

LIVING THE GREEN



ISSUE # 1 2021-22

A photograph of a stone wall, likely part of a castle or fortification, with a blue tarp draped over a structure behind it. In the foreground, there is a lush garden with various plants, including purple and pink flowers, and a gravel path. The sky is overcast.

CONTENTS

Page 3 Head Girl & Deputy Head Girl Welcome

Page 4 New Beginnings

Page 7 First Impressions

Page 8 Interview with Head Girl & Deputy Head Girl

Page 11 Hydration Station

Page 13 SAC Feature on Nature

Page 15 Interview with Nicole Dinan

Page 16 1st Year Archaeology Dig

Page 19 The Final Bend with Emma Coffey

Page 22 Christmas at St Angela's

Page 25 The SAC Christmas Market

WELCOME

WRITTEN BY
THE 6TH YEAR
HEAD GIRL &
DEPUTY HEAD
GIRL

Hello everyone, a big welcome to the first edition of 'Living The Green' for 2021/2 from your Head Girl Dara Diggin and Deputy Head Girl Niamh Cremin.

On behalf of us both we would like to congratulate the Transition Years under Mr McLoughlin for their tremendous work on creating another wonderful edition of the school magazine. It may be released later than usual, but nevertheless it's a great keepsake for the archives!

September to December 2021 was a busy time at St Angela's, from welcoming our new first years, to introducing the new Teaching, Learning and Assessment cycles (TLAs) and closing out the year the Christmas concert extravaganza. Needless to say, it was a hectic but successful term. Our 6th year student council put a lot of work and preparation into our 6th year video and Christmas concert, and we may be a little biased in saying this but it's been the highlight of our year so far. Unfortunately it had to be done virtually once again but we are so proud of what we have created. Our yearbook is also complete and ready for graduation in May!

Now that 2022 is in full swing, our pre-exams have been completed and some of the Covid restrictions have been lifted, we would like to wish all students the very best of luck for the remainder of the year, and especially those of us facing the Junior and Leaving Certificate exams in June. Wish us luck!





NEW BEGINNINGS

Now that 1st years have been here for a full term, we would like you to take stock of just how you have changed in the short space of time that you have been with us. Just look at these pictures of some of

you on your first day! We hope that you now feel like a part of the school community and are looking forward to a long, happy and fulfilling time at St Angela's College.





FIRST

As a visiting student, Viola Andiel from 4A tells us about her first impressions of Saint Angela's College

IMPRESSIONS

Hello, my name is Viola and I am from Austria. I`m in TY here at St. Angela's College and I'd like to share with you my first impressions about the school and the country generally.

In my opinion St. Angela's College is a fantastic school with lots of possibilities for each student. I am really impressed about the different subjects that the school offers in TY, for example Future Leaders, First Aid, the different electives and the rotating subjects as well. Every teacher puts a lot of work and motivation into their teaching and students can really feel that.

Also I recognized that nobody gets excluded and everyone is very helpful and inclusive. I think that is also a result of the many team building exercises we did in the induction week and in the different classes.

Of course there are a few differences between the Austrian and the Irish schools. In Austria students do not have to wear a uniform and the first class usually starts between 7:30 and 8:00 o`clock. Each class takes 50 minutes.

Austrian schools do not offer a year as TY, which I think is a pity.

But I find it really cool to experience different systems, countries and schools and I would never compare the different ways of school in different countries, because everything has pros and cons.



I am very grateful that all teachers and students were always there for me when I got lost in the school or did not understand anything. Everyday I got to talk to new people and it was easy to make friends because everybody was so kind and inclusive.

I have been here for one term now and got to experience so many great things, for example a little coffee and cake- breakfast in the Religion class, a very cool trip to West Cork Secret, different speeches and workshops.

Because of my first fantastic impression that I got in my first month in Ireland and in St. Angela's College I am really looking forward to the next few months in school and with my friends and host family.



Interview with Head Girl Dara Diggin and Deputy Head Girl Niamh Cremin

By Rebecca Foley and Méabh Creedon 4A

Can you describe your initial reactions hearing your names called out as Head Girl and Deputy Head Girl?

There was a ceremony of light on the last day of school where the previous 6th year Student Council handed over the candle of office to the new Council. Dara's face lit up when her name was called and her eyes "popped out of her head" with excitement, she says. Niamh was really happy she was picked, especially with Dara, "it makes it that much more fun as we're good friends". She also added "the fact that we were voted in by our classmates really made a difference because it showed that people believed and looked up to us which made us feel very happy and admired."

The Junior Student Council is chosen by electing 2 representatives from each class, so a total of 6 from each year group. Can you describe the process for selecting the candidates for Head Girl and Deputy Head Girl?

"Nobody put themselves forward to be voted in or campaigned. We had a day where everyone wrote down 2 representatives for the Student Council from their own class. They then also wrote down who they wanted to be Head Girl and Deputy Head Girl and then that was picked out of the whole year. The votes are then ratified by the teachers who all had a meeting to input their thoughts on who they thought would be a good Head Girl and Deputy Head Girl."

Are you excited for this role? What are some key things you want to deliver or are excited about doing?

"We are really excited because I know when I was in first year it was something I always thought I would be interested in and it was something I'd always love to get. Looking at the pictures on the wall of each year's Head Girls you'd think 'Ahh, I wish that could be me some day.' I think being kind to everyone is vital. It doesn't matter in the long run who's the smartest in the class, it matters who's approachable and who is kind to other people. Listening to everyone is also important I think. Some things we hope to deliver this year and something we're really looking forward to is planning and putting on the Christmas concert. We hope it isn't virtual this year. We hope we can have an interactive audience, all in all we hope it goes well and we enjoy doing it."

Is there a previous Head Girl(s) that stands out to you and you admire for doing something special? Or someone who drove you to seek out or want the role yourself?

"We really admire all the things/ events that previous Head Girls accomplished. I think it was the Head Girl in 2017, Amy Ryan who

really stood out to us as we were in first year at that time, so that was our first time coming into contact or seeing what a Head Girl and Deputy is and what she does as we weren't aware of the role before that. We think they did a great job at fulfilling the role. They seemed very approachable and confident and like they enjoyed what they were doing, which is why we aspire to be like all the previous Head Girls as they all contributed so much to the school and we hope to do the same."

What are your roles and responsibilities as Head Girl and Deputy Head Girl?

"Our roles and responsibilities are to represent our classes and year group, to support our friends and peers and embody the school spirit. It's also our role to act as a communication channel between the students and the staff, to act as a link between the students and staff if they have any suggestions or concerns or things they'd like to bring forward, to make sure their voices are heard. To represent the student body at school events and hopefully to listen to the students voices and bring in any of their ideas."

What's the plan between now and Christmas? What's something you hope to achieve?

"We're hoping to organize the Yearbook between now and Christmas so that's one thing sorted and one thing less to worry about in the run up to the pres and the exams. We also hope to do well in the TLAs and I think that from now to Christmas is definitely the crunch time where you have to just put in the work and I think even in every year after Christmas it always gets easier. We are really hoping to put on a good Christmas concert and hopefully we can raise a lot of money for charities and we hope to do a Christmas collection for a Cork charity that all the 6th years choose together. We are really hoping to just give back to our community

in that way. And normally the school community is really supportive in the charity events we plan in the school so we're really looking forward to the fulfillment of giving back at Christmas time."

Is there a lot of pressure on you this year with studying for the Leaving Cert and also fulfilling your role as Head Girl and Deputy Head Girl?

"The Leaving is a very difficult year for everyone, but we are really excited about fulfilling this role along with the help of the Student Council and Ms. Gallagher. The new system for suggestions is much more efficient as it means we tackle issues together as a group and also the new TLA system means that we have a longer run in to Christmas to organise things like the Christmas concert (which is something we're really excited about.) The TLAs mean there is less pressure in the run up to pres and we'll be getting our results back before Christmas so we can enjoy our Christmas without the pressure of results. Everyone on the Student Council is really supportive. The meetings are really enjoyable and everyone works well together."

What are the qualities that you think make a good Head Girl/Deputy, that you have or hope to have after this experience?

"I think being approachable is very helpful in the role. People knowing that they can come to us and let us know of any issues that are there. Also, that we don't take it too seriously. We can have fun and have a

laugh. Being able to speak at different events is important. We both have confidence in public speaking. Also teamwork, the whole council likes working together. It's a great way to end our final year in St Angela's with great memories of the responsibilities and achievements. Hopefully we can take on people's suggestions and make a difference in the school and make the school community an even better one."

Is there any advice you would give to students who hope to take on this role in the future?

"Like we said, being approachable and always having a smile for people you meet in the corridor because the small impressions you make on people are the ones that really last. Also, make sure you keep everyone involved and that you communicate with the other students."

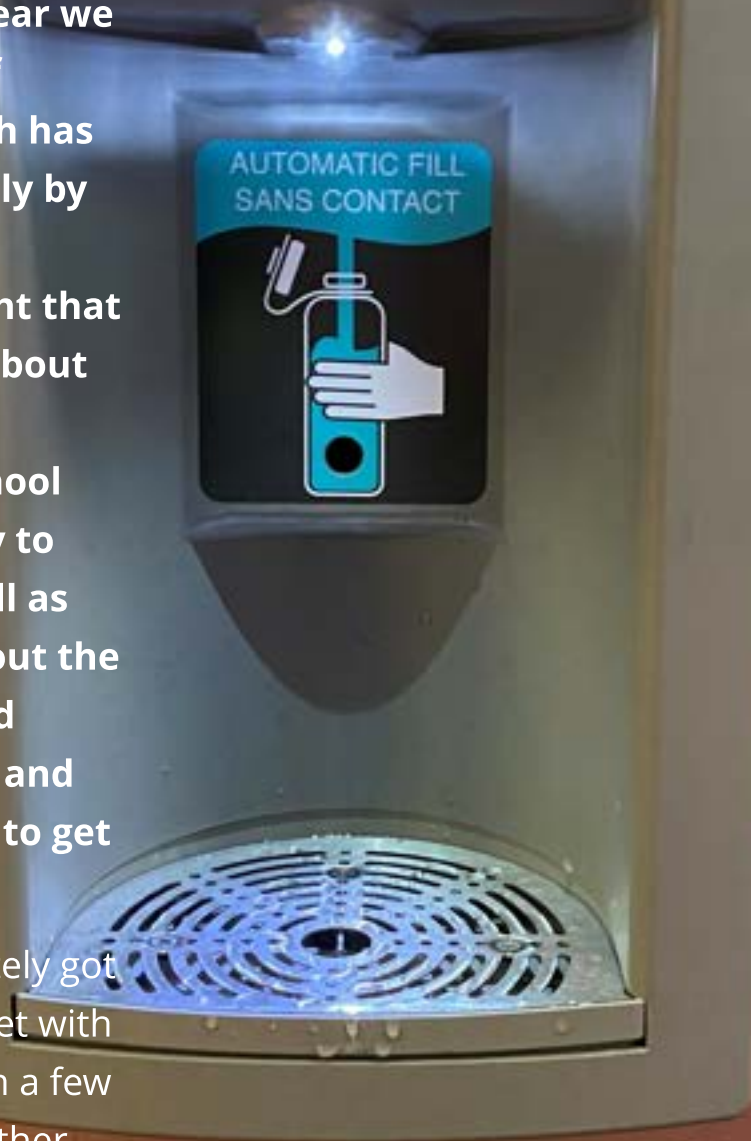
Is there any part of this role that you are worried about/ that is out of your comfort zone, or are you prepared for the challenges that will be thrown your way?

"We're not worried about anything in particular because we were briefed on what is expected of us. Hopefully the lockdowns are kept at bay and things will go back to normal, so we can go back to doing the role as normal without any restrictions or interruptions like a lockdown. We're a bit worried about the Leaving Cert, but I think everyone in the year is and we have a really good support system in the year. We hope to do the role justice."

HYDRATION STATION

We're sure you are all aware that since returning back to school this year we have a new source of drinking water, which has been welcomed widely by staff and students combined. We thought that including an article about the new Oasis Water Dispensers in the school would be a great way to promote them as well as informing you all about the real reasoning behind deciding to get them and what had to be done to get them here.

The pair of us fortunately got the opportunity to meet with Mr Curran and ask him a few questions we put together, that we, ourselves were curious about and thought you all would be interested to find out about too.



Bottles Saved
Bouteilles Sauvées
000001337
BOTTLE SAVER
Bottle Saver
Station
Zone d'économie
de bouteilles
Filter Status
Filter On Filter

DO SOMETHING
GOOD FOR THE
ENVIRONMENT
FAITES VOTRE
PART POUR
L'ENVIRONNEMENT



When you refill a
reusable bottle,
you reduce waste
Désaltérez-vous
avec de l'eau
potable de qualité

REFILL
REDUCE
REFRESH
REMPLIR
RÉDUIRE
RAFFRAÎCHIR

Our first question for Mr Curran was “Where did you see them first?” to which he replied that he had visited a school in Waterford over the summer break and had seen over 30 dispensers from a brand by the name of Aqualogic, placed in various areas around the school. He liked the idea. He also had been initially approached by the Junior Student Council late last year inquiring about having fresh, filtered water in the school for students and staff to avail of as well as reducing our schools' waste of ‘single use’ bottles.

Our next question for Mr Curran was about his “motive behind getting the dispensers for St Angela’s.” It wasn't only the inquiry from the Junior Council or the dispensers in Waterford that initiated the idea for the dispensers in St Angela’s, but from a COVID-19 point of view, the dispensers are contactless and sensorless so reduced having to touch buttons etc. As well as that, the Water Dispensers are environmentally friendly. Joe our caretaker has noticed that since the dispensers have been put in, the use of ‘single use’ bottles has declined massively, with the school having half a wheelie bin of waste less each week! Not only is this great for the planet and reducing the school’s carbon footprint, but it also means there’s less work for Joe, therefore he can focus on doing more important jobs around

the school.

Finally, we asked Mr. Curran if “the dispensers would affect the school financially, with any increases or decreases?” To which he told us that they were not installed for financial gain of any kind, but rather to benefit our students by providing them with clean drinking water that they can use throughout the school day. In fact, they were quite expensive to install. The plumbing and wiring was the most costly, but we think we can all agree that the outcome from these dispensers is definitely worth it in the long run.

Overall, with the positive reaction our school community has had to the installation of these dispensers, we believe it is highly likely and beneficial to St. Angela’s to have as many of these Water Dispensers as possible. We believe that all schools should be able to have a similar source of filtered water provided to their students. From asking a few girls around the school, the feedback was super positive with people telling us how much they’ve, ‘loved using these new dispensers’ and ‘would definitely recommend them to other schools nationwide.’ We completely agree!

Written by Bronagh O’ Shaughnessy and Phoebe Twomey 4A



**PHOTOS FROM OUR
BEAUTIFUL SCHOOL
GARDEN OVER THE LAST
TERM**



The Arrival of Our Bee Box

For those avid Sylvia Plath fans out there (did you spot the reference in the title?), you may have noticed that we now have our very own beehive in school. The bees have settled in nicely and we know they will make a valuable contribution to the tranquility and peace of our beautiful green spaces. They live in the 5th floor garden in a secluded spot close to the covered wooden seating area. They are buzzy each day making honey, spending their day exploring amongst the flower beds. Along with the bees, there are many other insects in our garden, such as butterflies. We also have a cat (left) who occasionally visits us. It is important to us that we support wildlife in our school as we live in such a busy area, and we would like to encourage all students to visit the green spaces around school, take a moment to appreciate them and always be respectful of the incredible spaces around us.



Continued Success for Nicole Dinan

Nicole ran in the Tailteann Games held in Morton Stadium on September 11th. She ran a superb race in the 800m and finished a very close second in an extremely competitive field. She went on to run in the 1500m a little over an hour later and placed an incredible third. Both these results helped the Munster School Girls team to place second overall at the event.

Additionally, Nicole was selected to run for Ireland in the 800m at the International Schools SIAB event held in Derby in the UK on the 25th of September. Nicole was one of nine Cork athletes in a team of 65 who headed to Derbyshire for the event last weekend.

Nicole ran a magnificent 800m race in her first SIAB

event. She finished third in a photo finish where less than one second separated the first 4 runners.

Nicole ran a 2:11:05 knocking 3 seconds off her previous personal best.

Well done on your continued success Nicole, we are all very proud of you!





**1ST YEAR
ARCHAEOLOGY
DIG**



1. What did you do in the dig?

We sectioned out a designated space in the school garden on the 5th floor in order to search for possible artifacts that might be in the soil. We were in different groups: one group measured, another dug up and brushed around what we found there, another group brushed the dirt from the things we found and removed them from the area and the final group measured, sketched and recorded the findings.

2. How did you uncover the artifacts?

We had to carefully use a trowel and then a brush to gently uncover the artifacts.

3. Would you be interested in the job of an archaeologist?

No, we wouldn't like to be an archaeologist. We'd be too impatient! You're also out in all weathers. It's a lot less glamorous than it looks in Indiana Jones movies!

4. Did you learn anything new that you haven't learned before?

Yes, we learned a lot about archaeology and history that we didn't know before because we did the dig and we learned by actually doing the job of an archaeologist. We would be interested in doing an archaeology dig outside of school, like a real archaeology dig. We think it would be really interesting and fun.


5. Did you enjoy it?

Yes, it was fun. We would like to do something like it again as it was fun.

6. Did you find it easier to learn about archaeology by being an archaeologist?

Yes, we found it easier to learn about archaeology by being an archaeologist as we got to experience things first hand. Thinking about the dig will help us remember what we learned about archaeology when we will be tested on it. We found it a lot easier to learn from actually doing something than reading it from a book.

FinalBend



An interview with
our very own
entrepreneur Emma
Coffey of FinalBend

Emma Coffey is a (very recent) past pupil of St Angela's College and she started FinalBend when she was in 5th year. Her company is a sportswear business and her online store currently sells leggings, sports bras, shorts, hoodies, tracksuits, tops and many more products in the booming athleisure wear market. The FinalBend brand has become increasingly popular over the last few years and has been featured on a number of high profile TV and media outlets, but its greatest success to date has been winning the gold award at the National Startup Awards 2021, in the 'eCommerce & Retail' category.

She doesn't think she would have started her business properly if she hadn't gone to St Angela's. She loved business in school. Ms Ronan's classes helped her to learn about aspects of business such as VAT and various taxes. Then in 2021 when Ms O'Rourke invited her to come back to the school to talk about women in business she jumped at the chance. Emma says St Angela's has a really good ethos of caring and if you are passionate about something then SAC encourages you. She feels that the support and encouragement she got in SAC really helped her to continued on to pursue her goal.

When asked what inspired her to create FinalBend she says that her experience as an athlete was a critical factor. She competed internationally up until 2018, and it was a big part of her life, but she suffered a back injury in 2018. Since her love for athletics hadn't diminished and she wanted to stay connected with the sport, she began to think of athletic sportswear and trialed it with a pop-up shop at a Munster athletics competition. Her products stayed in the athletics niche until 2020 and the business grew over lockdown. She started focusing on it more over lockdown, expanding her social media and expanding into other sportswear.



Her life has certainly changed since starting the business. She can't imagine what she would be doing if she wasn't running FinalBend. She's still in college so her days are busy and she readily admits if she didn't have the business she would be focusing more on her studies!

Her parents have been incredibly helpful in getting her business off the ground. Her dad helps her with practical issues like the building of racks and shelves, and other things in the warehouse. They are a big support and being there for her when she needs it. UCC helps her out also as she's on a scholarship and this has allowed her to focus her time outside of lectures on growing the business.

The best part about running a business is the fact that her friends are really involved in it. She got to live with her friends over summer and they helped her out with the business. She wanted it to be fun because that's what the brand is about. They came to support her on The Late Late Show. She has a life around running the business and can give it more of her time. The worst part about running a business? The stress of it. Taxes, having to have a solicitor, having to pay people's wages and rent get paid utility bills get paid. Being in charge has been a learning curve and having to get into trouble to learn has been another learning curve. She bravely admits that she jumped into it without really knowing what she was doing!

Her business role models are diverse. She loves WEARETALA by Grace Beverly. They make sustainable athletic wear. One of her goals for 2022 is a big part of her stock to be made from recycled material at an affordable price. She's inspired by Grace and her brand. She's also inspired by Niall Horgan, the man who started up GymPlusCoffee. He is another Irish entrepreneur who started an activewear brand. Although she is inspired by them, her business is her own and is original to her.

Her long term goal is to be retired by 25 and living on a yacht! In all seriousness, she has life goals more so than career goals because her main thing is that she wants to have something to show for the fact she's done this so young. She would hate to end her career at the same

stage as everyone else and go down the traditional route. She wants all her hard work to pay off in the end. A big life goal of hers would be to be financially free at a young age. Career wise, being involved in the startup of her business and promoting women in business is something that she's passionate about. She also would love to become a role model for younger people and show that you can stay in education and start up a business at the same time.

At some point there will be a natural progression and when she's given everything that she can to the business, far in the future, she might sell it. But the startup stage is the really fun part and at the moment she's not ready to because she feels she hasn't given everything she can to it yet. She also believes that it needs to be bigger for anyone to really want to buy it.

What are her essential tips for anyone with dreams to start their own business? If you're thinking about doing it, the time to act on it is in the moment and right now because if you're the first person to come out with it, it's your idea and it can be yours to own. If you're thinking about it, there's probably 10 others thinking about it too. She started her business at a younger age so she already has an established business. Others who are only starting their businesses now have to keep up and work faster and harder. Older people can tend to be less comfortable with social media as well. So having started her business at a younger age gave her the advantage of being comfortable with social media and using it to advertise.

Finally, we cannot end this without giving her company a plug- for all of your athleisure wear needs go to <https://finalbendfitness.com/>

Thanks to Emma who gave graciously of her busy time to conduct this interview with us. We wish her continued success and we hope she gets that yacht!



CHRISTMAS AT ST ANGELA'S

CHRISTMAS CONCERT

REHEARSALS

After a grueling round of auditions, and just as the second round of auditions were underway, we interviewed some participating students and asked them how they felt leading up to the concert. Needless to say, we got an array of responses. Some felt amazing, others scared and many had mixed feelings. A few students felt fine auditioning for Ms. Curtin, but felt anxious about the school seeing them. During preparation for the concert, 4B practiced during their English classes taught by Ms. Crotty. They also made props to go with the show. The atmosphere during rehearsals was very lively, with people chatting, anxious, nervous and excited. The 6th year student council practiced their dances while Ms. Maher and Ms. Curtin worked on the sound system in the background. Surprisingly, there were test results being handed out to the 6th years at this time!

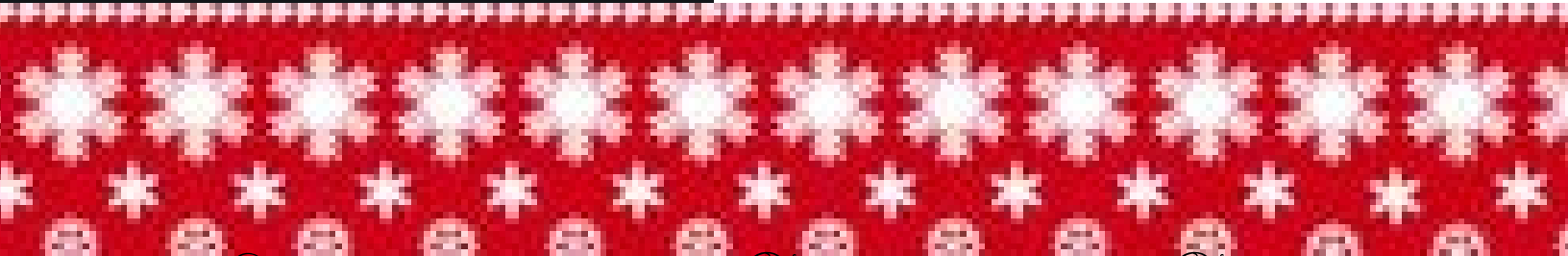
During 'Jingle Bells' the students bent their knees and moved up and down while singing. They got quite a good reaction from fellow participants. For 'Jingle Bell Rock' they began in poses and had a synchronized dance from the movie 'Mean Girls'. It was very happy and upbeat. When the music stopped they started singing the song with their own twist on it: "History, History, History Rocks!" They also referenced "MLK," Martin Luther King. This lead us to believe they were a History class. In 'Feed The World' the performers lip-synced and danced confidently. After a while proper singing was involved and they paired off into groups, with lots of hand movements. The most exciting part was a student doing the worm and back-flips happening in the background. The French group danced in sync, and even though some of us didn't understand every word, they were very entertaining. When the Irish class performed you could hear the excitement when 'An Dreolín' was performed. One student sang a song from 'Waitress' the musical. It was a beautiful song and it captured everyone's attention. She was very confident and if we didn't know she was a student we would think she was a West End performer.

The four different songs from the 4th years were an entertaining mix. Ms. Crotty's class had a lot of props, and you could tell they put a lot of effort into the performance. There was a lot of teamwork and communication throughout the process of making the song. Around 20 students held up a sign which represented a verse in the song. A funny sign was "4B presents", accompanied by local Cork references like Costcutters, Christians and Patrick's Hill. It was a unique twist on a Christmas classic. The three solos were amazing. They were confident, hit all the high notes, had angelic voices and used facial expressions. It was a nice change from the usual traditional Christmas songs. They also had the biggest clap and envious eyes on them.

'Somewhere Only We Know' was a beautiful song performed by a 2nd year, with very good at pronunciation, facial expressions, a good grasp of the song and we could see they had practiced hard. She had a lovely voice and was incredibly confident. To switch things up we had an origami display, where we were taught how to make a rabbit and a box out of paper. She gave a great tutorial, was very confident and instructive. She had a nice clear voice which was good. She worked quickly on making the rabbit and box while also taking us through the motion step by step. It was a memorable performance and nice to see her for a second year in a row.

A first year student sang a lovely cover of "Part of Your World" from 'The Little Mermaid'. She sang beautifully and the audience seemed to respond really well to it.

Overall it was a fantastic performance, we want to say a big thank you to all involved and we look forward to hopefully attending live next Christmas!



The Annual Christmas Concert

This year's Christmas concert was another really enjoyable event. The 6th Year video was, as always, hilarious! The concert was full of some really unexpected, but thoroughly entertaining acts. We personally had not expected the 4Bs new take on a Christmas classic, or the 5th years video which we think had to be seen to be believed. The concert was another fantastic experience and refused to be beaten down by Covid, and we give much thanks to those who put so much effort into it so that we could continue the Christmas tradition once again. It really made the days leading up to Christmas special. On behalf of the TYs a huge thank you to all involved.

THE SAC CHRISTMAS MARKET





Christmas is a busy time for all, especially for small businesses. Each year we hold a Christmas Market where the mini companies display what they have made. One of the electives in TY is Mini Company. This is when three or four students plan, market and create a small business. We interviewed one group before and after the market and here is what they said. The business is called SAC Shorts and the members are Meabh Creedon, Rebecca Minogue, Ella Lehane and Ellie Forde.

The group spoke to us about their product ideas, deciding on producing school shorts and leggings. "We decided to produce leggings because we can wear navy leggings in PE and felt that there was a gap in the market. Our school also approved shorts last year for PE class so we wanted to make school ones".


The planning process for the team was complicated, as originally they had planned to produce hoodies for the school, but that idea wasn't feasible. Using their resilience they changed their idea to shorts and possibly leggings. They predicted that the price of the shorts would be €20 and the leggings €30. The group planned to promote their products through the use of social media platforms such as Instagram and Tiktok by creating promotional videos and adverts (thank you FinalBend!).

Their target demographic for the leggings was 4th years up, since we are allowed to wear navy leggings in PE and shorts for the whole school.




After the Christmas market, we interviewed the mini company again to see how it had all gone for them.

They said the set-up process of the stall went well. It took around 15 minutes as they made a plan beforehand. It was a bit hectic but on day two they knew what to expect.



They faced a few issues with their product. They wouldn't have the products until January so they could only begin to take pre-orders. At first they struggled to find a reliable manufacturer. Then they got in contact with Cork Clothing Company, they were so helpful and replied to the girls right away.

They sold sweets and baked goods to promote their future products and they began their marketing strategy. They set up an Instagram account and made announcements over the intercom.



Everyone had a great reaction to the business, many people asked to pre-order their shorts and leggings even before they released the prototype.

Overall the Christmas Market was a great success for the mini company, Sac Shorts.



SHOPPERS AT THE CHRISTMAS MARKET



This edition of 'Living the Green' was compiled by
Transition Year students from 4A and 4D.

Once again we would like to offer our grateful thanks
to Miss O' Grady and Miss O' Donovan (Deputy
Principal) for their judicious editing skills.

