



All Weather Pitch by Corey Prendergast

The new All Weather Pitch was officially opened back in April 2021. It took six weeks to build over the old basketball court. New fences were also put up around the all weather pitch.

The all weather pitch allows students to play different sports without any deterioration of the pitch surface. Students can also train in all seasons regardless of weather conditions. With the artificial grass, there is an even playing surface which means sports can be played with greater accuracy.

The new pitch is a perfect addition to the school as it can be used for many activities such as P.E., soccer with the new mini soccer goals, basketball and much more!



During lunchtime some students use the new facility to have a kick around.

Martin Coleman, our caretaker said "It's a great new addition to the school as the students can play here at lunch and it can be used for P.E."

Digital Portfolios for Transition Year Students

by Thomas O'Mahoney and David Hahessy

The digital portfolio course is for Transition Year students to record their learning journey throughout the year. Using Google Sites, we create a website about our strengths, interests, our subjects and our progress on what we do throughout the year.

The main focus of the class is to document what we have learned, what trips we go on and to have evidence of how we have progressed throughout the year. The goal of the initiative is to help us showcase how much we develop throughout TY.

We are creating a page on our websites for each of our subjects as well as our extracurricular interests and activities.

Google Sites allows us to make professional looking websites which will include a variety of content that we encountered along with our own personal reflections on the whole TY experience.

Junk Kouture by Darwin Navarro

Junk Kouture began in 2010, created by Troy Armour and quickly became a platform for creative students to design and make something based on their minds alone. Junk Kouture showcases aspiring designers from ages 13-18 from across Ireland as they rise to the challenge to create wearable fashion, however they must do so following the rule that everything used must be 100% recycled.



In Cashel Community School, the Junk Kouture project is being led by the brilliant and helpful Mr Dunne and a team of students who wished to partake in it for 2022. Entries for the designs begin on the 20th of January to the 3rd of February 2022. Progress on the costumes have already begun and students are still welcome to join regardless of whether they chose art as a subject or not.

Soccer is Back!

by Padraic Ryan

After a full year without any sports in CCS due to the Covid-19 pandemic, sport has returned to the school and with that soccer is back up and running. 1st years started in September with six training sessions and anyone in 1st year can attend them. After those six training sessions the

coach will narrow down the students to a panel and that will be the 1st year soccer panel for the year.

U17 soccer trials started on Friday 8th of October with the first of two trial matches taking place. There had to be two separate trial matches as there were sixty students eager to get a place in the squad so half the squad played on the 8th of October with the other half playing on Thursday the 14th.



GAA in CCS

by Colin Tuohy

Recent Results

Senior Hurling

CCS 1-19 St. Augustine's

Dungarvan 2-16

CCS 2-15 Tulla 3-26

CCS 1-23 Blackwater 1-14

Senior Camogie

CCS 2-12 Presentation Thurles

2-09

Senior Ladies Football

CCS 2-20 Scoil Chríost Rí

Portlaoise 3-13

U16.5 Hurling

CCS 1-17 Doon 1-21

CCS 0-11 Hospital 3-18

Junior Camogie

CCS 3-18 Laurel Hill Limerick 2-3



Cashel Community School is looking forward to another successful year in hurling, football, camogie and ladies football, hoping to mirror the accomplishments of recent years. After a long year without Gaelic games in the school, due to the pandemic, players and teachers are

eager to get into this year's championship. Since returning to school, the school's teams have been training and playing challenge matches in preparation for the 2021 championship season.



Our Senior hurlers are preparing to play Our Lady's Templemore in the first round of the Dr Harty Cup on November 10th. The team will be led by captain Cathal Quinn this year. The 2021/2022 season will be CCS's first year playing Munster A Hurling since 2012. The team has played three challenge matches so far this year. With a win, a loss and a draw against three strong schools from across the province.

Cashel CS's Senior Camogie Team got their year off to a good start with a 3 point win over Presentation, Thurles. They face St. Mary's Midleton in the first round of the Munster Colleges for the 2021/2022 season. Throw-in is at 2:30 Tuesday October 19th in Leahy Park, Cashel. Following promotion to the A, this will be the first CCS team to play at the highest level in Munster.



The school's footballers have also been training hard for weeks now, in preparation for championship. The Senior Ladies had an impressive win over Scoil Chríost Rí, Portlaoise in a challenge

match earlier this month. They face off against Midleton in the first round of the Senior A championship and the Junior Ladies will go head to head with John the Baptist CS, Hospital in the opening round of this year's Junior A championship.

The U16.5 Hurling Team are set to face Our Lady's, Templemore in the first round of the championship on Monday, October 18th. While our Junior Camogie Team will be battling Choláiste Choilm, Ballincollig to kick off their championship. Things are looking good for the girls after a decisive 3-18 to 2-3 victory in a challenge against Laurel Hill, Limerick.

TY Trip to Ballyhass

By Kate O'Shea and Carrie Anne Ryan

On Friday the 15th of November, our TY students along with four of their teachers (Ms Sheehan, Mr O Connor, Mr Roche and Mr Hynes), went to Ballyhass Lakes in Mallow. The group were blessed with lovely weather all day long. We were divided into five groups which made it easier to have lots of goes on each activity. A great day was had by all as they did various activities including axe-throwing, zip lining, Leap of Faith, Gladiator and inflatables on the water. All the teachers got involved too!



We left the school at 9am and arrived back in Cashel at 7:15pm. Axe throwing was very interesting to try. No student had ever tried it before and it was great fun to compete against each other in competitions. A popular favourite amongst the students were the inflatables. This consisted of

bouncy castles floating on the water. Slides, swings and a hamster wheel are some examples. They were fun, but also very tiring!



At 2pm, we had a lunch break which allowed us to relax for a while before we took off doing something else again. After we had eaten, we went on to do the Leap of Faith. This consisted of climbing a tall pole and jumping off the top while trying to catch onto a bar. This was by far the most daunting activity, even one of the teachers refused to do it! Gladiator was a race to the top of a vertical obstacle course and was terrifying. Another popular activity among TY's was zip lining. You quickly crossed over the lakes and it was fun seeing everyone struggle to stop themselves at the other side. The instructors at Ballyhass were very friendly and showed us how to do each activity safely. All the students were very tired by the end of the day but a great day was had by all!

BT Young Scientist Exhibition

By Jodie Phelan and Olivia Leamy

Cashel Community School has decided to enter three different projects by five students into the BT Young Scientist Exhibition.



Murt O'Brien and Sophie Rea are doing a project called ESP Wristband. The ESP Wristband is a sensor driven alert system for people experiencing medical emergencies. It responds to an alert, so that carers will be able to know when someone is in distress. Carers will have more security and more sleep because the ESP Wristband alerts them.

Jenny Ryan has decided to do her project about Home-Made Scent, investigating the best base for perfume. Jenny has been doing an experiment on three different jars filled with alcohol, coconut oil and water for more than eight months to

see which component is most suitable to be the base for a perfume. She will also be looking at the environmental effects, cost and supply and skin factors of the product.

Megan Kirby and Ava Abbott are investigating the links between prenatal trauma, traumatic childbirth and adolescent mental health. A 5,000 people survey has been carried out on the matter. The girls conducted this survey through social media platforms since May last year to harvest data trying to find connections between stress during pregnancies and then questions about the mental health of the children involved.

CASHEL COMMUNITY SCHOOL
A STATISTICAL CORRELATION BETWEEN HEAD TRAUMA AND THE ONSET OF MENTAL ILLNESS

THE KNOCK ON EFFECT!
A statistical correlation between head trauma and the onset of mental illness.
By Ava Abbott and Megan Kirby

AIMS

- Our aim was to prove our hypothesis
- That there is a significant link between head trauma and the onset of mental illness
- We wanted to see if there was a possible intervention prior to the onset of mental illness
- We hope that this will aid in the knowledge amongst society of the long term effects that may occur post head trauma

Conclusion:
Any individual who suffers from a head trauma regardless of its severity should be evaluated by a psychiatrist or a psychologist 6 weeks post injury, 6 months and then a year later. This evaluation should be then followed up by a full neurological examination by a doctor. After a year, it will depend on the individuals cognitive and psychological state if they will require future evaluation

RESULTS/CONCLUSIONS:

TIME BETWEEN TRAUMA AND MENTAL ILLNESS:

- 2.36% (0-6 MONTHS)
- 2.16% (6-12 MONTHS)
- 13.72% (1-3 YEARS)
- 2.16% (3-5+ YEARS)

Bar Chart 1: Time Between Trauma and Mental Illness

Time Between Trauma and Mental Illness	Percentage of Individuals
0-6 Months	2.36%
6-12 Months	2.16%
1-3 Years	13.72%
3-5+ Years	2.16%

Bar Chart 2: Results/Conclusions

Category	Percentage of Individuals
Those who suffered from head trauma	100%
Those who did not suffer from head trauma	100%

Erasmus Plus Programme in CCS

Cashel Community School provides a high quality education to all its students. This involves enhancing lifelong learning, improving efficiency in education, promoting equality, social cohesion, active citizenship, advancing creativity, entrepreneurship and innovation in our students in accordance with the EU Education and Training Programme 2020.

To do this we created a *project called Growing Together. As life evolves and changes occur we must grow and develop to provide the best education possible for the holistic development of our students. Our project is driven by our desire to improve our ability to meet the needs of all our students in their growth. We strive to improve our teaching methods in order to support every student in their individual learning process.*

The project identified three key areas for development- Health and wellbeing, ICT - new technologies and digital competencies and the key competencies of numeracy and literacy.

We applied for a grant from Erasmus Plus and have been awarded €76,630. The Erasmus+ KA101 programme is an excellent opportunity to develop collaborative practices within our school community, local region and in Europe. Here we will gain invaluable knowledge as to best practice within Europe. We will send staff from a large range of subject areas to investigate new strategies, methodologies, and resources that will help the holistic growth of all our students.

The staff that go will improve their skills and knowledge and they will bring their new found skills back to the rest of the

staff. This will help us grow and in turn enrich our students' learning experience; they will become active citizens and future leaders who are connected, respected and contribute to the world, enhancing employment skills, training, entrepreneurship and social inclusion.

Our staff wellbeing is a priority for us also. Staff will attend mindfulness, stress management and healthy eating courses, as happy teachers lead to happy classrooms. Their coping strategies will be improved and these methods can be passed on to our students.

By taking part in the Erasmus + project we in Cashel Community School will continue to grow together. Like a tree our branches will be strengthened and we will continue bloom.



Photo:

Ms. Clodagh Kelly (Director of Schools, Tipperary ETB), Ms. Nicola Sheils (BOM, CCS), Ms. Margaret Skehan (Chairperson BOM, CCS), Mr. John Gallagher (Principal, CCS), Mr. John Irwin (Secretary General ACCS).

The Amber Flag Initiative

The Amber Flag initiative is an initiative run by Pieta House which recognises the individual efforts of primary and secondary schools, youth reach, third level institutions, community groups, clubs and companies to create healthy, inclusive environments that support mental wellbeing.

In order to further promote positive mental health and wellbeing CCS have decided to take part in the Amber Flag initiative this year. Successful completion of the Amber Flag initiative involves the whole school community coming together in order to create a safe, positive and healthy attitude towards our general physical and mental health and well-being.

The Amber team is led by students and teachers who meet monthly. Each month they have different goals to achieve. This month students have been busy promoting the Light It Up Tipperary Initiative.

The aim of Light It Up Tipperary, is to bring together an easily accessible list of all

public and private support services available in Tipperary onto one website. All students have learned about the website at Assembly this week as students from the Amber team shared this information.

This is a fantastic website and we encourage everybody to follow it on their social media platforms. The circle conveys unity and the flame in the middle reminds us that nobody is alone, there are lots of supports in Tipperary .

<https://www.light-it-up.ie> is the website if any sports club/organisation would like to promote this brilliant idea.



Young Social Innovators Project 2021

By Gavin Dalton and Aibhe O'Dwyer



Believe in it. Act on it.

Our project is called S.A.S (Stay At Sport). Our goal is to keep teenagers playing sports. We picked this topic as we are all passionate about sport and we want to show students the many benefits of sport .We are going to focus on a sport each month. We are going

to interview a sports person in our school for each sport and conduct surveys with the students to find out the percentages of people playing different sports in our school. We will communicate our findings through the school website, social media and the local press.

