

COLAISTE NANO NAGLE

Christmas 2021

Principal's Message

Dear students,

We are fast approaching our Christmas holidays. An important opportunity for us all to slow down, take stock and focus on what is important in our lives. Christmas gives us an opportunity to spend time with our family and loved ones and I encourage all to give the gift of your time this year.



We are continuing to live through challenging times with COVID 19. So much has been asked of you and continues to be asked of you and you have risen to the challenge. You have shown incredible resilience and you should be so proud. I have been so impressed this year at the many achievements of students across the school. Getting involved in co- and extra-curricular activities does involve commitment, and often hard work but the rewards of taking part are priceless. I would encourage all students to make it their New Year's resolution to engage in at least one activity outside the classroom. I also encourage students to take the time to thank those staff who have given their time to you this year both inside and outside the classroom allowing you to shine.

Christmas is a time where we are called upon to look outside ourselves to the needs of others. I wish to thank sincerely all the students and staff who have worked to keep the work of Nano Nagle alive. I see many random acts of kindness being carried out for others. Member of our beautiful choir sang recently in the Milk Market for the enjoyment of others. I see students and staff in our school organising donations and engaging in fundraising events to support charities such as St Vincent De Paul and the Samaritan's Purse Christmas Shoe Box Appeal. I see the beautiful gifts presented to the Neo Natal Unit for the parents of premature babies.

It is important to think about others at Christmas and let your beautiful light shine on them but it is also important to engage in selfcare and mind yourself at Christmas. So be kind to yourself during this festive period.

Nollaig Shona
Sinéad Moloney



— FEATURING JUNK KOUTURE AND TEACHER OF THE YEAR 2021 —



Ephemeral Bloom



The New Different



Student Voice in CNN

Message from our Head girl & Deputy Head girls

Head Girl : Magda Pawlik

“Success is not final, failure is not fatal, it is the courage to continue that counts.” - Winston Churchill

Becoming Head Girl of Coláiste Nano Nagle was an opportunity I never thought I would have received. I have noticed that over the few months of receiving this significant role, my confidence has grown majorly. I see myself sharing my opinions and thoughts more often, which is something I have been craving to learn and improve over several years. I noticed that my leadership and people skills have ameliorated and that I find myself feeling more responsible of other students in Coláiste Nano Nagle, wanting to do my best at representing everyone in our school and wanting everyone to feel safe, comfortable, and happy.

I am grateful to be a part of our school community. Over the last six years in this school, I have learned many things. Not only did I discover a lot about myself, but I also learned a lot about what it is like to be part of a community, learned how important teamwork is and most importantly, learned how vital it is to work hard, not only by studying for exams and doing homework, but to work hard to achieve your own personal goals. To my surprise, most of this knowledge did not come from textbooks but from experience and getting involved.

I made it my goal coming into first year to get involved into things that perked my interest as I wanted to gain as much experience as possible. Thus, I became part of the horse-riding club for a few years, I am currently on the basketball team since 3rd year and I got involved in many fund-raising events as well as competitions run by the school, such as Sci-Fest in Transition Year which is by far, one of the greatest memories I have and will cherish forever. This experience has also guided me into pursuing my future career in science.

The conversation about leaving secondary school is still foreign to me. I tend to forget that I am in my last year of being in second level education. It is both exciting and terrifying at the same time. I remember my worst fear arriving in first year was thinking if I will be able to successfully finish secondary school. I saw all the other older girls, so mature and confident and I wondered if that would be me one day. Here I am today, writing this article proudly as Head Girl and currently planning for the near future which is yet another milestone in my life to be completed.

I guess what I want other students to take from this, is to never give up. I know it is much easier said than done but truly, coming from my experience, giving up is not worth it. Yes, it is tough to not give up, yes there will be difficult days, weeks, or months but at the end of the day

day, it is okay to not be perfect and what matters is the best that you can do, not what anyone else can do. Like the famous American actor Clint Eastwood said, “What you put into life is what you get out of it.”

Myself, Niamh, and Fatima will do our absolute best to make everyone in our school proud and heard and dedicate ourselves wholeheartedly to our roles. I would like to wish all students, parents/guardians as well as all staff a Merry Christmas and a Happy New Year.

Deputy Head Girl: Niamh Toner

"Don't let the fear of losing be greater than the excitement of winning." -

Robert Kiyosaki

Being a Deputy Head Girl at Colaiste Nano Nagle has been an experience I never imagined I'd have. I am extremely grateful for this opportunity, and I am excited and determined to represent the school and to fulfil the duties that come with it. I didn't think this role could have affected my perspective or perception of things and situations surrounding school. With this new leadership path, I've discovered new skills. I never imagined I'd be able to gain such confidence in just a few weeks after receiving the role. I've felt the significance of listening to students' needs and how we can act upon it. I've improved my active listening skills and perseverance as a result of this.

I look back on the time of my first week of entering the school. I was scared about where I would fit in and if I would be able to keep up with my timetable and homework. I compare the old me and who I am today and how our school broadened my creativity and pushed me to achieve many goals I could've never envisioned. One of my earliest memories of being in this school was of hearing the sixth years speaking over the intercom about Head girl and Deputy Head girl roles. From then on, I was intrigued by this position and what it had to offer and always hoped that one day I could even participate in it.

The support from the school was a driving force for my achievements and confidence. I was taught that failure was considered as a steppingstone to success, and I learned how to bounce back after each setback. I then set it as a goal for myself to showcase and make use of my interests and talents such as joining orchestra, choir, basketball and so on. Once I had accomplished the Junior Cert, I entered Transition Year with uplifting support from my teachers and a clear mind which led me to achieving many goals I once dreamed of. I believe that every student can achieve any dreams or goals they desire if they work hard enough, whether it be in gradual incremental or one key decision at a given time.

My goals throughout the year are to create a space where students with concerns can openly come to me or Magda and Fatima for support, to represent the school in a positive light whether that is through school events or messages to current students, display the opportunities we are offered within the school such as BT young scientist, Junk Kouture, Scifest and the afterschool activities. I aim to represent our school by demonstrating how much they value their students. Most importantly I want to create a happy and safe environment for students to thrive in during the school year. I hope to leave the school knowing that the girls and I have helped students and teachers in any way we possibly could and creating change for the better.

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Deputy Head Girl: Fatima Bibi

“Leadership is an action, not a position”

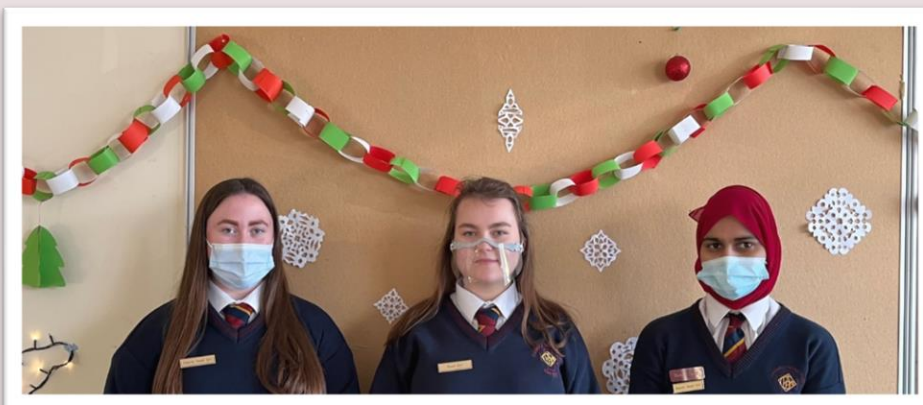
Becoming a Deputy Head girl is a new experience that I will remember forever. I am very privileged to represent the school in this way and constantly celebrate my excitement every day. This role is particularly important to me as it allows me to become more self-sufficient, mature, and freely communicate with others. It is more of a new path for improving myself and helping others even more. Over this year, I would like to accomplish several goals, including gaining a better understanding of what I can handle in my life, identifying my strengths and weaknesses and help to make the school a more positive environment by making a difference.

There is no limitation to what we can achieve. “One who has no dreams, has no future.” Anyone can achieve anything if goals are set. This school has taught me to be mature and to be better than yesterday. Since the moment I joined this school, I have always felt supported and uplifted by the people around me. My experience in this school has always been an interactive moment with people around me. By participating in many activities both within and outside of school, I have learned more than what is written in textbooks. Example: Green School, Sci-Fest, Teen-Turn, Narrative 4, Badminton club, Student council and so on.

It feels like only yesterday when I first walked through the doors of CNN and was worried about finding my way around, organising lockers, meeting new teachers, and making new friends. It is hard to imagine that in a few months I will be leaving secondary school with my other friends and embark on a wide variety of new adventures. As I look forward to all the opportunities, it is important to remember that while events, situations, and circumstance change, memories last a lifetime. While I will leave the classrooms and corridors of Colaiste Nano Nagle, I will carry a wealth of happy memories in my heart and mind. From laughing and joking with friends during lunch time, tackling new materials with teachers, and trying new activities afterschool, I have enjoyed a full and formative secondary school education in CNN. For this I thank teachers for always showing kindness and making sure everyone was included.

My message to the student is that the future is determined by what you do today, what you learn from yesterday, and how you live for today. Be the person you want to be, not the person you think others want you to be. I encourage you to participate in any afterschool activity that you enjoy. Please do it now while you still have the chance, since you will regret it later.

I, Magda, and Niamh will work together as a team, will make every effort to meet all expectations, as well as to carry out our responsibilities with entire dedication. I wish students, parents/guardians, and staff an incredibly Happy Christmas and a peaceful New Year.



Left – Niamh Toner

Middle - Magda Pawlik

Right – Fatima Bibi

Student Council 2021



Here is Coláiste Nano Nagle, we believe student voice is very important and that our students have a valuable contribution in running of the school. As a result, their participation in the school's operations is an important component of the student's education.

Every year, a student from each class is elected to represent their class in the student council.

The Student Council is a group of girls that bring up any issues faced by their fellow students to the school management's attention and work with them to make the necessary changes accordingly. The Student Council meet every twice a week and discuss any issues that arise.

Meet the Student Council Members of 2021 - 2022

Lana Qaddoura - 1st year (Sophia)

Hala Alaqeel - 1st Year

Timima Abedin - 2nd year (Fiadh)

Natasha Bowen - 2nd Year (Caoimhe)

Flourish Olushola - 2nd year (Cara)

Keely Maher - 3rd year (Tara)

Ana Stibuhar - 3rd Year (Ceide)

Leona McCarthy - 3rd Year (Cashel)

Maha Shahzadi - Transition Year

Rebecca O'Connell - Transition Year

Chloe Reddan - 5LCA

Abbie Power - 5th year (501)

Iva Lucic - 5th year (502)

Fatima Bibi - 6th year (601)

Dewa Ishaq - 6th year (602)

Nicola Canty - 6LCA

What have the Student Council Been up to?

Mural

So far this year, The student council have organised an Art competition to design a mural containing a positive message for the students in our school. Student council hope to paint a chosen mural on a wall within our school.

Christmas Celebration

To bring in the Christmas Cheer into our school community, the student council have organised a Festive jumper day, Classroom decoration competition, Bake sale and Raffle competition. Our students are working very hard to do fundraising for charity.

Membership with ISSU

This year, our school have become a member school with Irish Second- Students Union. The ISSU is the national representative body for school students in the Republic of Ireland. The ISSU aims to foster a stronger student voice at all levels of the education system.

This year, For the 1st time, 4 members of our student Council attended the Regional Council meeting in the Limerick City Hall.

The Regional Council is held each year by the ISSU in each region of Ireland. This council meeting is attended by 4 members from each member schools in the region e.g Limerick. Students from different schools come together to discuss different issues both on Regional and National level.

At the end of the meeting, elections for the Regional Officer position are also ran. Students interested in running for this position are expected to make a 1 minute speech as to why they should be picked as the regional officer.

We were very delighted to have one of our member elected as one of the 2 Regional Officers for Limerick!



I am still trying to get my head around it. I still cannot believe that I am now the Regional Officer for Limerick. I remember telling the other girls the day before the Council meeting, "lets watch how things run this year as it's our 1st time. We can always run for the position next year" I was also on my online work experience in that week so I hadn't even gotten the chance to attend the full meeting. I only joined the other girl's half way, during when everyone was having their lunch break.

I get there and there is a bunch of different students from all over Limerick. Everyone sitting in their group of 4. I go join the girls from our school. They told me everything that had happened so far. The girls said they were going to run for elections which were going to be held after Lunch.

I doubting if should go too, as I had only just got there. I didn't have my speech, I didn't know what I was going to say, I didn't know anyone that was present in that meeting, nothing was planned but something told me to just give it a go! And so I did.

I don't know what I said that people voted for me but what I do know is that I meant every single word I had spoken.

I am honoured to be the Regional Officer for Limerick. My responsibility as a Regional Officer is to work with all student Councils in Limerick and voice their issues to the National Students Executive of ISSU.

As well as this, I am expected to organise events on a regional level, help to deliver student council training, hold cluster meetings of student councils and ensure that ISSU national campaigns are heard in all member schools of the ISSU.

I also get the opportunity to work with local media and write Press Releases.

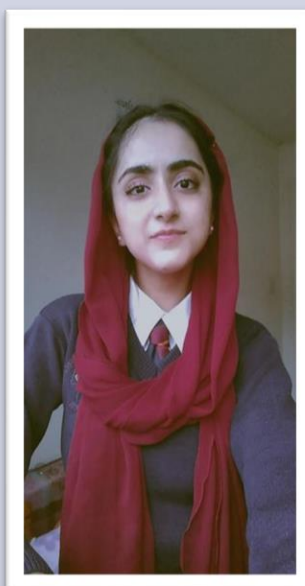
I will be heading to Dublin for 2 days in January to get professional training on my role a Regional Officer.

I have already attended my 1st meeting with all the other Regional Officers from the Republic of Ireland. All ROs are extremely nice and friendly and I cannot wait to work with them.

I am so glad, I didn't let my doubts hold me back that day or things would've looked a lot more different today.

I super excited to see what I get up to as Limerick's RO!

Maha Shahzadi | TY Representative



ISSU x CNN



CNNs Shining Stars

Our school have had tremendous achievements this term, from qualifying over 4 projects for BTYSE to winning southern regional award in Junk Kouture to even a student taking home a spanking new Mac book air!

Junk Kouture 2021

Our Two teams of JunkKouture of 2021, The New Different and Ephemeral Bloom represented our school in the Grand Final of Junk Kouture which was aired live on RTÉ 2! On the night, Ephemeral Bloom was crowned winner of the south region in the Junk Kouture recycled fashion competition 2021. Team members Brenda Lim, Brianna Sheehan and Molly Jackson wowed judges with their Asian inspired creation which used bedsheets, copper wire, lace, a repurposed corset and napkins.

Our fantastic Art Teacher Ms.Nestor, who works tirelessly on this competition each year was also awarded the "Teacher of the Year Award". Ms.Nestors live reaction can be views on Junk Kouture's YouTube Channel.



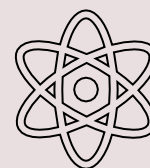
Teen Turn Scifest 2021

Four projects from our school took part in the Teen Turn Scifest recently and the girls achieved great success. Fatima Bibi, our 6th year student won the Blogger competition award for her project diary on her project plastic seas and took home brand new Mac Book Air

Maha Shahzadi, our TY student, won 1st place in her category with her project Eataware and came 2nd in the competition over all! She was awarded a brand-new Samsung Galaxy S20.

The other two project received a special mention from the Judges. Everyone received some lovely goody bags for their hard work.

Well done to all involved.



Sports News

Badminton



At Colaiste Nano Nagle, badminton has become a popular lunchtime sport. Students from third and sixth year come to the gym to follow expert Mr Philips detailed instructions. It is on every Wednesday at 1:10pm. Students will be playing some matches in the coming months against other schools. Everyone is welcome to join.



Soccer

The Junior Soccer team will begin training when we return to school after Christmas. Training will take place after school on Thursdays in the school hall. We will be getting a professional coach from the Football Association of Ireland (FAI) to come in and take the first few trainings. We would invite anyone who would like to attend to come and avail of this fantastic opportunity. We will also be playing matches against other schools in Limerick throughout the year. Anybody interested can contact Mr. Gilvarry or Mr. McInerney.



Green Schools

"Be a part of the Solution not part of the pollution"

It is fantastic to see so many new members have joined Green School. They are all really enjoying and are busy carrying out actions. This year we also have Miss Green and Claire Marty Crowe to help Miss Ahern in the meetings. We meet up every Wednesday afterschool and everyone is welcome to join. This year in green school we are busy applying for our 6th Litter & Waste Flag. We are planning to order new bins for school. Hopefully, they will be in school after Christmas as a present to all the students in the school. We are also ordering reusable bottles for students. It is important that we all recycle, and recycling is important in today's world if we want to leave this planet for our future generations. When it comes to recycling, you should consider the three R's: Reduce, Reuse, and Recycle.

Green school students won the runner up award 500 euro for their Documentary which they made during lockdown. Wow!! Well, deserved. All the money will go towards ordering bins for the school. Last year our four students Fatima Bibi, Wajeeha Shehzadi, Haleema Nasir and Mariam Sanjrani were selected to be Water Ambassadors in our school by An Taisce. They have attended a series of meetings with other students online during the programme.

This year Fatima Bibi created a video highlighting all the actions they did in the programme and sharing her experience during the programme. Our four students have completed their programme and recently have received their certificates. We greatly miss our past students Wajeeha and Haleema, and their work will be always remembered by our students.

During the Climate Action Week, Fatima gave a talk to 3rd year geography class in relation to Single-use plastic. She encouraged students to use reusable bottles to reduce the waste. At the end of the presentation Fatima carried out a survey titled "Sea full of Plastic" based on the presentation. There were two lucky winners who won great prizes for the survey competition.

We are looking forward to completing our actions for Litter & Waste flag. We all know waste can be double during the Christmas time and most of it is plastic from gift wrapping and packaging. Please try to make your Christmas plastic free. Wishing all the students and staffs Merry Christmas and a Happy New Year.



Choir

Choir has always been part of our tradition here in Coláiste Nano Nagle. The Choir practice takes place during lunch, twice a week (days vary on what lunch time you have). Have you been considering to join Choir but aren't sure? We interviewed a member of choir and asked them what they would recommend?

Hi, my name is Keely. I am a 3rd year student. I recommend that you should all take part in choir. I strongly believe you will have the best time of your life. I did choir for two years and those two years were the best years of my life. The choir room is the liveliest room in the school. Without a doubt, you will always have a laugh, you will learn new songs and you will go out on trips to sing beautiful songs.

In 1st year I got a solo to sing for a prayer service. I was very nervous and lacked confidence that morning, but Ms. Gaughan helped me warm up and practice the song so that when the time came, I was ready. A little piece of advice is

“Everyone should step outside their comfort zone once in a while to get a sense of how it feels and whether you enjoy it or not”



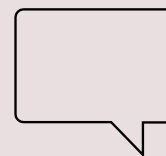
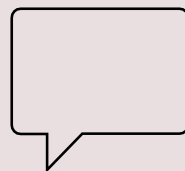
Concern Debates

This year, our senior debating is back in action! The team is taking part in the Concern Debates competition and is steady in the race. They won their first debate of the year, earning three points on the leaderboard. They lost their second debate in a well-played, fierce and friendly duel. The team is still awaiting results from their most recent debate, in which they opposed the motion, **'it is simply wrong for billionaires, like Bezos, Branson and Musk to 'joyride' to space with so many problems back on earth'**. The team has put their time, dedication and hard work into these debates. No matter the outcome, they will always have the school community behind them, including their wonderful teachers: G. Galligan, J. Ryan and D. Teefy.



The team this year includes :

- Jodie Neilan (6th year)
- Dewa Ishaq (6th year),
- Iva Lucic (5th year),
- Maha Shezadi (TY)
- Grace Kanyinsola (TY)



Along with their reputable researchers including Rachel O'Shea (6th year) and our fantastic TYs. We wish the team the best of luck in the future. Big thanks to all involved, especially our supportive and encouraging mentors. All are welcome to join debating and are encouraged to share their creativity and teamwork skills within the school community.

Classroom insider

Every crossed by a classroom and thought “What in the world are they doing in there?” Well, we had the same thought as we passed Ms. Cantillon’s 3rd year geography class. So we did our investigation.

Let’s hear it from the students themselves.

We are two third year geography students. Our names are Keely Maher and Vivien Budai. We are doing geography for our junior cert and hopefully we will do for our leaving cert. Miss Cantillon is a fantastic geography teacher, and we are fortunate to have her. The atmosphere in the classroom is always positive. Miss Cantillon inspires us, and she always put a smile on our faces. We all get on very well in the class and are never afraid of asking questions in the class. When we are learning a certain chapter in the class Miss Cantillon always relates to her personal experiences which makes us to remember the topic more. “Geography is all common sense. We live in geography.” We still remember this line which Miss told us in first year. We believe her words are so true. Geography will help us in in our future when we are travelling.

Fatima Bibi from 6th year came to our geography class and we were lucky to have a talk from her in relation to problem with single use plastic. She helped us to understand what happens when plastic enters the sea and how harmful it is for fish. Fatima shared with us some devastating facts about plastic such as in Ireland we buy two million coffee cups per day, and we purchase 22 million plastic bottles per year. We were shocked with this numbers. Fatima carried out a survey based on the presentation to see if we were listening or daydreaming. We were all listening to her as her presentation was very effective and was related to geography. Vivien Budai won a price for great contribution during the presentation.



We would like to wish best of luck to junior and senior students with their upcoming exams. Merry Christmas and a Happy New Year to everyone.

Okay, our bad. False alert. They were actually doing what they were supposed to do. Ms.Cantillon rocking it like always. No tea, Just a good old class doing hard work as usual. Nothing suspicious.

Our Quest of suspicious classrooms countines.....

Adventures

Trip to the Hunt Museum

The sixth-year art students, Dewa Ishaq, Faiza Mohammadi, Mahnoor Amjad, Samanta Makulena, Tommi Kirby and Alicia O'Brian alongside with their art teacher, Mrs. Nestor visited the hunt museum in mid-November and had a fantastic time. The exhibition at the time was a virtual exhibition called 'Ride a Flying Fish.' It was based on the painting "The garden of Earthly Delights" which was painted by a Dutch artist Hieronymus Bosch around the year 1500.

Before entering the museum, the students received a little treat of brownies from Ms. Nestor, and they thoroughly enjoyed licking chocolate off their fingers mid-morning.



Students were guided by a friendly tour guide around the museum to the exhibition area downstairs. They were shown the prestigious triptych painting of "The Garden of Earthly Delights" and discussed the different elements and symbols used in the painting. Shortly afterwards the students were showed a room where the virtual exhibition took place. "It was a completely dark room with only one table with a lamp on it, at the far corner of the room. There were colourful LED cubes around the room that you could use as a stool to set on. The atmosphere was well built for what came next." Said Dewa a sixth-year art student.



As they sat around on the cubes the tour guide produced 7 VR headsets. The VR allowed the art students to experience and see the intricately detailed painting in 3D. Dewa explains that “when I put on the Headset, I was sitting on a flying fish. We came face to face to three double doors and I decided to open the left one. Entering the door brought me to the first panel of the painting which represented heaven. I was surrounded by beautiful trees and heavenly creatures. As I move through them, I encountered a figure representing God who was giving Adam and eve an arrange marriage. It felt exactly like I was inside the painting. Then, the fish suddenly went down into the lake water, it was flying above and down, down, down to the bottom of the lake. We emerged back at three doors standing before us.



Entering the middle door brought me into the middle panel of the painting. The middle panel of the painting contained figures committing the seven deadly sins: Pride, Lust, Covetousness, Anger, Gluttony, Envy, and Sloth. I and my flying fish made our way through the animation of crowds of people and animals committing these treasonous acts. It was appalling and confronting, but very amusing at the same time.

The last panel of the painting contained scenes from hell where people were punished for committing such actions in the previous panel. Entering through last door was completely different to the other two. It was completely dark with flames blazing here and there, people dropping from the dark cloudy sky and screams and moans everywhere. The music added to the atmosphere as well. It was composed according to the imagery and as dark and low. The fish and I moved through people being eaten by pigs, people ears being cut by knives and gambling tables. My “visit to hell” was frightening and disturbing. However, I am glad for such a unique experience of moving through a painting using a VR. It was an ingenious idea and very appealing.”

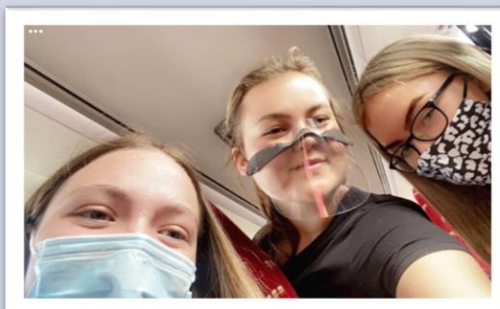
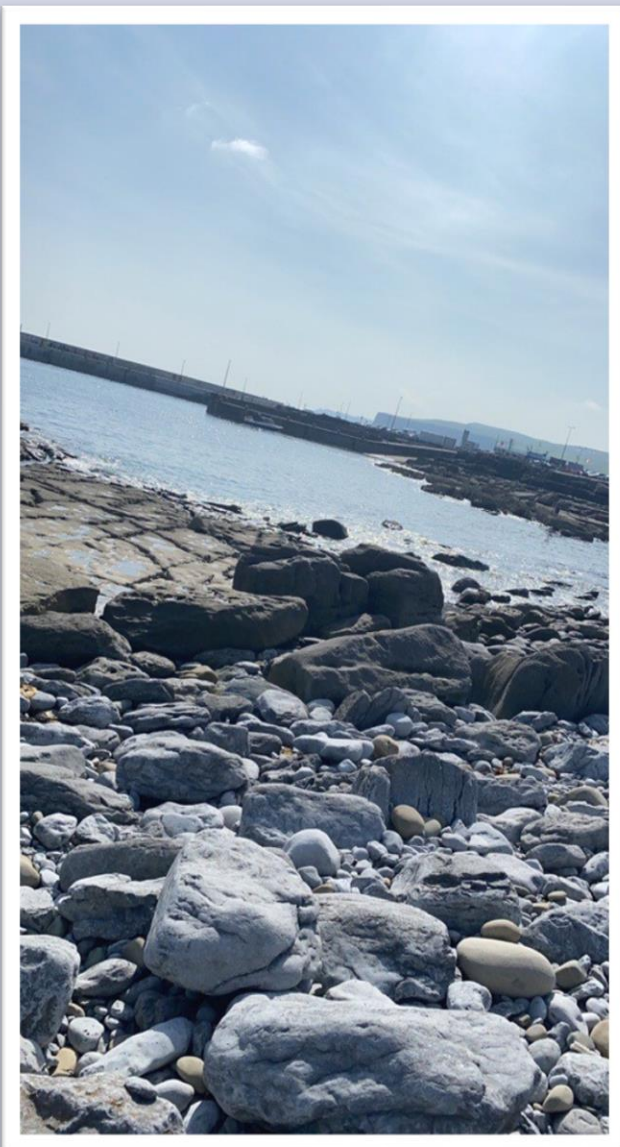
The art student left the museum thrilled and amazed. Thanks to Mrs. Nestor for being such an amazing teacher and taking the time to give the students such a unique experience of hell and heaven and of course riding a flying fish.

Geography Field Trip

Our sixth year had the opportunity to go outdoors to carry out their field study while still following all HSE 's guidelines. Their fieldwork is part of their curriculum which made up 20% of their actual exam. Here is a brief account of the trip by one of our geography student Fatima Bibi.

On 6th of September 2021, we went on a field trip to Lahinch in Co. Clare. It was such a beautiful day. It was nice to go out especially when our lots of other trips were cancelled last year due to Covid-19. We carried out a study on coastal processes such as transportation and deposition on Liscannor Bay. I really enjoyed this section of the course as it allowed me to apply what I have learnt in the classroom to a real-life environment and got hands on experience using all the different equipment such as anemometer, compass, vernier calliper etc.

Seeing geography in action is always preferable to reading about it in a textbook. The weather was beautiful, and the trip was both entertaining and successful, since we were able to carry out all the activities required for our field trip report. I never expected to have so much fun on a socially distant and masked trip. Special thanks to Mr. Philips for organising the trip



Literature

What about the people?

Oh, you say your country is great
You say that to everyone you meet
Would you still say that if you see the amount of
homeless on the street?

You prioritize the rich,
Kick to the curb, those in need
So, what about the people
Whose families can't feed.

Hear the cry of a child
As the mother begs money for food
Having the bare minimum to survive
As you relax, being ignorant and rude.

You sit in your large home
As they sit in a cardboard box
Baring the cold weather
With holes in their socks.

Think of the people
Who dream to have the sort of things you throw
away
What about the people
Who pray to survive another day.

As you sit back
In all your money and glory
What about the people
Whose lives are a whole different story?

Open your eyes
Or each of them dies
Let that sink in,
As you drink your expensive.

Your mistakes, Our earth

You've made a mess of our earth,
And you expect **us** to fix it?
I don't think that's fair
Not a single bit.

You've cut down the trees
In our beautiful forests
You killed the precious wildlife
And won't take the blame for it.

You put chemicals
In what we are trying to breathe
You've stolen our futures
You are such thieves.

Your generation were so careless
And now it's our problem
You have made so many mistakes
And now we must try to solve them.

Clean up your earth,
Clean up your mess
Otherwise, we will all die,
That is a horrible fact.

By: Zoe Coyle

That's why TY

Despite the challenges of Covid-19, The TYs have been trying their best to make their year as memorable as possible. They have been up to lots of things. Here is a little recount by one of the girls.

When I first started TY, I wasn't too sure that I would enjoy it, I heard that it would be a doss year and there was basically nothing to be done but to be honest there's always something to be done, from junk Kouture to starting up a few mini businesses to stopping traffic in Geography class, going on amazing walks and taking in the lovely scenery during P.E and planning a special surprise for all the teachers for teachers' day.

We went to a comedy show for TY's in Mary Immaculate College, there were so many hysterical laughs and afterwards we got a picture with the comedian himself!



A few of us took part in a mental health program by jigsaw where we learned that it was important to talk about your mental health to one good adult that you trust, after the program we gave a talk on this to the first years. A few other people did a buddy reading program with fourth class students of our lady of Lourdes primary school, where they got together every Tuesday to read a book with them.





So far my year in TY has been great fun and has helped me come out of my shell.

Highlights of TY

Teacher's Day 2021

The Transition Year class of 2021 -2022 planned Coláiste Nano Nagle's very 1st in history, Teacher's day Celebration. The girls created personalised treat bags for all staff members as well as a selfie booth for the teachers to get their photos done. There was also "guess the baby competition" which challenged both teachers and students to guess the teachers by their baby Photo. The day ended with a fun virtual Kahoot Quiz.



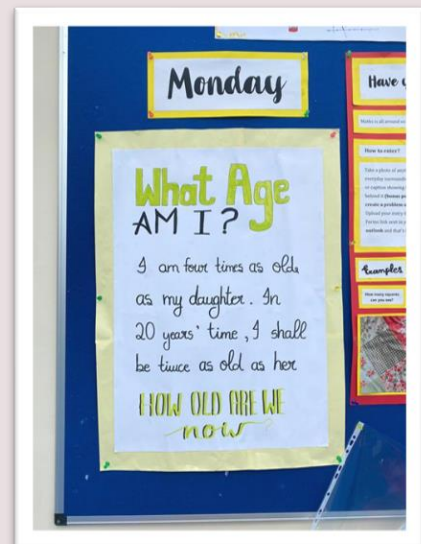
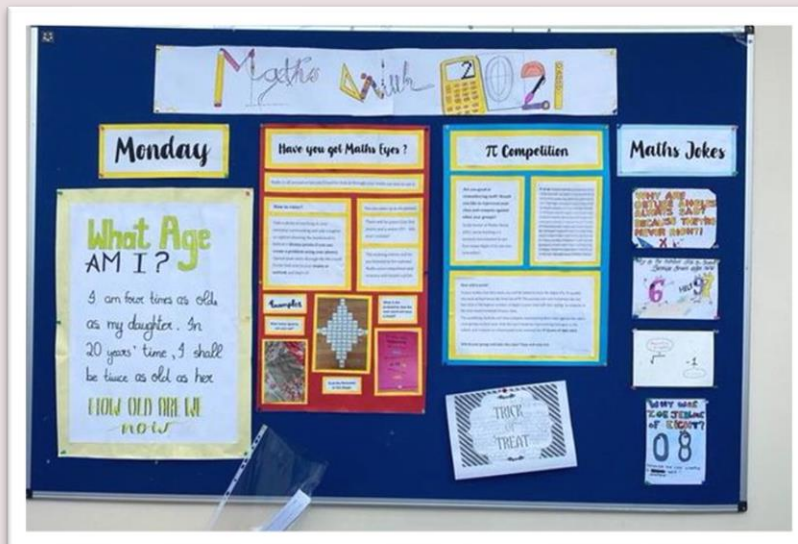
Penpals with 1st Year

The TYs students wrote welcome letters accompanied by a welcome card to all our new 1st year students to welcome them into our school and introduce them to the secondary school environment.

Maths Week 2021

The TY class also helped Mr.Monaghan put together this year's Maths Week. The girls created posters and did announcements

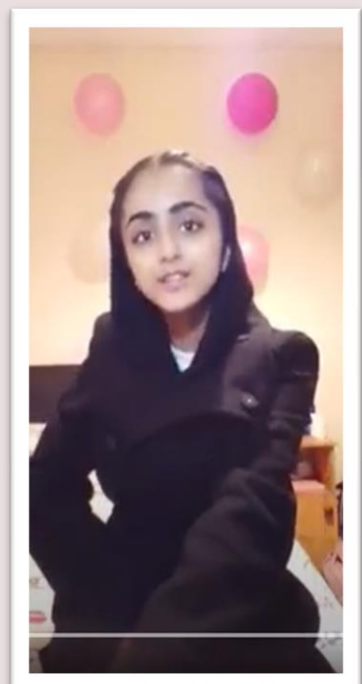
over the intercom with problem of the day. The week was filled with different competitions such as Maths Eyes, Pie Memory competition and Guess the Jar as well as some Maths Jokes and changed each day!



#FindyourMoment Campaign by Spunout

TY Students, Michelle Zang and Maha Shahzadi took part in Spunout's #FindyourMoment Mindfulness challenge. The two girls were asked to document their journey as they tried 5 minutes of mindful meditation each day for 5 days straight challenge. Their videos were then professionally edited into tik tok style videos by Spunout's professional editor and released on their official tik tok account in 3 sperate video.

These fantastic videos can be view in the following links. [Day 1](#), [Day 3](#) and [Day 5](#)



Online Work Experience with Deloitte Ireland

Two TYs students from our school were invited to participate in a one week online TY work experience ran by Deloitte Ireland. Allanah Purcell, one of the participating students shares her experience from the week with us.

During the full week I did with Deloitte was actually quite fun. Which if I was being honest I wasn't expecting. I was expecting calculations and numbers and all that business jazz. But I actually learned so much from it. We learned about personalities in a business, how a business is run and also how to do an amazing cv which is very important when it comes to looking for a summer job!



Deloitte.

We did so many quick games like shadow boxing and meditation. We also learned about wellbeing in a workplace and how important it is to feel safe and happen within the walls of where you work. I also met a friend through one of the breakout rooms of which I text very often and we clicked straight away. I really enjoyed having a laugh with all of these people and I really think I am going to take everything I was taught in those five days with me to the future.



Breast Cancer Talk

Juliette from Breast Cancer Ireland and survivor of breast cancer herself gave our Transition Year students an extremely informative and engaging presentation on Breast Education and Awareness. Knowledge is power!

Geography in action!

The TYs along with their Teacher Ms.Cantillon have been going on lovely walks around our local area, exploring

geography in real life. They have carried out street surveys as well as exploring local Ecclesiastical areas and even STOPPING THE TRAFFIC. The girls have said that these walks have by far been their favourite part of TY and are eager to get back to them as the weather changes.





“Ms.Cantillon was trying to take a photo of us for our twitter but the traffic kept coming and we weren’t able to take a photo. These two fellas saw us, they parked their car on the side of the road, came out and held the traffic from both sides for us, while Ms.Cantillon took this photo for us! I felt so special while being mortified at the same time. I must say this is definitely a memory I will never forget!!”

VIP Sports Programme

Abbey Hanlon shares her experience of her participation in Limerick’s VIP sports Programme.

Every Monday I go to UL and attend the VIP Programme run by Limerick Sports Partnership. 35 TY students selected from nearly 300 applicants attend this programme from schools all around Limerick.

We get the chance to gain nationally recognised sporting qualifications and get to attend important health workshops such as

- Active Leadership
- Coaching children
- Little athletics

I have enjoyed my experience so far and have lots of sporting qualifications already. I have loved meeting new people from different areas around Limerick and learning about the different sports people are into.

TY Mini – Company!

The TYs students started their mini – companies this year as part of their Student Enterprise programme. This programme allows second – level students to get an experience of what’s it like to run their own mini- company. This year we had 3 mini – companies which included, Tie Dye TYs, Enlight Candles and Nerdy Crafts. The girls unfortunately didn’t get a chance to attend their official Christmas Market due to Covid-19 however they organised a mini in-school Christmas Market on the red walk to showcase their creations.



Buddy Reading Programme

Six of our TYs students did a buddy reading programme with fourth class students of our lady of Lourdes primary school, where they video called their buddies every Tuesday to read a book with them.

Here is a recount by one of the students that participated in the programme.

Buddy reading will certainly be one of my the highlights of TY as I recall my experience in future. Tuesday being a long day, I really looked forward to meeting my little buddy every week.

I must say at the start, I wasn't sure of what to expect and was quite nervous too. A lot of thoughts ran through my head as I got on the call for my very 1st session. "What if the person didn't like me?" "what if they don't want to read the book?" "What if I wasn't able to answer their questions?" "What if they didn't talk to me?"

However, once we started talking, the time just flew! I had an extremely lovely little girl as my buddy. She had the most beautiful personality and I truly looked forward to seeing her sparkling eyes and having a chat with her every Tuesday.

Through this programme, I also got to experience things from a mentor's perspective. I found myself questioning myself as to "How can I support my buddy with the knowledge I have? How can I improve their reading skills and increase the awareness of what they are reading as well? I felt like a teacher all most. Through which not only I helped my buddy increase her level of reading from 2.5 to 3.6 but also developed interpersonal skills of my own such as effective communication, planning ahead and perspective thinking.

Meeting the kids was certainly really enjoyable but I must not forget to mention all the treats we got along the way through this programme! We were brought out for hot chocolate several times.

Towards the end, we got to pick out a gift for our buddies. We meet them in person and were brought to a really nice Christmas dinner afterwards.

I really enjoyed every single bit of this programme and am actually sad that it came to an end. I shall always cherish this experience forever and ever!



Walk in My Shoes Programme

One TY student from each school in Ireland are selected to participate in the Walk in My Shoes, Mental health awareness programme. Sarahlouise from TY gives us an insight into what the programme is about.

The walk in my shoes program was an incredibly interesting program. It was wonderful getting to speak and know Amanda McArdle and Rebecca Gaynor.

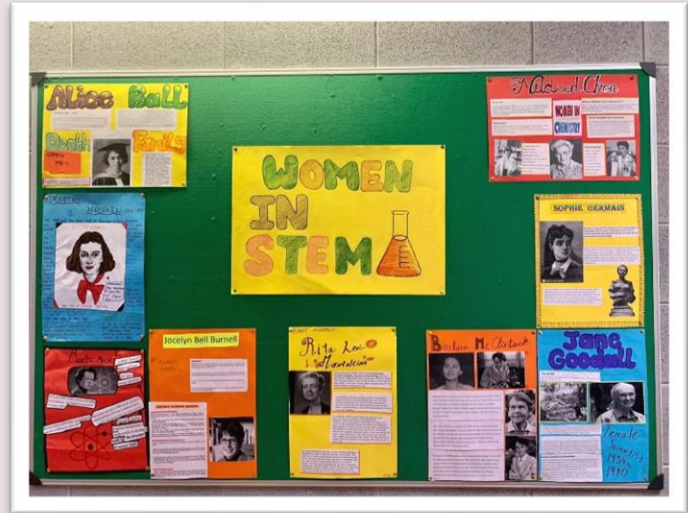
The other members of the program and I got to speak to a woman named Ciara via teams who actually used St. Patrick's mental health services and lived there, She told us how St Patrick's had a real impact on her life for the better, She said "Nobody will help you "fix" your mental health but they will definitely help you figure out why you're feeling a certain way."

We spoke to Jonathan Swift who runs St Patrick's mental health services and he told us all about St Patrick's he said "There is no health without mental health"

I found this program extremely helpful as I wouldn't have thought about mental health now if I hadn't had done this program which is why I'm so excited to take what I've learned and tell it to my peers at school and hopefully they'll see mental health in a completely different way.

Science Department

Science Department did fantastic work for Science Week. All year groups created rockets and made slime to name a few of the fun activities that took place. The theme of the week was Women. We also ran a TikTok and Poster Competition which saw two first year students win a One4All Gift Card.



The 5LCA Science class are working hard growing garlic, onions, broad bean, coriander and cabbages as part of their Food Growing Project.

We are delighted to have four projects successfully entered into the BT Young Scientist Finals in January 2022, which is taking place virtually again this year in collaboration. The project titles are: There's no pride in prejudice, Raising The Bar For Irish Female Athletes, Eataware and 65 Roses

All students put in an immense amount of work carrying out experiments, conducting surveys and interviews in their spare time. The students are supported by their teachers Ms. Prior and Ms Walsh.



Bring on the Christmas Cheer!

Christmas Carole Service

On 21st December 2021, we had our prayer service. Our theme was naivety. The message of our prayer service was that Christmas is all about celebration and spending time with family and love once. A huge thank you to Miss O'Brien and the helpers Sarah Madden, Leona Parcel and thank you to choir for organising the event. We had an opening and closing prayer from Miss O'Brien and she said the prayers of the faithful the choir sang many hymns including o holy night and jingle bells Miss Moloney said a speech at the end and wished us a happy Christmas. Erin Larkin sang a solo.

My name is Sarah Madden, and I am a fifth-year student. I have been a reader for all the school prayer services since I was in first year. I really enjoy reading for the prayer service and helping Miss O'Brien out. I remember in first year initially being terrified to read when asked by Miss O'Brien, but now I'm super grateful that I was given the opportunity to do so. Being a reader has helped me gain confidence and it's given me the courage to try new things. I enjoy everything about being a part of the prayer services

between setting up the gym/prayer room or even just having a laugh with Miss O'Brien and the other readers. I'm thankful that Miss O'Brien trusted in me when choosing me as a reader. I think anyone who is thinking about helping with the prayer services or given the opportunity to do so should go for it! You won't regret it! Thank you.



Charity

Saint Vincent de Paule

This year as a group we decided we wanted to raise money for charities. So far we have fundraised for St Vincent de Paul. We have done so by having a bake sale and a food drive. We hope to carry on with more fundraisers throughout the year to raise money for different charities. We would like to thank everyone who either bought from our bake sale or donated to our food drive.

Many thanks,

SVP

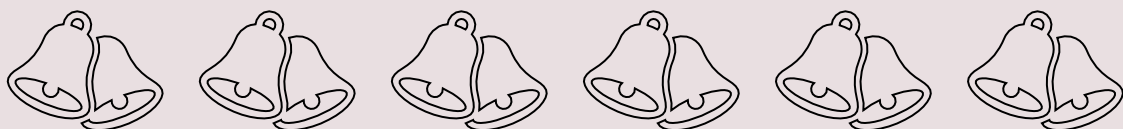


Bake Sale

The Students Council organised a bake sale to raise money for charity. They raised 300 euros for charity. Thank you to all students and staff who donated so generously.



Christmas Jumper Day







Merry Christmas

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Merry
Christmas