

The House Journal of Cabinteely Community School

CCS Unlimited

Vol 1 Issue 5

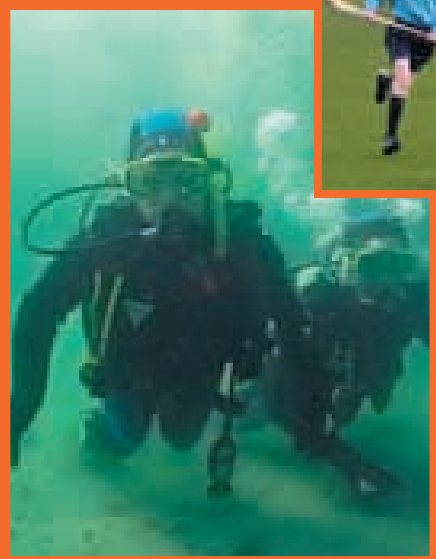
Includes
ALL
*PRIZES and
AWARDS*
2009
Full listings

THE WAY WE WERE
History of CCS
FESTINA LENTE
Equine Learning

Doing Business
Young entrepreneurs

Scuba Diving
Exploring the depths

Flying the Flag
The school goes green



CCS Unlimited

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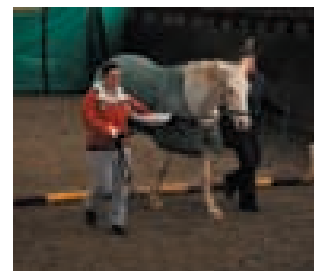
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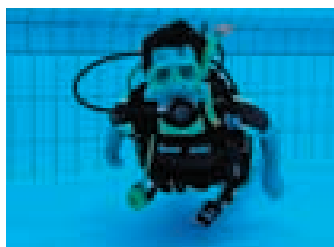
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CABINTEELY COMMUNITY SCHOOL

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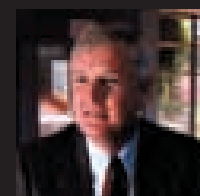
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A Welcome from the Principal



Helping students be 'the most that they may be'

In Cabinteely we believe that every student has potential and that every student deserves the chance to reach his/her potential. With this in mind we strive to provide a *Holistic Education* for our students, that is an education aimed at helping students be the most that they can be. Providing a Holistic Education means we are concerned with the development of every person's intellectual, emotional, social, physical, artistic, creative and spiritual potentials.

Students must not only be offered an education; they must actively participate in it. The degree to which our students participate in their education and take advantage of the opportunities available to them will be very evident to you as you browse through this edition of *CCS Unlimited*.

Sometimes, however, support and guidance needs to be offered to students so that they will be able to take advantage of the opportunities available to them. With this in mind I would like to quote from a small piece I came across recently which impressed me:

Don't undermine your worth by comparing yourself with others.

It is because we are different that each one of us is special.

Don't set your goals by what other people deem important.

Only you know what is best for you.

Don't take for granted the things closest to your heart.

Cling to them as you would your life - for without them life is meaningless.

Don't give up when you still have something to give.

Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect.

It is this fragile thread that binds us to each other.

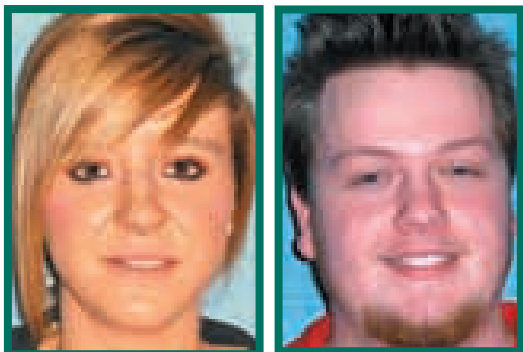
Don't be afraid to encounter risks - it is by taking chances that we learn to be brave.

Long may our students continue to seize the opportunities which life presents them.

Best wishes

Joe Keane

From The Captains



We would just like to say how honoured we are to have been chosen as your school captains and how privileged we are to be writing to you.

We can't believe that sixth year is now almost over. We will always remember the day when we got called out of Irish class. We met with Mr. Keane in his office. Our hearts were in our mouths. We wondered why we were there. Mr Keane sat us down and didn't waste anytime telling us that we had been chosen as school captains. We couldn't believe it!

While we are sad to be leaving Cabinteely, we know it is the beginning of another chapter in our lives, which we are looking forward to. Some of us will go on to college while others will go into the workplace. So we wish all the sixth years the best of luck in these uncertain times.

On behalf of the year we would like to thank our former year heads Ms. McCarthy and Ms. Duncan. We can't forget Mr Farrell, even though some of us have only had him for the past two years, we feel like we've known him for the past six.

We would like to thank all the staff in Cabinteely including Mr. Keane, Mr. Moloney and the teachers. We'd also like to express our appreciation to the caretakers and the office staff who work so hard behind the scenes.

The school recently built a new astro-turf pitch. It's too bad that they waited until we were in sixth year because we won't get much use out of it! Carlingford has become a tradition for all the fourth years. We went in 2007 and yet we still remember it like it was yesterday.

This year also saw the beginning of the Cabinteely to Africa Project. Over the year there has been a non-uniform day, a sleep-over, raffles and many more events, all to raise money for this project, which will take place in February 2010.

So to all the sixth years, we couldn't have asked for a better group of people to spend our school days with. The memories we have made will stay with us forever.

Finally we would just like to wish the best of luck to the third and sixth years in their coming exams and to next years school captains. They have a lot to live up to!

Rachel O'Mahony Jonathan Byrne

Debating News

This year the debating team consisted of mainly Transition Year students. Students who participated included Sean Naughton, John McGuinness, Oliver Carey, Laura Byrne, Jodie Kelly White and Leah King. They participated in the Concern debates which consisted of three rounds. In their first round they faced Loreto Dalkey with Cabinteely opposing the motion that 'Genetically Modified food is essential in the fight against World Hunger' Cabinteely presented themselves very well and fought their case passionately. Unfortunately, they were narrowly defeated by Loreto Dalkey. All eyes were then focused on the next round which took place after the October midterm.

Their opponents this time were Holy Child, Killiney. A lot of hard work went into preparing for the debate and a new member joined the team in the shape of Leah King, a first time debater. This time Cabinteely had to propose the motion that 'The Bebo generation care little for the developing world.' On the night the team gave it their all. While watching, I was proud to be associated with Cabinteely Community School. It was a slight disappointment to lose

out but on a positive note, Leah King was voted best speaker on the night. This was a huge achievement for Leah and the team especially as it was her first ever debate!

Unfortunately the final debate in this round did not go ahead due to unforeseen circumstances but the team and all involved thoroughly enjoyed their experience. I was extremely impressed with the determination and ability of the students throughout the debates. They showed bravery by standing up in front of a crowded room and fighting their case. As anyone who has taken part in debates can vouch for, it is no easy task. The team members have improved a huge amount from September and will be a force to be reckoned with next year!

On a final note, Ms Collins departure at Christmas time was a big shock to all students especially the debating team. Ms Collins has worked with the students for many years and put a huge amount of time and effort into the debating club in Cabinteely Community School. Her energy and enthusiasm will be sadly missed but I am sure the debating team will do her proud again next year!

Ms. Parkes



THE MUSIC PRACTICALS

Before our music practicals, each person in our class described their feelings. We felt nervous, sick, anxious, worried and panicky!

In preparation for our practical music exams, we would each get up in front of the class and do a mock practical during our double class. This was not easy for some of us! We had to play all our pieces and do a memory rhythm test. In the memory rhythm test, the examiner would play a short melody and we would have to clap or sing back the melody. We had a lot of practice doing this in class so that

we would be prepared for the actual test. On the exam day, we were all very nervous and we had a talk with the examiner. She was very kind and she is a music teacher herself so she knew how we felt. It was helpful to know that the examiner was nice. We were each called out of our classes when it was our turn. Some people did their practical in groups. When we were finished all our exams we had our normal music class. We talked about our feelings, we were happy, feeling great, glad and relieved it was all over. We learned that we should be more relaxed and not to worry too much. We know now that "practice makes perfect".

Orla Parsons says that students doing this exam in the future 'should practice every day' and Laura O'Mahoney says 'not to be nervous'. Ms. McMorrough encouraged us all and said that we were very capable.

Michelle was deadly on the drums. Josephine sang well with Michaela. Laura and Kayleigh were great on recorder and so were Orla and Lynsey. Cecilia did a solo on recorder and it was great.

Third year music class

BUSINESS IN THE COMMUNITY



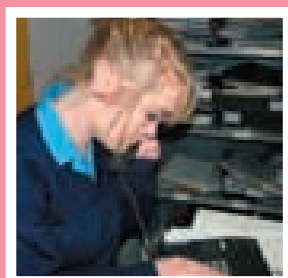
Cabinteely Community School has had links with Bank of Ireland, Cabinteely for the past four years. It takes the form of a Mentoring Programme, which links students and bank employees over two years. Students learn about working life, and the various roles and job opportunities in the financial services sector. Bank employees pass on tips on CV preparation, job-hunting, interview techniques and college courses. Social events are always part of the programme, although students learned during this busy year in banking that sometimes pressing demands on employees must take precedence over socialising!

The link was established by Business in the Community (BITC) which brings schools and industries together in various schemes all over the country. Cabinteely Community School also has strong links with Becton Dickinson (BD), a long-established company on Pottery Road. Activities include a tour of BD for a group of our LCA students and visits to the school by BD employees. BD is a pharmaceutical company which manufactures the needles for insulin pen-injectors used by people with diabetes. It is a highly specialised and automated working environment, with sterilised conditions being very important. BD supplies a large amount of

the needles required worldwide. Students have positive experiences of being involved in these two contrasting links, and horizons have been expanded for all who took part. Both links are helpful in demonstrating real life applications of what is learned in school, and the realities of working life.

The culmination of the Mentoring Programme 2009 was a presentation of certificates by the Minister of Education and Science, Mr. Batt O'Keeffe. This took place in the Department headquarters in Marlborough St., Dublin

d'Village – Ireland and the World



At the beginning of the year, Mr. Keating asked our business class to get involved in a project outside of school called Children's Hope "d'Village".

Seven pupils volunteered to take part in this project. They were Leah King, Jonathan Kelly, Kealyn Dunne, Aoife Sheridan, Glenn Patel, Danielle Costello and John Burton. The project involved going to IADT every Monday evening after school until 6:30 p.m. Many other schools participated in the project, including St. Joseph's of Cluny, St. Brendan's College, St. Laurence's College and Loreto Foxrock.

Each group were given a country to represent. Our group was given India. Other countries included in d'Village were Canada, France, Malawi, the Netherlands, St. Lucia and Tanzania. The project was in two modules, the first ran from September to December and the second from January to March.

For the first module each school group was paired with a group of business students from IADT who became our leaders. Our mentors were Chloe, Michelle and Michael. The first module involved each group finding out information about their designated country. Then we had to present a PowerPoint detailing our country's economy. At the end of the module we had to present our PowerPoint in front of an audience which included the ambassadors from some of the countries and the other participating schools. This was hard for some of us to do because either we were

not good at public speaking or simply we were nervous. But we practiced every Monday and gradually we improved.

The second module ran from January to mid February. During this module we had to design and make a stall to sell products from the country we were representing. We also had to get the products ourselves from our twinned country. Our group contacted a man called Michael through Ms. Casey and he supplied us with the products. They included hand carved wooden ornaments and silk paintings.

At the end of this module we had to sell our products in a "mini village" made up of the different stalls. This was held in the concourse in Dun Laoghaire. The "mini village" ran on the Friday and Saturday of St Patrick's weekend. Friday was the opening day and lots of people turned up. The ambassadors from each of the countries represented in the competition and the Mayor of Dún Laoghaire Rathdown Council were there. All the money made went to the Children's Hope Organisation

Children's Hope was something we enjoyed going to each week and not something we felt we were made to do. It gave us a chance to become more confident and also it gave us a chance to meet new people and make friends.

If a project like this is running for fourth years next year we would advise as many fourth years as possible to get involved because its well worth your time.

Leah King

CHRISTMAS FUN



As an exercise for First Year Business we were required to set up and manage a mini business. We decided to form a team. After some research we decided to make and sell Christmas Centrepieces.

Some of the things we learned from doing our small business included:

- How to work together
- How to run our own business
- How to budget money

We had a lot of fun doing our mini business and we were picked to represent the school in the Regional Student Enterprise Awards. This was a major achievement for us. It was also great fun making more money! Some advice we would give to other people doing a mini business:

- Don't be afraid to ask people for help
- Choose a easy and simple business
- Have fun and enjoy it

Niamh Byrne, May Dorog and Chloe Hennessey

I-Scream Project





PHOTO OF GRADUATION 2009

From left to right (Back): Tom, Lynne, Pia, Breda, Deborah, Siobhan, Tina, Maria

Front: Irene, Anne-Marie, Sharon, Norah, Linda, Kay

BACK TO THE FUTURE!

Future Studies students enjoyed their Graduation Night at the Fitzpatrick's Castle Hotel on Thursday May 21st. The Future Studies programme delivers computer and business skills to adult students during the mornings, during the school year. It was a night filled with laughter, song and a little wine. Graduates, aged from 25 to "I can't remember" were delighted to receive their certificates after a very busy year. Students receive FETAC, ECDL and School Certification. Our students include: retired people, full-time homemakers, unemployed people, part-time workers, young and old, male, and female.

The programme is in existence since 1987 and students over the years have found it easy to fit in with the other demands of daily life. Mary said, "Being able to study in the morning was a big attraction. We were able to organise dropping children to school, household chores and working hours to fit in with attending classes. It was also a great help to be able to just pick and choose our subjects and to study at our own pace." Tom who is retired came to learn how to use the Internet and stayed to

learn how to use several other computer programmes.

Joseph Keating who is responsible for the Adult Education by Day Programme is very pleased with the feedback he has received from students. "Students can study as little or as much as they like. Being able to attend in the morning makes it possible for people who are working at home or indeed outside the home to do further studies."

Joseph is delighted with the success of students. Many have obtained employment because of the new skills obtained on the programme. Others have gone on to study degree courses and other students delight in telling their children and spouses how to operate the computer!

Joseph would like to leave the last word on the programme to the graduates from 2009. Breda "The course is excellent and very interesting and covers a wide range (of subjects). The teachers are very encouraging and supportive and very willing to help with any problem. I really

enjoyed the course and it has certainly boosted my confidence." Deborah goes on to say that "I can't believe what I have achieved in such a short space of time. I have really enjoyed myself and would have no hesitation in recommending this course"

Certification is recognised nationally and internationally through FETAC, a government body with responsibility for ensuring quality and excellence in further education. National Certification is provided in each module taken. The government under the National Development Plan, funds the programme with fees for the FETAC course only €150 for the year (fees can be reduced or waived depending on personal circumstance). Grants are available for qualifying applicants and the programme is also approved for long-term unemployed. ECDL certification is also provided.

Cabinteely Community School also has a very successful Adult Education Programme at night managed by Breffni Early with over 1200 students each term in attendance.



Our business started with a competition for the second year business class. We were put into groups. Each group had to start up a business. The winner would go forward to the Y.E.S. competition. Our group decided to sell ice-cream cones. Our main rival was "Yankees Hotdogs". We decided to finance the business by putting in €10 each. This money would pay for expenses such as: cones, ice-cream and toppings. The two food groups involved in the competition had to do a health and hygiene test to show that we knew how to produce food in a clean environment. We received our

health and hygiene certificate to show that we had passed. Two weeks later we had the sale and it was a great success! We had Kieran taking money, Shauna and Stephen on toppings and Erica on scooping the ice-cream. We made no profit that day but we came out with no loss. On the second day we made a profit. Our business teacher chose our group "I-scream" and "Yankees Hotdogs" to get ready for the competition. We had to decide on new products and a theme for the day. We asked our art teacher to help us by drawing some posters for the competition.

The day came and we went to the Royal Marine Hotel to set up our stall. Unfortunately the "Yankee Hotdog" group couldn't do the day for health and safety reasons. The ice-cream was a massive success. We had Tesco's helping us to re-stock during the day. We changed jobs for the day. Kieran was scooping the ice-cream, Erica was doing the sauces with help from Stephen and Shauna was taking

up the money. The judges all came around praising us on such a good job! They then announced the winners for our year. They called "I-Scream" for third place. We were delighted! We got our photo taken for newspapers along with our glass trophies and €100 voucher for the Dundrum Town Centre. Our group and school are amazed with our business. We are glad we entered the competition!

YOUNG ACHIEVERS

Junior Achievement, one of Ireland's leading children's charities, is part of a worldwide organization reaching out to 8.3 million young people each year. It was established in Ireland in 1995 and since then has built up a strong demand from schools throughout the country and created successful partnerships with over 150 leading organizations.

Junior Achievement is helping to create a culture of enterprise within the education system. It also helps young people prepare for the world of work, giving them skills in communications and preparing for interviews.

Financial literacy programmes teach students how to manage, protect and make the most out of their future salaries. As we move towards a knowledge-based economy Junior Achievement is also bringing science and maths skills to thousands of young students nationwide through its programmes and events.



Programmes begin at primary school level, teaching children how they can impact the world around them as individuals, workers and consumers and continue through to secondary school, right up to age eighteen, preparing students for their future careers.

Junior Achievement Programmes use hands-on experiences and activities to help young people understand the economics of life. In partnership with business and educators Junior Achievement brings the real world to students, opening their minds to their potential.

All volunteers are fully trained in the workplace and schools teachers are also aware of their role in the programme.

This involved various volunteers from the locality coming in to the students for one class a week for a ten week period.

**Myles Harcourt
Bronagh Friel
Baxter Healthcare Ireland**



Young Achievement Programme

Anna Graham

The young achievement programme is where workers from local businesses volunteer to teach students to stay in school and get good grades. The programme was run in Cabinteely once a week for six weeks.

On the first week our volunteer gave us a talk about how she studied in school in order to get the points she needed for her college

course. Our volunteer studied business and she is now employed by British Telecom.

Throughout the following weeks we did a lot of activities.

We played a board game showing us the consequences of making bad choices in life. We also played this game where, there were posters around the class with a question and three answers on them e.g. for lunch would you

a) buy it in the canteen,
b) go to a restaurant
c) pack your own.
If your job cards salary was higher than your expenditure you would win. We also got a workbook with lots of quizzes and advice on the career that best suits you.

I found this course very useful as did all of my classmates. I would like now to thank the volunteers and all the people that helped to make this opportunity possible.

YOUNG ACHIEVERS

THE DYNAMITES

The DYNAMITES were formed in November 2008 as a Transition Year Business Project by Lee O' Neill (Managing Director / Finance Manager), Jodie White (Production Manager / Marketing Manager) and Lee Brown (Sales Manager / Technology Manager)

"Our product is an attractive small pocket size booklet. The book summarises what our survey found to be the most difficult topics in Maths at Junior Certificate Ordinary Level. We chose this product because we found the revision books in the market were all very hard and quite long.



Lee Brown
Sales Manager
Technology Manager



Our goal was to make money and donate 40% of our profit to the Cabinteely to Africa Project. We plan to put the rest of our profit into expanding our business.

From our project we have learned how hard it is to run a business and how one person can rarely do everything. We have learned how to work as a team. This is a new experience for us all and we found out just how much you have to communicate with your business partners. One of the main things that we have learned is how committed everybody has to be to one task to ensure success."



ADL BADGES was founded by Aimée Friel, Danielle Costello and Leah King as a Transition Year Project for Business. Personalised badges are not commonly known. Usually you have to go on the internet to get something such as badges personalised. People are happier to purchase their product when they can receive it immediately rather than waiting for it (as they have to if buying online).

We had a large target market, from family and friends, to students and staff in our school. With a product like badges you have an unlimited target market. Posters were placed around the school to notify people when the badges were going to be on sale. We also wore them on our school bags and jumpers to promote them and advertise them.

We had difficulties in getting together after school to make the badges. To avoid this we set aside a particular day to dedicate to the business project. Despite the difficulties it was fun and we learned how to be positive and imaginative. We also enjoyed attending the competition in Dublin city where we had to present our business and learned from the other competitors.

VIRTUAL FOOTBALL© – a Win for Cabinteely!

Virtual Football is an enterprise established by John McGuinness and Shannan McDonald as a Transition Year Business Project. Students could play in the Virtual Football Tournament at lunchtime on payment of an admission fee of €5. The lunch time games operated from October through January, in front of a paying student audience, who could view the action on a large screen. A data projector was used to project the action.

A final match was played in front of over eighty fourth year students who paid €2 entrance fee to watch the two finalists play each other for the Virtual Football crown and a prize of €50. Refreshments were also sold. Our gross income was €446.25. Our net profit was €406.25. A profit of €196.25 was made from the final match and this amount was donated to the Cabinteely to Africa Project

In the face of stiff competition our business was nominated to represent the

school in the regional competition for the Student's County Enterprise Awards (Senior Section) which was held on Thursday March 26th in the Royal Marine Hotel. There were thirteen other schools in our section competing for the coveted €300 prize along with qualification to proceed to the national final in Tullamore, Co. Offaly.



Our stand consisted of a PS3 for people to play and pictures of the tournament, as well as our report, a PowerPoint video and a presentation. We had three separate interviews with the judges during the competition. Just before the announcement of the senior winner we were really nervous and worried, as the team we felt most threatened by had not come second or third. We thought it was either them or us.

When the judges announced "Virtual Football" there was a huge scream from the audience. We were ecstatic and delighted. We would like to thank our Principal Mr. Keane and our Business teacher Mr. Keating for their support and facilities. We would also like to thank our Year Head Ms. Gleeson for putting up with all the hassle and the Dún Laoghaire Rathdown Enterprise Board who sponsored the competition.

John McGuinness & Shannan McDonald

Wiecznie Zielona Wyspa

Pamiętam jakby to było wczoraj, słoneczne, bezchmurne niebo, zawieszone nad tym rozległym i wiecznie ruchomym miastem. Tak przywitał mnie Dublin w dniu, w którym po raz pierwszy postawiłam stopę na irlandzkiej ziemi. Jeszcze wtedy nie wiedziałam jak rzadkie i krótkie są te piękne, słoneczne dni w kraju, w którym deszcz to codzienność.

Przylatowałam do Irlandii w połowie sierpnia, więc miałam tylko 2 tygodnie na to, żeby przygotować się do jednego z największych wyzwań jakie mnie tu czekały, a mianowicie: irlandzkiej szkoły.

Nadal poczuć strachu, a nawet przerażenia jest dla mnie tak samo realne, jak tego pierwszego dnia w Cabinteely Community School. Nie znalazłam nikogo, a na dodatek balam się rozmawiać po angielsku myśląc, że będę wyśmiana. Pierwsze trzy tygodnie były ciężkie, miałam duże problemy z rozumieniem nauczycieli, tym bardziej uczniów, starałam się trzymać z boku i żarliwie się modliłam, by mnie o coś nie pytali.

Muszę przyznać, że mój strach był całkowicie niepotrzebny; kiedy już przelamałam pierwsze bariery, zauważyłam, że każdy nauczyciel stara się mi pomóc jak tylko może. Praktycznie na każdej lekcji pytali się mnie czy wszystko rozumiem i czy nie potrzebuję pomocy =). Uczniowie też nie byli tak straszni za jakich ich miałam na początku. Nawet jeśli w rozmowie z nimi zdarzały mi się jakieś pomyłki lub wpadki, oni byli gotowi przymknąć na to oko i pomóc mi w razie potrzeby.

Irlandzkie szkoły nie różnią się od polskich tylko podejściem do uczniów: tutaj stosunek nauczycieli do nich jest bardziej przyjazny, sprzyjający nauce. Jedną z wielu dla mnie nowości były obowiązkowe mundurki dla każdego ucznia w szkole. W zależności od tego czy jesteś seniorem (4ty-6ty rok nauki) lub juniorem (1szy-3ci rok nauki) twój uniform ma ustaloną kolorystykę i krój. Dziewczyny noszą obowiązkowo spódnice, a chłopaki spodnie.

Zmiana ta bardzo mi się spodobała, ponieważ ludzie nie są tu osądzani na podstawie tego jak się ubierają, a co sobą reprezentują. Nie istnieją tu takie same podziały jak w Polsce, przynajmniej nie w szkole.

Teraz jestem już w szóstej klasie. W tym roku piszę irlandzką "maturę", którą traktuję jako następne wyzwanie i choć nie jest łatwo pozbyć się uczucia przerażenia na czekający mnie sprawdzian dorosłości to nie tracę pogody ducha. Wiele się w tej szkole nauczyłam i będzie mi smutno opuszczać to miejsce, które zawsze będzie dla mnie ważne.

Zaczynam się robić sentymentalna więc czas już kończyć. Dla osób, które będą tak samo przerażone jak ja w pierwszy dzień szkoły mam tylko jedną radę: -Nie bój się i rozmawiaj jak najczęściej, nawet jak ci coś nie wyjdzie nikt ci nie urwie głowy =].

Tomaz Kaliski

CABINTEELY COMMUNITY SCHOOL

Ang buhay ng estudyante sa paaralan Cabinteely. Sabi ng mga tao ang buhay sa high school ang pinakamasaya. Kaya kahit na may kaba sa loob pakiwari ko eto ay isang maganda, mahirap, at masayang yugto ng aking pagbibinata.

Nang una kong Makita ang eskwela nagkaroon ako ng interest at pananabik na makita ang kabuuan ng paaralan. Magkaroon ng pagkakataon na makilala ang mga guro at estudyante na makakasama ko sa loob nang anim na taon. Makakilala ng mga bagong kaibigan na magbibigay ng buhay sa mga okasyon ng paaralan, makakasama sa paggawa ng mga pabaon gawa, mga opinion sa mga akademya. Diskusyon sa loob ng klase. At higit sa lahat sa pagtitinbang kung sino ang maganda, matalino at malokong babae sa klase.



Eto ang yugto ng buhay sa paguumpisa ng bagong kabanata sa pagbuo ng mga panganap. Ang pundasyon para maging Matagumpay sa kurso o propesyon na iyong magugustuhan o pipiliin sa kolehiyo. Dito sa Cabinteely natutunan ko na magkaroon ng kompidensya at tiwala sa aking kakayaran. Itinuturo din dito na maging maibilidad at pursige na ipakita ang nyong talento. Disiplina sa pagaaral sa pag hawak ng oras at maging sa pakikitango sa aking mga guro at kamag aral.

Matutong irespto ang mga pagaari ng eskwalahan at higit sa lahat ang mga taong nakapaligid. Ipinapaalam din kung ano ang tama at mali.

Sa yugto ng buhay naito hindi kailangan sobrang seryosa, kailangang maging Balanse. May lara, may paglolokohan at may aral kung kailangan. May oras sa paglabas kasama ang iyong mga kaibigan. Tama ang sabi ng mga magulang ko sa buhay naguumpisa ang pag-aaral at disiplina at sa eskwelahan matutunan at maipagpapatuloy sa tulong ng mga guro kung ano ang meron sa ating na ginagalawan.

Sa aking nanay marami akong nalaman sa pag aaral at natutunan at patuloy ito hangat may mga guro na matiyaga na magtuturo na may pasensya.

Erwin Bonifacio

Taking a Break

at the *Lunchtime Club*

CCS Unlimited
PICTURE SPECIAL



In the lunchtime club I enjoyed myself because there is so much to do. There is an air hockey table, football table, two pool tables and small games like connect four, chess, etc. The lunchtime club is a great way

to make friends and to have fun on Tuesdays and Thursdays. If you look around in there you can see that basically everyone is laughing and having a great time.

In the lunchtime club it's important to keep to the rules or it will be a lot harder

for everyone to play games. E.g. you are not allowed to lift up any of the tables and you are not to spin your people on football because it ruins all of the fun.

But all and all the lunchtime club is a fantastic place to be.

Kieran Kenny

Equine Assisted Learning at **FESTINA LENTE**

Festina Lente in Bray is a foundation which provides a range of training, occupational, learning and employment opportunities for people whose needs are not being met in mainstream services. Their services are delivered through horses and horticulture. All of their activities encourage individual choice, personal development, achievement and progression.

Since June 2008 Cabinteely Community School has sent twenty one students to take part in

Equine Assisted Learning (EAL). EAL is a process where young people work with horses to develop their emotional growth, personal awareness, relationships and trust. The team involved is made up of the horse, the participant, the equestrian adviser and the facilitator.

The benefits of EAL are improved self-awareness, self-confidence, communication skills, relationship skills, problem solving and teamwork. Horses are able to

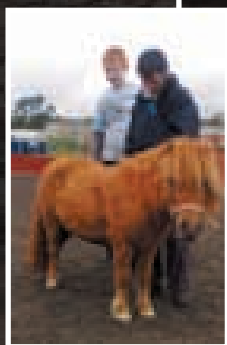
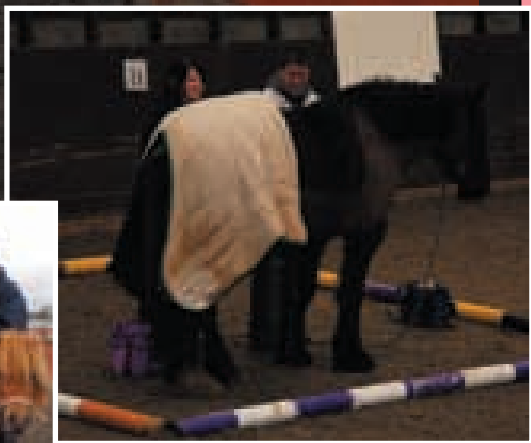
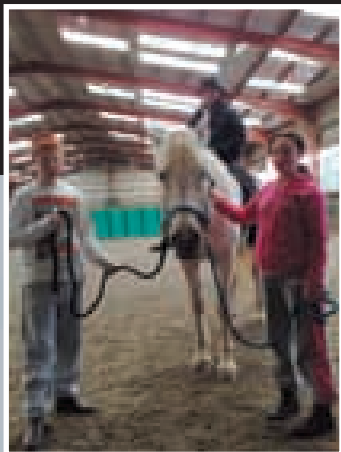
read the most subtle cues and respond to the messages people give to them in that moment with complete honesty. Horses reflect back the emotional state of the participant, so that people learn that if they change their behaviour, the horses will respond differently. Also, accomplishing a task involving a large and powerful horse instills confidence and self-assurance which the participant can bring to other challenging situations in their lives.

All of the students involved benefited greatly from their experiences in Festina Lente. A big thank you must be given to their facilitators Jacinta Holly and Essie Martin who have always shown a great amount of patience and understanding towards all of our participants.

The EAL is sponsored by AIB's Better Ireland Programme

Eoin Mac Maoilir





All of the horses I worked with had different personalities. Here's what I thought of them all:

Plum: 6/10 - Didn't listen much, not really a favourite.

Caeser: 9/10 - Great Horse. Reminds me of myself. He's a favourite.

Paddy: 9/10 - At first I didn't like him but he turned out to be great.

Splash: 10/10 - Brilliant horse. Listens well. My other favourite.

Siofra: 5/10 - Dozes off a lot and hard to work with.

Alanna: 5/10 - Same as Siofra and hard to work with.

The tasks were very hard at first but over time things got pretty easy. I learned how to communicate with horses and how to groom, lead and trust them. I liked everyone and everything about it. Jacinta and Essie were very nice and helpful. I am glad I got picked to go to Festina Lente and I would like to go again if I could. I really enjoyed myself.

Gary Farrell

PERSONAL VIEWS

My Favourite horses were Siofra and Plum because they understood my feelings and what I wanted them to do. They had good connections with me

One task we did was in the round pen where we made a horse we working with trot, walk and stop with a special wand. We also did a trust ride where we got up on the horse and went around the indoor arena to soft, relaxing music.

I liked the whole thing because it was enjoyable with the atmosphere, the people and the horses.

I learned to be more responsible and to be more relaxed and calmer with people and animals

Megan Warren

I liked Paddy the most in Festina Lente. He was very playful and calm. Paddy and I had a good bond with each other.

At Festina Lente we did multiple tasks with the horses like leading them, grooming them and we played billiards (a task where the team of students need to get the horses into different squares without physical contact) with Paddy and Clyde. At first billiards was hard but we pulled though and got them in the squares.

On our last week we did a trust ride. I did not want to get on but I led Plum around the arena. It was good fun.

I liked leading and grooming Paddy the most. I also liked learning how to take off the head collar. I also liked the trust ride. But mainly I liked being there with the horses and the whole experience.

I still wish I could go back and learn more than leading, grooming, putting the head collar on and off and leading without a lead.

Graham Sherry

I really enjoyed Festina Lente.

There were lovely horses up there and my favourite was Bonny. She had a friendly personality and was a good horse to communicate with.

When we were down there we would do different tasks. These included getting the horses to complete obstacle courses that were like big puzzles. We would do these as a team. On our own we used to try and make them go around the round pen - this was very hard. We also learned how to lead and groom the horses.

At the end I did a trust ride around the arena. I really enjoyed that. At Festina Lente I improved my communication skills and concentration.

Our time down there was hard and frustrating but overall it was very good.

Kieran Kenny



On the 26th of November the two fourth year French classes along with Mme. de Grae, Ms. Nolan and Mlle. Varin set out at 8 o'clock to Bundoran in Co. Donegal for a French adventure trip for three days. It was early so we were all still half asleep and we were all looking forward to being able to catch up on our sleep on the long bus ride up north.

When we first arrived in Bundoran we were assigned our rooms. The lads were given basic rooms with a communal shower while the girls got their own ensuite rooms and shower. A great start to the trip for the girls. We then had lunch and went out to do some team building activities. There were two teams. Everyone got really into the activities and it became a full on fight to win.

My favourite activity was the Nightline when we were blindfolded and brought on a walk through all sorts of ponds, tunnels, mucky fields and even a river we came back absolutely drenched and mucked up to our eyes while Ms. Nolan, Mme. de Grae and Mlle. Varin sat in the video room all warm and clean laughing at us. Many other people thought the surfing was the best activity but I hated it. I was frozen and felt my toes were going to fall off but people like Jacob, Shannan and even Ms Nolan proved to be very good surfers. The best moment of surfing for me was getting on the bus back to a warm room. I'd say most of the rest of my classmates enjoyed surfing on a cold November Bundoran day. Some more of the activities we did were rock climbing, abseiling, high ropes and

watching a video every night along with going for dinner at a local restaurant in which we were warned about the "mad Bundoran drivers".



Even with all of the amazing activities we still had a French class every morning with a teacher named Vicky. Although many of us thought the classes would be boring they actually weren't and were a good laugh while we were also learning some French. For me this was one of the highlights of fourth year. C'était formidable.

John McGuinness

Camille writes

Il y a huit mois, je suis arrivée en Irlande pour être assistante de français à la Cabinteely Community School. Tout était nouveau pour moi : le pays, la langue, les élèves... Il y a beaucoup de choses qui m'ont surpris dans l'école: les haut-parleurs dans les classes, les transition years, les cours de religion... Tout ça n'existe pas en France ! Et je me suis habituée à l'école, aux élèves, à la vie ici en Irlande et j'ai passé une très bonne année. CCS est une école mixte très vivante et dynamique, où il est vraiment agréable d'enseigner. Il y a une très bonne ambiance parmi les professeurs grâce au proviseur et au proviseur adjoint et c'est très agréable. En ce qui concerne le département français de l'école, je tiens particulièrement à remercier Mlle Nolan et Mme De Grae pour leur aide tout au long de cette année. Les élèves étaient vraiment sympathiques et je n'aurais échangé mon poste d'assistante à la Cabinteely Community School pour rien au monde !

Camille Varin.

La Semaine Française



The second French week of Cabinteely Community School took place from Tuesday May 5th to Friday May 8th. The Fourth Years organised "La Semaine Française" with the help of Madame de Grae, Ms. Nolan and Camille our French Assistante. We organised lots of events such as the Second Year table quiz which was organised to raise money for the Africa Project, so thanks a million to all who participated. The French film at lunch time didn't work

out due to technical difficulties but there's always next time. We also organised a French breakfast (pain au chocolat, croissants) for the teachers which was greatly appreciated. The Fourth and Fifth Years had a French quiz in classes also. There were lots of posters around the school to help you with your French. So PARLONS FRANÇAIS. C'est genial. Until next time....

Kealyn Dunne and
Danielle Costello

CABINTEELY AFRICAN PROJECT 2010

As part of our Transition Year Programme, we established a cultural and educational project called 'Cabinteely African Project'. This entails six students and three members of staff travelling to Kenya in February 2010 to work with the Ursuline sisters in their various schools and dispensaries. The six students chosen to travel are Sarah Bell, Tadhg Blake, Lee Brown, Leah King, Adam Larkin and Alan Turner. Sarah said that she applied for this project because she felt it would be a great experience, she loves working with children and the project is for a good cause.

Ms. Casey originally spoke to the Fourth Years about the proposed project and offered every student an application form to apply to travel with the project. On this form, the students were asked various questions ranging from health issues to their reasons for applying. Based on these application forms a number of students were selected to go forward for interview, which was daunting at first. Those that were not picked for interview showed great character by signing up for the fundraising and advertising committees anyway. As a result of the interview six students were chosen. Ms. Casey and Ms. Gleeson then held a parents information evening for the parents of those travelling. The reason Adam applied for the project is because he felt it would be a new experience and that he would learn a lot and hopefully share his talents with children of a different culture. His family were also a big influence because they encouraged him to apply for this project.

The group plan to hold sports and dance workshops with the children in the schools of Kenya. This involves showing them the basic skills of Irish sports and various dance routines. This links into the courses that the students have done throughout Transition Year and also their own personal talents. They also plan to do any refurbishment or manual work on the various Ursuline schools and buildings.

They will also be working in the many medical dispensaries that the Ursuline sisters run in Kenya. They will talk to the patients and sit with them while they wait to be treated. We have already started our fundraising for computers, teaching materials and equipment for the schools in Kenya and we are pleased to announce that, to date we have raised €10,000. This was a team effort with students and staff, organising sponsored walks, women's mini marathon, teacher vs students basketball matches and golf classics. We really appreciate all the support and effort people have put in to make this possible. Our fundraising will continue until January of next year. The reason that Tadhg applied for project is because he felt this would be a life changing experience, a once in a lifetime opportunity, to know that he can help people in need and hopefully make a difference to their quality of life.

On behalf of all six students we would like to thank the school for giving us this opportunity for an experience of a lifetime and we would also like to thank out fellow classmates for supporting us 100%. We will do our best not to let you all down. Thank you.

Sarah Bell, Tadhg Blake, Lee Brown, Adam Larkin, Leah King, and Alan Turner.



THE SCORE

CCS Sports News



Under 16 Hurling

2008-2009 was the first year Cabinteely entered an Under 16 Hurling team into the Dublin College's Competition. As the team had played in the previous season as Under 14s it was felt that the team would have promising season.

We found that we were in tough group, with Marian College, Terenure College and Colaiste Ide also in the group. These school teams have a lot of club players while Cabinteely only had one club hurler.

Our attitude was good but we realised how big a challenge lay ahead. We decided not to worry about results and just focus on our attitude and team play. We knew that we were not as experienced as the other teams so we did our best to stop them hurling by getting to the ball first and tackling well.

Our first game against Marian College was very tough but it was our best performance. We didn't allow them

any space and they got very frustrated because they could not break through our defence. Although we were narrowly beaten the referee complimented our attitude and courage and gave great praise to Kieran Kenny's performance in goal.

Our last two games were tough affairs but we kept plugging away and stuck to our plans. We didn't pick up any bookings and kept great discipline in all games.

The Under 16 Hurling and Gaelic Football teams had the same players and the hurling league brought us closer and made us a much stronger team.

Players who shone included Kieran Kenny, Ryan Scollard, Dylan Kennedy, Eoin Duffy and Tadhg Blake.

We look forward to next season with great hope.

Dylan Kennedy & Kieran Kenny

UNDER 14 HURLING

The first thing we did was train every Monday and Friday lunchtime in the hall. We also trained on Wednesdays after school on the new astro turf pitch.

We had twenty players and our goal was to enjoy the game no matter what the score was.

The teams we played against were Greenhill's Community College and Colaiste Ide. We were beaten but not by much. We learned a lot and we played with confidence and passion and with great team spirit.

Our hopes for next year are to play more matches, improve our game, increase the number of players and make it to the final.

We would like to thank Eoin Mac Maoilir, Mr O'Connell, Mr Cooney, Mr Kayll and Mr Burns for helping us.

James Doran & Kevin Byrne



CCS Unlimited SPORT

Under 18s FOOTBALL

Our football campaign got off to a lucky start when we were given a bye against Tempogue College in the first round. However we had a tough away match against local rivals Clonkeen College in the second round. Clonkeen are noted to be a strong team. Last year they were narrowly beaten in extra time in the same competition. We romped home with an impressive 4-1 victory. Cabinteely won with a very strong defence. Our captain and Irish school's international Carl Forsyth and Gary "The Goal Machine" O'Brien scored two goals each.

This victory saw us through to the South Dublin semi final. We were once again drawn to play away to Drimnagh Castle. We entered the game riddled with injuries and suspensions as well as a recognised goalkeeper. After much persuasion Dean White took his place as goalie and pulled off a number of great saves. Within the opening minutes we were 1-0 down, but fought back. This fight back was led by Gary O'Brien. However it was not to be as we lost eventually 3-1 to a much stronger and fitter side.

Our cup campaign got underway to Colaiste Ciaran of Leixlip. This was another away match. Despite horrific weather conditions we went on to record an emphatic 9-1 victory, with two goals from Stephen Poulton, a Carl Forsyth hat-trick and a goal a piece from Ciaran Mulligan, Josh Adams, Gary O'Brien and Darragh Bryan.

After such a fantastic result we went into the next round in a confident mood against Presentation College, Bray. We battled well throughout the match until Bray shocked us by scoring two goals in the second half. Bray eventually won 3-1.

The season ended in disappointment for the team who were guided by Mr. Cooney and Mr. Kayll. Overall it was a success, as we reached the South Dublin semi final for the first time in six years. Our final match will be our defence of the Robert Motten Memorial Trophy against St Laurence's College.

Alan White



First Year Gaelic Football

First Year football was very exciting this year. It was the first time a First Year Cabinteely GAA team had made it to a semi final.

In the quarter final we played Deansrath in Kilbogget Park. The first half was tough when we were playing against the wind and we were losing. In the second half we came back and beat them 2-7 to 4 points. When we were

playing we showed great teamwork and we never gave up.

In the semi-final we played a great game against Synge Street on the Geraldine Moran pitch in Cornelscourt. Even though we lost we came out with our heads held high as we gave it our best. We scored 6-5 which would normally win most games.

The first year footballers were Craig Coleman, Luke Connolly, Paddy Doran, Clive Donoghue, Ryan Forsyth, Stephen Sullivan, Daniel Logue, Alex Breen, David O'Neill, Jordan Merriman, Nathan Merrigan, Anthony McGuinness, Kevin Byrne, Jessica Byrne, Craig Devlin, James O'Neill.

*Luke Connolly,
Patrick Doran
and David O'Neill*

U14 Girls' Gaelic Football

The girls did very well this year in a tournament, coming second in their group. This was a major achievement as this is the first year there is a Gaelic football team in the school for over ten years. Well done girls.





Skiing

Fourth Year students went skiing in January as part of their sports programme. A good time was had by all.



Basketball

The First Year girls basketball team have played their hearts out throughout the season and were rewarded duely when they won the South Dublin League. It was a very good season for Cabinteely Community School, because it was the First Year in the history of the school that a first year girls basketball team won the league.



This success was all down to the training, hard work and determination of the team. It was great because everyone on the team had a part to play in the season.



Also well done to the Second Year girls basketball team who also got to the final but lost just by a few points. It was not just a good year for the basketball team it was a great year for all sports teams.

Jessica Byrne

SOCCER



CCS v. St Laurence's College in the Robert Motten Memorial Trophy

Volleyball



First Year Boys

The boys had a very successful year, winning their regional final and reaching the All-Ireland final. The boys gave a great performance, however and were unlucky to loose by one point. It was a great achievement to get this far, and we hope they will continue their success next year.

First Year Girls

The girls did very well this year. The girls reached their regional final. This was a great achievement considering that it was their first year playing volleyball. A lot of hard work was put in by the girls and we hope this will continue next year.

Fourth Year Girls

The girls were very successful this year, by winning their competition out right. The girls proved that they were the best by far, beating every team in their group by at least a ten point lead. Well done girls!



A Day to Remember

CCS Unlimited LCA students



Tuesday 2nd December 2008 was a very proud and special day for me. I was honoured at a reception in the Mansion House, Dublin. I was one of three hundred and fifty volunteers who received an Unsung Hero Certificate and pin which was presented to me by Cllr. Kevin Humphreys. Then to my astonishment I was the youngest member among a group of twenty Super Unsung Heroes presented with a specially commissioned piece of engraved Dublin Crystal. This was presented by the Lord Mayor of Dublin Eibhlin Byrne. The group of twenty were selected by a committee which included the council's community development officer, a representative of an Garda Síochána and two members of the Dublin City Community Forum. The awards recognise people who dedicate their time to community initiatives which help to make life in Dublin better.

It all started with a write-up on my coaching involvement with Cabinteely Football Club a copy of which I had given to my grandparents. I never expected them to nominate me for the Unsung Heroes Awards. I couldn't believe it! The organisers contacted the R.T.E. newsroom. They were delighted to film me for both the 6pm and 9pm news. This showed the public some of the voluntary work I do in Cabinteely

Football Club e.g. coaching the under 17 D.D.S.L. Major 1, and also coaching the cubs (5 – 7 year olds) on Saturday mornings.

In her speech the Lord Mayor of Dublin Eibhlin Byrne said "The Unsung Heroes have one thing in common – they have put others first. They make a hugely important contribution to the life of this city and its communities".

We often hear that in today's society people aren't as community minded as they were in the past, but the Unsung Heroes have set a wonderful example and shown us what is possible. With citizens like our Unsung Heroes Dublin's future is bright. As the youngest member to receive one of the twenty Super Unsung Heroes Awards I was asked by the organising committee to present a bouquet of flowers to the Lord Mayor of Dublin Eibhlin Byrne. I was thrilled and honoured to oblige. Lorraine Keane, TV3's Xpose presenter was an excellent compere on the night.

Present at this very special occasion to celebrate my achievement were my parents, grandparents and my godmother. We thoroughly enjoyed the evening and I have a great collection of photos as a keepsake of this very proud and memorable occasion.

Paul Smith

Special Olympics Ireland Eastern Region Events 2009



Tomas Murphy

A weekend of sporting events for Special Olympics, took place on 9th and 10th of May at D.C.U.

On Friday evening I collected my friend and team member Johnny from the bus. He came and stayed in my house for the weekend, as we had an early start on the Saturday; it was early to bed for the both of us. On Saturday morning mum called us for breakfast at 7am and we were on the road by 8am. We were feeling nervous and hoping we would not let the team down.

When we arrived at D.C.U. we could see all the athletes from all the clubs, scattered around the eastern region gathered together under the Olympic flag for the opening ceremony of the games. As I stood there it gave me an opportunity to size up the opposition, and I could see by the look of some of them it was going to be tough. I lined up with my team before going on court. I could feel my stomach turn. We won our first match, drew the second, but unfortunately lost our last game. By the end of Saturday's games, we still held out the hope of getting a medal, but it was not meant to be. We played similar games on Sunday and the chance of winning a medal slipped through our hands. We came fourth and as the red ribbon was placed around our necks, we felt disappointed and exhausted after two days of games but we will be back again next year.

As this is my last year in Cabinteely School and I am about to sit my Leaving Cert Applied I would like to thank all the staff for all their hard work in getting me through to sixth year. I have been very happy here, and I am going to miss you all, but I will be back to visit in the near future to see the green flag go up in Cabinteely Community School.

UNDERW



When I first announced to the Fourth Years that I was offering Scuba Diving as an optional extra to their already charged programme I was surprised at the level of interest they displayed. Before I knew it I had fourteen students signed up for the programme; togs and towels in bags, and waiting in the bus for the first of four pool sessions in the National Aquatic Centre in Blanchardstown

The first time we arrived in the NAC, the would be divers had to put the first of their theory classes into practice by kitting up – diver parlance for putting on wetsuit, fins, BCD, tank, snorkel, regulators, mask and so on and so on. Diving is basically about having fun but only when the serious aspect of it is fine tuned and rehearsed until it becomes almost second nature. Kit had to be assembled and taken apart and reassembled and checked and rechecked until the Oceandivers instructors were content that their “water babies” were ready to take their first finned steps into the water. Each diver, as well as doing a final personal check on their equipment,

also buddy checks their dive partner – you never dive alone – and when the buddy groups were ready they slid into the water in the 5m dive pool.

One of the divers described his first experience of scuba as “when you go under the water for the first time, without having to hold your breath, it’s a strange, yet, exciting experience.” That initial head under experience was soon forgotten as students had to complete a number of increasingly challenging exercises. Mask removal is one of the more difficult ones whereby a diver has to completely remove his or her mask while sitting on the bottom; then put it back on and clear it of water. Both the Oceandivers Instructors and I were impressed at how well they all performed, not only at this task, but at all the others also. Several more pool and theory sessions and it was off to Scubadivewest and Killary Fjord in Mayo for the sea dives.

Diving in the sea means more kit, boots, gloves and hoods; heavier weights and the initial rush of cold water. There is also the saltiness, the seaweed and the “creatures”!

Pre-dive checks done and the wade into Nemo’s Kingdom began. Wetsuits warmed up quickly after trickling water slid down backs and the dive adventure truly began. Fish, crabs and scallops performed as the divers glided effortlessly through kelp seaweed and craggy outcrops of rocks, amazed looks in their eyes at each encounter. Two dives later and after having completed a series of underwater exercises, the newly qualified scuba divers headed for home via McDonalds in Athlone!

Both Christine Cleary and I would like to thank the students for their co-operation and their friendliness throughout the diving course – they certainly demonstrated to us the benefits of the Transition Year Programme in their development as wonderful young people and great ambassadors for the potentiality of youth.

PS Looking forward to seeing some of you continue to full open water level!

James Moloney

ORLD

CCS Unlimited
SCUBA DIVING



The way we v

CCS 1963 - 2009



L to R: Sr. Rosemary, Sr. Francis Xavier, Mother Angela, Sr. Mary Power, Sr. Charles Raleigh

The month of May marked the 30th anniversary of the formal opening of the Community School buildings on the 4th May 1979. It is an opportune time to recall for the present generation of pupils and parents some elements of the school's origin and history.

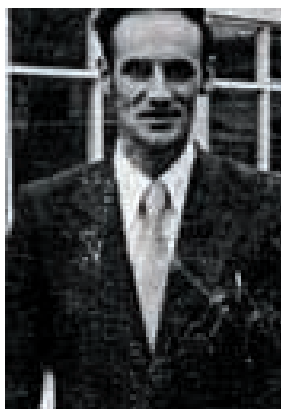
The school first came into existence in 1963 as St. Angela's - an Ursuline Convent Secondary School for girls. It began life in the old Convent building, Kilbogget house – that lovely old period building which can be seen over the fence at the back of the school in Shrewsbury Wood. By 1969 a primary school had been established in the buildings now known as the G-Area and the secondary school in the two storey building which houses the E and F classrooms. During those early years the school was under the direction of the Ursuline Order led by the then Principal, Sr. Charles Raleigh. It was an exciting time in Irish education with a very large increase in pupil numbers resulting from the introduction of free Post Primary education. In the early 1970's a collection of prefab classrooms had been added to the school to accommodate increased numbers. Facilities were of high quality but scarce. Outdoor sporting facilities provided for enthusiastic hockey teams and athletics; indoor facilities, however were scarce. Take a look at the present boiler house – that

was the area assigned to the then P.E. teacher, Joan Kennedy, for indoor activity when it rained.

It had become clear that major development would be necessary. These were the years when the now familiar Community School concept was conceived and developed. It was, for Sr. Charles and for the Ursuline Sisters, a courageous and far sighted decision to move with the times and to begin the process of change to a Community School. This meant a joining together of the Order with the County Dublin Vocational Education Committee to provide joint trusteeship and management for the school. The move was enthusiastically supported by the members of the school Parent's Association and by local interests. A Board of Management representing the Ursulines, the VEC and the Parents was established which brought the project to a conclusion.

The formal establishment of Cabinteely Community School occurred on 1st August 1975 when I was privileged to be appointed Principal with the

were



Above: Sr. Consilio Conway (Vice Principal 1977-88) and Mr Liam Ryder (Principal 1975-2000).



CCS Unlimited
LOOKING BACK



Clockwise from top: Kilbogget House; View of CCS from air c.1979; Fr. George O'Sullivan laying foundation for original Ursuline Junior School (now G Area); Stables at Kilbogget House.

responsibility to bring this to fruition. The three years from 1975 to 1978 were difficult. The main school building was constructed; the school became co-educational with the enrolment of the first group of 68 boys in September 1977; school numbers increased from approximately 400 to 600 during those years. Staff numbers increased with the recruitment of some very bright young teachers like a certain Joseph Keane, Alice McCarthy, Joseph Keating, Eamonn Kiely. A tremendous debt of gratitude is owed to the staff, the pupils and to the Ursuline Sisters for their patience and hard work. The late Sr. Consilio Conway was Vice Principal during that time and brought a large measure of experience and dedication to that role.

The new school building was occupied for the first in September of 1978 and as referred to earlier, was formally opened by the then Minister for Economic Planning and Development Dr. Martin O'Donoghue T.D. on 4th May 1979. The Sports Hall was added in

1982 and the Junior School buildings became part of the Community School with the closure of the then Ursuline Primary School in 1984.

During those 30 years Cabinteely has met very well the aspirations of its founders. It continues to provide a modern and excellent educational service to the community. Its past pupils retain very happy memories of their time there. The participation of its pupils and teachers in many and varied social and cultural activities is a testament to the dedication of the staff and of all those who have served on Boards of Management and on Parent and Student Councils. The Adult Education Department continues to provide a vibrant and well appreciated service to the many students who enrol in its classes each year. I wish the Principal Mr. Keane, the Deputy Mr. Moloney and all the staff and pupils continued success and look back with some satisfaction on the years of growth and development.

Liam Ryder

FIRST YEAR

Looking Back



TRIP TO W5 SCIENCE GALLERY

On the 12th May the first year students went on a school trip to the "W5 Science Gallery" in Belfast. After a three hour coach journey we were glad that we had arrived.

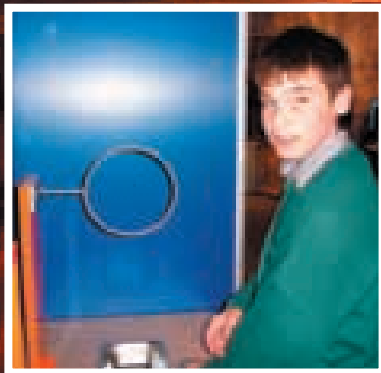
On the ground floor there were three activities. The first was a wall that had butterflies projected onto it. When your shadow appeared they would fly over and land on it. The second was a 408Kg marble ball that was forced up by pressurised water which you could rotate with almost no effort. The third was a fog machine that when pushed down gently would make a large ring of smoke.

We then went up to the first floor via a staircase and each step you stood on made a musical note. We split into small groups to make dune buggies out of knex. When we were finished we raced against each other. My group came third.

After lunch we went to a different area where there were lots of games and experiments using magnets and wind power. The last room was my favourite room. It was full of lasers, cameras and puzzles. There was a harp with no strings you could play, you could make your own film using frame by frame photography or you could project yourself into a game of football, volleyball etc and see yourself on the screen taking part in various different places.

Next we visited the gift shop and spent all our money. Then we got the coach back to school. Overall it was a really great day.

Nicholas Heffernan



CCS Unlimited FIRST YEAR

Highlights in First Year

- Making loads of new friends
- Moving class to class
- Getting our own lockers
- Having different teachers
- Getting a half day on Wednesdays
- Able to eat what you want at break time
- You can pick a few of your own subjects
- That you get to cook and do lots of different subjects
- Interesting subjects like Metalwork, Graphics and Woodwork.
- All the laughs we had, I will remember them so much.
- That I get to make new friends who like me for who I am and not for my stuff.
- No uniforms days
- Winning the Dublin South County Basketball League and everyone cheering us on and supporting us.
- I only new one person when I came here now I know loads.
- Getting handed back my tests and seeing A's and B's
- A lot more freedom
- Chicken Panini's



- All the times that I laughed so much I couldn't breath.
- Getting closer to people I knew before
- Learning to play new sports like volleyball
- Doing project work
- Going to the lunchtime club
- Doing really cool science experiments
- Fun Classes
- Getting fitter in PE
- I loved the last few weeks – we had so many different things to do and school was great.
- Teachers treat you better and you do more.
- Getting to the Gaelic Semi- final
- Having more than one teacher.
- Having lots of after school activities

- When we got to respresent CCS in the Volleyball tournamnet.
- The youth group in St. Angela's Hall.
- The story teller.
- Sausage Rolls
- The best thing about 1st year was sports day
- The best thing about 1st year was when we came 2nd on sports day
- Was the trip to W5 Belfast

Lowlights in First Year

- That we have lots of tests at the end of the terms
- They are a bit strict
- You have to pay a chewing-gum fine.

SALTERS' 2009



Three first years students got the wonderful opportunity to visit the chemistry laboratories in Trinity College in May.

The event is organised by the Salters' Chemistry Society and its objective is to help promote the appreciation of chemistry and related sciences among the young.

These enthusiastic students had to take part in practical chemistry activities and act as forensic scientists to solve a mystery murder.

The students had a fanastic day and are future budding CSI agents.

Transition Year ON LOCATION

Wicklow Way Walk

Last September we had our first trip out as Transition Years when we walked part of the Wicklow Way. Three teachers came with us Mr Ryan, Ms Gleeson and Ms McDonald. The weather was nice for the hill walk.

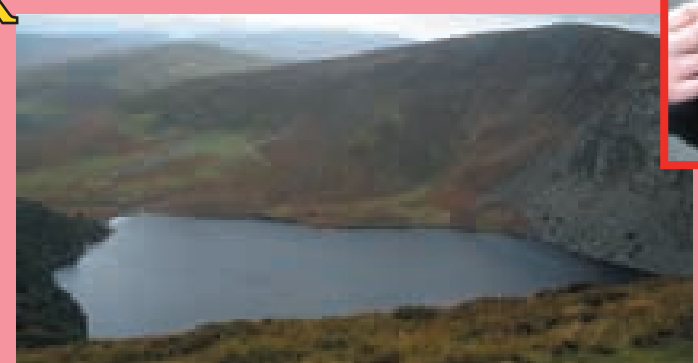
On the walk we learned to look at the world around us and appreciate the scenery. We even saw some of the things like waterfalls and corries that we learned about in geography. We got to see nice views such as Powerscourt Waterfall. We saw lots of different parts of nature including a variety of animals such

as deer and baby lambs.

When we were about halfway we sat down for lunch by a lake. Some of the lads jumped into the water to cool down.

We had been advised about wearing proper footwear for a hill walk but some girls didn't and they were moaning when their feet began to hurt. They'll never make that mistake again. We also learned all about bringing the right clothes and raingear and enough food for a day because there are no shops along the route.

It was a good laugh to go out as a year group but it was very

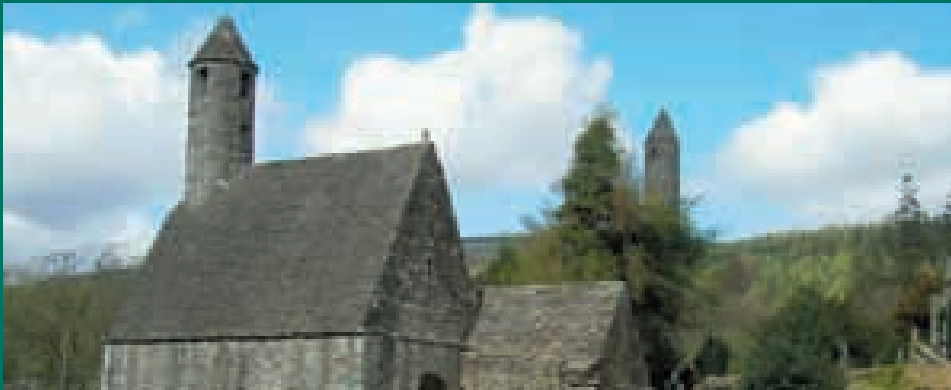


tiring. Many people didn't want to come to school the next day due to being tired but of course they did! The walk was a great start to the year. It helped to bond our classes together and we got to know people who weren't in our class for Junior Certificate.

After the hill walk we had two fun trips we went ice skating and bowling it was good as we went as a year and not split up into separate classes. It was great for the whole year group to be together.

Sophie Cruise

Glendalough Activity Day



In April, my class went down to Glendalough for the day to the Wicklow Education Centre. Miss Brett accompanied us on the trip. 4A1 also went and Ms. Nolan was the teacher in charge. When we got down there we were greeted by the staff of the centre and they told us the plans for the day. They also gave us a list of the rules which we had to follow.

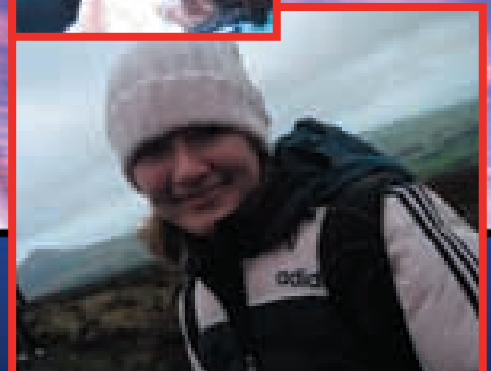
We did lots of different activities some of which we never did before such as bird watching, orienteering, animal identification and how to measure gradient. We were all in different teams for these activities – teams that we had picked ourselves.

On this trip we learned lots of different skills. We learned how to

work in a team and to communicate better with each other. We also got to know each other better.

The weather was good down there so that made the day go good. It was a lot of fun. We all really enjoyed ourselves and would recommend this to next years Fourth Years.

Samantha Grendon



The Four Courts



In April we went to the Four Courts. Ms. Brett Ms. Pegnam Ms. Walsh and Mr. O Dwyer took our three classes on different days as the court was too small to take us all on the one day.

We were met by the barrister and she explained about the court and how it works.

She told us all about the layout and seating in the court, where the judge and the jury sit and where the defendant and barristers are. The jury is made up of twelve people picked at random as they represent a cross section of society. Their role is to listen to the evidence presented and decide on the guilt or innocence of the defendant.

4A2 went to a trial about a man who was alleged to have murdered his wife. They got to see the murder weapon and the wife's phone. Then they listened to all the police statements. They looked up afterwards to see what happened to the man they saw on trial and he was found guilty and sentenced to life. 4A1 attended a different trial. They listened to the opening statement of a man accused of killing a teenage girl and threatening to kill his daughter. This was a longer trial. He was found not guilty of murder and threatening to murder but guilty of manslaughter.

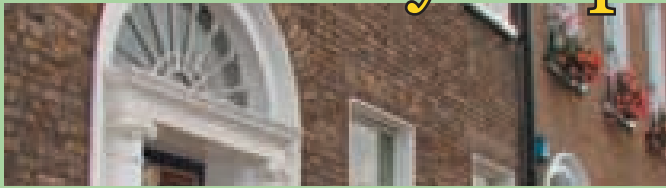
The trip that 4A3 was totally different to the other two trips. They saw the judge's chambers because Aoife's dad got them in. They also went to the Bridewell court. At the sitting there the judge threatened to lock them up for contempt when they and Ms Walsh started laughing at a woman who was shouting at the judges and guards. All in all, we all enjoyed our trips it was a good experience.

Sophie Cruise

Transition Year

ON LOCATION

The History Trip



In mid October my class 4A1 went on a history trip. This trip consisted of us going to a real life re-make of a Georgian house. It was called No.29 Merrion Square which originally had being knocked down to make way for the ESB building but the ESB then created a complete replica of house No.29 next door and is opened to the public for free.

We arrived into the city centre around ten o'clock which was a little early so Mr Mac Mahon and Ms Nolan brought us on a tour of Merrion Square showing us all its cultural history such as the Giant Pepper Canister Church.

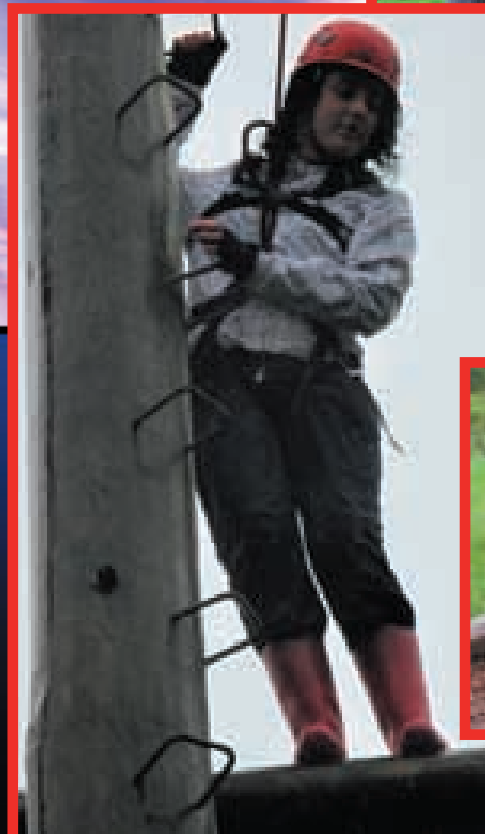
We were then brought into No. 29 and shown a video which told us all about the previous inhabitants of the home in the 1700s and about the life that people in that time lived and how it differed from ours. We were then brought on a guided tour of the old Georgian house and were surprised to find how fine and precise the detail was throughout the house.

After these guided tours we then split up and went for lunch. After lunch we headed down to the Museum of National History of Ireland. It is a huge building with history varying from the ancient Egyptians to important and rare artefacts.

We then went to the W.B. Yeats exhibition in The National Library of Ireland where we viewed his greatest works and achievements. I learned more about him than I ever expected. Soon enough we then went upstairs to the part of the library where all the film records, books and articles are kept, in which we were showed how to work the equipment and filing database systems.

Overall we all felt that we learned so much about W.B. Yeats, the lives of Georgian people, The National History Museum of Ireland and of course the National Library in which we can utilise for a source of information when we are doing our Leaving Certificate History project.

John McGuinness



Mountjoy Jail



In May we went to Mountjoy Prison with fifty five students and three members of staff. They were Ms. Pegnam, Ms. Brett and Ms. Butler.

Before we went in we had to go through a metal detector. We had to put our keys in a box and got them back after we went through the metal detectors. Nobody was allowed to have mobile phones or cameras or any electrical equipment.

When we got through security we were brought into the church and one of the prison officers told us all about the

history of Mountjoy Prison. He said that it was like a five star hotel when it was built in the 1800s.

We then went for a tour of the prison and we got to see prisoners' cells. They were very small. All they had in them was a bed table and a television. Some of the cells had two prisoners in them even though they were only built to hold one prisoner. On the walls of their cells they had pictures of friends and family and cards. Their cells were blue because of the ultra violet lighting to see if the prisoners were taking drugs. Some of the prisoners were screaming

because they hadn't seen girls in a long time and one was even meowing.

We got to hear about how they smuggle drugs and phones into the prison. It was disgusting to hear how they got them in. The prisoners can only be out of their cells at certain times during the day but they have to eat all their meals in the cells as there are no dining areas in Mountjoy.

Prisoners can use the gym during the day and this means they can have a shower every day. Otherwise the prisoners only get a shower once a week.

And they don't have proper toilets in the cell!

After this part of the tour we went over to a room and got to see how people were hanged when capital punishment was legal. This was terrible but they don't hang people any more. After the hangman executed the prisoner he was brought in front of a judge and found guilty of murder and fined a penny so that the prisoners family couldn't sue him

This was one of the best trips we had.

Aoife O'Reilly



Carlingford

On Wednesday 13th May we went to Carlingford. When we arrived we were greeted by the instructors and were told the rules and regulations of the centre.

We were then given our rooms. Ten girls were put into one room and ten into a second one. The boys were divided into groups of four, six and eight and then given their rooms. They were downstairs and the girls were upstairs.

We did many activities such as rock climbing, abseiling, high ropes, low ropes challenge course, kayaking and

the Carlingford challenge. One of the funny things that happened was when poor Aoife fell into the water in the challenge. Most of these activities were things we had never done before but lots of us said that we would love to go back again and repeat them. We were woken up every morning at 8 o'clock and lights were put out at 11 o'clock. We had all our meals in the centre. The food was lovely and many of us went back for seconds. It seems like the days were very long but the time flew as we were enjoying ourselves.



We got to see a different side to the teachers who were with us Ms Casey, Mr Cooney and Mr Moloney and we would like to thank them for all they did for us. The staff of the centre were great and had lots of patience and were outgoing. They were great in explaining what we had to do.

This trip was one of the highlights of transition year. It was a great adventure and our friendships were strengthened. We learned lots of new skills and yet had loads of fun. Our stay there was a great experience which we all enjoyed.

Samantha Grendon

First Year Science

The First Years were given the task of finding a simple experiment or doing a science demonstration. The students took on the challenge with great enthusiasm.

They displayed their knowledge on home-made lava lamps, using coloured water and oil in a bottle, then adding alka setzer tablets to the mixture.

In the hard boiled egg experiment, the students were to squeeze a hard boiled egg into a bottle with out touching the egg.

A few more demonstrated their scientific skills by making slime and also proved that custard was a non-newtonian liquid.

The highlight was given to a group of First Years who mastered the mentos and diet coke experiment- please check out the website www.stevespanglerscience.com/ for further information.

Throughout those experiments we have found one engineer in the making Craig Devlin who managed to make a rocket powered by air.

Hopefully, we have more entertainment from our First Years.



ECOLOGY FIELDTRIP 2009



Well done to all the Sixth Year Biology students who took part in the Ecology fieldtrip to Knocksink Nature Reserve in Co. Wicklow. It really was a great day out and very informative. Thank you to Jenna and Aideen for all their help on the day.

SCIENCE DEPARTMENT **Open Day**

CCS Unlimited
SCIENCE



Tips for Parents!

A round of applause filled the room, cameras clicked and flashed constantly as the final speaker left the stand. Numerous group photos were organised and taken -some with the guest speaker Barry Andrews, Minister of State for Children, some without him, some were of family groups, some were just of the group themselves, for this surely was their finest hour.

They had come together as a group some ten weeks before in a room in Sallynoggin Community School. They came anxious, nervous, and apprehensive somewhat reluctantly it must be said after being cajoled, encouraged and in some cases almost dragged in by the local Home School Community Liaison Teachers. They all had one thing in common, their children were all attending one of the local primary or secondary schools.

Their aim was that within the ten weeks allotted to the course "Personal Development Course" that they would produce something which would aid parents everywhere in the difficult task of rearing children in today's demanding world. Under the gentle guidance of Ann Geoghan and with the continuing support of the home school teachers the group settled down and embraced the challenge before them.

They soon came up with the very novel idea of a set of practical tips for parents of children of all ages that would fit on a fridge magnet! The tips, all thirteen of them were so grounded, so obvious, so simple that like many similar ideas they were often overlooked. They ranged from the often forgotten "Listen-think before you speak" to "Praise their efforts" to finally "Make memories". We should all take note!

The parents involved agreed that initially they had been apprehensive about the course feeling that they could add little and gain less from a course like this but they found slowly as the weeks progressed and the group settled down and got to know each other that they began to learn more about themselves, to think more about their children and to discover more about their role as parents.

They all agreed that Anne the course facilitator played a major role in the success of the project. In fact it was so positively viewed by all the participants that there is talk of similar courses being run next and opening them up to a wider group. Well done to all involved as the magnet has not only proved to be popular locally but has now gone nationwide!!!

O Brett

CCS Unlimited

ART

1A1
Aaron Delaney

1A3
Mary Dorog

1A4
Ryan Dorian

2A3
Shane Donohue

2A4
Sasha Merrigan

3A4
Leonard Matibag

BUSINESS STUDIES

1A1
Mary Dorog

1A3
Jessica Byrne

2A1
Hayley McDonald

3A1
Abigail Reddin

C.S.P.E.

1A1
Clive Donohue

1A2
Amy Coakley

1A3
Jordan Merriman

1A4
Wayne Forsyth

2A1
Anna Graham

2A2
Anita Greene

2A3
Eric O'Connor

2A4
Aoife Kilbride

3A1
Aoibheann Clarke

3A2
Simon Kelly

3A3
Lynsey Mullen

3A4
Ryan Downey

ENGLISH

1A1
Niamh Callan

1A2
Jessica Olson O

1A3
Bracken

1A4
Kerrie Kidd

2A1
Wayne Forsyth

2A2
Cillian Rooney

2A3
Dean Lacey

2A4
Nicole Kelly

2A4

Rachel Mullaly

3A1

Cecilia Rosas

3A2

Josephine Andrews

3A3

Aoife O'Sullivan

3A4

Stephen Knight

FRENCH

1A1

Demi Shiels

1A2

Leonie Larkin

1A3

Lauren Hanlon

2A1

Molly Haskins

2A2

Allanah Byrne

3A1

Justyna Kaliska

3A2

Alex Fitzpatrick

GEOGRAPHY

1A1

Clive Donohue

1A2

Leonie Larkin

1A3

Enya Turner

1A4

Calum Corcoran

2A1

Erwin Bonifacio

2A2

Naoise Colman Hoskins

2A3

Edward Robinson

2A4

Darren Boylan

3A1

Cecilia Rosas

3A2

Katherine Cepillo

3A3

Michelle Kennedy

3A4

Karl McCallig

HISTORY

1A1

William Morton

1A2

Zannah Buckley

1A3

Graham Sherry

1A4

Shauna King

2A1

Anna Graham

2A2

Naoise Colman Hoskins

Prizes and Awards 2009 - 1st to 3rd Year

2A3
Lauren Smyth
2A4
Kim Shannon
3A1
Justyna Kaliska
3A2
Josephine Andrews
3A3
Michelle Kennedy
3A4
Philip Fitzpatrick
HOME ECONOMICS
1A3
Nicole Heffernan
1A4
Kerrie Kidd
1A5
Calum Corcoran
2A2
Niamh Grant
2A3
Rachel Mullaly
2A4
Hayley McDonald
3A3
Lynsey Mullen
3A4
Shauna Morris
IRISH
1A1
Kevin Benaning
1A2
Jessica Olson O
Bracken
1A3
Enya Turner
2A1
Molly Haskins
2A2
Robert McMahon
2A3
Nicole Kelly
2A4
Emily Ryan
3A1
Kate Arthur
3A2
Stephanie Soden
Murphy
3A3
Megan Byrne
3A4
Philip Fitzpatrick
MATERIAL
TECHNOLOGY
WOODWORK
1A1
Logan Duff
2A4
Dean Lacey
2A5
Ryan Palmer

3A1
Jamie Mulvaney
3A4
Dylan Kennedy
MATHS
1A1
Kevin Benaning
1A2
Craig Coleman
1A3
Stephen Sullivan
1A4
Sophie Clack
2A1
Erwin Bonifacio
2A2
Jefferson Tolentino
2A3
Erica O'Dowd
2A4
Darren Boylan
3A1
Niall Gaafar
3A2
Michaela Breen
3A3
Stephen Knight
3A4
Laura Keating
METAL WORK
1A2
Robert Gajewski
1A4
Chloe Hennessey
2A3
Stephen Kelly
3A4
Simon Kelly
MUSIC
1A2
Niamh Callan
1A4
Sophie Pagan
2A1
Lisa Moore
3A4
Orla Parsons
PHYSICAL
EDUCATION
1A1
Robert Gajewski
1A2
Alex Breen
1A3
Jessica Breen
1A4
Kevin Byrne
2A1
Cillian Rooney
2A2
Ryan Palmer
2A3
Anthony Whelan

2A4
Sasha Merrigan
3A1
Dylan Kennedy
3A2
Beverley Harte
3A3
Sabrina Kavanagh
3A4
Laura Ellard
RELIGIOUS
EDUCATION
1A1
William Morton
1A2
Luke Connolly
1A3
Stephen Sullivan
1A4
Shauna King
2A1
Caoimhe Blake
2A2
Aidan Maher
2A3
Lauren Smyth
2A4
Kim Shannon
3A1
Kerkjan Hortillo
3A2
Peter Duffy
3A3
Aoife Sullivan
3A4
Karl McCallig
SCIENCE
1A1
Nicholas Heffernan
1A2
Craig Coleman
1A3
Graham Sherry
2A1
Donal Smyth
2A2
Rebecca O'Brien
2A3
Jefferson Tolentino
3A1
Sean Dunne
3A2
Katherine Cepillo
SPHE
1A1
Shannon Breen
1A2
Neil Kelly
1A3
Jodie Butler
1A4
Amy Morris

2A1
Robert Mullally
2A2
Chulann Kidd
2A3
Anthony Whelan
2A4
Emily Ryan
3A1
Rebecca McCormack
3A2
Alex Fitzpatrick
3A3
Megan Byrne
3A4
Aine O'Donohue
TECHNICAL
GRAPHICS
1A1
Logan Duff
1A3
Daniel Logue
2A3
James Hornillos
3A2
Liam Noctor

Niamh Byrne 1A1
Runner-up
Mary Dorog 1A1
OUTSTANDING
ACHIEVEMENT
AWARDS
1st Year
Jessica Byrne - All-Ireland Champion in Kickboxing
Zannah Buckley - Leinster Champion in Kickboxing
Logan Duff - Kung Fu Kid of the Year Award
2nd Year
Tori Mooney - All Ireland Dancing Champion
Anita Greene - All Ireland Dancing Champion
3rd Year
Nicola Andrews - Kick Boxing - All-Ireland Champion
Nathan Matthews - U-15s Ireland



OTHER PRIZES

THE LEDWIDGE TROPHY

RUNNERS -UP:
Hayley McDonald
Anna Graham
WINNER:
Darren Boylan

THE FIRST YEAR HISTORY PROJECT

1ST PRIZE - Model
Michael Warner 1A3
Runner-up
Logan Duff 1A1

1ST PRIZE - Written



GRADAM NA BLIANA

First Year:
Jessica Byrne
Neil Kelly
Second Year:
Molly Haskins
Dean Lacey
Third Year:

Eoin Duffy

Prizes and Awards 2009- 4th to 6th Year

ART CRAFT DESIGN

4A2

Aoife O'Reilly

4A4

Karl Kelly

4A6

Sarah Devlin

5A5

Kenneth Cepillo

5C1

Stacey Banks

BUSINESS

4A1

John Burton

4A2

John McGuinness

4A3

Danielle Costello

5A1

Adam Flynn

Office Admin and Customer Care

5C1

Leigha Kavanagh

COMMUNICATIONS

4A1

Aimee Friel

4A2

Karl Kelly

4A3

Sophie Cruise

DRAMA

4A1

Christopher

McLoughlin

4A2

John Burton

4A3

Sophie Cruise

ENGINEERING

5A4

Ian Mulhall

ENGLISH

4A1

Sean Naughton

4A2

Samantha Grendon

4A3

Aoife Fagan

5A1

Judith Kelly White

5A2

Karen Corcoran

5A3

Sandra McDonagh

English and Communication

5C1

Saoirse Parsons

FRENCH

4A4

Aimee Friel

4A5

Kim McGrath

5A1

Scott McDonald

5A2

Keeva Watts

5C1

James Stack

GEOGRAPHY

4A1

Sarah Bell

4A2

James Andrews

4A3

Daniel Roche

5A1

Aine Kelly

5A2

Keeva Watts

5A3

Eric Hickey

Social Education

5C1

Danielle Byrne

HISTORY

4A1

Zoe Cunningham

4A2

Jodie White

4A3

Sean Keating

5A1

Simon Knox

5A2

Carla Hornillos

HOME ECONOMICS

4A1

Kim McGrath

4A2

Jonathan Kelly

4A4

Laura Byrne

4A5

Ryan O'Connor

5A1

Katherine Brennan

IRISH

4A1

Jonathan Kelly

4A2

Samantha Grendon

4A3

Aoife O'Reilly

5A1

Emma O'Callaghan

5A2

Scott McDonald

5A3

Orla Morrissey

Communicative Irish

5C1

Shannon Burns

MATERIALS

TECHNOLOGY

WOODWORK

4A1

Tadgh Blake

4A2

Jacob Fry

4A3

Craig Scollard

5A1

Thomas Cruise

MATHS

4A1

Danielle Costello

4A2

Sebastian Kearney

4A3

Teresa Breen

5A1

Tomasz Kaliski

5A2

Nicole Mooney

5A3

Emma Foran

5A4

Sandra McDonagh

Mathematical Applications

5C1

Leigha Kavanagh

METAL WORK

4A1

Stephen Dorgan

4A2

Lee Brown

4A3

Daniel Roche

MUSIC

4A3

Lauren Kelly

4A5

Ciara Byrne

5A5

Aaron Slevin

Arts Music

5C1

Saoirse Parsons

PHYSICAL EDUCATION

4A1

Nathan Mooney

4A2

Gerard Blake

4A3

Ben Merriman

5A1

Nathan Rice

5A2

Daniel Hanrahan

5A3

N'Zinge Golding

Leisure And Recreation

5C1

Alex Forsyth

RELIGIOUS EDUCATION

4A1

Leah King

4A2

Glen Thompson

4A3

Gemma Matthews

5A1

Judith Kelly White

5A2

Karen Corcoran

5A3

Orla Morrissey

5C1

Amy Doyle

Science

5C1

Shannon Burns

BIOLOGY

4A2

Aoife Sheridan

4A3

Lauren Kelly

5A1

Aine Kelly

5A2

Damien Darker

CHEMISTRY

4A2

Kimberley Benaning

5A1

Tomasz Kaliski

PHYSICS

4A3

Adam Larkin

5A3

Ian Mulhall

TECHNICAL DRAWING/ DESIGN & COMMUNICATION GRAPHICS

4A2

Aoife Sheridan

4A5

James Andrews

5A1

Aaron Slevin

Vocational Preparation and Guidance

5C1

James Stack

OTHER AWARDS

THE FR. BOB DOYLE AWARD

For outstanding achievement in the Junior Certificate Exam 2007- highest results
Aimee Friel



SPORTS PRIZES

SOCCER U16

Nathan Matthews

Greg Moloney

SOCCER U18

Ciaran Mulligan

Gary O'Brien

SOCCER PLAYER OF THE YEAR

Carl Forsyth

HURLING U16

Ben Merriman

Senior Girls' Basketball

Rachel O'Mahony

Keeva Watts

VOLLEYBALL

Sarah Bell

Nathan Mooney

FR. AILBE TROPHY

Carl Forsyth

O'FARRELL TROPHY

Rebecca Egan



SPECIAL AWARDS FOR OUTSTANDING ACHIEVEMENT

DANCING

Kim McGrath

Ciara Nolan

Stacy Banks

Ali Sheehy

Clara Salinger

Sarah Bell

Sinead O'Toole

Kate Brennan

GIRLS' FOOTBALL

Sarah Devlin

Keeva Watts

BOYS' FOOTBALL

Carl Forsyth

SPECIAL OLYMPICS

Thomas Murphy

Cillian Boushel

HORSE RIDING

Danielle Hudson

PHOTOGRAPHY

Paul Smyth

MUSIC

Caoimhe Mooney



SENIOR PRIZES

ART

Class Medal

6A5

Jonathan Byrne

Senior Prize

Katarzyna Kaliska

BUSINESS

Class Medal

6A2

Lisa Murphy

Senior Prize

Mark Brown

**Office Administration
and Customer Care**

Class Medal

6C1

Karen Chua

BIOLOGY

Class Medal

6A1

Laiza Suarez

6A2

Clara Pierce

Senior Prize

Melanie Dwane

CHEMISTRY

Class Medal

6A3

Graham Roche

Senior Prize

Laiza Suarez

CONSTRUCTION

STUDIES

Class Medal

6A3

Daniel O'Sullivan

6A4

Bernard Plunkett

Senior Prize

Katarzyna Kaliska

ENGINEERING

Class Medal

6A3

Michael Wendel

Senior Prize

Conor Robinson

ENGLISH

Class Medal

6A1

Lisa Murphy

6A2

Sarah Devoy

6A3

Amy McGuinness

6C1

Tomas Murphy

Senior Prize

Bernard Plunkett

FRENCH

Class Medal

6A1

Rachel E Whelan

6A2

Sarah Devoy

6C1

Katie Egan

Senior Prize

Melanie Dwane

GEOGRAPHY

Class Medal

6A1

Paul Durning

6A2

Melanie Dwane

6A2

James Murray

Social Education

6C1

Craig Whelan

Senior Prize

Gary O'Brien

HISTORY

Class Medal

6A1

Conor O'Sullivan

6A5

Gary O'Brien

Senior Prize

Bernard Plunkett

HOME ECONOMICS

Class Medal

6A2

Lynn Meegan

6A3

Katarzyna Kaliska

Senior Prize

Laiza Suarez

IRISH

Class Medal

6A1

Lisa Murphy

6A2

James Murray

6A3

Leah Murray

Communicative Irish

6C1

Craig Whelan

Senior Prize

Melanie Dwane

MATHS

Class Medal

6A1

Mark Brown

6A2

Rachel Whelan

6A3

Gary Traynor

6A4

Sarah Napier

Mathematical

Applications

6C1

Danielle Hudson

Senior Prize

Melanie Dwane

MUSIC

Class Medal

6A4

Conor Boylan

Senior Prize

Rachel E Whelan

PHYSICAL EDUCATION

Class Medal

6A1

Katarzyna Kaliska

Senior Prize

Rebecca Egan

PHYSICS

Class Medal

6A1

Mark Brown

Senior Prize

Melanie Dwane

RELIGIOUS

EDUCATION

Class Medal

6A1

Caoimhe Rooney

6A2

Sarah Napier

6A3

Lynn Meegan

6C1

Tomas Murphy

Senior Prize

Rebecca Egan

SCIENCE

Class Medal

6C1

Mark Gray

DESIGN

CONSTRUCTION

GRAPHICS/

TECHNICAL DRAWING

Class Medal

6A1

Conor Boylan

Senior Prize

Jonathan Byrne

Craft and Design

Class Medal

6C1

Sasha Meegan

Vocational

Preparation And

Guidance

Class Medal

6C1

Mark Gray



GRADAM NA BLIANA

4th Year

Samantha Grendon

John McGuinness

5th Year

Sandra McDonagh

Andy Rosas

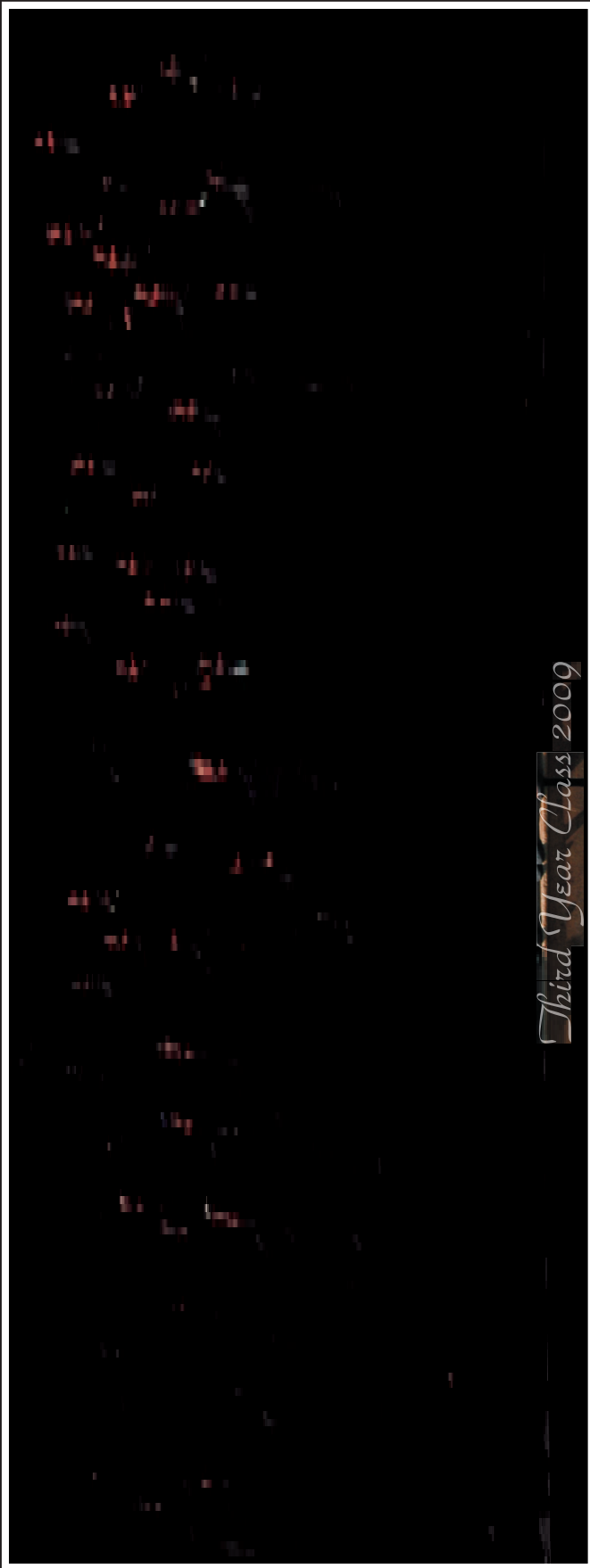
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SCOILE

Katarzyna Kaliska

Class Photographs 2008







Fifth Year Class 2009



Sixth Year Class 2009

National Spring Clean

Tidy Towns Committee April 2009



On Saturday April 25th, the Green Schools committee met up in front of St. Brigid's Church in Cabinteely for the National Spring Clean. This was our second year in a row helping out the committee which we are very proud to be linked with. We met Maria Dolan from the committee and we were given the litter pickers and bags to clean up the streets. There were about twelve of us present and the two Ms. Nolans came to help also. We did great work and it was heartening to see that there was not as much rubbish as last year...two students were fighting over a toaster they found nonetheless in the ditch! We got caught in a little rain but we continued on. We were treated to lunch in the local restaurants Trentunos and Tarte Tatin for which we are grateful, and also some green goodie bags! We would like to take this opportunity to thank Maria Dolan and the Cabinteely Tidy Towns Committee for their support and the restaurants for the great food.

Ciara Kinsella

National Tree Week



On the 5th of March this year, the Tidy Towns Committee came to Cabinteely Community School to plant trees for National Tree Week. These trees were supplied to the school generously by Dun Laoghaire Rathdown County Council and two horticulturalists from the council came to

the school. They decided along with the caretakers where they should be sown. They were sown beside the new all weather pitch. All of the Green Schools committee participated in the event and had great fun learning how to dig down and get their hands dirty. We would like to thank

Dun Laoghaire Rathdown County Council and Maria Dolan from the Tidy Towns Committee for their help. Thanks to them we have mountain ash.... Don't forget to check out the Green Schools notice board to see pictures from the event.

Staci Kennedy, Chulan Kidd and Anita Greene



TIDY TOWNS AWARD

GREEN SCHOOLS UPDATE

FLYING THE FLAG



Cabinteely Community School Goes Green

Cabinteely Community School was awarded the Green Flag on May 21st 2009 on their first attempt. When awarded An Taisce stated that it was "extremely impressed with the programme and had no hesitation in making the decision". This is the first flag awarded to Cabinteely which is for litter and waste.

The Green-School committee was launched formally last March by Kate Hynes from Dun Laoghaire Rathdown Council. The committee started off with eight members and has grown to thirty which represents all year groups. It has two co-ordinators from the staff and many of the staff contribute and help overseeing that it runs effectively.

The role of the Green-School's committee is significant and they have shown great dedication. They conducted a litter review in the school when it was first set up to and from there devised an action plan. Their duties include:

- Attending meetings weekly to discuss action plan or any arising issues
- The Green School Committee set up green bins around all areas in the school
- Every lunch they sort the bins and place the recycled goods into the large green bins
- They are linked to Cabinteely Tidy Towns and have participated in two National Spring Cleans
- Plant trees during National Tree Week

- Attend workshops for planning
- Raise awareness around the school via the notice board and assemblies

The Green-Schools committee has worked extremely hard, so much so that it has:

- Reduced its black bin waste by 38% in the last two years
- The volume of recycled material has increased by 75% in the past two years
- It was nominated for the best group for the Bank of Ireland Student Awards
- It has saved thousands in bin waste charges, with average weekly spending going from €302 euro weekly to €132.

Green Schools: A note from the Chairperson

Being chairperson of the Green Schools Committee means that you have to be very responsible in relation to your duties. A chairperson has to ensure that people carry out their duties and are where they

are meant to be. There is also a fun element to it, as you get to know the other students you work with. You can put forward suggestions from members and teachers at the meetings. I really enjoy

being chairperson as I am getting to know junior and senior students and making good friends. To be chairperson, you put your name forward and the role is then rotated. This is fair as it gives

everyone the chance. As part of the Green Schools Committee we would all like to thank you so much for your help this last year in being green, not mean!!!

Sebastian Kearney