



# TULLAMORE COLLEGE

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## NEWSLETTER

### 'Healthy Living Week' 2017

Once again our Transition year students organised our annual week to promote 'Healthy Living'. It was a great success. The week started off with a cooking demonstration by head chef from Mezzo's followed by meditation for our 3rd year students to help with stress relief over exams. The whole school community got to enjoy a myriad of activities that spanned across the week, 'Magic with Sean', soccer blitz, Zumba, cookery demonstrations, beauty and skincare talks to name but a few. Students enjoyed fresh fruit every break and lunch kindly supplied by Dunne's Stores, Lidl, Howells Fruit and Veg as well as Casey's Fruit and Veg store and yogurts supplied by Glenisk. Ms. Hurley delivered a talk about healthy relationships. The Daverns from the popular TV show Irelands Fittest Family shared their knowledge and expertise on strength and conditioning. Our competitors excelled on Thursday by bringing home the title of County Champions in both Junior and Senior competitions at County Sports.

To finish off such a successful week talks were delivered on a wide variety of topics of interest. The first one 'Toxicology' by Dr. Craig Slattery, Physiotherapy & Athletic therapy talk by Mr. Chris Coombs. Health, Science & Nutrition talk by Dr. Patricia Heavy and a Sports and Health Science talk by Dr. Aoife Lane which were available to all senior students. Healthy Living Week culminated in a whole school walk along the canal, which ran smoothly thanks to students and teachers co-operation and help. We would like to thank all teachers involved especially Ms. Doolan, Ms. Dunstan and Ms. Brady for all their help and hard work, as well as Mr. Doolan and Mr. McEvoy for their help throughout the week. Finally we would like to thank all the people who came to our school to make the week possible and such a success again this year.

By Soairse Boland TY

Photo Right: Head Chef from Mezzo's Italian Restaurant giving a cookery demonstration.

Below: Second year students were put through their paces in a challenging circuit activity.



Left: TY students busy preparing fresh fruit.



Left: Dr. Patricia Heavy gave a presentation on Health, Science and Nutrition. This was followed by Dr. Aoife Lane presenting on Sports and Health Science. All presentations were given by Gillian Maunsell from Midland Science.



Left: Whole School Walk



Left: TY Group who helped organise and deliver a very successful 'Healthy Living Week'.

Below: Fresh fruit and Glenisk yoghurts distributed to the whole school at break and lunchtime.





## Music to our Ears!

After almost fifteen years without a Music Department, Tullamore College was delighted to announce that music is once again being offered as a subject choice on our curriculum. This year, Music is available as an option subject for all first, transition and fifth year students. Our music classroom is now home to over 30 instruments including ukulele's, keyboards, pianos, drumkits, violins, percussion and many more - getting around to playing them all is our greatest challenge! There are also lots of opportunities for students from all years to join extra-curricular clubs such as Choir, Music Skills Club, JamSesh Band and Trad Group as well as upcoming dates for students to perform if they would like to do so. September was a really great month of rehearsals and practice, but if you're thinking of joining one of our groups and haven't just yet, it is not too late!

Miss Galvin  
Music Department

Photos Above & Below: Enthusiastic music students playing a variety of different instruments.



## JCSP News

Our JCSP classes are working hard. Statements are being worked on and initiatives in the areas of Woodwork and Irish have been applied for. Team Teaching is ongoing and resources have been distributed. We look forward to more progressive learning over the coming year.

M O'Connor - JCSP Co-Ordinator

## German Exchange

Last week, our school welcomed 23 students and 2 teachers from Georgius-Agricola Gymnasium in Chemnitz, Germany. The students arrived on Monday night and the next morning, they were given an Irish breakfast in the school, followed by a Celtic Art project with Mr. Caslin and a tour of our school. The next day was spent at Causey Farm in County Meath. They experienced some quintessentially aspects of Irish culture including learning Irish dancing, making Irish soda bread and jumping into a bog hole! Thursday was spent in Dublin exploring the city and visiting the National Museum of Ireland. The German students also visited the main tourist attractions in Dublin. On Friday we travelled to Lough Boora and the students also joined us on the whole school walk. Everyone visited Galway City and Salthill on Saturday. The trip was very enjoyable for both German and Irish students. Thank you to Ms. Stack for organizing the whole week.

Jayne Henry TY

## First Year Trip to Aspire

Photo Below: First year students navigating their way through the spider web activity in Aspire.



On Tuesday, the 29th of August all first years set off to Aspire for a team building day.

We departed the school at 9:15 am. When we arrived we were split into groups. We enjoyed a range of different activities such as human foosball, life size jigsaw, walking through the woods blindfolded, treasure hunt, spider web and many more. We had a great day and made lots of new friends.

Lucy O'Brien

## Geneva Physics Trip

On the 14th of September, fourteen senior science students along with our two science teachers travelled to Geneva, Switzerland. Arriving late in the day, we took a boat trip across Lake Léman taking in the sights of the city.

We set off early the next morning to CERN, the European Organisation for Nuclear Research, home to the world's largest particle accelerator. We were given a lecture on particle physics at CERN before we were taken on a guided tour of the site. The tour guides provided an invaluable wealth of knowledge for the physics students. Later that day we got a rare chance to take a tour inside a working Favarger Swiss chocolate factory.

On our final day we visited the United Nations office in Geneva. We got an extraordinary insight into the workings of the world's organisation for international peace and security. It was fascinating to see where such important global issues are debated.

Thanks to our teachers Ms Howlin and Ms Flynn for organising a unique and invaluable trip to Geneva. Ciara Cahill



## Maths Week 2017



Photo Above:  
Students employing their probability and numerical skills to guess how many sweets are in the jar!!

A very successful Maths' week took place from 16th – 22nd of October this year. This is a national celebration of Maths and highlights the importance of the subject in everyday life.

**The aim of Maths Week is to promote awareness, appreciation and understanding of Maths through a huge variety of events and activities.**

Staff and Students participated in a wide range of activities throughout the week including 'Maths puzzle of the day', 'guesstimation jar', various quizzes and in house competitions. On a national level students participated in the PRISM competition, Maths eyes competition Mangahigh and Maths Ditloid competition. Students enjoyed a myriad of mathematical challenges while having lots of fun along the way. Winners of competitions were rewarded for their mathematical skills and problem solving skills. Well done to everyone who participated and fostered a love of learning Maths. Maths Department

Photo Below: Students testing their mathematical knowledge and skills in the online competition Mangahigh.



## Ecology Trip

Our hard working 6th year Ag.Science and Biology students are pictured analysing the flora and fauna of the Phoenix Park as part of their course requirements. Students also enjoyed a visit to the zoo to explore animals and habitats of a different kind. Well done to all.

Ms. Howlin (Science Department)



## Sports Desk County Champions

The Tullamore College team wins the coveted Carton Trophy as overall winners of the 2017 County Sports. The team also won the Junior Shield. We are extremely proud of our 72 athletes who represented our school in such a sporting fashion.

Ms. A. Brady

Photo Below: All of the students that participated on the day and their proud teachers Ms. A. Brady and Ms. K. Brady



## TY Rowing Module

The Transition Year students have started their Rowing module. Every Thursday the TYs cycle out to the Offaly Rowing Club and are coached by Frank Durkan. This is a fantastic opportunity to try out a new sport and have great fun along the way!

Ms. A. Brady

Photos Below: TY'S learning a new skill rowing on the canal.



## Basketball

The Cadette and Senior Girls Basketball teams have had a great start to their season with wins against Mullingar Community College and a thrilling 2 point victory over Wilson's Hospital School, Mullingar. We wish them continued success in their tournament.

Ms. A. Brady



*Tullamore college wish all our students, parents and staff a happy & safe Mid-term break!.*