



# Transition Year Easter Newsletter

For just five short weeks, the Transition Year students in Ardscoil na Mara have experienced so much success at the top level- from one of the top awards at the PE Xpo to two All-Ireland runners up spots in the Drama competition and Wheelchair basketball tournament and two prizes at the mini business county final. The talent of our students is endless and we are very proud of each and every one of their achievements.

- The **PE Xpo** took place in DCU this year. With 25 students and 10 projects, we were one of the largest represented schools at the competition. The projects were entered into various different sections. Our well-being projects included projects on sleep, concussion and fitness of PE teachers. In the sports psychology section,



we had a project on using music in the gym. Four projects were entered in the equipment sections where we investigated the science behind surfing, hurling grips, swimwear and tennis playing surfaces. Lastly in the nutrition section, we entered one project on protein and another one, which became the eventual winner of the senior section. The project by Michael McGrath, Niall Hogan and David O' Flynn was titled '*How different nutritional strategies affect anaerobic power output*'. The judges were intrigued by the project and the boys were questioned thoroughly by each one so they needed to know their information inside out. The Senior Nutrition section was the largest section in the competition so it was a massive achievement to come away with the winner's trophy.



- Students from 4E reached the **All-Ireland TY Drama Final**, organised by the Briery Gap Theatre in Macroom, with their performance of 'Songs from Grease'. They beat out teams from Bandon to Westport to claim the trophy for Best Choreography, as well as receiving a Runners Up trophy in the Light Entertainment category. This is the first year that we entered the competition, so the students were thrilled to get so far. They worked hard, and to a tough deadline, with their Music and Drama teachers, as well as with their talented choreographer, Pat Grant. Well done to all involved.
- The inaugural **Wheelchair Basketball Championships** saw over 1000 students taking part in the inclusive programme, whilst also raising funds for the vital services and supports IWA provides to people with physical disabilities. Following on from the regional finals in Carriganore, the Ardscoil na Mara team travelled to the National Basketball Arena in Tallaght for the All Ireland championship finals. They remained unbeaten in the group stages of the day coming up against teams from Cork, Ennis, Sligo and Meath. They continued with their fifth win of the day in the semi-final against combined Sutton schools. They lost out in the end in an intriguing final against Gaelcholáiste Mhuire AG, Cork but came away with an All-Ireland silver medal. They had the opportunity to play against an Irish International player in the final and see how it is played at the top level.



- The members of the **Young St Vincent De Paul** and the Transition Year members of the **Student Council** actively participated in Wellness Week by launching their Student Council Newsletter, distribution of positive notes in the student's and teacher's lockers, organisation of a healthy eating and nutrition awareness display, compilation of stress busting techniques from the teachers, meet and greet mornings, the welcome address of the guest speakers and the coordination of mindfulness in the prayer room.
- Tramore Order of Malta completed their first **CFR (Cardiac First Response) course** before Easter. Their knowledge and experience is invaluable to our students. They will complete the rest of the courses before the summer.
- 4C have completed the **CPR4Schools programme** and will be assisting in delivering the programme to as many of the school community as possible over the summer term



- After months of work, 4B and 4E 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.



- The **Gaisce** Overnight hike will be taking place the first week of May so students are encouraged to get their documentation in order to show that they have fulfilled the other three areas needed such as community involvement, personal skill and physical recreation.

- The **Pope John Paul 2nd** students are busy completing the remaining hours, presentations and personal reflections for their respective awards.

- Students got an insight into the Irish Legal system, both Civil and Criminal, during the two day **law course** by barrister James Fahy. He gave some important insights to students as to how it all works and it finished up with a mock trial with students filling roles from the murderer to the barristers to the jurors.

- Well done to Rachel O'Connor and Kira Ridgard who made it all the way to the regional finals of **Junk Kouture** in University Concert Hall Limerick, to show their Junk created outfit 'Lys Calla Noir'. After months of work, they were one of 400 teams selected out of almost 4000 students to get to this stage. The competition was stiff and unfortunately they didn't make the grand final, but an amazing day and experience was had by all.



- The **Architects in Schools** group are currently finalising their architectural models and will display these nationally in April after the Easter break along with other participating schools from around Ireland

- Another invaluable activity, which took place with half the group so far, was a **road safety day**, coordinated by Carrick Motor club and supported by An Garda Siochána. Jamie Kent talked about the aftermath of his car crash and the struggle he has had to endure as a result of his injuries. Other members of the motor club and the guards spoke about all areas of road safety. The students then got to see the difference between a road car and a rally car and were shown the importance of the safety belt.



- Following on from our school final, the **mini business county final** took place in Carriganore. We had nine separate entries from the school and came away with two prizes. Padraig Brennan was awarded a wonderful second place overall with his company 'Brennan's Square Sausages', while Scott Widger, Callum Condon and Joe Breen won best display on the day for their company 'Cake Wax'.



- The 42 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 7 months in produced a new batch of lifeguards for Tramore

- **Seachtain na Gaeilge 2018** was filled with fun and frolics for staff and students of Ardscoil na Mara. There was a 1st Year poster competition and an Irish table quiz for all 1st Years organised by our TYs, as well as a workshop with traditional musicians with Donnchadh Gough and Brendan Clancy. There was an Irish 'focal' on the intercom daily, as well as some very entertaining Irish memes across the school TV screens. The highlight of the week, however, was a céilí mór skilfully co-ordinated by TY students Shilanne Giles and Alannah Jones. This culminated in a fantastic performance by all TY students in the sports hall on Friday. 4A also taught all the second years the basics of céilí dancing.



- 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 **school bank** is up and running and opens up once a week. All the bank team received training in the Bank of Ireland branch which is put to good use during their opening hours under the supervision of a bank official. The team have meetings frequently and have come up with all their own ideas of how to market it throughout the school.

- Leading up to the Easter break, the students had some wonderful opportunities during **wellbeing week**. TYs attended the opening ceremony and many students joined in the flash mob to the very meaningful song for the week that was in it 'This is Me'. Talks that they attended included Aoife Hearne, dietitian from Operation Transformation, Dr. Maureen Griffin, Forensic Psychologist, who discussed online safety and John Lonergan, former Governor of Mountjoy prison. Grow HQ served up a healthy two course meal of beef stew and beetroot brownies to all students while informing students about the ingredients and the seasonality of vegetables. Lastly the drama company Humourfit performed the



show 'SLAM Internet Generation'.

- The **F1 in Schools** team of Sergiu, Andrew, Pdraig, Ódhran and Michael have been working very hard over the last few months. F1 in Schools is a worldwide competition with thousands of teams taking part looking for the chance to represent their country at the World Finals. The team have put a lot of work into securing sponsorship from various local businesses. They have designed their portfolio, car, uniforms and their display as well as appearing on WLR FM. In May they will race their car against the other teams at the national finals in Dublin. As part of the finals the team will undergo a team interview, they will do a verbal presentation, they will race the car as well as presenting their research and designs. Their team website is



<https://sites.google.com/ardscoilnamara.ie/the-f1-freestylers/home> and they can also be found on Instagram, Snapchat, Facebook and Twitter.