

Living the Green



Issue #2 2021-22

Gaisce Awards Expedition

A 17 kilometre hike from
Killarney to Kenmare

Prize Giving Slideshow

Click the link for a
slideshow of our annual
Prize Day

Fifth Year Amsterdam Trip

Students sample the
sights of Old Amsterdam

Thank you to Miss Bermingham for her suggestions for the front cover, back cover and contents page. All the art is work-in-progress from staff and students.

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Welcome Address

The smell of freshly cut grass heralds the arrival of summer and the end of another school year. It is my pleasure to welcome you to this final edition of *Living the Green* produced by the Transition Year class of 2021-2022. As always the magazine showcases the variety of activities going on in school. From trips to Barcelona and Amsterdam, 'no bag days' for sixth years, to the mini company and the school bank, it is wonderful to have such a colourful and interesting reminder of some of the achievements

of this year's students. I hope that next year's transition years will take inspiration from the images of the TY Graduation and will strive to be as engaged, enthusiastic and energetic as the students who have gone before them! Please take a moment to read about life in St Angela's last year, and use the summer as an opportunity to rest, relax and return full of energy for the new year ahead!

Edel O' Donovan



The Top 5 tips for next year's TY students

Keep up with studying your core subjects

- It might be very easy to get carried away with all the fun trips and workshops in TY, but don't let that distract you from work, because next thing you know you're at the end of year exams and you haven't studied anything! Yikes! Don't let this be you!

Make new friends

- You might be going into TY with your own friendship group already set in stone, but remember, there will be many new people in your year and so there are going to be many opportunities to get to know new people! Try not to stick to the same people for things like groups for trips, or sitting on the bus. Be inclusive, take a chance and try new things! Speaking of which...

Try new things

- There will be so many opportunities for you to try new things: workshops, presentations, activity days, school trips, new subjects and modules...these opportunities are going to be exhausting! Take every chance you get, even if it's something you never thought you would like. Work experience is a great way to explore different work environments, and experiment with what you like and don't like.

Be part of a community

- Whether it's the school community, or local community, get involved! Don't hesitate to take on a new sport, join a new club or enter a competition. You have nothing to lose if you try something new. And if you don't like it, at least you can rule it out. But if there's a chance that you do like it, you could find something you might really enjoy for the rest of your life! Doesn't that sound better than not doing it or complaining that you're unmotivated or bored? I think so!

Work experience and community work

- Do **not** leave securing your work placements until a few weeks before the inevitable day dawns. You really don't want to be in a rush to find one, especially with the current circumstances. It's currently very difficult to get placements because of COVID, so make sure you get in there early!

WORK EXPERIENCE

Work experience is undertaken annually by TY students in St Angela's College, and involves visiting a work place for a short term placement, to gain invaluable experience of what working in that work place will be like. The ultimate goal of work experience is that it empowers students to make better career choices.

by Sarah O'Sullivan 4C

Work experience allows students to experience a series of careers they wish to pursue in later life. It makes students more confident in their choices for Leaving Certificate, and helps them decide if they would like a career in specific areas. It also introduces them to the world of work, and practice many of the skills necessary in the workplace, such as collaboration,

co-operation and active listening. It further motivates students to continue with their studies and find a career that suits them. It also allows students to experience increased independence and allows them to mature and develop their self-confidence in the workplace.

Tips for arranging work experience

Many students struggle to secure work experience that they are actually interested in, simply because they leave it to the last minute. When looking for work experience it is good to start early, send polite and factual emails to potential employers, and attach a CV if they require one. If you need an insurance form, they are available from the school office. It is your responsibility to fill out all forms, complete Garda vetting and any other required information. Don't leave it to the last minute or forget to send on vital forms as this will not create a good impression on the employer. Remember if you are aged 16 or over, and you plan to work with children or vulnerable people, you must be Garda vetted, for example in a primary school or hospital. It is imperative that you do this as early as possible.

Garda vetting forms can be collected from the school office and need to be filled out by you. You will then be informed when you have completed the process. An important point to note is that you need to be Garda vetted separately for different organisations: for example if you are going to a primary school and a hospital, you need to fill in two forms, using the different organisation names. If you have any questions or concerns, or don't know where to start, ask your family, friends and teachers if they have any suggestions.

Making the most of your work experience

Make sure you are suitably prepared for your work experience. Do some research and find out what the company or organisation does, so that you know what to expect. Find out what you need to bring with you and always take a notebook and pen to write down your thoughts and any interesting facts that you learned. Remember, you will have to write a portfolio entry on your work experiences, so if you have some notes to remind you what you did each day it can be hugely helpful. Always be polite and respectful to employees and your employer. If you are unsure, ask somebody. Most of the time they will be happy to help. Perform all tasks that are delegated to you to the best of your ability. Most of all, enjoy the week. This is your chance to see if this career is really for you. If you fully engage and participate you can find out new things about this career, and indeed about yourself, thus making you ready for the working world.

Information is not knowledge. The only source of knowledge is experience. You need experience to gain wisdom. - Albert Einstein

WORK EXPERIENCE

by Cathy O' Halloran 4C

Week 1

I spent the first week of work experience in the Visual, an Art Gallery in Carlow where my uncle works. The work was very hands-on, which I really enjoyed. The first two days I spent taking down parts of the previous exhibition. For the last exhibition, temporary walls had been put up and holes had been drilled for wires as there were lots of screens set up for projecting images. I spent two days filling in holes and pulling nails out of the wood for the temporary walls so they could be reused. Then on the Wednesday, Thursday and Friday, we began working on the new exhibit that was going up. I never knew this before, but a lot of the art displayed actually isn't made by the artist. They submit their plans and let the people working in the Visual know exactly what they want, and it's people like my uncle and his colleagues who actually end up making the art. During my final two days I mainly spent my time painting metal rods that were suspended from a big circle. I also spent some time at the front desk. I learned how to use the software on their website for booking shows and how to set up the displays for new exhibits on the website. I also helped Clare upstairs in the Lobby



where they have an area for kids with some creative activities related to the main exhibit downstairs. The main exhibit was based on the Chinese Willow patterns, so I designed a pattern that was painted on the wall along with four magnetic circles so that kids can design their own plate patterns using magnets that she had made.

Week 2

My second week, I have to admit, was a bit of an anti-climax after the first week. I spent this week doing an online course with Arup, an engineering consulting firm. At the time I signed up for it they weren't sure whether or not it would be in-person or not. I had hoped that by the time it came around they would

be able to hold it in-person, but unfortunately that wasn't the case. Nevertheless, it was still very interesting. Those of us on work experience at Arup were given a briefing at the start of the week and split into groups. Our brief was to plan a three day music festival in Ireland. Throughout the week we had presentations from different people who had expertise in different areas of engineering. We got some background on how they came to their career, the specific details of their jobs and then they linked back the information to our brief. Each afternoon we got project to work on our presentation which we were supposed to present on Friday. Unfortunately, because of Storm Ciara, I left without power on Thursday afternoon and again from the morning until late afternoon of Friday, so I was unable to finish the course.

TY Gaisce Expedition 28 March 2022 Killarney to Kenmare







THE FIRST FRIDA FILM FESTIVAL

Congratulations to Hazel Cronin who was the inaugural winner of the very first short film festival held in SAC. Her four-minute short, entitled 'Will Tomorrow Come?', is an atmospheric horror genre piece that follows a young woman as she is stalked by a shadowy figure.

Her film, along with ten others made by Mr McLoughlin's Film-making class, was screened on May 4th for 1st year students, who then munched on popcorn while they voted for their favourite film. Let's hope no nightmares ensued!

We hope that this will become an annual event in our school's calendar and that next year film-makers from other year groups can enter. A big thank you must also go to Katelyn O' Keeffe who came up with the idea of naming our awards the Fridas! Here's to rolling out the red carpet next year!



St. Angela's College School Bank 2022

The school bank is an initiative run every year by Bank of Ireland, encouraging second-level students to create their own current accounts. A team of eight transition year students were chosen by Rob Heffernan in November to run the bank for the school. The team is made up of two bank managers, three marketing managers, two auditors and a customer advisor. Rob gave us a target to reach fifty accounts by the end of the school year. We have taken on this challenge with enthusiasm and determination



Our first task was to inform students of the bank and make them aware of us. We set up an Instagram account @sac_bank2021 where we post information about how to set up an account or update students on our meetings. We presented a detailed powerpoint to each year group every morning during assembly on the week of the 22nd November. Our main aim was to educate people on the importance of having a bank account and teach students how to be money smart.



Students were helped to set up a current account, meaning that they could have their own debit card and not have to worry about handling cash. On the 29th of November we ran our launch day. Everyone who signed up was entered into a raffle to win a €50 Roosters voucher. We gave out sweets and brochures on the day. We also created a box outside reception so anyone who wanted to sign up through Instagram could fill out our form and place it in the box. We were in regular contact with Rob through Zoom meetings to give him feedback and ask questions.

Our plan for the second term was

to continue with account set up, and run events like a 'Women in Sports' survey. We also wanted to complete quizzes on financial literacy with the Junior students in the school. We also had a great uptake from our fellow transition year students.

We would like to encourage next year's transition year students to continue the school bank, and grow it for the benefit of all students in school. We think it's so important in this day and age that students know how to handle their own money and we were delighted with how successful our year was.

Skincare and Makeup Workshop



The Skincare and Makeup Workshop took place on Thursday 31st of March and Friday 1st of April. A woman called Erin came to us to advise us how we should use skincare products correctly and how to apply makeup to get the best results out of the products we use.

She took us in 4 different groups where she applied makeup to someone in each group. A lot of the products Erin, the speaker, used were Mac products as she used to work for them but she also used some other brands such as NYX.

The makeup artist began by applying eyeshadow, then shaped the brows. She then applied the foundation using a beauty blender. She applied a light concealer and then applied bronzer, highlighter, contour and lashes. Before finishing she applied a pale coloured lipstick to complete the look.

She created a number of different looks each time she did the makeup. She did natural look, a full look and a pink look and many of us learned a few beauty tips we had never known before.



Amsterdam Trip April 2022









Sixth year Alternative Schoolbag Challenge 2022

Congratulations to all of the creative 6th year students who participated in the Alternative Schoolbag Challenge on Thursday 19th May. There was an interesting array of alternative bags that were lugged around for the entire day, including an umbrella, a baby stroller, a clothes horse and even a lawnmower! Whatever about the practicalities of trying to carry their substitute bags around school, the day provided much needed light relief for the hard-working students as they face the last few days of secondary school.



Another Epic Hockey Match Between Two Old Rivals

Written by Bethanne, Libby and Grace



On Wednesday 27th April, our Senior A hockey team took on Scoil Mhuire in the Senior Cup Plate Final in Garryduff. It was an insanely narrow match with supporters cheering on both sides until they were hoarse. In the end, Scoil Mhuire came out on top with a 2-1 win, unfortunately leaving SAC to finish 4th in the cup. Although we lost it was a great match with an epic goal being scored by Bethanne O'Farrell.

Buses of supporters travelled to the match to cheer on the team. This is rare for a hockey match. It is unusual, but very welcome, that very many spectators would come and

watch. Both parent and friends alike filled the stands, decked out in shades of green. Some sported face paint and spray-painted boiler suits. They belted out chants like "Tango" and "Betsy for President!"

The match kicked off at 2:30 with Scoil Mhuire scoring their first goal in the second quarter, closely followed by a goal from St Angela's (Bethanne O'Farrell) to even the score. Some supporters described the match as being 'like a game of tennis', with the ball constantly being turned over up and down the pitch. Scoil Mhuire scored in the last ten minutes, with St Angela's fighting for every ball until the final whistle blew. Although the team were disappointed everyone agreed that the team tried their mighty best and put up a great fight.





SAC Students Start College Courses!

Starting on the 16th of September and concluding on the 17th of December 2021, three of our St. Angela's College transition year students began third-level education in Dublin City University. This was under the EUE (Early University Entrance) programme which is run by the Centre for Talented Youth Ireland. The goal of the programme is to offer college courses to TY students with a desire and ability for extra learning and research opportunities in their fourth year of secondary school. Selected students attend lectures and tutorials in their chosen course at the DCU campus once a week. This year, we had three girls taking part in EUE semester one, with Libby Ryan and Grace Sheehan doing the psychology course and Megan McGuire doing law and politics. I recently took some time to learn about their experiences.

The application process for these courses began way back in April of 2021 when the application forms were posted to our homes. The process was lengthy and arduous, with many sections included and lots of reflection necessary. After filling out all of our personal details, listing our academic honours and qualifications for the programme, and ranking the available courses in order of our preference, we then had to complete the most challenging aspect of the entire application process- the letter of motivation. This was a minimum two-page essay, detailing 'why you would be a suitable candidate, what a place on the programme would mean to you and how a place on this programme would help you achieve your academic and personal goals'. The entire application form, along with two letters of recommendation from our teachers, were sent off to Dublin to be reviewed. Once the applications had been assessed, the accepted students were notified and preparations began for the start of the semester.



The law and politics course takes place on a Friday. For semester one you study the Irish political system and the Irish legal system. There is an array of fascinating topics covered in politics that cater to everyone's interests. Some of the topics covered included women in politics, the electoral system and the Irish political parties. Similarly, in law, we covered different subsections of Irish law like the courts structure, jury service and children in the justice system. Each lesson was engaging and the lecturers were so helpful. In our tutorials we worked towards our assessment tasks. For politics, we were tasked with writing a 2,000 word essay and a group presentation, while in law we had a two-hour exam and another group presentation. It was quite stressful leading up to these assessments, but definitely an enjoyable experience overall.

How does the psychology course compare? I interviewed Grace and Libby about their time in DCU to learn more. They informed me that the psychology course is divided into two sections- child development and cognitive psychology. In each section, the students examined past experiments to assess topics such as attachment, theories of child development, moral development and prenatal development in child development and memory, attention and visual perception in cognitive psychology.

The girls were examined in the same way as college students, with a two-hour exam and essay in each module. The exams included a multiple choice section and an essay section, with discretion throughout.

I made some amazing friends that I have maintained contact with and learned so much valuable information that I can use in the future. It gave me a taste of what college life was like on a gorgeous campus with great teachers. Libby agreed that it was good to get a feel for the college lifestyle and lectures. She said that it was a "good experience that offered us lots of independence. We had to navigate our way to DCU and around the campus and also travel there from Cork". Grace mentioned how you make good friends and how the course is a great addition to your CV. She added that even if the lectures on a particular day are hard or not to your taste, "the experience of going to DCU is still great". Ella Lehané is also completing the biology course this semester, so best of luck to her. If you liked what you have read about in the above article, then we would all strongly encourage you to look into the EUE programme!

MINI COMPANY

What is Mini Company?

Mini Company is a simulation task that encourages students to be creative. Students design, produce and market a good or a service, all while gaining insights into the world of business. This programme was devised to expose students to enterprise and to promote entrepreneurship.



Student
Enterprise
PROGRAMME

Here in St. Angela's College, Mini Company is offered to all transition year students. If you choose to partake in the Mini Company programme, you will have a double class each week. This is not like any other class, this time is largely self led, although guided by a teacher.

One of the many benefits of choosing Mini Company is the complete freedom when choosing a product or service to develop. Any product that you feel is innovative, exciting or necessary is encouraged. It can be a product that is already in existence that you feel you could improve, or it can be a brand new concept. Although the choice may seem daunting, it is exciting and enjoyable to research new ideas with the prospect of creating your own business. Each individual will join a group suited to them, depending on their interests and ideas.

I have taken part in Mini Company this year, and I have thoroughly enjoyed the experience. I, along with four other students, have created and developed the brand 'SAC'snStationery'. Our mission was to create affordable school branded stationery and tote bags. We aimed to develop high quality products at an affordable price. I thoroughly enjoyed the development process. We began by creating a company name that encompassed the aims of our company. We decided on 'SAC'snStationery' as this included both the abbreviation of our school name, and the two products that we have available.

We successfully placed orders, marketed and sold our product to our school community and continued to sell and market our products for the remainder of the school year. It was a thoroughly inventive and very practical way of preparing us to be entrepreneurs and business leaders in the future.



**FOR A SLIDESHOW OF THE
SAC PRIZE DAY HELD ON
FRIDAY 3RD JUNE 2022
PLEASE CLICK ON THE
VIDEO BELOW.**



Gael Linn Debating Competition

This year the TY year group was offered the chance to try out for our school's Irish debating team. Gael Linn is a competition which aims to encourage us students to:

- Improve our Irish
- Meet new people at competitions
- Practice our public speaking skills
- Visit new areas

Another amazing benefit to participating in this competition is that all team members who earn a spot on the team, including subs, earn a certificate for taking part. This certificate is well recognised and a great addition to any CV.



A few weeks prior to each debate we are informed of the motion and whether our team is to debate for or against this. Examples of such motions include 'Schools emphasise health and wellbeing in their curriculum' and 'Social media has a negative effect on school life'.

Students take turns standing at the podium and debating their point for a few minutes each. They can also provide a rebuttal and comment on points made by the opposing teams. Two teams debate in support of the

motion and two teams provide an alternative opposing argument, against the motion. The two teams with the best points, pronunciation and delivery get through to the next round.



The competitions we took part in were held in Rathkeale and Ballyvourney. Both areas are Gaeltachts, meaning you can get a feel for what a Gaeltacht is like!

Those who attend the debate are the 4 participating teams, teachers, the moderator/time keeper, judges and the supporters.

Our team made it to the regional finals, but unfortunately, we received 3rd place and did not make it any further in the competition.

Overall, it was a very enjoyable experience. I met new people and I improved both my Irish and my public speaking skills. I would recommend this opportunity to anyone looking to improve their Irish and public speaking skills.

I would wholeheartedly like to thank Miss Ducey and Miss Ní Fhaolain for their hard work in preparing us for this debate!

My Community Service Experience at Penny Dinners



One of the most rewarding opportunities offered to us in Transition Year is to complete six weeks of community work. Along with many others in the year, I chose to complete my six weeks of community work in Penny Dinners.

Penny Dinners provide hot nourishing meals of soup, main course, dessert and tea/coffee daily to those in need. In addition, sandwiches, biscuits, fruit and juice are also available to take away as an evening meal for those living homeless on the streets of Cork city. They also accept donations of warm clothes and bedding such as duvets and sleeping bags, which are also provided to people in need. This service is provided seven days a week, every week of the year, including

Christmas Day. Penny Dinners always provide an open door and a warm welcome. A service such as this provides essential support for many residents of Cork city. They are currently providing 2000 freshly made meals a week. It's so important we do our best to help those less fortunate than us.

This is why I think this part of our Transition Year experience is essential. We can all do our part by volunteering and giving up as little as an hour of our time, and believe me, this can make a difference. You can also help by donating your old clothes, non-perishable foods and bedding such as duvets or sleeping bags.

You can get in touch with Penny Dinners at mail@pennydinners.ie

BARCELONA BOUND

As the date of departure for Barcelona came closer, excitement arose among TY students. This trip had been all we talked about for months. It had been the most anticipated trip for the TY students since the start of TY. Due to the pandemic we weren't sure if the plans for the trip would even follow through but finally it was on! The departure from Patrick's Quay was very busy and exceptionally loud. Teachers collected our passports and held our boarding passes in their custody because the last thing we needed was for our travel documents to disappear before we even checked in. As for every trip, there was the usual rush to try to get the back of the bus. The overall attendance was quite punctual which made the teachers job very simple. There



were nine teachers with us on the trip: Mr Barry Murphy, Ms Ducey, Ms Godfrey, Ms Ní Fhaolain, Ms Whelan, Ms Maher, Ms Allen, Ms Campell and Ms Peters.

We arrived at Dublin Airport around 2:30AM and departed for Barcelona at 6:45AM. We were all wrecked after traveling because there was no time to rest once we arrived at our hostel. The hostel rooms were broken up into groups of 6-8

and the rooms looked pretty good. Although they were not spacious enough for the amount of people in the rooms it was still pretty nice, and we didn't spend long in them anyways.



The first day was a tour of the city, seeing the city architecture and its streets. We saw the exterior of La Sagrada Familia, an unfinished basilica and walked down the elegant boulevard of Passeig de Gracia. Afterwards, we stopped for food at a food court inside a shopping centre which we could explore after eating, and then we went bowling. For the first day it was surprisingly relaxing, the walking wasn't too strenuous so even though we

were all exhausted there wasn't much to complain about!

The second day we had 2 hours of ice skating, and went to a place called Montserrat in the mountains. The view from Montserrat was gorgeous and beautiful to walk and look around. We were left to our own devices to explore the place and take in the scenery. There was a gift shop available too so we were able to bring home bits and pieces for our families. At around 5:30pm we had a reservation at the Hard Rock Cafe and ate there. After dinner, we walked to the beach where we played volleyball while others went for a dip in the sea.



The third day we went to Port Aventura that was full of fun rides and really good food. Many people tried to go on as many rides as they could and spent about an hour and a half in the line waiting for one ride, but it was worth it. We went on some smaller rides as well and they were equally enjoyable. Other people decided to spend their day on fewer rides and walk around the park and shops. It was some people's first time at an amusement park other than the small ones back in Cork, so it was a lot of fun going on some new things that we'd never been on before either.

On the last day we explored Park Güell and took a cable car up to Parc Montjuic which had a great view of Barcelona. Park Güell was full of lovely views and architecture with many green parrots flying around.

Afterwards, we walked to Maremagnum shopping centre for food which was near the Aquarium we would be staying



by. Similar to the first day, we were allowed some time after eating to look around the shopping centre and buy what we wanted before heading to the aquarium. The aquarium was absolutely breathtaking, with many different sea creatures and a giftshop. You were able to feed some of the fish with baby bottles full of fish food. We saw some people in cages in the water with sharks surrounding them to see what it was like. At around 11pm we departed from Barcelona and at around 4am we arrived back home in Cork. The trip was the better than we ever imagined, and we're still talking about it!







Professor Doyle Returns to St Angela's College

To celebrate International Women's Day our school was lucky enough to receive a visit from the very inspirational Linda Doyle on March 7th. As you may know, Professor Doyle is the provost of the most prestigious university in Ireland, Trinity College Dublin (TCD). Her return visit to her old SAC alma mater was an honour for us.

The school organized a morning for her to come in, have a look

at the new building and for her to meet the current student council members on St Angela's. On her arrival there was an introduction from our Head Girl and Deputy Head Girl, Dara Diggin and Niamh Cremin, that set the celebratory tone for the visit. Shortly after, one member from each year of the student council spoke from the podium and described what the student council means to them.

The Transition Year council members went up after this and discussed the current initiative, Know Your Flow. This initiative led to free sanitary products in all of the student and staff bathrooms. It was a major success and was something that the council were grateful to share with such an influential woman.

People from the YSI group also got to talk about their Direct Provision project, and what they were doing to help the people in the direct provision centers.

The provost ended her visit to the councils with an

emotional speech reflecting on her happy times in SAC, about her past and present life, and how being the 45th provost of Trinity is something to be proud of. She wisdom inspired many in that room on the day. She also invited all the people that spoke on this day to come up to Trinity College Dublin to speak further about our projects and talk to some other interested and influential people. With such influential alumni as Professor Doyle, there is no shortage of role models to inspire us all to work hard to fulfill our dreams!





This edition of 'Living the Green' was written and compiled by the Transition Year students from classes 4B and 4C



We would like to wish all of our Junior and Leaving Certificate students all the best in the exams and the very best of luck with their results.