



# TULLAMORE COLLEGE

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## NEWSLETTER



### Healthy Living Week 2015

'Healthy Living Week' ran from the 21st to 25th of September. It was organised by the Home Economics Department and the T.Y students and many other teachers were involved. The aim of this week is to promote a healthy lifestyle amongst students and teachers. A large number of activities, talks and events took place throughout this week and all were a great success.

Free fruit and yoghurt were given out each break-time to the students to promote a healthy diet, the yoghurt was sponsored by Glenisk and the fruit was sponsored by Dunnes Stores and by Phelan's Fruit and Veg. Lunch time activities such as tag-rugby, a penalty shoot-out and a 'puc fada' promoted an active lifestyle. Inspirational talks from expert nutritionists such as Aoife Hanna and Carina Carroll as well as cookery demonstrations on healthy dishes by developmental chef, Xavier from Musgraves and Samantha Daly local proprietor of 'BAKE' gave us an understanding of the right foods to eat. Other activities such as Zumba, a haircare workshop, a mental health talk and circuit training provided us with a fun filled week. We were very impressed with the huge level of participation from the students and teachers which made the week all the more enjoyable.

To end this wonderful healthy living week adventure the whole school took part in a five kilometre walk down the canal. Transition year students are hoping that everyone will take all the knowledge they gained during this week and continue to lead a healthy lifestyle. After all... 'Your Health is Your Wealth'. By Lydia Coyne and Tara Daly.

Pictured top: are the TY group and their teachers Ms. Doolan and Ms. Dunstan. They ensured the success of 'Healthy Living Week' and deserve high praise for all their hard work, commitment and enthusiasm.

Top Right: Lauren Gorry and Caoimhe Griffin giving out free fruit and yoghurts during 'Healthy Living Week'.

2nd Right: First years sports enthusiasts enjoying the vast array of different sporting activities on offer during 'Healthy Living Week'.



Right: Transition Year students busy preparing fruit platters for our students to enjoy.



Above and Right: Some first year girls soaking up the atmosphere of 'Healthy Living Week'.



## Home Economics Department

The Mid - Western Branch of the Association of Teachers of Home Economics hosted a very successful Cookery Demonstration in Tullamore College. **Louise Lennox**, pastry Chef of TV3's 'The Restaurant' presented the demonstration.

**Well done** to Ms. Doolan on a very successful article on 'Ethnic Cookery' published in September's Edition of the National cookery Magazine 'Easy Food'.

Home Economics Department.

## 6th Year Biology Ecology Field Trip

On the 1st October last, 6th Year Biology students completed their ecological study of the Phoenix Park where they could appreciate the importance of woodland/grassland habitats. The students learnt how to identify and estimate the numbers of plants and animals present and how they are affected by the abiotic factors present in the Phoenix Park. In the afternoon the students enjoyed beautiful sunshine while they visited the zoo to research different animals and learn about the important role that the zoo plays in the conservation of these animals.

Ms. Howlin

Science Department

## Starting Secondary School

Starting Secondary School,  
Is nerve wrecking, but also cool,  
I was welcomed into Tullamore College,  
Where I'm beginning to increase my knowledge,  
With top quality teachers who always try their best,  
Sometimes you would wonder  
if they ever get a rest!

Every forty minutes, changing from room to room,  
Late and you're down that corridor in a zoom!  
If your homework is complete and your diary open,  
Occasionally you're rewarded with a merit token.  
A feast of new subjects and activities galore,  
Friendships encouraged, always room for  
one more!

Tullamore College is the right choice for me  
My friends and my family agree,  
I'm busy, I'm active, I'm learning new things,  
Skills of all sorts, and the joy learning brings.  
New challenges ahead of me,  
I'll meet them head on,  
In my lovely new school, where I happily belong!

Maedhbh O'Brien  
1JMA

Below: Sixth year Ecology Fieldtrip to Dublin Zoo

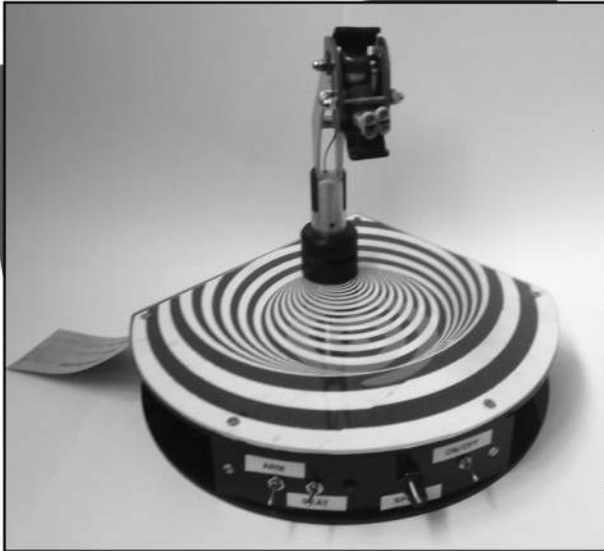


## JCSP news

The JCSP programme is up and running and our groups are working hard. Students will work on their statements of attainment over the coming weeks and the paired reading initiative will commence shortly. The Art department are working on exciting new initiatives this year with a three phase project under the guidance of Mr. Caslin and Ms. Casey i.e papermaking for the Make a Book project, bookbinding with the help of an artist in the classroom and a trip to a gallery. Congratulations to our student of the year for 2014/2015 Aoife Gallagher. All groups continue to focus on KEYWORDS and NUMERACY moments in keeping with the key focus of the JCSP programme. We look forward to a productive year ahead.

M O'Connor JCSP Co -Coordinator.

## Engineering Excellence



Our Engineering and Metalwork students were recently successful at the Engineering Technology Teachers' Association Young Engineer Competition.

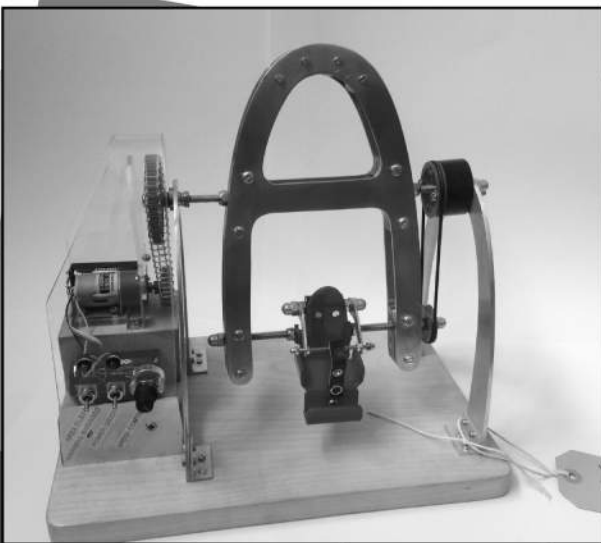
Congratulations to Matthew Murphy and Conor Lynch who came 1st and 2nd respectfully for their Leaving Certificate Higher Level Engineering Project. They now progress to the national final.

Well done to Caoimhe Griffin, Dylan Cuskelly and Ben Neale for placing 1st, 2nd and 3rd respectfully for the Junior Certificate Higher Level Project and also to Dylan Hensey and James Minnock for placing 1st and 2nd for their Ordinary Level Projects.

### Engineering Department.

Photo Above: Matthew Murphy won first prize for his Engineering project at the prestigious ETTA Engineering Awards.

Photo Below: Conor Lynch claimed second prize for his Leaving Certificate project at the ETTA Engineering Awards



## Poetry Aloud Competition

Well done to Jack Scully (1JMA) and Artur Stopka (2EMC) who both progressed to the semi-final of the Poetry Aloud Competition which will be held in the National Library in Dublin.  
Ms. McArdle and Ms. Gallagher

## Leaving Cert Applied News

This has been a very exciting and busy half term for our 5th and 6th year Leaving Certificate Applied students. The fifth year LCA class have gotten off to a great start this year as a result of the induction days spent with Ms. Greaney and a trip to build team spirit at Birr Outdoor Education Centre with Ms. Greaney and Mr. Cosgrave. The class is working now on Key Assignments for all their subjects and are looking forward to completing their first "Task" (major whole class project) is Visual Art with Mr. Caslin. Meanwhile, they are visiting the Aura Gym on Tuesday mornings with Ms. Brady and doing work experience in a variety of locations every Wednesday - all reports so far have been excellent. We are very grateful for the continued support of the business and wider community in facilitating our students with work experience placements. "Tús maith leath na hoibre" - "A good start is half the work" - our fifth year students have made an excellent start to the LCA programme.



The LCA students in sixth year received excellent results for their work last year - setting new standards as a class group. Tasks are marked out of ten credits and Mr. Magner, Ms. K Brady and Ms. Browne were delighted with the excellent work done and exceptional results achieved. Mr. Cosgrave and Mr. Carton had the pleasure of accompanying the class to the Bridge House for morning coffee to celebrate their achievements. Well done and keep up the good work.

Photo Above: Conor Dempsey working in the LCA garden for his Task with Mr. Magner - all students scored eight or higher for this Task with four students obtaining ten out of ten.





## Geography Fieldtrip

Left: Sixth year Geography Students' carried out their river investigation in the Slieve Blooms under the watchful eye of Ms Gallagher and Mr Quirke.

## County Sports Heroes

Photo Below: Our athletes were successful in claiming the overall 'Intermediate Category' and bringing sporting honour to our school once again.

Inset Photo Below: Some of the proud winners of the County Sports 'Intermediate Title'.

## County Sports



On the 24th of September, eighty two students from Tullamore College made the short journey to the Tullamore Harriers to compete in the County Sports. Our students competed in sprints, middle and long distance runs, long and high jumps, shot putt, javelin and discus events. Our students did us proud and won the Intermediate Category! Well done to all involved!

Ms. A. Brady



Photo Below: Our Junior Girls' Football team who are now through to the quarter final.



## Junior Girls' Match Review

It was a wet and miserable day, but that did not dampen the spirits of the Junior Ladies on securing themselves a place in the quarter final. Our girls went out with their heads high and confident. Monasterevin were a solid striking team but our defence made some excellent blocks to prevent as much scores as possible. Our midfielders, Muireann and Caoimhe Griffin did some great ball carrying to

bring the ball to the forwards made up of Clare Daly, Tara Joyce, Aine Phelan, Caroline Connor and Ciara Glynn. Monasterevin were a strong and powerful side but our fitness and quick passes had us the better team from the start. Laura Cuskelly kick started our scores with a tremendous and powerful goal. Clare Daly, Caroline Connor, Caoimhe Griffin and Muireann Griffin followed with another 3 balls in the back of the net for Tullamore College. Caitlin Mc Darby did some excellent back tracking and kept on her marker all through the game. The girls came out in the second half with the same fire in their bellies, hungry for the win. In the second half, Monasterevin scored 3 goals and 1 point. While Tullamore College tallied up 4 goals and 7 points. Clare Daly was our top scorer, scoring 2-4. Kate Brennan came on in the second half and scored 1 point. Tara Joyce bursted through the Monasterevin backline in the second half scoring 1-2. While Monasterevins' heads started to drop our girls stayed alive all through the game. Final score was 8-10 to 4-4. Our girls are now through to the quarter final and we wish them all the best of luck. Well played girls!

Lauren Gorry TY