondly on their time!

Edan Leahy, Transition Year





First & Second Year Girls Basketball

This year the Carrigtwohill Community College girls' first and second year basketball teams had their most successful year yet! Both teams won every single game they played this year, resulting in both groups being crowned BIPPS South Minor and Junior Girls Champions. The teams will now move up a grade and compete in the C grade next year. Throughout the campaigns, about 30 first year girls and 15 second year girls were involved. It was fantastic to see so many girls play basketball. All players involved showed fantastic dedication, teamwork and communication skills throughout the year and this is a huge part of why these teams had such a successful year. Congratulations to all players involved throughout the campaign. You should all be very proud of yourselves!

First year:

The first year girls had a tremendous start to the season beating St. Colman's Midleton on a score line of 29 - 24. It was a tough game, but thanks to some fantastic teamwork and outstanding individual performances CCC prevailed. Pobalscoil Na Trionoide, Youghal were our next opponents. The team had improved hugely since their first game and won this match comfortably on a score line of 34 points to 17. The team went on to play Bishopstown Community School and secured another hard fought victory with a 29-24 scoreline.

After winning all our group games, CCC qualified for the quarter finals. Boherbue Comprehensive School were our opposition. We travelled to

Macroon Sports complex and came away with another great victory, winning 26 points to 14. St. Colman's, Midleton stood in our way once more after we were paired with them in the semi-final. After beating them earlier in the campaign, we went into this game feeling very confident. CCC won the semi-final 36 points to 14 securing them a place in the final in Neptune Stadium on March 30th.

In a repeat pairing, we faced Pobalscoil Na Trionoide, Youghal in the final. This was a much tougher game than our first meeting but we pulled away in the fourth quarter. The game ended on a score line of 31 points to 20, making CCC the champions!! The team were presented with medals and a plaque after the game.

Throughout the season we saw some fantastic performances from all the girls involved but special mention goes to Maya Finn Hannon, Sonia Balanzin and Rachel Barrett who all had a tremendous campaign, playing for both our first and second year teams.

First year panel:

Lily O' Connell, Maya Finn Hannon, Rachel Barrett, Huda Shareef, Sonia Balanzin, Nusi Mohammed, Naoise Coughlan, Juliet Obuhovska, Marta Szpotowicz, Elliot Daly, Abi Barrett, Robyn George, Mia Clifford, Nell Allender, Ava Barrett, Taryn Beard, Sofia Walsh, Caoimhe Stenhouse, Mia Finn, Eva Kelly, Caroline Dobish-Spangler, Sarika Dobish- Spangler, Ketsia Makumbi, Amber O' Neill, Savannah Costin, Aimee O' Connor



1st Year Basketball Ireland Post-Primary South Winners 2021-2022





Second Year:

The second year girls had an excellent start to the season beating St. Colman's, Middleton 34 points to 16. The team went on to play Bishopstown Community School and secured a comprehensive victory over them on a score line of 45 to 25.

Two victories were enough to secure CCC a quarter final spot against McEgan College, Macroom. The team had made excellent progress since the start of the year and won this game comfortably, winning 36 - 8. Boherbue stood in the way and this turned out to be the hardest game we played to date, but all our hard work paid off. CCC won the game 26-22 to secure a place in the final against Bishopstown.

In another repeat pairing, we headed to Neptune stadium to face Bishopstown once again! The final was a tense match but we pulled away winning 29 points to 24!

Throughout the season we saw some fantastic performances from all the second year girls involved but special mention goes to Zoe Allen and Emma-Jane O'Sullivan who had fantastic campaigns.



2nd Year Basketball Ireland Post-Primary South Winners 2021-2022

After our victories, our teachers rewarded us with a pizza party to celebrate. We are so proud of both teams and want to give a special mention to Ms. Murphy and Ms. O' Brien for giving up their Wednesday afternoons to train us and their time in school to bring us to matches. We are really looking forward to next year already.

2nd year panel:

- Zoe Allen, Ellen Cashman, Niamh Lynch, EmmaJane O' Sullivan, Sophie Comerford, Elia Deriu, Lucie Fennelly, Caitlin Cullinane, Ellie Carey, Nicole Mileusnic, Abbie Ahern, Lucy Ahern, Sophie Mellis, Rachel Williams, Rachel Barrett, Sonia Balanzin, Maya Finn Hannon, Lily O' Connell

Niamh Lynch & EmmaJane O' Sullivan 2nd Yr



Pizza Party celebrating winning both Winners of 1st & 2nd Year Basketball Ireland Post-Primary South Competitions





CCC Football Roundup

U14.5/U15

Our U15 team started the year with the trip east to Tramore to face a strong CBS team. Despite strong performances from Roan O'Keefe, Jarlath Cullimore, Ethan Collins and Daniel McCarthy, we succumbed to defeat, which ended our interest in Munster.

After Christmas, our U14.5 team began the new year strongly, with a great win away to Crosshaven. Morgan Foley, Christopher Cashel, Paddy Bennett, and Rory Dolan were to the fore. Our next game was against a fancied Gaelscoil Carrigaline team, and we came up just short after a titanic tussle.



U14.5 Football Team

U16/U16.5

At the time of print, our U16 team are into a county semi final. First round was against Ballincollig, which was tit-for-tat until the final quarter, where we kicked on to victory. Sean McSharry, Alex Delaney and Matthew Barrett leading the way. Our quarter final tie against Carrig na Bhfear was our best display this year, with Corey Cunningham, Odhran Dennigan, Paul Browne and Mark McCarthy influential. Special mention to Filip Gawlowski, who put in a sensational goalkeeping performance.

Our U16.5 team came up against a strong Bandon team, with the added blow of being depleted by injury. We battled well but unfortunately came up short to end our journey in Munster.



U16 Football Team

U19

Our U19s faced an uphill battle from the off in Munster, coming up against an extremely strong Beara team in Adrigole. We came up short on the day, however Beara eventually went on to win the All Ireland, which showed the quality they had.

Our Cork journey also ended at the first hurdle, however we pushed a good Dunmanway side all the way to the wire. Special mention to Lorcan Walsh, Jake Delaney and Jack Barrett who played their last games for CCC.

Mr E. O'Brien



First Year Boys Basketball

The 1st year boys basketball team have had an amazing run this year. The boys have won every match but one against Midleton CBS in the regular season. They beat Kanturk, Doneraile, Mitchelstown and of course Eamonn Rís on their road to the final. The whole team played excellently throughout the tournament, but unfortunately fell short of the win against

Midleton CBS in the final, which was held in Neptune Stadium, losing by 6 points.

We are all very proud of the whole teams performance throughout the season here in Carrigtwohill Community College.

Best of luck in the future. CCC abú

Noah Eddins, 1st Year

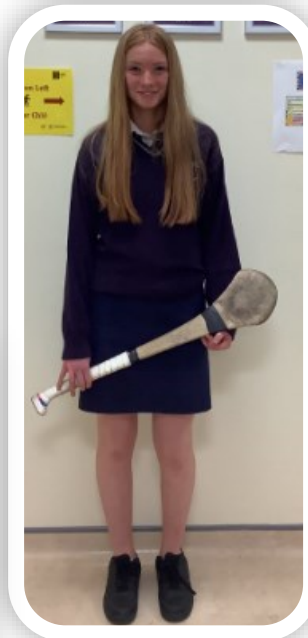


1st Year Basketball team who played in the Basketball Ireland Post-Primary South Final 2021-2022 v Midleton CBS in Neptune Stadium

CCC Camogie

Our young CCC Camogie team put in an excellent effort throughout the year. They took part in Cork Colleges Competitions, Munster Colleges Competitions and Development Blitzes. The experience they gained throughout the year has helped to improve their skills and confidence which they will carry forward into next year. Congratulations to Robyn Keating (pictured right) who was chosen for the Cork U14 team, we're super proud! CCC Abú

Ms C. Daly



Above: Robyn Keating who was chosen for Cork U14 team



Left: CCC Camogie Team



1st Year Rugby

The final first year rugby blitz took place on Thursday 31st March as Carrigtwohill Community College travelled to Presentation Brothers' rugby pitches, Dennehy's Cross. Since September, this team went from strength to strength in every game and their hard worked paid off.

Carrigtwohill kicked off the day with an early game against Kinsale Community School. The opposition were unable to stop our fast wingers, Denis Igboanusi and Patrik Adedokun who scored three outstanding tries. Christopher Cashell was incredible throughout the day scoring many tries and conversions.

In our second game of the day, Carrigtwohill met Patrician Academy which was an extremely exciting game right up to the final whistle with Colm McEvoy and Aogan O' Muircheartaigh securing impressive tries along with Lucas Quigley.

The final game of the day saw Carrigtwohill take on Davis College. Fatigue took its toll, despite huge efforts from our first year team who displayed determination and proudly represented the school throughout the day. This first year rugby team are the ones to watch in the upcoming years.

Ms V. Dineen



1st Year Rugby team in Dennehy's Cross during their recent blitz



Orienteering Championships - March 2022



The Orienteering Championships took place this year in Tramore Valley Park on Thursday 10th March. Plenty of silverware was collected by CCC on the day, with some great performances being put in by all involved.

Cork Schools Orienteering Association (CSOA) has been running since the early eighties and now caters to all affiliated primary and post-primary schools in Co. Cork. CSOA aims to promote awareness, enjoyment, fitness and competition in this sport, along with encouraging the participating pupils to enjoy, appreciate and respect the great outdoors of hills, sand dunes, woods and forests.

Results for CCC are as follows:

2nd/3rd Year girls course - 1st place in the team event: Lucy Ahern, Zoe Allen, Abbie Ahern, Emma Jane O'Sullivan. Lucy Ahern also finished 2nd in the individual event.

2nd/3rd Year boys course - 1st place in the team event: Sam Allen, Matthew Barrett, Roan O'Keeffe, Martin Lehane. Sam Allen finished 1st and Matthew Barrett finished 2nd in the individual event.

Post Junior Cert boys course - 1st place in the team event: Ben O'Sullivan, Josh Hoare, Liam Casey, Cian O'Riordan. Ben O'Sullivan finished 1st and Josh Hoare finished 2nd in the individual event.

Ms. M. White



2nd/3rd Yr Girls Course: Abbie Ahern, Zoe Allen, Emma Jane O'Sullivan & Lucy Ahern



2nd/3rd Yr Boys course: Matthew Barrett, Sam Allen, Roan O'Keeffe & Martin Lehane



Post Junior Cert Boys course: Ben O'Sullivan, Josh Hoare, Cian O'Riordan & Liam Casey

Right: Josh Hoare, TY student who was presented with the Lynam Trophy for overall U18 winner of the Irish Orienteering Championships in May. Josh won the sprint and long distance events and finished 2nd in the middle distance.





Athletics- Cross Country Success



Carrigtwohill Community College Cross Country athletes

On Thursday fourth February, Carrigtwohill Community College travelled to Riverstick to take part in the annual South Munster Cross Country Championships.

Carrigtwohill entered boys and girls in each category; minor, junior, intermediate and senior. Throughout the day, our athletes ran a challenging course.

Our junior girls were very successful with Lucy Ahern finishing 11th and Abbie Ahern placing 15th, both qualifying for Munster. Sinead Crowley placed

14th in the Senior girls which was a fantastic position for the athlete.

Dinny McLean individually placed 13th in the Senior Boys competition along with the Senior Boys team including Cian O’Riordan, Ben O’Sullivan and Oisín Lynch also qualifying for the Munster Cross Country Finals.

A tremendous success for all our athletes who competed and for those who qualified for Munster.

Ms V. Dineen



Left: Lucy Ahern, Sinead Crowley & Abbie Ahern



Right: Oisín Lynch, Cian O’Riordan, Dinny McLean & Ben O’Sullivan



Penalty Shootout

The CCC annual penalty shootout began in March with over 50 students taking part. Each student who took a penalty progressed to the next round and the students who missed were eliminated. Every round got more difficult when the penalties had to be taken further away from the goal. With some fantastic penalties taken by many students, the overall winner of the junior competition was Cian Lee, with 2nd place going to Ethan Collins and 3rd place going to Alex Delaney. These top three students won a prize of the jersey of their choice. Well done to all who participated.



Mr. G. Burke



Shootout winners Ethan Collins (2nd), Alex Delaney (3rd) & Cian Lee (1st)

Kettlebell World Champion

Well done to Abby O'Donovan in fifth year who won three gold medals at the International Union of Kettlebell Lifting World Championships in Budapest, Hungary in October.

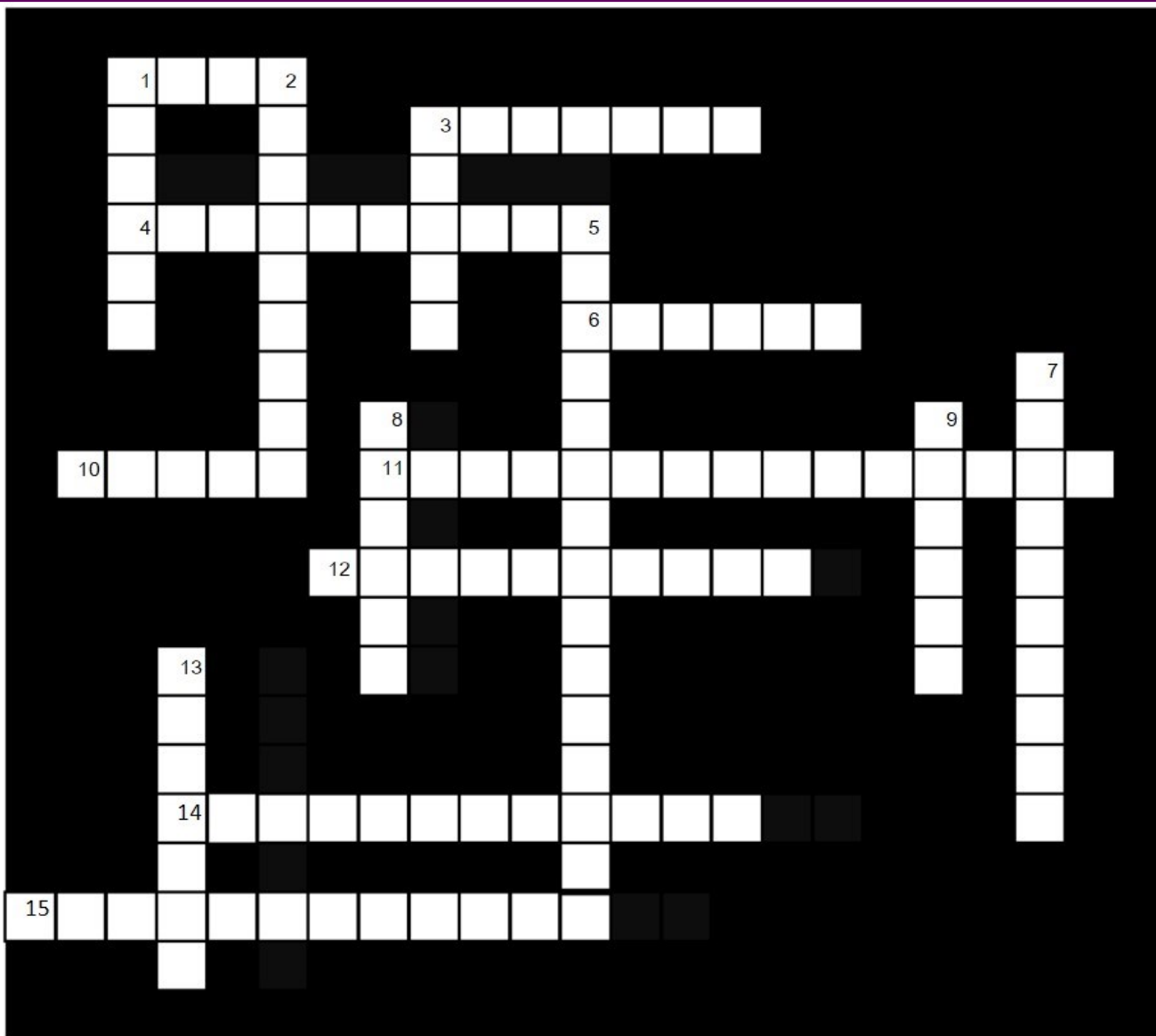
Abby won gold medals in the one arm long cycle lifting 24kgs, two arm long cycle lifting 16kgs, and the women's relay two arm long cycle lifting 16kgs. She also achieved personal bests in each of her categories.

Congratulations Abby! We are all incredibly proud of you here in CCC.





School Year Crossword by Daniel Lewis



Down

- 1. Contains lead
- 2. School Event to test fitness
- 3. Gryffindor, Slytherin, Ravenclaw, Hufflepuff
- 5. Upcoming performance at end of school year
- 8. Mondays after school
- 9. Eraser
- 13. Girls version of 3 across

Across

- 1. Writing tool - plural
- 3. GAA Sport
- 4. What to teach in school
- 6. Ball and Foot
- 7. At break time upstairs & in P06
- 10. The All Blacks play this
- 11. Sports for a school are _____
- 12. Wednesdays after school
- 14. Don't get lost in this sport
- 15. Fridays after school



ANSWERS DOWN: 1. PENCIL 2. SPORTSDAY 3. HOUSE 5. MUSICAL THEATRE 8. DEBATE 9. RUBBER 13. CURRICULAR 12. BASKETBALL 14. ORINETEERING 15. CALUSTHENICS
 ACROSS: 1. PENS 2. HURLING 4. CURRICULUM 6. SOCCER 7. BOARDGAMES 10. RUGBY 11. EXTRA CANOGIE



Cork ETB Student of the Year 2021



Bord Oideachais agus Oiliúna Chorcaí
Cork Education and Training Board

The annual Cork ETB Awards Ceremony took place in March and we celebrated our Cork ETB Student of the Year, Seán Ahern. Nominated by his teachers, Seán is a most deserving recipient of this award as he epitomises the Mission Statement of Carrigtwohill Community College. Seán works incredibly hard to reach his potential and equally, is a fantastic team player and role model on the college GAA teams. Seán has forged many positive relationships with both students and staff, attributed to his calm, kind and compassionate nature. Seán has been a pleasure to have in the college since we opened in 2016. Comhghairdeas a Sheán, we are extremely proud of you.



Seán Ahern, Cork ETB Student of the Year 2021 with Ms Lorna Dundon, Principal

Staff Photo April 2022



Back row (L-R): Pdraig Lucey, Caoimhe Whelton, Dáithí Purcell, Fiona O'Reagan, Winnie Daly, Valerie Creedon, Ciara Daly, Eva O'Sullivan, Tadhg Long, Gillian O'Callaghan, Lauren Murphy, Maria White, Jim Power, Vincent Rohan, Niall McCarthy

Third row (L-R): Cathy McDermott, Erna Finch, Caroline Collins, Ciara Barry, Juliann Hayes, Mary O'Brien, Brendan Cronin, Natalia Kuczynska, Aine Daly, Michael Doyle, Olan Lynch, Ciara Kelly, Eoghan O'Brien

Second row (L-R): Aine Barry, Fiachra McKermott, Shane Moloney, Caoimhe Morrison, Gary Burke, David Power, Diarmuid Crowley, Vanessa Dineen, Michelle Healey, Suzanne Ni Dhéisigh

Front row (L-R): Bláithín Kiernan, Mary Kelleher, Hayley Carroll, Aimee Hallissey, Lorna Dundon (Principal), Tommy Browne (Deputy Principal), Karen Crowley, Macdara Burke, Claire Roche

Absent: Sarah Beausang, Sarah Browne, Michelle Buckley, Margaret Cullinane, Debbie Cooney, Margaret Dean, Elaine Fitzgerald, Romy Haiger, Alan Keane, Caroline McCarthy, Stephen MacSweeney, Laura O'Donovan, Louise O'Reilly



End of an Era

As our final year comes to a close, we can't help but look back on our time spent in Carrigtwohill Community College. Six years have passed since we first gathered in what became known as the "partition room". Anxious anticipation could be felt as we stepped into the unknown. A tour of the building soon followed as we split into groups and were guided around by eagerly buzzed staff members. A unique situation for a special group of people. First Year was like no other as we journeyed through silent corridors (that seemed crowded then), a taster programme, a competitive House System and the establishment of an institution – the famous Student Council!

Second Year saw our school's first trip abroad and it is clear that the memories from Barcelona still live on along with it's legacy. Brainstorming sessions, straw galore and a lift packed with shoeboxes a moment to remember for Ms. O'Regan's Business brainiacs! Not to forget our sampling of truffles and cookies to "perfect our product".

But then came our first hurdle, June 2019, the first State Exam CCC had ever seen. The stress was high but so were our spirits. A year where we welcomed new faces, proudly wore the infamous new tracksuits and studied hard with Ann in Friday's Homework Club.

We had a re-shuffle when we hit TY, Barra and Clóna were names of the past. We started with a bang as we took a trip to the Waterford Greenway. We had a great time, just short a

student on the way back! Mini-companies galore as Ms. O'Regan fostered our innovation and creativity. Crew necks and jerseys going down a real treat. Competitions, volunteering and work experience, we made a name for ourselves in the wider community with our many victories.

We returned to in-person teaching in the prefabs – a big shake up from our cozy bedrooms that saw us finish TY. From our home back to school, we had a new appreciation for the classroom. Come December we embraced the festivity. 6A were victorious in the Christmas decoration competition, much to 6B's dismay

Then back to the "main building" to where it began. Yearbook, Graduation and Debs planning were to the fore with the Leaving Certificate slowly moving closer. Recently, we had our day in the sun, photograph day made the end seem all too real.

But now it is time to say our goodbyes. An emotional day lies ahead, on Thursday 26th a tear will be shed, a bittersweet end to this chapter of our lives. Our secondary school journey is about to draw to a close, we hope you won't miss us as we go. After six years of laughter, hard work and fun, we truly know it is the End of an Era and the beginning of a new adventure.

*Alan Whelan & Hazel Nolan
Leaving Certificate Class 2022*



Leaving Certificate Class 2022 pictured with Ms E. O'Sullivan, Year Head, Ms C. Roche, Class Tutor, Ms L. Dundon, Principal & Ms V. Creedon, Class Tutor

