

Summer Transition Year Newsletter



- 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.
- Students had the opportunity to go **horse riding and surfing** for their last few PE classes. Some overcame their fears and got up on a horse for the first time, while others showed off their skills that they have learned in the past. Also many students picked up a **golf** club for the first time in PE in the last few weeks. One or two of the classes were hit with the reality of Irish weather as they were gracing Tramore golf club in lashing rain. Hopefully it might encourage some students to stay active after school.
- Well done to all TY students who participated in the Bronze **Gaisce** hike at the start of May. 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 73 participants on a two day hike up the Wicklow Mountains. Well done to all and we would like to encourage students to continue on the Gaisce Journey with the Silver award.



- We were delighted to help the Irish Heart Foundation by being involved in the **Happy Heart Fundraiser** in Tesco and Supervalu. Some of the money on the day will be shared with Tramore Order of Malta who have been great to us all year delivering their CFR course.



- One of the biggest highlights of the year was the overnight trip to **Carlingford Adventure Centre**. After a long journey up there, students got stuck in straight away. On the water, they were stand up paddle boarding. They got to experience the incredible Sky Park which involves high rope obstacles, zip lines and pole climbing. In the forest, they turned very competitive as they played laser combat and played lots of forest games, including being blindfolded as they travelled through an obstacle course.



- On a sunny May morning our TY students enjoyed a tour of **Curraghmore House** and Gardens. Curraghmore House is the last of four castles built by the de la Poer Family after their arrival in Ireland in 1167. They also took in a tour of the gardens including the Shell House, while enjoying a spot of Falconry.

- Well done to the **F1 in schools** team who performed very well at the school's final in Dublin. They put months of hard work leading up to the final.

- Well done to Aisling Cowman who won the Ardscoil na Mara TY **bake off**. Ciara Gaffey and Caoimhe Colman followed hot on her heels with second and third place. The judges got to enjoy some beautiful creations from some very talented bakers.



- After ten weeks work with architect Emily Power, 4D got to display their **Architects in Schools** models in the Applemarket.

- 4B travelled to Carrickpherish library to help in a very worthwhile **Snuggle Stories** initiative. They packed 2000 books which will be given out to parents of new born babies at their first check-up.

- Thank you to Jean and Monica from Foróige who delivered an excellent **sexual health programme** this term which students found very beneficial.

- On Monday 9th of April our TY group took part in a **retreat** with An Tobar Nua. An Tobar Nua are a retreat group from Galway who travel to various secondary schools throughout Ireland providing an opportunity for reflection. Through the use of video, music, games, guided reflection, and personal stories, An Tobar Nua helps students explore themes such as *Life to the Full, Friendship with God, Bullying, Social Media, Steps to Happiness, Resilience, Why Jesus, and Positive Mental Health*. Our TYs really enjoyed taking a moment from their busy schedule to relax and reflect on the year.

- The Young **St Vincent De Paul Day** took place in Carriganore recently. It was an opportunity for the Young SVP Committee and extended Ardscoil Na Mara members to showcase their involvement with the society all year.



The morning involved the students preparing their display stand, sharing gifts with their designated sister school for the day, St Mary's New Ross, visiting the other display stands and participating in activities, games and competitions. The students and their teachers enjoyed the various presentations by over 20 schools and Ardscoil Na Mara Young SVP did us proud by presenting their projects throughout the year by playing their carpool karaoke presentation. Sincere thanks to the regional schools coordinator of the Young SVP Ms Debbie O' Halloran for facilitating the group and most importantly Ms. Úna Lonergan who puts in huge work with the group all year. Congratulations to one and all.

- The Irish department organised a trip to **Croke Park** this term. Students got a tour of Croke Park in Irish and got to see many areas such the dressing rooms, the press area and pretended to lift the cup up in the stands. Let's hope it's not the only time a group from Waterford are in Croke Park this year.



- Well done to the **Amber Flag committee** who raised a whopping €1300 for Pieta House by organising a talent show for students and roped teachers into a lip sync battle with students. The talent show winners were our two very talented TY students Caoimhe Keating and Rachael Dunphy.

- Following on from their PE Xpo win in the nutrition section, David O' Flynn, Niall Hogan and Michael McGrath were invited to the **University of Limerick** to present their project to the PE and Sports Science department. They got to participate in a workshop in the university labs on physiology. Well done to the boys who are fantastic ambassadors for the school.



- A variety of **Pope John Paul II Awards** were presented from Bronze, Silver Gold and three Papal Cross Awards. The students involved embraced the role and mission of the awards. They were greatly influenced by past participants and they were outstanding in their initiative and responsibilities. The students played a significant role within their parish and school community. They assisted at the weekly and weekend



mass and also played key roles in times of Religious Significance, Holy Souls, Christmas and Easter, as well as organising a memorable Catholic Schools Week, School liturgies and marking the feast days of Blessed Edmund Rice and Venerable Mary Aikenhead during the month of May for all second year students. The community element of the award involved students volunteering with the Meals on Wheels Society, The Young St Vincent De Paul, Peace and Justice, Scouts, and L'Arche. The students can be very proud of their participation and what they have learned all of which was evident in their reflections. Certificates were presented at the Transition Year Graduation Ceremony and the awarding of the medals will take place in early September where all schools participating in the awards will be in attendance. We look forward to celebrating this event with the students and their families

- Thank you to all who were involved in the **graduation ceremony** last Monday. A special mention to Aoife Carey, Rachel Coady, Kate Batan, Adam Barry, David O' Flynn and Mairéad Butler who went over and above the call of duty on the day.

