

September in Cashel Community School

Welcome to the First Years 2018/2019



Wednesday August 29th was the first day of First Year for 164 boys and girls who joined CCS. Day one is always about introductions, initiation and innovation. They were welcomed by their Year Head Mr. Cathal Farrell and their 6th Year Links students. The day was dedicated entirely to the first Year cohort who enjoyed many opportunities to engage with the staff who will be caring for them over the next six years. As they were the only year group in the school they had ample opportunity to familiarise themselves with their timetables and the layout of the school building and grounds.

This year's class group comprises boys and girls from 18 feeder schools. We look forward to nurturing them as they become 'responsible young adults'.

Junior Certificate Results 2018



Pride and celebration were the order of the day in Cashel Community School as cashel CS students collected their Junior Cert results on Wednesday 12th September. It was marvellous to see the delight and sheer happiness of our students as they received the results of all their efforts. This year's results were truly spectacular with results in all areas being above the national average.

Cashel Community School would like to congratulate the students who completed their Junior Certificate programme this year. There were some excellent results across the board in what was a difficult and challenging year for all involved within our school community. The students were rewarded for all their hard work and efforts during the last three years. The Principal, John Gallagher, paid tribute to the committed teachers, guidance counsellors, SNAs and ancillary staff in the School and acknowledged the support the school receives from the parents in their collective efforts to constantly promote excellence and a good work ethic in Cashel Community School.

Mr Gallagher said that "there were some tremendous results, however we in Cashel Community School believe that success comes in many forms. Whilst acknowledging the outstanding achievements of those pupils who scored very well in the Junior Certificate, we also recognise and applaud the excellent achievements of the many students who fulfilled their potential". That said he paid a special tribute to Kate Maher who achieved straight A's in all her subjects, this by any standard is a phenomenal achievement.



Cashel Community School Student Awards Night 2018

The annual Student Awards Ceremony took place in Cashel Community School on Thursday 24th May. This is one of the highlights of the school calendar and is looked forward to by students, staff and parents/guardians alike. This year's ceremony was the 21st such ceremony in the school's history. Guest speaker for the evening was past pupil Ms Dearbhla Ryan from Dundrum, class of 2010. Dearbhla obtained a BDS Honours Degree in Dentistry from University College Cork.

On Friday 25th May Archbishop O'Reilly celebrated this year's Graduation Mass. He spoke of the importance of the family and remembering our roots as being very poignant as the 6th year students chose this as the theme of the mass.

CCS celebrates Tipperary U21 & Minor success



It was with great pleasure that Cashel Community School welcomed the All Ireland U21 Hurling and the Munster minor Hurling trophies, along with past pupil Ger Browne (u21 player) and current students Eoghan Connolly (u21 player), Aaron Browne and Conor O Dwyer (minor players) to the school recently. The school sports hall was decked out in Blue and Gold, and the full school body showed their appreciation to the 4 winners, on what was a great occasion for everyone present.

Gamesmaster and GAA Coach Brendan Ryan outlined the fantastic contributions of Ger and Eoghan to Tipperary's U21 success. Ger was praised for the leadership he displayed throughout the campaign, scoring 1.9 from play from his midfield berth. This leadership, along with a huge level of skill and speed, was always evident when Ger lined out for any school team he played for during his time in CCS. This was the 2nd time that Ger returned to CCS with a national title, having returned in September 2016 after winning an All-Ireland Minor Title.

Brendan Ryan then praised Eoghan Connolly, who broke into the team after the Munster final loss to Cork, and was such an important player in both the All-Ireland semi-final and final. Eoghan's achievement was all the greater considering how young he is, and if this competition stayed at u21, he would amazingly have 3 years left to play at this grade. Eoghan was praised for the leadership, commitment and honesty, which brought him to Liam Cahills attention, and is evident everytime he wears his club and school colours.

Aaron Browne (Gers younger brother) and Conor O Dwyer were also saluted for their important roles in Tipperarys Munster minor hurling victory. Aaron played every minute in Tipperary's six championship games and won many admirers for his quality goalkeeping. Conor was one of only three players who were u16 on this minor side and played all games at corner back, using his pace and determination to great effect in each game.

Godolphin Bursary 2018

Cashel Community School is pleased to announce the Godolphin Bursary which was initiated last year has been continued again this year. Godolphin is the global thoroughbred breeding and horseracing team founded by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the United Arab Emirates and Ruler of Dubai.

This bursary is open to all students at Cashel Community School who will sit the Leaving Certificate in June 2019. It will be awarded to a student who intends to continue full-time study at an Institute of Technology or University in Ireland, or at an equivalent institution overseas.

The application and selection process will take place in September/October 2018 and will be based on a written application and follow up interview of shortlisted applicants by Godolphin Ireland personnel. The bursary will be awarded to one student. The recipient will receive a laptop computer along with €1,500 per year of third level study. The 2018 winner can avail of the bursary up to 2020 paid in two annual payments of €750 each. It is a condition of the bursary award that recipients give a commitment to undertake a minimum of 100 hours of voluntary work per 12-month period for the duration of the bursary. Voluntary work can be undertaken with charities, community groups or sporting organisations. Confirmation of hours completed will be sought before payment of each bursary instalment.

Ms. Margaret Moore, Deputy Principal of CCS had the following to say 'this generous award affords the winner significant assistance towards the cost of third level education while providing the recipient with a valuable piece of assistive technology. Not only does this bursary help students finance their education it also honours and recognises their hard work and dedication to their studies. We look forward to working with the Godolphin Ireland UC organisation in the forthcoming year promoting this wonderful bursary'.



CCS receives Cycle Against Suicide Ambassador School Award

On Wednesday last, September 12th, the now annual Cycle Against Suicide Ambassador Schools' Awards ceremony was held at the honourable society of King's Inns, Dublin. These awards recognised the immense efforts of 99 schools around the island of Ireland who have completed the Ambassador Schools' Programme, and became actively involved in mental health promotion. The Ambassador Schools' Programme is one aspect of a wide range of Cycle Against Suicide initiatives and programmes, is school-led, and involves the completion of "Five Gears" over the course of a year, all of which are aimed at raising awareness of the message that **"It's OK not to feel OK; and it's absolutely OK to ask for help"**.

The programme provides a framework for schools to integrate mental health activities into the school plan, and rewards schools who go the extra mile. The programme also aims to recognise innovative and effective initiatives, and facilitates schools to share and showcase good practice.

At the special reception, Cashel Community School was awarded the prestigious status of Ambassador School by Cycle Against Suicide in recognition of their fulfilment of the Five Gears, and their exceptional commitment to the promotion of positive mental health.

CCS was represented at the event by Link Teachers Ms. Ann-Marie Ryan and Ms. Nicola Gilmore and students Aoife Linehan and Jack Currivan, who understandably are very proud of their achievements. "The Ambassador Schools' Awards ceremony was a great day. It's wonderful to attend such a positive event, and have the efforts of the students recognised. Our participation in the Ambassador Schools' Programme has had an enormously positive impact on our school community, fostered a school-wide approach to the promotion of positive mental health, and provided incredible opportunities for student leadership" said Ms. Ryan speaking at the event. Minister of State for European Affairs Helen McEntee, Dr. Harry Barry author and mental health expert and Adam Weaver actor and musician presented the awards to students on what was a very enjoyable day for all.



Geography Week in CCS

Geography Week in CCS was packed with activities and initiatives which afforded our students many opportunities to learn and use their knowledge and skills. 6th year students conducted field investigations over two (thankfully sunny!) days in Tramore. TY and 1st Year students were establishing the number of nations represented in our student body (15 & and counting). Limestone pavements and river cycles were crafted by 3D modellers in 2nd Year. These were proudly displayed in our foyer. Well done to all concerned.



2 - Mr. John Gallagher (Principal CCS), Mr Kevin Dempsey (Geography Teacher) with prize-winners Michael James Phelan, Anna O'Dwyer & Senan McMahon.

Internet Safety in CCS

Internet safety is a concern for schools and families, to that end the Parents Association in Cashel C.S invited Dr. Maureen Griffin, a specialist in Internet safety who has extensive experience in this area to make a number of very informative presentations to students, parents and staff over two days. The presentations were overviews of what internet sites and content are currently popular among Irish students and the potential dangers posed by these. She provided practical advice on the protection necessary when online or using mobile devices. Issues such as social networking sites (e.g. Instagram); social messaging/chatting apps (e.g. snapchat); video streaming sites (e.g. YouTube); mobile device safety; screen time; grooming; sexting and cyber bullying were addressed.

The ever changing world of cyberspace is a major challenge to parents and Dr. Griffin's talk will certainly support parents as they grapple with issues their children encounter when online



Health Week

Cashel Community School held their annual 'Health Week' from September 24th – 28th. This whole school initiative endeavours to highlight to students the importance of making healthy food choices for the academic year ahead. A number of informative captions and posters were posted throughout the school. The sugar and fat content of foods from the top of the food pyramid was a real talking point. There was also a poster indicating the amount of sugar in the most popular fizzy drinks bought by teenagers. The Transition Year students carried out a survey on how many students eat breakfast daily which had alarming results with some year groups. The most popular cereals were then assessed by their sugar content, another insightful learning experience for the student body. This initiative was strongly supported by the local community with healthy brown bread, scones, yogurts, wraps, turkey sausage, brown rolls, smoothies, fruit salads, juices and apples distributed amongst the 860 student cohort. First Year Home Economics students participated in a 'Healthy Lunch Box' competition. Transition Years played an integral part in the week helping to coordinate the distribution of healthy food and drinks to the various classes.

Ann Darcy of Ann Darcy Clinic Cashel gave a number of very insightful talks to students throughout the day focusing on the link between 'mood & food'. Staff were also provided with healthy snack throughout the week. There was a very entertaining 'Cook Off' between two Tipperary and two Limerick teachers. Their brief was to prepare and present a creative healthy lunch in 15 minutes. Local food provider Joe Aherne had the difficult task of judging the event. Many teachers also took part in a 'Healthy Snack' competition with a high standard of culinary skills displayed.

Staying active was another component of the week. Most junior classes participated in the 'drop everything and run' initiative. This involved the students running/ walking around the school circumference for a 40 minutes period. A lot of broad smiles were spotted as they passed classroom windows!! There was also a staff obstacle course on Wednesday lunchtime which highlighted the highly competitive nature of the staff members of CCS. Students cheered on their teachers with great gusto.

The week proved to be highly successful and informative which impacted on the positivity of the whole school community. It is hoped that students will be more nutritionally and activity aware in their daily lives as a result of the knowledge they gained in the past week. It is also hoped that these events have contributed in a positive way to the students' physical and mental Wellbeing. This initiative would not have been possible without the input and cooperation of students, staff and the local community.

