

COLÁISTE MHUIRE CO-ED.

SCHOOL NEWSLETTER
SPRING 2021

NUACHTLITIR

Welcome to our first newsletter for 2021- The Lockdown Edition. Despite the challenges facing us this year, we still have plenty of news to report and we have some inspiration and activities to keep you occupied for the midterm break and beyond! We would love to see you engaging with the competitions in here, please tag us on social media #cmcoagobair or email life@cmco.ie with your photos.

Keeping Connected While Keeping Distant

For many years now, Coláiste Mhuire Co-Ed. has enjoyed a special relationship with the residents and staff of Padre Pio Nursing Home Holycross- through our intergenerational choir and other TY community initiatives. Despite challenges facing both communities throughout the last year we have tried to keep that special connection going. The music department and TYTV came together before Christmas to make a special



video for the residents of Padre Pio where individual soloists (following recommended practice for singing in secondary schools during covid-19) sang festive songs in the hope that just because we couldn't do our usual carol singing out in Padre Pio, we could still help to make Christmas special for all.

Pictured left: Sophie McDonnell, 3rd yr

BT Young Scientist 2021

Congratulations to Suzie Ryan, Kaitlyn Ryan & Kayleigh Cronin who competed in the virtual BT Young Scientist & Technology competition in January. Suzie, a third year student completed a research project called 'Could social media be making you socially distant?', investigating the link

CONTENTS

- Students' real life experiences of remote learning
- All the CMCO news and what's been happening
- Ideas to keep you busy during midterm break
- Mindfulness
- Competitions (note all competitions close 28/2/21)
- Recipes, workouts and more!

between the use of social media and its impact on people's mental health. Fifth year students Kaitlyn and Kayleigh entered a technology project entitled 'Give Me That ENERGY! A Wellbeing App for Young People'. Many thanks to their mentor Ms Carr for her guidance and support. Special thanks to Ms Bergin who has mentored the girls as they created the app.



Pictured left to right, Kayleigh Cronin, Suzie Ryan and Kaitlyn Ryan

Message from Mr Quinn, Principal.

Dear Parents and Students,

Welcome to our Spring Newsletter. I am delighted to report that even though this newsletter is being produced during lockdown, we still have so many events and success stories to report.

I would like to take this opportunity to congratulate our students on their excellent engagement in online learning so far. The feedback from your teachers and year heads has been excellent. Parents, I wish to thank you for your outstanding support during these strange times and I appreciate that it is not always easy as there can be a lot going on in different households.

Students, it's important to remember - You are doing great. Please continue with the hard work. You cannot control the past, just focus on the now. This means continuing to engage with your teachers and putting in a huge effort in all work being covered at each stage. If you need extra support, please contact the student support team at support@cmco.ie.

Finally, remember we will get through this and we will be back together hopefully sooner rather than later. I can't wait to hear the hustle and bustle in the corridors again. Exam years will be looked after and you will not be disadvantaged in any way. The Vaccine is on the way.

"Ní Neart go Cur Le Chéile" - "Together We Stand"

Denis Quinn
Principal



Geography 'Rocks'!

Earlier this year, the Leaving Certificate Geography class undertook a trip to Liscannor Bay where they carried out a Geographical investigation into the erosion processes of attrition & abrasion on two separate beaches. This transpired to be a most enjoyable experience as the weather was superb with breathtaking views out towards the Aran Islands!



Pictured are 6th year geography students completing their geographical investigation in Liscannor Bay, Co Clare.

Coding News - Technovation Challenge time again!

Well done to our 1st and 2nd year students - Sophie Maher, Caoimhe Troy, Rebecca Jordan and Sarah Ryan who have all registered for our after school Technovation programme which aims to promote STEM among female students. The students will research a business idea and create an app based on it. Ms Bergin will run the programme in school and liaise with Teen-Turn, an after school STEM programme that offers students the opportunity to connect with mentors from global businesses such as MSD.

Passing on the Light

Members of our Intergenerational Choir decided on a novel initiative with Padre Pio Nursing Home Holycross to maintain the excellent rapport that has been forged in the last few years. In conjunction with our own TYTV crew, members of Coláiste Mhuire Co-Ed. were

recorded passing on a lit candle (while observing social distancing guidelines) to wish all the residents of Padre Pio a joyful Christmas. We really miss you and we hope we can visit you very soon!



Pictured is Ms. D. Ryan being filmed by TYTV crew Daniel O Regan and Ethan Butler.

Maths Week

CMCO students and staff had lots of fun participating in a plethora of Maths Week activities organised by the Maths department. A daily Maths Week challenge for students and staff, a 'Maths Eyes' competition for students, investigating Pascal's Triangle, Circle Art and an Emoji Equation Quiz are just a few of the activities that kept minds and hands busy!



Congrats to 5th year student Jack Ryan who was selected winner of the 'Maths Eyes' competition organised by Ms Smith.

Scratch Programming

Well done to all TY students who have registered for the National Scratch Competition 2021. Our students have programmed interactive stories, games and animations based on topics such as, the French Revolution,

Spanish food, Maths and Geography.

Scratch helps young people learn to think creatively, reason systematically and work collaboratively - essential skills for life in the 21st century.



Student Enterprise

Congrats to Coláiste Mhuire Co-Ed. students Cormac Kiely, Danny Ryan, Kayleigh Cronin & Katelyn Ryan who have qualified for the Tipperary Enterprise County Finals with their respective enterprises - Kiely's Wooden Beehives, Danny's Logs and the Energy App. Our students are currently working on their business plans and carrying out final preparations. We wish them every success in the finals!



*Top photo: Danny's Logs
Middle and Bottom Photos: Kiely's Beehives*

Hi from Ms Wallace

Dear Parents and Students,

I hope our newsletter finds everyone well. It has been wonderful to connect with you all through email, phone calls and nods on walks. Please keep up this connection.

It was a busy summer preparing for change in our school and in September we successfully implemented a transition to staggered breaks, one-hour classes and initiated numerous other procedure changes. Following a Department of Education Covid Inspection-which endorsed our practice- it certainly felt like we were on the home stretch as we packed up for Christmas break. However, if this pandemic has taught me anything, it's to expect the best, but prepare for the worst. So it was with a heavy heart after the Christmas holidays, that we faced into the full implementation of our remote learning plan.

At the end of our last remote learning period we surveyed you: parents, students and teachers. And that work guides the plan which informs our practice at this time.

I'd like to thank everyone involved in the plan. I'm overwhelmed by the positivity towards remote learning - that of parents, students and teachers. I've also had the pleasure to pop into a variety of online classes over the last few weeks and I congratulate the students on their excellent engagement and the ways in which they live our core values of respect, honesty, cooperation and effort in their online interactions. I must also note the tireless background work of our ICT coordinator, Ms Bergin. Your words of thanks and appreciation never fail to mention the hard work of the teachers and SNAs. I here echo that thanks to our very hardworking teachers, SNAs and members of our student support team.

This I say to the student body: we live in a difficult time, a time which is testing our resilience and taking us to the outer limits of our capabilities. You have shown remarkable abilities and endurance. Please congratulate yourselves and take each day as cause for celebration. Take the time to connect with each other and spread little acts of kindness in your daily interactions. Live our ENERGY programme every day. We are here for you, we care about you; reach out to us if we can help you in any small way.

I can't wait to see you all again - mind yourselves



Clare.

Pretty Cool Pumpkins



Photo shows the winners of the first year 'Pretty Cool Pumpkins' art competition organised by Art teacher Ms Cahill. Well done!

Team Building Fun!

In September, our cohort of first year students enjoyed team building and wellbeing activities organised by their year head Mr Brennan. A trek to the top of the Devil's Bit mountain and an afternoon of team activities on campus gave all our students a chance to build new friendships while having some fun outdoors.



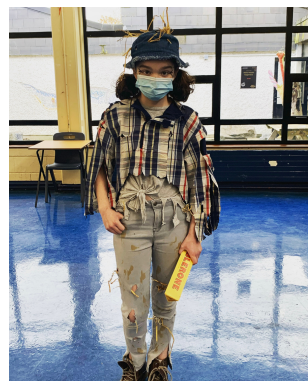
Pictured: First year students enjoying tug-of-war and volleyball as part of their team building day.

Trick or Treat for Temple Street

Lots of trick or treat fun and laughter echoed through the corridors of Coláiste Mhuire Co-Ed. as students and staff donned their scariest, funniest and most creative Halloween costumes to raise over €850 in aid of Temple Street Children's Hospital. Photo shows the winning students and teacher (Mr Gleeson) for this very worthwhile fancy dress competition!



Above: Fancy Dress winners from each year group and staff winner Mr Gleeson.



Left: Grace Maher, 1st year, overall winner of fancy dress competition.

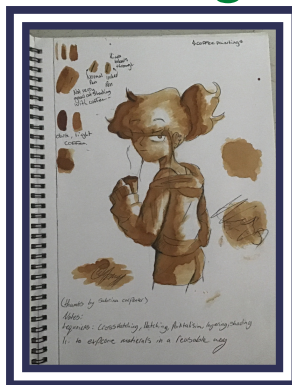
Stand Up Week

Last November, the staff and students of CMCO took part in 'Stand Up Week' 2020. Together we took a stand against LGBT+ bullying and we continuously strive to ensure that all students and staff feel safe in our school. Some of the activities included, painting a rainbow crossing, making friendship bracelets for the whole school and selling cupcakes for charity.



Coffee Painting

Third year art student Sophie McDonnell got quite resourceful with her art materials while learning from home, using coffee to paint.



JCSP Christmas Celebration

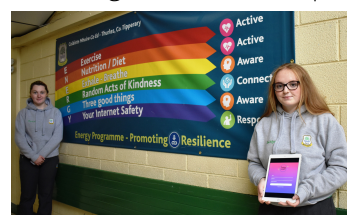
All first year students enjoyed a virtual Christmas celebration on Thursday 17th of December. Students made a video showcasing their best work from Sept-Dec and this was broadcast live on the night. Each student got a goodie bag going home that afternoon and they, along with their families, tuned in that night to watch. The winners of the best eportfolio from each class were also announced on the night. Congratulations to all.



Best eportfolio winners from each of the first year classes

STEM for Girls Success in Coláiste Mhuire Co-Ed.

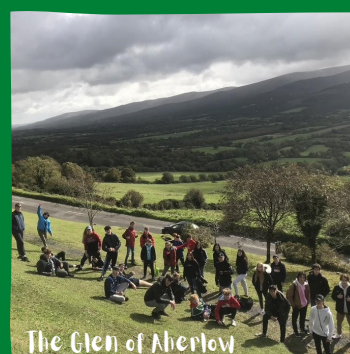
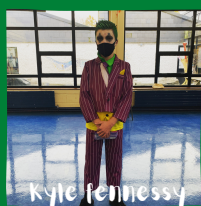
Congratulations to fifth year students Kayleigh Cronin and Kaitlyn Ryan who won the AbbVie Young Innovator Award in the Scifest@Teen-Turn competition which promotes STEM for girls. Their Social Science project created an app for student wellbeing and devised the ENERGY Programme as a whole-school well being programme by helping make it more accessible and connected to CMCO students. Thank you to Ms Bergin for her guidance on this project.



Pictured : Kayleigh Cronin and Kaitlyn Ryan



Our Transition Year students have been actively participating, competing and developing in many new adventures so far this year. In October, our full cohort enjoyed the beautiful scenery Tipperary has to offer with trips to Dundrum Woods for a nature walk and a trip to see the iconic and historical Glen of Aherlow.



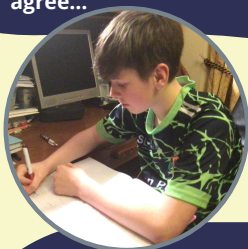
Many of the TY projects have moved with the times, and have been completed online. Our TY authors created an ebook called, 'Expect the Unexpected', a book full of gripping ghost and horror stories. TY students have kept their relationship with their friends in Padre Pio Nursing Home strong, by creating a delicious cake in school and having it delivered to the residents. Student innovation overcame diversity to persist with the annual Team Hope Christmas Shoebox Appeal. Instead of filling their own shoeboxes at home, students went online to donate and select the contents for each shoebox. TY students organised a whole school fancy dress to help fundraise for the Trick or Treat for Temple Street Campaign which was a great success.

In the classroom, students have been pursuing their academic endeavours by experiencing a number of new subjects such as Lunar Maths, Japanese 日本語, Journalism and Career Studies, to name just a few. Students had an opportunity to put some of their knowledge and experience into action in the greater community during Science Week. Students participated in webinars with scientists and professors from around the country on a range of global and local issues.



I didn't think my first year in secondary school would be like this. Since starting remote learning, what struck me most was being able to see my teachers' and classmates' faces. All I had seen so far were their eyes because we had to wear masks all the time since September. I find remote learning difficult because it's harder to focus when we are staring at a screen for most of the day. I go from having lunch in the kitchen to going back to another room to a learning environment. There are some pros to having to learn remotely, like not having to be up so early in the morning and not having to wear the school uniform or a facemask. I miss the fact that I have made so many new friends in first year, yet I can't meet them everyday. I can't believe that I would say this, but I would rather be back in school than being at home all day. And I'm sure my poor Mom would agree...

Seán, 1st year (pictured)



I have taken up doing at home workouts and I really enjoy it. I'll definitely keep up with doing the workouts at home after the lockdowns.

Kori, TY

I love remote learning because even during hard times like this I can still learn and interact with my classmates. Although, I do have some challenges such as difficulty logging in sometimes and I find that sometimes it is hard to understand each other when talking online.

My favourite subject is English and Communications in school but I like it online because most of our assignments are watching videos and answering questions. If there were some questions that I didn't get the answer to, I can go back in my own time and answer them, in school I wouldn't always get the time during the day. I feel I am more prepared this time than last year for remote learning. The last time we did online learning, I didn't have my chrome book to do my work, so it was a bit difficult, but this time I got my chrome book and I am now flying through my assignments. As great as online learning is, I personally prefer to be in school because it makes things that bit easier. I try to keep on top of my work and sometimes do a bit extra every day, because I like to be on top of things and that way I know my work is complete.

Rose, 6th year

One positive is that we don't have to wear a mask and sanitize every time we go into a classroom.

Shane, TY

I definitely took meeting my mates before school for granted. It feels weird that I can't see them anymore.

Toby, TY

Learning online and at home is very boring and hard. A lot of the day is spent sitting at a desk staring at a screen and trying to understand what everyone is explaining. WiFi isn't always strong enough for the class to go smoothly. A lot of subjects are extremely difficult to learn through a screen. We have no clue what is happening with our practical projects and deadlines are coming closer. We are also trying to do CBAs at home. There is great confusion on what is going to happen with our exams. Remote learning is nothing like learning in school with a teacher with you. There are a lot more distractions at home than in school. Many people don't want to speak online so classes are very quiet. Remote learning doesn't compare to a normal day in school, everything about it is different.

Suzie, 3rd year

Our new normal hasn't been easy adjusting to, but it also comes with positives! For me, this is the first time I've attended school virtually. I'm really enjoying the experience of independent learning at home along with all the support from teachers and peers. English by far has to be the class of the day, both in school and on-screen. Home environments aren't the most ideal place for education, the distractions are endless, but we are all in the same boat hoping to get back to normality as soon as! Lockdown has also allowed me to give more time to my photography and music which I wouldn't have gotten to do, if I was in school.

Kayleigh, 5th year

**"Our remote learning experience":
we caught up with
students from each
year group to see
how they are getting
on learning from
home**

I'm missing the positive atmosphere our school has, but our peers and teachers haven't failed in bringing that same positivity and support online, they've all been incredible!

Kaitlyn, 5th year

I think I was fairly prepared for online learning because of our past experience. The biggest change I have found as we are doing remote learning is that I can't see my friends or teachers. However I like the fact that we go on Google Meet so we still get to interact with them. The main challenges I'd face when remote learning would probably be, just to not get distracted and to have my work handed in by it's due time. History would probably be one of my favourite subjects to learn online, because I find it easier to be able to screenshot the powerpoints while they're being presented so I can write it down in my own time if I don't get to on call. In order to switch off I try to go for a walk or take a break from my schoolwork every day because online learning can get overwhelming.

Nicole, 2nd year

*Pictured:
Kayleigh
and Skye
busy
learning
from
home*



Keep Your body and mind

The last few months have been tough for everyone. It is time to show our appreciation for those who care for us the most. After many months of pressure and stress on our families, everyone deserves a nice three-course dinner to help us show our gratitude for those who matter most to us. Maybe during this Mid Term Break you could try to prepare, cook and serve a three course meal for your family. Here are a few ideas to help you:

Starter

FRESH TOMATO BRUSCHETTA

Ingredients

- 4 slices of Crunchy Bread
- 4 Tomatoes
- 2 tablespoons Olive Oil
- 2 tablespoons Balsamic Vinegar
- ½ teaspoon salt

Method:

1. Drizzle ½ of the olive oil on the crunchy bread and bake at 180C for 10 minutes.
2. Dice tomatoes, place in a bowl and mix with balsamic vinegar, remaining olive oil and salt.
3. Place tomatoes on top of the bread.
4. Serve and enjoy!



Main Course

CHICKEN ENCHILADAS

Ingredients:

- 4 chicken fillets
- 2 onions
- 2 peppers
- 2 cloves garlic
- 4 wholemeal tortilla wraps
- 400ml tomato passata
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon smoked paprika
- 50g cheddar cheese
- 1 tin refried beans
- 1 tin sweetcorn

Method:

1. Preheat oven to 180C/Gas mark 4.
2. Slice onion and pepper and cut chicken into strips.
3. In a measuring jug, mix passata with garlic powder, cumin, onion powder, smoked paprika and oregano.
4. Sauté onion, pepper and chicken in a frying pan/wok for 5 mins until the onion and chicken are golden in colour.
5. Add ½ the tomato mixture into the pan and mix. Add refried beans and sweetcorn to the pan.
6. Fill each of the wraps with mixture and wrap. Place in a baking tray. Place the wraps side by side. Drizzle the remaining passata on top. Sprinkle cheese on top.
7. Place in the oven covered in tin foil for 20 minutes.
8. Serve with sour cream and guacamole (optional).



Dessert

APPLE AND BERRY CRUMBLE

Ingredients

- 2 cooking apples
- 500g mixed frozen berries
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 100g plain flour
- 50g porridge oats
- 50g brown sugar
- 60g butter
- 50g mixed chopped nuts (optional)

Method:

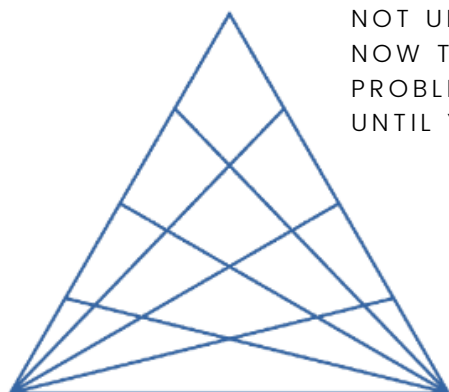
1. Preheat oven to 180C.
2. Peel and chop apples.
3. Place chopped apple and mixed berries in a deep baking dish.
4. Sprinkle with 1 tablespoon of sugar.
5. In a mixing bowl, mix the flour, oats, remaining sugar, cinnamon and butter.
6. Rub them together using fingertips.
7. Sprinkle oat mixture on top of the fruit.
8. Bake in the oven for 20 minutes.
9. Serve with natural yoghurt.

We have 3x €10 Elverys vouchers to give out if you share pictures of your finished dishes with us at life@cmco.ie. Check out our Instagram page @CMCOHomeEconomics to see easy to follow videos of many different recipes.

Are monsters good at maths?

NOT UNLESS YOU COUNT DRACULA!

NOW THAT WE'VE MADE YOU LAUGH, HAVE A GO AT SOLVING THESE MATHS PROBLEMS. (PS. THE SOLUTIONS ARE ON THE BACK PAGE BUT DON'T CHECK UNTIL YOU'VE TRIED THEM FIRST!)



1. Count how many triangles there are in total in the picture above.

2. What's the missing number in the emoji puzzle on the right?

$$\text{Lion} + \text{Lion} + \text{Lion} = 24$$

$$\text{Lion} + \text{Tiger} + \text{Tiger} = 18$$

$$\text{Tiger} + \text{Tiger} - \text{Panda} = 6$$

$$\text{Lion} + \text{Tiger} \times \text{Panda} = ?$$

3: What 3 positive numbers give the same result when multiplied and added together?

4: Divide 20 by a half and add 30, what do you get?

5: What number do you get when you multiply all of the numbers on a telephone's number pad?

busy during midterm break

Science CORNER



The Irish Garden Bird Survey is Birdwatch Ireland's most popular citizen science survey, with over a thousand gardens taking part each year. Why not take part in this survey and monitor our favourite garden birds? Log onto www.birdwatchireland.ie for more information.

Don't forget to email your garden bird photos to us at life@cmco.ie. We will choose three photos at random to win a €10 Elverys voucher! Easy!

BirdWatchIreland

protecting birds and biodiversity



Take a photo of your Salt Crystal Hearts and email to life@cmco.ie - we would love to see your crystal creations!

Growing salt crystal hearts is all about chemistry!

Here's an experiment all you budding scientists can try at home!

Salt Crystal Hearts

What do you need -

coloured card, pencil, scissors, table salt, teaspoon, hot water, glass, shallow plate

What to do

1. Create paper hearts using the pencil and scissors.
2. Add a small amount of hot water (it does not have to be boiling) to the glass.
3. Add 2-3 teaspoons of salt to the hot water and stir.
4. Keep adding salt until no more will dissolve in the hot water. The goal is to add as much salt as the water will hold to make a saturated solution.
5. Place your hearts on a shallow plate and pour the saturated salt solution on top. Make sure to cover all the hearts.
6. Set your plate aside for a few days and wait and watch!

It's important to take some time every day to get your body moving. Here's a quick 15 minute workout for you to try. Please note, exercise at your own level, warmup before and cool down after. If you don't know how to do any of the exercises, search on youtube or leave it out. Happy exercising!



54321
15 MINUTE AT HOME
WORKOUT



ACTIVITY	TIME
5 High Knees Jumping Jacks Front Kicks Jumping Jacks Run on the Spot	40 sec/ 20 sec rest 40 sec/ 20 sec rest 40 sec/ 20 sec rest 40 sec/ 20 sec rest 40 sec/ 20 sec rest
4 Mountain Climbers Walking Lunges Mountain Climbers Walking Lunges	40 sec/ 20 sec rest 40 sec/ 20 sec rest 40 sec/ 20 sec rest 40 sec/ 20 sec rest
3 10 pushups 10 tricep dips 10 sit ups	Do 10, then rest Do 10, then rest Do 10, then rest (repeat for 3 minutes)
2 Regular squats Jump Squats	1 min 1 min
1 Plank	1 min

TOTAL TIME 15 MINUTES. REPEAT X2 FOR INTERMEDIATE AND X3 FOR ADVANCED.



Send a photo of your completed crossword to life@cmco.ie and be in with the chance to win 1 of 3 €10 Elverys vouchers for the first three entries we get!

See if you can find the answers to these clues through this newsletter

DOWN

1. What is Ms Carr's favourite pancake recipe? Ricotta and _____.
2. What colour was the pedestrian crossing painted during 'Stand up Week 2020'?
3. What is the Irish phrase for 'Together we Stand'?
4. What organisation is conducting a citizen science survey monitoring birds?
5. What monster is good at maths?
6. The location TY students visited for a nature walk.
8. The name of the location that 6th years visited for their fieldtrip.
9. What did third year student Sophie use to paint with during lockdown?
11. What is the name of the CMCO whole school wellbeing programme?

ACROSS

7. Who is the year head to 1st years?
9. What is the name of the home economics instagram page?
10. What does 'Domhnach na Fola' mean?
12. What local nursing home does Coláiste Mhuire Co-Ed. have an intergenerational choir with?
13. What children's hospital did money raised from the CMCO Halloween Fancy Dress Friday go to?

If you find yourself getting overwhelmed during the day, try this simple 16 second meditation - Stop what you're doing, breathe in for 4 sec, hold for 4 sec, breathe out for 4 sec and hold for 4.



