



As we began the year with fervour, we could never have imagined what lay ahead of us. We welcomed our 90 new first year students with open arms whilst also watching our first cohort of Transition Year students begin their journey towards adulthood. Our second year students took charge of the additional accommodation from November and did so with immense maturity and enthusiasm. Meanwhile, our third year students faced the challenge of preparing for State Examinations with an unknown status, and their resilience and perseverance were inspirational.

Who would have thought that within a few short months, our corridors would be empty and we would be dependent on our much loved iPads to communicate with each other? Despite the significant challenges forced on us by Covid 19, removed from the comfort of our routine, our classrooms, our friends and our school family, both our staff and students responded outstandingly well.

We have long believed in the philosophy of the renowned psychologist Lev Vygotsky that learning is relational- that students who feel connected to school are more likely to succeed, that social interaction has a profound impact on a student and his/her development. I believe that the pandemic has proven this to be true. We are certainly

Principal's Address

missing each other: the simple every day interactions, the learning and the laughter, the fun and the facts, but the connections between us have not faltered throughout this unprecedented period of time and have allowed both staff and students to brave the storm.

I am immensely proud to be one of a team of people who has stood up to this challenge and not allowed it to distract us from our goals and from our ambitions. We will stand together again and we will celebrate, and the celebrations will be deserved. As the end of the academic year approaches we strive to keep tradition with our annual virtual Sports Day held on 13th May and our annual Awards Ceremony beckons. The wonderful news of the granting of planning permission for the new campus also deserves honourable mention as do the parents who worked tirelessly with CETB to ensure this would be the case.

I wish to sincerely thank our staff, students and parents for the commitment to our shared values and beliefs. Please stay safe in the months ahead and enjoy this unique time with your family.

Ní neart go cur le cheile,

Lorna Dundon



Barcelona—September 2019

After all the planning and preparing a cohort of 2nd year students and staff departed for Barcelona on Friday 20th September from Cork airport to participate in a host of cultural and social activities.

Their first day involved a city centre tour with great sights including La Sagrada Familia exterior, the Gothic Quarter and Cathedral, Passeig de Gràcia and Casa Mila, dining on the famous Las Ramblas and exploring the amazing Camp Nou, Barcelona FC.

On the second day a detailed tour of the beautiful Sagrada Família Cathedral was carried out, as well as an exploration of one of Europe's largest aquariums, followed by some shopping, a big dinner and some fun and games at an arcade.

The third day had a more relaxing vibe starting with our students basking in the Barcelona sunshine at the hotel pool. The thrills of Port Aventura amusement park followed, with some of Europe's tallest and longest rides. The evening finished with a spot of shopping along the promenade of Salou.

The sights and scenes of Barcelona city really are



quite beautiful; it was a truly cultural and enriching experience. The main focus of the tour is educational but the social interaction amongst peers and accompanying teachers provide the students with a chance of personal growth. This, accompanied with being responsible for their own well-being and finances whilst on the trip, encourages responsibility and develops independence. The 2nd Year School Tour is a wonderful opportunity for all involved.

Thanks to the staff members who accompanied and assisted on the trip, and a special thanks to Mr. Crowley for organising.

Mr. T. Long



Student Diary - Trip to Barcelona

This year the 2nd year students went on a trip to Barcelona for a couple of days. It was a blast. They went bowling, visited beautiful attractions such as Basilica de la Sagrada Familia.

They traveled from Cork airport very early in the morning on a plane to Barcelona. Thankfully no student had any major problems whilst boarding on. All items were accepted on the plane and the journey went smoothly.

On the first day the students went on a tour bus around the city visiting shops and parks. After we visited the naturally beautiful landscapes as well as a famous stadium, we checked into our hotel and unpacked for the

night.

The second day we went to the Basilica de la Sagrada Familia Cathedral, the queue was massive but we eventually got in. Due to the lack of time, we didn't get to complete the full audio tour, but we got to walk around by ourselves and listen to some interesting facts.

The last day we mostly stayed at the hotel and went swimming in the pool, it was a ton of fun! Later that night we got into our own groups and went bowling. After that we were allowed to play in the casino, where a lot of people brought home a giant lollipop filled with regular ones.

The next day we left early in the morning to head to the airport and flew home. It was fun but also nice to be at home.

Leah Maher, Maja Nawrot and Lauren Stacey-James, 2nd Year





Virtual Sports Day



Our Virtual Sports Day took place on Wednesday 13th May. There was no work assigned for the day in question to allow plenty time for everyone, students and staff of CCC, to get involved in the challenges prescribed by the P.E. department.

Videos and photos of the challenges at home were forwarded to the P.E. Department and are available to view on Facebook.



Thanks to West Cork Burger Company who provided prizes for the best effort in each year group. West Cork Burger delivered a West Cork Burger Box (containing 8 fresh burgers & buns with all the trimmings to be cooked at home) to the home of the winning students.

Prizes were also kindly donated by Frank's Takeaway, and our very own Mr. N. McCarthy.



The Challenges

- 1) Climb a Mountain on your Stairs (if you have one!)
- 2) Goals and Goal Celebrations – recreate and record yours like Mr. Purcell!
- 3) Standing Long Jump
- 4) Longest Free-Standing Handstand – surely you can beat Ms. Lowe!
- 5) Skipping – can you whip Mr. Keane's record?
- 6) The Plank – who can hold it the longest?
- 7) The Tik Tok Dance Challenge
- 8) Couch to 5k

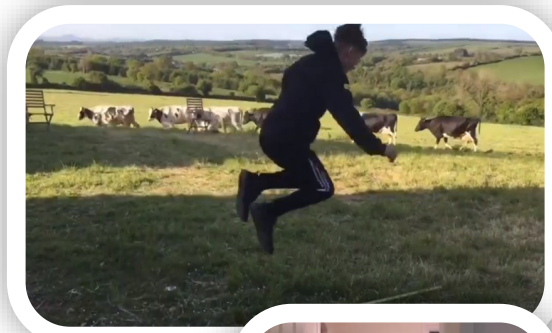
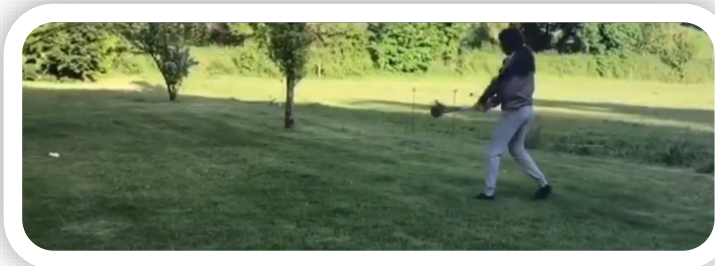
A sincere and massive thank you to the P.E. department. They rejuvenated the staff and students alike at a really difficult time of the year and helped us push through to the end.

Thanks to all the businesses who supplied prizes for the students we really appreciate the support and ask you in turn to support their businesses.

And most importantly, thank you to everyone who got involved in the challenges and boosted the school spirit! CCC abú!

(Note: this event was happening as we were going to print)

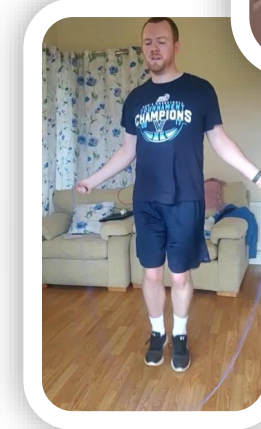
By Ms. S. Lowe



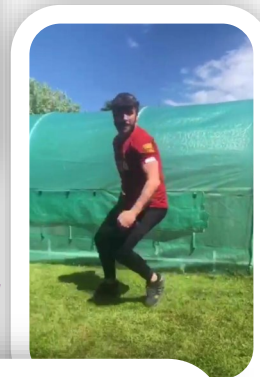
Above: Standing Long Jump by Sean Ahern, TY



Right: Golf Skills of Cian Bolger, TY



Left: Skipping by Mr. A. Keane



Right: Goal Celebrations by Mr. D. Purcell



Above: The Plank by Ms. C. Daly

Right: Free-Standing Handstand by Ms. S. Lowe



Left: GAA Skills of Sinead Crowley, 2nd Year



Earth Day 2020

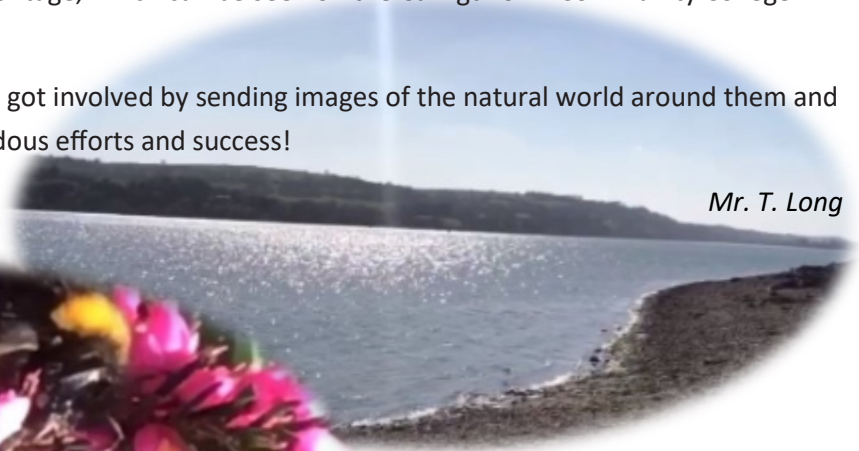


Albeit that we were not together to celebrate Earth Day 2020, two TY, students Alan Whelan and Hazel Nolan, brought the staff and students of CCC together digitally to celebrate the natural world around us.

As part of the campaign Alan and Hazel organised a whole school digital event

entitled, 'A Walk Through our World'. Staff and students submitted photos to Alan and Hazel who converted them into a beautiful montage, which can be seen on the Carrigtwohill Community College Facebook page.

A huge thank you to everyone who got involved by sending images of the natural world around them and to Alan and Hazel for their tremendous efforts and success!



Mr. T. Long





Meditation

At Carrigtwohill Community College we are trying to instill a holistic approach to our education. With this in mind, Mr. McCarthy facilitated a meditation group aimed at supporting our Junior Cycle students to be 'grounded and focused' in the lead up to exams. Numerous scientific studies have proved that there are many benefits to meditation varying from: increased academic performance, enhanced positivity and happiness along with reducing student's stress/anxiety levels. Students who took part in these session found it very helpful.

Here is feedback from some of the students who took part in this meditation class:

Mark O'Connor:

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

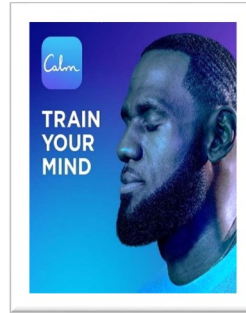
Oisín O'Driscoll:

"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."

Cian O'Riordan:

"The meditation was fantastic, bringing perspective and calming your emotions. It was hugely beneficial in ensuring you were in a good mood, had a clear mind an a positive attitude. The perspective brought from the meditation was extremely beneficial as a lot of us take things we are lucky to have for granted. In only ten minutes, this meditation completely boosted my moral and got me ready with a positive perspective for the day ahead."

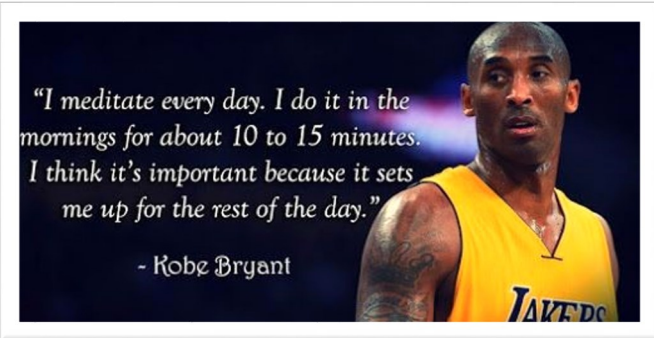
Successful people who meditate:



LEBRON JAMES

Lebron is widely known as a mediator. He has toted meditation for its benefits both on and off the court including rational decision making, cognitive performance and the ability to perform and persevere under pressure.

KOBE BRYANT



In the words of Bryant, "I think mediation is so important because it sets me up for the rest of the day. It's like having an anchor. If I don't do it, it feels like I'm constantly chasing the day, as opposed to being controlled and dictate the day."

OPRAH WINFREY



In the words of Oprah, "Meditate. Breathe consciously. Listen. Pay attention. Treasure every moment. Make the connection."

Hopefully more students will participate in the mediation class next term. In the meantime, everyone look after yourselves during Covid 19.

*All the best,
Mr. N. McCarthy*



Cork ETB Student of the Year 2019



Congratulations to our third-year student Cian O'Riordan, who received the 'Student of the Year' Award at the Cork Education and Training Board annual Student Awards ceremony back in January.

A very well-deserving recipient, Cian was chosen for this award due to his positive attitude, good sportsmanship and strong leadership skills. Cian is a wonderful role model for his fellow classmates and indeed, for the wider student body. His mature and positive interactions with others allow him to inspire those around him. We are very proud of you, Cian, maith thú!

Mr. T. Long



Cian O'Riordan, Cork ETB Student of the Year 2019, with his parents, Ciara and Eugene and sister Katie

CCC Debating Club

The CCC Debating Club continued to be a popular activity up until the school closures. This term, the members chose to hone their debating skills with a series of walking debates. (Who says Debating isn't a sport!) The debating topics ranged from the serious to the whimsical, covering topics such as: 'Fake nails are attractive'; Pineapple should not go on pizza'; Vaping should be banned in public' and 'Britain was right to go ahead with Brexit'.

In February, two of our young debaters represented the CCC Debating Club in the Cork City Schools' Debating Competition, in Scoil Mhuire Cork. Alex Bell and Eden Leahy opposed the motion that 'The government should pay all stay at home parents'. The lads verbally battled their way through to the next round of the competition. It was a tough debate against seven other Cork schools but Alex and Eden's dedication and hard work were obvious and we wish them luck in the next round of the



*Alex Bell & Eden Leahy
Cork City Schools' Debating Competition*

competition where they are scheduled to argue against the motion: 'The Trump Presidency has done more harm than good'! Quite the challenge!

Ms. C. Collins



Visual Art

We have been very creative in the Visual Art department over the year. We worked on lino printing and clay pieces developing our critical and visual language through our CBAs. 2nd years are finishing up their CBA1 at home as it is the Design Strand.

Before the Covid-19 school closure we were near completion of the first cohort of the new Junior Cycle Visual Art examination. We did not get to finish our final two pieces of work, but we have wrapped up the project in our own way. Being a very creative bunch, they created 3D Maquettes (small scale models) of the proposed 3D pieces and completed research and reflective plans for creating in the future.



Zentangle animals by Niall Harte, TY

I have been very impressed with the level of engagement from our students with the visual art assignments that were posted. The feedback has been very positive. Creativity during a time of stress can produce some amazing and surprising work that can bring a sense of accomplishment and contentment to an individual.



3D strawberry with arms and legs made from recycled material at home by Natalia Majchrzak, 3rd year

Art can be so powerful because it helps you escape for a little bit, it puts you in that mindfulness zone, and time can pass quicker.

If you can take time out of these unusual circumstances at the moment, by doing something creative you will feel the benefit of it. Art has been linked to improved wellbeing by decreasing negative emotions and increasing positive ones. It can help us focus on positive life experiences and self-worth.



Above: Van Gogh artist research page using colouring pencils by Cathal Walsh 1st Year

Left: Zentangle animals by Filip Trela, TY



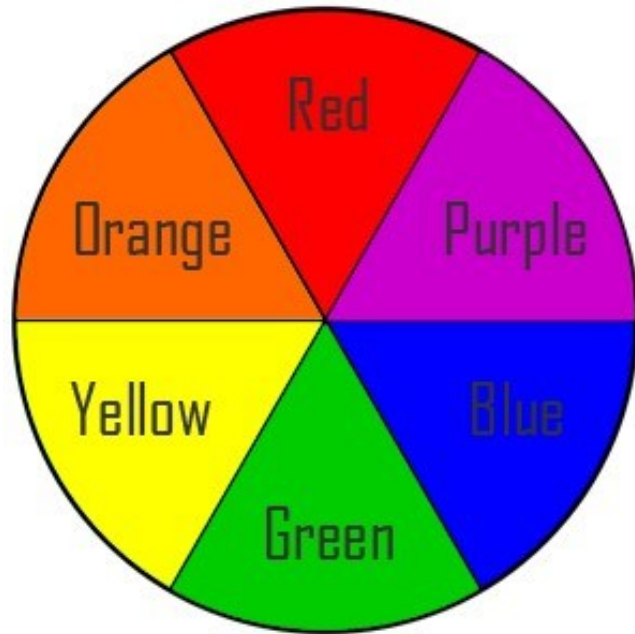
Colour wheel with objects

A fun family creative project you can try at home

You may collect items from your home to create a dynamic and visually strong colour wheel. Red, orange, yellow, green, blue, purple. You may use lots or different found resources – food rappers – toys – clothes – food – books – shoes - cutlery - plants etc...

Here are some visual samples from our first year students to help you. Send your pictures on by email to claire.roche@corketb.ie. I would love to see your creations as I am missing seeing all of you. Looking forward to seeing you all back in the classroom. Take care, stay safe and be creative.

Ms. C. Roche



Right: Colour wheel submitted by Louise Creedon with Pippa the dog making a cameo appearance



Above: Colour wheel submitted by Donnacha Jones





I WISH for TY Female Students



In January the CCC TY female students attended the much talked about I WISH (Inspiring Women in Stem) event in Cork City Hall. I WISH is an initiative to inspire, encourage and motivate young female students to pursue careers in Science, Technology, Engineering and Maths.

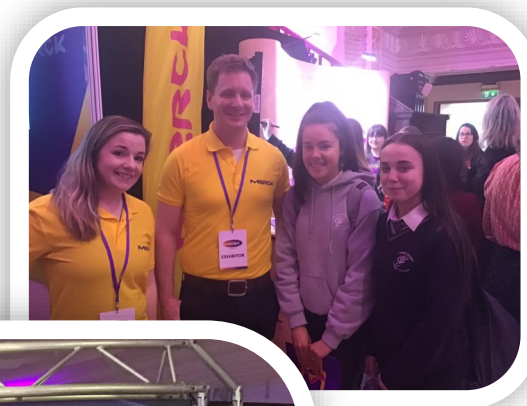
In the morning the students attended a conference where they were given an insight into the vast opportunities for a great career in STEM. The students heard from several speakers, one of whom was Moira Walsh, Ireland's Offshore Wind Lead at Arup. Moira spoke of how she has spent the last decade delivering offshore energy projects in the UK and Europe. She has worked on all stages of the production lifecycle, from consenting and design through to fabrication,

installation and operations and maintenance on off-shore wind turbines.

The conference was followed by a chance for the students to visit a huge range of interactive exhibitions exploring careers in STEM. Females are still hugely under-represented in the world of STEM, despite the fantastic opportunities available in the field of STEM.

STEM can change our world. We have so many world problems to solve – food shortage, climate change, pollution, ageing population. These will be solved through STEM if the power of thousands of girls can be harnessed to shape a better world.

Ms. J. Hayes



Mindfulness and Wellbeing in CCC



Resilience and strength during difficult times are some things we can work on. Here is a helpful list from the author of *Bouncing Back* by Linda Graham.

The 6 C's of Resilience

Calm

Name the feeling or emotion and communicate this. Verbalisation helps regulate the flight or fight response in our brains.

Compassion

Morning mantra: "I am doing the best that I can in this moment."

Clarity

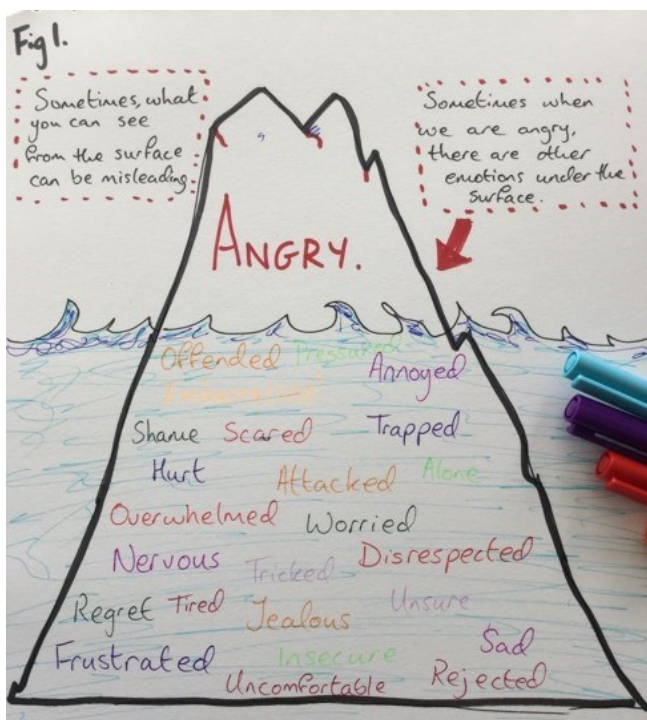
Stop, take a deep breath and pause. Question your thoughts. Where are they coming from and what is feeding my fear right now? Being alone? Social media? Being with certain people? (Fig1* Anger Iceberg to help name those feelings)

Connection

Connect to people or places around you this can help to make you feel safe.

Competence

Manage challenges and have a "can do" attitude. Trust yourself to deal with whatever situation you are in.



Courage:

One famous proverb aptly states, "Fear and courage are brothers." Courage exists because fear exists. Courage is about recognising fears and finding the strength to face it. I would recommend the Ted talk by Brene Brown about "The Power of Vulnerability?"

What do you do or where do you find the inner strength to manage during difficult times of uncertainty to support your coping and resilience?

Ms. C. Roche

Board of Management

We have been very fortunate to have had a Board of Management that has supported us since our inception in 2016. Providing insight and guidance whilst also upholding the characteristic spirit of Carrigtwohill Community College, we very much appreciate those who have walked, and continue to walk, beside us in the development of our college.

The initial Board consisted of Mr. Seán Barrett, Fr. Bill Bermingham, Ms. Netta Browne, Ms. Caroline Collins, Mr. Diarmuid Crowley, Ms. Clare Cullinane RIP, Mr. Iggy Dineen, Mr. John Fitzgibbons, Mr. Michael Hegarty, Mr. Michael Lane, Ms. Arona

Moorcroft, Fr. Anthony O' Brien and Mr. Pdraig O'Sullivan.

The Board of Management changed in December 2019 and our current Board members are Mr. Seán Barrett, Mr. John Bresnihan, Ms. Netta Browne, Ms. Dervla Buckley, Ms. Goretti Fitzgerald, Mr. Alan Keane, Mr. Michael Lane, Ms. Eva O' Sullivan and Fr. Patrick Winkle. Our Board members inspire unity and collaboration and for that, we are most grateful. Go raibh míle maith agaibh- ní neart go cur le chéile.

Ms. L. Dundon



Transition Year 2019–2020

Since Christmas and before the school closure, our TYs were the busiest they had ever been! With competitions galore and plenty trips to look forward to, all hands were on deck.

Our Friday Lifeskills class rotated between Self Defence and Aware Lifeskills. These classes took place to provide the students with new opportunities.

On 13th January, we began our week-long filmmaking workshops, where each of the three groups had the opportunity to work with professionals to devise, shoot and edit a piece of film. These workshops provided a concentrated 'taster' session of what making a film entails, giving our students a chance to experience scriptwriting, crewing and acting.

A snowy day in January provided the best 'worst case scenario' driving conditions you could have asked for regards TY driving experience! The course at the Munster Driving School in Mallow incorporated the many driving skills needed to drive an automobile in a safe manner. Each student had 20 minutes driving accompanied by a qualified driving instructor - this was the highlight! They also had a crash course on engine maintenance and prepared for the driver theory test which we would anticipate all students completing this summer.



TY students with Sean Crowley & Niall McCarthy

To celebrate Valentine's Day this year, our School Bank members organised the sale of roses in school for loved ones and friends. This proved to be a great success and was well supported throughout the student and staff body, with the teachers even buying roses for their loved ones at home.

All TY students are now certified Basic First Aiders, having completed a half day training course in school with John Doogan from First Aid, Kerry on 14th February. The knowledge and skills learned in this practical workshop could prove invaluable to our students in the coming years.

The week after midterm saw the beginning of a series of introductory coaching courses. 25 TY students participated in the intensive 2-day theory and practical based rugby coaching course run by Munster Development officers Ray Gadsden and Vincent O'Leary. This course culminated in a second-year tag rugby blitz, where the TY students coached small teams of second years. In the debriefing at the end of the course, Ray was highly complimentary in relation to the work ethic of all TY coaches and second year players, commenting that it was 'the best course he had ever run with TYs'.

Next up was our GAA coaching course run by Sean Crowley and Niall McCarthy; all students participated in this. We had the pleasure of working with students



TY students in Munster Driving School, Mallow



... the final chapter

from Scoil Chliodhna at the GAA pitch, on just one occasion however before the school closed.

Just ahead of being placed into isolation in our homes, we travelled to the isolation of the Mayo mountains, to Delphi Outdoor Education Centre for a two-night stay. For many, this was the highlight of the year with all sorts of activities in which to participate; kayaking, abseiling, bog walking and high ropes but to name a few. We were so thankful that this trip went ahead as the day after our return, the school closed for the remainder of the year.

There were many activities, workshops and competitions planned for the rest of the school year, however this was not to be. The efforts of students involved in Gaisce, Pope John Paul II Awards, Angus Beef, Young Scientist, Scifest, Enterprise, Build a Bank, Meihuua Cup etc. competitions/

challenges must be commended. Unfortunately, in most cases, the final stages of these competitions were yet to come. And, of course, the wonderful cast and crew of Grease, The Musical; they never made it to the stage but who knows what next year holds!

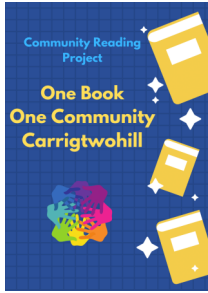
However, all was not lost – post school closure activities included an online radio workshop, open university online courses, continued coursework in English, Irish, Maths and French/ Spanish and preparation of a digital portfolio presentation for assessment. Students can now eagerly await the presentation of all their certificates...when we meet again! Well done to our first group of Transition Year students at CCC and best of luck as your Senior Cycle journey begins.

Ms. M. White





One Book One Community



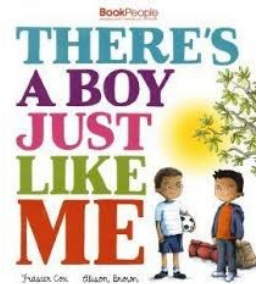
Earlier this year Carrigtwohill Community College took part in the 'One Book One Community' Project. The project aimed to get all students and their families throughout the community to read and respond to "There's a Boy Just Like Me" by Fraiser Cox. The book exposed children to themes such as Friendship, Homelessness and Refugee Status. Our Transition Year students visited educational facilities in the community to co-read with younger members of the community.

An exhibition ran in Carrigtwohill Community Centre

showcasing the varied responses from all students in the community, from toddlers to teenagers. The languages department in CCC made a fabulous multi-lingual version of "There's a Boy Just Like Me", thanks to Ms. Crowley and her hard-working students.

Well done to all the staff of the various educational facilities from pre-schools to secondary school for bringing the community together through reading!

Ms. S. Lowe



Romeo & Juliet

Just in the nick of time the third-year students from Carrigtwohill Community College attended a performance of Shakespeare's Romeo & Juliet at The Everyman Theatre on 4th March. Presented by Cyclone Rep, Shakespeare's text was brought to life in a truly theatrical and educational experience. The characters were engaging, and the audience were drawn upon to enhance their understanding. The performance also explored the stagecraft element of theatre and the students came away with first-hand knowledge.

The Junior Cert student-centred performance of Shakespeare's text allowed the students to develop their understanding of The Bard's masterpiece.



2020 Meihua Cup Chinese Competition Winners

Massive congratulations to Ciara Deegan, Hazel Nolan and Kasia Rycharska who were announced as one of the two winning teams of the 2020 Meihua Cup Chinese Competition in February. It is the first year of this competition, which is a result of a collaboration between Cork ETB, Cork County Council and the Nanjing Education Board in China. This is an amazing achievement, well done girls!

Mr. T. Long



Careers Fair 2020

We were delighted to host our very first CCC Careers Fair in January. With representation from a broad variety of speakers, our students got the opportunity to ask questions, seek advice on subject choices and explore in greater depth the options available to them as they progress through school, college and life. The aim of the Fair was to aid subject choice and to highlight the significance of subject choice in relation to pursuing career paths.

We would like to sincerely thank all the individuals, businesses and organisations, who gave over their time to come and speak to our students in such a supportive and enthusiastic manner. We were

especially delighted to have such a strong parent presence, and we are thankful not only to those parents seeking advice but also to the parents who gave over their free time to talk to our students about their own career journeys and experiences, further showcasing the strong support network in CCC and illustrating the importance of all cogs working together to generate success.

We hope to make this an annual event that will give both our junior and senior cycle students a foundation of knowledge upon which to make educated choices.

Mr. T. Long

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

Tel: 021-4853488

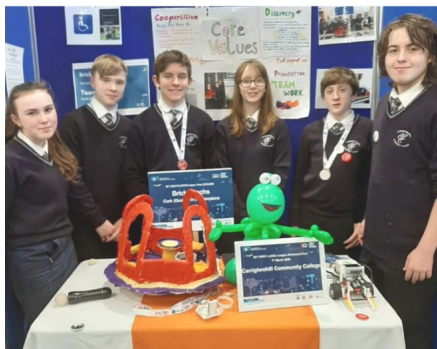




First Lego League All Ireland Final

Well done to the Brick-a-techs Lego Team who competed in the first ever All-Ireland FIRST Lego Leagues Final in Dublin in March. While no prizes were won on this occasion, the team did their school very proud! Well done to Allie, Alex, Maja, Killian, Edan and James. We all worked very hard to reach the final stage of the competition.

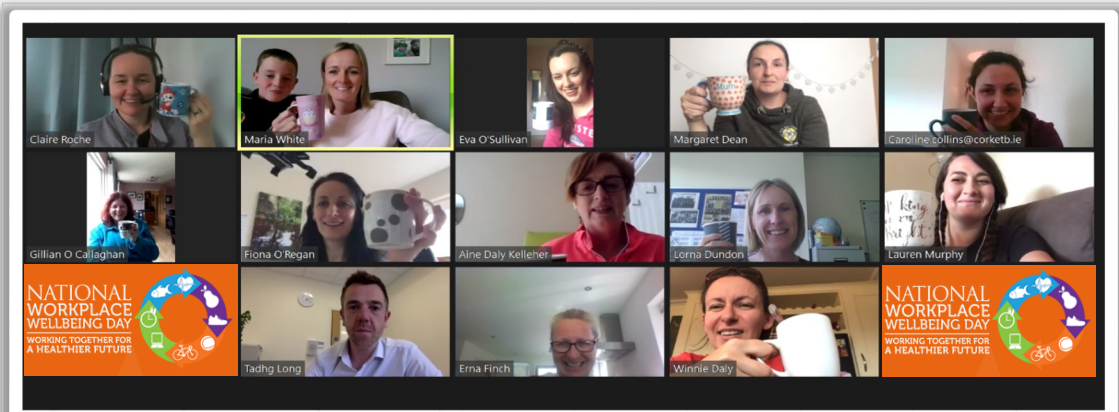
Mr. D. Crowley



FIRST LEGO LEAGUE

Wellbeing Coffee & Cake at CCC

Members of CCC staff taking a well earned break & a chat during the recent Coffee and Cake Zoom meeting for National Workplace Wellbeing Day 2020



Cookery Creativity during Covid19 Lockdown

Here are a selection of dishes created by the students of CCC whilst staying safe at home.
Thanks to Ms. Daly for sending on these mouth-watering creations.

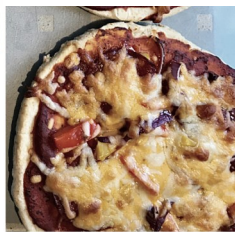
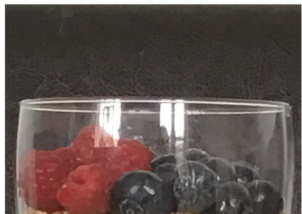


Dishes included here are

- Cheese & Potato Pie
 - Chicken Fajitas
 - Cheesy Pizzas
 - Chocolate Brownies
 - Dalh & rice
 - Dips
 - Easter Cup Cakes
 - Granola Bowl & Pot
 - Mini Pizza
 - Muffins
 - Spaghetti Meatballs
 - Sweet & Sour
 - Vegetable Soup
- Can you spot each dish?



ccc
Cookery





IN A
World
 WHERE YOU CAN BE
anything.
 BE KIND.

Sudoku

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1-9.

					7		
3	9		7	8	5	4	
8	6			5	4		
9	6		4	7			
1	3	4	2			9	
	5	8	1	9			4
5	4		9	2	3		8
			7		9		5
				1	3		

Clues:
 1. Row 4 column 2 can only be 2
 2. Row 6 column 1 can only be 7
 3. Row 8 column 6 can only be 6



Athletics - Cross Country Success

On Thursday 30th January, Carrigtwohill Community College travelled to Tramore Valley Park in Cork City 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, each team was successful showing great determination and capability. Our minor boys' team: Josh Tynan, Sean McSharry, Jack O'Regan and Charlie McCarthy were very successful winning 4th place overall. Sinead Crowley placed 14th in the Intermediate girls which was a fantastic position for the athlete. Josh Tynan individually placed 15th in the Minor Boys competition. A tremendous success for all our athletes who competed and for those who qualified for Munster.

Josh Tynan travelled to Clarecastle, County Clare on Thursday 13th February to compete in the Munster Cross Country Championships. He competed in the Minor Boys category which included over a hundred athletes from schools all over Munster. Overall, Josh placed 12th and qualified for the All Ireland Schools Cross Country which was a fantastic achievement for the young athlete as he proudly represented the school.



Josh Tynan in action in the Minor Boys Munster Cross Country Championships in Clarecastle, Co. Clare

Ms. V. Dineen

Left: Sinead Crowley placed 14th in the Intermediate Girls



Right: Minor Boys Team: Josh Tynan, Sean McSharry, Jack O'Regan, Charlie McCarthy





CCC Rugby

Although our rugby season was cut short, the skill and enthusiasm shown by all the players throughout the school provide great promise for CCC rugby in the future!

1st Year Rugby

The final 1st Year Rugby Blitz took place on Thursday 13th February at Presentation Brothers Rugby Pitches, Dennehy's Cross. Since September, this team went from strength to strength in every game and their hard work paid off when they came out undefeated that day.

Our first game was against Ballincollig Community School. Although Carrigtwohill took some time to get into the game, we eventually established a lead and sustained it. The second game of the day was against a fast and experienced team from Mitchelstown CBS. However, our boys showed skilful passing and remarkable try scores, and Carrigtwohill finished on top. The day finished up with an incredible victory against a Barbarians team. This 1st year rugby team are the ones to watch in the upcoming years!



1st Year Rugby Team

Ms. V. Dineen

U15 Rugby

On Tuesday 28th January, Carrigtwohill Community College travelled to Irish Independent Park to compete in an U15 Rugby Blitz. Carrigtwohill kicked off the day with an early game against Scoil Mhuire, Blarney, who were a very strong, physical team. In our second game of the day, Carrigtwohill met Carrigaline Community School which was an extremely exciting game right up to the final whistle with Carrigtwohill emerging victorious. The final game of the day saw Carrigtwohill take on Kinsale Community School. Fatigue took its toll, despite huge efforts from our U15 team who displayed determination and proudly represented the school throughout the day.

Ms. V. Dineen



CCC U15 Rugby Team (left) & in action in Irish Independent Park (below)





Orienteering Success

A massive congratulations to our school orienteering teams who competed at an event in Tramore Valley Park on 5th March 2020. Well done to Cillian McCarthy who was the 1st year course winner and Joshua Hoare who was the 2nd/3rd year course winner; an epic achievement. Continuing this huge streak of success, the first five places all went to C.C.C first years, which is outstanding considering the large numbers that took part. Cian O’Riordan also took 3rd place in the 2nd/3rd year course.

Mr. T. Long



CCC students who competed in the recent Orienteering event in Tramore Valley Park

1st Year Orienteers delighted with their success



U17 Rugby



CCC U17 rugby team at the U20 Six Nations Ireland vs Wales half-time game in Irish Independent Park (above)

U17 team in action on the night (right)



Our U17 team had an unforgettable experience with the opportunity to play a half time game for the U20 Six Nations Ireland vs Wales match on Friday 7th February. Hundreds of spectators watched our boys compete against Beara Community College. All 12 players displayed a great performance on the pitch in front of an enormous crowd which was a memorable experience.

Ms. V. Dineen





Carrigtwohill Community College Sports —

The sports teams of CCC had a busy year up to the closure of the school. With many exciting matches played, several teams were progressing through their respective competitions. As all sport was halted with the school closure, the teams will have to pick up the mantle again, come Autumn. In the mean time, be sure to continue to practice skills so there'll be no stopping CCC when everything starts up again...

Ms. J. Hayes



1st and 2nd Year Girls Basketball Team 2019-2020, with trainers Ms. M. White & Ms. L. Murphy

2nd Year Boys Basketball Team 2019-2020, with Ms. C. Daly & Ms. M. O'Brien



1st Year Boys Basketball Team 2019-2020, with Ms. C. Daly & Ms. M. O'Brien



all to play for...



**Right: U14 Boys Football Team,
with trainers Mr. A. Keane
& Mr. D. Power**



**Below: U16.5 Boys Football Team, with
trainers Mr. A. Keane & Mr. D. Power**



**Right: U14 Hurling
Team 2019-2020**



**CCC Ladies Football Team
2019-2020**



Not all heroes wear masks, some heroes make the masks!

Well done to 3rd Year student, Abby O' Donovan, who has been making masks, with her mother, for frontline workers. Both Abby's mother and sister are frontline workers so specification was detailed and purposeful. These masks, and a scrubs hat which is not pictured, were handsewn by Abby and her mother.

They used cotton material for the outer layer and bought a special lining from a company that filters air. The lining can then be inserted into the middle of the mask. For the nose piece they used wire and wrapped it in duct tape and used elastic to tie them.

This is really a remarkable feat.

Well done!

Ms. S. Lowe



... And others make the face shields!



A huge thank you also to Mr. Keane for creating face shields for frontline workers using our 3D printer. These were distributed to local frontline workers and to the CUH. Stryker donated this printer back in 2017, so a massive thank you to them - we are very glad to see it being used for such a necessary and worthy cause.

Ms. S. Lowe



Coronavirus COVID-19 | **How to Prevent**

Wash
your hands well and often to avoid contamination

Cover
your mouth/nose with a tissue or sleeve when coughing or sneezing & discard used tissue

Avoid
touching eyes, nose, or mouth with unwashed hands

Clean
and disinfect frequently touched objects and surfaces

Rialtas na hÉireann
Government of Ireland



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