

Easter Transition Year Update



- Following on from fundraising for Irish Wheelchair Association, we had the opportunity to enter a group in to the Transition Year **Wheelchair Basketball** tournament.

Twenty students travelled to Kilkenny to compete against teams from Cork, Kilkenny, Wexford, Waterford and Carlow. The students got to appreciate how difficult the sport can be in a wheelchair and had



the opportunity to view how it is supposed to be played as the Cork team had a fabulous player who plays in a club at home.

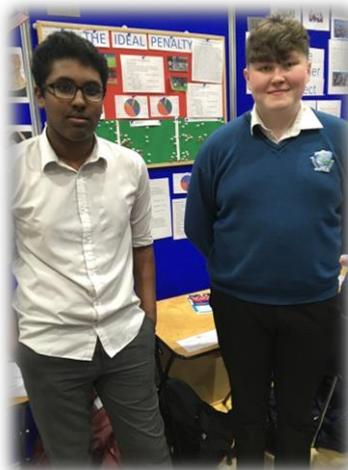
- All students had the opportunity to travel to Dungarvan to go to the **Pictúirlann** to see 'An Saothraí' (The Breadwinner). During Seachtain na Gaeilge, many students were involved in teaching ceili dancing to other years and they did a Tráth na gceist with 1st and 2nd Years too.
- Members of the Peace and Justice group participated in this year's St. Patrick's day parade. Seán Corcoran came into the school to complete climate change workshops, with '**Save Our Seas**' being the theme. They made all their costumes from old Radon barriers. They also travelled to Croke Park to a 'Walk In My Shoes' event where they discussed Homelessness, HIV and the Refugee Crisis.
- All TY boys had a talk from the **Marie Keating Foundation** and the girls had a workshop from **Breast Cancer Ireland**. Both were very informative and important for students.

- **Wellbeing week** was a fun filled educational experience for all students. Along with the daily activities, Transition Years also got to listen to forensic psychologist, Maureen Griffin, on Internet and Online Safety. Life Coach, David Wade, showed them various breathing exercises, which helped release negative energy. He then did activities and spoke to them individually about their future career paths, after they wrote down their likes/dislikes.
- After months of hard work, the top businesses and business ideas were chosen to attend the **Mini Business Waterford** final in WIT. Many students experienced the ups and down of running a business. The learning was as much in the businesses that didn't work as it was in the businesses that were successful. We were delighted to come away with two prizes on the day. Tom Breen and James Power received a Special Merit award and Fiona O'Kane and Jack Brennan received the prize for Best Interview. Margaret Tynan from WIT commended us on the performance and manners of all our finalists so well done to all.



- Two classes had the opportunity this term to visit local factory **Chia Bia** along with their business teacher. It's fantastic to have such a supportive business in our locality and the students got an insight into a manufacturing business.
- **Smashing Times:** During this talk there was a one-actor drama revolving around a character being affected by suicide and all the feelings and emotions he was going through. Then a Q&A was held. The actor, along with Samaritan volunteers and a psychologist, answered a question that each student had written down.
- During Wellbeing Week, the **Amber Flag committee** put positive quotes in lockers and decided to show the teachers, principals, office, canteen and BAM staff how much they appreciate what they do by surprising them all with a cupcake each during lunch. They are also busy organising the Ardscoil na Mara Lip Sync Battle 2019, which is being held on the 23rd May.
- Following on from our Radio Production course, Roisin Groves and Seána Quinn went into **WLR** to market the Youthquake plays on the Damien Tiernan show. They spoke excellently and got to experience the inside of the radio station.

- On March 6th, we travelled to DCU to participate in the National final of the **PE Xpo**. We were the largest represented school there, with 14 projects in total. Students put in huge work before the competition and the projects were top class. All groups were interviewed by at least three judges and were grilled about each part of their project. Unfortunately we didn't win any prize but the experience will stand to each participant as they head towards further education.



- In the **retreat**, there were various activities through the day such as meditation, bonding exercises, sports and nutrition talk, arts & crafts. All these activities revolved around the idea of taking care of yourself and being positive, even when it's hard to be.

- Rosemary Smith's **Driving School** visited the school over five days to give everyone the experience of getting behind the wheel. The course was a mix of practical and theory, where the students started their preparation for their theory test, learned about insurance, tax, speeding, drink driving to name a few.



- 12 of our students had the opportunity to attend the **HSCP day** that took place in the RCSI building in University Hospital Waterford. It was a day of lectures about health and social care careers. There was a wide variety of careers discussed such as physiotherapy, clinical measurement science, audiology, social work, speech and language therapy, paramedics and many more. The speakers spoke about what their jobs entail and their pathway to that career. It was a great opportunity for the students to see into the hospital and the jobs involved.

- After months of work in art class, a number of students travelled to Lismore Castle to view their finished art pieces in the **Artifice Exhibition**. The students were very pleased and proud of their pieces and got to experience first-hand being involved in an art exhibition. Many students had not taken art for Junior Cert so this was a huge achievement. A special mention to Lauren Barrett who was incredible all the way up to the finish and helped lots of groups finish before the deadline. Well done to Pranav Immanni and Aran O' Brien whose piece was selected to be purchased at the end of the night.



- Thank you to all who volunteered to bag pack for **Make A Wish** and collect for the **Special Olympics** flag day. We had speakers in to talk about both charities to inform the students about where the money will go.
- The careers department organised a trip to **UCD** where they got to hear about courses in the university and get a tour of the campus.
- The 23 students who are participating in the **Pool Lifeguard course** have completed all their lectures and CPR training and are waiting to see how they got on in their tests and assignments. Thanks to Lola O' Sullivan for all her hard work over the past 8 months in produced a new batch of lifeguards for Tramore.
- The **Young St Vincent De Paul Committee** visited a local primary school to share with the 6th class pupils their work as members of the Young St Vincent De Paul Committee and discuss what a typical day in secondary school involves. Plans are underway for the Young SVP Conference Day on May 2nd. The committee will make a presentation to the conference and meet with fellow students to discuss and reflect on their year. To mark Wellness Week, the committee shared positive messages among the school community and awarded prizes to those who found specific messages.
- The members of the **Pope John Paul 2nd Award** group have been busy completing their parish and community hours. As well as their usual work, the students organised meditation and mindfulness in the quiet room at lunchtime during wellness week. They played a key role on Ash Wednesday distributing ashes and participated in a Lenten ceremony on March 22nd in Holy Cross Church. They will be assisting in the upcoming Easter Ceremonies.

- Well done to all TY students who participated in the Bronze **Gaisce** 94km cycle on the Greenway on April 8th and 9th. Students who had completed three key challenge areas of community involvement, personal skill and physical recreation went on to face the tough challenge of the adventure journey. This took the 58 participants on a two day cycle to Dungarvan and back. The weather on day 1 was fabulous but the students really earned their award on day 2 and should be very proud of their achievement. Well done to all and we would like to encourage students to continue on the Gaisce Journey with the Silver award.



- On Monday 25th March, 43 students from Lycee Francais International Georges Pompidou, Dubai visited our school to take part in a GAA skills learning session with the TY **Future Leaders** group. Future Leaders students took the students through both hurling and gaelic football skills and then joined with them to play a gaelic football game before they had to continue their tour of Ireland by visiting Waterford Crystal. A great morning was had by all.



- 4C completed their **English projects** on either a songwriter or a film director just before Easter. The subjects chosen were varied and extremely interesting, with work from everyone from John Lennon to Billie Eilish represented. A particularly outstanding presentation was given by Stella Hennessy on the life and lyrics of Tyler the Creator.

- The TY representatives on the **Student Council** Emma O' Neill and Tom Breen and their fellow SC members organised some of the PR for Wellness Week, a Wellness Treasure Hunt / Quiz, SC information stand and a Meet and Greet morning. They played a key role in organising the guest speaker Cllr Lola O' Sullivan to attend an SC meeting to mark Wellness Week and National Tree Week. The SC planted several trees following an excellent presentation by Cllr. O' Sullivan, which inspired the students as leaders and promoters of the student voice. Emma and Tom also volunteered to assist in the annual Daffodil Day.



- Transition Years were well represented on the **ski trip** and by all accounts they had a fabulous time. The groups ranged from beginners to advanced skiers and they all were challenged at their own level.



- Welcome back to Cara Ennis and Ava Dineen who were in France for five weeks immersing themselves in the French language and culture. On the Spanish side, Patrick Reynolds is merging his Spanish with tennis in Spain for a few weeks- a wonderful opportunity for all involved.

- Stephen O' Rourke in Tramore golf club has introduced many of our students to **golf** this term. Although we have a few students who could take the classes for us, most were complete beginners. Hopefully we will have a few budding golfers in the future.



Happy Easter to you and your family.

