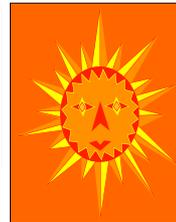




# Coláiste Mhuire Newsletter



Summer 2001

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## Be There Be Aware

At the end of another year, the students and teachers of Coláiste Mhuire are busy with their final preparation and revision for the Summer Examinations. For most Leaving Certificate students, this will be their final examination in the school and by next September many will be attending Third Level Institutions, some will have enrolled in PLC Courses and others will have gone straight into work. Results of the Leaving Certificate Examinations will be delivered to schools on Wednesday 15th August, where they may be collected by students. This year, for the first time students may use a special individual PIN Number to obtain their results over the phone or over the Internet. This service will operate from 12 noon on the day the results are issued, that is, Wednesday 15th August 2001.

Junior Certificate students have already committed themselves to taking either Pass or Honours in their examinations and they will not be allowed to change the level they have selected except in very exceptional circumstances. Results of the Junior Certificate Examinations will not be issued until middle to late September.

We wish all students every success in their examinations, encouraging them to put in that extra effort now, which will be reflected in the grades they obtain when the results are issued.

### Winners



The club started off the school year by entering two competitions - Ballygowan Young Environmentalist Project and the Lisheen Mine Schools Environmental Awareness Project. Our objectives this year were

- ⇒ To Look at ways of reducing waste
- ⇒ To maintain our own school compost bin.
- ⇒ To continue to give service to the local community who bought the compost bins.
- ⇒ To compare percentage germination in peat against that of our own peat compost.
- ⇒ To plan and plant a heather flower bed in Johnstown graveyard.

Last years group Patricia Orr, Mary Margaret Marum and Selina Power who represented the school in the Young Entrepreneurs Competition qualifying in the Kilkenny region and went on to the regional final in Ennis-corthy, took a year out to study for their Junior Cert. Best of luck to them.

The 4th Year member of the team Denise Ryan continued their enthusiastic work together with three other transition years Siobhain Tobin, Bridgid Fogarty and Aisling Tallis. The subject they chose

#### *Waste - it is our responsibility*

- With this in mind they decided to
- ⇒ Work with Spa Development doing work in the graveyard.
  - ⇒ Litter monitoring in our school.
  - ⇒ Composting experiments.

These young students have given an excellent example of positive action and should prove to everyone that it is far better to respect the environment than destroy it. By their actions they have reduced the amount of rubbish to landfill sites from our school and locality

by composting in school and in the 100 homes who have been supplied with the bins.

From our own experiments we found very positive results eg. 86% germination in home compost mix as opposed to 54% in peat.

From working with Spa Development we have got the confidence to plan and choose suitable plants for all year round colour. By far the most rewarding part of this project has been the very warm and positive response we received from all the staff in Coláiste Mhuire, Spa Development, parents of our students and all members of the local community who responded by purchasing the compost bins and leaflets which the students produced, local shopkeepers Mace, Sharkeys, Shem Delaneys, Kellys, Morrisseys, Ryans, Excell Heating and Plumbing insulators for sponsorship. Dunnes in Durrow for helping us select the plants, Mrs. Colchester who encouraged and advised on the direction our project should take. Local shopkeepers continue to supply newspapers for recycling.

28 teams from counties Kilkenny and Tipperary took part in the Lisheen Mines Competition. Five were chosen to exhibit and be interviewed on Thursday 24th May. The top five were Presentation Thurles, two teams from St. Joseph's College Borrisoleigh, Our Lady's Secondary School Templemore and Coláiste Mhuire. We were victorious on the day and the school was awarded a Tipperary Crystal Perpetual Trophy to be retained for one year and the girls won £100 and a Tipperary Crystal Trophy for each.

Many thanks to Lisheen Mines for organising the competition particularly Margaret Stokes, safety health and environment manager.

**£725 Cheque**

**P**resentation of Cheque to Luke Waldron - representative of Our Lady's Hospital for Sick Children, Crumlin. The cheque for £725 was collected through sponsorship by first year pupils as part of working for the community in their CSPE Programme. They were involved in the Jump for Joy Challenge by participating in a basketball blitz organised by their coach Martin Hehir who coached pupils earlier in the year. Congratulations to the first years on a job well done.



**U-14 Hurlers – stars of the future.**

**T**he Colaiste Mhuire juvenile hurlers capped off a great year with a string of successes that culminated in a great win over New Ross vocational school in ideal conditions at Nowlan Park on Wednesday evening, May 30<sup>th</sup>. Postponements due to the foot & mouth scare as well as poor weather had made this season exceptionally long. However, it failed to dampen the enthusiasm of a great bunch of young players, (mostly first years), who put in many hours of hard training honing their skills throughout the years.

Having disposed of Scoil Airgeal (Ballyhale Presentation CBS (Bagnalstown), and Borris Vocational school – after a slight scare they were ready for the big one, The South Leinster Final. From the throw in, the Johnstown boys showed their class. Big Jimmy Tobin at full forward had the ball in the net after just one minute and followed 3 minutes later by an equally classy goal from Keith Hughes. This sparked off a wonderful performance, especially in the first

half, that saw everyone on the team play above themselves in skill, passion and commitment – pure hurling at it's best. Try as they might, the New Ross boys could not live with this onslaught and Colaiste Mhuire ran out easy winners. The final score being 10-15 to 3-0.

**SOCIAL PERSONAL AND HEALTH EDUCATION**

S.P.H.E. has been in existence in our school for many years. It was previously taught as Health Education, or for others it was covered in the Home Economics, Careers, Science, Religion, P.E., C.S.P.E. and other classes. Each Junior Certificate class has one period per week, i.e. 40 minutes.

What are head lice?

They are tiny grayish white insects that live in the hair and feed on the scalp. The female lays her eggs (nits) on the hair close to the scalp. 7 to 10 days later the nits hatch & live for 20 to 30 days, during which time the female can produce 250 to 300 eggs. The empty nits are white in colour. They remain firmly glued to the hair and become more obvious as the hair grows, carrying them further from the scalp.

How could my child get head lice?

Anyone can pick up head lice. Lice can also be passed indirectly through the common use of brushes, combs and hats. Head lice do not reflect standards of hygiene in the house or in the school. They are just as willing to live in clean hair as an unclean head.

How will I know if my child has head lice?

The hair should be checked for the presence of nits. Pearly grey specks smaller than a grain of caster sugar. These are most commonly found around the nape of the neck and behind the ears. They stick firmly to the hair. If you see a white speck on the hair shaft, gently place the strand of hair between two fingers and slice the fingers down along it. Dandruff or dust will readily come away. Nits stick and can be felt as the fingers move over them.

What should I do if I find lice or hair nits?

A variety of effective preparations, shampoos and lotions, are available at the chemist. Shampoos kill the head lice but do not kill the eggs and thus must be used repeatedly until all hatched nits are killed. The lotions applied correctly, kill the nits and the hatched lice. Personal clothing, bed linens, and anything that might have become infested, should be washed in hot water where possible. (The hot cycle of most washing machines is adequate). Brushes and combs should either be boiled for 10 minutes or soaked in a dilute bleach solution for 1 hour. As head lice pass rapidly from one family member to another it is a good idea to treat the whole family at the same time.

**Who is it for ?**

**Colaiste Mhuire Summer Activity Programme**

The programme is open to all sixth class students who have enrolled or who intend to enroll for first year in Colaiste Mhuire.

**Where will it take place ?**

All activities will take place in the grounds of Colaiste Mhuire and will be fully supervised.

**Activities**

**Activities to be included in the Programme will include;**

- Web Site Design
- Fun Sports
- Quizzes
- Treasure Hunt
- Circus Skills with Tonnta Street Theatre Company
- Arts and Crafts
- Fun French
- Drama with Barnstorm Theatre Company.
- Games
- Getting to know your new school

The programme will run from Monday 16th July to Friday 20th July, daily from 10.00am to 2.30pm