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elcome to the Christmas 2022 edition of our newsletter which opens a window into the busy world of CCC. In the first term, events and activities were abundant across the college and, coupled with the extensive learning opportunities afforded to our students through their teachers' innovative and effective modes of teaching, it was a productive and engaging term for all.

We were delighted to welcome 168 first year students, and their families, to our college community and are conscious that we are, once again, fortunate to have wonderful boys and girls who are grasping every opportunity offered to them to reach their potential. Our first Leaving Certificate results, another highlight of the term, saw our first cohort of students performing very well and receiving results that were richly deserved. Our current TY students (and some 5th years) were also in receipt of their Junior Cycle results, another day of great celebration for CCC. Whilst it has been a fruitful first term in academic terms, the growth of independent, resilient, and respectful young people across all year groups is equally evident through their extra-curricular activities and in their relationships. This newsletter is rich in examples of the



Principal's Address

personal and social development, enjoyment and success experienced by our college community and I commend both staff and students for the shared commitment to, and passion for, the diverse range of experiences on offer to all.

Of course, we cannot omit a most momentous day for our college when Minister Norma Foley “turned the sod” on the new campus, which is now well underway. Deemed “the most ambitious project that the Department of Education has ever delivered”, we look forward to providing state-of-the-art facilities and unparalleled resources for our students in the very near future. We are proud and privileged to be the bearer of this remarkable and unprecedented landmark in the history of education in Ireland.

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 support we receive, and I thank you most sincerely for the support received this term. Nollaig shona agus áthbhliain faoi mhaise daoibh go léir!

Lorna Dundon





Newsletter Club

As the first term of the 2022-2023 academic year draws to a close the newsletter club are delighted to bring you the Christmas edition of the CCC newsletter.

This term has been a busy one for all in CCC and hopefully our readers will get a flavour of life in our school through the many activities and events we have featured in this issue of the newsletter. Thank you to everyone who contributed to the Newsletter, and a special thank you to the very hard working

Newsletter club members whose enthusiasm is unwavering and whose creativity can be seen throughout this newsletter.

Keep an eye out for snowmen George & Bernie who are hidden throughout - how many times can you spot them?

Newsletter Club takes place **Wednesdays after school in P07** and new members are always welcome.

Ms. J. Hayes & Mr. F McKermott

Newsletter Club members Eliana Moroney, Sarah Bernard, Juliette Creedon & Aisling Kelleher doing some last minute proofing of the Christmas Newsletter

Missing: Edan Leahy, Rachel Williams



November Remembrance - In November We Remember



Every November students take the time to remember those that we have lost. This year we decorated a room with leaves and butterflies with the names of our loved ones.



Opening Year Prayer Service

At the beginning of every year we take time to reflect and pray with each year group. There are very few opportunities throughout the year where the entire year group gets together and we use these precise moments to pause and reflect on a chosen theme to suit that year group. This year the First Years explored new beginnings, the Second Years paused to give thanks for friendships in their lives and the Third Years reflected on hope. The Transition Year students looked at seizing the day, the Fifth Years focused on their blessings in life, and Sixth Years took time to map out their journey in CCC so far.

Ms. M. O'Brien





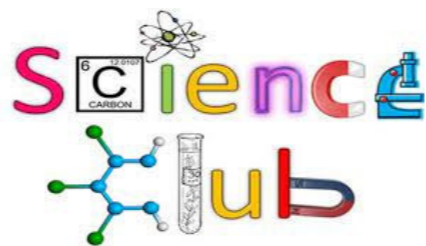
Diwali—Festival of Light

Diwali is the biggest celebration in the Hindu calendar. We took time in October to learn about this occasion. It is a festival of lights that celebrates the triumph of light over darkness, good over evil and the human ability to overcome. Every religion class was given an opportunity to create arts and crafts including candles, lanterns and fire crackers.

Ms. M. O'Brien



Science Club



Science club continues with students carrying out science investigations and trying to answer puzzling scientific questions.

Science Club takes place every 2nd Monday after school. Everyone welcome.



Halloween at CCC



The Autumn mid-term was kicked off this year by holding a Halloween Costume Day on Friday 28th October where staff and students were invited to dress up in their scariest Halloween costumes.

5th Year students made great efforts with their costumes which can be seen in the picture above.

Below is a sample of the Halloween-themed poetry written by the first year students in Ms Howard's English class



*A spell to make your teacher disappear
Bubble bubble boil, a frog wrapped in foil.
A bat's wing and glue, water from your teacher's pool.
our incomplete homework you said your dog ate, and this spell will
complete your fate,
bubble bubble boil a frog wrapped in foil*



*By Alyssa Krus,
Rang Fiona, 1st Year*





Ukrainian Christmas

2022 was a year in which Ireland welcomed many friends from Ukraine and CCC was no different!

With new friends come new cultures and new traditions. Unlike the traditional Irish festivities, a typical Ukrainian Christmas is celebrated on January 7th every year.

Traditionally an Eastern Orthodox country, Ukraine celebrates this holiday in accordance with the Orthodox Catholic Church calendar.

Holy Evening, or Sviaty Vechir, occurs on January 6th as Ukrainians place a candle in the window to represent those without families. As soon as the first star appears in the night sky, signalling the journey of the three kings, families enjoy a special dinner together.

Comprising of 12 dishes, one for each apostle, the menu includes the special *kutya*, a dish made from wheat, nuts and poppy seeds. We have been assured that this dish is delicious! An additional place is set at the table for any family members who may have passed away.

Similar to some western nations, carol singing is popular amongst Ukrainians. The carollers usually don several outfits to represent animals and historical figures, among others, as well as carry a star with them.

We wish all our Ukrainian friends a "Shchaslyvoho Rizdva" and hope they enjoy their first Irish Christmas!

Mr. F. McKermott



CHALLENGE

Lego Robotics Club



crucial for their future careers.

There is a real buzz & excitement this year in Lego Robotics club with a students preparing for the upcoming SUPERPOWERED competition. This year's challenge is about collecting energy units from different sources around the field and distributing them to where the energy will be stored or consumed. Points are scored for releasing energy units from the models and delivering energy units to target destinations.

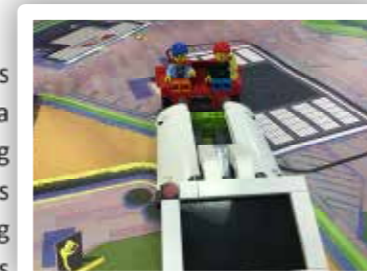
To start, students have been working on familiarising themselves with the robots and how to control them by writing programs using the Mindstorm app to automate their movements. Also, with the help of students in STEAM the mission models are almost complete for this year's challenge. Models included a hybrid car, an oil platform, a hydroelectric dam and a wind turbine.

FIRST® LEGO® League is a global STEM challenge for teams of young people, to encourage an interest in real world themes and develop key skills that are

Club members are now working on designing and coding the Robots to complete the missions in the SUPERPOWERED Robot Game. In January we will be completing an Innovation project where we will identify and research a problem related to collecting and distributing energy sources and then design and create a solution to this problem to help in our local community.

Regional events for the competition will be held in February or March

2023, where we look forward to presenting our project and competing in the Robot Challenge.



Lego Robotics Club takes place Monday lunchtimes in F05. New members welcome.

Ms. J. Hayes



Gabriella Budzan programming her robot for the SUPERPOWERED Challenge





New School Campus... Turning of the Sod

We were delighted to welcome Minister for Education Norma Foley - TD to turn the sod on our new campus, which is well underway. The Minister described the campus as the "most ambitious project that the Department of Education has ever delivered...which will showcase the best that education has to offer". We thoroughly agree!

We were delighted to share this momentous and historic occasion with Scoil Chliodhna Community National School - Carrigtwohill and Scoil Mhuire Naofa Carrigtwohill Cork together with members of our Boards of Management, members of our PAs and most importantly, student representatives.

For their help and support in the delivery of this remarkable and unprecedented landmark in the history of education in Ireland, many thanks to David Stanton TD, Pdraig O Sullivan TD, James O' Connor TD, Cllr. Anthony Barry, all in Cork Education and Training Board and Bishop Crean of Cloyne Diocese, not forgetting those TDs, local councillors, BoM members and parents (past and present) who were not present on the day but who will undoubtedly share the joy of the college opening with us.

Allie Foley, Liz McHugh (Deputy Principal), Lorna Dundon (Principal), Minister Foley & Conor O'Brien



Below: Students of Scoil Chliodhna, Carrigtwohill Community College & Scoil Mhuire Naofa oversee Denis Leamy Cork ETB Chief Executive, Minister Norma Foley & Bishop Crean turning the sod on the new school campus



Right: Pdraig O Sullivan TD, Cllr Anthony Barry, Aengus McDonnell, Minister Norma Foley, James O' Connor TD, Cllr Sheila O'Callaghan & David Stanton TD attending the recent turning of the sod



Carrig Climate Club



This year Carrigtwohill Community College through Cork ETB was selected to take part in an exciting cross-border initiative to help students educate and increase their involvement in climate change. AIS4CA (All Islands Schools 4 Climate Action) is a new and ambitious collaboration between Co-operation Ireland, EcoEd4all, the EANI (education Authority of Northern Ireland) and Alison. It strives to educate and certify student all over the island in matters of climate change and how we as individuals and as a group can help tackle the mounting crisis.

This September just gone, my fellow classmate Aisling Kelleher along with Mr. Lynch and I travelled to Co. Meath in order to take part in this exciting programme.

There we met with 21 other schools to take part in an introduction to what AIS4CA was about and a leadership training course. By the end of the day not only did we have a new insight into climate change, but we also had a plan of action!



Together with a cluster of other schools from across the island we had decided how we wanted to help tackle climate change. We decided to focus in on biodiversity along with the science behind our changing environment.

Soon after we had returned to school, we decided to broaden our horizons by giving our fellow students a chance to get involved- and so Carrig Climate Club was formed! After meeting with interested students, we began to brainstorm where we wanted to take initiative in our school environment, and all of us took 2 courses on both Biodiversity and the Science of Climate change through the Alison platform.

Our clubs' mission is to have a few solid ideas on how to reduce our schools carbon footprint by February, when Aisling, Mr Lynch and I will meet up with the 21 other schools in Belfast to showcase our ideas and to select one in which to implement. From there we will begin and start to actively reduce our school's contribution to climate change.

So, keep your eyes peeled for any news about our journey, as we hope to soon make ourselves and our mission known. Carrig climate club is always open to new students interested in being a part of making a difference -so don't be afraid to get involved!

Eliana Moroney 3rd Year





Christmas Cards in aid of Marymount

CCC students have been very busy these last few weeks as the members of the CCC Enterprise Club were making final preparations for their stall at Market Green Shopping Centre on Saturday, 26th November.



Over the last month, the club have been busy organising a Christmas Card Design Competition with the students of CCC and the three local Carrigtwohill primary schools; Scoil Chlochair Mhuire, Scoil Chliodhna CNS and Scoil Mhuire Naofa.

The winning 20 designs have now been transformed into beautiful Christmas Cards and were sold in Market Green Shopping Centre.

All proceeds are being donated to Mary Mount Hospice and over €500 has been raised so far for this worthy cause.



Enterprise members at the stall in Market Green Shopping Centre recently



We would like to thank our very generous sponsor Andrea Kennedy - Shipping Solutions, for, yet again, sponsoring the printing of our Christmas Cards.

Ms. V. Dineen

TY Work Experience

by Eryk Puch

For my work experience, I am working at Architectural and Metal Systems, an aluminium profile factory in Little Island. You may think I work with some kind of heavy-duty dangerous machinery, but in fact, I do not. It is the IT side of the company, in which I work. AMS relies on IT for the purpose of accounting, human resources, sales, or generally controlling the machines that are too dangerous to be controlled in person.

My boss is an expert at his job, and I learn many things from him. He is also the lead IT Specialist of the company. As part of my scheduled work experience, I set up PCs for employees, I help investigate

problems with technologies, be it the aforementioned PCs, the printers, or even one time the entire Anodizing Plant (a chamber with a series of vats of highly corrosive acid designed for anodizing aluminium). I also work with the networks, CCTV systems and other such technological elements of the facility.

Overall, I enjoy my work experience. It is a professional and friendly environment, and anything I fail to understand is explained in a simple and effective manner. As such, I feel that I might want to come back and work here when I am older.

Eryk Puch, TY

Art in CCC

The art community continues to be a widely active part of the CCC community.

Within the classroom 3rd year students have finished their CBA2 (seen below) and are now moving towards the milestone of completing their final Junior Cert project. 2nd year students will begin their CBA1 after the Christmas holidays while 1st years students are nearing the end of their first two months as official visual art students.

Thanks to the help of Ms Roche, students can immerse themselves in all areas of visual art throughout the year inside and outside of the classroom.

Art Club is held every Friday at lunch time (12:50-13:20) where all students can come to learn new art skills, work on art projects for school or for personal interest. Competitions are held within the school and some art students partake in local and nationwide competitions. Art club is a friendly and welcoming environment for artists and non-artists to come together and have fun.

The 3rd year CBAs below show the research and planning required to make a moving piece of artwork. Some images show Artist research, media testing and a final artefact.

Juliette Creedon, 3rd Year

Artist Research by Sarah Bernard



Final Artefact by Juliette Creedon



Media Testing by Martyna Postrozny



Maths Department Update

Students engaged in a range of activities during our recent Maths Week 2022. These included class v class challenges whereby students, grouped into teams, worked well together to collaborate & problem solve in an effort to edge their class to victory. Rang Fergal, working in small teams, worked on their creativity in developing *Number Street* in line with their study of Number Systems. Our senior students embarked on a *murder mystery* activity with Kyle Callanan, 6th year the quickest to identify the perpetrator!

Much fun was had while at the same time students developed many valuable skills.

#WorkingWithOthers #Communicating #BeingNumerate #BeingLiterate #ManagingInformation&Thinking #BeingCreative #ManagingMyself

Meanwhile, CCC TY students recently completed round 1 of the Irish Mathematical Olympiad. Based on the results from this a number of students have been selected to attend Mathematics Enrichment classes in UCC in the new year. The primary aim of the enrichment classes is to cultivate a love and appreciation for mathematics among talented students - this is achieved by giving such students exposure to deeper, more challenging and more interesting mathematical problems than those encountered on the school syllabus.

Ms. F. O'Regan



A Christmas Tree History

Are you putting up a Christmas tree to celebrate the holiday this year? Then maybe you would like to know about a few fun facts about the festive fir trees, as these evergreens actually have a particularly interesting history of how they came to be. Well, the tree tradition began in early pagan celebrations, but the first recorded mention in Christmas use was in 1605 in Strasbourg.

To justify being incorporated into Christian tradition, the Christmas tree was given religious symbolism. This being that as the tree is in the shape of a triangle, the three points represented the father, son, and holy ghost - as seen in the holy trinity.

This conversion from pagan to Christian tradition actually has a somewhat sinister legend attached to it as well; the story of Saint Boniface. According to this tale, the 18th century German saint came across a pagan worship ritual of an oak tree, in which a baby was about to be sacrificed to the tree! So, St. Boniface hurried to the rescue and grabbed the axe to be used in the sacrifice, and instead cut down the tree. After retrieving the infant, the saint saw that a tiny fir tree was beginning to grow where he chopped down the oak. This to him symbolised new life coming forth from death, similar to the story of the resurrection of Christ. From then on, decorated fir trees became a meaningful part of Christmas celebrations in Germany.

This tradition was popularised in England and subsequently Ireland in the 1840's when Prince

Albert, the German husband of Queen Victoria ordered a tree from Coburg for the royal holiday celebrations. The appearance of a Christmas tree in the royal family's home caught widespread attention from the public, and the decoration spread like wildfire.

One of the most famous Christmas trees in the world is the Trafalgar Square tree. Since 1947, Norway has presented Britain with a 70 foot tree, sent over from Oslo every year to put up in the square. This tree is gifted as a "Thank You" from Norway for England's help in WW2. During the war, when Norway was occupied by enemy forces, King Haakon of Norway escaped to England, where he was allowed to set up the temporary "Free Norwegian Government".

This allowance by the British Government gained them long-lasting loyalty from the Norwegians and an annual beautiful Christmas tree for London.

However, Christmas trees were once adorned quite differently to how they are today. The first Christmas trees in the 1600s were decorated with gold foil, paper flowers and sweets, later on in the Victorian era the firs were decorated with candles, before most switched to fairy lights. In St. Boniface's age, and for centuries later, Christmas trees were even hung upside down to represent Jesus on the cross and celebrate Christianity.

So, this year, when decorating your tree, you have a few fascinating facts about their history!

Aisling Kelleher 3rd Year



Quiz Night at CCC

With a full house of over 30 tables and lots of brilliant spot-prizes, our Carrigtwohill CC Quiz Night on Friday, December 2nd 2022 raised over €2,000.

This wonderful effort was made possible by the hard work & commitment of our CCC staff, PA, students, parents and the local school community. A huge thank you to all our generous prize sponsors also. A great night of fun & trivia was had by all. We appreciate the fantastic support in fundraising for our school community.

Ms. L. McHugh



THE SNOWMAN'S CAP
A Christmas Sketch by Sarah Bernard



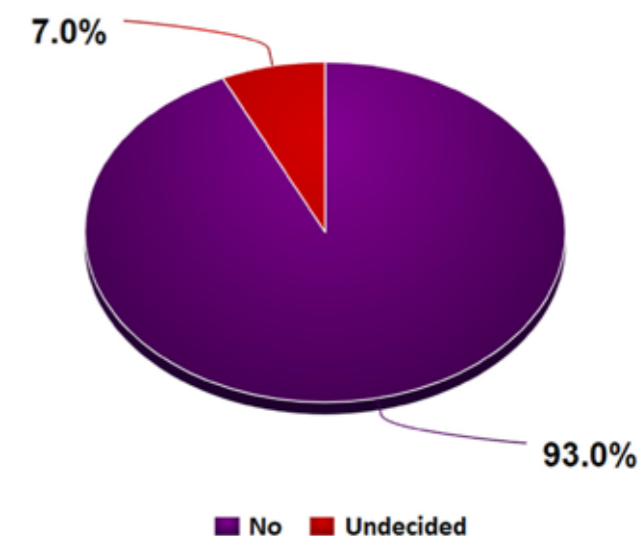
A recent study has shown that e-cigarette use among teenagers is on the rise, despite attempts to curb the unregulated habit. The ERJ Open Research study, which takes place every four years across 160 countries, showed that 37% of Irish teenagers had tried e-cigarettes, compared to 23% in 2015.

The question of whether or not under-18s should be legally allowed to vape has come to prominence after the survey showed that teenagers who use e-cigarettes are 50% more likely to smoke when they are older.

A subsequent CCC survey has shown that students and teachers alike are against the idea of teenagers vaping at all. Of those polled, 93% were against legalised vaping for under-18s with just one person undecided.

Among those against the idea is Mr. MacSweeney, who opines that the unregulated nature of vaping is a major problem; "Because it's

Should vaping be legal for under-18s?



unregulated, we don't even know what's in it".

This was a sentiment echoed by Ms. Whelton who described the habit as "a stepping stone to smoking".

The issue of addiction was a common thread among those questioned, with Jayden Butler stating that he'd "rather be addicted to PlayStation" and Ms. Hayes asking "Why subject children to addiction at such a young age?"

However, the overall feeling among CCC staff and students was that vaping is unhealthy and should therefore not be done by under-18s. According to John Paul Irabor, using e-cigarettes is "pointless, a waste of money, especially if you're an athlete", with Ms. O'Regan asking "why encourage something that's bad for you?"

The next ERJ Open Study is due to be carried out next year, with figures expected to rise once more.

Mr. F. McKermott

BAN VAPING





Musical Theatre Club

by Alyssa Kruis, 1st Year

Musical theatre club is a place where you can express yourself freely while having fun. Musical theatre brings out the best of you. The teachers, Ms Kelly and Ms O'Brien put their hearts and souls into the club and they push you to your full potential.

This club is open to anyone. It is on from 3:16pm to 4:00 pm when there is no show but while students prepare for their performance the club runs until 5:00pm. Musical Theatre Club is held on Tuesdays in PSoc.



TY School Musical

by Akram Mahadi, TY

Earlier in the year, our teachers told us that this year we would be presenting 'Groovy Nights' - the musical as our TY school show. We were very excited and quickly started working on our audition pieces and we were set to go. The auditions gave everyone an insight into what it takes to be part of a musical - we had to sing and act either individually or as part of a small group. Many were very anxious about the prospect but stepped out of their comfort zone and gave it a go! The day the roles were announced was great fun, now it was time to start rehearsing.

Both the cast and backstage crew are now very busy preparing for the show - learning lines, perfecting dance moves, making props and back drops and producing tickets and programs. We will go on stage in Carrigtwohill Community Centre on January 25th and 26th and we cannot wait. The whole year group being involved has brought us closer together and so far, it's been an unreal experience!!

Tickets for the show cost €10 each and will be on sale after Christmas in the school office and Centra, Carrigtwohill. Get them early to avoid disappointment!



Transition Year 2022/23
presents:

'Groovy Nights'



Musical Theatre Club
presents:

'The Story of Belle'

January 25th & 26th, 2023
Carrigtwohill Community Centre

Tickets €10





Amber Flag Committee

The Amber flag is an initiative ran for Pieta House. The Amber Flag committee in our school is a group of students and teachers who work to improve the mental health of the students and staff.

Breathing techniques

The actions that we have taken to help the mental health in the school is by promoting positive mental health. TY students have demonstrated breathing techniques during assembly. Highlighting the importance of mindfulness and stress management.

Wellness week 2022 Monday October the 3rd to Friday the 7th

Below are photos from the amazing array of activities and competitions that were held over the week. Walking debates, active music classes, dance offs, Browne Bake offs, Mile challenges, fun science experiments, Positivity poster competitions in art and SPHE and many more cross curricular activities. The positive songs over the intercom, a big surprise to the first years. We held a non-uniform day and raised an amazing €783 for Pieta House and Jigsaw. Overall, the week was a great success as both students and staff participated in positive mental health and wellbeing activities.

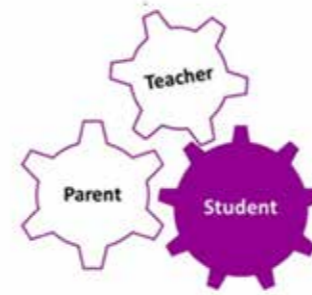
We are working on our Amber Flag again this year!

We are aiming for many more in the future. If you would like to join the Amber flag committee or even just want to raise awareness about mental health, you can email to Ms. Roche. Please mind your mental health because it is vital. Spread the awareness about mental health and treat everyone with kindness and respect.

Ms. C. Roche



Learning to Learn Club



Learning to Learn Club allows students the opportunity to engage in rich discussion on study – what does it mean? What does it look like? How do we go about it?

We have watched short clips on & discussed the need to work toward achieving a school/life balance & the importance of managing time.

We have worked on developing a *bird's eye view* of subjects/topics to raise student awareness of the many parts/topics which make up the whole & to identify the possible connections between them. We delve into the structure of Leaving Cert exams, their component parts & the links to the various topics on the course. We are working on gaining a deeper understanding of *what* is required of students in various subject and *how* they can deliver on this. It certainly is a work in progress – a journey of discovery!

Students are beginning to work individually or in small groups on aspects of subjects which they find challenging. This work involves discussion and deconstruction of topics to ensure full understanding of the underlying principles. Working on becoming more organised; better prepared & achieving a deeper sense of clarity around what needs to be done, students have a great opportunity to successfully navigate their learning and stay on the path of achieving their academic potential.

Ms. F. O'Regan

Feliz Navidad



In Spain, our traditional Christmas holidays are longer than here in Ireland because we celebrate the "Three Magic Kings" on the night of January 5th. It is celebrated throughout Spain and is more important in most families

than Christmas Day. There is a cavalcade and carriages with the nativity scene on top and the "Three Magic Kings". They throw sweets for the children to catch and often we bring upside down umbrellas to get more! On January 6th we open the gifts and eat "Roscón de Reyes", a special cake with cream and candied fruits.



Lucia, Ariadna & Julietta at the recent U16 & U19 basketball match in Neptune Stadium

Lucia Arroyo Serrador, Ariadna Bartolome Martin & Julieta Simon Zorita, Transition Year



Christmas Cookery Workshop



Mini Christmas Chocolate Biscuit Pudding Recipe

Preparation time

1 hour 45 hours

Makes 4-6 mini pudding depending on the size of the moulds

Ingredients

| | |
|--|----------------------|
| 125g digestive biscuits or rich tea biscuits | 75g golden syrup |
| 75g milk chocolate | 50 g unsalted butter |
| 75g dark chocolate | 50g raisins |
| 50g dried cranberries, chopped | 50g Maltesers |
| 100g mini marshmallows | |

To Decorate:

| | |
|---|------------------|
| 100g/3½oz white chocolate, broken into pieces | 2 glacé cherries |
| sprig holly leaves | |

Or

| | |
|---|---|
| Ready Roll Fondant Icing (white/ red & green) | Snow Template & Holly Cutter |
| 1 block ready roll white fondant icing | ¼ block of red & green ready roll fondant icing |

Method

1. Use cling film to line Dariole moulds leaving extra cling film hanging over the sides.
2. Crush the biscuits & Maltesers into pieces using a rolling pin. (Put them in a plastic bag first so they don't go everywhere!)
3. Melt chocolate, butter and golden syrup in a heatproof bowl set over a pan of simmering water. Stir occasionally.
4. Remove the bowl from the heat and stir in the broken biscuits, cranberries, raisins, maltesers and marshmallows.
5. Spoon the mixture into the bowl, pushing down well to minimise air pockets.
6. Leave to cool, then put in the fridge to set.
7. When set, remove from mould & place upside down on a serving plate.
8. Melt the white chocolate in a heatproof bowl set over a pan of simmering water. Allow to cool and thicken slightly before pouring some on the top of the pudding and gently pushing down to form a custard shape.
9. Top with the glacé cherries and holly and serve.

Or

10. To decorate the puddings with icing, knead the ready to roll icing until soft and pliable. Dust a clean surface with icing sugar then roll the icing out until about 5mm thick. Use a sharp knife to cut out 4-6 "splat" shapes.
11. Brush the back of each "splat" with a little apricot Jam using a clean pastry brush. Place each shape, sticky side down, on top of each pudding. Make sure each shape is stuck down on to the pudding.
12. Dust the surface with a bit more icing sugar and roll out green icing. Use a sharp knife or a holly leaf cutter to cut out holly leaves and place on white icing.
13. To finish off, shape red icing in holly berry shapes.

Place each pudding in a clear cellophane bag and tie each closed with a bit of ribbon. If you can't find cellophane bags, then cut squares of cellophane and gather the corners together, then tie each closed with ribbon.

The chocolate biscuit pudding can be made ahead of time and kept in the fridge, as much as one week, before decorating. Once decorated, they will keep at a cool room temperature for a few days.

Enjoy agus Nollaig Shona Diobh



CCC Snowmen Recipe

Ingredients:

For the Cookies -

- 50g plain flour, sifted
- 2 tablespoons butter
- 25g sugar
- 1 egg, beaten

For the Icing

- 65g Icing Sugar
- 12 teaspoons warm water

To Decorate

- Chocolate Chips, Sprinkles etc.

Method:

1. Preheat the oven to 180 degrees Celsius and place baking parchment on two baking trays.
2. Put the sieved flour in a bowl and rub in the butter until the mixture resembles breadcrumbs. Mix in the sugar, and enough of the beaten egg to form a firm dough.
3. Knead the dough on a lightly floured surface until about 5mm thick.
4. Now, get out your snowman cookie cutter (if you do not have a snowman shaped cookie cutter, you can draw and cut out a snow man shape with a piece of cardboard and trace the shape out of the dough with a knife). Cut out shapes and transfer to the baking trays.
5. Transfer the biscuits to the preheated oven and cook for 12-15 minutes, until golden brown.
6. To make the icing, put the icing sugar in the bowl and gradually add the warm water until the mixture coats the back of the spoon thickly. You can also make different colour icing with food colouring.
7. Cover each biscuit with icing and decorate in snowman fashion!

** Enjoy and Merry Christmas!**

Aisling Kelleher, 3rd Year





Nuashonrú na Roinn na Gaeilge

Tréaslaímid le daltaí na hidirbliana as na torthaí iontacha a bhain siad amach sna Scrúdaithe Stáit le déanaí. Tá Roinn na Gaeilge thar a bheith bródúil astu!

Tá an obair ag dul ar aghaidh maidir le Gaelú na scoile. Faoi láthair tá lucht na hidirbliana ag obair go dian ag cruthú gearrscánáin Gaeilge chun a bheith réidh do thaispeántas le linn Seachtain na Gaeilge, 2023. Chomh maith le snas a chur ar a gcuid Gaelainne, táid ag forbairt scileanna ceamradóireachta, eagrathóireachta, aisteoireachta agus araile. Beifear ag tnúth go mór leis na físeanna seo a fheiscint san athbhliain.

Dár ndóigh, fearann Roinn na Gaeilge fáilte is fiche

roimh na daltaí a thosaigh sa chéad bhliain i gColáist Phobail Carrig Thuathail i mbliana.

Léiríonn siad grá don Ghaelainn agus gabhaimid buíochas do na múinteoirí bunscoile a bhí acu as an ngrá sin a chruthú iontu. Táimid ag súil leis an ngrá sin atá acu don teanga a fhorbairt amach anseo.

Tá daltaí na dara bliana, na triú bliana agus na Sraithe Sinsearaí ag treabhadh leo leis an obair atá le déanamh acu chun a bheith ullamh leis na scrúdaithe stáit atá ós a gcomhair amach. Rath Dé ar an obair.

Iníon Ní Dheisigh



Meditation

MEDITATION CLASS - EVERY FRIDAY MORNING (8.15AM TO 8.30AM) IN P12

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.

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.

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

"Meditation helps with clearing my mind of anything negative that might have happened in my life and afterwards it is like I have a total different outlook on the situation that was bothering me. I always feel better after doing it."



"Since I started meditation in CCC I feel so much better. I am delighted I pushed through my anxiety and attended this class as now I practice it for 10 minutes every morning now before school. I have begun to notice that any morning I sleep in or forget to do my meditation I don't feel as good."

Meditation classes takes place **every Friday morning in P12 from 8.15am to 8.30am**. Everyone is more than welcome to attend.

Thanking you,

Mr. N. McCarthy



Christmas Art

by Huda Shareef 2nd Year



The new Carrigtwohill Schools' Campus will be an incredible resource for current and prospective students. **We3** represents the combined input of the parents, students, and staff of the campus schools, CCC, Scoil Chlíodhna Community National School and Scoil Mhuire Naofa. A whole community fundraising event that will see well-known village personalities take to the stage to perform in a Lip Sync Battle is currently in planning.

Funds from this We3 enterprise will be used equitably and fairly to enhance the campus community facilities. We hope that We3 will be highly enjoyable and financially productive for the entire village. What a great start it will be for our new partnership! It will certainly be a welcome celebration for everyone in Carrigtwohill to come together and have fun now that things are getting back to normal, whilst at the same time supporting the education of Carrigtwohill children for generations to come.

Lip Sync Legends is scheduled to take place in the Clayton Hotel, Silver Springs on Friday 10th March 2023.

Definitely not to be missed!!



Transition Year - The year so far... September to 1 December 2022

We have our largest Transition Year group to date this year, with 87 students participating in the programme. The Transition Year programme continues to allow for students to participate in a range of activities both inside and outside of school. Students study core subjects like English, Irish, Maths, Science, History, Geography etc. but also participate in a range of TY specific subjects such as Aesthetics, Life Skills, Chinese, Media Studies etc. Several subject-related projects are well underway, Enterprise Mini-Company teams, Scifest and YSI, but to name a few. Every Wednesday, our students are on work placement, they have recently started their second placement, having received glowing reports from employers at the first placement. Guest speakers and workshops are also a feature of the TY programme. Some of the activities/events in which our students are participating so far are described below.

Irish Sign Language with Lorraine - by Eorann McGrath

TY students had the opportunity to learn Sign Language for a few weeks with Lorraine. Sign language is a very important skill to learn as it helps us to communicate with people who have hearing disabilities. The TYs really enjoyed our Sign Language classes with Lorraine and by the end of it we were able to have actual conversations using Irish Sign Language! The TY's learned teamwork skills by helping each other with the different signs. Overall, it was a very enjoyable experience.

Opera House & Marina Market Trip - by Kate Bogue

The Transition Year students went to the Opera House in Cork to watch a stand-up comedy show by Ger Carey, who specialises in comedy for TY students. We found this show very enjoyable and would recommend it to others. Afterwards we headed over to the Marina Market to get something to eat, we enjoyed everything from stalls like Dinky Donuts, Oak Fire Pizza and many more. The TYs had an excellent day out with lots of laughs and tasty food.



FAI Soccer Coaching - by Eorann McGrath

The whole year group had the opportunity to complete their very first coaching badge with help from Irish footballer, Alan Bennett and head coach of the Football Association of Ireland, Ray Claffey. First, we did theory and we were learning important things that were essential to coach kids. We were then put into groups to discuss and bring different ideas to our classmates. This helped improve our communication skills. In our assigned groups, we had to come up with a drill for 5-8 year olds. Once the theory part of the course was finished, we moved onto the practical where we had to coach some of our classmates with the drill we picked. Once we did that, we successfully earned our PDP Coaching Badge. Overall, this was a fun and enjoyable experience.

Yoga with Kate - by Conor McDonald

Us Transition Year students have been lucky enough to be doing Yoga during the last three months. Kate has been an amazing teacher, teaching us all the positions and stretches. I personally find the Yoga very soothing and a perfect way to wind down after a day of school. I'm so grateful for this opportunity that the Transition Year programme has allowed me to achieve.

Ballyhass Adventure Centre - by Sara Barry

Back in September, the TYs went on a trip to Ballyhass in Coachford. The activities we did were the aqua park, axe throwing, the high nets, and the teamwork challenges. The teamwork challenges encouraged us all to participate and communicate with each other. At the axe throwing we had a competition to see who had learned the most! All of the activities helped us to bond and get better at teamwork and the trip was really enjoyable.



Work Experience with the Defence Forces



Josh and I reported to Collins Barracks at 0900hrs (using army time), where we met with students from other schools. We were met by our Troop Sergeant, Sergeant Delaney and other instructors. We quickly fell in like soldiers and were shown some very basic foot drills. We were marched over to the lecture hall. Lt Dempsey, the Troop Commander welcomed us to the barracks and more importantly explained, that for the week, we would be trained by the 1st Cavalry Squadron, and he laid out the program for the next week. The timetable of events was laid out carefully with plenty of events. On the first day we were shown all armoured vehicles including motorbikes used by the Cavalry and all weapons systems that troops used, with the opportunity to closely examine each weapon. We then had the pleasure... of doing the Army fitness test which is the test used for those wishing to enter the Defence forces.

The following day we spent in the field opposite the barracks called the camp field where the instructors showed us various basic military tactics, this involved us crawling and sprinting a lot while using red plastic rifles to show the weight of the real rifle. The third day we went to Fort Davis which is located at the entrance to Cork Harbour. Again, we had the opportunity to practice more military tactics like carrying a 75kg dummy as a team up the Zig Zag Track (as it is called - we had various other names for it after that!) as well as leading our fellow troops (students) in a small scale exercise using the skills we were taught the day before. Smoke grenades were involved in the exercise - this was an added bonus!

The fourth day saw us in Kilworth camp, doing a team building exercise where we were broken into teams and given the task of moving 2km over rough ground to locate and spot a soldier whose job was to find us. I was made a team leader and using the lessons we were taught the previous days, with camouflage cream on our faces, we moved out as a team. We ran, crawled, climbed and crawled some more, until we located our target. Once the soldier was located, I had to tell a nearby instructor that we could see the



Alex Delany & Josh Tynan dressed in camouflage during Army training in Kilworth

target and the soldier had to try to see us. Even though we were not the first team to locate the soldier, my team was the only team that was not spotted by the soldier, we were happy with this.

On the last day we took part in the Squadron Commanders challenge which involved us completing a number of events, both physical and mental, against other teams. The event involved all the skills we had been taught over the few days, as well as a test on the lectures. I was nominated as a team leader again. This was a great event that tested us all and I found it really enjoyable. Unfortunately, we came second in the event, losing out by 10 seconds overall. At the prize giving at the end, I was presented with an Army coin for leading my team to victory during the event in Kilworth camp. During the week, the army provided us with lunch every day and the NCOs mess, where we could play pool, relax and get to know the other students before the next event. This was a great week with the Army and I would recommend it to anyone who gets the chance to take part in this week. But be warned, the instructors in the army have interesting ways to encourage you to behave...

Alex Delaney TY Student

CCC Ladies Football

We have had a fantastic year so far on the Ladies Football front, with CCC entering teams at both Junior and Senior level for the first time this year. Numbers at training since the beginning of the year have been brilliant, which is reflected in the high-scoring games that the girls have played.

At Junior Level, we have won both of our group matches comfortably, beating St. Colman's Midleton and Gaelcholáiste Carraig Uí Leighin, with our final group game scheduled to be played against Edmund Rice College Carrigaline on Monday 12th December.

Our joint-captains for the year, Zoe Allen and Emma-Jane O'Sullivan have led the team fantastically

throughout, creating a great camaraderie and team spirit amongst the players. Abbie and Lucy Ahern have contributed huge scoring numbers between them, with Lily O'Connell, Emma O'Shea, Rachel Barrett and Emma-Jane O'Sullivan also regularly featuring prominently on the scoresheet.

A special mention must also go to Emily Bernard, who has stepped up as goalkeeper at both Junior and Senior Level, showing incredible confidence and determination in all matches.

We will have further updates in the next issue, and hopefully we will be reporting on some silverware arriving back to CCC!



E.O'Sullivan





U16 & U19 Boys Basketball

Both our U16 and U19 boys basketball teams recently won the BIPPS South Boys D grade finals which was played in Neptune stadium.



U16 Winning Team with coaches Ms. C. Morrison & Mr. P. Lucey

U16s

The u16s had a terrific year as they overcame challenges from Nagle Community College and Bishopstown Community School to reach the final. Colaiste Mhuire Buttevant were our opponents in the final and it was an extremely close contest right throughout the game.

Buttevant had a great zone defence that our players found very difficult to break down and it was because of this zone that we trailed the North Cork school for three quarters. It was in the fourth quarter when our U16s really got a hold of the game and punished the opposition from turnovers and getting a lot of fast break points which put us into the lead halfway through the final quarter.

Terrific defence and some excellent shooting in the final few minutes cemented the victory for CCC. The final score in this game was 31-24. The future looks bright for this group of players.

U16 Panel:

Niall Barry, Padraig Bolger, Fuwaad Mohammed, Declan Callan, Rollie Durango, Noah Eddins, Chris Isaac, Sean Og Madden, Esdras Makumbi, Leroy Mhondiwa, Darragh Savage, Jayden Washeka, Alex Schulen, John Paul Uyi-Irabor, Amany Nsengiyumva



Captain Leroy Mhondiwa accepting the plaque after CCC winning the BIPPS South U16 final

U19 Basketball Success

The U19s also had an excellent year as they had commanding wins over Nagle Community College, Colaiste Éamann Rís and the most exciting game of the year was against Bishopstown community school where they escaped with a 1 point win from a free throw which was taken in the final 3 seconds.

The U19 final was a lot less stressful to watch than the U16 final as our boys were terrific from the start and shot out to a commanding early lead and they never looked back. Mitchelstown CBS were our opponents in this final and they had several threats on the court but CCC did a terrific job on defense, nullifying CBS's best players. Some of the offensive play was a joy to watch as everyone

moved the ball with terrific passing and the person in the best position always received the ball. This commanding play showed on the scoreboard as CCC enjoyed a 52-26 win.

U19 Panel:

Matthew Augustine, Oisín O'Driscoll, Finbarr Cashman, Ronan Browne, Nicholas Jubril, Cian O'Connor, Caolan Dennigan, Ian Fitzpatrick, Filip Gawlowski, Fred Muniz, Akram Mahidi, Sam Norton, Jake Douglas, Kieran Connolly, Luke O'Regan, Ben O'Sullivan

Every player on both teams contributed on the day and throughout the year and it was very encouraging to see the development of players as the year progressed.

Mr. P Lucey



Left: Captain Ronan Brown accepting the plaque following a comprehensive win by CCC in the BIPPS South U19 final



U19 Winning Team with coaches Ms. C. Morrison & Mr. P. Lucey





Rugby Roundup

On Thursday the 17th of November our U15 and Senior teams represented the school with pride in Musgrave Park. We had two U15 teams who played a number of schools including Clonakilty Community College, Midleton College, Midleton CBS and Ballincollig Community College. Our CCC players put in an outstanding performance, and we scored a number of tries on both teams from Christopher Cashell, Eddie Coughlan, Sam Douglas, Lucas Quigley, Emanuel Ogiemwonyi, Jack Heade, Ralpheal Uyi- Irabor & Sam O'Donovan.



U15 Team:

Aaron Colbert, Alexander Schulen, Aogan O'Muircheartaigh, Ben Joyce, Ben McCarthy, Bobby Carey, Chima Olugbue, Christopher Cashell, Colm McEvoy, Conor McCarthy, Conor O Flathery, Denis Igboanusi, Dylan Joyce, Eddie Coughlan, Emanuel Ogiemwonyi, Jack Heade, Jack Kelly, Jamie O'Regan, John O'Connor, John Rubillon, Keanu Passmore, Lucas Quigley, Michael Morrison, Noah Nsengiyumva, Partik Adedokun, Ralpheal Uyi-Irabor, Sam Douglas, Sam O'Donovan, Sam Power.

Our Senior team were delighted to be back in action this year and had a successful day playing teams from St Coleman's Midleton, Midelton CBS



and Mitchelstown. Tremendous tackles and great line speed resulted in a number of tries from Praise and Denis Walsh.

Senior Team:

Akram Mahadi, Billy Keating, Cain Coughlan, Callum Fitzgerald, Denis Walsh, Filip Gawlowski, Leo Adam, Leroy Mhondiwa, Mark Walsh, Matthew Barrett, Matthew Pearson, Paul Browne, Praise Tamardoe, Rollie Durango, Sam Allen, Sam Donnellan.

We still have a number of fixtures to fulfil throughout the year and without doubt our U15 and Senior teams will have a successful this year.

Rugby training takes place every Tuesday after school from 3:30-4:30pm on the school's astro pitch.

Ms. V. Dineen



CCC Athletics Club



Carrigtwohill Community College Cross Country athletes

Athletics Club had their first outing on Friday 2nd of December in Riverstick where they competed in the Cork Schools Cross-Country Championship 2022. In total thirty two students competed with everyone performing strongly. On the day we were delighted to come away with some silverware and to bring three medals back to CCC.

Teresa Jabkiewicz finished in 8th place in the first year girls race, Darragh O'Sullivan finished 5th in the first year boys race and Alex Bell finished in 2nd place in the Senior boys race. There will be more competitions next year and all are welcome.

Ms. N. Lordan

Right: Teresa Jabkiewicz who finished in 8th place

Below: Darragh O'Sullivan who finished in 5th place

Below: Alex Bell who finished in 2nd place





CARRIGTWOHILL CAMPUS

Carrigtwohill Community College,
Scoil Chliodhna CNS and Scoil Mhuire Naofa



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