

Kinsale Community School - Board of Management Report

29th January 2018

KCS SSE Overview of actions linked to 'Looking At Our School' domains **(Rolling actions from previous years and new actions for 18/19)**

<p style="text-align: center;"><u>Literacy</u></p> <ol style="list-style-type: none"> 1. Literacy booklet to be given to Y1 parents 2. 1st year student sit DRT's Results checked & feedback requested from teachers. Group of students identified. Language enrichment programme continues. 3. Paired reading TY (top group) and Y1 4. Literacy booklet 5. Paired reading with Y1/ parents 6. Key word board next to main board 7. Reminder of literacy promoting teaching methodologies (graphic organisers, fish bone diagrams, place mats, mind/ concept maps etc) 8. Sharing of resources on Teams/ 365 9. Whole school quiz via online platform 	<p style="text-align: center;"><u>Numeracy</u></p> <ol style="list-style-type: none"> 1. Whole school quiz via online platform 2. Whole school marshmallow challenge 3. Whole school straw challenge 4. Games and puzzles club during lunch break 5. 1st year student sit DRT's <p>A numeracy intervention programme was developed by three experienced maths teachers focusing on key areas of fractions, decimals and percentages.</p> <ol style="list-style-type: none"> 6. 5th and 6th class Primary teachers participating in workshops run by KCS maths teachers 7. Y1 Parents Maths Initiative 8. Statistical projects for TY maths classes as part of the TY SOW 9. LC Maths Weebly page with resources for students to access 10. Piloting the use of Surface Gos in conjunction with One Note to enhance the learning of Maths with specific teachers
<p style="text-align: center;"><u>Feedback</u></p> <ol style="list-style-type: none"> 1. 6Y Pre - Results feedback day 2. Investigate Cloud School for enhancing feedback to students and parents 3. Review Parent Teacher Meetings and changed practices 4. Review reporting banks 5. Subject department using template feedback sheets for pupils 6. Promotion of digital feedback through digital technologies (mentimeter, socrative, edpuzzle etc) and Microsoft 365 	<p style="text-align: center;"><u>Teacher Collective Practice</u></p> <ol style="list-style-type: none"> 1. AfL Development 2. NCSE talk on new model of delivery and co teaching 3. JCT inservices- Cluster/ whole school 4. Feilte Scoile / Cosán Suite 5. PME/ Droichead training 6. Office 365 training (phased) <ol style="list-style-type: none"> a. Email b. One drive c. One Note d. Class Notebook e. Teams 7. Digital Leaders Strategy 8. Cloudschool

Literacy in the Home Initiative

This week our paired reading initiative will commence with all first year students and their parents. Each week the students will receive short stories from their English teachers that they will be encouraged to read with a parent at home. Parents were briefed on this strategy at the recent First Year parent teacher meeting. All students and parents are being surveyed on their attitudes towards Literacy in the Home before this initiative and will be surveyed again afterward. Diarmaid O'Donovan will be using this data to update our 'Literacy in the Home' booklet which will be aimed at supporting next years first years and their parents.

Microsoft Office 365/Digital Leaders at KCS

Total accounts

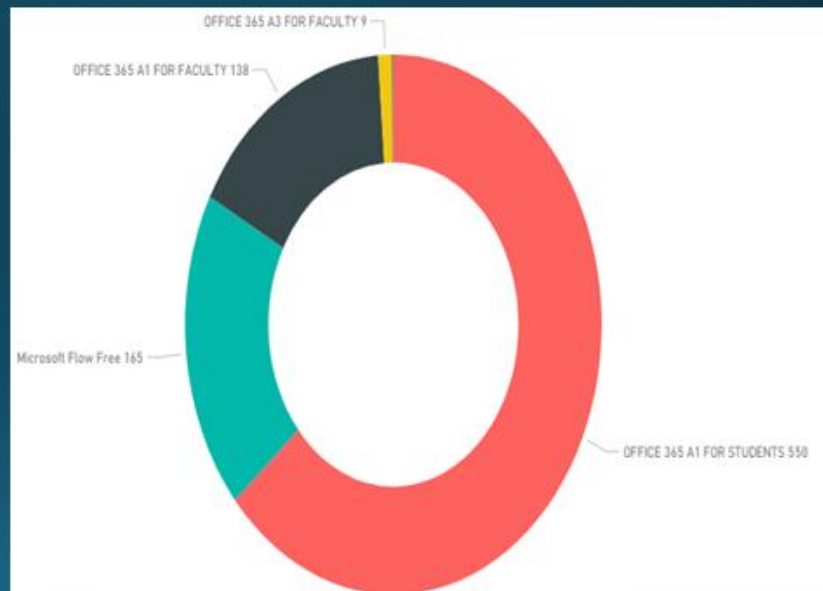
862

A1 students 550

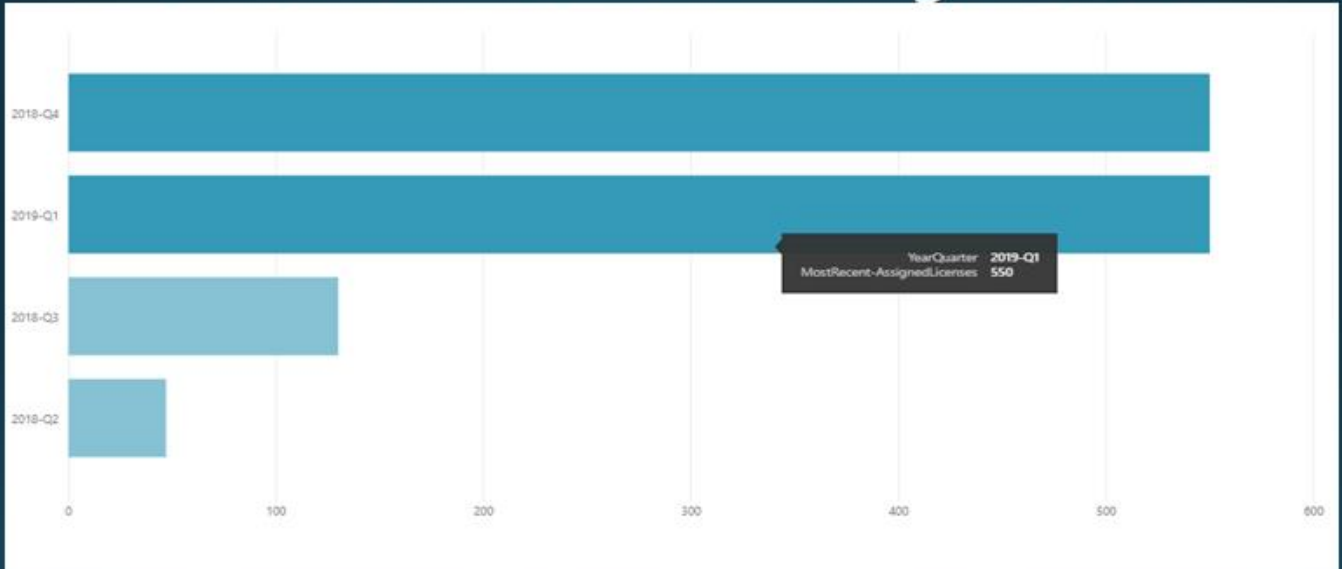
Staff 147

Free flow accounts arise from TY emails

No A3 students assigned.

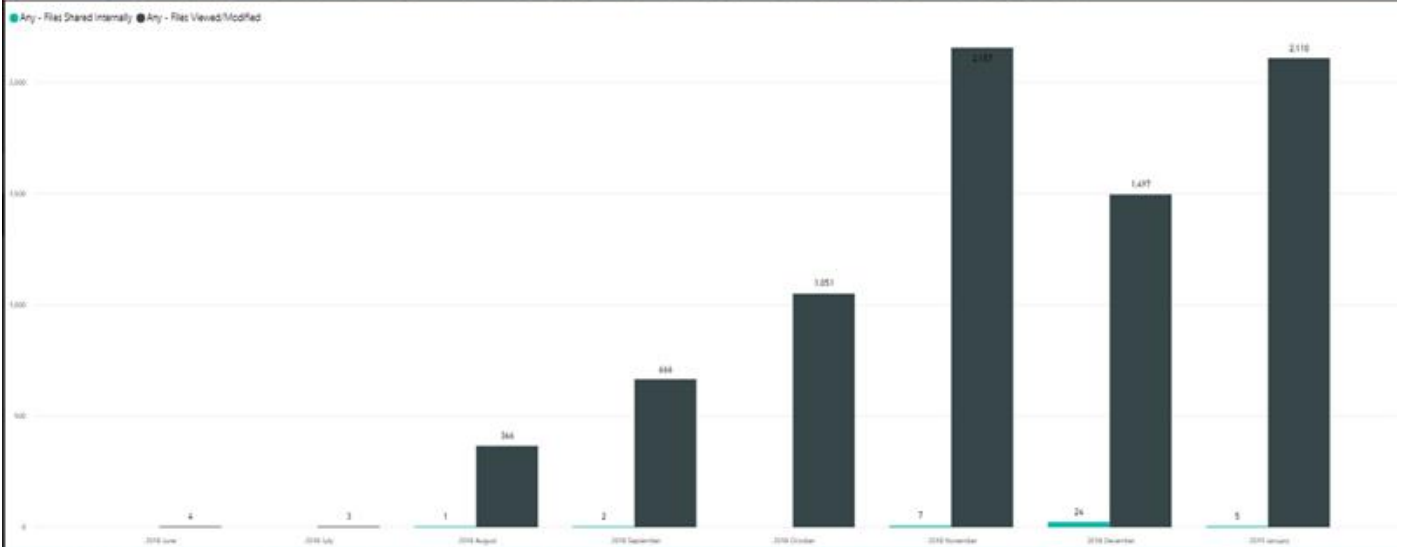


Number of accounts being enabled



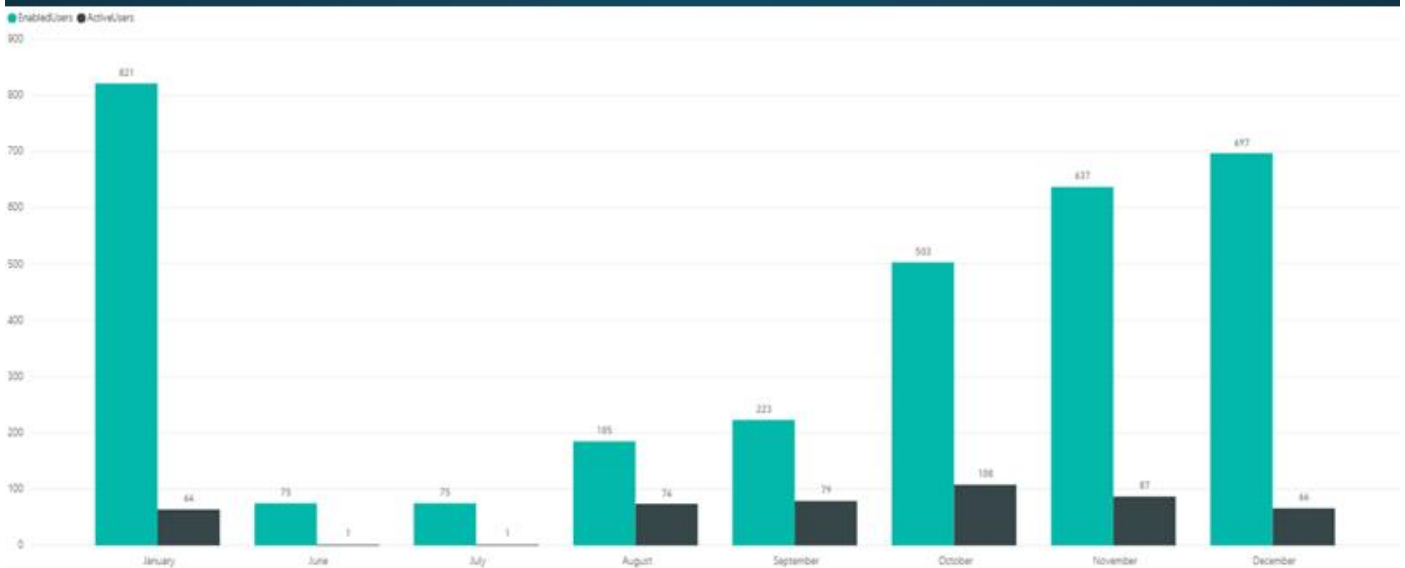
This illustrates the student body is in the process of being set up

OneDrive- Files shared vs View



OneDrive is being used however the number of files being shared is very low.

Teams Low numbers of staff using teams



In Feb/March, we will be facilitating staff training on the above over two sessions- 6th February and 12th March. All staff will be receive further training on Office 365 by Ger O'Callaghan, Gemma Cooper, Eimear Murphy and Ger Hogan. In March, we will commence our Digital Leader training from Microsoft's Education partner, Wriggle. We have identified 15 staff members across the various subject departments to engage in this advanced training program, which will be delivered by a Microsoft Specialist in 4 sessions over the next 18 months. Each Digital Leader will mentor 7/8 of his/her colleagues throughout this period as we aim to increase staff usage and competence. This strategy is closely in line with our School Improvement Plan-Domain Four (Teacher Collective/Collaborative Practice) LAOS document (2016), as highlighted below.

	assessment records that are clear, useful and easy to interpret and share. These records provide a comprehensive picture of each student's learning attainments and needs.	assessment records that are clear, useful and easy to interpret and share. These records provide a comprehensive picture of each student's learning attainments and needs and are built on progressively as the student moves through the school.
Teachers contribute to building whole-staff capacity by sharing their expertise	Teachers recognise the value of building whole-staff capacity and are willing to share their expertise with other teachers in the school.	Teachers value their role within a professional learning organisation , and as a matter of course share their expertise with other teachers in the school.
	Teachers are willing to share their expertise with teachers from other schools, for example through education centres, online forums, and school visits.	Teachers share their expertise with teachers from other schools, for example through education centres, online forums, and school visits.
	Teachers engage regularly in professional collaborative review of teaching and learning practices.	Teachers engage regularly in professional collaborative review of teaching and learning practices, and use it to identify and build on effective approaches .
	Teachers are open to building collective expertise in the skills and approaches necessary to facilitate student learning for the future.	Teachers are proactive in building collective expertise in the skills and approaches necessary to facilitate student learning for the future.

Safe Internet Day 2019

KCS have themed the day 'Together in Online Safety'. Activities planned which include a poster competition for 2nd year students around online safety while first years will receive a safe internet talk from Transition Year students who have been engaged in research on this issue.

SUBJECT OPTIONS FOR 19/20

Timetabling for the next academic school year 19/20 is now underway as the Option process begins for 2Y and 5Y.

All pupil in Y1 avail of the opportunity to taste a wide range of subjects- Metalwork, Home Economics, Technical Graphics, Woodwork, Music, Business and Art. As they move into 2Y they select two of these subjects to continue with to Junior Certificate Level. They also may choose to select IT which encompasses two short courses- Coding and Digital Media Literacy. In Y1 pupils learn two Modern Foreign Languages, French and German and they continue with one of these into 2Y.

KCS also offers a uniquely wide range of subject to pupils entering Senior Cycle- Agricultural Science, Examination Religion, Physics, Biology, Engineering, Business Studies, Geography, Music, Art, Home Economics, Construction, Chemistry, Physical Education (this year we are a pilot school in 5Y), History and DCG. Next year we also plan to introduce Computer Science to cater for those coming through from the Junior Cycle Short Courses in IT and those who are interested in studying computers at Third Level. Transition Year is a valuable time academically for students to try out different subjects, and the three Sciences in particular.

Parent Information Meetings

Parent information meetings for the parents of 1st, 3rd and 4th year students were organised in January for the purpose of providing information to parents in respect of the aforementioned subject options. These meetings were very well attended and the presentations were organised and delivered by our guidance counsellor Lisa Daunt, LCA coordinator Caitriona Leahy and TY

coordinator Niamh Hay. In respect of the first year information night, the Junior Cycle coordinator Laura Ann Dunne provided a presentation on the Junior Cert and the changes therein.

Enrolment for 2019 / 2020

Enrolment forms have been received from 229 students in respect of first year places for the 2019/'20 school year. The Cognitive Ability Test was held on Saturday January 26th 2019. This test was organised by the SEN department in the school. All of the SNA staff assisted with the organisation of the test.

Transition into Secondary School Initiative

The Board will be aware that we have developed a book for parents and students to support the students transition from primary school second level. The book also provided some advice regarding the new Junior Cycle and the new language of learning. It also described some of the new pedagogical practices which are deployed at Kinsale Community School. Exam Craft learned of our initiative and have approached us to author a book for this purpose that could be used nationally. The company has offered 20% of the profits. We have accepted the contract and the monies raised will go to the school.

Pre-State Examinations

The Pre Junior Cert examinations will commence on Tuesday February 5th 2019, while the Pre Leaving Cert examinations will commence on Monday February 4th 2019. Both examinations will conclude on Friday February 15th 2019. Teachers will enter the results on or before March 6th, the results will be posted on March 7th 2019. The Leaving Cert Feedback day will be held on March 12th 2019.

BT YOUNG SCIENTIST 2019



Kinsale Community School was pleased that 7 projects qualified for this year's exhibition at the BT Young Scientist and Technology exhibition in the RDS, which was opened by President Michael D. Higgins.

Kinsale Community School has a remarkable record of successful participation in this prestigious event, having been awarded the overall prize on three separate occasions.

Over 550 projects were exhibited across four categories: technology, biological and ecological sciences, social and behavioural sciences and chemical, physical and mathematical sciences.

Congratulations to sixth year student Jennifer McCarthy who won 1st place in the Chemical, Physics and Mathematics category. Jennifer completed her project during the past summer and received huge amounts of attention from both the judges and the public. She also received the 'Eli Lilly' special award, recognising her excellent use of chemistry in her project. Congratulations also to Ryan McCarthy, a first year student who received 3rd place in the Junior individual Social and Behavioural category for his project. Two projects were also highly commended.

Congratulations to all the students, their mentors Mr Shaun Holly, Mr Damien Sweeney and Ms Martina Gallagher and the supporters who travelled to Dublin.



BTYS Winners 2019:

Chemical, Physics & Mathematics Category

Jennifer McCarthy: 1st Place for her project titled 'Helping Hemp Heal: The design of a nano-formulation to increase the absorption of Cannabidiol in the gastrointestinal tract'.

Social & Behavioural Category

Ryan McCarthy: 3rd Place Junior Individual for his project titled 'A Statistical Study of the attitude of parents towards protective clothing and injury prevention in rugby'.

Eli Lilly Award

Jennifer McCarthy: 1st Place for her project titled 'Helping Hemp Heal: The design of a nano-formulation to increase the absorption of Cannabidiol in the gastrointestinal tract'.

Highly commended – Biological and Ecological

Laoise O'Mahony and Orla Good: 'An investigation into the effects of soil compaction on autumn carbon sequestration in grassland soils'

Highly commended – Social and Behavioural

Sarah Deasy, Ben Loughnane and Ben McCarthy: 'A statistical study into the financial sustainability of the agricultural sector in Ireland.'

VEX IQ REGIONAL FINAL



VEX Robotics is a programme which enables students to learn about Science, Technology, Engineering and Maths (STEM) through designing, building, programming and competing with their robot in competitions organised by DELL EMC.

On Thursday 17th January, Kinsale Community School was proud to host the VEX IQ Regional Finals at Sáile Sports Complex. Over 400 primary school pupils from over 16 schools participated in the event which was organised by Ms Niamh Hay and the KCS Vex Robotics team. Kinsale Community School teachers and TY students were involved in running the event. MC's were Mr John Corcoran and Mr Tony Cierans and the KCS Vex Robotics team acted as referees.

On arrival, each school's robot was inspected and after successful inspection they proceeded to take part in the competition. It was a fantastic success and students had the opportunity to display and further develop their skills in STEM.

Congratulations to Cork Education Together NS, Canovee NS, Bandon Bridge NS and Knockavilla NS who have qualified as finalists and will compete in CIT on Feb 14th.

CIT I WISH CAMPUS WEEK

Fantastic to see TY students Cordelia Foody and Ellie Cronin pictured in the Irish Examiner this week. A number of KCS students are partaking in the CIT I WISH Campus Week (14th - 18th January) which is 'an interactive 5 day hands on programme that will allow you to immerse yourself in all that is great in Science, Technology, Engineering and Maths (STEM) via applied and practical interactive workshops, site visits and demonstrations'.

(<http://www.iwish.ie/cit-campus-programme>)



DARRAGH CROWLEY MAKES SENIOR DEBUT FOR CORK CITY FC

Well done to Darragh Crowley who made his Cork City senior debut in a friendly match vs St Marys AFC. It was a proud moment for his family, school and former club Kinsale AFC.

SPORTS UPDATE

Gaelic Football: KCS U14 footballers had a comprehensive win versus Mount Saint Michaels, Rosscarbery on Friday 11th January in Rosscarbery. After a slow start to the game with both teams making a few mistakes early on, Kinsale took over around the middle and this led to KCS kicking 2-2 without reply. Goals coming from Alex McCaughley and Conor O Donovan who caused a lot of trouble for the Mount Saint Michaels defence throughout the game. The game ebbed and flowed for the rest of the half with Rosscarbery kicking 3 points and Kinsale scoring 1-2, a good individual point from Gearoid Kearney the stand out score. This saw the half time scoreline KCS 3-4 MSM 0-3. After half time Kinsale put on the pressure and really put the game to bed with two early goals from Conor Fitzpatrick and Conor O Donovan. Then came a purple patch for Mount Saint Michael which saw them hitting the back of the net twice in quick succession. Kinsale regrouped and rallied again scoring 2-4 without reply to finish out the game. Final Score KCS 7-8 MSM 2-3. Scorers: Conor O Donovan 3-1, Alex McCaughley 1-3, Jamie O Sullivan 1-2, Conor Fitzpatrick 1-0, Even Lehane 1-0, Gearoid Kearney 0-2.

Basketball: Hard luck to the u16s boys basketball team who competed in the All-Ireland Basketball Playoffs in Claregalway, Sunday the 13th. The team have worked tirelessly throughout the year with their coaches Ms. McKenna & Mr. O' Callaghan. Well done to all squad members.

Soccer: The first year soccer team will be in Munster Cup action this week as they face Colaiste on Chraoibhinn. This will be a great test for the team, who have been training hard this year. The U17 squad will also be in action as they travel to Colaiste Muire, Cobh in what will be a tough test. Best of luck to both teams.

PAST PUPIL DAISY PEMBLE VISITS SENIOR CYCLE STUDENTS

Former pupil and current UCC scholarship holder, Daisy Pemble, our school recently to make a presentation to our senior cycle about Law and French at UCC. She is currently in her final year after spending last year in France as part of her 4 year Degree. She gave the students a very informed insight into what is involved in all elements of



visited
students
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studying

in France and of Law, in terms of the many career opportunities available. Daisy obtained a prestigious scholarship this year for having top grades in her second year in UCC. She also participates in many extra-curricular activities and set up the UCC Knitting Society. Daisy explained to our Senior students the importance of getting involved in the many activities UCC has to offer and how this helps you to make many friends outside your own field of study along with the many experiences you gain from throughout college life.

We would like to thank Daisy for coming back to the school and for helping other students with their decision. Many students have stated how great it was and how it has helped confirm their interest in pursuing Law &/or French after school.

APPRENTICE CHEF COMPETITION

The apprentice chef competition is well underway in Kinsale Community School. Over Christmas TY students involved were busy creating 'good mood dishes'. During the week they practiced their dishes and Miss Murphy and Miss O Sullivan who taste tested were most impressed! The in-school semi-final cook off will take place on Friday 18th January and was judged by local chefs. Two students were selected to go forward to the next stage of the competition in IT Tralee. Wishing all the participants the very best of luck!

FOCUS

IRELAND

FUNDRAISER



Staff and students from K.C.S. went carol singing in the town on Wednesday 19th December. Thanks to the generosity of the local community, we raised €287 for Focus Ireland. We presented a cheque to Dick White who was very grateful on behalf of the homeless charity.

KINSALE 10 MILE ROAD RACE

We're delighted to announce the inaugural Kinsale 10 Mile Road Race which will take place on Sunday 24th February at 12pm. It will be a national standard event and is fully licenced by Athletics Ireland. The race is being organised by Riverstick Kinsale Athletic Club and Kinsale Tricub. It will start on the new running track at Kinsale Community School and will finish by going through the bottom gate of the school grounds, with a finish line on the tarmac athletic track after covering nearly a lap.

The event is for athletes aged 18 years and over of ALL ability levels who wish to run the classic 10 mile distance in a beautiful setting. Prizes will be awarded in the following categories;

- 1st 5 Male
- 1st 5 Female
- 1st Age categories in M/F (40, 45, 50, 55, 60, 65, 70)
- 1st Wheelchair M/F

The Entry Fee is 25 euro (plus 1.25 processing fee). Proceeds from the event will be divided between Riverstick Kinsale AC, Kinsale Tricub and Kinsale Community School's running track. Entries are available now by clicking [here](https://www.kinsale10mile.com). For more information check out the website: <https://www.kinsale10mile.com>. A huge thank you from the school's Parents Association to the organising clubs. The clubs are looking for businesses or individuals to help with the event by sponsoring a mile, sponsoring water or catering (teas, coffees, sandwiches), sponsoring prizes, tee shirts etc. Please email kinsale10mile@gmail.com if you are able to help in any way. Thank you very much to all involved and we look forward to seeing you on RACE DAY.

CROSS COUNTRY SUCCESS FOR KCS



The Cork County Cross Country Challenge took place at Riverstick on the 7th of

December. KCS was well represented on the day and were very successful. Pictured are the 2nd/3rd Year Girls Team of Rachel O' Brien, Kate Redmond, Clare Redmond and Aoife Hartnett who placed 1st as a team. Pictured are 1st Year Boys Team who were awarded bronze medals for their 3rd place as a team in the same race. The team consisted of Sam Kiely, Michael O' Driscoll, Joey O' Callaghan and Oisin Joyce. Well done to Sam Kiely won the same race outright.

KCS MUNSTER CHAMPIONS



For the first time in the school's history KCS have been crowned Munster Champions. The U15 footballers went up against Causeway (Kerry) in the U15 Munster final on Wednesday last (12th Dec). The two sides met in Ballyagran of Limerick for a 12:00 throw in. It was great to see the two teams going head to head for the 60 minutes with a showcase of some great skills by both teams. KCS opened the scoreline with a point from Matthew Higgins. There were some great battles had throughout the pitch especially in midfield where the two teams were evenly matched. Riordan Stewart had an outstanding game from start to finish and his big solo runs in the first half put the Causeway side under serious pressure. KCS are a very athletic team and when they attacked in force the Causeway side found it hard to manage. These powerful runs from the O' Callaghan twins along with Paul Graham and Charlie Sheehan helped KCS get the first goal of the game. It was a great worked move up the pitch and James Murphy was on the end of it to tick the ball in the back of the net. IT was 1-1 to 0-0 after 10 mins a great start for the lads from Kinsale. However, soon after the Causeway men were hitting the net with an excellent run from there centre forward and a great finish. For the remainder of the first half it was real end to end stuff. The conditions made it hard for the players to kick long range points. Louis Allman was next to strike for KCS with another goal and Matthew Higgins kicked over a lovely point. The scoreline was now 2-2 to 1-0 approaching half time.

As the teams came out for the second half it was very hard to tell which way the game was going to go. Jason Russell was on top of his game at full back. He made sure KCS had a strong foundation in the backs at all time. The full forward line of Daniel O' Donovan, Louis Allman and James Murphy had the Causeway backs under serious pressure in the second half. Daniel O' Donovan getting on the end of a few moves but the Causeway keeper made a few fantastic saves. With 15 minutes into the second half KCS opened up a 9 point lead. Causeway got on top then and a goal followed by a penalty left only 3 points between the teams with 10 minutes left. As KCS have done all year they responded well and finished strong with points from Max Cronin, Matthew Higgins and a late goal from Daniel O' Donovan sealed the win. Overall it was a well-deserved victory and great to win a first ever Munster Football Championship for the school.

EYP ROTTERDAM

European Youth Parliament Rotterdam International Session 2018: An incredible, eye-opening and life-changing experience

My first ever experience with European Youth Parliament (EYP) was in TY when I participated in the regional Munster session. How EYP works is, before the session, you are allocated a topic to debate, based on your personal preferences. When you arrive at the session, there is at least 1 day of team-building - a chance for you to get to know the names of all of your fellow committee members and also to start to form friendships. Then there is at least one day of committee work (the length again varies on the length of the session) - this is where we express our views on our topic with our new committee family and work together to write a resolution. This is followed by a day of General Assembly, where the resolution for every committee is debated on and voted for or against.

I was privileged enough to be asked to attend Rotterdam 2018 - the flagship International Session for EYP 2018. Every year, there are three International Sessions throughout Europe, with the autumn one being deemed the 'flagship' for the year.



On the 13th of October, fellow delegate Andrew and I (not wanting to make an unnecessary trip to Dublin) flew out of Cork airport. We arrived at Schiphol Airport, Amsterdam at 9am, rearing to go explore the city for the day, before we would meet the rest of the Irish delegation and travel to Rotterdam together. The only slight problem with this was our bags. Or rather - our lack of bags. Yet if there was one thing I learned on that trip, is there's no point arguing with an EYPer! Within 10 minutes, Aer Lingus had been

rung and compensation had been assured! Our whistle-stop tour of Amsterdam was amazing. We saw the Van Gogh museum in the Museumplein, followed by frantic shopping for the essentials, given that we had no idea when our bags would arrive! After running to a non-existent bus stop, and a flat-out sprint to the train station, it was such a relief to meet the other people in the Irish delegation and get on our final bus of the day to Rotterdam. There were eight of us in total, from all corners of Ireland. I can honestly say that it was incredible how quickly these near to total strangers soon became like my family - always ready for tea and chats at the end of a long day!

The biggest difference between an International Session and a Regional Session - aside from being in another country and all the perks associated with that - the length. In this case the session lasted 8 days, starting with 1 full day of team-building. We started the day not knowing anyone's names and no one knowing ours (most definitely not helped by the fact I became such good friends with a girl from Liverpool called Katie - and Cathy and Katie are hard names to distinguish between for someone whose first language is Azerbaijani!) and by the end of the day, we had made friendships that I know I will always cherish. I was a member of the AFCO committee - the committee on constitutional affairs. Our resolution was on the topic of the separation of church and state and what stance the European Parliament should take on the issue of religious involvement in state governments, especially considering the diverse

nature of EU member states, and the increasing number of minority religions entering the EU in recent years. Given how controversial a topic religion tends to be, we were all anxious as the General Assembly (GA) approached - but up for the challenge! Personally, I was nervous for committee work, as with moral topics, if people have fundamentally contrasting views, it's hard enough to get anywhere! We spent three days debating the topic, defining the issue and putting together our resolution.

Before the GA day, we had a free day off to explore Rotterdam, where my new found friends and I got to see the beauty of Europe's biggest seaport - from the sea! It was a fantastic day out followed by an Irish delegation dinner, one of the highlights of my trip! I was so lucky to not only make amazing friends over there, but to travel with such incredible people in the Irish delegation.

Our last days of the session were General Assembly days, where all the resolutions were debated and voted on. It was held in a stunning deconsecrated church on the outskirts of the city - rather ironic that my topic was the separation of church and state, being debated at a political conference, in an old church! With the luck of the draw, my resolution was picked first. I was voted by my committee to deliver the summation speech, which is the last speech of the debate, were you urge all fellow delegates to vote in favour of your resolution. It passed by a big majority which was the perfect end to an amazing few days.

I'll never be able to thank EYP Ireland enough for this amazing opportunity to see the world in such a different light and make so many new friends. A huge thanks as well to the school (with a special mention for Ms Dunne for coordinating EYP in the school) for letting me miss a week of 6th year to go and follow my dreams!

- By Cathy Hynes, 6A1

MARTY MORRISSEY LAUNCHES SPORTS WALL OF FAME



On Thursday 5th December, KCS welcomed our distinguished friend and RTE sports broadcaster Marty Morrissey. Many thanks to Marty who launched our Sports Wall of Fame.

We are delighted that 6th year student and Female Sports Captain Saoirse McCarthy is the first of many that we will recognize for outstanding contribution to sport. We sincerely thank Marty for visiting Kinsale, all students and staff thoroughly appreciated his supportive comments and dance moves!

WEST CORK GARDA YOUTH AWARDS

Congratulations to KCS students Mary Collins, John Walsh and Cathy Hynes who received awards at the 23rd Annual

West Cork Garda Youth Awards which was held in the Beara Coast Hotel in Castletownbere on 23rd November.

The West Cork Garda Youth in association with SuperValu presented the awards celebrating outstanding young people between the ages of 13-21 years. These awards recognise that a

lot of good work is being done by young people in every community throughout West Cork. Each year a number of young people are recognised for their achievements in a variety of categories. This year there were a number of awards including – 7 overall awards, 4 district awards, 2 group awards, 4 special achievement awards, one community safety award and one outstanding contribution to youth award.

John Walsh was one of the seven overall winners and received an award for his multiple voluntary and community activities; Cathy Hynes received the Bandon District Award for her involvement in the European Youth Parliament and a Ladybird leader and various other voluntary activities and Mary Collins received the Community Safety Award. Congratulations are also extended to past pupil Michael Maden who was also one of the seven overall winners on the night for his multiple voluntary activities.



Pictured are Cathy Hynes, John Walsh, Garda James O'Mahony, Michael Madden and Mary Collins.

STUDENT COUNCIL AND PREFECTS



This year began with the task with the selection of the Head Boy and Head Girl. Many fine young people put their names forward that would have fulfilled the role with aplomb and it was Olivia Keohane and Paul Wills who chosen by their peers to represent the student body. As well as Head Boy and Head Girl this year we introduced the role of Sports Captains. Saoirse McCarthy and Kaelan O'Rourke were chosen by the student body to represent them.

Following this it was a hectic election process where a number of representatives were chosen from each year. The election logistics were enabled with the assistance of Mr. Pierce's second year CSPE class, who ensured that nomination forms were distributed, ballot forms printed, rooms prepared, and elections ran smoothly. Along with the elected representatives twenty Prefects were chosen who embody all that is good and forthright in a KCS student.

Many of the Prefects and Student Council members played a vital role in the KCS Open Night acting as Guides and looking after the hot food that was distributed on the night and prospective students. Prefects and Student Council members also help out regularly on Parent Teacher nights, again acting as guides and distributing refreshments.

The Student Council and Prefects have regular meetings where school issues are discussed and solutions are sought to issues that arise for the student body. Olivia Keohane, Madi Hayes, Cathy Hynes and John Walsh organise and facilitate many of these meetings where events are organised. Two recent events which were organised was the Christmas Jumper day and Bake Sale held prior to the Christmas Holidays which raised €1850 for Crumlin Children's Hospital and Pieta House. William Walsh and Holly Finucane attended this year's Cork County Comhairle na nÓg, which took place in County Hall in October of this year. Following this William Walsh was asked to attend the weekly Comhairle meetings which take place in Cork City as well as attending a number of events in Dublin.

The Student Council and Prefect Team have also been consulted on a number of new policies being introduced in the school such as the new GDPR Policy, the Internet Usage Policy and the Uniform Policy.

The Student Council for 2018-2019 school year is:

6th Year: Paul Wills and Olivia Keohane

5th Year: Victoria Bollard, Madi Hayes and Cormac Hartnett

4th Year: Jordan Dollard and Meabh Aherne

3rd Year: William Walsh and Holly Finucane

2nd Year: Ben Loughnane and Tessie Scanlon

1st Year: Ross McCarthy, Dylan Collins, Evan O'Dowd, Dearbhla Kelly and Chloe Carroll

The Prefect Team for 2018-2019 school year is:

Head Prefects: Aisling Power and John Walsh

6th Year

Shay Saunders, Daniel Graham, Daniel O'Hanrahan, Oisín Herberich, Mia Hynes, Aisling Power, Ceara Dhingra, Niamh Murphy, Eoghan Murphy, Jennifer McCarthy, Grace O'Brien, Paige Kearney, Lucy Kelleher, Amy Bevan, Cathy Hynes and Ross Mooney.

5th Year

Daniel Kelleher, Cormac Hartnett, Emily Gleave, Alicja Bakula, Cathal Flynn, John Walsh, Emily Smith, Karolis Buinauskas, Corey Saunders, Shauna Murphy, Victoria Bollard, Gabi Korczewska, David Gunn, Madi Hayes, Niamh Gimblett, Lucy Plant, Sean Domoney, Fiona Cahill and Aisling Power.

TY'S	FUNDRAISE	FOR	PENNY	DINNERS
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Congratulations and well done to TY students Ellie-Mai Dyer, Shane Corkery, Siobhán O'Donovan and Darragh Kidney who organised a coffee morning / cake sale in aid of Penny Dinners.



Thank you to everyone who supported their coffee morning and raffle which was a huge success and raised a total of €3854.80 for the charity.



PIETA HOUSE AND CMRF CRUMLIN FUNDRAISER

Congratulations to the Student Council members and prefects who organised a Christmas Jumper Day and raised €1700 for Pieta House and CMRF Crumlin.

CHEQUE PRESENTATION TO CANCER CHARITIES



Our annual school walk took place this year on Friday 26th October, just before midterm. Our goal this year was to raise awareness of cancer amongst our school community and raise some funds to support local cancer charities. The walk was a sign of solidarity in the face of this illness which has affected so many of our lives.

Between the walk, a staff coffee morning, 6LCA Hot Chocolate Stall and Ms Flemings sweet shop, the students and staff of KCS raised €18,000 for Marymount Hospice, ARC House, and The Mercy Foundation. A cheque presentation was made to each of the charities at the Christmas Carol Service on Friday 22nd December.

VEX ROBOTICS UPDATE

Last year Kinsale Community School won the Irish national EDR competition and attended the world championships in Louisville Kentucky, USA. We won the community award for TY students' engagement with local primary schools. This year Kinsale Community School are building on this side of the competition in the following ways.

Project

Kinsale Community School transition year robotics team have mentored a local primary school in building and competing in the VEX IQ competitions. The primary school visits the school twice a week, the transition year robotics teams helps them design, build and program a robot. We have hosted a VEX IQ event. On Thursday 17th January, Kinsale Community School was proud to host the VEX IQ Regional Finals at Sáile Sports Complex. Over 400 primary school pupils from over 16 schools participated in the event. The TY

Robotics team have volunteered to referee, judge and marshal a second VEX IQ in CIT on the 22nd and 23rd of January.

Kinsale Community school will host a VEX EDR competition in March. We hope to continue this process next year inviting more primary schools in the locality to enter VEX IQ competitions with mentors from our TY robotics team. Our TY robotics team will also be competing in the National competition on the 14th February in CIT.

BEATHA TEANGA I A LABHAIRT! THE LIFE OF A LANGUAGE IS TO SPEAK IT!

Tá an coiste Gaelbhrtach, le tacaíocht o Roinn na Gaeilge, an ghnóthach ag spreagadh na Gaeilge timpeall na scoile i slite agsúla. Táimid i mbun pleanála faoi láthair do Mhí na Gaeilge i mí an Mhárta. Coimeadaigí súil ar ar gcuntas Twitter @kcsgeaelbhrtac2 agus ar Bhalla na Gaeilge sa dorchla C.

De hAoine, 18ú Eanáir, cuireadh tús leis an gClub Gaeilge don chéad bhliain i C02 chomh maith le Pop Up Gaeltacht don séú bliain i C01 i rith am lóin. Toisc go raibh an-éileamh ar na himeachtaí seo, cuirfear fáilte roimh dhaltáí on gcéad, dara, tríú agus ón gceathrú bliain sa Chlub Gaeilge agus cuirfear fáilte roimh dhaltáí ón gcúigiú agus ón séú bliain sa Pop Up Gaeltacht. Is deis iontach í seo chun do chuid Gaeilge labhartha a chleachtadh le do chairde!

Bíonn an Club Gaeilge ar siúl gach Aoine i C02 1:15-1:35 agus bíonn an Pop Up Gaeltacht ar siúl i C01 ag am lóin.

The Gaelbhrtach committee, with the support of the Irish department, are busy promoting Irish throughout the school in various ways. We are currently planning 'Mí na Gaeilge' (instead of Seachtain na Gaeilge) for the month of March. Keep an eye on our twitter page "@kcsgeaelbhrtac2" and on the Irish noticeboard in the C corridor.

On Friday, 18th January, we started our Club Gaeilge for first years in C02 and a Pop Up Gaeltacht for sixth year students in C01 during lunchtime. Due to popular demand, the Club Gaeilge will now be open every Friday 1:15-1:35 to 1st / 2nd / 3rd / 4th year students wishing to participate in games and activities to practice and improve their Irish. The Pop Up Gaeltacht will be open every Friday at lunchtime in C01 to 5th and 6th year students who wish to chat 'as Gaeilge' to their friends over lunch.



TY HAD THE TIME OF THEIR LIFE!!

Dirty Dancing was performed in the school hall from Dec 11 to 15 2018. Over 5 nights and before packed houses the Transition Year students entertained with huge energy, enthusiasm and imagination. The Dirty Dancing story is part of 80's folklore so as anticipated audiences expected to see and hear all the iconic scenes and lines and were not disappointed.

The story of young love in a family holiday camp in 60's USA was brought to life by students who put themselves far beyond their comfort zones to sing, dance and act out the roles of Johnny, Baby, Penny and a host of others parts of this well-known story. Dirty Dancing drew on all the resources of students as dances

required huge flexibility and versatility. They rose to the challenges of these difficult routines with openness, an eagerness to learn and a huge sense of satisfaction when goals were achieved.

This is a show that draws laughter and tears in equal measure. Audiences were moved by gorgeous renditions of familiar songs such as Hungry Eyes, She's Like the Wind, Hey Baby and so many other classic numbers. Some of the main cast were stretched even further with 60's classics like the almost inimitable Both Sides Now by Joni Mitchell and Let me Try Again by Sinatra. This show provided entertainment for the masses but behind it all there was a huge amount of education for all involved both on stage and behind the scenes.

Closing night arrived, Baby is taken out of the corner for the last time and the curtain closed on an experience that will live forever with Transition Year 2018/19.



GAISCE BRONZE AWARDS



Congratulations to our fifth-year students who received their Gaisce Bronze Awards for their participation in and completion of the Gaisce programme in Transition Year. Pictured are KCS Gaisce Bronze recipients with Gaisce Coordinator Ms Máire Fleming and Mr McCarthy.

CONCERN DEBATE

Kinsale Community School retained its unbeaten status and recorded its fourth consecutive victory in the annual Concern Debates on Monday last, 21 January.

The team comprising: Emily Smith, Clíodhna Doyle, Freya Hellbust, Madi Hayes and Emily Gleave opposed the motion that: "The United Nations is no longer relevant". They defeated De La Salle, Macroom. This follows

previous victories against Mount Saint Michaels, Rosscarberry, Sacred Heart, Clonakilty, and Bandon Grammar School.

The team is mentored by Ms Kennedy, Ms Kincaid and Bertie Pearse. The KCS team completed the group stage with 9 points from a maximum of 12. The highest scoring 24 team nationwide will progress to the knockout stages. We await other results to see if our team will progress.

2A4 CSPE COMMEMORATE THE CENTENARY OF DÁIL ÉIREANN



CSPE class 2A4 organised a display on Monday 21 January to commemorate the centenary of Dáil Éireann and to celebrate democracy in Ireland.

The display acknowledged the first meeting of the Dáil which was held in the Round Room of Dublin's Mansion House. An intercom announcement was also made to promote awareness of the significance of the event.

The students researched the event and focused on democracy in contemporary Ireland. The display included: information on constituencies, the composition of the Dáil, the work of TD's, biographies of past taoisigh, the logos of political parties and details of the election process.

The First Dáil was established by Sinn Féin who refused to attend the British parliament at Westminster. Only 27 of the 73 Sinn Féin representatives elected in the 1918 General Election actually attended. The remaining 46 were either in prison or 'on the run' from the authorities.

The intercom announcement highlighted the fact that the First Dáil conducted its business in Irish, as well as approving the Declaration of the Irish Republic of Easter 1916. It sought global recognition for Irish independence at the Paris Peace Conference and passed a democratic programme, which was a commitment to improve facilities for the poor, to invest in health and education and to develop trade and industry.

Well done to our 2A4 students and their teacher Mr Bertie Pearse on organising this wonderful display.



GOLD FOR KATIE O'REGAN AT THE MUNSTER JUNIOR INDOOR ATHLETICS

Well done to first year student Katie O'Regan, who came first in the U-15 long jump on Day 1 of the Munster Junior Indoor Athletics competition in Nenagh, with a jump of 4.87m. We're looking forward to seeing Katie and other KCS students training at the new track in the school in the Spring.

ART MURAL



A new mural is ready to be installed in the old art room. TY2 students were given the theme of the colour wheel and each made a design proposal that we discussed, and the final design was chosen as an amalgamation of a few abstract designs. The piece was executed by Ellie-Mai Dyer, Hannah Hayes and Grace Hynes. It will add colour to AO8 for many years to come!

LATOYA THORPE & THE FLIC AWARDS



Kinsale Community school was chosen by the county arts office to take part in the international flic awards this year.

The aim of the programme is to promote the relationship between literature and illustration. Cork based artist Fiona Kelly came into one of our 5th year art classes to do a series of workshops. Each student got a different piece of text to illustrate and a special piece of handmade linen paper. The rules stipulated that they could only use black Chinese ink and weren't allowed to use a paintbrush, so we experimented with the medium and tried different drawing, sponging, stencilling and spraying techniques.

The final 15 pieces were sent on to Barcelona, where Latoya Thorpes piece has been choose as 1 of 13 finalists. Her illustration is of Gertrude Steins quote " When you get there, there is no there, there." All our students works will be exhibited in Barcelona in March and we look forward to following their progress.

JUNK KOUTURE 2019

A class of 24 TYs led by Ms. Deirdre Kelly have entered nine outfits for the Junk Kouture competition this year. This competition asks young designers to create striking couture designs and impressive works of wearable art from everyday junk that would normally find its way into the bin.

The deadline for online applications was on the 25th of January, so students have been working extremely hard leading up to this date. From creating their outfits, experimenting with hair and make-up, participating in a fashion photo-shoot and finalising their write ups to accompany their online applications. Various materials has been used from plastic spoons, CDs, fishing nets, clothes pegs, rugby balls, book covers and old election posters.

The students involved and the team names are:

Dragon Warrior: Meabh Aherne, Aoibhe Hurley, Diana Harrington.

The Gorgeous Gatsby: Sophie Lee Condon Collins, Lia Farley, Sarah Lehane.



Elemental: Grace Hynes, Meabh O'Leary, Caitlin Kelleher.

Tryball: Sophie Cumiskey, Nessa Malone.

Death by Cake: Paulina Matacinskaite, Rosie Deasy, Eimear Dwyer.

Ruler of the Cosmos: Roisin Nyhan, Niamh Domoney, Elyse Farley.



Nimhneach Dubh: Ellie-Mai Dyer, Ellen Farrissey, Ava McCarthy.

Big Brother: Ciara Buckley, Nora O'Connor.

The Golden Warrior: Sarah-Kate Murphy, Laurn Pidgeon.

The very best of luck to all involved in the competition and well done on all your hard work.



Transition year

The TY classes are very busy at present. A lot of the deadlines relating to the different

activities timetabled are at this time of year. We had a class of students representing us at the Model United Nations Conference at Cork City Hall last week. This annual event is met with huge excitement and the students of KCS benefit hugely from participating. Their leadership, communication and team building skills all improve while creating new friends from all areas of the country.



The Vex robotics team are preparing for their regional final to be held on the 15th February in CIT. They have participated in the VEX IQ events in CIT as volunteers and referees at the Primary School Games and they have done this in an exemplary way, gaining great experience in terms of the running of a large event.



The School Bank is getting ready to take part in a national event along with the Mini Company Groups preparing for regional events.

The Junk Couture entry this year is once again so creative and inspiring. The class and their teachers have put in an exceptional effort to reach the deadline of January 25th.

Visit of Helen O'Brien (NCSE)

Helen visited our school recently with one of our incoming first years, Gemma Whelan (who is profoundly deaf) along with her parents. Helen explained and demonstrated the technology Gemma uses to support her in a classroom environment (Digimaster with Soundfield). There are 2 other incoming first years who have hearing impairments but to a much lesser degree. Following a further conversation, Helen will apply for 5 Soundfields-one for each of the incoming students and 2 for students currently in first year who have hearing difficulties. Helen visited classrooms and has identified where Soundfields would be beneficial. The school has been given a Soundfield which will be piloted in a several classrooms/labs in the coming months to ascertain how beneficial teachers and students find it.

Mental Health Initiative for 5th Years

AWARE offer a schools programme which is delivered by qualified Cognitive Behaviour Therapists. We have been lucky to secure 2 of these programmes for our 5th Year students beginning on February 5th. 60 students will avail of this and it is to provide a follow on from the highly effective STEPS-A programme they received in TY.

LIFE SKILLS PROGRAMME FOR SCHOOLS

“LIVING LIFE TO THE FULL”

The sessions are delivered during a pre-arranged double class time over 4 consecutive weeks, in a very relaxed way by trained professionals, and the programme has proven to be fun yet very effective in helping students to learn new ways of dealing with life and its challenges. There are

some small tasks to do as part of the programme, but these are all very enjoyable as well as being effective!

There are **eight modules in total delivered over the four sessions** and the programme includes the following topics;

WEEK 1

- **Module-Understanding your feelings**

-This session introduces cognitive behavioural therapy (CBT) and helps students to understand that what we think and do influences how we feel.

- **Module- Are You Strong Enough To Keep Your Temper (1,2,3, Breathe)**

-This session helps students to recognise what winds them up and teaches them how to control your anger and improve their happiness and relationships.

WEEK 2

- **Module –Looking at things differently**

-This session teaches students to recognise and control unhelpful thinking patterns and encourages them to challenge negative thoughts and replace them with more helpful ones.

- **Module–Building inner confidence**

-Things other people say to us creep into our heads and we begin to believe them. This session helps students to re-build their self-confidence and learn to like themselves again.

WEEK 3

- **Module–The Things You Do That Mess You Up**

-This session helps students identify things in their life such as comfort eating or spending money which may make them feel better initially but which may lead to problems over time, and how to deal with temptation to do them.

- **Module– How to Fix Almost Everything**

-Everything is achievable if it's broken down into small enough steps. This session introduces a 4-step plan to help students tackle problems and make positive changes in their life.

WEEK 4

- **Module –Doing things that make you feel better**

-We've all said this to ourselves when we're feeling down. This session focuses on encouraging students to start doing things which can make them feel better.

- **Module - Ten Things You Can Do to Feel Happier**

-The last session sums everything up and shows students some simple things that they can build into their everyday life to help them feel happier, fitter and more positive.

This programme has the potential to help make some really great changes in one's life. It's just 75 minutes, once a week, for four weeks.

Wellbeing Initiatives at Kinsale Community School

Sept 2018 – January 2019

Diarmaid O'Donovan (KCS Wellbeing Co-Ordinator)

Wellbeing for Teachers and Staff:

On Wednesday October 10th, the Wellbeing Co-ordinator Diarmaid O'Donovan addressed the staff during the *Feilte Scoile* event. The presentation focused on the role of the coordinator and the vision of wellbeing espoused by the DES policy on wellbeing (*Wellbeing Policy Statement and Framework for Practice 2018-2023*), which was published in July 2018. The presentation was warmly received and helped staff to conceptualise the centrality of Wellbeing for the future of the Irish education system, and in particular at Kinsale Community School. The presentation focused on the importance of staff wellbeing, and to that end a number of initiatives were put in place for staff. It was also encouraged that staff would take more responsibility for their colleagues' wellbeing by themselves leading wellbeing initiatives that would have a positive impact for other staff members, with the support of the Wellbeing Co-ordinator.

- A Wellbeing *Whatsapp* group was reactivated, and has been used judiciously, so far, to promote wellbeing events and ideas for over 60 members of staff who are members of the group.
- A Wellbeing Wall has been erected in the staffroom since September. This noticeboard is used for any wellbeing events, mental health initiatives, de-stressing activities, and humorous cartoons. I also intermittently ask my senior students to write notes of appreciation to teachers (anonymously) that reflect on the value of a good teacher in their time at KCS. This had been a very positive experience for both

teachers and students. The notes have been completely positive and affirming of the excellence of KCS staff.

- Surfing lessons were organised for staff on four Wednesday afternoons during September and October. These were well attended and successful. These sessions will be offered again in the Spring – along with paddle boarding and coasteering.
- Running and cycling groups have been organised for staff by Ms. Caitriona Leahy and Ms. Mairead Dullea respectively each Wednesday afternoon throughout the year.
- I have liaised with management on behalf of staff in relation to wellbeing issues regarding the cleaning of the staffroom at 11 O'clock break, and the availability of cups and cutlery, which was a constant irritation for many. These issues have now been resolved.
- On Wednesday 12th and Wednesday 19th of December, trainee Art teacher Yvonne Cronin arranged a novel wellbeing event for staff, with the kind support of Mr. Fergal McCarthy. Fifteen staff (teachers, SNAs, secretaries, and caretaker) gathered in the new Art Room to mould, shape, bake, and paint their own ceramic Christmas decorations. Food and festive music was generously provided. The atmosphere was one of calm creativity, with everyone benefitting positively from the experience. The sense of collegiality and care was palpable for each participant who got to keep their creations to hang on their Christmas trees.
- On Wednesday Dec 19th PE teacher Aileen O'Mahony arranged for a group of staff to go ice skating at Mahon Point. Great fun was had by all who took part.
- From Monday January 14th teachers and staff have been offered a mindfulness/meditation session at 8:15am before school begins. This has been led by Ms Chloe O'Regan and is a wonderful way for teachers and staff to gather themselves spiritually and mentally for the week ahead. This initiative is still in its infancy and should gain popularity as the term progresses.
- Home Economics teacher Eimear Murphy arranged for a large basket of free pampering products to be offered to teachers in November.

- Future Wellbeing plans for teachers include: Cookery classes with the Home Economics Department, Horse Riding, Painting Workshop, Zip Lining and a night out at a music event in West Cork.

Wellbeing for Students:

- I have been using my Senior Religious Education classes to teach concepts of wellbeing directed specifically at the needs of Leaving and Pre-Leaving Cert students. I have been surveying the students for the issues that they identify as obstacles to their wellbeing, and through a combination of peer to peer advice, reflection and teacher suggestions, these issues have been addressed methodically and practically. The feedback from students had been overwhelmingly positive regarding this approach. As the classes rotate for Religion every 6 weeks, I get a chance to impact on the wellbeing every student in 5th and 6th year who are not taken out for extra tuition during these periods.
- On Monday 26th Nov. I conducted a two hour Wellbeing session for 6th years during the Christmas exam period. It was an opportunity to discuss and address self-improvement for the students. At this session I launched the ***‘Try it for Two’*** initiative, which I had created specifically for this cohort. This offered students the opportunity to make a temporary commitment for two weeks to stop a negative or destructive habit and to simultaneously start a new constructive/positive habit. This was to be taken on by students for two weeks and then reviewed and reflected upon for its effectiveness (See below). If the outcome was positive and the impact was transformative for the student then they would incorporate the learning and new habit into their life and move forward more successfully. Students were given the choice to do this, and to provide written feedback of their experience. A large number of students reported very positive impacts from the initiative.
- In November, Ms. Claire Sheehan (DP) in consultation with the youth mental health organisation *Jigsaw*, inaugurated a ‘one good adult/teacher’ programme at KCS. This is in response to research which shows that young people benefit from having a designated adult to share their thoughts with, should they wish to do so. Ms. Sheehan designated three 6th year students each to named teachers who would become their ‘one good adult’ in the school setting. This programme has been very successful so far in identifying students who are struggling with the vagaries of life,

and is a comfort for students to know that they have someone to talk to at school if they need them.

- Each Monday at lunchtime since the beginning of the second term, teacher Ms. Chloe O'Regan has been kindly holding a 15 minute mindfulness/meditation session for 6th year students in the prayer room. Each Monday numbers have increased (last Monday 15 students attended) and the feedback from these sessions has been hugely positive from students who are benefitting greatly from the activity.
- I have started the process of revising a comprehensive literacy booklet which I originally created with Ms. Tara Frain in 2012 as part of the *Learning Schools Programme*. Its aim is to support parents in helping to create a literacy-rich culture in the home, and to help them to encourage their children to engage more in literacy outside of school. With the support of Mr. Ger Hogan I have begun the process of surveying both students and parents regarding their reading habits and the literacy environment in the home. This research will form the basis of the updated booklet, which should be ready to send to parents before the end of the academic year. It is intended that this will encourage literary engagement, and open new literary horizons through the pleasure of reading for the sake of students' own holistic and intellectual wellbeing.
- Mr. Eddie Farren has arranged a session with Munster Rugby coach Ultan O'Callaghan and Cork senior football nutritionist Johnny Holland to speak to students and staff on goal setting and nutrition on Wednesday Jan 30th.
- Ms. Claire Sheehan (DP) has recently secured the delivery of a comprehensive mental health programme for senior students which will begin in early February. This will be delivered through the auspices of the mental health charity *Aware* by a qualified Cognitive Behavioural Therapist over a four week period for two hours per week. This will positively connect with 60 students who have been identified as encountering social and mental health issues and will be of enormous benefit to developing their wellbeing.
- The Chaplain Mr. Brian Pentony has arranged the opening school mass, and organises both the *Meithal Team* and the JPll group to mentor first years and provided an excellent programme of activities that show the spirit of social care and justice to the younger students. For the team members it is a superb opportunity to develop leadership skills that will stand to them in later life.

- Other important student wellbeing events include sexual health talks for junior students arranged by Head of SPHE, Ms Carol O'Loughlin, Junk Couture by Ms Deirdre Kelly, Camera Club with Diarmaid O'Donovan and of course all the commitment that sports coaches and debating coaches show to their students
- On Friday January 25th Ms. Chloe O'Regan arranged for the *Graffiti Theatre Company* to present a drama on wellbeing and the value of education to a group of 30 fifth year students. The workshop was delivered by Shane Casey, who is famous for his role in the comedy series *The Young Offenders*. The students were hugely impressed by the presentation their feedback showed how beneficial it was for them. We hope to run this workshop again during the year.

Future Plans:

As well as updating the literacy booklet, I will be working on the creation and ratification of a new Wellbeing Policy for Kinsale Community School in the coming weeks. With the continued support of management and staff, new and fruitful ideas, initiatives and events will gestate and develop successfully.

While wellbeing is an all-encompassing rubric (which can at times seem nebulous and difficult to define), I believe that by fostering and encouraging staff and students to adopt more responsibility for wellbeing initiatives a culture of positive wellbeing can develop in an organic and natural way that helps to raise the spirit of the community as a whole over time. This will be the continuing and evolving goal of Wellbeing at Kinsale Community School.

Your Wellbeing, Your Responsibility!

Try it For Two!

(small changes can bring about big impacts)

Mr. D. O'Donovan

- *Here is an opportunity to try a social experiment that may help to improve your grades, and boost your holistic wellbeing.*
- *If you choose to take part, you must be disciplined and determined to try it for two weeks.*

- *At the end of the two week period, write a brief reflection of how each choice has impacted on your life and work.*
- *Give it back to me for review.*
- *Develop new habits and incorporate into your lifestyle!*

The challenge is twofold:

1. *Stop doing something that is destructive and a negative waste of time*

AND

2. *Start doing something that is constructive and good for your wellbeing*

Sixth Year Pledge

I pledge to make a commitment to:

1. ***Give up/reduce the following destructive activity/behaviour:*** -----

AND

2. ***To start the following constructive activity/behaviour:*** -----

[illegible]

Treat Yourself Well! Treat Others Well!

Below is a list of some aspects of our lives that often need care and attention.

- Parents
- Family
- Teachers
- School
- Friends
- Sport
- Work
- Study
- Exercise
- Healthy Eating
- Phone and Internet Addiction
- Social Media
- Music
- Alcohol
- Reading for Pleasure
- Self Esteem
- Positive Mental Attitudes
- Video Gaming
- Sleep
- Friends
- Television
- Get Organised
- Find better Balance
- Socialising
- Hobbies
- Cultural Activities
- Podcasts
- Self Discipline
- Independence
- Take Responsibility
- Better Self Care
- Study Environment
- Make an Effort
- Stop Negative Self Talk
- Positive Life Planning
- Stop Procrastinating
- Be Kinder to Yourself
- Be Kinder to Others
- Help Without Being Asked
- Practice real Communication
- Smile More Often
- Practice Resilience
- Reflect
- Meditate
- Practice Calmness
- Deep Breathing
- Experience Nature
- Walk/Joq/Run/Stretch
- Be Grateful for Life

- Practice Enjoyment
- Be Content
- Express Yourself Sincerely
- Experience Beauty
- Take Charge of your own Emotions

Set realistic goals, be determined to achieve them, reflect

KCS Sports Facilities-Usage and Rental Income (January 2018)

bookapitch

Hi Ger Hogan (Kinsale Community School) - Logout

CALENDAR

31 DEC 2018 - 11 FEB 2019

ALL PITCHES

DAY WEEK MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8	9	10	11	12	13
3 Bookings	3 Bookings	7 Bookings	3 Bookings	4 Bookings	2 Bookings	3 Bookings
14	15	16	17	18	19	20
3 Bookings	3 Bookings	7 Bookings	4 Bookings	4 Bookings	2 Bookings	4 Bookings
21	22	23	24	25	26	27
4 Bookings	2 Bookings	7 Bookings	4 Bookings	2 Bookings	3 Bookings	3 Bookings
28	29	30	31	1	2	3
4 Bookings	3 Bookings	7 Bookings	4 Bookings	4 Bookings	2 Bookings	3 Bookings
4	5	6	7	8	9	10
4 Bookings	3 Bookings	7 Bookings	4 Bookings	4 Bookings	2 Bookings	4 Bookings

We have set up an online booking system (www.bookapitch.com) which allows us to manage the weekly

bookings. This also facilitates local clubs to view the availability of our facilities online and contact us to make bookings.

The bookings for the last 3 weeks have generated funds which will go towards the payment of our Parents Association loan.