



TULLAMORE COLLEGE

our *winter* edition VOL. 14 NO. 2

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NEWSLETTER

*wishing all our students,
parents and staff a very happy
Christmas & New Year.*

Tullamore College the first Post Primary School in County Offaly to fly The Healthy Ireland – Health Promoting Schools' (HPS) Flag

The Healthy Ireland - Health Promoting Schools' (HPS) Flag is presented by the HSE to schools as an acknowledgement of their work in improving the health of their school communities. The Healthy Ireland - Health Promoting Schools programme supports schools to focus on health and wellbeing and involves all members of the school community. Students, staff, parents and guardians are consulted to identify priority health areas.

Tullamore College addressed the theme of Personal Health – Eating and Exercise. There were many initiatives carried out in Tullamore College promoting the theme of health. The school held a very successful 'Healthy Living Week' in September, promoting all aspects of health, with the emphasis on eating and exercise run by Transition Year Students, Ms Kelly Doolan and Ms Mary Dunstan from the Home Economics Department. This week allows students to participate in workshops, talks, presentations and demonstrations on all aspects of health. There are also sports afternoons to encourage students to get outside and get active and involved. The week sees strong links with the local community with many professionals and speakers coming to Tullamore College to share their expertise with our students. There is also the supply of free fruit and yoghurt from local Phelan's Fruit & Veg, Dunnes Stores and Glenisk. Our Healthy Living Week wraps up with a school walk, where everyone gets on their walking shoes and gets out for fresh air and a walk down the canal.

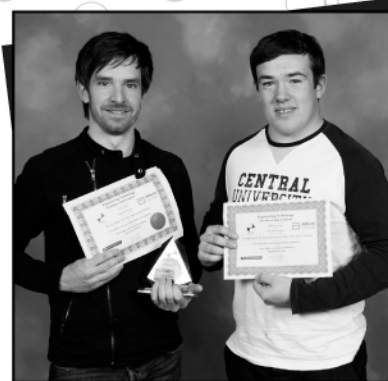
Each January sees the Tullamore College Operation Transformation events organised and run by Mr Keith Begley. This runs simultaneously with RTE's Operation Transformation and encourages staff, students and parents to get out and active and to develop healthy eating habits.

There are free activities and classes organised for parents as well as after school cookery classes for students. Tullamore College has proven to be a school that supports healthy choices and promotes healthy eating and physical exercise. Other issues addressed by the school include changes to the tuck shop and canteen food supply, and the encouragement and participation by so many students in the extensive range of physical activities available to all students.

Ms Doolan (Health Promoting Team)

Engineering National Awards:

Congratulations to Conor Lynch who came 3rd in Ireland and Matthew Murphy for his top 24 placing for their **Leaving Cert Higher Level Engineering Projects**. Pictured below are Matthew Murphy with his proud teacher JP Meehan accepting the award on behalf of Conor Lynch.



Best in Ireland!

Dylan Cuskelly, pictured with his teacher JP Meehan, after receiving his award for the **Best Junior Certificate Higher Level Metalwork Result in Ireland**.



'Keep the Sound Campaign'



Above: A group of 5th year students with Fiona and Sally from DeafHear and their teacher Ms. Graham

A group of 5th year students took part in the DeafHear 'Keep the Sound Campaign' which aims to create awareness of the irreversible hearing damage caused by playing loud music for long periods of time and the impact it can have on our hearing. Many thanks to Sally and Fiona for coming in to test the students' music devices to assess if their volume levels are in excess of recommended hearing levels.

Ms. Graham (Development Education Teacher)

Science Week 'Design Your Future'

Science week took place this year from 6th to 13th November. A wide and varied programme of events took place. "Science for fun" initiated proceedings and got us off to a flying start. TY's organised and delivered this programme to 6th class pupils of surrounding schools. Experiments ranged from popping balloons to setting bubbles on fire! This annual event was one of the most successful to-date, with some great feedback coming in from the pupils who took part. Well done to the TY class. The thrill of Science week progressed on Tuesday with lunch time lab where TY students set up a number of different experiments for all students to enjoy. On Tuesday afternoon, TYs and 5th year Science students were invited to a talk by Dr. Eddie Murphy from Operation Transformation.

During lunch time on Wednesday, students took part in the Science Week Challenge where this year they had to build a structure out of straws to hold a marble. There was a fantastic turn out and the buzz could be felt when students were trying to build the perfect structure! Well done to all who got involved.

On Thursday, second year Science students took part in a workshop provided by Sustainable Energy Authority of Ireland where they discussed various forms of energy and carried out experiments involving different energy forms. There was a senior science quiz held in the canteen on Wednesday morning. On Thursday evening three Leaving cert students, Finian Carton, Gavin Mooney and Clodagh Baker travelled to A.I.T. to take part in the annual I.S.T.A. quiz.

Science bingo was held on the last and final day of 'Science week' for all Junior students.

The first year students combined their impressive Art and Science skills by designing Science week posters themed 'Design for the future'.

For a comprehensive list of all the winners of Science week competitions checkout our website homepage on www.tullamorecollege.ie

BT Young Scientist

Tullamore College will be represented by six projects at the BT Young Scientist 2016. Congratulations on this achievement to be selected out of a record 2,048 project entries, where only 550 go to the RDS. We wish them the very best of luck as they continue to work on their projects and in the RDS in January!

(Science Department)

Below:

Photo 1: Science For Fun Transition year students who organised and delivered the programme pictured with their teachers Ms. Flynn and Ms Browne.

Photo 2: Dylan Cuskelly, Jamie Ballesty and Ethan Finlay Duffy with their home made Rubens tube for Science4Fun.

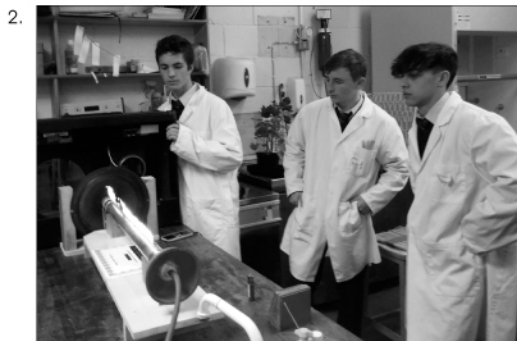
Photo 3: Lydia Coyne and Sophie O'Meara making elephant's toothpaste at Science4Fun.

Photo 4: Luke Butler and Greta Baskyte enjoying "Shocking" lunch time experiments.

Photo 5: Jack Gorry - 'playing with fire' - all in the name of Science.

Photo 6: Science week challenge - Greta Baskyte, Jacob Beatty and Lara McDarby building the tallest tower.

Photo 7: Nikita Sapovals - praying gravity won't let him down!

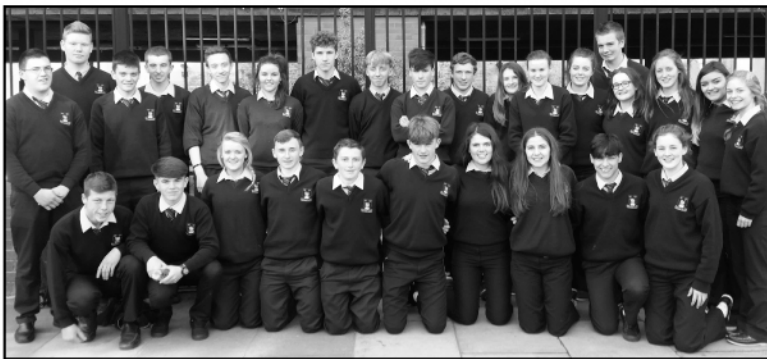


TY's Visit Irish Aid Centre

Recently this year's TY Class visited the Irish Aid Centre in Dublin. The class learned that the Governmental organisation was set up to reduce poverty and hunger particularly in sub-Saharan Africa where the needs are greatest. The organisation strive to support countries by providing aid to encourage long term development and provide humanitarian assistance in over eighty countries. The Irish Aid Centre work tirelessly helping to build better futures for the world's poorest communities. A very enjoyable learning experience was had by all. This visit was part of our preparation for the overseas volunteer trip to Burkina Faso with Gorta Self-help Africa during February midterm when some students will be selected to travel and join teachers and students from Secondary schools all around the country.

Stephen Harte - Transition Year

Below: Transition Years Visit the Irish Aid Centre in Dublin



Tullamore College Predict the GAA All Stars Competition

Transition Year students Caoimhe Griffin, Muireann Griffin, Lauren Gorry, Jamie Ballesty, Conor Buckley and Kaelyn Thompson recently organised the Tullamore College Predict the GAA All-Stars Hurling and Football Teams competition. The joint winners of the Tullamore College predict the GAA All Stars Football Team competition were Jack Gorry and Ronan Swords. The joint hurling competition winners were Johnny Dooley and Mr. Wynne's brother Niall. The sum of €430 was raised as a contribution to the Tullamore College Sports Facilities Fund.

Mr. Quirke

Right: All-Star Hurling Team prize winner Johnny Dooley, All-Star Football Team prize winner Jack Gorry (1st Yr), Jamie Ballesty (TY), Muireann Griffin (TY), Caoimhe Griffin (TY), Mr. Quirke and All-Star Football Team prize winner Ronan Swords (3rd Year). Missing from photo Lauren Gorry, Conor Buckley and Kaelyn Thompson (All TY).



Student Council

The student council is back in action. An election took place and students from all year groups and Ms. Martyn as liaison teacher, have come together to offer the school a student council. The Student Council is a representative structure for students, through which they can become involved in the affairs of the school, working in partnership with school management, staff and parents for the school and its students. After electing Gavin Murphy as chairperson and Ciannait Goulding as secretary the council got to work planning events to do during the year.

If any students have any suggestions they would like to make in relation to the general running of the school or have any ideas of what they would like the council could do, they are advised to talk to one of the members. Remember that the council acts as the voice of the students.

Young Social Innovators

Don't Go Nuts

This year's Transition Year group has entered the Young Social Innovators competition. This is a competition for second level students, whereby they can choose a serious issue in our society and address it.



We have decided to tackle the issue of nut allergies. We got this idea after one of our classmates had a near death experience when she ate a bar containing nuts in our school.

So far we have made a video containing a personal anecdote of someone who did not realise that they suffer from a nut allergy and who had a near death experience as a result of eating nuts. This video is to help people understand the experience our colleague went through, what it is like to live with a nut allergy and the daily challenges she faces. We have also written a catchy song about nut allergies to raise awareness among students and teenagers. We have carried out a number of surveys in our school to gather statistics on this topic and find the gaps in people's knowledge. We have also designed a logo and created a powerpoint presentation to further people's education on nut allergies.

Our goal is to try and raise awareness amongst students and the wider public on the importance of allergy testing and the fatal risk of eating nuts. We aim to educate a large number of people to take any person who may be suffering from a serious allergic reaction to a doctor or to an Accident & Emergency Department at one of our hospitals urgently. If our project manages in any way to help save one life, all our work will have been a huge success.

We are very passionate about this serious issue. We would like to kindly ask anyone reading this to like our 'Tullamore College Transition Years' Facebook page. We will be posting regular updates on the work we are doing to tackle this serious issue.

Mr Quirke

French Exchange Programme Students come to Tullamore College

On Monday 23rd November, fourteen French students from Segré (North West of France) and their teachers paid the return trip of our exchange programme. Following the tragic events in Paris, they were initially denied permission to travel but the decision was reversed at the last minute to the greatest joy of our exchange students in Tullamore College.

The French group and their Irish host students had a terrific week as they enjoyed a series of outings and activities that included a visit to Croke Park, the Guinness Storehouse and the

Dublin City Centre, Causey Farm (where they particularly enjoyed the traditional Irish bread-making, dancing and bog-jumping) and Lough Boora and the Birr Outdoor Education Centre. They also spent a day in Tullamore College, attending a variety of classes and taking part in Gaelic games with our Transition Year students. Thank you to Ms. Brady for organising it. We would like to sincerely thank the host families who proved once again that Irish hospitality is equal to none. Mr Carton also contributed a lot to the success of the programme and we thank him very much for all his help! All French students greatly praised the welcome and kindness they received throughout the week.



Home School Liaison News

There has been a great attendance at parents' classes run under the Home school community liaison (HSCL) scheme. Recently parents have been involved in autumnal flower arranging, zumba, aqua aerobics and cookery classes while there have been talks arranged for parents regarding exercise and mental health. After Christmas our annual Operation Transformation programme will commence with daily fitness activities for parents. Keep an eye on our Facebook page for details – 'Tullamore HSCL Operation Transformation'.

Early in the New Year will also see the roll out of the parenting effectiveness 'Triple P Positive Parenting Programme'. English classes for ESOL (English for Speakers of Other Languages) parents have also recently started and are run under Offaly VEC at Castle Buildings on week days. For details on any of the above contact our **Home School Liaison Keith Begley** on (086)3537456 during school hours.



JCSP News

Students continue to work on their statements of attainment and folders have been distributed. Congratulations to Aoife Gallagher and Megan McNamee on their presentation skills during our recent Open day. Both students acquitted themselves very well. We are looking forward to our Christmas celebration and in the New Year our 'Make a Book' and 'Paired Reading' projects. The focus on KEYWORDS continues throughout the school.

Ms O'Connor - JCSP C0-Ordinator

European Champion visits school

Former European Indoor 400 m Champion, David Gillick, visited the school in October as part of the New Breed Initiative. David worked with over sixty 1st and 2nd Year students on general fitness. David underlined how important fitness is for wellbeing and pointed out that it does not matter what type of exercise you take, whether it is football, tennis or swimming, the important thing is that you exercise and exercise regularly.



Well done Girls!

Congratulations to our Cadette Basketball team who won the Regional Final with an impressive scoreline of 27 to 20 against Mullingar Community College. Well done to their coaches Ms. A. Brady, Ms. K. Brady and Ms. P. Callanan.