



SPIORAD SIGNALS

N E W S L E T T E R

SUMMER 2018

TEACHTAIREACTHÓN ARDMHÁISTIR *From the Principal's Desk*



The term is trundling to an end; house exams have begun and the students doing state exams are wishing them now to be started – they are ready for them. The school has been a-flurry with the various end-of-year activities that occur – awards ceremonies, graduation nights and masses.

We endured hurricanes and snow this year – a surprising display of the extremes of nature and, it seemed that Spring had disappeared as a season and had simply become part of a longer winter. We seem to have finally escaped the clutches of that endless season and the sun shines at last.

I wish all our students, but especially our state exam candidates, good fortune for the exams. For the Junior and Leaving Cert. students it has been a long haul, especially for the Leaving Certs. The waiting is almost over; soon the state exams will have begun and afterwards will come the blessed release of Summer. The students have worked hard. This year's Leaving Certs were the first group to have benefitted from a full year of mentoring by staff. I think it will stand to them, will have helped to steady them and guide them. I would like to thank the huge number of staff who volunteered to be mentors – it is only with their support that it can happen at all. This year the Leaving Cert group did not tail away, opting to study at home as some have done in the past. They stayed in school, where they properly benefitted from the expertise of their subject teachers who are best placed to direct them with regards to final preparations for the exams. So, good luck to all our students who are facing into exams – may you reap the rewards you deserve.

The extra-curricular activities have been a shining part of our school year, once again. We have always believed that endeavour outside the classroom is a very important part of students' engagement with the school. The year started disappointingly; with

the retirement of Mr. O'Kelly, it would not be possible to mount a senior hurling campaign. I know that is something by which the senior hurlers of 2017-18 will always be frustrated. With the appointment of Mr. Canty to replace Mr. O'Reilly the breach could once again be filled. Between that and resurgent, ambitious coaching teams in both hurling and football, it seemed that everything was possible. We end the year in GAA with football victories at county and provincial level and a double victory in the Lord Mayor's Cup – not too shabby!

Across all codes there has been great activity and a fine number of victories. It seems to me that the level of interest and commitment to extra-curricular activities by a significant number of staff is indicative of the value they place on it for students and for themselves, and is also indicative of a high morale in these days of initiative overload by the DES and other state organisations. So, my thanks and gratitude go to the teachers who mentor and train and the students who go out and bring honour to our school in Soccer, Basketball, Young Scientist, Debating, Chess, Science quizzes, Robotics competitions, Maths Olympiads and all the other activities in which the school is represented so effectively.

The Leaving Certs left us on Tuesday 22nd after the LC Graduation Mass. It was a lovely evening, a fitting end to the six years the group have spent in CSN. They are a very fine group and have been very loyal and respectful of the school and of the staff. We will miss them.

Thanks, as always to Fr. Bertie O'Mahony who said the mass on the night, for his support of the school and officiating at many of our most important school events. He brings great positivity and thoughtfulness to his role.

A week earlier, on May 17th, we witnessed the Transition Year Graduation Night. It is a constant source of wonder to me that so much is showcased on the night that gives such a good account of the TY programme. TY has a huge effect on students; they become more mature, more self-reliant, more confident, more open to possibilities. Those are traits that will have a lifelong benefit. Despite the old canard that TY may derail the work of academe, the research suggests that it creates an academic dividend for Leaving Cert and beyond. Our past pupils have also said this to us when they meet us or when they return.

As you know, we were able to add a second deputy principal this year. I quipped at the Academic Awards in late November that there was a need for two deputies because either the last deputy was so good it would take two to replace him or... that the current principal

TEACHTAIREACHT ÓN ARDMHÁISTIR

From the Principal's Desk

was so inept that it needed two deputies to undo the damage! In truth, the work of schools has become ever more complex and the task of managing that has become ever more challenging. I am very fortunate to have two deputy principals of the calibre of Brenda Moriarty and Andrew O'Reilly to deliver a more effective leadership in CSN and I thank them for the great support.

I want to thank all our staff for their work in the classroom and everywhere in the school. The shared commitment to our students, academically, morally, socially and the fostering of a caring community is palpable in the school – due in large measure to the staff. I thank staff members for their support. I want to thank our students for their commitment also. A school, a sense of community, a culture cannot succeed without their belief in it. Our students are as respectful and decent a group as one would wish to meet. They are as invested in the school as the staff is.

I want to thank our parents; they have also committed to the school and their moral and material assistance is crucial to the success of what we do. Particular thanks go to those parents who work for the school through the Parents Association, through their willingness to serve on the Board of Management or through their professional support of the school when their skills are required. We are very fortunate to have a group of parents that is generous enough to assist us in all those different ways.

I would like to pay a special tribute to that almost anonymous group of people who make up our Board of Management. Theirs is an onerous task as they bear overall responsibility for the running of the school. They have given me great support and guidance over the last two years in my role as principal. This Board will end its tenure this October and I would like to thank all of the members for their input and their wisdom over the life of this Board.

We are bidding Au Revoir to one of our stalwarts on the staff. Chris O'Connor is retiring from CSN having spent forty-odd years here. He is as much a part of the culture and the community as anyone I can think of. He has always been an advocate for giving students responsibility for learning and behaviour – something that is now seen as distinctly modern, but something Chris identified a long time ago. He will be missed as a very committed teacher and very supportive colleague. We wish him all the very best in his retirement and know that he and Marion will knock plenty of good fun out of the time to come!

For me, it is a great pleasure to be a part of this grand endeavour called Coláiste an Spioraid Naoimh. It is both humbling and uplifting to see the great work that is done here. If you are a staff member, student or parent here, you should be proud – I know I am.

Go maire sé i gcónaí, go raibh sé amhlaidh i gcónaí.

Mike Foley

SEACHTAIN NA GAEILGE

Dhein an scoil ceiliúradh ar Sheachtain na Gaeilge arís i mbliana ón 12ú-16ú Márta. Bhí seisiúin ceoil againn gach maidin os comhair na leabharlainne agus bhí éagsúlacht mór ceoltóirí agus stíleanna ceoil le clos. Ar an Luan bhí Memes as Gaeilge ag **An Máistir Burke** agus bhí teacht le chéile mór ag an Seomra Caidrimh. Dé Máirt d'ardaigh **Eimhín Ó Cuileanáin** agus **Conchúr Ó Coirc** brat na hÉireann os comhair na scoile agus bhí aoi-chainteoir na seachtaine againn ansan - **Ger Canning**, an tráchtair spóirt ó RTE. Labhair sé faoina shaol ag múineadh, faoina shaol mar thráchtair agus faoin suim atá aige sa Ghaeilge.

Bhí Tráth na gCeist ag alán ranganna i rith na seachtaine agus duaiseanna 'móra' le buachaint! Maidin Dé Céadaoin mar is gnách anois bhí 'Maidin Chaifé' againn sa leabharlann - chabhraigh **Seosaimh Bairéad** agus **Seán Akinwande** linn chun an áit a ullmhú agus b'iad an criú ón Seomra Caidrimh a bhí i mbun an tae / caifé. Chuir ceol bríomhar ón ngrúpa traidisiúnta go mór leis an atmaféar gan dabht! Bhí 'Lá Glas' againn chomh maith agus chaith furmhór (!!) na ndaltaí agus na múinteoirí éadach glas don lá.

Bíonn daoine ag tnúth go mór leis an 'Poc Fada' gach bliain féach an bhféadfadh aon duine an lámh in uachtar a fháil ar **Ger Collins!** B'iad **Darragh Ó Súilleabháin**, **Shane Kingston**, **James Hannon** agus **Ger Collins** na buaiteoirí agus deir **An Máistir Ó Drisceoil** liom gurb é curadh na múinteoirí!? Buíochas le **Mr. Walsh** agus le **Mr. Canty** a chabhraigh linn. Ar an Aoine rinne ranganna 'Mock The Week' sa leabharlann agus bhí an-spórt acu ag argóint le chéile. Bhi 'Comórtas Grianghraif' ar siul i rith na seachtaine chomh maith agus bhí caighdeán ard ann.

Míle buíochas leis na daltaí agus na múinteoirí go léir a ghlac páirt go fonnmar in imeachtaí na seachtaine. Bhí na ceoltóirí ar fad ar fheabhas agus iad fial flaithiúil lena gcuid ama. Ár mbuíochas le **Ms O'Sullivan**, le **Ms Dorgan** agus leis an **Uasal Skally** a chabhraigh go mór linn.



U-16.5 FOOTBALLERS END 34 YEAR WAIT FOR MUNSTER TITLE

Our under 16.5 footballers this year won the school's first Munster title at this level since 1984 when they defeated Coláiste Na Sceillge 5-14 to 1-10 in Dr Crokes Killarney.

A fast start (the only one of the year) saw them run into a 1-05 to 0-01 lead after 10 minutes and the game would never get any closer than a 7-point margin for the remainder of the game. This group of players showed tremendous grit and determination throughout this competition. An opening round win against Roscarbery showed the potential of this group. The Quarter Final against a strong and competition favourite Rathmore would be a true test.

Trailing by 8 points at half time, they came back to lead by one point in the closing moments only for Rathmore to clinch a late point and extra time. Our lads rallied and a goal in extra time from **Liam Hogan** was the vital score to secure a semi-final spot against Kenmare by 2-16 to 2-14.

Again, our lads would do things the hard way trailing by 8 at half time. This time, however, they dominated possession but kicked 11 first half wides. Three goals for Spioraid Naomh changed the game and the lads found themselves powering to victory 6-08 to 3-14. A special mention for **Adam Bruton** who managed to score 2-01 from wing back.



*Munster Final -
presentation of
cup May 8th 2018*



LORD MAYOR'S CUP

Our senior football team got off to a flying start in their first competitive game of their year. They beat Colaiste Choilm 2-07 to 10 points in the final in Páirc Uí Chaoimh recently. A fast moving competitive game was played out with our lads leading throughout and doing just enough to stay ahead. Goals win games and that was what stood to our lads throughout.

A **Dara O'Sullivan** goal after 14 minutes gave Spiorad Naomh a 1-6 to 6 half time lead. In the second half both teams traded scores until the 50th minute when **Jack Long** was pulled back and we were awarded a penalty. **Simon Collins** dispatched the rebound to put light between the teams. Coláiste Cholim finished stronger but CSN held out to win it by three points.

Hopefully with a blend of a few of our under 16.5 team from this year, this group of players can push on at Senior level next year with the same work rate and commitment which they have shown these last two years. A special word of congratulations to **Simon Collins**, **Nathan Gough**, and **Kevin Delaney** on their huge achievement of a treble win this year as they also made up the core of the U16, U16.5 and Senior football teams – a fully deserved honour for their commitment to school football to date and something to be extremely proud of.

GAELIC FOOTBALL



U16 FOOTBALLERS COMPLETE THE DOUBLE

Our lads had convincing victories against Coachford and Mitchelstown before meeting DLS Macroom in the Final. This was a fantastic achievement by the team to complete the double this year. Trailing in the final by 1-02 to a point with ten minutes gone, the Munster Champions rallied, scoring the next 3-5 to hold a commanding half-time lead. In the second half, they dominated the opening ten minutes to end the game as a contest and win the game on a scoreline of *CSN 5-11 DLS Macroom 2-08*.

Team Management: **Mr A Seymour, Mr K Canty**
The Panel for both these teams is as follows:

1	Kevin Delaney	BISHOPSTOWN
2	Adam Bruton	ST FINBARR'S
3	Colin O'Flynn	BALLINORA
4	Brian Aherne	BISHOPSTOWN
5	Liam Hogan	BISHOPSTOWN
6	Nathan Gough	BISHOPSTOWN
7	Conor Quirke	BALLINORA
8	Connor O'Neill	CANOVEE
9	Conor Mc Goldrick (CAPT U16.5)	EIRE OG
10	Simon Collins (CAPT U16)	BISHOPSTOWN
11	Jack Cahalane	CASTLEHAVEN
12	Ivan Quirke	BALLINORA
13	Shane Kingston	BALLINORA
14	Patrick O'Neill	BISHOPSTOWN
15	Jamie O'Sullivan	BISHOPSTOWN
16	Joseph Conway	BALLINORA
17	Rory O Sullivan	ST FINBARR'S
18	Kevin Kelleher	BISHOPSTOWN
19	Eoghan Hallahan	ST FINBARR'S
20	Harry Aherne	BALLINCOLLIG
21	Evan Cullinane	BALLINHASSIG
22	Michael Quirke	BALLINORA
23	Gearoid Daly	BALLINHASSIG
24	James Hannon	BISHOPSTOWN
25	Liam Lyons	BALLINORA
26	Finn Stevens	BISHOPSTOWN
27	Joseph Enright	INNISCARRA
28	John Gould	INNISCARRA
29	David Burke	BISHOPSTOWN
30	Jason Riordan	CANOVEE
31	Ian Kearney	BISHOPSTOWN

U15 FOOTBALL 2017 – 2018



T.Y. GRADUATION NIGHT

The Transition Year Graduation Ceremony took place on Thursday, May 17th. The occasion is unique in that the students do all the talking! We were asked to be the main presenters. **Dorian Skweres** - assisted by **Scott Bowdren**, **Matthew Harte** and **Konrad Dagiel** - worked on the PowerPoints and they did a superb job.

We were delighted to welcome our guests: **Councillor Mary Shields** (representing the Lord Mayor), **Ms Margaret O'Sullivan** from the Simon Community and **Mr. Eddie Barrett** from Bank of Ireland. Students outlined our work in Social Justice and Samuel Koledoye spoke in particular about the Christmas Food Appeal. Cheques were presented to the Marymount Hospice, the Simon Community and Pieta House.

Joey Harrington and **Joe Conway** gave a presentation on the school bank. **Rian Kelleher** and **Dara Cahill** told us about the work done by TY students in conjunction with Trend Micro on the BeSmart Internet Safety programme. This programme was then delivered by TY students to first years.

Conor Crowley and **Aaron Crowley** gave an outline of the German Exchange. **Brian Lynch** and **Nathan Collins** spoke about the new Sports Studies module provided to TY students. **Conor McGoldrick** and **Simon Collins** then presented on the success of the first year hurling and football leagues.

David Harris and **Patrick Reidy** gave an insight into their work as our representatives on the SHARE executive. Overall, 80 Coláiste an Spioraid Naoimh students worked in the SHARE Day Care Centre this year. **Yousif Haidaran** and **James Ruane** brought us up to date on the Yoga programme and how their yoga practice this year has helped them. **Alex Carey** and **Oscar Walsh** spoke about their experience of Psych Slam and gave us an insight into their project examining empathy. **Aidan Mamo Cooney** gave an outline of his work for the BT Young Scientist competition investigating mathematical networks formed between sixth year students over the last two years when they were engaged in peer to peer learning.

Guilherme Ventura Patricio, **Rory O'Broin**, **Luke Tobin**, **Joshua Ababon**, **Dylan Bairamgulov**, **Peter Kelleher** and **Peter O'Connor** recounted their experiences of Mini-Company and the various

achievements by EXCL, Flashback Inc. and Get Healthy. **James Millard** and **Raymond Cotter** gave a presentation on the Project Management - Skills For Life program in conjunction with Junior Achievement Ireland and Dell/EMC. **John Greally** gave an outline of Music Appreciation and the TY Variety Concert held in early May.

All students took part in the First Aid programme this year and **Tighernán O'Sullivan** gave a presentation on the practical skills learned during this time. **Jamie O'Donovan** spoke about the Unfinished Book Project, where a group of fourth year students met with a published author, in association with O Bhéal. Every student involved had at least one piece of poetry published.

Kevin Delaney, **Oisín Nagle**, **Jordan Martin**, **Ruairi Moriarty**, **Mannan Nazaar** and **Calvin Doherty** gave an account of their work experience. **Ruairi O'Sullivan** outlined his experience of the French Exchange. **Patrick O'Neill** spoke to us about the Hurley Repairs workshop, and twelve students were awarded with certificates in this. This workshop is given by **John O'Sullivan** (dad of past pupils).

In relation to computing - **Alan MacDonald** and **Stephen Burke** spoke about the fixed module, Computer Programming, while **Dylan Hegarty** and **Matthew Harte** outlined the work completed in the internationally recognised ECDL (European Computer Driving License) programme.

Phillip O'Sullivan spoke about the Art and Craft programme, showing some examples of work from the students this year. **Ross O'Donovan** gave a presentation on behalf of the Horticulture group who had a very successful year planting trees and working in the poly tunnel.

Mr Foley acknowledged the work done by all of us as and said it was a "rich tapestry of activities". He wished us well as we progress into fifth year.

Aidan Mamo Cooney and Ciarán Meers.



BASKETBALL

U16 BASKETBALL

In January, after a number of fairly easy games, our under 16 team reached the All-Ireland Cup final in the National Basketball Arena in Tallaght. Our opponents, St. Enda's from Galway, had already beaten us in the league competition. It was a very competitive game and either team could have won but St. Enda's, led by their powerful international player, **Malik Thiam**, proved better on the day. CSN played excellently but the shots didn't drop as we would have liked them to. The team got great support from those who travelled to Dublin and from those who watched the game live on YouTube back in the school.



FIRST YEAR ALL-IRELAND PLAY-OFFS

On Tuesday, April 24th at 6am in the morning we headed off to Oughterard Community Centre in Galway.

The journey took 3 hours and 45 minutes and by 10.45 CSN were on the court, playing the first of three teams. The first match was against Oak Academy, Dublin – a team entirely made up of Mexicans!! The score at the end of the first quarter was 8-0 in our favour but they came back at us and eventually won the game.

We were beaten too by the narrowest of margins by St. Gerald's College, Castlebar, but the overall winners of the Play-offs were the home team, St. Paul's Secondary School, who beat us and all other teams on the day quite easily and were very deserving winners.

The First Year Squad members were: **Shane O'Connor, Gavin Igbinooghene, Aironas Ziurnia, Ciaran Kerrigan, Donnchadha Holmes, Marc O'Connor, Killian Kearney, Eoin Scully, Cian Nagle, Callan O'Leary, Micah Adu, Adam O'Leary, Tray O'Brien, Haydyn McCarthy.**

SECOND YEAR CLASS LEAGUES

Naomh Finín and Naomh Éanna competed in this year's Second Year Class League Final. It was a great game, played in a great spirit and was very competitive but victory, in the end, went to Naomh Finín.

Playing for Naomh Finín were: **Nathan Kruschke, Adam Costello, Jimmy O'Rourke, Eoghan Ahern and Bipin Paul.**

For Naomh Éanna were: **Andrew Martin, Paddy McCarthy, Daniel Roche, Rory O'Sullivan, Eoghan O'Mahony and Ian Kearney.**

FISHING REPORT

"A bad day's fishing is still better than a good day's working."

Twenty students from first to sixth year braved a wet and windy Lough Bofinne in Bantry on Thursday 3rd May. It was only C.S.N.'s second visit to the stocked lake and it was here that Steven Healy landed the school record rainbow trout (6lbs) in 2001. This time, another record was broken - there were only two fish caught, the worst return in C.S.N.'s fishing history! As soon as the bus parked up, the anglers all wisely headed for the sheltered side of the exposed lake. It was not long before third year student, Charlie Moran, landed a sizeable rainbow trout. This raised everyone's expectations but the strong winds and rain made fishing difficult for most of the afternoon. As the weigh-in drew closer, Tom Buckley's (6th Year) persistence paid off and he landed the second and final fish of the day with only minutes left.

In spite of broken rods, tangles, lost tackle and a distinct lack of fish, a good day was had by all. Promises have been made about a trip early in September!



Winner: Tom Buckley
(1 Rainbow Trout 1.5 lbs)
Runner Up: Charlie Moran
(1 slightly less heavy rainbow trout)



SKI TRIP 2018



DEBATING

“It is the mark of an educated mind to be able to entertain a thought without accepting it.” - Aristotle

It has been another very successful year for The CSN Debating Society at both Senior and Junior level.

Our juniors competed in a variety of competitions this year, representing the school at local, regional and national level. Four of our juniors, **Brian Donnelly, Michael Keohane, David Cronin** and **Ian Kenny** participated in the Cork City Schools Prepared Debating competition with all four making it to the semi-finals. Ian, David and Michael qualified for the final round of the competition which was held in the Ambassador Hotel. Michael and David won runner-up best team, earning the honour for the school for the second year in a row!



Timmy O’Riordan, Brian Donnelly, Michael Keohane and **David Cronin** participated in the Munster round of the Matheson Junior Debating Competition. The Matheson is Ireland’s biggest junior debating competition. Michael and David qualified for the National Finals in St. Conleth’s College, Dublin, where they debated against 90 of the country’s top debaters out of over 500 entrants. A huge achievement!

Our junior debaters also competed in a variety of friendly debates with other schools including the Pres CSJM in January. In April this year, we held our very own annual CSN Junior Mace on a Wednesday afternoon. Our Senior students worked diligently to co-ordinate the event and succeeded in gathering a total of 60 participants and 15 adjudicators from places as far flung as Ballincollig and Skibbereen. It was a great success with good responses all around. Our very own **David Cronin** came away with the prize for runner-up best speaker.

It was a successful year for our senior debaters with a number of winners across a host of competitions. This year, we entered three teams comprised of **Cian Morey** and **Aaron McGee, Tony O’Halloran** and **Anthony Gleeson** and **Ciaran Meers** and **Aidan Mamo Cooney** in the UCC Philosophers Debating Competition where they tackled challenging motions such as “TTHB that the US and NATO forces should withdraw from



Afghanistan” and “TTHB that the Irish State should pay reparations to all Irish women” Both Cian and Tony qualified for the Munster Philosophers Final as individual speakers and Tony went on to represent the school in the All-Ireland Final in UCD.

We also met with great success in the National Model United Nations competition in UCC where students represented various nations from the UK to Nepal in a mock UN, debating issues ranging from women’s rights to climate change and from military disarmament to the re-establishment of colonies. This year’s delegation was comprised of **Alan O’Sullivan, Shane Cahill, Victor Jean, Cian Morey, Aaron McGee, Ciaran**

Meers and **Tony O’Halloran**. The delegation received a number of awards at the end of the three day event including best delegate for **Aaron McGee**.

5th yr students **Cian Morey** and **Aaron McGee** qualified for the Grand Final of The Cambridge Schools Competition. Each year over one thousand talented youngsters compete to make it to Cambridge for the tournament finals, and ultimately for the prestigious honour of being named Schools’ champion. The Cambridge Union is the oldest speaking Union in the world and has a rich history of controversial debates and influential speakers including the Dalai Lama, President Ronald Reagan, Sir Winston Churchill, Julian Assange and notable actors Sir Patrick Stewart and Sir Ian McKellen to name but a few. Unfortunately, the infamous ‘Beast from the East’ scuppered our plans and we were unable to travel. It was hugely disappointing but who knows, we may be lucky enough to qualify again next year.

Many congratulations are in order to all our junior and senior students for another excellent year of debating. A heartfelt thank you to our senior mentors and to **Ms O’Keeffe, Ms Shanahan, Ms Garry, Ms Fallon** and **Ms McGee** who gave so generously of their time to prepare the students for competitions.

Ciarán Meers (Attorney General),

CSN JUNIOR MACE 2018

Coláiste an Spioraid Naoimh’s Annual Junior Mace Debating Competition took place on Wednesday 25th April this year. The debate featured over twenty teams from schools across Cork who gathered at CSN to tackle motions such as “TTHW Decline All Foreign Aid” and “TTHW Not Commemorate Those Who Die For Their Country”. When the trophies were presented at the end of the day, CSN’s own **David Cronin** (1st Year) was among the winners and the Society congratulates him on receiving the award

for Runner-Up Best Speaker! The event was organised almost entirely by the students themselves, from the collection of the registration fees to the layout of the rooms on the day in question, and the outgoing Committee of the Society would like to sincerely thank all of those members who helped out and ensured that the day ran smoothly.

Many thanks also to **Ms Barry** and **Ms McGee** who supported us every step of the way, to **Mr Skally** for his great help, and to **Mr Foley** for allowing us to take

over half the school one afternoon so that sixty opinionated teenagers could get a bit shouty about stuff. The 2018 Mace was a great success and was tremendously enjoyable for all, and we look forward to hosting another exceptional debate next year.

At the time of writing, CSN’s Debating Society is gearing up for its annual elections, so to whoever takes the gavel in the 2018-19 session of the House - no pressure.

Cian Morey, 5th Year



DEBATING

DEBATE SCIENCE: EUROPEAN STUDENT PARLIAMENT

From the 24th to the 26th January this year, three 5th Year students - **Cian Morey**, **Finn O'Donovan-Pinker** and **Jason Scully** - participated in the *Debate Science* European Student Parliament hosted in CIT. The theme of the Parliament was *"The Future Of Mobility"*, and the students were split into research and debate groups to discuss topics such as *"Driverless Vehicles"*, *"Carbon-Neutral Transport"* and *"Neo-Nomads and Digital Natives"* (yes, we're still a bit unsure as to what that one was actually all about, and we debated it for three days). The Parliament opened on the 24th with an introduction to "Mobility" and a social outing to Blackrock Castle Observatory that evening, where the students were given a fascinating tour and learned about the pioneering astronomy work being undertaken there. On the 25th, the focus was on discussion and debate as each group developed a set of educated recommendations or a "Resolution" on their topics.



Much was learned from each of the specialist speakers who were questioned ruthlessly by the students on their various fields of study. The project culminated in an all-day debate in the City Hall Council Chamber on the 26th when each group presented, defended and voted on their Resolutions. At the end of the day, six students were chosen to represent Ireland at the 2018 international EuroScience Open Forum Conference in Toulouse this July, including CSN's Cian Morey. Cian will join 100 other students from

all across Europe to debate the topical issues in the world of science in a Parliament that promises to be challenging, exciting and tremendously fun. Congratulations to all students who took part in the CIT Parliament and thanks to **Ms O'Mahony** for all of her help (and patience) with applying for the competition.

Cian Morey, 5th Year

TRANSITION YEAR ACTIVITIES 2018



HURLEY REPAIRS



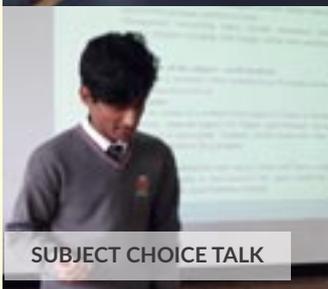
TOURISM



LEADERSHIP



SPORTS STUDIES



SUBJECT CHOICE TALK



PAINTBALLING



COOKERY



UNFINISHED BOOK PROJECT

VARIETY CONCERT FOR SECOND YEARS



On the 3rd of May, a Variety Concert was held to raise funds for St. Bernadette's Ward in the Mercy Hospital. The event was organised by **Ms.Cleary** and **Ms.Dorgan**. **Aidan Mamo Cooney** hosted the event and 9 solo musicians and the CSN Trad group performed on the day.

6th year student, **Omar Aftab** opened the concert with a classical piano piece. Afterwards, 5th year students, **Conor Moore** and **Tadgh Connery** played some traditional music on the accordion. Tadgh complemented this with a beautiful song on the tin whistle and Conor also confidently played his own solo piece. They were followed by 5th year student, **David Nwokoye**, who stunned the audience with his electric guitar performance. Next up was 5th year, **Joel Abraham**. He played two impressive songs on the piano and was shortly followed by the CSN Trad group who, as always, performed extremely well. Next was 6th year student, **Jamie O'Leary**. He sang a song by Sam Smith. The singing continued with 5th year student, Cian Morey, who performed a song by David Bowie followed by a superb piece on the piano. Last, but definitely not least, was 6th year student **Colum Mulhall** who skilfully performed a concerto on the French Horn. A special thanks to all musicians for taking time to perform, Aidan for hosting and Ms.Cleary and Ms.Dorgan for organising the event. Many thanks to the second years for supporting the cause and being a great audience!

TRANSITION YEAR TALENT SHOW

On Friday the 4th of May, the CSN Talent show took place. The show was organised by T.Y. students. There were 10 performers involved with acts ranging from traditional Irish music to rap.

John Greally and **Rory O'Broin** played Ballydesmond Polka 1 and 2 on the fiddle and bodhrán respectively.

Samuel Adu and **Louis Earls** sang Go Flex by Post Malone. It was an excellent performance.

Aaron Buckley, **Adam Bruton**, **Jack McEvoy**, **Ciarán Desmond**, **Michael O'Byrne**, **Jonas Bikunda** and **Samuel Adu** performed a comical scene from Brooklyn Nine-Nine which featured the hit "I want it that way" by the Backstreet Boys.

Conor Scanlon, **Alex Carey** and **Alan McDonald** performed "Stand By Me" by Ben E King accompanied by **James Ruane**. It got the whole crowd up on their feet.

James Ruane then played a beautiful piece called Turkish March by Mozart. It was simply brilliant!

Alex Carey sang "Star Shopping" by Lil Peep with the aid of his guitar. It was something different that we all enjoyed.

Jamie O'Donovan performed "In Bloom" by Nirvana.

Finally, the current Music Appreciation class sang "Time of Our Lives" by Green Day accompanied by **John Greally** on violin, **Calvin Doherty** and **Louis Earls** on guitar and **Matthew Harte** on percussion. This song truly got us all singing in unison.

Some boys were reluctant to take part in the Talent Show at the beginning, but it was great fun and turned out to be a tremendous success in the end.

*Kevin Delaney 4A / Joey Harrington 4A3
Patrick O'Neill 4A3/ Conor McGoldrick 4A3*

LUNCHTIME CLUB



STAFF GOLF OUTING!



ATHLETICS 2018

This year, four athletes competed in the South Munster Schools.

Ben Smith, Brian Lynch, Connor O'Neill and Wymin Sivakumar competed in the South Munster Schools for CSN.

Ben Smith won the Senior 1500m and came third in the 2000m Steeplechase.

Brian Lynch won the Senior Pole Vault.

Connor O'Neill came second in the Intermediate 3000m.

Wymin Sivakumar won the Intermediate Triple Jump and 100m Hurdles.

They will all go forward to compete in the Munster Schools Competition.



FIRST YEAR CLIMB 2018



NAPLES GEOGRAPHY TRIP MARCH 2018



CHESS FINALS APRIL 2018

Four teams travelled to the CheckMate (Irish Finals) in Limerick on Friday, April 13th. Our 'B' team got second place and **Aaron MacGee** (5th year) received an individual award on the day. The following teams were present at the Irish Finals in Limerick:

TEAM A	David Holland	Liam Duff	Jack Budden	Dillon O'Toole
TEAM B	Baki Albayrak	Dean Newman	Jordan O'Sullivan	Aaron McGee
TEAM C	Leo Callanan	Alan McDonald	Harry Moran	Jason Scully
TEAM D	Fahad Mannan	Brian Donnelly	Seán Hussein	Anthony Walshe

Two teams from Coláiste an Spioraid Naoimh attended the Chess Finals in Roscrea on Friday, 27th April. The teams were:

TEAM A	Fahad Mannan	CJ Macalindong	Romith Mahmood	Theo Ruth
TEAM B	Mikola Dagiél	Santiago Robledo	Finn Stephens	Jimmy O'Rourke



All teams played well at both competitions and the students represented their school in a positive manner as always.

Iontach!
T. Ó Cadhla

HURLING

In spite of an unprecedented number of fixture postponements due to the bad weather, CSN hurlers have been busy competing in both Cork Post Primary and Munster Colleges' competitions.

Our U14 panel competed in the Cork Post Primary Schools' competition and acquitted themselves extremely well. **Mr Greene** and **Mr Walsh** were very pleased with the efforts made by those involved and are looking forward to seeing these young hurlers representing the school with distinction in the coming years. **Darragh O'Sullivan, Seán Cussen, Robert Quirke** and **James Byrne** performed particularly well throughout the campaign.

Our U16 1/2 hurlers travelled to Ballyagran on the 5th of October to take on Rice College Ennis in the first round of the Munster competition. Despite an extremely poor start CSN demonstrated great defiance and guile to get back into the game. **Jamie O'Sullivan, Conor McGoldrick** and **Shane Kingston** were outstanding and despite an incredible display of sheer determination by all involved, CSN found themselves one point in arrears at the final whistle of a nine goal thriller.

U16 ½ Panel: Brian Ahern, Sean Crowe, Matthew Nason, Jack Cahalane, James Millard, Shane Butler, Nathan Collins, Evan Cullinane, Geoffrey Gowan, John Gould, James Hannon, Daniel Lombard, Conor Quirke, Gearoid Daly, Shane Kingston, Colin O'Flynn, Joseph Enright, Liam Lyons, Brian Lynch, Sean Dillon, Sean Barry Murphy, Patrick O'Neill, DJ Duffy, Conor

McGoldrick, Gearoid Kirby, Ciaran McIntyre, Evan Forest O'Brien, Jamie O'Sullivan

The U15 hurlers opened their Munster campaign (Corn Reamainn Uí hóigain) against John the Baptist CS on the 8th of March in Mallow. Over the hour CSN demonstrated great resolve in defence and opportunism in attack and eventually emerged winners on a score line of 2-09 to 2-06. **Joseph Enright** and **Brian Lynch** played particularly well.

On Friday the 23rd of March, the U15's travelled again to Mallow to take on Charleville CBS in the quarter final of the competition. Charleville started strongly but CSN quickly fought back to end the first half with a 3 point advantage. Stout defence from **Colin O'Flynn** and **Joseph Enright** and five successfully converted frees from **Darragh O'Sullivan** were notable features of the second half. Brian Lynch and Shane Kingston were immensely influential throughout both halves and were key to providing CSN with a deserved victory on a score line of 3-14 to 2-12.

In the Munster semi-final, Scoil na Trionoide, Doon, were our opponents. The game took place on the 16th of April in Ballyhea in atrocious weather conditions. Doon posed questions of our defence in the early stages of the game. CSN responded in kind, however, with a volley of well taken scores including two superbly taken goals by Shane Kingston and Darragh O'Sullivan to finish the first half up by one point (2-05 to 2-04). In the second half, CSN began very well but did not capitalise on a number of early scoring chances. Doon proved to be extremely stubborn opposition



and snatched a number of significant scores to turn the contest in their favour at the final whistle: Scoil na Trionoide Doon 3-08, CSN 2-08. Mr Canty and Mr Walsh were very proud of the commitment and determination shown by this group of hurlers and are convinced that they will continue to develop and be successful in future competitions.

U15 Panel: Brian Lynch, Niall O'Hora, Michael Quirke, Chris Connoll, Shane Butler, Conor Hegarty, Shane Kingston, Colin O'Flynn, David Murray, Joseph Enright, Eoghan Hallahan, Rian Foley, Cian Barry-Murphy, Conor Dunne, Harry Ahearne, Ciaran Delea Capt., Daniel Roche, Rory O'Sullivan, Dylan McSweeney, Oran Cummins, Darragh O'Shea, Daire Daly, Liam Lyons, Ivan Quirke, Aaron O'Donovan, Cian O'Donoghue, Ronan Casey, Ciaran Kirby, David Burke, Andrew O'Connell, Eoghan Ahern, Sean Connolly, Finn Stevens, Kieran McFadden, Darragh O'Sullivan, James Byrne.

In the Lord Mayor's Cup, next year's Senior Hurling panel competed against Hamilton High School, St Colmans and Carrignavar. The group games were played off on the all-weather pitch in Pairc Uí Chaoimh while the final took place in The Mardyke on May 1st. CSN and Hamilton HS qualified for the final and, after an hour of dour yet full blooded hurling, CSN were victorious. Matt Brady, Liam O'Driscoll and Evan Cullinane played especially well. Congratulations to all involved.

A special word of thanks to Brendan Driscoll who devoted a considerable amount of time training many of the above hurlers throughout the year. It is most appreciated by students and staff alike.

SOCCER

It has been a mixed campaign in Cork Cup 2018 competitions for C.S.N. teams. The first year team beat Douglas Community School in early March. Goals from **Daniel Foley**, **Sean Casey** and **Stephen Forde** eliminated the highly fancied Douglas Team. As a reward for the last 16 victory, an away quarter final against Christians is to be played in early May. Their mentors, **Mr. Philpott**, **Mr. Donovan** and **Mr. Greer** would like to thank all players for their continued efforts in training and matches.

The senior team were drawn away to Schull Community College in their first round match. Unfortunately, they came out on the wrong side of a 5-3 score line with **Jordan O'Sullivan** (2) and **Charlie Crowley** scoring the goals for C.S.N.

Mr. Seymour and **Mr. McElligott's** U17 team have certainly been giving value for money - if anyone would pay to see them! A 3-1 extra-time win against Kinsale C.S. could have done with a Video Assistant Referee. The first goal was claimed by **Jason Riordan**, the

second claimed by **Cian Connolly**, with the third definitely being scored by **Nathan Gough**. The prize for overcoming Kinsale was an away trip to Cobh. An early two goal lead (**Wymin Sivakumar** and **Nathan Gough**) seemed to have settled the tie but the concession of three goals in as many minutes turned the game in Cobh's favour.

A last ditch effort by **Oran Daly** took the game to extra time with **Jason Riordan** supplying the winner in a 4-3 score line. A semi-final against Douglas Community School awaits.

Coláiste Mhuire, Cobh, were also the first round opposition for **Mr. O'Mahony** and **Mr. Davis's** U15 Team. C.S.N. won with Michael Quirke scoring the only goal of the game. Drawn against Rochestown in the quarter final, the U15 squad

gave a very spirited performance but were very unlucky to lose 2-3.

*Michael Quirke & Ivan Quirke,
2nd Year*



FIRST YEAR SOCCER COMPETITION 2018

A tradition dating back to 1978 was continued with the playing of the 2018 First Year Soccer Championship.

Eight teams (2 per class) played in the competition. Good football, some terrific goals and excellent sportsmanship were features of an enjoyable championship.

The final, played on Many 17th, was between **Gavin Harrington's** team from N. Fionnbarra and **Darragh O'Sullivan's** team from N. Breandán.

N. Fionnbarra won 4-1 on the day but N. Breandán battled to the very end. There were some excellent individual performances on both teams in a game played in a great sporting spirit. A feature of the match was a hat-trick scored by **Gavin Igbinoghene**.

A special word of thanks to **Mr. Greer**, **Mr. Donovan** and **Mr. Philpott** for their help in making the competition a great success. Thanks also to the eight captains for organising their teams for match days.

Teams

N. Fionnbarra: *Gavin Harrington (Capt.), Ben Maher, Jakub Sienicki, David O'Connell, Nigel Garvey, Cian Donovan, Seán Kelleher, Gavin Igbinoghene, Michael O'Brien, Jack Twomey, Marc O'Connor, Cian Hourigan*

N. Breandán: *Darragh O'Sullivan (Capt.), Darragh Cooper, Kyle Daly, Aironas Ziurnia, Brendan Mee, Fuad Haque, Eoghan Desmond, Diarmaid O'Regan, Adam Phelan, Senan Walsh, Seán Casey, Brian Donnelly, Mark Lashkul*



1978

MINI COMPANIES 2018

EXCL MINI COMPANY

Our Mini-Company was known as 'EXCL'. Our product was essentially a boot bag that removed the moisture and the smell from your football boots after sport. This was achieved through the combination of silica gel and activated carbon. These are both *desiccants* which means that they are drying or odour-removing agents. Both of these are commonly used with footwear and clothes for the same purpose. We used a typical drawstring bag that most people would use to store their boots. Our company turned out to be very successful in terms of prizes this year. We only got the chance to take part in one Trade Fair during the course of the school year and, luckily, we won the overall prize. We were also awarded a prize by the Local Enterprise Board in the last few weeks. This was 'Best Commercial Potential' shown by a Mini-Company. We had to fend off some very strong competition to win both of these awards. We also held two pancake mornings for 1st and 2nd Years to help with fundraising. As all of us found that Mini-Company was not just about creating a successful business and making money but about learning valuable life skills such as working together as a team and communicating with others. It was a brilliant experience that we are disappointed to be moving on from.

Joey Harrington, C.E.O.

GET HEALTHY MINI COMPANY

As part of the Mini-Company module, we had to set up three companies. The companies were formed by selection that was done by the CEO. I was a part of the Get Healthy Mini-Company. Our idea was a board game that aimed to raise awareness of the topic of healthy eating. Overall, the project met with some successes but also encountered some challenges in this difficult and challenging area of healthy living for children.

Everyone in the company had a different role to carry out. These were all of the fundamental departments for a business. We tried as much as possible to give other members jobs that they would excel at and carry out satisfactorily. This was one great strength of the company.

Throughout the year we have learned how to work as an effective team and to delegate tasks to those who will perform in that area. We learned many about many vital roles in Business such as Marketing, Management, Innovation, etc.

Overall, the module was great and a very worthwhile experience. We have learned many skills that will be applicable to any career that any of us would hope to pursue.

David Harris, Peter Kelleher



FLASHBACK MINI COMPANY

We are a Transition Year Mini Company and our product is a newspaper cover about a special event from the past that is brought to the present day, framed. We sell variants from different eras in history such as the 1916 Rising, the Moon Landing, and more! Our extensive catalogue is available on our website. It makes a great gift idea for others, as well as being a nice item for personal decoration. Our company is headed up by our CEO, Aidan Mamo Cooney, and by our Deputy CEO, Ciarán Meers.

In creating our product, we relied on our group communication skills. Communication skills were also called into play when contacting materials suppliers. We worked as a team and listened to each other's ideas, and assisted each other whenever we had any problems. We also utilized management skills and organisation skills in order to effectively complete assigned tasks. We all had individual jobs, and were able to get work

done for our company and prepare for student enterprise events. For instance, most of our production of advertisements, Trade fair materials, and sales catalogues were created by our Design Manager, Joshua Ababon. We also used initiative and problem solving skills to overcome the various challenges that faced us as we developed our product and business.

Our product has been rigorously promoted through our social media pages (Instagram, Snapchat, Facebook and Twitter). We also have our own website through which we advertise and sell our products. The social media aspect of our company is run by our Social Media Manager, Robert McStay. Our fantastic website was created and run by our IT Manager, Yousif Haidaran.

During our time working as part of Flashback Inc, we have overcome a number of challenges. These have all taken different forms. One challenge was that of ensuring that copyright issues were dealt with so that we were conforming to laws and conducting

business in a lawful manner. We have now received clear indications of what is and is not lawful practice from the Patents Office, and are now aware of how we need to function as a business. Our team members also included the Financial Manager, Dara Cahill, the Production Manager, Dylan Bairamgulov, and David Yoannou, who worked for the Production Team. A second challenge we faced was ensuring that all shareholders had an equal say and equal contribution to the company. We managed to overcome this challenge early on in the process which has enabled us to flourish. Another challenge we faced was finding an appropriate way to sell our product. Finally a last challenge we faced was attempting to locate a financial institution which would allow us to open a business account in multiple names. This is a challenge we are still facing.

Aidan Mamo Cooney, CEO

A PACKED YEAR FOR THE CSN TRAD GROUP

We were kept busy during Catholic Schools' Week playing at the Pres Day Celebration in the school library, the Honan Chapel and Mount St. Joseph's, Generalate of the Presentation Brothers.

Seachtain na Gaeilge, as always, was a lively week for the group with members playing solo and group pieces at morning sessions. The group also played at a coffee morning for the teachers and the ceolchoirm to finish the week.

On Monday 16th of April, members **Tadgh Connery, Conor Moore, Kevin Delaney, Timmy O'Riardon, Shane** (whistle player) and **Fionn** (fiddle player) reunited with past pupils **Joseph Twomey, Alex Black** and **Owen Good** to provide French Exchange students with a night of authentic Irish music. The evening, held in Christ the King, was good

craic and it was great to get playing again with the older lads.

On May 3rd, we played at a Variety Concert in school to raise funds for St Bernadette's Ward in The Mercy. Senior members, Tadgh and Conor, played solo pieces and the group played a lively selection of polkas.

On May 9th, the group provided music for the end of year First Year Mass.

A massive thanks and congratulations to the new First Year members. The lads have been great all year and show great promise. It's comforting to know that, as Conor and I approach our final year in CSN, the Trad Group is in safe and able hands.

Tadgh Connery. 5A2



CSN Trad Group Report

This is a report on the fantastic year we have had within the CSN Trad Group. Our Trad Group has a reputation as being one of CSN's finest assets. The Trad Group embraces all forms of musical talent, instruments and abilities. The group is led by Ms. Dorgan. Our musicians meet in the Music Room every Tuesday. We also schedule additional practices closer to events. We perform a wide repertoire of different traditional tunes and we are always expanding our range of songs.

We have a wide variety of instruments in our Trad Group with fiddles, accordions, a concertina, a recorder, guitars, a piano, tin whistles and vocalists.

The Trad Group is fantastic for incoming first years. It is an opportunity to get involved in school life outside of the classroom and it is a chance to make new friends with fellow first years in the group as well as friends from different year groups.

In the Trad Group, we perform on a regular basis at different events such as the open night, coffee mornings and céilís.

This year, we performed at a number of venues during Catholic Schools' Week including The Honan Chapel in UCC and Mount St. Joseph, the headquarters of the Presentation Brothers, where

we were highly commended for our performances.

We performed a number of tunes during Seachtain na Gaeilge in the school foyer and at a Variety Concert in the library.

The Trad group has performed at several coffee mornings for teachers throughout the year.

Another performance to highlight this year was the céilí for the French exchange students organised by Ms. Walsh in Christ King School. At the céilí, the group performed trad tunes while the exchange students were taught a bit of Irish dancing by Ms. Walsh and other teachers from Christ the King.

We featured in the running order of the Variety Show attended by second years where a number of talented acts from all years took to the stage to perform a piece.

Our last performance this year was the First Year end of Year Mass in Dennehy's Cross Church. This Mass is a very special event for first years as it marks the end of our first year in Coláiste an Spioraid Naoimh. This event is attended by students, parents, class teachers, Deputy Principals and the Principal, Mr. Foley. It was a memorable event with a lovely ceremony, fantastic singing and vocalists, and fabulous instrumentals.

This year, the first years have brought immense

talent to The Trad Group. We very much encourage incoming first years to get involved because there is a place for everyone in the Trad Group no matter what instrument you play or what musical abilities you have. You just have to be willing to put your name down and get involved.

I would like to thank everyone involved in the Trad Group for a fabulous year and I can't wait for another year.

A special thanks to our musicians for their time and effort:

Tadgh Connery - Accordion | **Conor Moore** - Accordion
David Nwokoye - Guitar | **John Greally** - Fiddle
Rory O'Broin - Bodhrán | **Aaron O'Donovan** - Fiddle
Shane Foley - Recorder | **Alan Hodgins** - Guitar
Bipin Paul - Bodhrán | **Christian Hurley** - Guitar
Kevin Delaney - Concertina | **Ross O'Donovan** - Fiddle
Fionn Long - Fiddle | **Oscar O'Corrain** - Fiddle
Killian Kearney - Guitar
Christian Gowen - Tin Whistle/Trumpet
Adam O'Leary - Bodhrán | **Alister Carroll** - Bodhrán
Jimmy O'Riordan - Bodhrán
Timmy O'Riordan - Guitar

And also a special thanks to **Ms. Dorgan** for the time and effort she has put in to the Trad Group.

Timmy O'Riordan & Ross O'Donovan, N. Fionnbarra

UCC SCIENCE CHALLENGE

On 2nd of May, four of our first year students **Timmy O Riordan**, **Brian Donnelly**, **Jimmy O'Riordan** and **Ali Khan** attended the annual UCC Salter's Festival of Chemistry. The four students had to complete a number of challenges over the course of the day. They had to take on the role of forensic scientists, analyse a murder scene and find the guilty culprit! They did this by performing a series of different scientific techniques. In the next scenario, students were tasked with cooling down an overheating Star Trek ship by mixing a certain order of chemicals.

The students then got to enjoy a Chemistry magic show performed by Dr Declan Kennedy.

Our 1st year students thoroughly enjoyed the day and won 3rd prize in the University Challenge and took home some great prizes.

Thanks to our teacher, **Ms O'Mahony**



BT YOUNG SCIENTIST COMPETITION



SUCCESS AT SCI-FEST

Coláiste an Spioraid Naoimh exhibited two projects in the Sci-Fest competition held in CIT on Friday 20th April. **Joel Abraham** from 5th year displayed his project "*Flow Technology: Water Level Sensing Unit For Vehicles*". **Tony O'Halloran** from 5th year and **Aidan Mamo Cooney** from transition year displayed a group project "*Applications of Queuing Theory to CAHMS*". This project won the SciFest 2018 Science Foundation Ireland Best Project Award. This project has performed a mathematical analysis of the wait time for assessment in the Child and Adult Mental Health Services with the aim of increasing efficiency of the system. Tony and Aidan have qualified to exhibit the project at the SciFest 2018 National Final which will take place in November. The staff and students of Coláiste an Spioraid Naoimh are hugely proud of all the exhibitors and their achievements.



STAR WARS DAY

Under the guidance of **Mr. Healy**, Junior cycle marked Star Wars Day in class with a space-based activity. Classes took metre sticks and coloured chalk to the yard and the students dutifully measured, self-corrected, cajoled and encouraged each other to create a nice illustration of the galaxy and planets. Much fun was had and, hopefully, a decent tranche of learning also.



SCIENCE



JUNIOR MATHS COMP APRIL 2018



FRENCH EXCHANGE

When I was first introduced to the idea of the French exchange I was curious. The idea of going abroad with my friends and having a certain amount of independence appealed to me. Although French wasn't my strongest language I felt the exchange would help improve it.

Before I knew it, we were on our way to France. An exciting week lay ahead. After a long tiring day of travel, we finally arrived in the town of Redon. It was time to meet the French.

Soon enough, I was being introduced to my pen friend Noe and his family. I received a very warm welcome. The language barrier quickly became apparent. My broken French, along with Noe's strong English, was enough to get some conversation going and as the week progressed, so did my French.

Throughout the week, a wide range of different activities was organised for us. Noe and the school always made sure we had something to do. Over the weekend, we all met up in Redon for food. Here we all got to know each other. We also visited "La Baule", a popular tourist destination by the coast.

During the week, we took a tour to "Mont Saint Michel" with Christ the King Secondary School. This was an island famous for its magnificent cathedral. We also went to the main city in the region, Nantes, where we were given our own free time. Some of the other activities included kayaking, ziplining and a guided tour of Redon. With time spent in the classroom and some social events, it all added up to a full and hectic week.

Our trip to France sadly came to an end. Now it was time for the French to come to Ireland.

We collected Noe off the ferry and soon enough he was in the kitchen being introduced to my family. As in Redon, we met up with everyone in Cork City for food. On Sunday, we all went to Mahon Point for some shopping.

Over the course of the week, a great variety of activities was organised for the French. On Tuesday, Christ the King hosted a ceili for everyone. It was an enjoyable evening. During the next few days, the French visited UCC, went to Cobh and had an overnight stay in Dublin where they went sightseeing. On the last night, everyone met at a friend's house for a BBQ and a final chat together.

Overall, I felt the exchange was a very positive experience. I made new friends and got to know my own even better. My oral French improved and I enjoyed discovering a new country, culture and lifestyle. It was a trip I am never going to forget.

Ruairi O'Sullivan 4A

LEAVING CERTS 2018



WATERFORD GREENWAY CYCLE MAY 2018



YOGA

This term, the 4th Yr Yogis explored a variety of physical postures as well as various relaxation techniques every Tuesday morning. We took some time to explore what it is like when we slow things down. The focus in many of the classes was on encouraging deep relaxation through connecting with the breath. We live in a world where we are always 'switched on'. We are very often in 'Fight or Flight' mode and we don't even realise it. Taking time to breathe and be still for a while allows us to rest both body and mind, switching on the Parasympathetic Nervous System, often referred to as our 'Rest and Digest' and thus reducing cortisol (stress hormone) levels.

The beauty of yoga is that it is not a competitive activity. It is about you and your mat. It gives students an opportunity to draw their awareness inwards, connecting to themselves, boosting concentration and improving focus.

The students were incredibly open to all of their experiences on the mat. At times you could have heard a pin drop in the room while, on other occasions, there were bursts of laughter as we attempted some of the arm balances and a fair amount of huffing and puffing when we got stuck into the core strengthening poses.

The 'Lunchtime CSN Yogis' continue to hit their mats every Thursday from 1pm-1.30pm in the G.P. Room. They are an eclectic mix, ranging from sports enthusiasts to those who come to simply take some time out.

Yoga gives students an opportunity to be curious about themselves, to check in with how they are doing both physically and mentally. It offers a space to explore thoughts and reactions while also encouraging self-compassion and acceptance, skills that will serve them throughout their lives.

Namaste, K. Barry



'Yoga is not about touching your toes it is about what you learn on the way down'
-Jigar Gor



CAREERS

During the term TY, 5th and 6th year students attended various events in UCC, CIT and the colleges of further education.



5th year students attending UCC Engineering Day.

Dr. Maureen Griffin, Forensic Psychologist, visited Coláiste an Spioraid Naoimh and delivered interactive information sessions for 2nd, 4th and 5th year students. The main topics covered included: Social Networking Sites and Social Messaging Apps, Privacy Settings, Sexting, Mobile Device Safety, Online Reputation & Employment, Gaming, Cyber-bullying.

At an evening event, hosted by the Parents' Association, Maureen also spoke to parents/guardians, providing advice and guidance for safeguarding children online. Further information can be found on her website: www.mgmstraining.ie.

YOUNG ECONOMIST OF THE YEAR 2018

This year, two 5th year students, **Tony O'Halloran** and **Joel Abraham**, participated in the PDST Young Economist of the Year competition. This is their second time entering the competition after their success last year.

The competition asks students to research an economic topic and present it using different forms of digital media such as a PowerPoint presentation or a video.

Tony submitted a project titled: *"Using Econometric Analysis to Analyse the Irish Healthcare System"*. His project looked at the financial and statistical techniques to improve patient quality of care. Tony won a gold medal in the senior category for his project adding to his bronze medal from last year.

Joel entered a project titled: *"Why Does Europe Have No Large Consumer Based Technology Companies?"*. His project researched the lack of tech companies with annual revenues of over \$50 billion in Europe compared to the U.S and Asia due to various factors. Joel won a silver medal in the senior category for his project adding to his gold medal from last year.

Timothy O'Riordan (N. Fionbarra)

INTERNET SAFETY WEEK

Internet Safety Week took place in our school from February 5th – 9th, 2018. The week coincided with Safer Internet Day, Tuesday, February 6th, which is an EU wide initiative to promote safer internet use. The theme of the week was “**Disconnect to Reconnect**” and ran in support of our *BeSmart Trend Micro TY Programme* which was held earlier this school year.

We began the week by guiding our school community to become aware of how much time they spend on social media and technology and worked up to ‘unplugging’ from digital life entirely. The layout and challenges of the week were as follows:



Monday: Media Meter (*Monitor your online usage*)
Tuesday: Spring Clean (*Delete all unused apps and false friends*)
Wednesday: Digital Detox/Diet (*Decrease your digital use*)
Thursday: Time Swap (*Find alternatives to fill your time*)
Friday: Unplugged (*Switch off your digital life for a day*)

Alongside these daily challenges, we had speakers come in to our school to talk to students and parents about the safer use of the internet. Local Community Garda, Brian White, spoke to our first and second year students and Avril Ronan, Trend Micro, spoke to our third year students and to parents of first and second year students. The Internet Safety Night for parents, which was held on Tuesday February 6th, offered information, practical tips and advice on how to be safe and responsible online while enjoying the benefits and opportunities that technology has to offer us all. Many topics were covered and parents' questions were answered.

We asked that all students and staff took part in the week as much as possible and fully engage with the daily challenges by joining in.

At Coláiste an Spioraid Naomh, we feel it is very important to educate our students on the responsible use of technology. Smartphones are an amazing tool but can also disturb a healthy, productive and happy life. We hope that after this week students are better equipped to manage the problems and opportunities that technology bring.

J. Hazel

TY U.N.I.C.E.F. WORKSHOP

This April, over 30 of our students participated in a U.N.I.C.E.F. youth workshop run by Trend Micro. The workshop was run by organisers from U.N.I.C.E.F. Ireland who specialised in youth outreach. The students participated alongside a similar number from St Al's Secondary School, Cork.

First of all, we were taught about the work that U.N.I.C.E.F. does, both in Ireland and abroad. The organisers told everyone about the Sustainable Development Goals, the 17 areas that the UN hopes to work toward in order to build a more peaceful and stable world. We were shown videos about the refugee crisis, notably about a girl who fled to Europe from Syria. We were shown her perilous journey across the Mediterranean, and at one stage in Greece where the police were using tear gas on the refugees.

Two 'floor debates' were held, as a means of encouraging people to discuss their own views on topics. The first was 'Should We Accept Refugees into Ireland While We Have a Housing Crisis

Ourselves?' and the second was 'Would You Describe Yourself as a Feminist?' The debates allowed everyone to talk openly about their views and opinions in a way that helped to form a positive group discussion on issues that are affecting us today.



Towards the end, we also had 'discussion groups', when each group focused on the problems surrounding a single issue such as transportation, homelessness, gender equity, or refugees. We then brainstormed ideas for potential solutions to these issues, before discussing them among the group.

Everyone who participated found the day very interesting and it is hoped that it will help inspire us to become more active and conscientious citizens in the future.

Thanks to Ms Hazel and Ms Fallon for their support on the day.

R. Cooney

CLOUDOFTHINK

Cloudofthink is our creative writing blog which we - **Mr Shortall, Ms Cahalane** and I - began in 2012. Since then we've managed to write, edit and post hundreds of articles on a wide range of subjects from poetry and monologues to current affairs. Notable names are **Daniel Dilworth** and **Cian Morey**. The former helped me to devise a particular kind of article known as Full Circle where we take something or someone and through several degrees of separation come round to the same thing at the end. Daniel was the real innovator here though and he was excellent and prolific. Cian's strength is the short story and he contributed massively to

the blog; in fact, much of the content is his and it's all of such a high quality that one wonders how he finds the time.

There are plenty of other names too: **Aaron** and **Conor McCarthy** come to mind as do **Declan Malone** and many other previous pupils. We meet mostly every Tuesday and we try to come up with interesting and fun ways to write. The creative process isn't always straight-forward or easy for that matter but we think of our blog and this centres us you could say. It is the flagship. We are always looking for new talent of course and I think we may have found it

recently in the shape of one **David Cronin** who's got a prodigious knowledge of history and literature. He's very much the next **Cian Morey** and I'm hoping that over the coming years, he'll contribute as much as Cian has over the previous few years. Cian's not out of the game yet of course; no doubt there's much more to come.

We would encourage anyone who has anything to contribute or just wants to see what goes on at our meetings to come along. The blog's address is cloudofthink.ie and the destination for any emails and ideas is cloudofthink@gmail.com.

TEACHERS' CUP: THE FINAL

MARSHY'S LILYWHITES V..... THE TEACHERS

Tuesday May 15th - the Leaving Cert looms.... but today, for Ben Marsh and Co., it was all about the **Teachers' Cup final!**

The game kicked off at 4pm and before too long, Mr. Philpott stuck one in the back of the net for the teachers. Shortly after that Mr. Burke shot another one home.

At 2-0 down, early in the game, the students were under pressure but despite that, Ruslan Lashkul, in goal for the students, made some amazing saves and the students seemed to be able to soak up the pressure - applying a little of their own with some nice attacks and a few shots, just wide of target, from **Ben Marsh** and **Conor Fagan**.

At one stage, ten minutes in, Ben Marsh struck a super shot.... (from the supporters in the balcony, there was a deafening chorus of "Ooooooooooooooh!" as it looked like this was definitely going in...) but **Mr O'Mahony** somehow got a hand to it and Ben....who had gathered up so much momentum actually ran out the door of the hall!

Conor Fagan quickly followed with another great shot but....that too, was saved.

Still believing in themselves though, the students fought on and, before long, their efforts were rewarded when **Michael O' Sullivan** made a great pass to Ben Marsh who made no mistake this time and clawed one back for the students. (2 - 1).

Unfortunately 2 minutes later, **Mr Linehan** struck and soon after, **Mr.O' Donovan** was on the attack and one of his shots ricocheted off



one of the students resulting in an own goal. The half-time score was 4-1 to the Teachers.

Shortly after the restart **Mr Philpott** got injured so the player/ref (aka **Mr O' Mahony**) called the game to a halt. Play resumed before too long and **Michael O'Sullivan** scored a great goal. (4 -2)

Eight minutes into the second half, a shot from Ben Marsh came off the side post and following that, Mr O'Mahony was again put to the test but he managed somehow to get his body in the way of a super shot from Michael O' Sullivan.

Before too long though the teachers struck once more as **Mr Greer** fired one home.

At 5 -2 you'd imagine that the Teachers would sit back and chill.....but.....oh no!!!! Mr O'Mahony was not happy with his charges!! He was gesticulating, grimacing, groaning....(literally fizzing!!) and shouting at his team to, "Keep your shape!!"

Keep their shape they did!!! There were 4 more shots on target with goals from Mr Burke, two from Mr Greer, and one more from Mr O'Donovan. The final score was 9 - 2.

A few hours after the Teachers Cup game, at 7.30pm, Michael O'Sullivan played with Ballygarvan in the Final of the U 21B Football Championship (Carrighoun GAA South East Division) against Ballymartle.

Ballygarvan won on a scoreline of 10 points to 9.

Huge congrats to Michael!!

The difference a real ref makes!!!!



AN SEOMRA CAIDRIMH - MO THAITHÍ TAR ÉIS

Thosaíos ag freastal ar an seomra caidrimh sa dara bliain. Caithfidh mé a rá gur mheall an cupán tae agus na brioscaí deasa mé ar dtús. Tháinig mé ó Ghaelscoil Uí Riada agus ní raibh leisce ar bith orm labhairt trí mhéan na Gaeilge.

De réir a chéile, thugas faoi deara go raibh feabhas ag teacht arís ar mo chuid Gaeilge agus seo bealach dom mo Ghaeilge a chothú fad is a bhíos ar scoil anseo.

Thug sé deis dom mo chuid Gaeilge a úsáid i suíomh neamhfhoirmiúil le mo chomh-dhaltaí.

Le cúig bliana anuas, bhailíomar le chéile uair sa tseachtain agus bhí comhludar, craic agus comhrá againn.

Táim lán bhuíoch as an taithí atá faighte agam, na cairde nua atá déanta agam agus na cuimhní atá déanta le cúig bliana anuas gach Máirt ag am lóin sa seomra caidrimh.

Seán Ó Cathail (6A3)



VOLUNTEERS FUNDRAISE FOR LOURDES



STUDENT VOLUNTEERS IN LOURDES



SCHOOL BANK

This year the school bank team consisted of 5 members, **Joey Harrington, David Harris, Joe Conway** and **Ruairí O'Sullivan**. We simply called ourselves 'CSN School Bank'. We opened at lunchtime every Friday from the beginning of March until the start of May. We gave all pupils the opportunity to open a bank account, but especially first year students. We were helped by Eddie Barrett, Bank of Ireland, and by our mentor, **Mr. Malone**.

We opened at the start of March and got pizzas for the students who set up a bank account. We also managed to give away prizes such as power banks, sweets, match tickets and the main prize, an iPad Mini. A film was shown to pupils on another week. The bank gave team members a chance to interact with students in the junior school and to develop invaluable interpersonal skills. We also learned a great deal about teamwork through working together, marketing, and from promoting the bank on social media.

Thanks to all students who opened an account and thanks to Mr. Malone for his efforts.

Joey Harrington, Bank Manager



CATHOLIC SCHOOLS WEEK 2018



NEWS AND VIEWS FROM OUR TRUSTEES

As we approach the end of another school year, I wish, on behalf of the Board of Directors and Members of Presentation Brothers Schools Trust, to thank the Principal and Deputy Principals, the staff (teaching and non-teaching), the Board of Management and the Parents' Council for the extraordinary work that they do in ensuring that CSN not only continues to prosper as one of the finest schools in the city but also continues to provide a Catholic education in the spirit and tradition of Blessed Edmund Rice. We particularly acknowledge the work of the staff in this regard who give of themselves so generously, very often long after the 3.50pm bell has sounded, to ensure that the core values and traditions that underpin the Presentation ethos are given expression through liturgies, retreats and religious education in the widest sense of that term. Those teachers who organise extra-curricular activities or who go the extra mile to care for the student who may be experiencing difficulties also, of course, give expression to these core values. As a school community, we are deeply in their debt.

While I am somewhat removed from the day to day goings-on in the school, I do retain a very keen interest in all things CSN and speak to Mr Foley and, indeed, many other staff members on a regular basis. It is good to know that the school is in good hands and thriving. While academic excellence will always be to the forefront in CSN, it was very gratifying to see the school have such success this year in the sporting arena. After a number of lean years, it was wonderful to see a very significant victory at provincial level in Gaelic football, more success at Cork level in hurling and the possibility of another cup before the year is out in soccer. With so many pressures bearing down on young men these days, it is so important that they look after their mental and physical health - and sports offer such a practical and enjoyable outlet for this to happen.

Through my work with the Trust, I had the pleasure of working this year with a group of teachers from PBST schools, including a number from CSN, who participated in our Leadership Development Programme. This programme offered teachers an opportunity to explore educational leadership in five distinct domains (leadership theory, school management, leading learning, pastoral care and faith development). Again, these dedicated teachers gave up their time on winter evenings to further their professional development and to add leadership capacity in each of our schools. Our students will be the ultimate beneficiaries of this increased knowledge and skill-base. I also had the privilege of working with the Principals and Deputy Principals and with Board of Management members. And having met with Student Council members this year, I hope to work further with these student representatives next year with a view to furthering the great work that is already taking place in many of our schools in developing leadership capacity at student level.

The nurturing of religious practice in our schools

Many of you will have read or heard in the media about the recently published DES circular on Religious Education. While this doesn't strictly apply to voluntary schools such as CSN, there was widespread dismay that the Minister chose to undermine the teaching of Department of Education's own Religious Education programme in a very significant number of schools. This wasn't a Catholic faith-based programme that students were being effectively encouraged to opt out of. This was the state's own programme which had been very carefully constructed to give students of all faiths (and none) a knowledge of the practice of religion in all its forms and an appreciation of other people's religious beliefs. Surely there has never been a more important time than now for our young people to learn about the value systems of those with whom we share our world (and, indeed, our schools).

Many of us are concerned that the ethos of Catholic schools might soon be undermined in a similar manner. The vast majority of Catholic schools accept pupils of all faiths and cultural and socio-economic backgrounds and, even in schools such as CSN which are over-subscribed, preferential access is not given to Catholic applicants. Ironically, it is widely recognised that the Catholic school sector is the most inclusive of all the education sectors! Catholic education in the Presentation tradition is inclusive and welcoming of all. But for all this, PBST schools are proudly schools with a Catholic ethos and the faith-formation of our Catholic students is part of what we do. The fact that we are values-driven in this way is, we hope, a significant part of the reason why so many parents send their children to us. The challenge for us over the coming years will be for us to nurture and give strength to the values that underpin our Catholic traditions. If we don't do this, we will be Catholic schools in name only and our purpose as Catholic schools will be, at best, shallow and, at worst, a fake.

*Michael Sexton
CEO, Presentation Brothers Schools Trust*

FIRST YEAR MASS 2018



GRADAM AN CHOLÁISTE 2018

Gradam an Choláiste is the highest accolade that Coláiste an Spioraid Naoimh awards to a graduating student for out-standing merit and achievement. The nominees for a Gradam are selected by ballot of the sixth year students and the teaching staff. All sixth year students are eligible as candidates. The criteria for election include

- ➔ contribution to the good name of the school.
- ➔ contribution to activities within the school.
- ➔ co-operation with teachers and fellow students.
- ➔ sense of responsibility and maturity.
- ➔ positive leadership qualities.
- ➔ application to academic work and academic achievement.
- ➔ prowess at games, cultural, social or enterprise activities, with a special emphasis on a student's willingness to 'try his best'.

Many of our students will satisfy some of these conditions; Gradam winners will satisfy more.

Congratulations to our Gradam winners this year who include:

**Alan O'Sullivan,
Ger Collins,
Shane Cahill,
Dara Costelloe,
Jamie Kierans,
Matthew Cronin,
Omar Aftab,
Michael O'Sullivan,
Dan Barry Murphy,
Kevin O'Regan,
Krzysztof Kordeczka,
Elvis Seporaitis**

We wish them and all of their classmates the very best for the future.

Brenda Moriarty



THANK
You

Thank you, to all who contributed to this edition of Spiorad Signals. Thanks in particular to Ms Hazel and Ms Cleary for the time and expertise given to collating the work.

We hope all our readers enjoyed Spiorad Signals this year and that it offered a good

flavour of the wide variety of activities and achievements that happen during the busy school year.

We wish the whole school community a wonderful Summer.

*Brenda Moriarty
Deputy Principal.*