



TULLAMORE COLLEGE

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NEWSLETTER



Self Help Trip to Uganda

The aim of the trip was to experience first-hand the work that Self Help Africa is doing in Uganda and some of the projects they are currently undertaking. We visited some of their bee keeping and seed germination Co-operations, speaking with local farmers as to how they have developed their small business selling honey to local suppliers.

We were met with a kind and friendly welcome from the Ugandan people everywhere we went. Although their living conditions are so much more difficult than ours and they are faced with massive problems, they have such a positive mind-set which we all found very inspiring.



We also met students from Wiggins Secondary school in Kumi. We taught them a little about Ireland and did some cultural things like play hurling and play a few notes on the Tin Whistle. We got the opportunity to interact one on one with all the students while the teachers from all of the schools that travelled also taught a class lesson in their subject area. Despite the long travelling and mosquito bites, I can honestly say it was an extraordinary experience and I would absolutely love to do it all again. I would like to thank my teacher Fiona Graham for the opportunity and for organising the trip with Self Help every year. I would also like to thank Dorothy Jacobs from Self Help and of course Self Help Africa for the best week of my life.

*wishing all our students,
parents and staff a very happy Easter.*

Generation Euro Final

From Left to Right: Ms Griffin, Team "Eurocrats", Stephen O'Connor, David Garmazegi, Mr. Patrick Honohan (Governor of the Central Bank of Ireland), Jennifer Coyne (Team Captain) and Cian Fogarty.



I was extremely proud to represent my school Tullamore College in the Generation Euro Final in the Irish Central Bank on Monday the 10th of March. 256 schools got through to the second round where we had to write an Economics essay but only ourselves, Marian College and Gonzaga's qualified for the national final.

After weeks of hard-work and practice Monday arrived and we had to deliver a power-point presentation in front of four adjudicators. After our presentation we had a 20 minute question and answer session. The all-boys private school; Gonzaga's claimed first prize, but we were over the moon to win second place with a prize of €100 each! It was such an amazing opportunity and a truly memorable day. I am extremely grateful for all the coaching and support from our teacher; Ms Griffin as we wouldn't have got there without her.

Jennifer Coyne, Team Captain, LC1B

Pictured Above:

Fiona Graham and Jack Dooley from Tullamore College with students from Wiggins Secondary School in Kumi.

SciFest 2014

(see page two for details)

SciFest 2014 Launched at Tullamore College. Pictured Junior Minister Sean Sherlock and esteemed guests.



National Scifest Launch Tullamore College 2014

On the 5th February, the National Scifest Competition was launched in the school. Minister for Research and Innovation, Seán Sherlock TD attended as well as Ms Sheila Porter C.E.O. Scifest. There were also a number of other guest speakers as well as lecturers from Athlone Institute of Technology. Minister Sherlock called on students throughout the country to put their knowledge of science to the test and enter SciFest 2014.

Students who were involved in the competition last year were asked to display their projects on the day. The launch was a huge success and our students were highly commended for the way they presented themselves and also their enthusiasm for the sciences. Scifest 2014 is well underway in the school, with competition day fast approaching on 30th April. This year we are hosting a scifest@schools competition whereby students will compete for entry to scifest@college. Ms. N. Flynn



Congratulations to Leanne Dempsey, Boyce Claxton and Matas Karaitas who are the first sixth year students to be finished their Construction Studies projects this year.

Health Promoting School

The results from our HPS survey were analysed and our school will be working on the concept of "Personal Health - Eating and Exercise". Keep posted for more information from the HPS team!

Operation Transformation

The Home School Community Liaison programme organised an "Operation Transformation" programme in January to promote health, fitness and positive mental health among students. It started with a talk for 1st and 2nd years in the gym on "Exercise, Obesity & Positive Mental Health". Following this, there was a huge uptake from 1st and 2nd year students in our lunchtime run/walks twice weekly with over 150 Tullamore College students and parents partaking. Only the strongest survived however and eventually, 76 students completed the challenge of running over 5km per day for 10 days. These students were recently certified and will now have the opportunity of going on a free hiking challenge in the Slieve Bloom mountains. Additionally, fitness classes were organised free of charge for parents during the programme and numerous parents availed of the free yoga, yogalates and self-defence classes.

Our TY students also organised the running activities in two primary schools (Scoil Bhride and St Philomena's). The primary school principals and teachers were hugely impressed with the TY students level of organisation, maturity and leadership with the primary school children, reporting the programme to be a phenomenal success and that they were already looking forward to 2015. Check out the school Facebook page for coverage of all involvement. Well done to all concerned.

Mr Keith Begley (HSCL Co-ordinator)



Make a Book students above enjoyed a trip to the Reading Room in Trinity College.



Young Social Innovators

L to R: Natalie Hodges (YSI) presenting TY students Lorcan O'Roarke, Cian Fogarty and Jack Dooley....

with €1,000 sponsorship to develop their "Greener Globe" campaign. The team had a very successful "Speak Out" competition in the Sheraton Hotel in Athlone and are eagerly awaiting the outcome next month. Well done to Ms. Coyne for her continued hard work on this project.



Leaving Certificate Applied

Well done to all our LCA students who completed a wide range of excellent "tasks" (major projects) with the help of their teachers. The sixth year students did research and action tasks in relation to contemporary issues such as Drug Smuggling, New Rules in the GAA, Road Traffic Accidents and many more with Ms. Walsh. They were also involved in making educational toys for young children as their Childcare task with Ms. Doolan. Mr. Moran led the students for their Practical Achievement Tasks which included restoring bicycles and ploughs, learning to play musical instruments like the keyboard and guitar, making dog kennels and participating in Paired Reading programmes. Meanwhile the fifth year students were busy investigating the history and structures of the GAA nationally and locally with Mr O' Fenneachta. All these projects required the students to use skills they learned in other classes e.g. English and Communications, Mathematical Applications, ICT, Social Education, Leisure and Recreation, Art. Thank you to all the teachers for their help and guidance. Congratulations to all our students for a wonderful terms work.
Mr Carton LCA programme Co-ordinator

LCA Childcare

Well done to the LC2A class who designed and made toys for children as part of their Childcare Task. The toys made were to a great standard, well done to all involved!
Ms. Doolan



Well done to the TY class group on completion of their certificate in First Aid.

Home Economics News

TY MULK

Well done to Dermot, Steven, Barry, Clodagh, Emma, Keelan, Kate, Jack, Emily, Cian, Conor and Finan who have reached the top 100 in the country in the National Dairy Council MILK IT competition. Their campaign introduced the selling of 'MULK MILK' in our school. The Mulk idea is that when you drink milk you will turn into the Incredible MULK because of the Protein Power! Well Done MULK TEAM and best of luck in the next stage of the competition!
Ms. Doolan

Junior Cert Cookery Practical Exams

Well done to all of the Junior Certificate Home Economics students who completed their cookery exams. Some wonderful dishes were created and fantastic culinary skills were demonstrated! Well Done!
Ms. Doolan, Ms. Dunstan, Ms. Graham

Christmas Cupcake Competition

Well done to Cara Todd the winner of the Christmas Cupcakes competition.
Ms. Doolan

Fine Dine At Mine - All Island Cookery Competition

Well done to all of the students who entered the Fine Dine at Mine Cookery Competition. This group were awarded a cookery demonstration from an RAI Chef. Results to follow in May.
Ms. Doolan, Ms. Graham

Young Scientist Exhibition

Water Leak Detection System Intermediate Technology project

Students:

Lorcan O'Rourke, Gavin Mooney, Emma Kirwan

Overview of project:

The students designed a water leak detection system that will detect even the smallest of leaks, inform you of the leak and prevent any water loss by shutting off the pipe at the valve. The project won both a Display Award and a Special Award: Jack Restan's Display Award for the best display at the exhibition. The project was extremely well received at the exhibition with a very large number of people expressing interest in buying the system that they designed. The students were also chosen with a small number of other projects from the entire exhibition to attend a 4 day all expenses paid business boot camp in Dublin due to the high standard of their project and the potential to develop it into a successful business.

To P or not to P: A study of dietary phosphorus

Senior individual Chemistry Project

Student: Daragh Fogarty - Highly Commended

Overview of the project:

Daragh received 'Highly Commended' at the exhibition for his Chemistry project. Through chemistry experimental methods Daragh developed an accurate, reliable and quick kit to examine the Phosphorus levels of various foods, to aid renal dialysis patients. Phosphorus in food is a major problem for renal dialysis patients and Daragh developed a simple test which is a step towards solving a very difficult problem.

Photo below: Enjoying the Young Scientist Exhibition from L to R: Ava Dunne, Caithlin Guinan, Lorcan O'Roarke, Emma Kirwan, Gavin Mooney, Laura Cuskelly and Eabha Joyce.



Gaisce Awards

A cohort of very proud Tullamore College students received their Bronze and Silver Medals. The presentation night took place in Tullamore Court Hotel and the medals were presented by Clare hurling manager Davey Fitzgerald. This was a very special occasion for our school community. Well done to Ms. Underwood.



Feachtas Table Quiz

A team consisting of Daragh Fogarty, Tavi Nolan, Roisin O'Brien and Cillian Fogarty proudly represented Tullamore College in the annual Feachtas competition which was held in the Aishling Hotel in Dublin. There were twenty one teams participating on the day. It was a very close encounter. We finished a very respectable second place overall. We received a plaque and individual prizes. Mile buíochas le Mr. O'Feannachta for all his help. Cillian Fogarty 1CL

A Ski Trip to Remember: "Italia"2014

During our spring mid-term break, a group of students from Tullamore College embarked on an exciting school trip to the amazing country of Italy, or known over there as "Italia". We first flew into the city of Milan, where we got a three hour bus journey to a picturesque village nestled between the Alps.

When we arrived we were warmly welcomed by the hotel owner Janessa and the topflight representative Nancy. Each morning and evening we were served a delicious meal. We never went hungry!



Skiing was an amazing experience; from the peaceful journey up the mountain in the gondola to the exhilarating feeling of skiing down the slopes and of course the mouth-watering hot-chocolate after a hard day of skiing! As well as skiing we also got the opportunity to go ice-skating to the local ice-rink. We had a great time skating (and falling!) with our friends. Everyone that went thoroughly enjoyed the ski trip, from skiing, to the tasty food or to just hanging out in the common room with your friends. We would most definitely recommend this trip to anyone interested. Tara Daly and Lydia Coyne

LC1A Teambuilding in Birr

Well done to the LC1A group who recently completed a team-building day at Birr Outdoor Education Centre. The benefits of the day are now reflected in the quality of the Irish task the class are working on and in their overall application to assignments. The group worked hard on the day to complete tasks and enjoyed their success at them. Thanks to Ms O'Connor and Mr Wagner who accompanied them.



Above: LC1A Students enjoying their teambuilding activity in Birr.

Soccer Success

Congratulations to LC1A student Ross O'Connor on being selected to represent Ireland in the European Soccer Championship in Belgium next month. Ross is a member of Tullamore Special Olympics Club. Well done Ross and best of luck.

Ms. O'Connor



Photo Left: Cara Todd and Cathlin McDarby put in a great performance at the recent **Leinster Athletics Competition**. Cara goes on to represent us in the All Irelands next month. We wish her the best of luck.

Photo Below: Well done to our **Senior Ladies football team** who reached the final and were narrowly defeated by their opposition. The girls showed great strength of character, determination and resilience on the day. Well done to Ms. A. Brady and Ms. Coyne.

