



Coláiste Mhuire Co-Ed.



'CMCO NEWS'

Spring Newsletter 2023

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BT Young Scientists

Congrats to TY students Rebecca Jordan and Sarah Ryan who proudly represented our school at the BTYST



Exhibition in January with their project on 'Period Poverty' and the social and economic reasons for the stigma surrounding menstruation, especially among girls attending secondary school.

Photo shows Rebecca and Sarah with their mentor Ms Katie Carr

Beauty and the Beast

Our wonderful school community performed the fabulous musical 'Beauty and the Beast' to record crowds over three days in The Dome last October. Congrats to the cast, crew and entire production team on another excellent #cmcomusical.



Munster U16.5 Hurling Champions



Congratulations to our U16.5 Hurlers and their managers Mr Russell and Mr Feehan on becoming Munster Hurling Champions for a second consecutive year following their superb victory against St Mary's Newport. The TUS Corn Chiaráin Uí Dhrisceoil was presented to captain Séamus Kennedy.

#cmcoabú #cmcoagobair #successthrougheffort



New Multi-Million Euro School for Coláiste Mhuire Co-Ed. in the pipeline

A site has been offered and deliberations are well underway. CMCO is the only co-educational and multi-denominational secondary school in Thurles



Facebook: [Colaiste Mhuire Co-Ed](https://www.facebook.com/ColaisteMhuireCoEd)

Twitter: [@colmhuirecoed](https://twitter.com/colmhuirecoed)

Instagram: [colaistemhuirethurles](https://www.instagram.com/colaistemhuirethurles)



Sustainability in CMCO

There has been an immense effort to move towards a more sustainable school environment at CMCO, starting with the formation of the Green Schools Committee in October 2022 which now has over thirty student members. One of our first outings was a visit to a Climate Youth Justice Workshop in TUS Thurles where it reinforced the importance of recycling plastics and paper to our students. The committee also undertook a Waste Audit of the school bins in November which was a hands on task! The results showed that approximately 70% of the school's waste can be recycled. During **Take1 Programme Week** in November, we took steps to raise awareness about Sustainability and the Sustainable Development Goals #etb_sdgs. Ms Eimear Meagher organised a Sustainable Fashion Swap in the staff room, where staff brought in preloved items and 'swapped' them for a new item. It was hugely successful and we hope to run another Fashion Swap this year.

The Green Schools Committee has just purchased new recycling bins for the assembly area and are now in the process of rolling out our new Recycling Initiative across the whole school. They arranged a very successful meeting with Mr Quinn in January to outline the steps needed to make the Recycling Initiative a success. #cmcogreenschools



DEIS Update

The DEIS team continues to work towards ensuring rich opportunities for all our students. We were so proud to see so many students achieving merit awards at Christmas. The merit system was an initiative from the DEIS team which is now embedded in the school. This year we are working on embedding the Read Write Try problem solving procedure. We are encouraging students to self assess work using the 'COPS' technique and also promoting a coherent understanding of exam key words.



We continue to encourage students to record and reflect on target grades. Excellent work is going on with parents, including a recent study skills seminar and engagement with Jigsaw seminars. The School Business Partnership goes from strength to strength. School attendance initiatives are going really well, as our overall attendance figures are very good.

We thank our parents for their support with all our initiatives and their participation in school surveys. You will hear from us in this regard again, very soon! #cmcoagobair #successthrougheffort

Photo shows Ms Mary C Ryan & Róisín Ryan (5th year), who along with Mr Stapleton represented our school at JIGSAW's One Good School Assembly in Croke Park last October.



Photos show Charlie Cavanagh (1st year) and Kate Kennedy (2nd year) being presented with their Platinum Merit Awards



STEM Passport



Congrats to CMCO senior girls on the successful completion of the innovative skills programme **STEM Passport for Inclusion**, in association with Maynooth University and Microsoft Ireland. The girls completed three workshops involving micro:bits, programming language Python and prototype development and have successfully earned a 5 credit module level 6 NQF worth 50 CAO points. Special thanks to their mentor Ms Bergin for her continuous support and encouragement. Promoting #GirlsInSTEM

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Congrats to Chloe Goggin (1st year) on winning 3rd place in the Thurles Credit Union Art Competition recently.



Photo shows Chloe with Art teacher Ms Dorney

Table Tennis Tournament



Mr Mattie Stakelum, Mr Devon Ryan & Mr Shane Lowe. Well done also to semi-finalists Paddy Ely, Joey Doyle & Oisín Kerwick. CMCO are delighted to have Devon & Shane, BA students in MIC Limerick complete their 3rd year placement with us. #rathassaothar #etbcommunity

Congrats to Seán Maher, winner of the 1st year Table Tennis Tournament organised and run at lunch time over a number of weeks by

Message from the CMCO Parents Association

CMCO Parents Association would like to thank all the parents who have helped out at school events so far this year. To those who have helped at the school musical, open night, match day parking and the policy committee, we are extremely grateful. Everything we do is to support the school so that our children can continue to flourish. If anyone wants to become involved, contact Lisa at 087-6150548 - new members are always welcome! Finally, a sincere thank you to Denis, Clare and all the staff for their continued support.

Lisa McCarthy (Secretary) & Frank Nolan (Chairperson)





Message from Mr Quinn, Principal

Welcome to our Spring Newsletter. These are exciting times for Coláiste Mhuire Co-Ed, Thurles; the Department of Education are looking at a multi-million euro new school for our students. This will support the ever increasing student numbers. The Department have also pledged €800,000 for equipment for our specialist rooms and facilities. The first instalment - a new outdoor gym for twenty four students arrived in January 2023. I wish to congratulate our Junior and Leaving Certificate candidates on the excellent results achieved last year and we are delighted to welcome back some past students from the teacher training colleges for their teaching practice. Their success is our success and we are so proud of their achievements.



I would like to acknowledge the generous support of our staff to extra-curricular and wider school development and I hope you enjoy reading about all these activities in this newsletter. I wish to also thank our Students, Parents, Parents Association, B.O.M. and the wider community for their continued support for our students. We wish our Leaving Certificate and Junior Cycle students every success in their exams - may their hopes and dreams come true.

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

Denis Quinn, Principal

Geography Trips

CMCO Leaving Cert Geography students and their teacher Mr Ó'Crádóg ventured off to **Black Head** in the **Burren** to carry out their Geographical Investigation of limestone features and the impact of geomorphic processes. Despite the inclement weather conditions, spirits remained high as they carried out the study and gathered sufficient data for their project work. Our 3rd year Geography students enjoyed an educational trip to the **Mitchelstown Cave** to view the fascinating dripstone features of stalactites, stalagmites, columns etc. and this was followed by a guided tour of the historic **Cahir Castle**. Special thanks to Ms Pollard for organising an enjoyable excellence in education trip.



Science Week 2022

In celebration of Science Week and the importance of STEM, CMCO students enjoyed a very engaging talk on the **#secretsofsuperheroes** presented by the superhero physicist Dr Barry W. Fitzgerald. First year students enjoyed participating in an online interactive event on Viruses presented by Plant Science Kidz. Thanks to Tipperary Festival of Science in association with MIC for facilitating a wide variety of **#ScienceWeek** events every year. **#community #excellenceineducation #STEM #fun**



CMCO Ethos Team News

The Ethos team continue to implement our school improvement plan. You can read more about our school's ethos which is based around being a state, co-ed, multi denominational school, whose core values are community, respect, care, equality and excellence in education at www.cmco.ie/ethos. Our main actions this year have been to encourage students to see themselves as advocates for themselves, to encourage student participation in school decision making and to continue to educate students about ethos. We would like to thank Mr O'Connell for the poster about Religious Beliefs and we continue to encourage anyone who would like their belief represented to contact us. The Ethos team is delighted to welcome the newest member - 3rd year student **Alva Nuvoloni** as our **Ethos Ambassador**.



School Musical 'Beauty and the Beast'

Congrats to the very talented cast, crew and production team of **'Beauty and the Beast'** who showcased the best of talent to delighted audiences over three days in the Dome last October. Well done to all involved and a special thank you to everyone who kindly volunteered their time and expertise when called upon to lend a hand. Thanks also to the numerous sponsors, businesses and families for their sponsorship and donations, Thurles Community Panto Society, CMCO Parents Association and Star Systems. Congrats to Michael McCormack on receiving the **Spirit of the Musical Award** for his performance as **'Lumiere'** and to Jack Meaney who won the **CMCO Rising Star Award** in association with Dwan Academy for his performance as **'Cogsworth'**. Plans are already in place for the next musical production in October so keep your ears peeled for updates!





Trip to Delphi Adventure Centre

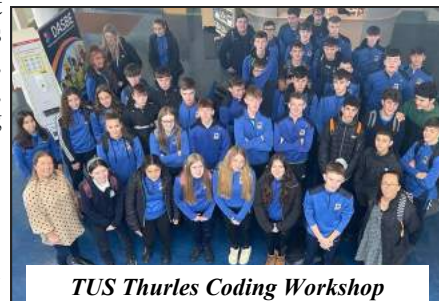


Team Hope Ireland Christmas Shoebox Appeal

TY News

CMCO TYs have enjoyed numerous new activities, competitions, workshops and exciting trips to date. Some of the events students have engaged in and enjoyed include: school musical, BT young scientist, student enterprise programme, tourism walk, world skills Ireland event, TYtv, film production, swim sessions, Hope Christmas shoebox appeal, team building workshop run by Develop Me, TUS Thurles coding workshop, STEM passport programme, Green schools initiative, scarecrow building, F1 in Schools, pen pal project, first aid training, ice skating and Christmas window design.

This term is jam packed with lots more engaging and exciting events, including national and international tours.



TUS Thurles Coding Workshop



Coding News

As part of Code Week, 3rd year and TY students participated in a **Trinity College Dublin** research investigation on using Pyth which aims to help students use the written programming language **python** which is on the LC Computer Science course. This programming language research is being conducted with Ben North and Glenn Strong in Trinity College and CMCO programming teachers will continue with the research next term & aim to have our Junior Cycle students using python for their CBA. **#excellenceineducation**



LCA News

Our LCA classes had a very busy first term participating in many organised school activities, including Cashel foot golf, engineering company visits, ploughing championships, career talks, student enterprise programme, visit to Garda100 exhibition, Limerick bowling trip and many more. Best wishes to all students in their upcoming task interviews.



Kindness

Third year students & their CSPE teacher Ms Cahill presenting a cheque for €700 raised from their sponsored silence **'Money Talks but**

We Don't' to Bríd Ryan of SVP Ireland Thurles branch. CMCO 3rd & TY students designed, created and painted the Christmas window at Stakelums Office Supplies and presented the cheque donated by Stakelums to Coleen O'Sullivan of Rehab Care Thurles. Thanks also to Art teacher Mr O'Connell and the CMCO Woodwork dept.



Minor Boys - Bronze medal winners

Athletics

Congrats to CMCO athletes & their coach Mr Kinane on their success at the Cross Country County Championships last November. Our minor boys claimed 3rd place and the intermediate

boys topped the podium with fantastic performances from several runners. CMCO also won the award for best overall boy's school section. **#cmcoabú**



Intermediate Boys - Gold medal winners



More CMCO Hurling Successes



1st year Hurling Team won the Pláta Uí Cathain in the Tipperary County Blitz final against Carrick CBS



u15 County Hurling Champions: CMCO defeated Scoil Ruáin Killenaule 4:10 to 2:09 in the final

u19 Gaelic Football Munster Finalists



Best Wishes to CMCO Gaelic footballers & their management team (Mr Ó'Crádóg & Mr Butler) in the **u19 Munster Final**. The team progressed to the final after convincing wins against Castleisland CC in the quarter-final and Desmond College in the semi-final **#cmcoabú**



u16 Boys Basketball Team

Basketball

Both girls and boys u16 and u19 basketball teams played some very competitive basketball in their group matches, gaining confidence after every game. Our u16 boys team progressed from the group stage to defeat Ardscoil Phádraig in Longford by 25 points in the Midlands quarter-final. They met a very strong Portlaoise side in the semi-final and were unfortunately defeated.



u19 Girls Basketball Team

Our Junior Girls basketball team travelled the short distance to Presentation College Thurles to compete in a blitz against the Ursuline and Presentation convents. Our young basketballers gave wholehearted performances and while not being triumphant on the day, they will take a lot of positives as they team build for upcoming competitions. Many thanks to basketball coach Ms Emma Carey. **#successthrougheffort**



Junior Ladies Soccer Team

Soccer

CMCO ladies soccer has progressed so much in one year and this is thanks to the training and encouragement from coaches Ms Cunneen and Ms Dunphy. The junior and senior girls showed great determination and teamwork in every game and although they faced formidable opposition from Coláiste Dun Iascaigh and Coláiste Mhuire Askeaton in their Munster QF matches respectively, they showed a never give up attitude. Our u15, u17 and u19 boys teams have all competed in very competitive matches in their Munster Cup competitions and thanks to their coaches Mr Fahy, Mr Kinane, Mr Moloney and Mr Stakelum for all the training sessions.



u17 Boys Soccer Team

Rugby News

Earlier this school year, our u14 boys rugby team travelled to Shannon Rugby grounds to participate in their first East Munster Emerging Schools blitz. They secured a win against Cashel Community School and were narrowly defeated by Thomond Community College. On January 26th, the team and their coaches Mr Power and Mr Ryan made the short trip to Fethard Town Park to compete in the East Munster rugby blitz. All players enjoyed competitive game time.





JCSP Celebration

A wonderful JCSP Christmas Celebration was held in the Dome for all 1st year students acknowledging their excellent academic work, personal achievements and contributions to life in CMCO since September. Lots of excellent work showcased in every subject and all students were presented with certificates to mark the end of the Induction Programme into secondary school and completion of the Belonging Plus programme with Ms Purtill. Thanks also to the parents/guardians, grandparents

& family members for joining our first years on the day to celebrate their successes.
#excellenceineducation #successthrougheffort #community



F1 in Schools

CMCO is delighted to have two teams entered in the **F1 in Schools** competition this year - **CMCO Racing** who have the experience from getting to the National Finals and **Pink Turbo Racing** who are competing for the first time. Both teams have submitted their five page plans in the hopes of reaching the regional finals. #rathassaiothar #excellenceineducation #STEM

You can follow CMCO #F1inSchools teams on Instagram at **cmco_racing** and **pinkturboracing**



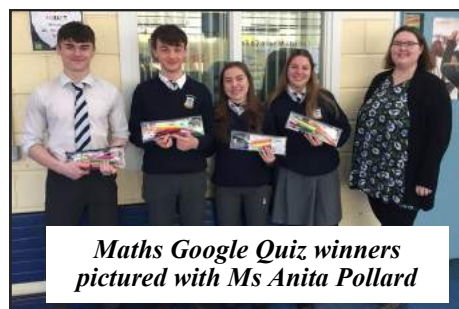
Creative Writing Competitions

CMCO English department have run numerous **Creative Writing Competitions** since September and the standard and quantity of entries has been outstanding on each occasion, thus making judging a difficult task. A creative writing culture is thriving in CMCO with thanks to our English teachers. Congrats to all the winners of the Digital Storytelling, Halloween & Winter Wonderland Christmas Creative Writing competitions. **Photos below of some award recipients...**



Maths Week

Daily brainteasers, trivia and challenges pertaining to Maths allowed students to see the subject from a fun perspective where students submitted solutions to questions in the Maths Challenge Google Classroom.



Maths Google Quiz winners pictured with Ms Anita Pollard

Our 2nd year students enjoyed a trip to the promenade in Tramore to take a photo for the **Maths Eyes** competition and afterwards were treated to a fantastic talk by Andrew Jeffrey

in SETU (South East Technological University) called '**Mathematics Finding the Magic**' where they enjoyed a most engaging questions & answers session.

The highlight of the week culminated in a **Maths self-marking online Google Quiz** devised by our TY students, who also delivered the questions.

Congrats to Jamie Blake (1st year) on being the first winner of the CMCO weekly Maths Challenge. He is pictured here with his Maths teacher Mr Murphy.



CMCO Choir

Photo shows some members of the ever expanding CMCO Choir singing for the local community in Thurles Shopping Centre in December. The choir also paid a visit to Padre Pio Nursing Home to carol sing for the residents. Rehearsals are in full swing for the upcoming ETB Talent and Limerick Choral Festival Competitions.

#successthrougheffort
#community
#cmcoagobair





Physics Workshop in UL



CMCO Leaving Cert students attended the Physics Workshop hosted by University of Limerick Faculty of Science and Engineering. It was an excellent opportunity to revise key concepts & investigations in preparation for the mock exams. Special thanks to their Physics teacher Ms Smith for arranging the visit.

#excellenceineducation #cmcoagobair #STEM

Numeracy Deep Dive

CMCO 2nd year students are participating in a PDST Numeracy Deep Dive initiative between the subjects Maths and Science and the aim is to develop students' numeracy through collaboration in lesson design and encourage students to see how the important skills learned in Maths can transfer to Science and vice versa. Also, a small group of students are helping to co-create a workbook for their peers that will be used by all 2nd year students as part of their Deep Dive next month. Special acknowledgement to initiative coordinator Ms Anita Pollard and the team of Science & Maths teachers involved. **Photos show students creating the workbook**



Visit to the Criminal Courts of Justice



Senior Cycle Business Studies students and their teacher Ms Bergin enjoyed a very educational visit to the courts in November. Firstly, a legal professional introduced them to the building and explained key terms in the court setting and this was followed by an opportunity to see a number of high profile cases. **#excellenceineducation**

Stand Up Awareness Week

The hardworking CMCO Stand Up committee organised an array of fun activities to raise awareness of LGBTI+ issues that also included an anti-bullying campaign.



CMCO is committed to creating a safe environment for all of our students and staff, thus strengthening the excellent rapport that exists. **#respect #equality #community**



Congrats to all our 'Halloween Dress Up' winners - the standard was exceptional this year! #rathassaothar

Fota Wildlife Park visit

Fifth year Biology students and their teacher Ms Carey



travelled to Fota Wildlife Park Education Centre to complete an ecological study of a woodland ecosystem and enjoyed some time exploring the park afterwards. **#excellenceineducation**

Digital Strategy

Coláiste Mhuire Co-Ed. is proud to be a Google school. All of our students have access to Google tools, including Google Classroom and Google Drive. Our Compass system is organised so that students can use their Google login to access it. The majority of our students use personal devices in school and this enhances their experience because teachers are committed to the effective use of digital technology.

This year, we are part of the PDST Digital Portfolio project. This is a fantastic opportunity for the school and our students as it further develops their skills and encourages them to be creative in their learning.

Also, we have been busy remodelling our Internet Safety lessons, updating our Acceptable Use policy, rolling out a booking system for our Chromebook trolley, participating in STEM events such as the STEM Passport and the BD Technology Challenge and are involved in the TETB Digital Community of Practice. To learn more about the use of Digital Technology in our school visit

<https://www.cmco.ie/digital-technologies/>

**Budding Entrepreneurs at CMCO Market Day**

CMCO 2022 Market Day witnessed 120 groups and over 200 students participate - the largest Market Day to date! Students enjoyed the day and were delighted to sell their products and also pitch their product to judge Madeline Ryan of the Tipperary County Enterprise Board. The winning group of each category will represent CMCO in the Tipperary County Student Enterprise Final on March 6th in TUS Thurles campus. Market Day also teaches our students valuable skills e.g. communicating, managing myself, working with others and technology skills all of which are on the current Junior Cycle syllabus. Well done to all groups and the excellent work they put into the market day. Special thanks to their teachers Ms Molumby, Ms Bergin, Ms Dunphy and Ms Purtill and to CMCO staff, parents and students who supported our budding entrepreneurs. Also, 10% of sales were donated by each market group to charity.



Intermediate Category Winner
Wooden Ornaments & Maps -
Ronan O'Grady & Oisín Joyce



Junior Category Winner
Shoe Shop - Joey Doyle, Max
Doyle, Shay Carroll & Paddy Ely



Senior Category Winner
Custom Made Stands by
Jack Ryan

*Best of luck to
CMCO
Enterprises
competing in the
County Final on
March 6th
#cmcoagobair
#proud
#rathassaothar*

**Sport for Females
TUS workshop**

Senior Cycle girls & P.E. teacher Ms Emma Carey attended an excellent workshop in TUS Thurles looking at Sports Science & Performance Technology in Sport for Females. #community #excellenceineducation

**Launch of CMCO School Internet Safety website**

Coinciding with Safer Internet Day on February 7th CMCO launches its own **School Internet Safety website** to help protect our students by learning about online safety together, thus fostering the Junior Cycle skills

Our aim is to coordinate the teaching of the Internet Safety syllabus via www.webwise.ie, a website created by the Dept. of Education that contains Irish legislation and supports for parents and teachers. Thanks to digital technology coordinator Ms Miriam Bergin for creating this educational and beneficial resource for our school community.



*To access CMCO's Internet Safety Website,
click on the QR Code*

#SID2023 #onlinesafety #respect #care
#excellenceineducation #staycybersafe



**Congrats to 2022
Leaving Cert graduate
Eoin Craddock who
was awarded an
entrance scholarship
to MIC Limerick
based on his excellent
results. CMCO wishes
Eoin every success in
his future studies.**

**Important Dates**

Monday Feb. 6th
Bank Holiday
Feb. 13th - Feb. 17th
Mid-term break
Tuesday Feb. 21st
1st Year P/T Meeting
March 17th & 20th
School closed
April 3rd - April 14th
Easter Holidays
May 1st
May Bank Holiday
June 2nd
Last Day of School Year
June 7th
State Exams begin

LCA Engineering Visits

6LCA Engineering class and their teacher Mr Gleeson were delighted to get an invite to visit two local based companies *OMC Technologies Ltd.* and *HMV Engineering* for a guided tour with a wonderful opportunity to learn more about each company and the employment opportunities they provide, including apprenticeships. #excellenceineducation

Some upcoming events

Feb. - Safer Internet Day;
English Dept. trips to see Blood Brothers & Philadelphia, Here I Come on stage
March - ETB Talent Competition; Limerick Choral Festival Competition; Student Enterprise County Final; Young Social Innovators; Agri Aware Farm Walk & Talk Day...
...plus **many more** educational and enjoyable co-curricular, extra-curricular and sporting CMCO events are scheduled for this coming term, so follow CMCO on **Instagram, Twitter, Facebook, TikTok & YouTube** for the latest news!