

# CDI Newsletter



**2024 Spring Edition**



***“Learning together to  
achieve and succeed”***



# CPI NEWS

Spring 2024 Vol. 6

WELCOME



The Easter break is an enjoyable time during the school year. The daylight hours are getting longer, and springtime is in full swing. Students are able to get outdoors more after the long winter and hopefully we will all shortly get a break from the rain. Easter time is a busy time for exam students, in particular our Leaving Certificates as they prepare for oral and practical exams. As our 6th years ramp up their studies, we welcome in our 1st years of 2024/2025 as the school cycle continues to evolve. The enjoyment in being in education is ever-changing students each with their own unique personalities who grow and mature with us over their second level education years, with the support of parents.

The school has been very busy again over the last number of weeks and I would encourage all parents to follow us on social media as you will get a great flavour for everything that is happening in our school. I want to express my thanks to all staff involved in a voluntary capacity in supporting our wide range of extra-curricular activities.

The classrooms are very busy with Junior Cycle CBA's and in Senior Cycle our teachers are pushing Leaving Certificate students to achieve strong Leaving Certificate Results. Our fundamental aim is for all students to do well in Leaving Certificate exams, and we fully believe that students who connect with the school through extracurricular activities and other school initiatives routinely translate to excellent exam results. A big part of achieving excellent results is students having a strong sense of self and being resilient in coping with the everyday challenges of life. **Resilience is the capacity to bounce back from adversity.** It is the bedrock upon which great achievements are built and is only learned from dealing with setbacks which can come in many forms.

Winston Churchill once famously remarked, "**Success is not final, failure is not fatal: It is the courage to continue that counts.**" These words are the essence of resilience. It is about our response to challenges, never giving up and having a growth mindset. In the face of failure or setback, it is the resilience to persevere, to rise again, that distinguishes the ordinary from the extraordinary. Every day, I witness this in school from students, staff and families.

Nelson Mandela, famously said, "**The greatest glory in living lies not in never falling, but in rising every time we fall.**" May we all find the strength to rise, time and time again, emboldened by the power of resilience.

Enjoy the Easter break and thank you for your support.

Mr Creedon.

***"Learning Together to Achieve and Succeed"***





# Life in the Colaiste



Transition Year students Siobhan, Emma, Aoife and Liliana in Cahir post office, raising money for their upcoming pilgrimage to Medjugorje. Thanks to all who supported.

Well done to student Olivia Darcy who presented to Tipperary County Council on the work of the Youth Council. Olivia is current Joint-Chair of Tipperary Comhairle na nÓg - Tipperary Youth Council



Thank you to Tony O'Reilly who gave a fascinating raw and honest talk to TYs and 5th years on Gambling Addiction. Over 220 students and you could hear a pin drop! Students also had informative talks on Alcohol Awareness.







# Life in the Coláiste



LC Spanish students enjoyed a very beneficial and fun class with our Spanish exchange students helping them practice for their Oral exam!  
Gracias a todos los españoles!



5th year students recently received their Canoeing Ireland Level 1 Kayak Skills certificate. Thanks to Philip in Pure Adventure Ireland for his work with the students



1st year students enjoying the Big Dig archaeological workshop during History week.





# Life in the Coláiste

Congratulations to fifth year student Daniels Lakis who won the U17 SETU Cup in Waterford with Cobh Ramblers.



3rd place (1st class Honours) for CDI Traditional group in the All Ireland schools competition which was held in Wesley College Dublin



We were delighted to welcome back former Coláiste Dún Iascaigh student Luke O'Brien. Luke spoke to our senior students about Quantity Surveying as a career.



Play.and.Say intercultural visitors Aida & Lewis came to talk to our TY & 5th years about their Summer programme in Spain! Many students have already secured their place & many more showed great interest after their talk!



We were delighted to welcome ACT for Meningitis who made a presentation to our 6th year students.





# Life in the Colaiste

Two CDI students who spent Friday at UCC Prep For Medicine course. Anna Binu and Mohrael Malek spent the morning in Brookfield Medical Centre before going to University Hospital Cork to listen to talks from such specialists as Dr. Margaret Bolster, State Pathologist as well as being privileged to watch a C Section birth as it was happening.



First year history students visited Cahir Castle, one of the best preserved medieval castles in Ireland!



5th and 6th year students enjoyed visiting Tipperary Education and Training Board Archerstown Training Centre to learn about the opportunities for the students.





# Lá Fhéile Bhríde

Lá Fhéile Bhríde Sona Daoibh go léir\*\*\*

To celebrate St. Brigid's Day Coláiste Dún Iascaigh Cahir students have been busy making Saint Brigid Crosses.

TY students went to visit our friends in Bramleigh Lodge Nursing Home and gave each resident a St. Brigid's Cross and Prayer.



Lá Fhéile  
Padraig  
agus



Seachtain  
na Gaeilge

Transition Year EAL students  
celebrating St. Patrick's Day.



# Lá Fhéile Padraig agus Seachtain na Gaeilge



Thanks to our Coláiste Dún Iascaigh community for their support wearing green for La Glas 🍀🍀

Student and staff best effort award winners in pics!

We raised €1010 for our trip to Medjugorje - Emma, Aoife, Siobhán and Lilliana



Congratulations to Marian Coveney winner of our Dolans Super Valu Cahir hamper raffle. Thanks you to Dolans for supporting our students in their fundraising efforts.



Buaiteoirí ón gcéad bhliain don Seachtain na Gaeilge Rince sa Halla





# Ethos Day







# Athletics



The SETU Arena in Carrignore Waterford was the venue for the East Munster schools cross country. Underfoot conditions were difficult, to say the least, but Coláiste Dún Iascaigh Cahir students battled on hard. There were strong performances from all teams on the day narrowly missing out on the medals.

There were some great individual performances particularly Matthew Walsh finishing 6th out of 78 and receiving an individual medal, Ned Delaney finishing 7th out of a very strong field and John Delaney also qualified for the Munsters coming in in 13th place.





# Basketball

First year girls travelled to Lismore to play their first basketball match against Blackwater community school. The girls showed great skill and determination, and had a finishing score of 22-10.



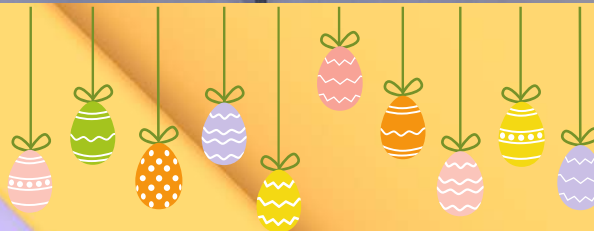
First year girls basketball team travelled to St. Ailbe's for their second match. Excellent defence and teamwork was displayed resulting in a 30-14 win to the Coláiste girls. Well done girls!



First Year boys Basketball team had good wins against Hospital and Templemore in Templemore.



Great day out again today for our Coláiste Dún Iascaigh Cahir first year girls basketball team. Thanks to Colaiste Mhuire for hosting today's match. 🏀 Well done girls on a super win.





# Basketball



1st Year girls travelled to Thurles for their fourth basketball match. Thank you to Ursuline girls for having us.

Another great performance by the Coláiste girls resulting in a 29-12 Win to us.



2nd year basketball team heading into semi finals after a great win against Grennan College, Kilkenny



2nd Year boys basketball enjoyed a competitive game with Our Ladys, Templemore.



First year girls travelled to Moyle Rovers to play their quarter final match against Scoil Muire Greenhill. The girls played unbelievable in a very closely contested game. They were on top throughout the game but a strong finish by greenhill resulted in a one point loss by the Coláiste. 20-21. We are super proud of every girl who performed. We are looking forward to more matches as there is great potential in this team.



# Basketball



Great win from 2nd year basketball team who have now qualified for South East of Ireland final which will be played in Waterford after Easter (April 10th) against Selskar College, Wexford



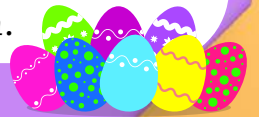




# Soccer



2-0 Colaiste an Chraoibhin Fermoy  
 Congratulations to our under 19 soccer side who progressed to the quarter finals of the Munster Senior Challenge Cup today.  
 Two long distance strikes from Rowan Barrett got Colaiste the win in a strong team display. Brian Hurley, Padraig Farrell, Jesse Kiely and Ryan St John stood out whilst Barrett took the plaudits and man of the match.



## Munster Senior Challenge Cup Quarter Final CDI 2-1 Davis College

Well done to our senior soccer side who progressed to the Munster Semi finals. Rowan Barrett and Adam Hennessy with the goals for CDI as they progress to a last four tie vs St John the Baptist CS, Hospital. Ryan St John, Leigh Murphy, Dylan Morrissey and Jesse Kiely stood out on the day with the whole team working hard to come from a goal behind.

First year soccer side were unfortunately eliminated from the knockout stages of Munster by a very physical organised St Mary's of Newport 2-1 after extra time. Josh Ryan Goold was on the scoresheet for Colaiste.

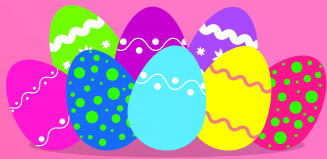


Junior girls soccer had a good win against Cashel in the league. Well done girls.





# Hurling



Super win for U17 hurlers against The Abbey, Tipperary Town.

The boys now go through to the last 8 of the competition.



U-17 B Hurling county semi final result: CDI 4-16 Carrick CBS 1-15 Coláiste Dún Iascaigh Cahir boys had a super win against Carrick. The boys now go on to play Borrisokane in the final.

Commiserations to our U17 hurlers who lost their county final.

We are very proud of this team and their efforts and knowing they will be back!

Congratulations to Borrisokane.



U15 hurlers who had an impressive win against Newcastle West SMI. They then went on to win against St. Mary's Newport. A very exciting game, won after extra time and penalties. Well done to all involved.







# Ladies Football

Hard luck to our Junior Ladies Footballers who lost out to a strong Ursuline Thurles side in the Munster Final.

The girls showed great heart and determination right throughout the game and we are very proud of their efforts.



# Gaelic Football



Our U17 Footballers after a hard fought Munster Quarter final win against Glanmire in Bishopstown, Cork





# Camogie



Junior camogie team beat St Augustines Dungarvan 1.8 to 3 points in Munster shield semi final.

3rd-5th Year Camogie team enjoying a recent trip to UL where they got to meet the successful Ashbourne Camogie team and management.







# Equestrian

1st yr students Gemma Mai Barrett, Aisling Tarrant and Mia Farrell who jumped in the Novice Interschools competition in Thurles. Congratulations to Gemma who came 4th place in the Novice Individual competition



Claire Hyland represented CDI & picked up 6th place in the Individual 1m Schools Showjumping Competition in Garranmore.



Well done to Rhea O' Sullivan, Claire Hyland, Alex Smith and Eve Parratt who represented CDI the Team showjumping competition in Garranmore

# Hockey



Junior Hockey girls enjoyed a good training session ahead of their upcoming game







# Rugby



28-24 win for the Coláiste U15's against Waterpark, Waterford in the Cleary Cup. Thanks to Kilfeacle and District RFC for hosting us 🏉  
Try scorers R. McGrath, T. Dunnes, and C. Collins (2); all conversions kicked by C. Hurley



Congratulations to the U15 rugby team who beat Cashel CS in their semi final

# Chess



Congratulations to 1st Year student Iva Gagula on winning a Silver Medal in Chess.



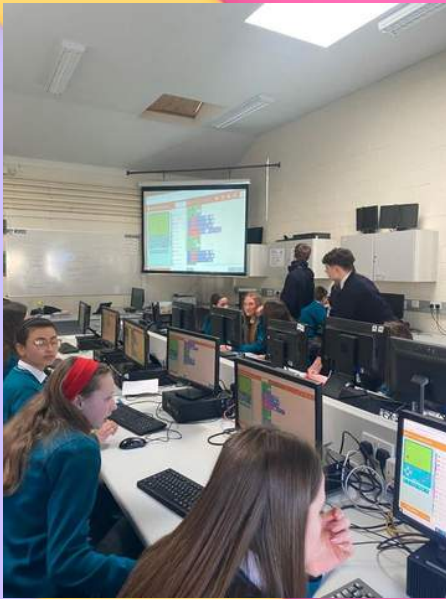




# Coding and MS Dreamspace



2nd years enjoyed a Microsoft Dreamspace Coding workshop, using MakeCode Arcade, helped by our TY DreamSpace Ambassadors!



Students celebrated #SaferInternetDay with a presentation by TY #MSDreamSpace ambassadors followed by a Kahoot quiz and wristbands from @Webwise

Ambassadors from TY participated in their 6th live workshop with Neeve Hyland from MS\_eduIRL Designing creative chaser arcade games in MakeCode Arcade 101. Plans being made to teach these skills to our 1st years too!





# Transition year



The Cahir Garda District Annual Senior Citizens Party is always a big highlight of the year for Coláiste Transition Years who love the opportunity to help out on the night!

Always a great evening filled with music, dancing, refreshments, and spot prizes



Transition Years enjoyed the starting process in becoming fully qualified soccer coaches.

Declan Barron and Jonas Kerr from the FAI completed the PDP1 course with the students which enables them to coach children up to the age of 9 years.





# Transition year



TY Ski trip 2024

TY students enjoyed a ski trip to Biberwier, Austria where they had an unforgettable experience; from learning how to ski on the magic carpet at the start of the week to going down red slopes just a few days later!

They enjoyed many other activities such as ski show, swimming, cards, walking up a ski slope just for pizza, and shopping which also lead to getting on the wrong bus!

TY students also enjoyed a trip to the highest mountain in Germany Zugspitze which is 2962m high!

Melissa a TY Student who spent the week with Vee Valley Day Care Centre for her work experience. Her Nannie Bernie was very proud!



TY students on work experience with Rockwell Music Academy.





# Transition year

Mighty work this week from Transition Years Jack, Euan, Niall and Luke who have been flat out helping renovate storage areas



Enjoying a good hike in Glengarra woods



Transition Years enjoyed a Coaching workshop with Graham O'Reagan. Some great ideas for improving the school environment were brought forward by the students.



Transition Years who visited Bramleigh Lodge Nursing Home for some fun games of Bingo with the residents!

They really enjoyed it.

Thanks as always to Bramleigh who provide this opportunity for our students to get involved in our community.





# Transition year

Transition Years enjoyed a fabulous day learning the art of coffee making with Dublin Barista School



Transition Years Brian, Emma, Jennifer and Lucy were delighted to have the opportunity to celebrate Seachtain Na Gaeilge by playing some trad music for the children in Cahir Bears



TY visit to Leinster House. A few CVs being prepared!







# SciFest



We celebrated our very first SciFest in the School.

Second year Science students showed off their scientific investigation skills that they had developed during their recent Classroom Based Assessment, which they had to take an idea from hypothesis to conclusion, designing their own experiments and measuring data.

There was something for everyone - from investigations involving hurleys to testing the best hair heat protectors on toast! All 72 students involved will now have a chance to compete in the Tipperary finals held in TUS Thurles in.

Thank you to our special guests Gerry Brennan, Geraldine O'Connor and Sean Foley for judging on the day - not an easy task.





# Well Being



The annual Coláiste Dún Iascaigh badminton tournament

## Challenges faced by young people:

- Physical illness
- Change of school
- Transition from primary to secondary school
- Change in family make up
- Change in friendship
- Conflict in family/friends
- Coming to school
- Exams/Tests

- You might get stuck on a problem or feel like a victim.
- You might turn to ways to cope that are not healthy such as drug or alcohol use, eating disorders or risky behaviours.

Do activities/hobbies that you enjoy

Physical activity every day

Sleep-8/9 hours

Make bedtime rituals

Eat a healthy diet

Practice how to manage stress

Find ways to relax-yoga, exercise, meditation, guided imagery, deep

## Being resilient:

- Being resilient can help protect you from depression and anxiety.
- Being resilient helps you deal with things that increase the risk of mental health conditions, such as being bullied or having a trauma.
- If you have a mental health condition, being resilient can help you cope better.

All of us need "one good adult" in our corner.

This is someone in our lives who gets us, who listens to us and who believes in our potential.

For many people a family member is their "one good adult".





# Leading Learners

First years took part in orienteering organised by the Leading Learners.  
Congratulations to the three winning groups!



## TABLE QUIZ

COLÁISTE DÚN IASCAIGH  
LEADING LEARNERS



WEDNESDAY, 8TH MAY  
7:30 PM



THE SCHOOL PE HALL



4 PEOPLE PER TABLE  
€40 - €10 EACH



LOTS OF PRIZES  
TO BE WON!

IN AID OF TY  
MEDJUGORJE PILGRIMAGE





# Junior Dún



Junior Dún students had a wonderful nail class presented by Leading Learners Lily Carrigan and Tia Cameron 🍷



# An Cuan



An Cuan doors had a recent refresh. Thanks to two TY students Lucia O'Donnell and Sara Dymarkowska for their work.



# Student Council



Students completing our school wide survey as part of our School Self Evaluation process.

Empowering Student Voice to enhance and develop our core values of Respect, Excellence in Education, Care, Community and Equality.

Some great feedback given.



Student leadership teams were working together with our Junior Students.

Well done to our Student Council, Mentors, Class Captains, Green Schools, Leading Learners and all the JC students involved





# Sustainability



The Green Schools committee are promoting a 'Marine Litter' campaign, to promote 'Marine Litter' awareness. The CDI Green Schools committee are trying to encourage and promote that everyone tries to recycle and put their rubbish into the correct bins, etc. Some facts may be of use for them in the future.





# Editors of this Newsletter...



“Learning Together to  
Achieve and Succeed”

Happy Easter!

