



Coláiste Mhuire Co-Ed.



'CMCO NEWS'

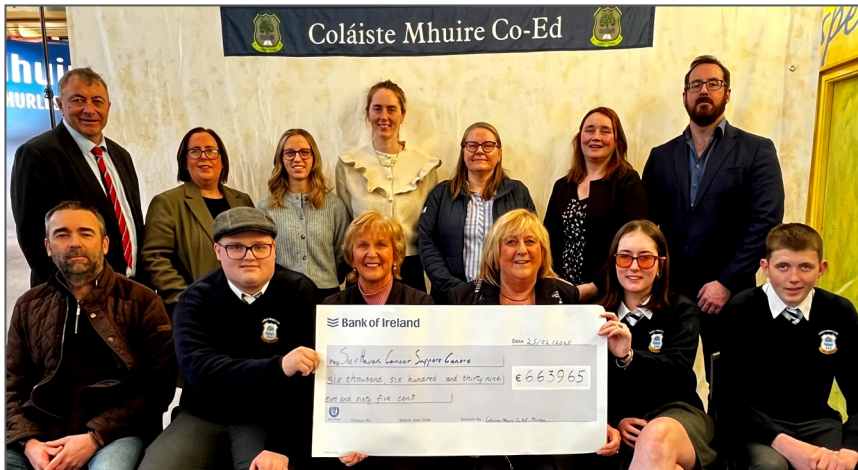
Spring Newsletter 2025

Tel: 0504-21734

Email: colaistemhuire@tipperaryetb.ie

Web: www.cmco.ie

ICE Bucket Challenge raises €6,639.65 for Suir Haven Cancer Support Centre



Our 5th year students showed incredible support for their friend battling illness by shaving their heads in solidarity. Inspired by their kind gesture, Ms Bergin took on the *Ice Bucket Challenge*, sparking a whole school community fundraiser for *Suir Haven Cancer Support Centre* in Thurles. What started as a small idea quickly grew, with thirty teachers joining in and students eagerly contributing. The event raised an incredible **€6,639.65**, far surpassing expectations. With over half a million video views, the challenge not only raised funds, but also spread joy and awareness. A true display of teamwork and compassion at CMCO. #community

Photo shows Back L-R: Denis Quinn (Principal), Lisa McCarthy (Parents Association), Laura Cunneen, Katie Carr & Miriam Bergin (Teachers), Clare Wallace (Deputy Principal) & Micheál Lowry (B.O.M.)
Front L-R: Gary Bannon, Cormac Bannon (5th year Student), Anna Ryan & Mary Ryan Maher (Suir Haven Cancer Support Centre), Annie Donnelly & Micheál Purcell (5th year Students)

U16 Basketball Success



Congrats to CMCO U16 Basketball team and their coach Ms Carey on winning the South East Plate Final against Gorey Community School recently

BT Young Scientists

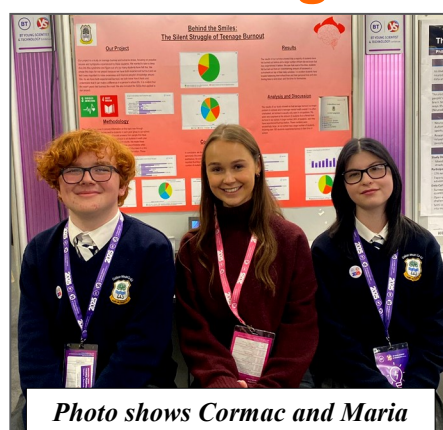


Photo shows Cormac and Maria with their mentor Ms Phelan

Congrats to TY students Cormac Sheehy and Maria Ryan who proudly represented our school at the BTYST Exhibition in January with their project *'Behind the smiles: the silent struggle of teenage burnout'*.

#rathassaothar
#excellence

Sustainability at CMCO: A Greener Future

Inspired by the Sustainable Development Goals and under the guidance of Ms Meagher and Mr Hayes, CMCO students formed a Sustainable Young Farmers Group to care for chickens, reduce food waste and support local businesses. As Ireland's first school with a Poultry Number, they launched an egg business with a €2,000 ETB grant. This hands-on project promotes sustainability, teamwork and real-world learning. #care #sustainability #biodiversity #greenschools





Message from Mr Quinn, Principal

Welcome to our Spring Newsletter! It has been an exciting time at CMCO, filled with growth, achievement and opportunity. Our students have recently completed their mock exams, an important step in preparing for the final challenge in June. We wish them every success and hope they achieve their goals.



A heartfelt thank you to our entire school community for their incredible support in the Ice Bucket Challenge, which raised over €6,600 for Suir Haven Cancer Support Centre. Well done to everyone involved.

We hope you enjoy reading about all our school endeavours in this newsletter. I would like to extend my sincere gratitude to our dedicated staff for their commitment to extra-curricular activities and school development. I wish to thank our Students, Parents, Parents Association, B.O.M. and the wider school community for the continued support in fostering a positive and enriching learning environment for our students.

'Ní Neart go Cur Le Chéile' - 'Together We Stand'

Denis Quinn, Principal

Geography Burren Visit



Last September, our 6th year Geography class, led by Mr Ó'Cradó, travelled to the Burren in Co. Clare to conduct fieldwork on Coastal Deposition for their Leaving Certificate project. Students worked diligently to gather sufficient data while enjoying the stunning views and sunshine at Ballyvaughan Bay. *#successthrougheffort*

Letter Writing Competition Winners



Congrats to our *'Unspoken Words'* Letter Writing winners - Orla, Saul & Aaron! Their heartfelt letters earned them a bouquet. Well done to all entrants for your thoughtful writing! *#creativity #excellence*

CMCO WELLBEING PLAN

The infographic includes sections for: PROMOTE HEALTHY EATING, RESTORATIVE PRACTICE, ENERGY Programme (Your Personal Safety, Your Personal Safety), REVITALISE, CELEBRATE AND DISPLAY STUDENT WORK, and DEVELOP A QUIET ROOM.

CMCO Wellbeing Plan

The CMCO ENERGY Programme is the anchor for Wellbeing in Coláiste Mhuire Co-Ed.

Nutrition week has been a huge success spearheaded by Ms Phelan and supported by many teachers and students.

Internet Safety week was implemented by Ms O'Brien involving various challenges for the student. Amendments to our policy has also taken place recently.

Exercise week will be coming up soon, organised by Ms Cunneen.

Healthy Eating Policy - the new policy is almost ready to go.

Quiet Room - this room is a new facility that is almost ready to use. A big thank you to Mr Power for facilitating the work and we hope that our school community benefits from this space.

Restorative practice is now a formal initiative within Coláiste Mhuire Co-Ed. where classes and individuals are growing together to improve their own future. #wellbeing #ENERGY

Market Day Success

CMCO's biggest Market Day to date saw 140 enterprises, 200+ students, and hundreds of customers in a fantastic atmosphere! Special thanks to organisers Ms Bergin, Ms Molumby and Ms O'Brien for making it a resounding success. Students pitched their products to judges Madeline Ryan (Tipperary County Enterprise Board) and Michelle Aylward (CEO County Tipperary Chamber) with four enterprises advancing to the Tipperary County Student Enterprise Final on March 7th at TUS Thurles. A sincere thank you to our students, staff, parents/guardians and the wider community for their support. Also, well done to our Business students for donating 10% of their profits to fund school equipment! *#rathassaothar #proud #excellence*





European Digital Schools Award Presentation



Mr David Maher, Managing Director Ireland at H&MV Engineering, recently presented the prestigious and internationally recognised **Digital Schools Award** to Ms Bergin and Ms Wallace. This award reflects CMCO's dedication to enhancing education through digital technology and innovative learning. Also pictured are teachers from the Maths, Business, Coding, Home Economics and Engineering departments. *#excellence #rathassaothar*

Happy Retirement



After many enjoyable and fruitful years of service, CMCO bid a sad farewell to two of its most loyal staff members - Gaeilge and Maths teacher Ms Josephine Cahill and secretary Ms Úna Fogarty. We wish them long life and happiness in their retirements...their impact on our school community is immeasurable!

Ní bheidh bhur leithéid arís ann!
#ThankYou Josephine & Úna

Seó Bóthair



Míle buíochas le Dónall ó Conradh na Gaeilge a tháinig chun Coláiste Mhuire Co-Ed. leis an Seó Bóthair. Is ceardlann idirghníomhach í an Seó Bóthair a spreagann daltaí chun smaointeoireacht chriticiúil a dhéanamh maidir lena dtuairimí i leith na teanga. Bhain na daltaí an-taitneamh as. *#cmcoagobair*

Construction Studies workshops in TUS

Fifth year Construction Studies students attended NZEB and retrofit training workshops at TUS Thurles, gaining hands-on experience with Solar PV, heat pumps, ventilation systems and insulation. They built air-tight construction models and used VR to practice window installation and sealing techniques. A valuable and enjoyable learning experience - thanks to organisers Mr Spillane and Mr Ryan! *#excellence*



Deputy Principal's Address

As we reflect on the first term, I want to express gratitude to everyone who contributes to the vibrant life of our school. The dedication of our DEIS team, Wellbeing team, Provision Mapping team, and Student Support team is invaluable in creating a supportive and inclusive learning environment for all. This term, we will be updating our Anti-bullying policy and will share more information on Bí Cinneáltas in the coming weeks. We were really heartened to see that 96% of parents said they believe that our school is committed to dealing with bullying.



We had our first Seachtain an Chineáltais last term and it was very successful. We are also excited to be involved in a pilot programme reviewing the work of our Student Support team. A special thanks to our Parent Policy group for their invaluable contributions. Their insights are crucial in ensuring that our school policies reflect the needs and perspectives of our entire community. A reminder that all our policies are available to view at www.cmco.ie. I would like to especially highlight our new AI policy which was generated through the work of TETB's Digital Community of Practice. The seeds of that policy was generated through student voice and we are justifiably proud of the work of our students.

I want to acknowledge the incredible work of all staff in making Christmas a truly special time for our students. From the JCSP Christmas Celebration, Christmas Market and Merit Ceremonies to the Annual Christmas dinner, the festive spirit was evident throughout the school. Special mention as ever to the Parents Association who support us in all aspects of school life.

On a personal note I would like to congratulate Úna Fogarty and Josephine Cahill on their recent retirements and thank them for their support to me and our school community over the years. We are fortunate to have such a dedicated and talented community. Our teachers work hard to achieve our core value of excellence in education and give generously of their time to our school community, so that students can achieve their full potential in their classwork and extra curricular activities. Thank you for your hard work and commitment to our students.

Le gach dea-ghuí

Clare Wallace, Deputy Principal

PROGRAMME UPDATES

TY

TY students have had an action-packed term filled with learning, adventure and new experiences. The term began with an exciting trip to **Birr OEC** for the **Gaisce Adventure Journey**, along with visits to the **World Skills Competition** and the **Ploughing Championships**. Science Week featured an engaging **CSI Forensics workshop**, while in **Enterprise** class students prepared for the **Annual Christmas Market**. Students also gained certifications in **GAA Future Leaders** and **CSS Coding**. November's **Work Experience** provided valuable insights into various careers. Before the holidays, students participated in **CPR training** with the Irish Heart Foundation and enjoyed festive outings, including shopping, bowling, mini-golf and ice-skating. After Christmas, they explored cultural traditions with **Seó Bóthair**, a **Japanese origami** session and **St. Brigid's Day** crafts. Academic achievements included **Cormac and Maria's** participation in the **BT Young Scientist Exhibition** in January. Excitement now builds for the upcoming trip to Ballyhass, another work experience placement, a trip to Dublin, LawEd, Develop Me and April's international trip to Barcelona.



LCA

LCA students had a dynamic first term with trips to the **World Skills Competition** and **Kildalton Agricultural College**, gaining valuable insights into apprenticeships and college courses. LCA students also availed of **Manual Handling and Safe Pass Certification** through CMCO's link with Archerstown Training Centre. In class, **6th LCA** took on personal challenges like diamond painting, knitting, and restoring a vintage bicycle and tractor for their **Practical Achievement Tasks**, while **5th LCA** showcased creativity with wire sculptures in **Visual Art**. Examiner feedback was very positive - well done to all!



JCSP

Well done to all our JCSP students for their hard work this term. Students have been busy engaging in various **initiatives** covering a wide range of topics and subjects including Literacy, Numeracy, Wellbeing, Sustainability, Science, Craft Club, French language skills and Digital Technology in the music classroom. The term culminated with a **Christmas Celebration**, where students from 1st year had the opportunity to display samples of their good work and **celebrate success** with their families and teachers. We wish all our 3rd year students well, as they embark on their final profiling. **Profiling** is the process of gathering positive information about what students have achieved. Through profiling, a student can gain recognition from the Department of Education for subject work completed in preparation for the Junior Cycle exam.



AR AGHAIDH LINN & LCVP



Our Ar Aghaidh Linn 5th year students are currently working on their **Enterprise Action plan** which is based on various enterprise opportunities and in particular, our very successful **Christmas Market Day**. They are also working with our **partner company H&MV** through our continued partnership with **Business in the Community**. Recently H&MV personnel came to the school and set up five stations where our Ar Aghaidh Linn students engaged in **active learning** on the skills, qualities and qualifications for **CV** and also on active listening skills. Best of luck to our 6th year LCVP students as they prepare for their exam on May 7th.



JCSP MAKE A BOOK EXHIBITION

Our 2nd year students shone at the JCSP Make a Book Exhibition in Limerick recently! Inspired by the cold snap, they showcased creativity through writing, art and woodwork - a fantastic cross-curricular effort. Two creative works are displayed here. Well done to all involved!

Cold Snap.

Once upon a time, in a small village surrounded by dense woods, a man named Thomas decided to take a walk while the snow gently fell from the sky. The world outside was transformed into a winter wonderland, with each flake adding a layer of magic to the landscape.

As he stepped into the woods, the crunch of the snow beneath his boots echoed in the stillness. The trees, heavy with white, stood like silent sentinels, their branches adorned with sparkling crystals. Thomas breathed in the crisp, cold air, feeling invigorated by the beauty around him.

As he wandered deeper into the forest, he stumbled upon a clearing where the sunlight broke through the clouds, illuminating the snowflakes that danced in the air. In that moment, he felt a profound sense of peace and connection to nature. It was as if the woods were whispering secrets just for him. With a heart full of gratitude, he turned back, knowing he would carry the magic of that snowy walk with him forever.

By Anna Brennan

TY C EXPERIENCES PUBLISHED UNDER THE GUIDANCE OF ENGLISH

TEACHER MS CUNNEEN

CPR & First Aid Training in TY

As part of our TY learning experience we got to learn how to do CPR, and how to recognise situations where we may need to perform it. Ms Cunneen and Ms Carr did the training with us in Room 18. The focus of the training was how to perform CPR correctly in the event of an emergency. We learned when doing chest compressions that you must place your dominant hand on top of your other hand and press hard into the person's chest, about 2 inches deep. When doing this we learned to have the song 'staying alive' in your head and push on the beat of that. You must make sure the person is flat on the ground before performing chest compressions. If using a defibrillator you must ensure the person is unresponsive. Then remove the person's top clothing and stick the pads onto the person's chest. The defibrillator will analyse the person's heart rhythm and tell you what to do. If a child needs CPR you should look for no breathing or only gasping. Give 30 chest compressions, using one hand, and then do 2 breaths. Keep on repeating 30 compressions and 2 breaths.

We also learned about recognising the signs of a stroke. When you believe someone is experiencing a stroke you must recognise the signs; F.A.S.T.
Face- their face begins to droop on one side.
Arms- they lose strength in the arms and are unable to lift them properly.
Speech- their speech becomes slurred.
Time- you must act fast and call 999.

We then learned about choking. If someone is choking, you must quickly ask, they will usually give the universal sign for choking. Then you must go behind them and wrap your arms around their stomach and push upwards.

I enjoyed learning how to perform CPR correctly, how to recognise situations when CPR is needed and the importance of knowing how to perform CPR correctly. This is a valuable life lesson for us all to have learned.

By Amy Kennedy TY



BT Young Scientist Experience

A few weeks ago, Maria Ryan and I were at the RDS in Dublin for the BT Young Scientist exhibition. It was an unforgettable experience, and it gave us an opportunity to express our interest in certain topics. We exhibited our project to the public over four days, during which judges visited and interviewed us on our research. Our project, "Behind the Smiles", is a project based around students who may have experienced burnout during their time in school and if it affected their mental health. The judges asked us questions, as if it was a normal conversation such as, "What is your project about?", "How did you go about doing your project?", "Did you run into any issues?". We were chosen to meet the President, Michael D. Higgins, which was very exciting and a great honour. We also met Simon Harris and we were given his business card to send our project to him. Although we didn't win anything, we're still so grateful to have been chosen and we're glad we got to express our concerns for the mental well-being of secondary school students. We were disappointed that students of CMCO couldn't attend the RDS to support us because of the weather, but we were grateful for the many messages of support we received.

By Cormac Sheehy TY





Photos show our Maths Quiz senior winners - Nicole & Alva and our junior winners - Nathan, Meaghan & Callum pictured with Maths teachers Ms Pollard and Mr O'Mara

Maths Week Fun

CMCO Maths Week was filled with engaging challenges and brain teasers. A notable highlight included TY students organising a whole school quiz, integrating Maths questions with other subjects.

Feedback was positive from all involved who deemed the designated week a fun way to learn and promote Maths.



CMCO Science Scoop

Our students had an exciting #ScienceWeek, exploring interactive exhibitions at the Tipperary Festival of Science in TUS Thurles and competing in various challenges, including dingbat puzzles, a poster competition and quizzes. TYs took part in a CSI workshop, while senior Science students explored Boston Scientific Clonmel, Cloncannon Biofarm and a UL Physics Day for hands-on learning experience.



Congrats to Óran Casey, Filippo Fini & Tony Maher who proudly represented our school in the ISTA Senior Science Quiz in Rockwell College during Science Week



TETB TY Young Cooks Competition

Well done to James Woodlock and Lewie Cavanagh who proudly represented our school in the first Tipperary ETB TY Young Cooks Competition in Archerstown. Thanks to our Home Economics department for supporting and guiding the boys.

Photo shows James and Lewie pictured with Home Economics teacher Ms Delaney, and Fergal Phelan and Colin Cummins of Tipperary FET

STEM Passport



Congrats to our senior girls on the successful completion of the innovative skills programme STEM Passport for Inclusion, in association with Maynooth University and Microsoft Dream Space.

Creative CMCO Art in Action

Two TY groups entered the new Re-Love Fashion Competition, transforming pre-loved clothing into stunning creations. Both teams have been shortlisted for the next stage, where they'll interview with Head Judge Arran Murphy. Best of luck to Denim Attire (Aaron, Kourtney, Aoife, Sophie & Leah) and Tie Ballgown (Meagan, Abbey & Eimear)! Also, congrats to Ava Killane who secured 3rd place in the Thurles Credit Union Art Competition. #rathassaothar



All Ireland XC Final

Best of luck to Liam Carroll competing in the All Ireland Schools Cross-Country Junior Boys Final on March 8th.





Hurling News

Our U19B Hurlers topped their group to qualify for the Munster quarter-final against High School Clonmel. Unfortunately, they met a stronger side on the day, but we are incredibly proud of their journey and progress over the years. Meanwhile, our first years enjoyed success in the County Hurling competition defeating Cistercian College Roscrea in the final - well done to all!



CMCO Girls' Teams

Our first, second, U16 and U19 Girls Basketball teams had plenty of competitive group stage matches, showcasing great effort and determination with some important wins. Our Soccer and Camogie teams gained valuable game time earlier in the season and are eager for more competitive matches in the coming weeks. Girls' team sports are growing in strength and advancing competitively in CMCO and this is thanks to the coaches involved. #successthrougheffort



Gaelic Football

Our U15 and U19 Gaelic Football teams both started strong in their Munster Championships with wins over Coláiste Phobal Roscrea, but bowed out after defeats to Ardscoil na Mara Tramore and Scoil Pól Kilfinane respectively. Best of luck to our first years in their upcoming County Football Final!



Thank you to our Leaving Certificate students who have represented our school teams with dedication and pride over the last 5/6 years. Your commitment, sportsmanship and teamwork have been an inspiration to younger players and a credit to our school.

Boys Basketball

Hard luck to our U19 and 1st-year Boys' Basketball teams, who put in great performances but fell short in their South East semi-final and quarter-final against strong Wexford CBS and St Kieran's College sides. Our U19s impressed in a higher division, with just one other loss all season, while our 1st years had a fantastic campaign. Well done to both teams!



CMCO U17 Rugby players pictured with Newport College team after their match



CMCO 1st year Boys Soccer Team



‘Mary Poppins’ Musical

Congrats to the very talented cast, crew and production team (Ms Geaney, Ms Martin, Ms Wallace & Ms Lowth) of ‘Mary Poppins’ who showcased the best of talent to delighted audiences over three days in the Dome last October. Well done to all involved and a special thank you to everyone who kindly volunteered their time and expertise when called upon to lend a hand. Congrats to Cormac Sheehy on receiving the *Spirit of the Musical Award* for his performance as ‘Chairman’, Tomás Max who won the *CMCO Rising Star Award* in association with Dwan Academy for his performance as ‘Bert’ and to Lexie Jordan who received the *Ensemble Star* award, kindly sponsored by JJ O’Sullivan. Plans are already in place for the next musical production, so keep your ears peeled for updates!



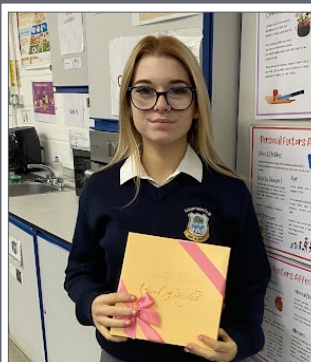
‘Europa Experience’ Business Trip

Our 5th year Business students visited the Europa Experience in Dublin, gaining insight into how the EU operates and its impact on citizens. They explored interactive online games and learned about joining the EU Youth Parliament. This visit provided valuable knowledge for Question 3 of the Leaving Certificate exam. #academicexcellence



Nutrition Week in CMCO

Congrats to TY student Aoife Mulcaire, winner of the ‘Healthy Meal’ Competition during our ENERGY Programme Nutrition Week! She impressed with her homemade açai bowl featuring oats, frozen fruit, berries, yoghurt, nuts, avocado and kiwi.



Students enjoyed a range of events, including an informative talk by dietitian Ellen Roche, a Healthy Breakfast morning, a Healthy Eating Quiz and the promotion of nutritious food choices across the school community. #wellbeing #care

Engineering visit to TUS

Our 6th Year Engineering students, along with their teacher Mr Gleeson, visited TUS Limerick for #EngineeringWeek. They toured the campus, explored engineering courses, and attended a lecture on Hydrogen Energy Technology - a key topic on this year’s Higher Level exam.

#academicexcellence #STEM



Important Dates

Monday March 17th

School closed

Wednesday April 2nd

School closes at 12 noon

April 14th - April 25th

Easter Holidays

Monday May 5th

May Bank Holiday

Friday May 30th

Last Day of School Year

Wednesday June 4th

State Exams begin

Message from the CMCO Parents Association

The Parents Association sincerely thank all parents/guardians who have generously volunteered at school events so far. From the hugely successful Mary Poppins Jr. musical and School Open Night to the Christmas Market, Match Day Parking, and the recent Ice Bucket Challenge for Suir Haven – your support has been invaluable. Everything we do is to enhance our school community, ensuring our children continue to thrive.

If you would like to get involved in future events, please contact Lisa at 087 6150548 – new members are always welcome! Finally, a special thank you to Denis, Clare and the staff for their ongoing support.

Lisa McCarthy (Secretary) & Dominic Cornally (Chairperson)



Some upcoming events

March - First Lego League, Student Enterprise County Final; All Ireland Schools XC Finals...

March - International Tours to Manchester (2nd year) and Spain (TY)...

...plus many more educational and enjoyable co-curricular, extra-curricular and sporting CMCO events are scheduled for this coming term, so follow CMCO on *Instagram, X, Facebook, TikTok & YouTube* for the latest news!