

Coláiste Mhuire Co-Ed.

'CMCO NEWS'



Spring Newsletter 2024

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All-Ireland U16 Basketball Champions



Congratulations to CMCO
U16 Basketball team who recently
became All-Ireland Champions
following their 63-61 victory over
Swords Community College at the
National Basketball Arena in Tallaght.
A special acknowledgment to Ms
Emma Carey who has worked
tirelessly with this great group of
students over the years that culminated
in this historic and momentous win for
Coláiste Mhuire Co-Ed.

#cmcoabú #rathassaothar

Poetry Aloud National Final



Congrats to 3rd
year student
Lewie Cavanagh
who proudly
represented CMCO
at the prestigious
spoken word *Poetry*Aloud National
Final in the
National Library of
Ireland recently.
#etbethos
#excellenceineducation

Photo shows Lewie with English teacher Ms Mary C Ryan

Ultimate Kindness



Well done to sisters and entrepreneurs Bríd & Kate Kennedy who ran a very successful raffle at the CMCO Business Studies Market Day and kindly donated €300 to *Childline* by ISPCC. #kindness #care #community

CMCO #GirlsinSTEM

TY and 5th year female students are thoroughly enjoying the STEM Passport for *Inclusion* programme, an initiative aiming to address the barriers in STEM for females. Our students are learning about computational thinking, micro:bit python programming and being mentored by Microsoft Ireland employees. On successful programme completion of the assignments, students will receive a Level 6 NQF STEM Qualification.

#excellenceineducation #femalesinSTEM





Message from Mr Quinn, Principal

Welcome to our Spring Newsletter! Exciting times unfold at Coláiste Mhuire Co-Ed Thurles. At the time of going to print, builders are diligently completing the new Science and General Classroom block, our 3rd and 6th year students have completed their mock exams, our basketball team have clinched the school's inaugural All-Ireland title, and our GAA teams and athletes have triumphed in County and Munster competitions also. Dive into the pages of our newsletter to explore these achievements and the many curricular and extra-curricular events our students have participated in recently. We are delighted to welcome back past students from the teacher training colleges for teaching practice. Their success is our success and we are proud of their achievements. I would like to acknowledge the generous support of our staff to extra-curricular activities and wider school development. I wish to thank our Students, Parents, Parents Association, B.O.M. and the wider school community for the continued support

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

Denis Quinn, Principal

'School of Rock' Musical

Congrats to the very talented cast, crew and production team (Ms Geaney, Ms Martin, Ms Wallace & Ms Lowth) of 'School of Rock' 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. Congrats to *Sarah Ryan* on receiving the *Spirit of the Musical Award* for her performance as 'Madison' and to *Róisín Costello* who won the *CMCO Rising Star Award* in association with Dwan Academy for her performance as 'Katie'. Plans are already in place for the next musical production, so keep your ears peeled for updates!



for our students.









Munster U17 Hurling Final Success for CMCO - 3 in a row



Congrats to our U17 Hurlers and managers Mr Paraic Russell & Mr Matt Feehan on being crowned Munster Hurling Champions for a third consecutive year following a superb one point victory over Hazelwood College Dromcollogher.

The TUS Corn Uí Dhonabháin was presented to captain Dylan Cotter. #cmcoabú

Happy Retirement



CMCO school community wish a very Happy Retirement to Mr PJ O'Connell; a remarkable Art teacher and a dedicated Year Head, as well as being a wonderful colleague and a dear friend to all...his impact on our school community is immeasurable.

#thankyou

CMCO Ethos and **DEIS** updates

The Ethos team are actively implementing 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 https://www.cmco.ie/ethos/. A noteworthy development this year involves working on a curriculum tailored for first year students in this domain. Many thanks to all the teachers contributing to this initiative.

We continue to develop all areas of DEIS in our school. Further information on this can be found at https://www.cmco.ie/information/deis-school-self-evaluation/



Another Successful Market Day in CMCO

What a fantastic Market Day where CMCO witnessed 140 enterprises, over 200 students involved, 100's of customers, four brilliant organisers (Ms Bergin, Ms Molumby, Ms O'Brien and Ms Dunphy) and an unbelievable atmosphere making it the largest Market Day ever in CMCO! Students enjoyed the day and were delighted to sell their products and also pitch their products to judge Tina Mulhearne of the Tipperary County Enterprise Board. A total of eight enterprises (some are pictured below) will represent CMCO in the *Tipperary County Student Enterprise Final* on Friday 23rd February in TUS Thurles campus and we wish everyone involved the best of luck. Special thanks to CMCO students, staff, parents/guardians and members from the wider community who supported our budding entrepreneurs. A total of €1,040 was donated by our young entrepreneurs to their chosen charities - Childline, Mo Chara Animal Rescue and Unicef Gaza Appeal. #rathassaothar #proud







First Lego League

Best of luck to TY students Jeffrey, Conor, Hank, Caoimhe, Tina & Sophie competing in the *First Lego League* challenge on February 21st. The students have been working diligently building their Spikeprime Robot using Lego Bricks and Lego Spike Coding to program the robot to carry out missions on the competition board to accumulate points. Special thanks to teachers Ms Conroy & Ms O'Brien for their support. #STEM



Building Friendships



Photo shows CMCO 1st year students enjoying delightful treats with their 'Le Chéile' leaders at the Runner Bean café in Thurles. 'Le Chéile' is our buddy system for first year students, whereby trained senior students help first years settle into their new school and feel safe and happy!

Deputy Principal's Address

It is my pleasure to welcome you to our Spring Newsletter, which captures the extraordinary moments and growth within our school during an eventful first term. Sincere gratitude resonates for our devoted staff, whose tireless efforts form the bedrock of our school's success. The *DEIS team*, with their unwavering commitment ensures inclusive and equitable opportunities for all our students. Our *Wellbeing team*, prioritising mental, emotional and social wellbeing of our students, is working through data collected in 2023 and you will hear more about our work



in the Summer newsletter. The *Ethos team* cultivates a sense of belonging, respect and responsibility among our students, thus shaping a vibrant and harmonious learning environment. Pioneers in education's evolving landscape, the *Digital Teaching and Technology team* enhances students' technological skills, keeping our school at the forefront of digital learning. Personally, I'm honoured to have represented our school as an Irish delegate at the Google Symposium, collaborating with global educators revolutionising teaching with Google tools. Special recognition to our *Student Support team*, guiding students through adolescence's challenges and opportunities. These teams thrive due to the voluntary contributions of our staff, for which we are truly thankful. In extra-curricular activities, our dedicated teachers lead students to excel in sports and clubs, with the school musical thriving in creativity and collaboration. Participation in chess, craft, sustainability and digital clubs enriches academic and personal development. Heartfelt thanks to parents/guardians for their indispensable support and partnership, contributing to the success of various school events. Special recognition to the Parents' Policy Group for strengthening community engagement. Congratulations to Mr P.J. O'Connell on a well-deserved retirement; his contributions to our school and his dedication to students will be sorely missed. As we enter the Spring term, we remain steadfast in our commitment to living our core values of respect, care, equality, community and excellence in education.

Le gach dea-ghuí

Clare Wallace, Deputy Principal





LCA students kicked off a dynamic First Term with memorable trips to the Ploughing Championships, World Skills Competition, and a festive pre-Christmas Bowling Activity. Inside the classroom, preparations for Tasks were in full swing. The 6th LCA cohort tackled a range of challenges, from Diamond Painting to Cake decoration and restoring old furniture for Practical Achievement Tasks. Meanwhile, 5th LCA showcased their creativity through Wire Sculptures for their Visual Art Task. Demonstrating entrepreneurial spirit, LCA students donated proceeds from their Christmas Market Enterprises to a local charity, making a positive impact beyond the classroom.



JCSP

Well done to all our JCSP students for their hard work this term. Students have been busy engaging in various **initiatives** covering a wide range of topics and subjects including Literacy, Numeracy, Wellbeing, Sustainability, Science, Craft Club, French language skills and Digital Technology in the music classroom. The term culminated with a **Christmas Celebration**, where students from 1st year had the opportunity to display samples of their good work and **celebrate success** with their families and teachers. We wish all our 3rd year students well as they embark on their final profiling. **Profiling** is the process of gathering positive information about what students have achieved. Through profiling, a student can gain recognition from the Department of Education for subject work completed in preparation for the Junior Cycle exam.











AR AGHAIDH LINN & LCVP

Our Ar Aghaidh Linn 5th year students are currently working on their Enterprise Action plan which is based on various enterprise opportunities and in particular, our very successful Christmas Market Day. They are also working with our partner company H&MV through our continued partnership with Business in the Community. Recently H&MV personnel came to the school and set up five stations where our Ar Aghaidh Linn students engaged in active learning on the skills, qualities and qualifications for CV and also on active listening skills. Our 6th year LCVP students are preparing for their recorded interviews and they have just completed their mock exam.

Destined to Decay By Charlie Cavanagh

I was formed in the Arctic Lands, where children laughed and played. A winter-wonderland it was, To stay like this, we prayed.

It was here I met my snowman friend In the shimmering flurry of snow.

We stood together, statuesque, An immaculate pair on show.

Exhilarated children played, commotion all around. At dark, when they in tranquil sleep, A secret life we found.

The swallows are returning, Flying overhead with a chirp, I run through the field, Where the rabbits lurk.

The sun is bright, The sky is clear. I run through the field, Spring is here.

The grass is lush, The leaves a delight I run through the field, The baby lambs insight,

The flowers are blooming, Oh how pretty they are. I run through the field, I've ran so far.

The leaves are back, It puts a smile on my face. I run through the field, The breeze asks me to race.

We laughed and played all through the night our friendship grew and grew, Desperate for this life to last... but deep down we both knew...

The children said their sad goodbyes the sun now came to play, Our withered bodies slithered down destined to decay.

The Spring Field By Annie Donnelly

The days are getting longer, And Easter is soon. I run through the field, As the birds sing a tune.

I hear the buzz of a bee, It goes by in a blur, I run through the field, And see a movement of fur.

My dog licks my face, As I fall to the ground. I've ran through this field, But look what I've found.

A four-leaf clover, Shining under the sun. Spring is a new beginning, So try to have fun.

well done to all the winners in the creative writing competition in term 1. Some of the winning entries gre fegtyred below

The Girl Named Christmas

By Rebecca Jordan

She seems colourful and warm, A gracious snowstorm. People gather and stare, Whenever she is there. The girl, named Christmas.

They all admire, In front of the fire, her beauty and grace. for nothing could replace, The girl, named Christmas.

But while they grovel and glare, They are quite unaware. Of how the girl might feel, About her whole ordeal. The girl, named Christmas.

They shout her name wherever they go. She is lost in the snow. And she feels so alone. But the girl won't moan, no. The girl. named Christmas.

The girl stays strong, While they sing her songs. Hoping they feel full and merry. Kissing beneath the berries. The girl, named Christmas.

for while they all rejoice. She feels she has no choice. She must remain jolly and true. If only they knew, The girl, named Christmas

TY B HAVE BEEN BUSY RELEASING A MONTHLY **NEWSLETTER ALONGSIDE THEIR ENGLISH TEACHER MS** RYAN. CATCH UP VIA OUR VARIOUS SOCIAL MEDIA PAGES.

Murder By Moonlight. A short story by Sophie Maher

As the new moon dawned I watched it rise above the trees, casting a shadowy glow around the garden and I smirked. I got off my comfy chair by the fire and pottered to the front door and left the house. I toiled down the garden path and breathed in the cool night air with a sigh then the thought came to my mind "I

I slipped out the garden gate into the dappled moonlight and the large oak trees creaked eerily in the night. I heard an owl hooting in the distance and the faint screech as it Snapped up its prey. "I ought to find my own" killing was a passion of mine. One that could never be quenched and I felt such satisfaction every time I smelt the sweet succulence of blood from my unfortunate victims. It got me out of the house though didn't it? Why yes it did oh I best introduce myself eh? Well the name's Bentley but you can call me Ben we're buds now see, you and me. I'll show you my techniques. Would you like that? It'll be fun!

I carried on walking through the trees and I froze when I saw a branch move and eyes gleamed in the darkness. I smirked as I saw my next victim. They saw me and sprinted with a screech but I was ready and bounded after them. I leaped on their back and dragged them to the ground with satisfaction. When the job was done I picked them up and carried them back to the house and left them there. Next morning I woke up to "Oh Bentley! Not another one!" Sometimes it's tough



SCHOOL ACTIVITIES









Digital Learning Plan update

The focus of our Digital Learning Plan this year based on feedback from teachers and students is two fold; teachers expressed a preference for more in-house CPD and students identified a need to improve their reflection skills which would support their learning process. To address these areas, the teacher digital team led by Ms Miriam Bergin (Digital Technology Coordinator) created an exit card to help students reflect on their school work and exams. We also set up a student digital team (TY and LCA students) to give students responsibility to manage the use of chromebooks in the Junior Cycle area of the school. We also applied for the STEM Passport for our female students again this year. Microsoft and Maynooth University offer a programme covering micro:bit and python programming, and mentoring from various employees in Microsoft. They experience an insight into careers in Microsoft and gain a knowledge of college courses in STEM. On successful completion of the assignments they will receive a level 6 certificate worth 50 LC



points. These students will also have the opportunity to experience team teaching in our school by teaching first years and primary school students micro:bits and python, thus establishing cross curricular links with their LCVP subject on career investigation. Finally, we are one of *two* post primary Tipperary schools who successfully received the *STEM Grant from the Department of Education* based on our application and we are delighted to have received $\mathfrak{E}9,600$.

#successthrougheffort #STEM #etbethos #excellenceineducation #community #care #respect #equality #cmcoagobair

School Wellbeing

Earlier this academic year, Colaiste Mhuire Co-Ed. proudly accepted the Gold Award for the *One Good School* Initiative facilitated by *Jigsaw*. This recognition was earned for actively promoting youth mental health among students, school staff and parents/guardians.



World Skills Ireland Visit

CMCO 6th year students studying Technology subjects - *Engineering*, *DCG* & *Construction Studies* visited the WorldSkills Ireland exhibition where countless career prospects and trades were on show. Thanks to Mr Gleeson for organising this trip. #STEM #excellenceineducation



Maths Week Fun

The Maths Department lit up *Maths Week* with engaging challenges and brain teasers. A notable highlight included TY students organising a whole school quiz, integrating Maths questions with other subjects. TYs also participated in the IMTA Maggie Gough problem solving competition, fostering a fun and collaborative atmosphere. Thanks to the Maths teachers for organising a highly successful Maths Week! #excellenceineducation

Photo shows Maths Quiz winners Will Quinn, James Woodlock and Emmet Ryan with teacher Mr O'Mara. Congrats also to Maia McCarthy on winning the Maths Challenge competition.





Congrats to all our 'First Year Halloween Art' competition winners photographed here with Art teacher Ms Dorney



Best of luck to our U19s

Best of luck to CMCO U19 Boys Basketball team and coach Ms Carey who have qualified for the Munster Cup final after winning the semi-final 42-39 against Nagle Rice Doneraile and to our U19 Gaelic Football team and managers Mr Ó'Cradóg and Mr Moloney in the Munster PPS semi-final against St John Bosco Community College Kildysart in the coming weeks.





CMCO Girls' Teams

were plenty There competitive outings for our 1st year, U16 and U19 Girls Basketball teams with some very impressive wins in their group matches. Our U16.5 Camogie team and senior Soccer team also delivered commendable performances during their group matches this term. Girls' team sports are growing in strength and



Ms Irwin and Ms Hickey (Basketball), Mr Russell and Ms Cullen (Camogie) and Ms Cunneen (Soccer). #successthrougheffort



Rugby News

CMCO U14 and U15 Rugby teams have played some very competitive rugby and enjoyed well deserved victories in the Munster Rugby Emerging Schools blitz days in Fethard Town Park this year.

Photo shows our U15 Rugby Team after a successful day out last November securing wins against St Ailbe's and Scoil Ruáin

Athletics XC

Congrats to CMCO athletes and their coach Mr Kinane on their success at the Cross Country County Championships last November. Liam Carroll won gold in the Junior Boys 1km event, Dylan Cotter won silver in the Intermediate Boys 2km event, while Adam Phelan, Jake Galvin, Sam Ryan and Dylan Cotter won gold in the team event over 2km in the Intermediate category.



to Liam who has recently qualified for the Munster Schools XC Championships following his recent U14s success. #cmcoabú

First Year Hurling



Congrats to our 1st year hurlers on their victory over Borrisokane C.C. in the Plate Final at Dr Morris Park. Nothing separated these sides even after extra time, which ultimately led to a penalty shootout. Well done to goalkeeper Darragh Maher in saving the fifth penalty to see an elated CMCO team under captain Paul Ryan lift the Plate. #cmcoabú



Embracing the vital role of 'Sustainability' in CMCO

CMCO collaborates with WorldWise Global Schools, Eco Unesco and the ETB Take1 Programme to embed Sustainability in our school. Under the guidance of Ms Meagher and Mr Hayes, the Sustainability Committee have been very busy for the past eight weeks completing the Climate Literacy Programme; a fantastic initiative funded by the Department of Education and delivered in TUS Thurles. Thus, we are delighted to have over thirty certified Agents of Change, committed to making small, but impactful actions for a more sustainable school community.



This year, we also introduced a Sustainability module in Transition Year, with all students taking an eight week course to become certified Environmental Influencers. Remarkably, over seventy students contribute to the Sustainability committee outside of school hours, highlighting their deep interest in a sustainable future. Follow us @green_cmco on X.

CMCO Equestrian Team

Well done to our Equestrian Team - Ben Nolan, Camilla Kerwick, Emma O'Connell and Mia Dunne (missing from photo) who had great performances at the TRI Interschools Show jumping competitions held in Hollypark Stables, Limerick and Tipperary Equestrian Centre in Thurles recently. #successthrougheffort



Science Week

In celebration of #ScienceWeek and the importance of STEM, CMCO 1st and 2nd years enjoyed a captivating and fun show of science and music presented by Science communicator Jon Chase who shared his knowledge through Science raps. They also had a very engaging talk on the #secretsofsuperheroes presented by the superhero physicist Dr Barry W. Fitzgerald. Our TYs participated in a Forensics Fun workshop and enjoyed the challenge. #community



Gaeilge 24

Students and staff of Roinn na Gaeilge thoroughly enjoyed taking part in #Gaeilge24, an initiative by Conradh na Gaeilge to promote the Irish language and encourage people to speak it. An array of activities, including an Irish music session, seanós dancing, song, Tráth na gCeist, yoga and the ever popular 'Dreoilín' dance took place in the Dome!

Photo shows some 6th year students with teachers Ms Cahill, Ms Geaney & Mr Ó'Cradóg

Important Dates

Wednesday Feb. 21st 1st Year P/T Meeting Monday March 18th School closed March 25th - April 5th Easter Holidays Monday May 6th May Bank Holiday Friday May 31st Last Day of School Year Wednesday June 5th

State Exams begin

Message from the **CMCO Parents Association**

The Parents Association expresses gratitude to all parents/guardians who generously contributed their time and support at recent school events. A special thank you to everyone who assisted with the highly successful 'School of Rock' musical, the Open Night and the Christmas Market in the Dome. Your involvement is crucial as we work together to support the school, ensuring our children flourish. For those interested in joining and making a difference, please contact Lisa at 087 6150548 - new members are warmly welcomed. Lastly, sincere appreciation to Denis, Clare and the staff for their continued support.

Lisa McCarthy (Secretary) & Frank Nolan (Chairperson)

Some upcoming events

Feb. - First Lego League, Student Enterprise County Final; Munster Schools XC; ETB Talent Show; International Tour to Paris...

March - Gaeltacht Trip; STEM Passport workshops; TY International Tour to Belgium; Agri Aware Farm Walk & Talk Day...

...plus many more educational and enjoyable co-curricular, extracurricular and sporting CMCO events are scheduled for this coming term, so follow CMCO on *Instagram*, X, Facebook, TikTok & YouTube for the latest news!