

Living the Green

Issue #1 2019/20



ST. ANGELA'S COLLEGE

Front Cover 'The North Laurel' (2019)

Oil on Canvas

Sinead Lawless (past-pupil of Ursuline Secondary School)

The goal was to create a piece that would recognise the support from and continued involvement of the past pupils from St. Angela's College and St. Ursuline's in the present day. The painting is representative of the passage of time from the beginnings of St. Angela's College on Patrick's Hill, through its physical renovation, and the growth and diversity of the students collectively. This artwork incorporates the motif of a laurel tree, taken from the Ursuline's crest, alongside other symbols that illustrate, the past, present, and future of, St. Angela's College.

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Welcome from the Principal



Mr Pat Curran

A Chairde,

I would like to extend a sincere welcome back to all in our school community as we settle in to yet another year of hard work, study and numerous exciting activities and projects in St Angela's College. A very special and warm welcome to all of our First-Year students, our international students, and indeed our new students in various year groups, as they begin their journey of second-level education in our school. This is a new and exciting beginning for you all and I wish you every success and fulfilment of ambition for you in St Angela's College.

Life at St Angela's College is about achieving excellence in all aspects of education. Undoubtedly, this newsletter illustrates the vast array of events, projects and activities which have taken place in our school. Since September each day has been filled to the fullest and our students' education is enhanced with different challenges, encompassing the academic, spiritual, social, artistic, athletic and creative. Sincere gratitude and thanks to our dedicated staff that facilitate projects and events and generously share their skills and talents with our students.

As an Ursuline school we are proud of our ethos and work hard to ensure that it is reflected and lived throughout the life of our students and staff.

I congratulate our Leaving and Junior Certificate students of 2019 on their excellent examination results. I wish the Leaving Certificate class of 2019 every success in their future studies and endeavours.

It is my pleasure to introduce this edition of Living the Green for 2019. Living the Green will act as a means of recording many of the spectacular events that otherwise may not be remembered, but yet are an integral part of the life in our school.

I hope that you enjoy reading this newsletter and browsing through the articles and photos which record the many events that took place in our school since the 23rd August. Finally, I would like to thank everyone involved in producing this publication.

Le gach dea-mhéin

A handwritten signature in black ink on a white rectangular background. The signature reads "Pat Curran" in a cursive, slightly slanted script.



Junior Cycle Results Day

Cara O' Brien, Áine O' Hara & Katie Shaw

On Friday the 4th of October TY students received their much-anticipated (and long delayed) Junior Cycle 2019 results. After a five months hiatus in which the exam nerves had just begun to subside, the nerves kicked right back in again when students heard the intercom announcement heralding them down to the canteen at 12.30 to receive their brown envelope. Many experienced that anxious ache felt throughout that dreaded time, and others sat pale as ghosts waiting for their name to be called and results opened.

After a tense wait the canteen erupted in gales of laughter, tight hugs and happy tears. Held breaths were soon followed by the sweet relief of mouthfuls of fresh air, and the atmosphere transformed into joy and pride in achievements hard won and richly deserved. Outside, friends and family gathered to celebrate, and the festivities continued on into the evening and, in some cases, the weekend! Their Junior Cycle was finally over.

What lies ahead might prove another herculean challenge, but it can wait for another day.





Second Year Wellbeing Trip to Tramore

From the 10th to the 11th of September second year students took a wellbeing trip to Tramore in Co. Waterford. By all accounts a brilliant time was had by all. From surfing to team building the year group can definitely say that they have really bonded and have become a lot closer as a result. They stayed for one night and two days. They passed their time by participating in outdoor activities such as surfing, team building games and a walk where they learned about the town of Tramore.

In an interview with one of the participating 2nd year students, Bronagh O'Shaughnessy, she said that she had so much fun! Her favourite part was the surfing. She reported that the hotel was nice and that the food was delicious. She thought the trip really helped students come closer as a year. She also added that she really enjoyed the break off school.

It looks like wellbeing is becoming one of the most popular elements of the new Junior Cycle curriculum, and here's to more opportunities like this!



Inter-Ursuline Day

Niamh Cremin

Our school is a trustee of Le Chéile, and the Ursuline sisters are at the heart of our school community with a long tradition of empowering young women by exposing them to an education which reflects the ethos and values of the Ursuline Sisters and the teachings of the foundress of the Order, Angela Merici. We try to ensure that the spirit of St. Angela permeates through all our policies, practices and relationships. Another school which also shares this ethos is the Ursuline Secondary School, Blackrock, Cork. Each year the Ursuline 1st year students visit our school and participate in a full day of bonding activities. We decided to conduct an interview with Aoife Cremin, a 1st year St Angela's student and ask her thoughts on this day.

‡ What happens during Inter-Ursuline Day? The St Angela's girls and Blackrock girls are split up into groups in the PE hall. Then the students are told what activities they are going to do for the day. We participated in rock climbing, dodge ball, dance and spinning in the spinning studio. To finish off the day, members of the past pupils union gave us certificates and party bags.

‡ What are your opinions on the Inter-Ursuline Day? It was an excellent day for everyone. We all really enjoyed it and had lots of fun. It was a great bonding activity with people in my year and also in Blackrock School. It was an opportunity for us to talk to new people and make new friends.

‡ What do you think is the purpose of this Inter-Ursuline Day? This was also friendship-day. I think that the purpose is for each student to interact with new people and make new friends and really get to know each other

‡ How many students were present at the time? There were approximately 150 students present along with 10 teachers and 12 Meitheal team students from both St Angela's and Blackrock School. Activities took place in the school PE hall, spinning studio and hockey pitch.

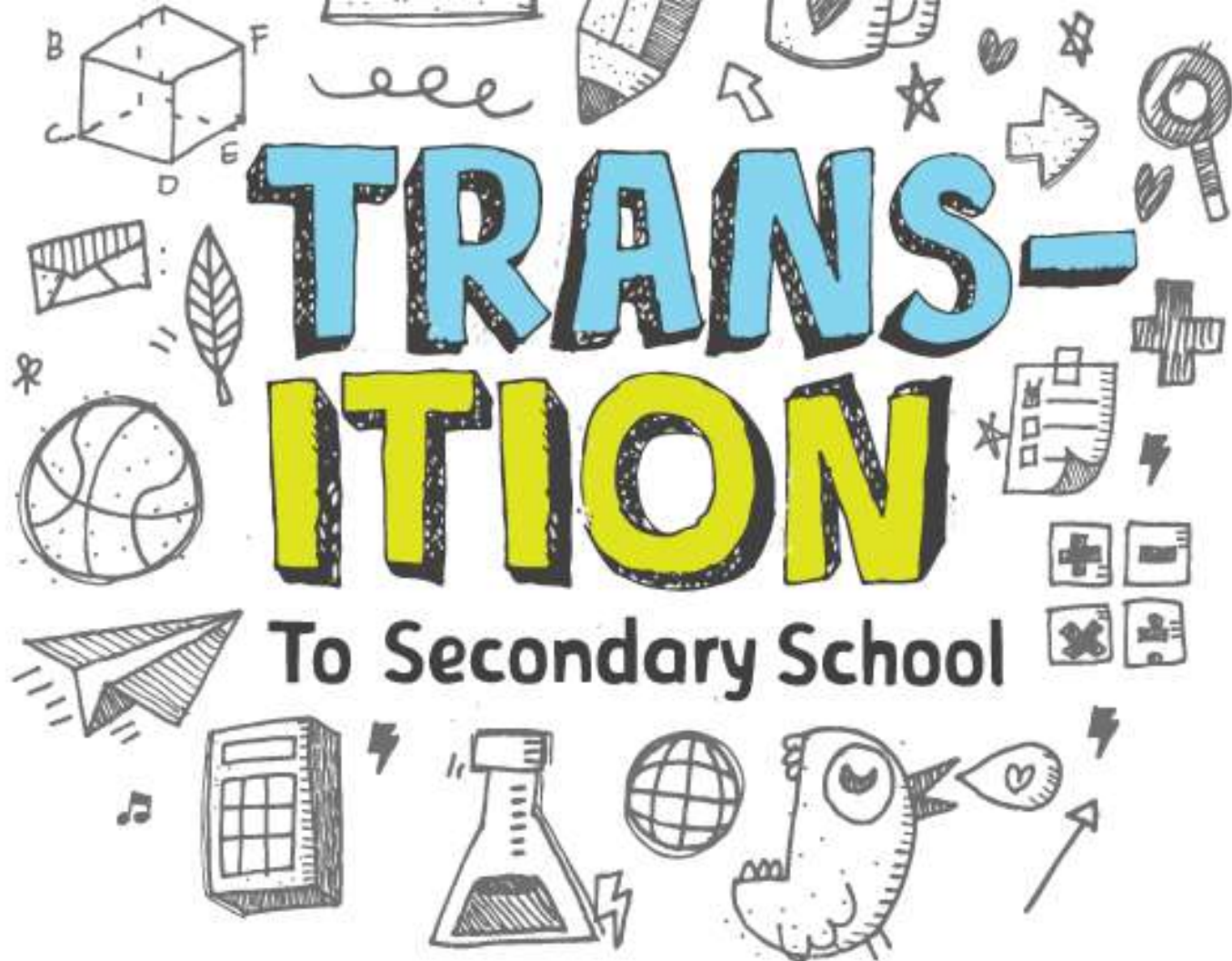
Third Year Ecology Trip

Anna Collins

On Friday the 20th of September, all third-year students went to Fota Wildlife Park for an ecology trip as part of their Junior Cycle Science curriculum. They began with an ecology class with one of the workers at Fota. Here, they learnt about different habitats and how the extinction of a species can affect the food chain and lead to the extinction of another species. Students really enjoyed the class and commented that they benefited enormously from it, and learned a lot of useful information for their exams.

After the class the students were permitted to walk around and explore the wildlife park. A lot of students said this was their favourite part of the trip. They then went to a woodland where they completed different experiments using different apparatus, including pitfall traps, pooters and quadrants.

Overall Third Years said they really enjoyed their trip and felt they acquired a greater understanding of the ecology section of the Science curriculum.



Niamh Cremin speaks with some 6th Years who offer some salient advice to 1st Years on settling into life at secondary school.

As every secondary school student knows, the transition from 6th class to 1st year is a challenging time. One chapter ends and the next starts. Sixth class students are the most senior class in the primary school and are looked up to by the younger classes. Then, within the space of a few months they go from being “big fish to little fish”. First year in secondary school can be intimidating, but only for the first couple of weeks! Trying to stay organised, balancing the workload and making new friends takes time to get used to, but once they adapt to it, it’s a stellar experience.

We decided to gather a bunch of hints and tips for our new 1st years and who better to ask than our 6th years who have survived it all and still live to tell the tale! It is important for our 1st years to keep in mind that as a school community we are all here to look out for one another and are more than happy to help them when they get lost or greet them with a kind smile on the corridor. The staff, students and Meitheal team are here to help Junior students whenever they need it. I personally recommend the 1st years to take time to breathe, sit back and look at the situation from a different angle. And never forget, a grade does not define you as a person!

Do you remember your transition to 1st year and how did you find it? I remember being absolutely terrified of the older year students because they seemed so grown up. It was strange going from being the oldest to the youngest.

If you could give your 1st year self a bit of advice, what would you tell her? Don’t get too stressed out by the change, everything will be okay. Don’t worry about exams, they aren’t the end of the world, and at the end of the day, first year is about settling and making friends, so enjoy it!

If you could change one thing from 1st year what would you pick? I would be more outgoing and not afraid to talk to new people.

What piece of advice could you give the current 1st years to help them stay organised? Get on top of homework, tests and projects. Don’t leave things until the last minute. Make a plan. Set time for homework and study but also for relaxation and doing things you enjoy.

In your opinion, how could our 1st years find it easier to make new friends and greet new faces? Be friendly and smile at everyone you meet and don’t judge someone before getting to know them. Always be positive and kind to others and remember, a smile may brighten up someone’s day in ways you could never imagine.



Sports Day Wednesday 18th September



Sports not only build better athletes but also better people.

Julie Foundy

Ready to Bend and Snap? Legally Blonde Revealed as TY Musical For 2020!

Fourth Year students are growing increasingly excited about our upcoming musical, Legally Blonde. Ms Godfrey is the musical maestra directing this year and we are all very excited to work with her. Auditions began on the 13th of September and continued on to the 14th. There were a lot of nerves on show as students came in and out after completing their auditions, but a lot of students were very happy with how they had performed and crossed their fingers for a possible call back.

When call backs were announced the following week the nerves returned a hundredfold, but there was also a lot of excitement! They took place on Tuesday the 24th and Thursday the 26th of September. After everyone had their chance to belt out a showtune or two the teachers had the hard decision of deciding the cast and it was a waiting game for the auditionees! The cast was announced on the 1st of October and there were some happy faces and ecstatic voices. Make sure to read Issue #2 for a detailed article (and possibly some sneaky pics!) from the rehearsals for what promises to be a showstopping production of Legally Blonde!

...and just when you thought that was the end of the exciting news...

On Thursday 19th of September all TY students made the journey up to Carlow for the annual ploughing championships. The bus was filled with giddy students anticipating the day ahead. Shockingly, when we arrived at the venue the sun was shining and after the long drive we were free to roam around the huge park. All you could see for miles were colourful tents and agricultural machinery (a.k.a. tractors). The place was filled to bursting with salivating smells from all the food stalls. The freebies were endless, including the pink lady apples which you could smell on the bus all the way home. You could shop till you dropped if you wanted to, and depending on your budget you could buy a popular bucket hat or take home a John Deere tractor. There were fairground rides and competitions that you could partake in, for example the hilarious Wellie Toss competition. The day finished with a rush through the park back to the bus for the long ride home. The journey was filled with red-faced students exhausted from the day with many new happy memories made. Definitely a trip to savour.

...And Finally, The Next Time You're Shopping on Pana...

It's fascinating to think that as we shop today in places like Penneys, Boots and Brown Thomas, two hundred years ago our ancestors were purchasing such items as invalid brandy at Woodford, Bourne and Co., asthma cigarettes at T. R. Lester ('Not recommended for children under six') or the nightmarish Bradley, Voorhees & Day's spiral bustle at Alexander Grant & Co.

On Friday 11th October Cllr Kieran McCarthy, a prominent local historian and politician, presented a fascinating talk on the history of Cork City and its development into a bustling centre for commercial life over the past 250 years. Transition Year classes 4C and D have entered the Cork Schools Heritage competition 2020 and have spent some time combing through the dusty digital archives of Cork's business directories to find fascinating stories about different retail spaces along St Patrick's Street and the cornucopia of items sold and the services provided throughout the ages.



...just some shots of our 5th Year students living their best lives at Ballyhass on Wednesday 25th September.



Celebrating Our Sporting Success

Here, at St. Angela's we are lucky enough to have a wide variety of sports and many people who excel in their particular sport. A considerable number of students have experienced major successes in their fields so far this year and are featured below.

Chloe Flynn in second year is a competitive swimmer and is very talented at her sport. Chloe began swimming at the age of eight when she joined Dolphin Swimming Club. She has now been swimming competitively for six years. It is safe to say she has achieved quite a lot, including winning six medals at a Division 2 competition, getting Irish squad trials, going to summer nationals and even breaking a Munster record in her relay. Chloe's next goal is to get past the trials and compete at the 2024 Olympic Games in Paris.

Robyn Murphy in third year has blown us all away with her hockey achievements. Robyn began playing hockey when she was eight in Ashton H.C. She represented Munster in both the 2018 and the 2019 hockey inter-pros. Robyn even went on to get an Irish trial on Sunday the 6th of October in Dublin. Her next goal is to represent Munster on the under 18s team. After that, a spot on the increasingly successful national team perhaps?

Jessie Fitzgerald also in third year is very talented at tennis. She began playing tennis when she was just three years old in Sunday's Well Tennis Club and she also plays in Bishopstown Tennis Club. Jessie has many tennis achievements, including playing for the under 14 Munster inter-pros (where Munster won for the first time in 15 years), playing for the Munster under 18 team, winning the Kilkenny Open Singles and playing for the Class One Ladies Senior team in the Leinster summer league. Jessie's next goal is to play in the final of the Fitzwilliam Tennis Club in the Irish Junior Open next year.

Finally, we have 4th Year student Dara Diggin who is exceptional at basketball. Dara has been playing basketball for nine years now. She has many amazing achievements, including captaining the winning under 15 Bippis,

representing Ireland for three years and competing in Iceland, Belarus, England and Scotland. She was recently voted Most Valuable Player in the Munster under 17 basketball tournament. Dara's next goal is to play super league basketball and hopefully win the national cup.

The school is very proud of all these and all the other girls who compete in and outside of school, and we wish them the best of luck with their future goals.

Junior and Senior Debate Success

It has been a successful beginning to the year for St. Angela's TY Debating Team. Captain Niamh Casey, Susie Fitzgerald, Kate Walsh, Aoife O'Driscoll and Ava Griffin have successfully defeated Christ King Girls' Secondary School, Presentation Brothers Cork and Gaelcolaiste Mhuire A.G. in the first three rounds of the national Concern Debating Competition. In both debates, the three-panel adjudication team awarded unanimous victories to St. Angela's. The motions debated were "Nuclear Power is essential for a clean energy future" and "Ending World Hunger by 2030 is beyond humanity's reach".

The Junior Debating Club has been active too, meeting once a week at Tuesday lunchtime to debate issues such as animal testing, banning homework and the exploitation of reality TV stars. Their first competition will take place after school on Wednesday 27th November against Scoil Mhuire. This will consist of two formal debates, in addition to several shorter Mace debates. Parents and supporters are welcome.



The new school app has become a major success in its first few months. Mr Curran answers some student questions to provide an insight into how it came about.

Why did you decide to set up the school app? We decided to set-up a school App to enable us to have more direct and instant communication with all members of the school community, to centralise our school payments system and to give us a more effective social media presence.

Was it an easy transition and process to move to an app instead of texts? No, initially we were unsure if the App would meet our specific requirements and coupled with that we had to ensure that the App was simple enough to use for all of the school Community and effective as a communication tool.

Do you think it was a successful move? Yes, so far, we are very happy with the change-over. We know that there are some technical issues that require further attention, but in general terms the migration to the school App has been successful.

Have you heard positive feedback about the app? Yes, the overall response has been very positive, both in terms as a communication tool and a payment system. It is great to see activities, events and games reported on the App, sometimes within minutes of the event taking place.

Do you have any plans on how you might improve the app in the future? Yes, we have lots of ideas on how we could make this more effective for the school. But, in the short term we would like to imbed the use of the app among parents, students and staff. We hope by the end of this academic school year to have added additional features to the App.

Past Pupil Profile

On Friday September 20th, Ms. Elaine O'Connell paid a visit to her alma mater of St Angela's College to deliver an informative talk to Transition Year students. Ms. O'Connell graduated from St. Angela's College in 1999 and has since led a successful career within the energy department of the European Commission. Transition Year students listened attentively as Ms. O'Connell detailed how she found the career she seemed so well suited to. She explained that upon graduation she essentially didn't have a notion as to what to study at third level or what career to pursue. She decided to apply for the European Studies option in UCC, as this was the only course that interested her, despite having received much higher CAO points than required. This trend of pursuing her interests became a prevalent component of Ms. O'Connell's speech.

Following her studies in UCC, the St. Angela's College alumna moved to regions such as Germany and Poland, working on pilot energy projects and working for a time with the company General Electric. Ms. O'Connell even served on the UK ministry for climate change and completed a five month internship at the EU Commission.

Following much service to clean energy projects across Europe, the SAC alumna was eventually offered a well-deserved seven year contract within the EU Commission. She has since worked on renowned projects such as the Brussels clean energy project.

Overall, this inspiring story of the SAC alumna pursuing her interests and gaining a successful career she is obviously passionate about has encouraging the TY students who are currently considering university courses and career paths.

All of us here at St. Angela's wish Ms. O'Connell the best in the new chapter of her career.

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A photograph of St. Angela's College building. The building has a modern design with large windows and a grey facade. A hand is visible in the foreground, framing the building. The text is overlaid on the image.

Calling all illustrators, photographers and painters!

If you would like to see your original artwork showcased on the cover of Issue 2 of Living the Green 2019/20 then please submit your entry (A4 or larger) to Mr McLoughlin before the Christmas holidays on Friday 20th December. Your finished work should explore the theme of Reaching Out. Prizes will be awarded to the best entries.

ST. ANGELA'S COLLEGE

Acknowledgements

This edition was made possible through the hard work of many students in 4B & 4C, especially the valiant work of the editorial team. Apologies to those who submitted work that could not be included in this issue. Look out for Issue 2 out in February!