

The St. Mary's Chronicle

27.10.2023

St.Mary's Secondary School Macroom.

1st Edition

Welcome to our first edition of our brand new school newspaper.



3rd Year trip to Emerald Park.

The founding of our new school newspaper,



We as a team are delighted to report on local affairs and school news. We hope to bring you all the latest news in our lively school community.

Team members: Ella Healy, Claire Dromey, Maeve Twohig, Eugenie Kelleher, Ella Dromey., Tara Lane, Ellie Jane Walsh and Aisling Twomey.

St. Mary's Open Evening 2023.



On the 28th of September 2023, St. Mary's annual open evening took place. The open evening is always an exciting experience for future potential students to discover what the magic of St. Mary's is all about, and this year was no different, it didn't disappoint. As parents and possible future students filed in steadily from 17:30, a line of welcoming, diligent couriers showed them swiftly to their seats as the visitors eagerly awaited the principal's address at 18:00.

Mr McLaughlin, our Head girl, Deputy Head Girl and two First Year students, wet the appetite of the girls as they told them of all the fascinating opportunities that lie ahead at St.Marys. The girls and their parents were also entertained by a video of "A Day in the Life of a First Year", which included pre-recorded videos of first year classes compiled by our very own Promotion Team. This gave the girls a flavour of what first year could look like for them. Once the Principal's address concluded the girls were promptly

divided into groups and shown around the school to see the vibrantly decorated classrooms and enthusiastic teachers by the couriers. A vivacious atmosphere pulsed through the halls as students and teachers delighted in showing off our school. The girls were spoiled for choice as there was something for everyone. The laboratories were filled with numerous experiments which enthralled budding scientists to curious parents alike, from elephant's toothpaste to collapsing cans, the labs were awash with scientific masterpieces.

The kitchen kept all of our sweet teeth satisfied as delicious aromas danced around the kitchen, originating from sweet delicacies that lined the tables.

If you were to venture downstairs you would find the art room, a haven of creative works and craftsmanship. Vivid creations encased the art room from present and past students. While right next door to the art room the music room had an alluring aura,

as harmonies of the choir hung in the air, the song “ Take my Hand” by Picture This was performed beautifully by the choir and musicians lead by our very own Ms. Donovan. As the night progressed, Our excellent Chef, Trish kept everyone in good spirits by providing mouth-watering sandwiches, wraps and buns.

Steaming mugs of hot tea were also greatly appreciated by parents. This evening could not have been such a roaring success without the attendance of the girls and their parents, but also the help of all the St.Mary’s staff and students, so thank you all. We look forward to doing it all again next year.

Claire Dromey

Curriculum vitae (CV) writing skills.

Speaking from experience, writing a first CV, or in its fancy term ‘Curriculum Vitae’, is stressful, scary and slightly nerve-wracking. If you’re like me, then you have no idea how to word your CV, what information needs to be included, what isn’t needed at all, and if it’s professional enough to send out to actual businesses. I’m lucky as I have siblings who went through the torture of writing a CV before me so can help me in making a CV, but some people don’t have this choice. And that is what this article is for, to educate people on how to create a CV and to give tips on how to improve your existing Curriculum Vitae.

The common layout of a CV tends to be this;
Curriculum Vitae/CV:

Name

Date of birth

Email address and/ or home address

School details (primary school, secondary school, current year, recent test results etc)

Work experience

Skills/ achievement/ hobbies (can include all these headings or just one or two)

Of course, I am not an expert on CV writing, so you can change the layout to your preferences. You do not need to include any personal information like address or primary school if you do not wish to, as long as whoever receives your CV can contact you.

I would recommend titling your page with 'Curriculum Vitae', simply because it sounds more fancy and official than just 'CV'. When listing work experience, skills, achievements and hobbies, be honest. Adding to that, make sure anything you write down is something you can answer questions about in an interview. You can include any achievements you have regardless of when you achieved them, as long as you can talk about them to the interviewer.

Ella Healy

Transition Year Trip to The Ploughing Championships.



On the 19th of September 2023, the Transition Year class had a day to remember after our trip to the Ploughing Championships in Ratheniska Co. Laois. It was an early start as the day began at 7am to ensure adequate time for a full and eventful day. Everyone was ready for the four seasons in one day, due to an array of conflicting weather reports. There were wellingtons and raincoats a plenty. An enthusiastic atmosphere filled the bus as we made our way up the country. As our bus arrived we were greeted by a muggy, water-logged and boggy field,

however this couldn't dampen our spirits. There was something for everyone to see and do, and eat. A variety of different stalls serving flavoursome delicacies that had an alluring aroma, enticed us to sample everything from burgers and chips to warm waffles with chocolate. It was greatly appreciated by everyone after a long tedious bus journey. There were also shops and stalls selling much sought after produce at every turn. The bus was loaded down with G.A.A. jerseys, shorts and hurleys on the ride home, as well as the occasional flat cap thrown into the mix.

Some of us were also fortunate enough to spot some famous faces and get a cheeky selfie, the celebs included: Cian Lynch, Marty Morrissey, Davy Fitzgerald and the very important President himself, Michael D. Higgins also made an appearance, led by a police escort. The day slowly began to dry up as it progressed, luckily for us. However there was still the occasional mud fight as we made our way through the loughs of mud. We couldn't resist. Mike Denver kept us all entertained in

the Aldi tent listening to some traditional music, as we donned our blue Aldi cowboy hats, now a well-known symbol of the Ploughing. After a fun-filled day out it was time to head home, covered in mud and soggy feet but in high spirits after a tremendous day that we will remember for a long time to come. We would really like to thank the teachers (Ms. Martin, Mr. Galvin, Ms.O'Keffe and Ms.O' Donovan), who went to a big effort to organise and carry out this trip, we greatly appreciate your effort.

Claire Dromey

TY Committees - Times and details.

Breast Cancer Awareness Committee- The aim of this committee is to make our school aware of the dangers of breast cancer and the importance of doing what we can to support great breast cancer charities such as Breast Cancer Ireland. The committee is currently planning a Breast Cancer Awareness Day for Transition Years on the 24th of October, where transition year students will have a talk from Juliette O'Connell from Breast Cancer Ireland, play a bench ball tournament, wear pink clothes and also organise a bake sale which will be available for all years. The head of the committee is Aisling Twomey and the secretary of the committee is Ella White.

TY Hoodie Committee- The committee is working on organising the purchase of hoodies for the year group. The committee recently offered several optional colours to the year group to choose from and the year chose the colour 'cauliflower blue' for their hoodies.

Suicide Awareness Committee- The committee is currently organizing Suicide Awareness Day with speakers being invited from mental health organisations and fundraising activities for Lisheens House, a mental health charity based in Skibbereen that offers free counselling, training, and support for those who need it.

Fundraising Committee- Throughout the school year, the Fundraising Committee will be organising in school events to raise money for various different charities. The committee is currently organising a 'sleepover' for TY's on the tenth of November to raise money from 5:30 to 10:30.

Wellbeing Committee- The wellbeing committee meet every 2nd and 4th Tuesday at 13:15. A new initiative for the Well-being Committee is that it is now made up of both students and teachers, working together.

Eugenie Kelleher

Transition Year Trip to Achill Island.



From the 4th to the 6th of October, the students in Transition Year had an exciting excursion to Achill Outdoor Education Centre situated on Achill Island, Co. Mayo. The three-day adventure was filled with various thrilling activities including surfing, canoeing, archery, hillwalking, rock climbing, and team-building exercises. The first evening was spent strolling along the beach, followed by a cosy gathering around the fireplace with tea and biscuits. On the following night, everyone enthusiastically participated in a selfie competition, adding an extra dose of enjoyment to the trip. It was an amazing opportunity to bond with our existing friends and forge new connections during these memorable three days. Thanks so much to Ms Collins for organising this trip for us, and thanks also to Mr Galvin and Mr O'Connell for coming with us.

1st Year Trip to West Cork Secret.



On the 10th of October the first years were treated to a fabulous trip to West Cork Secret. A day filled with fun , games and lots of mud. It was a good thing the girls wore their old clothes. This was an excellent opportunity to bond with their new classmates in a wonderful setting. The girls tried their hands at everything from obstacle courses to mega slides. This trip was kindly planned by the first year buddies. Thank you to Ms Donovan, Ms. Gray, Ms.Watkins and Ms.O'Donoghue for accompanying the girls. A great day was had by all.

Sports day 2023.



As per usual Sports day was a roaring success. It saw many a competitive spirit take to the starting line and win one of the activities carefully planned by the L.C.V.P. class of 2023. Every year the L.C.V.P. class work tirelessly to organise a fabulous sports day for the 1st to 3rd years. A delicious feast prepared by Trish was greatly appreciated after a long day of fun and games. This year's sports day was certainly a year to remember, however we all remembered our dear teacher Ms. Tobin. Ms.Tobin always helped previous L.C.V.P classes to create sports day. We were honored that both Ms.Tobin's husband and sister were able to join us on the day for the prize giving. Thank you to all the girls and teachers who took part on the day and to the L.C.V.P. class for all their hard work.

The Catherine McAuley Awards.



On the 20th of October, the Catherine McAuley awards took place. It was a lovely ceremony to recognise the outstanding achievements by pupils both past and present. Awards were presented for everything from individual subjects, music and sporting accomplishments. Congratulations to all the girls on your well deserved awards.

Junior Cycle results.



Congratulations to all the transition year students who received their Junior cycle results today. The halls were filled with smiling faces and tears of joy as the girls caught up with each other afterwards. This is the work of the last three years worth of work coming to fruition. Well done to the girls and their teachers for all their hard work to receive these extraordinary results.

Sportsperson of the Edition: Amelia Scott, an up and coming star.



At Kilguilkey House on the 22nd of September of this year, Amelia Scott's name was noted as the winner of the Evening Ireland National Championships. After leading the dressage competition from start to finish, Ms Scott and her traditionally bred ISH gelding Gelato claimed their honourable win.

Although Scott had a brief start to her EI career back in the summer of 2020, three years have shown that she improved greatly since she resumed competing under rules in 2022 on Gelato. This 2012 gelding is by the Connemara Martan Phaidin Nhoir, out of a non-winning thoroughbred mare.

Senior Football



Congratualtions to the senior football team on their recent win over Kinsale Community School. It was the first game of the season. The girls had a halftime comeback with two goals to cement their victory. Well done girls

Camogie



Congratulations to our 16.5 camogie team who have qualified for the County A cup semi-final, maith sibh caillíní.

Ella Dromey

Basketball



Well done to St Mary's basketball teams, both U16 and U19. Both teams have now played two matches each and have won both. Their first match was against Carrigaline and even though the U19 team was a tough opposition we won by a couple of points. Meanwhile, the U16's easily won their match against Carrigaline. Their last match was played in our own PE hall against BCS. Again, both of our teams won their matches, the U16's won by 26 points and the U19's won by 22 points. Well done girls!



Cultural Curiosity - Spain

Every year, we have multiple exchange students from all over Europe come to our country to learn English. This year, we have had the pleasure of having six exchange students from Spain, Germany and Denmark in transition year. Julia Caro from Malaga in the very south of Spain, has been kind enough to let us interview her about her life in Spain.

Firstly, we asked her about the exchange programme in Spain and how she got involved. Surprisingly, rather than being organised through the school, her exchange was organised through a private company. She was given the choice of travelling to Canada or the United States, but ultimately she chose the best option; Ireland. She arrived here in August, will go home to Spain for the Christmas and Easter holidays and will return to Spain for good in June. When Julia first arrived in Ireland, there were more than a few culture shocks awaiting her. The one she said stood out the most for her was meal times. Unlike here, where we eat dinner as early as 4 o'clock, she says the norm in Spain is to have one's dinner as late as 10 at night. A popular dish to consume in Spain is paella, a flavoured rice dish cooked with meat, seafood or vegetables. As well as that, puchero is a very popular meal. It is a stew-like dish composed of beef, saba bananas and possibly potatoes or sweet potatoes, chorizos de Bilbao, bok choy, leeks, chickpeas, cabbage and tomato sauce.

Another change for Julia once coming to Ireland was the school structure. In Spain, school starts at half past eight and is finished by three. As well as that, Spanish schools typically don't have a uniform and there are only mixed schools. But although we here would love to have no uniform, Julia says she quite enjoys wearing a uniform so as not to have to worry about a different outfit every morning.

We asked Julia about who would be considered the most popular artist in Spain and she told us 'Fito & Fitipaldis'. 'Fito & Fitipaldis' is a rock band formed in 1998. The musical style of the group is a mix of rock, soul, swing, and other genres. Their most popular song in Spain is 'Soldadito Marinero'. We also asked Julia what would be the most popular sport in Spain, to which she said straight away, 'soccer'. Football is Spain's national sport and easily the country's most viewed sport.

As mentioned earlier, the exchange students will be going home for Christmas, so Julia told us about some of the differences between the Irish holidays and the Spanish ones. Firstly, in Spain, there is not only Santa Claus, but the three Magic Wizards. This idea is inspired by the 3 Wise Men. Another different Spanish tradition is that of the 12 Grapes. On New Year's Eve, 12 seconds before midnight, everyone eats one grape every one second until the clock strikes midnight. Each grape and clock bell strike represents each of the coming twelve months and is to bring you good luck. Julia fondly told us about everyone trying to swallow 12 grapes in 12 seconds unsuccessfully back in Spain with everyone dressed up in fabulous costumes.

Julia told us of her favourite words in her native language. We've included these words below in the hopes you might choose to learn them and widen your Spanish vocabulary. **Happy learning!**

Cosquillas-Tickles
(kosk ee yas)

Luna-Moon
(loona)

Recently, we had the pleasure of interviewing our school's accounting teacher, Mr. Shane Galvin, who told us all about his and English teacher Ms de la Cour's new garden, made to promote wellbeing through gardening and to promote growing our own food. He also shared his favourite local history stories, as well as his own family connections with the Kilmichael ambush of 1920.

From the moment Mr Galvin began to tell us about his achievements and plans for the garden, we were enthralled. Mr. Galvin has a burning ambition for this garden to be a haven for the students of St.Mary's. It is a place where both people and plants are nourished and grow. We began by asking Mr Galvin where this brilliant idea originated from, " In my previous job in Beara Community School on the Beara Peninsula, I was the S.P.H.E. co-ordinator. I attended several courses about the teaching of s.p.h.e and wellbeing, it was mentioned at the course by a teacher from Tralee that they had built a polytunnel as part of their S.P.H.E. and wellbeing programme. Of course, in S.P.H.E. you teach the elements of good food, healthy eating, sourcing good food and being active outdoors." Mr Galvin went on to very successfully build a polytunnel through funds raised by the parents association, while materials were sponsored and provided free of charge by local businesses. " I brought this idea to St. Mary's when I moved closer to home and it was welcomed here as well. I feel students are showing positive feedback so far."

We were very fortunate that Mr Galvin dedicated boundless time and energy to turn this concept from a dream to a reality. There is an abundance of delicious, wholesome vegetables growing in the St.Mary's garden come spring and summer, delights such as potatoes, beetroot, carrots, lettuce and coriander. In collaboration with our Home economics department, students now harvest their produce and create a nutritious meal during their Home economics classes, in a farm-to-fork-like scheme. Mr.Galvin feels particularly proud of this endeavour. "

Ms.Linehan has joined us this year, she has a passion for sports and nutrition, as well as growing food from sustainable, chemical-free sources. Students can see the process from tiling the soil, and digging up an old bed that was used by the nuns; it was not used for upwards of thirty years. We sourced seed from Frank Twomey's Hardware downtown and I donated some seed potatoes. After we harvested the potatoes in September, we brought the potatoes into the Home Economics room and made enough soup for every student."

Word Search

Fun Destinations

O W J L O M E K B E Z F B P E K E C R L N I B B
G J Z Z T N Z G N L D W N I H L E D I K T D E C
A D G A G O D R P O S S I N G A P O R E K I I O
C F R K C T K R J H Y S V Q U I T O J V L J J M
I S A B E N Y Y T N S I M A D R E T S M A U I A
H D N Y Q V N T O O F L U K Y Q H D T X N M N L
C A D D P D G N T S J O B T V Z U Z U I H G G O
A E R E N G C C V K N P E V W N M Y T U N B C U
P M A D B I E D C C O A F U R A W E E O T S P J
I H P I T X D O S A T N D S O L D Z H K I O F I
N R I N V T D Y J J G A U U V I T R E C E F O O
L X D B W A Y D E B N I V T C M W R N W S D G H
T N S U T P O S S E I D U W N N O A D A Q N C D
G C P R Y A T L H F H N D T Y M R G P F O I R E
T O R G X N B O E O S I Q P I F E T V K R U W N
I R G H X A U M B Q A A A T N N O A K U S C O V
N L U Q J S O J D J W R L A E B A N Z R W V A E
U A O F T R E E A E I A S V F S O U S P C U O R
C N N O K L B W N S B B A E U H K H X P C S N N
N D N A A N S X O L A S V E G A S Q T K A M Z G
A O K P S B A L K V A I L T Z N G N L P G T E M
C Y Q F P S W R B S I B W B B D I A L P C N J R
V A G L D V A P F J Q B P A V L N E B L O O V C
E O I B O F G U M X O C Q X F D G W J X Z P B J

United	Zurich	Washington	Vail	Tokyo
San Francisco	Singapore	Rome	Quito	Paris
Orlando	Nassau	Milan	Las Vegas	Kona
Jackson Hole	Indianapolis	Ixtapa	Houston	Honk Kong
Grand Rapids	Geneva	Flint	Frankfurt	Edinburgh
El Paso	Delhi	Denver	Cancun	Chicago
Baltimore	Beijing	Auckland	Amsterdam	

RIDDLE!

Who makes it, has no need for it.

Whoever buys it won't use it.

Who uses it, won't care.

What am I?

Answer in the
next edition!