



## Transition Year Easter Newsletter 2022



*January*

### TY Local History Workshop

On Monday the 24th, Caitlin White, who is doing her PhD in monuments at Trinity College, came to give 4A a history workshop. Students were given stories about real people to read and had to choose a historical event from a timeline that they thought had the biggest impact on their lives.

She also told students about the history behind the monument in Banba Square, the names of all the local people who were killed fighting in the 1916 Rising, the War of Independence and those who fought on the anti-treaty side of the Civil War. The names of the Long Kesh Hunger Strikers were also added in 1981. She gave students articles that were written about the monument in the 1920s and 1930s, from when it was just an idea, to its unveiling in 1931.

The workshop was both informative and interesting and it was great to learn the history of a well-known local monument.

*Rebecca Gaines*

### Forensics workshop

On the 31st of January, Alison from *Forensics Fun* came in to give the TYs a forensic science workshop. During the workshop students studied the JFK assassination. They got to investigate the historical case of John F Kennedy, analyse fingerprints and the autopsy, explore ballistics, gunshot residue and photographic evidence. The workshop was enjoyed by all.

*Katie Ryan*



## **February**

### **Mental Health**

On Monday, February 7th transition year students received a mental health talk by an Amber Flag Speaker. They gained valuable knowledge about maintaining a healthy and balanced lifestyle and useful information on healthy habits.

*Caoimhe O'Brien*

### **STEM Career Initiatives**

Later on in the week, on Thursday, February 10th, the iWish workshop took place. Students felt much more motivated and encouraged to do what they love after listening to multiple women who work in STEM careers and their experiences in getting there.

*Caoimhe O'Brien*

### **Yoga and Step Aerobics**

On the 14th of February during activity time, transition year students did yoga and step aerobics. For yoga, Mr Foley ran the class. He started with basic poses and showed students ways to make the poses more challenging if they were able. It was relaxing and helped to stretch out muscles. Frances led the step aerobics class. It was very upbeat and fast paced. She taught the basic moves for step aerobics before putting on the music and turning the steps into a dance.

*Rebecca Gaines*

### **TYs Try Their Hand at Mini Med**

Transition Years students were given the opportunity to take part in a Mini Med programme with RCSI. The five day course went through a vast number of courses and occupations in medicine, pharmacy and physiotherapy. Our students got to see live surgeries, take part in Q&As and got an overall insight into what life would be like as a medical professional. For those interested in pursuing a career in the medical profession it was a really valuable and practical insight into the reality of such a choice.

*Natasha Creagh*

### **School of life**

On the 16th of February Michelle Harding from School of Life came to the school to teach the Transition Year students about good etiquette and to prepare them for their upcoming work experience. They learned about the importance of personal presentation and were given instructions on how to perform these tasks. The students really enjoyed it as they could get involved in different activities such as ironing.

*Cara Mulcahy*

## **March**

### **One Million Stars To End Violence**

Since November, the transition year students in St. Mary's have been participating in the One Million Stars To End Violence project. The aim of this national project is to connect communities across Ireland in solidarity against violence.

Both TY classes took part in creating eight point stars made of ribbon to put on display. These eight points represent the project's eight points of healthy love within relationships, while the stars represent light, hope and solidarity against violence.

Each student managed to make a huge amount of stars and we ended up with a beautiful display. The whole year group came together through creativity to promote a very important cause to all in TY. Lots of hard work was put into this project and students are very proud of the work they managed to achieve for the One Million Stars project. Students hope that by bringing light to what they have achieved, others will be encouraged to find out more about the project and maybe even take part by making their own stars just like they did.

On Tuesday, March 8th, a group of Transition Year students attended the "One Million Stars for Domestic Abuse" presentation at the Nenagh Arts Centre. The students performed a choral recitation of a poem written by the renowned poet, Amanda Gorman, which explores female experience. The mayor of Nenagh, Michael O'Meara, spoke about the vital importance of such an artistic project and cut the ribbon to officially open the display to the public.

*Louise Griffin & Katie Brett*



### **Movie Magic in St Mary's**

On Wednesday, March 2nd, Lavinia Darby and Susan McGrath from Movie Magic came in to give the TY classes a workshop. The workshop was a series of interactive and hands-on video production activities. It covered camera techniques, editing, the use of green screen, sound and visual FX. After they were shown how to use the equipment, they had the opportunity to film and edit their own videos. Both classes thoroughly enjoyed this workshop, particularly creating the highly entertaining short films with their newfound cinema skills.

*Katie Ryan*

## **St Mary's Girls Shine for International Women's Day**

On March 8th it was International Women's Day. Transition Year students felt that it was important for them to take part. To do this they took part in the Shine Festival. This was a virtual event in which inspirational women gave talks on various topics such as careers, wellness and art to celebrate International Women's Day. It was free to take part and it was a day-long event.

Students took the day to watch and discuss the various videos on the Shine Festival website. Class groups picked the topics that interested them most and focused on them. Some of these included talks on women in government, women in sport and women in fashion. This was a highly informative event and those involved in organising it worked hard to create an empowering space for women on International Women's Day.

*Katie Brett*

## **Mini-Companies**

A big part of the Transition Year Programme is the Mini-Companies. Before Christmas, Tina Mulhearn from Student Enterprise Ireland came to the school to judge the mini-companies and select groups to go through to the county final. On 11th March, the virtual county final was held. *Jlc Jewels* and *Upslate Art* were contestants in the county final and St. Mary's won many special awards.

*Louise Griffin*





### **Sponsored Walk**

On Monday the 14th of March, the TY classes completed a 5k walk around Nenagh. They raised a total €292 in aid of Daffodil Day 2022.

*Katie Ryan*



### **Ballycuggaran Loop**

On Monday the 7th of March, Transition Years went on a trip to Killaloe to complete a hike for their weekly activity time. The hike took place on the Ballycuggaran Loop. They were also welcomed by Donal Macky who is a member of the Nenagh Walkers Club. He gave them a guided tour of the trail and pointed out some history of different sites along the way.

*Cara Mulcahy*



### **Irish Guide Dogs Fundraiser- Bake sale**

The TY students organised a bake sale on the 15th March in aid of Irish Guide Dogs. The year group worked together to organise this event. All the students contributed a whole range of treats and it was a great success, raising over €300 for this great cause.

*Louise Griffin*



### **Irish Guide Dogs Fundraiser- Movie Day**

On February 18th transition years had a movie day in aid of Irish Guide Dogs. They watched two movies during the day which they really enjoyed. Students raised over €50 towards their goal.

*Katie Brett*

### **4A's Young Social Innovators Project**

Over the year, 4A completed a project on a food web app for junior students. On this web app they can order lunch that is delivered to the school for times they may need one. The students can then pay at the office at the end of the week. After completing this the YSI class filmed a video displaying their work. The whole class got involved in acting in the video and also in the editing process. They were very happy with the work and sent it to the YSI organisation.

*Katie Brett*

### **4B YSI Project**

For 4B's YSI project they decided to spread awareness about unhealthy relationships. They wanted to do this because they completed a course with Karen from *Ascend* which related to this and they felt younger people needed to know more about this major social issue. Unhealthy relationships affect a large portion of young people in the school community and 4B hopes to spread awareness by showing students our information video "Know the Signs ". They also hope to fundraise money through a sponsored walk, which will go towards local causes that help people in unhealthy relationships.

*Emma Williams*

### **Marie Keating Talk**

The TYs were given a talk on the prevention and prevalence of cancer in Ireland. They learned that some cancers can be prevented through exercise, eating healthy food and not smoking or drinking alcohol. They also learned that cancer is very prevalent in Ireland. They were told that skin cancer is the most common cancer in Ireland with 1 in 2 people getting it at some point in their life.

*Rebecca Gaines*

### **Bushcraft camp**

The TYs are participating in Paul Dillon's Bushcraft camp as part of their work experience. The camp includes helping the instructors with the primary school kids, doing outdoor activities such as stone carving, arch building, river experiments, canoeing, making water filters and building campfires.

*Caitríona Finn*

### **Seó Bóthair**

On Tuesday March 22nd, Roisin Ní Cinnéide from *Conradh na Gaeilge* came in to talk about careers in the Irish language, how Irish is used around the world, how important it is to keep the Irish language alive and the opportunities that Irish can give you in the future. Students really enjoyed this workshop.

*Katie Ryan*

### **1B Fundraiser - Treasure Hunt and Quiz**

Our TY class decided to organise a treasure hunt as part of the first years fun day which was a fundraiser for the children's cancer society. The idea was first thought of by first year students in support of their classmate Gráinne Beatte. The treasure hunt had several questions that let first years get to know the school more and also take a break from the typical school day. The team with the most correct answers were given Easter treats as their prize and a great time was had by all.

*Emma Williams*

### **1B Fundraiser - Sports Day**

On Friday 25th March, 4A organised a sports day for the first years. There was a range of activities including basketball, soccer, camogie and rounders. This was a great success, the first years had great fun and their class tutors kindly provided them with ice pops to finish off the fabulous day.

*Louise Griffin*

### **Chinese activities**

On Monday 28th March, the Transition year students took part in a variety of Chinese activities including calligraphy, paper cutting, mask making and a form of martial arts called Tai Chi. It was a very interactive workshop and the students had great fun.

*Louise Griffin*



### **Personal safety**

On Wednesday 30th March, Alex Walsh came to the school and gave both classes a 2-hour personal safety and self defense talk. It was a very interactive and useful workshop and the TYs really enjoyed it.

*Louise Griffin*



## *April*

### **Work Experience Week**

Transition year students are now heading out on work experience. This is a great opportunity for students to explore their possible future career paths and to gain valuable experience in many areas.