



St. Mary's Secondary School, Nenagh

Transition Year Easter Newsletter

2022/2023

This newsletter was produced by a number of students in Transition Year.

A note from the TY Coordinator

WELCOME TO ST. MARY'S EASTER NEWSLETTER. THE GIRLS HAVE BEEN VERY BUSY THIS TERM AND THIS NEWSLETTER GIVES AN INSIGHT INTO THE VARIETY OF ACTIVITIES STUDENTS HAVE BEEN ENGAGED IN. STUDENTS HAVE JUST COMPLETED A WEEK OF WORK EXPERIENCE, WHICH IS A FANTASTIC OPPORTUNITY FOR THEM TO EXPLORE POSSIBLE FUTURE CAREER PATHS. WELL DONE TO OUR STUDENTS FOR THEIR POSITIVE ATTITUDE AND ENTHUSIASM AT ALL TIMES THROUGHOUT THE YEAR. I WOULD ALSO LIKE TO ACKNOWLEDGE THE HARD WORK OF THE TRANSITION YEAR TEACHING TEAM AND ALL STAFF FOR SUPPORTING AND GUIDING OUR STUDENTS THROUGHOUT THE YEAR. A SPECIAL THANKS TO STAFF WHO HAVE ACCOMPANIED OUR STUDENTS ON TRIPS THROUGHOUT THE YEAR. I LOOK FORWARD TO FURTHER WORKING CLOSLY WITH THE TRANSITION YEAR STUDENTS FOR THE LAST WEEKS OF THE SCHOOL YEAR. MAY I ALSO TAKE THIS OPPORTUNITY TO THANK ALL PARENTS AND GUARDIANS FOR THEIR SUPPORT THROUGHOUT THE YEAR. I HOPE YOU ALL HAVE A WONDERFUL EASTER.

ELAINE KING

TRANSITION YEAR COORDINATOR



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December 2022

School of Life

On the 5th of December all TY students took part in a School Of Life Workshop with Michelle Harding. We were split into two groups. She taught us how we should greet a supervisor or manager on our first day of work experience and she asked us where each of us were going. She taught us how to be mannerly when speaking to our supervisors and co-workers. She called up some people to act as the employee on their first day of work experience to show us how to greet the supervisor. She taught us many life lessons during this programme. We learned how to iron shirts properly and we then had an ironing competition with each other to see who could iron the shirts the best and quickest.

Orla Corcoran

January 2023

Tinpot

On October 27th we had a radio producer come to the school for a day and teach us about radio recording and producing, the various jobs involved in working in radio, music rights, legal and illegal recording and much more. He also helped us plan our own radio advertisement which was allowed to be a maximum of 30 seconds long. It also had to be memorable and informative. We were shown examples of 30 second advertisements to help us with the pace in which we spoke. On November 7th, he came back with his mobile recording studio and each group got to record the advertisement they previously composed and planned. It was a great experience for anyone thinking of working in radio but was also a great opportunity to expand our job opportunities which we had lots of fun doing.

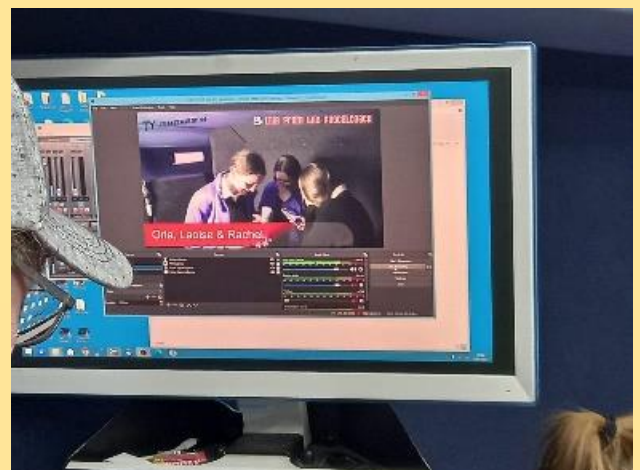
Emma Kennedy

January 2023

Forensic Science Workshop

On 30th of January we took part in a forensic workshop. We focused on the murder case of J.F Kennedy and we applied all the techniques a forensic scientist would in order to form our own opinion on the real killer and the circumstances around it. The workshop was hands on and we got great enjoyment out of playing detectives for the morning. There were many different stations, each with a different question to answer. We got to try out fingerprinting, looking for gunpowder residue, time lining the events surrounding the murder and comparing bullets. Overall it was a fun workshop that gave great insight into the work of a forensic scientist.

Ella Bailey



January 2023

Mini-Companies

On the 12th of January the very entrepreneurial students in transition year at St. Mary's had their mini company market. There were several different companies including baking products, crepes, beauty items and other innovative ideas. The students all came up with their company names, products and price. The winners were Rachel Quigley, María Ibanez and Eva Brett-Madden. The product they chose was different variations of perfume. The judge was really impressed and they will now go on to represent the school in the North Tipperary competition. On the 6th of March they headed to Thurles and set up their stall once again. They got to see other students' companies from around Tipperary. They talked to the judges who were very interested in their company. They won the best interview and took pictures with professionals.

*Eva Brett-Madden,
Samantha Howard, Isabel
O'Connor, Cleo Griffin*

EPIC MUSEUM & CRIMINAL COURTS, DUBLIN

by Samantha Howard, Cleo Griffin & Isabel
O'Connor

Every class in transition year spent the day in Dublin visiting the EPIC museum and learning very interesting facts about emigration in Ireland. We walked around the museum with our passports like we were arriving into Ireland, every time we walked into a room we had to stamp our passport. After the EPIC museum we had an hour to walk around O'Connell street and get some food or do some shopping. We then got on the bus and went to the Criminal Courts. We went in and we were greeted by Mary Anne McDermott who gave us a brief introduction into the on goings of the Criminal Courts. We visited various courtrooms and we got to see live cases. It was interesting and we all enjoyed the day out.



Nenagh Heritage Centre – Research Project

On Tuesday the 10th of January a group of Transition Year students from class 4B volunteered to take a tour of the Nenagh Heritage Centre and at the end were asked to give honest feedback about their experience! This was part of a research project being carried out by Anne Scroope from Scroope Design in Nenagh. Throughout the tour, they were brought through the various different rooms of the old building and were shown the objects and tools within these rooms that were used during olden times. The girls were shown a re-creation of a classroom where they got to use a black board and chalk to write just like students used to have to do. They were then brought out to the front part of the Heritage Centre separate from the main building itself where the old jail cells were. They were shown the courtyard and were told stories about different crimes and murders committed in Nenagh. Overall the girls really enjoyed the tour. Thanks to Rosemary Joyce from Tipperary County Council who made a small presentation to the girls to thank them for their involvement. Kate O'Donoghue & Jane Boland

January 2023

COMMUNITY GUARD VISIT

On the 26th of January the local community guard in Nenagh, Alison O'Connell, came to the school. She came to talk about drugs and alcohol and the damage they do both mentally and physically. She told us about the penalties that we would face if we were to consume them irresponsibly. With the aid of a PowerPoint she explained the various types of drugs and the short and long-term effects of them. Overall, we really enjoyed the visit and we definitely all learned a lot.

Samantha Howard, Isabel O'Connor, Cleo Griffin

FOOD SAFETY

This term all TY students took part in a food safety course. We spent a day with Ms. Shelly as she went through the do's and don'ts surrounding food safety. We learnt about the importance of cooking food properly, storing it properly and the dangers if not doing so. We took notes to help us with our food safety test that took place at the end of the course. Students that pass will get a food safety certification which will be valuable on our CVs. All the girls really enjoyed learning about food safety with Ms. Shelly and it was very beneficial.

Isabel Dower

Pitch & Putt

Transition years in St. Mary's participated in a number of pitch & putt sessions at the local Riverdale Pitch & Putt course. We learned how to use a wedge which is used on the green and a putter which is not used on the green. The aim of the game is to put the ball into a hole. It is an amateur sport very similar to golf but there are just 2-3 clubs used and the course is smaller. I really enjoyed the Pitch and Putt as I got to learn new skills.

Megan Ryan



ZUMBA

We completed six sessions of Zumba with our teacher Christine. We find that it wakes us up each morning and helps us concentrate for the rest of the day. Christine is a very energetic, enthusiastic and motivating person. We really enjoyed exercise through the dances that she taught us and it is different from anything we have done before. It was a fun experience and a different way to exercise. We would recommend everyone to try to join a Zumba class, as it really distracts you from everything that might be going on in school or life in general.

Viktorija Dzintare & Maedbh Kennedy



Retreat

We went to Castletown in County Laois for our TY retreat. It was a very relaxing and enjoyable day. We were first split into three groups and we each had a leader from the Centre. We played various games and got to know one another better. We all ended up talking to someone in our year that maybe we had never spoken to before. We had a break where we were provided with tea and biscuits and were free to play soccer/basketball outside. We ended the day with a prayer and meditation session in the chapel. We all enjoyed the day and everyone agreed we would certainly go again.

Samantha Howard

TYs try their hand at mini-med

We attended a week-long online course that taught us about what it would be like to be a doctor. On the first three days, we got to hear from a lot of different doctors and they detailed their daily routine to us. They spoke about the highs and the lows associated with their career. We also got to watch a pre-recorded surgery of a gallbladder removal, and this gave us all a much better insight into what happens in a surgery. There were also talks from patients and doctors who had graduated from RCSI. On Thursday, we got to hear about the life of a pharmacist, and we learned about the different paths you can take if you study pharmacy. On the final day, we learnt about physiotherapy. During this course, we heard from doctors who specialise in all the different types of physiotherapy. We learnt about the different ways you can injure yourself while you are playing sports and what treatments you can do or what medicine you can take to heal yourself. We all really enjoyed this course and we all learnt a lot from the week.

Eimear Hogan

Town Hall - Debs Exhibition

On the 7th of February Transition Year students at St. Mary's got the opportunity to visit the Nenagh Arts Centre where they were given a tour of the building and were shown numerous debs dresses which were loaned to the centre and put in a beautiful display. This exhibition included collages of pictures from previous debs events. The artist, Sarah Thornton, spoke to students about organising themes for the debs, the cost involved and opportunities to make the debs an environmentally friendly event.

Leona Cawley

Coding

From the 8th to the 11th of February we participated in a coding workshop in the GP room with Brian from Codeplus Ireland. On the first day we learned about what coding was and how long it has been around. We got to play coding games to help us understand it better. He taught us how to make the program walk, talk and sing. Our next task was to design our own websites. This was very useful and it helped us understand how websites are made, and all the work that is involved in making a website. On the last day we programmed micro bits. We got to programme them to show eight ball answers when it was shaken. We also got it to play music and show letters and numbers. Overall it was a very fun week and we all learned new things about programming, coding and technology.

Emily Bourke & Lola McMahon

March 2023

RCSI Mini-med course in Waterford

From 21st-23rd of March the Royal College of Surgeons Ireland hosted a mini med programme in Waterford. There was a range of lectures from well known surgeons and doctors as well as many practical sessions. The lectures were about many different specialties in medicine, paediatrics and more. The practical consisted of blood draws, intubations, NG tubes, putting casts on each other, sutures and getting to use their new hey hole surgery instruments. It was an amazing experience and learning opportunity. We made loads of new friends along the way. 10/10 for experience.

Cora Cooke, Aoibhín Moran, Clodagh Moylan

Actor's Vision at St. Mary's

We were introduced to an actor called Matthew Real from Cork who was in the school to facilitate a movie workshop with the Actor's Vision workshop. He told us about his background in acting, as well as previous roles he was involved in as an actor and stunt double. This was very interesting. He then taught us about the basics of film making and the various aspects involved in making a short film or movie. He showed us some equipment that would be used on a short film set such as the sound and camera equipment. We created a scene from Netflix's Schitts Creek, taking turns using the camera and sound machine. We also had a director and someone using the slate. We really enjoyed this workshop.

Danielle Kyne & Rachel Corcoran



March 2023

Chinese activities

On Thursday 2nd March our year group took part in a Chinese workshop that took place in school. Twelve Chinese teachers from the Confucius Institute in UCC, including our Chinese teacher Mr. Ching came in for the day and set up workshops teaching us about the different Chinese traditions and cultures. Each class moved around to different rooms where we undertook different activities. These included Chinese tea making, where we were told about the number of different teas they drink in China, we were shown how they make them and we got to sample the different teas. Another activity we took part in was Peking Opera mask making. We played traditional Chinese board games. After lunch the year group participated in martial arts in the canteen. This was a very enjoyable day for all and we learned a lot about Chinese culture.

Katie Ryan & Annarose Scott



First Aid

On March 9th, TY class 4B took part in a certified First Aid course with a trained paramedic - Barry. We learnt some basic first aid such as how to treat burns, what to do if somebody has an allergic reaction and how to spot the symptoms of a stroke. We also learnt how to do CPR using the CPR dummies. Barry also showed us what to do if a baby is choking using a dummy. Barry taught us all some very useful information about first aid that could come in handy in the future!

Orlaith Dervan & Nada Attia



March 2023

Limerick Prison

Transition year classes visited Limerick Prison on three separate dates in March. When they arrived, Officer Lawlor took them through a security prison system. They then went to a room and he told them about the history of the prison, as well as information about the prisoners' daily life. They then got a tour of some of the empty prison cells which were very small. Sometimes up to three prisoners would be staying in these tiny cells. Officer Lawlor then took the students to meet two prisoners – Richie and Ollie. They got a chance to ask them some questions. The students were scared to meet them but they were very nice and welcoming. The first question was “what crime did you commit”. Both prisoners answered “murder” at the same time. Students asked questions about their day-to-day life and about what they miss most about the outside world. They both agreed that they missed seeing their family, missing special occasions and food. Richie talked about how important it is to stay in school as he thinks that if he had had a better education, he would have never ended up in prison. They told the girls that the prison education system is very good. Ollie just passed his Junior Cert and was very proud of himself. All students really enjoyed their visit to Limerick Prison and learned a lot. They would certainly love to go again!

Stephanie O'Halloran & Nada Attia



Seó Bóthair

Ar an 8ú Márta, rinneamar ceardlann le Conradh na Gaeilge darb ainm “Seó Bóthair”. Tháinig an Cinnire Sibéal chuig an scoil agus rinne sí ceacht linn. Rinneamar go leor imeachtaí idir dhíospóireacht agus plé ranga, faoin tábhacht a bhaineann leis an nGaeilge sa lá atá inniu ann.

D’fhoghlaimíomar faoi oidhreacht agus cultúr na hÉireann agus faoi straitéis atá ar bun ag Conradh na Gaeilge chun an Ghaeilge a chur chun cinn. Fuaireamar tuilleadh eolais ar chúrsaí tríú leibhéal atá ar fáil trí Ghaeilge in Éirinn agus thar lár. Chuamar tríd na deiseanna poist atá ar fáil trí mheán na Gaeilge cosúil le postanna san Aontas Eorpach agus ar an raidió agus an teilifís. Bhaineamar go léir sult as agus d’fhoghlaimíomar go leor faoin nGaeilge, ní hamháin in Éirinn, ach ar fud an domhain. Mar fhocal scoir, ar son na bliana ar fad, ba mhaith mo bhuíochas a ghabháil le Sibéal a tháinig ó Bhaile Átha Cliath.

Laoise Ní Chinnéide

Still to come in 2023:

UL Careers Talk

Visit to Northern Trust

Jiving & Line dancing workshop

School tour to Germany

Pitch & Putt

YSI Debate

Personal Safety

Gaisce Adventure Journey

Driver Theory Test workshop

Coding

Water safety talk from the RNLI

Breast Cancer Ireland talk

Kilfinane Outdoor Education Centre

Mountain walk