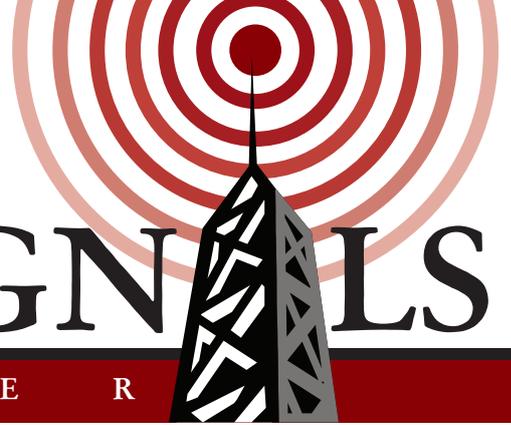




# SPIORAD SIGNALS

N E W S L E T T E R



## TEACHTAIREACTH ÓN ARDMHÁISTIR *From the Principal's Desk*

As I write this in early summer, the weather continues to confound the calendar. Although it has not been cold, it has been wet and windy – a typical Irish summer, some would say! If nothing else, it is helping the students who are well past the midway point at this stage in their state exams. There is nothing worse than the gods of summer mocking students with sun and blue skies when they are up to their eyes in exams. I wish our state exam students well, particularly our Leaving Certs. It is a very challenging exam, one that calls on so much in terms of preparation, steadiness under pressure and being capable of lasting the gruelling pace. The state exams represent the ultimate target of our core activity – to prepare our students to achieve as much as they can academically and intellectually, but in an environment that values both balance and the person as a whole.

It has been a stunning year in CSN, particularly in the competitive arena. This year it seems that no matter where you looked – on the field of play, on the stage, at the podium – our students were excelling and garnering honours. It was an exceptional year for mini-companies, Sláinte na nÓg and TY.ie, winning honours at national level. There were also national successes in History, Literature, Economics and Rotary. Many of the other headline successes were in extra-curricular activities. In the Young Scientist and Vex Robotics we had unforgettable results. It was a vintage year for hurling at U-16 and U-14 levels as the teams won honours in the Cork Colleges competition. It was a great year for Basketball, Soccer, Football, Debating and so many more. We may not always achieve such signal honours, but the value of extra-curricular activities should never be underestimated. It helps to form our students, to enrich their involvement with the school, to enhance their sense of self-worth, to allow them to validate themselves in ways other than the academic. It is a very tangible part of this model we strive for, where our students are given a holistic education. It is only possible because many of our teachers believe in its value and support it by giving their free time to coach, to mentor or to fill in for colleagues away with teams at competition.

At the awards ceremonies in late May, one of the themes I chose to speak on was that of pride in our school. The school is over fifty years old and has developed a proud reputation in terms of how our students behave in school and outside and how they present themselves. The outward representation of that pride and the obligations that go with it is the school uniform. It is the badge that infers membership. It brings with it all the benefits of the accumulated status of the school's good name, but it also confers a degree of responsibility to uphold at all times the good name and the good standing of the school.

I would like to thank Fr. Bertie O'Mahony who supported the school throughout the year, officiating at and contributing thoughtfully to liturgical functions in the school and in Dennehy's Cross church, the high points of which were the end of year 1st Yr. Mass and the Leaving Cert. Graduation Mass.

I would like to thank the school community, students, parents and school staff for the support they gave to Brenda Moriarty as Deputy Principal and to me as Principal in our first year in these posts. It is very much appreciated.

I wish you all a very good summer. Let us hope the weather gods shine on us. Be safe.

*Mike Foley*



# ACADEMIC AWARDS 2016/2017

Our Academic awards Ceremony was held on Friday 10th March to acknowledge the superb achievements of Leaving and Junior Certificate students in the 2016 State Examinations.

This year's Gold Medal recipients were:

**Dara Baldwin** (*Applied Mathematics*),  
**Michael Collins** (*Art, Geography*),  
**Ciarán Crowley** (*Geography*),  
**Daniel Moloney** (*Mathematics*),  
**Philip McSweeney** (*Business*),  
**Ben Murphy** (*Accounting*),  
**Cian Murphy** (*Irish, Biology, Chemistry, French*),  
**Peter Murphy** (*Economics*),  
**Eoghan O'Sullivan** (*Design and Communication Graphics, Physics*),  
**Brian Rigney** (*Construction Studies*)  
**Liam Whelan** (*English, History, German*)

Top awards in Junior Cert went to: **Tadgh Connery, Cian Morey, Charles Murphy, Eoin Murphy, Anthony O'Halloran, Milan Roy Kochakkan** and **Lanz Yanson**

At an evening of celebration in the library, our students and their families, Mr Sean Culhane (chairperson of the Board of Management), staff and past staff gathered and were addressed by past pupil Dr Patrick O'Leary NUIG. He spoke from the heart as he related his life story.

Patrick was well recognised as a brilliant gymnast and he also represented the school in shot putting at All-Ireland level. We are happy to claim that his love of canoeing has its roots in Colaiste an Spioraid Naoimh! He was a member of the school's vibrant canoeing club, which was under the direction of Mr Chris O'Connor at that time

After Leaving Cert, he went on to UCC to study for his B.SC followed by a Ph. D in Chemistry. Since 2004 he works as lecturer in the school of Chemistry in NUIG. Patrick O'Leary is no stranger to adversity. He was diagnosed with bone cancer just before he was due to sit his Leaving Cert. Although the treatment was successful, the knee joint had to be replaced with a metal joint. That joint wore out after 15 years and was replaced again. The second replacement became infected over time, which ultimately led to his leg being amputated above the knee in 2011. His attitude to his disability is strong and positive – you "get on with it".

Patrick is dedicated to watersports including kayaking and canoeing. He has represented Ireland in the European and World championships in para-canoeing and he made Irish Para-olympic history by becoming the first Irish canoeist to compete at a Para-olympic games when the sport made its debut in 2016.

Above all Patrick believes that life is all about the journey. He told us it is important to do the best you can, taking ownership of the journey and enjoying it along the way. You have to deal with the bumps and bruises and it is important to take support from those around you. He showed us his own personal 'Periodic Table of People' who supported him in his life to date. His determination



and strength to get up and face each challenge head on is inspiring and we are proud that he is our past pupil.

Patrick presented us with the Irish jersey worn by him in the para-olympics. We won't mention that he returned an athletics singlet 'borrowed' by him many years ago!! It was a great pleasure and privilege that Patrick was our guest speaker. The event concluded with a reception for the boys and their families in the GP room where we had the opportunity to mingle and catch up. It was a wonderful evening and a fitting tribute to our fantastic students.

Congratulations to one and all.

*B.Moriarty*



## SUCCESS FOR CSN AT THE BT YOUNG SCIENTIST EXHIBITION

Six Coláiste an Spioraid Naoimh students took part in the BT Young Scientist & Technology Exhibition 2017. We spent four days (January 11th – 14th) in the RDS displaying and explaining our various projects.

My project is called *"Case study of Data Mining in Observational Astronomy: The search for new OB stars in the Small Magellanic Cloud"*. It is an astrophysics project based on using pre-existing data to identify new OB-type stars whose presence may give insight into the formation of the early universe. It uses computer data analysis tools, numerical models and also a research-grade telescope. This method suggests that I have increased the number of known stars of this type by around 10%. I was the individual runner up in the competition, the winner of the Intel Student Award and the winner of the Institute of Physics special award. I was also invited to represent Ireland at the Intel International Science and Engineering Fair. This May I will travel to Los Angeles along with my teacher Mr. Kerins.

*Cormac Larkin*



Our project was entitled: *"Epidemiology Models for Secondary Schools."* Through conducting research, carrying out two surveys, adapting and solving several first order differential equations and creating a computer program, we were able to develop a theoretical model to explore the spread of a disease throughout a school population. By finding realistic parameters and analysing our system, we were able to determine the optimum percentage of sick students to send home in order to eradicate the disease as quickly as possible, while causing the minimum amount of disruption to the school. For our work we were awarded first place in the Senior Group category for Chemical, Physical and Mathematical Sciences!

*Dylan Morley, Conor McKeown, Nathaniel Grant*

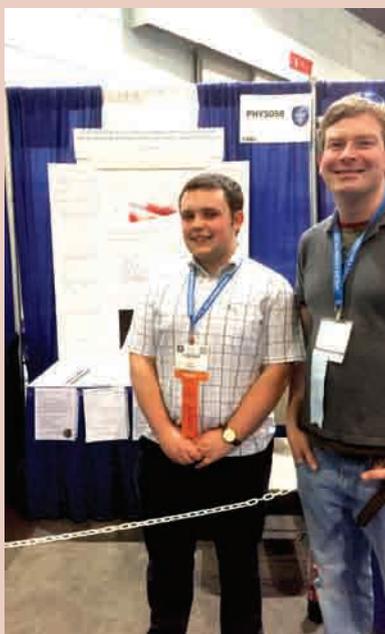
I entered the BT Young Scientist this year with a game called *"Pizzabot Reheated"*. I developed it from a game I had made previously and included random generation in this one to change the game each time you play it. I really enjoyed the time in Dublin over the 4 days of the competition and it was a great experience to see people playing my game at the stand. After judging was complete on Friday we all attended the awards ceremony on Friday night where I was delighted to win 3rd place in my category, Senior Technology.

*Harry Moran*

My highlight of TY has definitely been my experience at BT Young Scientist and Scifest. I was invited to the Dáil by the Minister for Health, Simon Harris, to discuss my project on Portion Size: Knowledge and Education. I travelled to Dublin in January and was met by the Minister of State for Health Promotion, Marcella Corcoran Kennedy, to discuss my project and I am hopeful that they will consider some of my suggestions. After BT the school participated in the Scifest regionals in CIT. This was a great experience. The school had some excellent projects and we'll hope to carry this momentum into another successful Young Scientist exhibition!!

*Tony O'Halloran*

## SUCCESS FOR CORMAC LARKIN AT ISEF 2017



Cormac Larkin (6th year) was one of two students from the Republic of Ireland who was invited to attend the Intel International Science and Engineering Fair (ISEF) 2017 held at the Los Angeles Convention Center in California in May.

He won the first place award of the Pacific and American Astronomical Society. This is a great honour and previous recipients include the head of Astronomy at Oxford University. He was also awarded a second place in the Physics and Astronomy category.



## Careers Events at CSN

Students from Transition Year through to 6th year have attended the following Careers events this year: UCC & CIT Open Days, Rochestown Park Careers Fair, Law Open Day UCC, SOLAS Training Centre Open Day, PLC Colleges Open Day, Engineering Your Future UCC, Stryker Plant Visit, BIS makeITwork UCC and CIT Mechanical Engineering Showcase.



*Transition Years at TY open day at CIT*

## BASKETBALL: FIRST & SECOND YEAR LEAGUES

In First Year this year, we had a big strong, athletic and enthusiastic team. They were very successful in their pool games beating teams like Christians, Coláiste An Phiarsaigh and St. Brogans.

At the Quarter final stage we beat Glanmire Community College but.... a halt was put to our gallop at the semi-final stage when we met Kinsale Community College. Kinsale played a zone defence and although we were better in many ways than them, we have a lot of players who are new to basketball so they haven't as yet acquired the skill and experience needed to make it through to the final stages.

In Second Year: this team has the potential for greatness but.... despite their ability they seem to under-perform and under-achieve. They are a team with promise and really good players so it is disappointing and frustrating that they haven't as yet won any silverware. In our first game of the season we lost to Christians - a game we should never have lost but ....we played badly and Gavin Malone got injured in the opening minute of the game so....it felt like Fate had sided against us!

We easily won the next two games against Colaiste An Phiarsaigh and St Brogan's but... were beaten at the Quarter Final stages by Kinsale Community College.



On a brighter note, the Second Year Class Leagues were a great success... a bit long-winded, I'll admit but - we got to the final in the end. The winning team was Gavin Malone's team from Naomh Eoin. The other members on that team were DJ Duffy, Matthew Nason, Sean Crowe, Brian Ahern and Isaac Leahy. Naomh Eoin is again in the final of the Dream Team Competition, this time with the added strength and skill of Liam Scannell and Niall Downing. They face

Naomh Pronsias - it should be a competitive and tough match as the forces of A.J Garrucho and Jordan Ukah - combined, will be guaranteed to be very,very tough opposition!! The other formidable members of the Naomh Pronsias team are: Daniel Lombard, Paraic Byrne, David O' Shea, Evan Cullinane and Finn Stevens.

Finally... this year we say Goodbye to four Leaving Cert Basketballers, Kevin Barry, Cathal McCarthy, Kilian Moriarty and Rob Wyse.... it is never nice saying goodbye but it's even harder to do so when you are losing quality people. Kevin, Cathal, Kilian and Rob have always been supportive, positive, humorous and just lovely people. Myself and Mr Driscoll wish them well in the weeks, months and years ahead and say a big Thank You to them for their dedication, committment and loyalty to both ourselves and CSN.

*Ms. Walsh*

# DEBATING

This year CSN entered three teams in the Munster Schools Debating competition, run by the UCC Philosophers society. Students involved were Osama Shammery, Shane Cahill, Cian Morey, Alan O'Sullivan, Aaron McGee and Roarke Cahoon. Aaron and Cian reached the quarter final stage as individuals. Osama and Shane reached the final of the Munster Schools which was held in the Aula Maxima in UCC on the 3rd of April. They came in the Runner-Up position, one of the school's best results in recent years. They took part in a qualifier round for the All-Ireland Schools final on the 8th of April in UCC, but did not make it through to the national final.

Four senior students took part in the Matheson Senior Mace competition on February 18th. Cormac Larkin, Tony O'Halloran, Aaron McGee and Cian Morey travelled to Dublin to represent the school. The competition was held in UCD.

Junior debaters have had a successful year as well. Three teams were entered into the Cork City Schools competition: Ciarán Meers and Michael Keohane, Seán O'Regan and Shane Kingston, and Fahad Mannan and Rory Driscoll. Fahad reached the semi-final of the competition, while Ciarán and Michael progressed to the final. The final was held in the Ambassador Hotel on March 22nd. They were awarded the Runner-Up title, continuing the school's long tradition of success in this competition.

On March 25th, the National Final of the Matheson Junior Mace was held. The competition is the largest non-sporting competition for schools after the Young Scientist. Ciarán Meers and Michael Keohane had qualified as individuals from the Munster Round held in December. They travelled to Belvedere College in Dublin, along

with 80 other junior students from across the country. Four rounds of debate were held during the day, with Ciarán finishing in 15th place.

The CSN debating society held an inter-schools friendly competition for junior students on Wednesday, 1st February. 20 teams from schools across Cork City took part. The competition was a mace event, with a limited time before each round to prepare their argument. There were two rounds of debate, with pizza being provided in the break between each round. The winners were a team from St. Aloysius Carrigtwohill. Ciarán Meers (3rd Yr) won the best speaker award. The event was the first debating competition held in the school in recent times and it was a great success.

Many thanks to the teachers who helped us prepare for our competitions over the course of the year.

*Shane Cahill, 5th Year*



*Top (L-R):  
Osama Shammery,  
Shane Cahill.*



*Bottom (L-R):  
Ciarán Meers,  
Michael Keohane.*

## BANK TO THE FUTURE

The school bank's theme this year was *'Bank to the Future'* and it was led by Cian Spicer (manager) and Cathal Ring (assistant manager). The rest of the team consisted of Ethan Murphy Sheehan, Cibile Cyriac, Eoin Murphy and Faizan Gul who worked with customer services.

The bank opened every Thursday at lunchtime and we offered a number of banking services, such as depositing money into accounts for the people that signed up. We offered advice on online banking and other helpful tips alongside David Looney (B.O.I.).

We learned a huge amount about banking, customer service, marketing and most of all teamwork as the weeks went by.

We organised a presentation to all the members of the school bank. The presentation consisted of information about the services provided by Bank of Ireland, saving, and related information about banking from their Junior Certificate syllabus. The members also got pizzas following the presentation.

There were many raffles held throughout to keep our members happy. Prizes were given out to all our lucky members! Overall the School Bank was a success and it was an enjoyable experience for both the team and the members.

*Cibile Cyriac*

## FIRST YEAR LEAGUE



# TEACHERS' CUP: THE FINAL

## The Teachers V Let's make Bishopstown Great again Trump!

"The fields of Athenry" boomed from the balcony as THE final kicked off.

The opening minutes were tense but before long Dylan Boyle had one in the back of the net for the students - this was bucking the trend! The students scoring first? The place went mad - hoots of excitement and wild applause (and the vuvuzela!!!). Here was a team who could definitely put it up to the teachers.

Before too long though Mr. O'Leary equalised but - it has to be said that there was a possible hand ball in the build up to that goal. The hand ball wasn't seen by the player/ref, Mr O'Mahony, as he was at the other end of the pitch - in goal for the opposition at the time.

Undeterred, the students scored again. Ronan Barrett saw an opening, took a shot and scored a beautiful goal. Celebrations were short-lived as Mr. O'Leary put another one in the back of the net. Then.... Mr. Brett fired one home. It felt like the vultures were circling! Fortunately however, within minutes - it was half -time and the students had time to re-group. The half-time score was 3 -2 to the Teachers.



The goalies on both sides were put under savage pressure in the second half and both made some great saves. Conor Larkin for the students, did a great job and was a very steady, sound pair of hands in goal. Mr. O'Leary added another to his tally - giving him a hat-trick and putting a bit of daylight between the teams but luckily, Cian O'Sullivan closed that gap with a great goal. At 4 -3 the students were still in it and it was all hands on deck with all of them covering great ground and really giving it their all. Conor Canavan, Colm Maye, Seamas Hickey - everyone seemed anxious to play their part and each and everyone of them gave 100%.

With minutes left on the clock (wherever the clock was???) Mr. O'Leary scored again but then Ronan Barrett scored for the students. At 5 -4 and one goal down, Cian O'Sullivan had a golden opportunity to equalise in the closing minutes..... but his shot was saved.... and that was that!

It was a game that had almost everything; good goals, great saves, dodgy calls; but.... injury time??

## AN SEOMRA CAIDRIMH



Gach Máirt ag am lóin buaileann an Seomra Caidrimh le chéile. Tugann an Seomra Caidrimh an deis dúinn ár scith a ligint agus snas a chur ar ár gcuid Gaeilge. Le cúpla bliain anuas táim i mo bhall den chiorcal cainte seo. Bíonn am dochreidte againn gach aon tseachtain. Ó thaobh craic nó ó thaobh briosaí, ní bhíonn nóiméad murtallach ar bith againn! Ag gach uile cruinniú faigheann tú daltaí ó bheagnach gach bliain sa scoil agus comhráite bunaithe ar rud ar bith. Baineann gach ball an-taitneamh as na cruinnithe agus freastlaíonn an grúpa céanna ar an Seomra gach Máirt. Mar ócáid speisialta ag deireadh na bliana chuamar ar thuras go dtí an caifé i mBaile an Easpaig le hIníon Uí Chonchúir agus an tUasal Tyers chun rollóga le sicín agus criospaí a fháil. Bhí an aimsir go breá agus bhí lá iontach ag gach duine! Ba mhaith liom buíochas a ghabháil leis na múinteoirí as a n-iarrachtaí chun an Seomra Caidrimh a eagrú gach seachtain. Bhain mé féin agus mo chomhdhaltaí an-taitneamh as na cruinnithe gach Máirt. Ba dheis iontach é, agus anois tá i bhfad níos mó féin-mhuiníne againn in ár gcaighdeán Gaeilge roimh an Ardteist. Tá brón an domhain orm an scoil agus an Seomra Caidrimh a fhágaint mar dhalta, ach gan dabht ar bith rachaidh mé ar ais sna blianta seo chugainn chun cupán tae agus comhrá suimiúil a fháil arís!

Dylan Ó Muráile

## INÍON UÍ CHONCHÚIR LE SEOSAMH MAC CÁRTHAIGH

Bhí Seosamh an-ghníomhach sa tSeomra Caidrimh sa scoil agus tá an triú bliain críochnaithe aige anois i gColáiste na hOllscoile, Corcaigh. Bhuaigh sé "Gradam na Gaeilge" sa choláiste le deanaí-gaisce!

Comhghairdeas leis.



# GAELIC FOOTBALL

## Senior Football

Our Senior football team this year reached the Quarter Final stage in both Munster and Cork College competitions. Goals and turnovers cost them in the Munster Quarter final against a lively Mount St. Michael's team from Rosscarbery. Having battled hard they needed to re-group quickly as the Simcox Quarter final against Coláiste Choilm would take place just 48 hours later. A fantastic performance against a much fancied Coláiste Choilm side showed the true character and grit that this team possessed. They lost on the day 1-7 to 1-4 in a nail biting finish, Coláiste Choilm had just enough to prevail. Best of luck in the future to those students who now leave the school this summer. Hopefully the remainder of this years senior panel can take things another step forward again next year with the help of younger members.



## U16.5 Football

This year also ended at the Munster quarter final stage for our U16.5 team after big wins over Coláiste Na Sceilge and Causeway Comprehensive. The quarter final meeting with St. Colman's Fermoy needed a replay to decide who would progress. The sides could not be separated the first day with both teams showing great heart and determination to come from behind on numerous occasions. The game ended 2-13 to 2-13. In the replay, despite taking an early lead, St. Colmans went up a gear and secured themselves a Semi-Final spot. Huge potential exists within this group if they can work hard as a team as they move up to Senior next year.



*U16.5 Team Vs Causeway Comprehensive*

# Catholic Schools' Week

As Part of Catholic Schools week all Transition Year students visited the Honan Chapel in U.C.C. The Chaplain Fr. Marius, a past pupil of our school, gave us a tour of the chapel while telling us all about its history. We then had reflective time and some TY boys read readings and prayers of the faithful. Two T.Y. members of the Trad group, Conor Moore and Tadgh Connery also played music for the event.



## U16 Football

Again this year our U16 football team made it to the Quarter final stage of the Cork Colleges Competition. A comprehensive win over Douglas Community School was followed up by a tough game against Mitchelstown CBS. Minus a number of players on the day and against the tournament favourites a spirited performance meant we fell short on the day losing 3-10 to 2-07 having missed a number of late goal opportunities.



*U16 Football Team vs Douglas Community School*

## CSN Trad Group

What a busy year the Trad Group has had! From coffee mornings to masses to concerts, we have had our fill of events this school year.

The group played at the First Year Masses at the beginning and at the end of the year. Transition Year students Tadh Connery, Conor Moore and Roarke Cahoon played for the Transition Year Talent show and were well received by all. We also hosted a Trad for Trócaire event at which we raised a nice sum of money for the charity!

Seachtain na Gaeilge and the Positive Mental Health Week were busy times for us. We played in the foyer, at coffee mornings, at the seomra caidrimh and at lunchtimes in the GP Room and in the library. These events are always great fun and I think all members enjoy participating in them!

We were invited to a concert, featuring members of Altan and Liam Ó Maonlai, hosted by Mount Mercy. They played a variety of tunes, showcasing different playing styles and types of tunes from all around Ireland. They also gave a brief history of Irish music to the audience.

Perhaps the highlight of our year came during Seachtain na Gaeilge when we played alongside past pupil John Spillane. We played Mo Ghile Mear and Óró Sé de Bheatha Bhaile with him and then listened to him singing songs. He gave the group a name, Seoide. It was an absolute honour to get to play with John as he is such a big name in Irish Traditional Music. It is something that, I believe, will be remembered by all members of the group forever. Ms. Dorgan helped us since the beginning of the group and we owe her a huge thank you.

Unfortunately, we will be losing three extremely valued members of the Trad Group this year. The time has come for sixth years Joseph Twomey, Alex Black and Owen Good to depart from the school. The Trad Group would not exist, at least not to the same extent that it is today, without you lads. Your patience and enthusiasm have definitely rubbed off on all of us throughout the past few years. You have left us with ridiculously big shoes to fill! We will all miss you and would like to take this opportunity to say best of luck with whatever the future has to bring. You all have oceans of potential! We hope that you will continue playing music and that we will hear your names again down the line. Thanks a million for everything lads! Go n'éirí an bóthar libh!

*Tadh Connery, 2nd Dan, 4A2*



## THE NEWSPAPER INITIATIVE

The Newspaper Initiative was run by Ms Aoife Cooney. T.Y. students worked with her as she helped us to design a more easily accessible newspaper for readers with intellectual disabilities. We wrote articles that were easy to read, with vocabulary and pictures that helped explain the stories.

The articles covered important current events that would often be too complicated for some readers, such as politics and global warming. We simplified these topics to help ensure that everyone could understand what was, and still is, going on in the wider world. Everyone participating greatly enjoyed the challenge of changing the formatting, and language of the news, while keeping the spirit of it. It also gave us an opportunity to help other people. Several participants chose to keep working with Ms Cooney, and continue making and editing newspapers.

*Ronan Coomey, 4A1*

## CHESS

I would like to thank all members of the Chess Club at CSN for their input this year. The club met each Monday and Friday, at lunchtime. Four teams represented CSN at the Grand Final of Chess at the South Court Hotel, Raheen, Limerick, on Friday 7th April 2017. While we didn't win, our chess players did themselves proud at the Grand Final of Chess. Our teams represented their school in an excellent manner. I would like to state that it was a pleasure to be present with the three teams from CSN at the Grand Final, in Limerick. I would also like to thank the subs, who often rescued us at the eleventh hour, during the current school year.

The following chess players travelled to the Grand Final this year: David Holland, Dylan Morley, Nathaniel Grant, Liam Duff, Sean Hussein, Baki Albayrak, Dean Newman, Jordan O'Sullivan, Alan McDonald, Aaron McGee, Conor McKeown, Osama Shammary, Harry Moran, James Ruane, Dylan O'Toole, Jason Scully. Go raibh maith agaibh!

*T. Kiely*



# The “FEEL GOOD, BE GOOD, DO GOOD” Positive Mental Health Week

It all began in September and there were going to be months of preparation, so it was Ms. Cahalane's job to keep us all on task to make sure everything was ready for the week starting January 23rd. As the time drew near, Mr O' Reilly and Mr. Linehan designed a "Feel Good, Be Good, Do Good" rocket which - for two or three weeks sat in the hall where all students could be reminded that lift-off was close at hand. To accompany this, Ms. Ring and her Art classes covered the school with countdown posters.



The week began and ribbons blew on the school gates, lollipops were distributed by 4th year students (representing random acts of kindness), a No Uniform Day, meditation, yoga, music, music videos, talks on physical fitness and healthy eating all took place. There were boot camps, Zumba and Boxercise classes .....not to mention quality guest speakers!!!!!! During that week - there was something for everyone.

Declan Kidney was one such Guest Speaker. The former Ireland Coach was open, honest and inspirational. Declan is one of the most respected and experienced rugby coaches in Ireland. He talked of how success came with effort and hard work. He focused too, on life's challenges as well as the challenges on the pitch. He said that those challenges, if one could learn to face them and deal with them, could teach resilience. He emphasised that failing or failure is part of life and encouraged students to believe in themselves despite mistakes and failures.

The week was a great success and it was due in no small part to the enthusiasm and participation of both students and teachers. In CSN we appreciate the importance of a Positive Mental Health Week but its importance is perhaps best summed up in the words of Albert Schweitzer when he says,

In everyone's life, at some time, our inner fire goes out.  
It is then burst into flame by an encounter with another human being.  
We should all be thankful for those people who rekindle the inner spirit."

*Ms. Walsh*

## CSN YOGIS



The C.S.N. yogis are growing in number and continue to practice on Thursdays at 1pm in the G.P. Room. It is so heartening to witness these young men recognising the value in quietening the mind and connecting body and breath. I could wax lyrical about the benefits of a regular yoga practice but I thought it might be more appropriate for the boys to share some of their own thoughts and experiences.

*Namaste, K. Barry*

‘Yoga is a great way to exercise. Many of the yoga poses require strength. The breathing increases your lung capacity. Yoga is also a great way to spend lunchtimes, make new friends and develop new skills. Yoga helps you to relax and can help with concentration and improving your schoolwork.’ *(Krzysztof Kordeczka 5A2)*

‘The reason why I do yoga is because it helps me to relax my mind and my body. Yoga also helps me to stretch out the muscles in my body because after training the next day my body can feel stiff. Yoga helps to get rid of that stiffness and any pains I might have in my body. Yoga also helps me to strengthen my body’. *(Anonymous)*

‘I do yoga to help with my past injuries and my current ones. I feel it really helps with relieving pain and strengthening parts of the body you might not use constantly. I also thought it helped with my breathing. I have asthma and I feel I don't need to use my inhaler as much.’  
*(Olan O'Leary 5A2)*

‘Every session was different. We were shown both the physical and mental side of yoga and I greatly believe that it is helpful for anyone - sporty or not. Everyone begins and advances at their own pace. There is no competition. You work with your own body. We were taught breathing techniques to lower stress levels and to clear our minds of negative thoughts. This was coupled with physical postures called yoga asanas. The atmosphere was completely relaxed and the time spent out of the classroom was time that was both productive and cherished by the students.’ *(Michael O'Sullivan 5A1)*

‘I started yoga because I learned it gives you strength, flexibility and mind-body awareness. I also did yoga for protection from injury.’  
*(Joshua Manaid 5A2)*

# THE YOUNG ECONOMIST OF THE YEAR AWARDS 2017

This year two students from Coláiste an Spioraid Naoimh, Joel Abraham and Tony O'Halloran, participated in the PDST Young Economist of the Year Awards 2017. The Young Economist of the Year is an economics competition that encourages students to research various economics topics of their choice and integrate digital media into their projects. It is currently in it's fourth year now and it's quality is growing every year.



Tony did his project, "Are People Rational?", on behavioral economics and rationality. He carried out several tests to see if people are rational or if heuristics (mental shortcuts) lead to systematic mistakes. He proved that in fact they do most noticeably in the areas of risk assessment. He was delighted to get a bronze medal in the Transition Year category for what still is a work in progress and he hopes to carry this investigation into the future.



Joel Abraham did his project on the public's perception of green products and what can be done to increase demand for them. He performed a survey on social media to understand what people think of green products and then used the data to come up with solutions to increase demand. He found that for green products to have an increased market share the government must intervene with fiscal policy. He was very pleased to get a gold medal in the Transition Year category.

Joel attended the awards ceremony in Galway on the 24th of April where over 500 students were present. His work was assessed by a panel of economists before receiving his gold medal.

## ART



## FOURTH YEAR WALK



# TRANSITION YEAR NIGHT

Friday 18th May was the 25th Transition Year graduation ceremony. The night was presented by Liam O'Driscoll, Eoin Murphy and Cian Spicer. The students, their parents, teachers and eight guests attended the event. The presenters gave the audience a quick rundown about the entire year which was followed by a slideshow. Milan Roy then spoke about the social justice module in which 4th year students partake.

The Lord Mayor, Des Cahill, gave an inspirational speech about the future that was there for the students and he spoke about the reputation of our school across the city and beyond. He emphasised the importance of giving. Brother Bede echoed these sentiments and added that you'll always get back what you give to others. Cheques were presented to Marymount Hospice, the Presentation Brothers projects in West Africa, the Simon Community and Pieta House.

Students then began presenting on their various events during the year. Callum O'Connell started off with a talk about Trend Micro and certs were presented by Ms. Emma Spicer to the students who took part. Faizan Gul and Ethan Murphy-Sheehan took the podium and spoke about the School Bank, certs were also presented to the members of the bank by David Looney. Cian Morgan and Evan Murphy gave us an insight into the first year football and hurling leagues. Ms. O'Connor presented the certs to the 22 students. Charlie Murphy and Fionn O'Mahony gave us an excellent presentation on the 84 students who worked in the SHARE centre and the Alpha programme in which 24 students were involved. Ms. Jemma Halpin presented the alpha certs to these students. The audience was shown a video of the TY Yoga programme. Three CSN yogis, Jason, Kareem and Anjan all spoke about their own experience with yoga and its benefits. Tadgh Connery and David Cremin told the audience about the easy to read newspaper initiative. Ms. Aoife Cooney presented certs to the students who helped publish it. Roarke Cahoon gave a presentation about the fun and creative art and craft programme this year. Ms. Moriarty presented certs to the 48 students who completed the first aid programme. Colin McGregor gave a rundown of this year's student council and their achievements. Cian Morey gave a witty and clever presentation on



the school's PsycheSlam project, *'The Trump Effect'*. Tony O'Halloran spoke about his BT young scientist project on nutrition. Aaron McGee gave a speech about this year's VEX robotics team.

Joel Abraham and Tony O'Halloran were presented with certificates by Mr. Malone for their success in the young economist competition. Conor Moore and Tadgh Connery played lovely music for the crowd. Seven students spoke about their respective work experiences. Lanz Yanson-Vibes & Scribes, Cian Ahern-Jerry Buttimer, Craig McSweeney-Enable Ireland,

Eliot Forrester-NEEDS WORKPLACE, Roarke Cahoon-IBM, Michael Chandley-Mercy Hospital and Oisín McSherry-Tyndall. The first film - *"CSN Born Survivor"* was shown and Darrius Pain, the star, gave a quick word of thanks afterwards. The Mini Company talk started with an excellent video showing off TY.ie's year. Leon Keating and Joel Abraham spoke about TY.ie and their future plans. The next group of entrepreneurs, Slainte na nOg, were represented by Cathal Ring and Matthew Coffey. Steve Killeen and Finn O'Donovan Pinker gave a talk about Horticulture and dying plants! They presented a basket of their produce to Mr. Foley. Sean Cunningham spoke about the Hurley Repairs Course led by John O'Sullivan and the 12 students involved. The students received certs from Ms. O'Neill. Harry Forsythe recounted the adventures of the tourism class around Cork city. They learned about everything from Ogham stones to funny Cork slang. David Nwokoye gave a presentation on Programming and gave a quick tour of his site for his fake band. Ross Doyle and Cian O'Sullivan walked us through the European Computer Driving licence, its benefits and the tasks involved. Ms Hazel and Ms. O'Neill presented the certs to class representatives. Tadgh Connery and Cian Morey gave a dramatic and humorous introduction to the film Room 6.



The presenters closed the night and presented a token of appreciation to Mrs Moriarty. Mr Foley gave a brief but rich speech about the benefits of Transition Year and praised the students and teachers involved. Well done to all students and teachers involved in the night.

Aaron McGee

# TY.ie



Our mini-company, TY.ie, is a website where students can find out about work experience, find useful information and help about Transition Year. Students can post reviews of different work experience programmes so that others can see what places suit them. We got the idea when Tony, our Deputy CEO was looking for work experience and found it very difficult scrolling

through forums looking for a placement that would suit him. This led to our original idea for a work experience reviews website, which over time developed into the website we have today.

Our website has been praised for looking very professional and easy to use and navigate. This is thanks to our I.T. Manager, Joel, who developed the entire site, without any outside help. We have had over 200 thousand hits in the last two months. This popularity has led to several promising meetings with companies looking to

partner with us. After taking the risk of self-funding at the start, we are very pleased with where we are headed in the future. We have had a very successful year in the competitions run for mini-companies in Ireland. We won two awards for best innovation locally and awards for quality and social media nationally. We qualified for the National Finals of the 'Get Up and Go' national schools competition, run by the P.D.S.T. and won a further award for Quality.

It was especially rewarding to be chosen as winners in the Best Social Media category at the Enterprise Board competition in Croke Park. We are pictured receiving our award from Pat Breen Minister of State for Business. We have also been shortlisted for 'Best Transition Year Project' in the Eir Junior Spiders competition, which we will have attended when you are reading this.

*Leon Keating, Tony O'Halloran, Joel Abraham, Uzair Ahmad, Shane Foley, Rory Kelleher, Cian Morgan*



## TY INTERNET SAFETY WORKSHOP



This year a group of Transition Year students took part in the Trend Micro Be Smart Programme. The aim of this programme is to teach 1st year students how to be safe online and how to interact with others on social media. The workshop was presented by ten Transition Year students and this helped to make it more relevant for the 1st year students. The workshop was broken up into three parts: Cyberbullying, Being Online and Cyber Safety. The workshop involved discussion which encouraged the young students to take part and contribute their opinions to the workshop, this ensured they learned from each other as well as from the TY students.

*David Cremin, Ronan Coomey, Conor Moore, Scott Relihan, Jan Bukowski, Luis Halligan, Callum O'Connell, Keshav Nagar, Cibile Cyriac, Oisin McSherry.*

## UCC OPEN DAY Fifth Years - May 2017



## SLÁINTE NA N-ÓG

Sláinte na n-Óg is the name of our Mini Company and is also our board game for children that promotes positive mental health, well-being and openness. We came up with our idea after several weeks of brainstorming. We eventually decided that our product would be based around mental health because it is such a big issue.. We thought it would be more effective to target primary school children aiming to stop mental health problems from developing at the source. After doing market research we found that there was a definite need for a product like ours in the market.

After our publicity in the Evening Echo we had several meetings with people and organisations to help develop our game. We met with the Minister of State for Mental Health issues, Helen McEntee, to discuss our board game. She was extremely impressed and looks forward to working with us in the future. We also met with Martin Ryan, the suicide prevention officer from the HSE in Cork. Martin and a team of professionals clinically assessed our game to make sure it was up to H.S.E. standards.

We had huge success over the last number of months, managing to win awards in every competition we entered. In March we competed in the student enterprise regional finals in U.C.C. and the P.D.S.T. regional finals in Vienna Woods. We won both competitions and qualified for two national finals.

The first of the finals was on May 2nd in Naas. We won first place in quality and 3rd place in finance but we were also the overall winners of the competition. We were absolutely delighted to win.

The second national final took place the next day in Croke Park. This was run by the Student Enterprise and the Local Enterprise Office. We came 3rd overall in the senior category of this renowned national competition. We are in the process of creating a website where we plan to use to sell our board games in the future.

*Cathal Ring, Matthew Coffey, Cian Spicer,  
Thomas White, Fionn Kidney, Cathal Buckley, Peter Delaney,  
Eoin Murphy, Matthew Brady, Oran Daly, Ryan King*



## CSN TAEKWON-DO CLUB

The CSN TaeKwon-Do Club is a new club in the school. We meet every Friday in the GP Room at 1 o'clock until 1.30. The club is student run and is open to all students. During the meetings we cover basic technique, sparring and self-defence. It is the perfect opportunity for students who do TaeKwon-Do outside of school to train with different people and is equally as good a chance for people who don't to try something new. Give it a try and you'll definitely take something away from it!

*Tadhg Connery, 2nd Dan, 4A2*

## 1ST YEAR RETREAT



# ROTARY YOUTH LEADERSHIP DEVELOPMENT PROGRAMME

Last week I had the privilege of representing Ireland at the EU's Euroscola project in Strasbourg as part of the Rotary Youth Leadership Program.

Rotary is an international charitable organisation whose aim is to bring people together and improve the world by education and co-operation. One way they try to make a difference is by running the Youth Leadership Development Competition. The aim is to foster leadership skills in young people and open our eyes to how the world is really run. To win a place on the tour each candidate needed to undergo a series of rigorous interviews at school, local and county level. The top 24 were selected, from north and south of the border, to represent Ireland. I was extraordinarily fortunate to be selected for the honour.

The programme lasted five days. It began in Belfast. The chosen delegates met up for dinner and debates on Sunday evening. At Euroscola there are some 28 delegations from all the EU member states, each delegation made up of 20 or so young people like ourselves. The Irish delegation's first order of business was to nominate a spokesperson to introduce us. The speech needed to be exactly one minute in length and could not be in our native tongue. Each of us prepared a short piece, mine was in French, and I delivered it to the group. We then voted on who we felt was the most appropriate person to represent us. Somehow I was chosen!

From there, the trip was a blur, a whirlwind of excitement and discovery. We were awarded tours of Stormont, The Mansion House in Dublin and Trinity College. We heard from speakers at the EU Commission's office in Belfast and The EU Parliament office in Dublin. I was asked to present my speech to the head of Rotary Ireland, the deputy Lord Mayor of Dublin and Commissioner Vestager, a huge name in EU politics. She has dominated headlines since she made the controversial ruling on the Apple tax affair.

We reached Strasbourg on Wednesday and set about final preparations for the Euroscola session on Thursday. Euroscola is a program that tries to give us an insight into the life of an MEP, a model European Parliament if you like. We had been sorted into committees in advance, I was dealing with Development Aid - what is the EU's responsibility to donate aid to non-EU nations? - but others debated migration/integration, youth employment etc. Everyone had arrived with research done and opinions formed. Our job was to negotiate a deal in our committee which would then be put before all the "MEPs" to vote on. We had a great team and despite being placed in a packed room full of fifty-or-so divided politicians with starkly different backgrounds, my team managed to bully our motion through. Our plan outlined a restructuring of the aid model - a proposal that saw the amalgamation of the development aid and trade budgets to allow the lesser developed country utilise valuable natural resources.

It was just like real politics because when the bill was proposed to the parliament much was said and little was agreed! Fortunately we passed it by a slim majority. The parliament was also given the opportunity to interview a real MEP, French socialist H. Martin and



*Waiting outside the EU Parliament, Strasbourg.*

I gave my introduction to a full parliament on behalf of both the North and South of Ireland. I was very pleased by how warmly it was accepted and was flattered when our chair, a veteran of many true Parliament sessions, chose to quote our speech in his closing address.

The competition was of course, a competition and at the end of the week the Rotary facilitators chose a candidate as the "leader" of the group. It was a very proud moment when I was presented with the EU flag as a trophy recognising me for this further honour.

It was a trip of a lifetime. I enjoyed every minute of it but if I absolutely had to choose my favorite bit, it would be the company. Everyone was kind, funny and interesting. We all came from very different backgrounds with very different opinions and I really enjoyed learning from and debating with everyone else. We were all there by choice and everyone embraced the opportunity. I learned a great deal, about Europe, politics and life in general. I have no hesitation in saying that this trip changed my outlook on life.

*Alan O'Sullivan*



*Addressing Commissioner Vestager in Dublin.*

# Short Story Competition

Cian Morey, TY, won the Cork City Library's Teen Short Story Competition, the Kerry County Council Youth Creative Writing Award, and the RTÉ Guide/Puffin Young People's Short Story Competition.

## From "The Deplorable Damnation of the Modern Luncheoning Man"

We are all to blame for the downfall of The Ham Sandwich, and this is a tragic truth up to which we must face if we are to make any vertical progress out of the whacking big hole we've so effectively eaten ourselves into.

Allow me to illustrate this approaching apocalypse with a hearty account of one of my own harrowing experiences. It was a mere two weeks ago that I found myself, buckling beneath a sudden craving for The Ham Sandwich, stranded rather fortuitously in that delightful corner of town that is renowned for its cuisine. Street after street of said gastronomical district is lined with dependable eateries for which I have the highest regard. In desperate need of that steadfast Sandwich Of Ham, I torpedoed at once into the nearest luncheoning institution and sidled to the counter with all the casual ease of a fellow on the point of palpitation whose will to live was more than ready to hand in its notice if the desired dish was not dished out with all haste. The conversation with the spindly bespotted intern behind the counter ran as follows:

**CUSTOMER:** I would like a Ham Sandwich, please.

**TRANSLUCENT INTERN:** One Ham Sandwich, coming right up. Take a seat, sir, I'll bring it down to you in a minute.

**CUSTOMER:** Thanks very much.

As you can no doubt see, the entire transaction was extremely straightforward.

What was delivered to me shortly after the above exchange was what can justifiably be characterised as "Not A Ham Sandwich". I was presented, rather, with a fully-functional ecosystem in miniature on a plate. Tottering atop my "meal" was the result of a bomb in a greenhouse – there was a base layer of mixed vegetation in sickly greens and offensive purples that would be better suited to a sloth, above which was a stratum of sinister shrapnel from peppers and onions, all capped off with the fattest and most beastly tomato that I had ever had the discomfort of witnessing. Beneath this explosion of horticulture my keen eye detected the presence of some sort of bread product, though that too was diseased with all manner of ghastrly seeds and organic enhancements the like of which should never be allowed to stray beyond the shelves of the health food shop to which they have been so wisely confined. When at last I had macheted my way through the undergrowth with my knife and fork, I finally caught sight of the ham – one withered slice, barely there, scrunched into a corner like something salvaged from the bottom of a wastepaper bin. Having no other choice, I ate what little of the sandwich I could and left as quickly as possible, wondering what on earth the human race was coming to. On my way out, I spied the source of all the strife on a treacherous menu mounted on a wall – there was indeed a meal up there that was slyly labelled "Ham Sandwich", but if one put oneself so far out as to squint at the small print beneath, one could see that the terms and conditions painted a more realistic picture: "Tomato, Diced Onion And Pepper And – (here the copy writer once again wandered into the realm of optimistic fantasy) – Juicy Lettuce, On A Bed Of Succulent Ham And Buoyant Gluten-Free Bread".

The problem became immediately clear to me.

# FIRST YEAR CLIMB



# CONSTRUCTION PROJECTS 2017



## ATHLETICS

Earlier this year at the Munster Combined competition two third year students, Wymin Sivakumar and Brian Lynch, competed at CIT.

Wymin won his competition and qualified for the All Ireland's in Athlone. Brian finished 5th, just one spot short of qualifying.

In February eight students competed in the Cross Country South Munster schools competition at Minor, Junior, Intermediate and Senior Level.

Conor O'Neill, second year, finished 9th in the Intermediate grade and qualified for the Munster schools competition.

Ben Smith, fifth year, finished 6th in the Senior grade and also qualified for the Munster schools competition.

An encouraging number of first year students signed up this year which shows a growth in the number of students looking to compete in athletics.

Most recently, at the South Munster Schools Track and Field competition, we had four outstanding athletes qualify for Munster Schools Competition on May 20th.

They are:

**Brian Lynch** in 400 metres hurdles & shot put.

**Wymin Sivakumar** in Long Jump and Triple Jump.

**Connor O'Neill** in the 1 Mile.

**Ben Smith** in the 1500m.

The very best of luck to these students in the upcoming Munster event.



A special mention for Michael O'Sullivan (5th year) who competed in his first ever South Munster Schools event and finished an impressive overall 7th in the 100m and 5th in the Long Jump.

All new students who would like to compete in the future are welcome and encouraged to join up next year.

## FIRST YEAR DEBATE 2017



Congratulations to Brian Whelton N.Fin who won Best Speaker in the Annual First Year Debate which took place at lunchtime today (Tuesday) in Rm 17.

The debate was Mace style. The speakers were given the motion and were allowed 10 mins to prepare their speeches. The event drew a big crowd and both speakers and audience members waited with bated breath for the motion 'That the internet has done more harm than good' to be announced. We were treated to a really great debate with arguments that were well thought out.

The speakers were Mark Mosolygo (N Ron), Ian Kenny (NRon), Kevin Chakkatty (NFin), Ciarán Kirby (NRon), Emmanuel Koledoye (NFin), Brian Whelton (NFin), Eoghan Ahern (NFin) and Rían McNeill (Nron). For many of these speakers it was their first time delivering a speech so very well done to them, a fantastic achievement.

Many thanks to the society's chairperson Shane Cahill (5th Yr) for organising the event so well and to his team of adjudicators Jason Scully, Ben Smith and Ciarán Meers.

*K Barry*



## Mr Sexton Checking In!

As many parents and students are no doubt aware, I have been working this year as Chief Executive Officer with our trustee body, the Presentation Brothers Schools Trust (PBST). As I write these words, I am approaching the end of what has been a very demanding but fulfilling year. After more than thirty years as a teacher in CSN, it was quite a daunting challenge to take on a task that is many ways very different from the work of a school principal. On many occasions in the past, I have spoken to our senior students in particular about having the courage to step out into the unknown and to be prepared to change career several times in today's fast evolving workplace. But when it's you (well into your fifties!!) who is taking on such a change, you realise it really is quite a step to take. I have, however, been very fortunate to work this year with a Board of Directors who have been supportive of all my ideas and endeavours as I attempt to steer a new course for our trustee body as it embarks on the next phase of its development.

It might be of interest to Spiorad Signals readers to learn a little about the role our Trust plays in the schools for which it has responsibility. PBST was set up in 2009 following the withdrawal of the Presentation Brothers from the active management of the schools in the Presentation Brothers network. The Trust is a company limited by guarantee, made up of volunteer lay people whose primary objective is to ensure that the 'characteristic spirit' of each school remains in keeping with Christ's teaching as exemplified by Edmund Rice. Secondly, as legal owner of the schools, the Trust also has overall responsibility for the properties and finances of the schools and for ensuring compliance with statutory requirements. The Trust is now moving out of its establishment phase and into a new developmental stage. We are currently beginning work on the implementation of a strategic plan which we hope will result in the Trust being much more connected with our school leaders, teachers, students, parents and support staff. It's quite a challenge given that we have over 350 staff members and nearly 4000 students in a very diverse family of schools at both primary and secondary level. Needless to say, I feel extremely privileged to have been selected to lead this important

work and as a proud Spiorad Naomher, I feel that my appointment is an acknowledgement of the commitment our school has given to Presentation education down through the years – and continues to give today.

I have, of course, missed the company of my CSN colleagues, the daily interaction with our wonderful students and the 'buzz' of leading a vibrant, successful school. There's a fair bit of 'admin' in my new role – attending meetings and dealing with correspondence on matters relating to property, finance, compliance and so on. But there is also a lot of really interesting work organising seminars for school leaders and new teachers, assisting principals and boards in developing plans for new building projects, working with boards of management in appointing new principals and deputy principals and working on our strategic plan. We hope to roll out some really interesting projects early this coming year. I've also got to travel a little, attending meetings in Maynooth, Athlone, Killarney, Dublin and many places in between. The highlight in this regard was undoubtedly the opportunity to travel to Rome as a guest of the Presentation Brothers at Easter to attend their 'Chapter' – a meeting of Brothers from all over the world which is held every six years. There weren't too many low points but perhaps the greatest threat to my credibility as CEO was my decision to organise a meeting of all our school leaders at the new conference facility on Spike Island. Everyone thought it was an inspired choice of venue until we found ourselves marooned on the island with all ferries cancelled owing to high winds. We eventually made it back to the mainland when the winds abated several hours later.

I thank the Board of Management for agreeing to my secondment for a further year and I congratulate Mr Foley and Ms Moriarty on the very fine job they are doing in steering the Good Ship CSN through the turbulent waters of the current education scene. It was especially marvellous to learn of the success of our students in so many competitions and projects during the year. Well done to all and to the teachers who guided them. May I also extend my best wishes to all our students who will sit their state examinations at Junior and Leaving Certificate level in the coming weeks. Go mbeannaí Dia sibh uilig.

*Michael Sexton*

## PRESENTATION BROTHERS NEW LEADERSHIP TEAM

All of us in Coláiste an Spioraid Naoimh extend our best wishes to the new Presentation Brothers Congregation Leadership Team elected at the recent Chapter in Rome. The new team consists of Brother Francis Agoah (Ghana), Brother Patrick Fitzgibbon (Ireland), Br Barry Noel (Grenada/West Indies), Brother Kevin Mascarenhas (Pakistan) and Brother Joseph Mukasa (Ghana). Brother Francis who is also the new Congregation Leader has been a visitor to Coláiste an Spioraid Naoimh on a number of occasions over the years.

We are very proud of our ongoing connection to the Presentation Congregation that had the foresight to establish our school a little over fifty years ago. Anyone who would like to send a good luck message to the new team is invited to do so by emailing [generalate@presentationbrothers.org](mailto:generalate@presentationbrothers.org).

We also send congratulations and best wishes to Brother Martin Kenneally who has just completed a twelve year term as Congregation Leader. During his time at the helm, Brother Martin oversaw huge

change in the Congregation which included the withdrawal of the Brothers from the ownership and management of its schools here in Ireland and the establishment of a lay trust, the Presentation Brothers Schools Trust (of which our own Mr Sexton is now the CEO), to take over that role. Brother Martin also oversaw the transition to a youth ministry focus here in Ireland and the expansion of a highly successful education mission in west Africa.

On a less happy note, the death of Brother Terence Hurley earlier in the school year was a great loss not only to the Presentation Brothers but also to Coláiste an Spioraid Naoimh as Brother Terence served on the Board of Management of our school for a number of years. Brother Terence was a wise and insightful man whose years of experience as a school principal were an immense asset to the Board. We extend our sympathy to Brother Walter (Terence's brother), to the Hurley family and to his fellow Presentation Brothers. Ar dheis Dé go raibh a anam.

## U19 SOCCER

Having lost to penalties to Ballincollig C.S. in the Munster Senior Cup quarter-final, the U19's began the Cork Senior Cup with a victory over C olaiste Choilm. A resounding 5-1 win against Rochestown College was followed by a close 1-0 victory over Kinsale C.S. in the quarter final. A late goal by Gordon O'Meara clinched a 2-1 win against Presentation College in a tense and hard fought semi-final.

The final against Carrigaline C.S. was played in the C.I.T. main pitch on May 16th. This was an excellent final, full of good football and total commitment from both sides. Trailing 1-0, C.S.N. equalised through a superb Robert Wyse free kick. A late goal clinched victory for Carrigaline but the C.S.N. lads gave it their all in a terrific game of soccer.

This group of players have been very loyal to C.S.N. and their team spirit was second to none. Best wishes to the Sixth Years in the Leaving Certificate and for the future.



**Panel:** R. Barrett (C), B. Bielecki, K. Cooper, L. Cotter, E. Coughlan, C. Cronin, S. Daly, A. Davin, S. Dunne, K. Forde, D. Hayes, D. McGregor, M. Oakes, C. O'Donovan, C. O'Driscoll, C. O'Flynn, G. O' Meara, C. O'Sullivan, D. Sexton, R. Wyse, R. Byrne (5th year), O. Daly (4th year).

Thanks to the members of the U17, U15 and First year panels for their commitment to C.S.N. during the year.

*Mr. O'Mahony, Mr. Seymour, Mr. Brett, Mr Mc Elligott & Mr. Davis.*



## FIRST YEAR SOCCER CHAMPIONSHIP 2017

An excellent final between two well-matched teams provided a fitting climax to one of the most competitive championships in its 40 year history.

Like the quarter final and semi-finals it was exciting, close and competitive and played in a great spirit of sportsmanship.

Conor Dunne's team from N. P l emerged victorious in a 2-1 win over Ciaran Delea's team from N.  anna.

Well done to all the eight team captains for having their teams so well organised during the competition. A special word of thanks to Mr O'Leary, Mr Seymour, Joseph Higgins and Peter Delaney for their part in making the championship a great success.

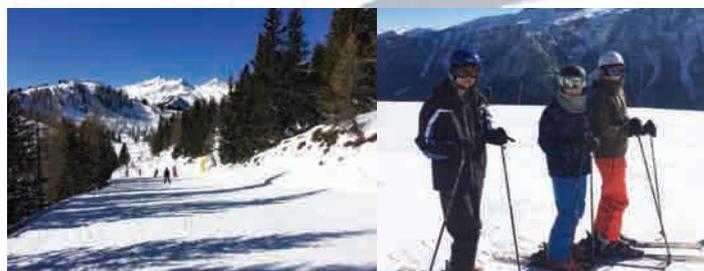
*Teams:*

**N. P l:** C. Dunne (C), P. Anayochukwu, J. Enright, R. Foley, M. Gbadero, L. Matthew, D. Murray, D. Nwokoye, C. O'Flynn, C. Sexton, D. Tobin, A. Whelan.

**N.  anna:** C. Delea (C), H. Ahearne, J. Baker, A. Doyle-Gubbins, A. Hegarty, D. Holland, C. Jones, Jack Kelleher, James Kelleher, C. McHenry, L. Murray, E. O'Mahony, R. O'Sullivan, D. Roche.



## SKI TRIP 2017



## U15 Hurling

The U15 CSN hurling panel commenced their Munster campaign preparations when, at the start of January, they played challenge games against Coláiste Choilm and Coláiste Chríost Rí. On Friday 20th January CSN travelled to Ballyporeen to face Dungarvan CBS in the first round of the Munster competition. Spiorad Naoimh proved to be too strong for their opponents on the day and won easily in the end.

Following another worthwhile challenge match, this time against Ghaelcholáiste Mhuire, CSN then travelled to Brinny on the 13th of March to play Hamilton High School in the Munster quarter final. Despite a very commendable effort by all involved the participation of the U15 hurling panel in the Munster competition came to an end when they were defeated by the competition's eventual winners. Daniel Lombard, Shane Butler, Evan Cullinane, Jack Cahalane and Shane Kingston played particularly well throughout the campaign.

**Panel:** Brian Ahern, Sean Crowe, Nathan Gough, Matthew Nason, Jack Cahalane, Dylan McSweeney, Dara Cahill, James Millard, Shane Butler, Daniel Coleman, Nathan Collins, Evan Cullinane, Bryan McGovern, Geoffrey Gowan, Conor O'Neill, John Gould, Finn Stevens, James Hannon, Daniel Lombard, Conor Quirke, Gearoid Daly, Michael Fitzpatrick, Kevin Kelliher, Alan O'Regan, Michael Quirke, Shane Kingston, Colin O'Flynn, David Murray, Joseph Enright, Conor Dunne, Liam Lyons, Chris Connolly, Brian Lynch.



## U14 Hurling

On the completion of a very successful 1st year hurling league the CSN U14 hurling panel began their preparations for the Cork Colleges competition. On Thursday 13th October the team played a challenge match against Coláiste Chríost Rí in Pairc Cholim. All involved acquitted themselves very well on the day and with their first victory secured their attention turned to the opening group against Carrigaline Community School on the 1st December. Following a keenly contested opening quarter CSN settled well and eventually ran out convincing winners. Conor Dunne, Joseph Enright, Michael Quirke and Shane Kingston all played particularly well.

Douglas Community School were CSN's next opponents in the



group stage of the competition and again after a testing and fully committed hour of hurling Spiorad Naoimh emerged victorious. Andrew O'Connell, Harry Ahern, Liam Lyons and Brian Lynch played exceptionally well at key moments of the game.

The U14's next travelled to Midleton CBS to play a challenge game against a side comprising of CBS's wider U14 panel. On a fast expansive pitch CSN quickly established a very effective tempo and pattern to their play which they sustained until the final whistle. Colin O'Flynn, David Murray, Ciaran Delea and Rian Foley all contributed significantly to a most encouraging performance by every young hurler of the 30 member panel.

Despite the extremely slow progress of the competition the panel continue to train hard and eagerly await their next outing against Coláiste an Phiarsaigh before competing in the knock out stages.

**CSN U14 Hurling Panel:** Billy Sheehan, Brian Lynch, Niall O'Hora, Michael Quirke, Shane Butler, Conor Hegarty, Shane Kingston, Colin O'Flynn, David Murray, Joseph Enright, Rian Foley, Cian Barry-Murphy, Conor Dunne, Mark Dineen, Harry Ahearne, Ciaran Delea, Daniel Roche, Rory O'Sullivan, Dylan McSweeney, Oran Cummins, Darragh O'Shea, Daire Daly, Liam Lyons, Ivan Quirke, Aaron O'Donovan, Colm Sexton, Cian O'Donoghue, Ciaran Kirby, David Burke, Andrew O'Connell, Eoghan Ahern, Luke Murray, Finn Stevens.

## STUDENT COUNCIL

The Student Council continued their meetings after Christmas. In January, we met with the Parents' Council and discussed a number of matters. Tadgh Connery presented the parents' representatives with a letter outlining the issues that were of most concern to TY students. Seán O'Regan in 2nd Year handed the council a letter arguing for the introduction of rugby as an extra-curricular activity in CSN.

In February, four students from the council prepared and read out daily reflections as part of the Feel Good, Be Good, Do Good week. The council also gave feedback to Ms. Cahalane on the week.

In March, the Student Council collected over €800 as part of the Lá Glas campaign. At the request of the Parent's Council, we also came up with a number of fundraising ideas for next year.

So far this year, we have put up a new poster board for the council on the ground floor, we have set up a Student Council section on the school website and succeeded in getting a tap put into the fourth year yard.

The elections for next year Student Council will take place in September.

# CSN Robotics TEAM Compete in DELL/EMC VEX WORLDS competition in Louisville, Kentucky



On the 18th April eight students accompanied by Ms. Walsh packed their bags and flew out to Kentucky via Chicago. Mr. Kerins couldn't join us as he is accompanying Cormac Larkin to L.A. at the Intel ISEF 2017 later in May. We had won the national finals in the Dell/EMC Vex Robotics Competition held at the CIT in January, and we were preparing to compete in the World Vex Robotics Competition. The robot had been upgraded and painted and the team had practiced extensively in the run up to the trip.

We had a few days to ourselves on arrival and these were spent making the final touches to the robot, seeing the sights, and enjoying some tourist activities. We went on a shopping trip to the outlet centre, saw a baseball game and went to downtown Louisville. We were also treated to a trip of the Flex Ltd. facility in Louisville, learning about the business and what products and companies they work with. Flex was responsible for shipping the robot and also gave the students an extensive tour and a great lunch, going above and beyond as a sponsor.

Day 1 of the competition was hectic with registration and setup as over 500 individual teams from all over the world were entering. Once those were sorted the robot was sent for inspection and passed with flying colours. The team participated in the driver skills part of the competition which went well.

Day 2 of the competition began with the parade of nations, with the boys and a giraffe walking out in front of the entire competition waving the Irish flag, there was an electric atmosphere in the convention centre and the team were ready to jump into their first match. The tournament got off to a great start with a decisive victory for the robot.

The competition was fierce on Day 3 with a mix of wins and losses. Day 4 found the team finishing around mid-level in the competition. We watched an amazing final and were delighted as the overall winners came from our own division. We are very grateful to all of the companies that sponsored us and enabled us to attend this competition. Please see school Facebook page for full list and for more details on the robot, the team and the trip. The students were: Daniel Murphy, Sean Cronin, Aaron McGee, Harry Moran, Kevin O'Regan, Matthew Cronin, Jamie O'Leary and Elvinas Seporatis. Thanks to Mr. Kerins for giving us this wonderful opportunity.

*Aaron McGee*

## CLASS OF 2017

