

Transition Year Update

Welcome to Transition Year

The TY teaching team met a whole new group of Transition Year students in late August and were quick to recognize that we have exceptionally talented, hard working future focused students. Goal setting and team building were the tasks on hand on the very first day of TY and our students embraced these challenges whole-heartedly.

Our science and business teachers are delighted with the enthusiasm many students have shown in generating good quality proposals for their Young Scientist projects and Young Entrepreneur projects. All TY students attended an Enterprise workshop in the West County recently organized by the Clare Local Enterprise Office. The Young Social Innovator programme is well underway with a Cairde initiative welcoming some of the more senior members of our community into our school to share their wisdom and life experience. Though always a risk to single out any group, I think it is appropriate to mention the significant financial support received from Beckman-Coulter in support of our science projects.

Each year we try to keep our programme, fresh, updated and relevant. We have introduced modules on Philosophy, Self Defense and Horticulture. We also have had fantastic support from the GAA and the PDST in bringing in the GAA Future Leaders programme to this year's TY. Planning is already underway for next year's TY group and I would like to thank and acknowledge Emma Cooper and Arnas Magilevicius, two TYs from last year, for giving personal and very informative speeches to those considering TY for September 2019. They spoke of their experiences, memories and the confidence gained during their TY year. I hope that this time next year some of our current TY students will share similar positive experiences with incoming students and their parents.

I hope this newsletter will give you a little taster of our first term and will give you an impression of the creativity, commitment and hard work of our TY students. Even though we expanded this edition by two pages, we still could not cover everything that has been going on. I must thank our TY teachers for the incredible amount of voluntary work they put in to the programme. I would like to wish all of our TY students, parents and staff a very happy and peaceful Christmas and a New Year filled with great learning and further challenges.

Geraldine Sullivan, TY Co-ordinator

Taking on a Personal Challenge to Reach a Goal

All TY students were encouraged to set personal goals for themselves when they started in September. Some students decided to push themselves out of their comfort zones in a variety of areas. Many chose to set 'developing confidence in the area of public speaking'. Recently, our TY girls were posed a challenge, to write and deliver a speech on one of a choice of challenging topics. Congratulations to Aoife O Sullivan, Eimear Whitney and Sadb Harrington who stepped up to take on this challenge representing the school at the Clare

final of the Soroptimist Public Speaking Competition on Saturday, November 17th in the Old Ground Hotel in Ennis. Their speeches covered topics as diverse as Friendship and Volunteering and Empowerment of Women. Congratulations to all of the girls and particularly to Sadb, who came third overall. Their impassioned speeches were very well delivered and we are very proud of them. Well done to Ms. Glynn for supporting and encouraging them. Congratulations also to our Senior Irish Debate team- Aoife O'Sullivan, Áine Murphy and Eoghan Kinsella who successfully qualified for the next round after a great performance in Rice College. St. Joseph's Tulla were in favour of the motion 'tugaimid aire mhaith dár



seanóirí in Éirinn'. Go n-éirí go geal libh sa chéad bhabhta eile!



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The Science Magic Show

On the 12th of November our whole year went to the University of Limerick to see a science magic show. The woman presenting the show to us was very good. Her name was Sue, the scientist.

The science show was in a big room with a stage up the front. There were a few other schools watching the science show with us. I thought Sue was a great scientist as all of her experiments were very cool and worked out well, except for one which was supposed to explode the lid off a tin. Sue did lots of experiments that helped me to learn and understand the physics of science. She also asked a few volunteers up on stage to assist her, which I thought was very good as it was another factor to keep the audience interested. Sue explained how hot chocolate was made before she got a student to taste it. She also made chocolate ice cream using salt and ice to make the temperature fall below 0 degrees Celsius. Overall I thought the science magic show was magnificent and I'm sure everyone else thought the same. I would also recommend that next year's transition year students see it.



Trip to Achill Island Aoife Murphy

In TY we go on many trips away during the year. One of my favourite so far was our trip to Achill Island. We left early on Monday October 1st and three exciting fun-filled days later we returned to Tulla tired but happy.

We stayed in houses to which we were welcomed by Bean a Ti. They encouraged us to practice our Irish and they looked after us well.

We were split into groups and instructors told us which activities we would all be doing. On the first day we went surfing. We got into wetsuits and we picked out old shoes. When we were all kitted out, we got onto a bus and drove to the beach. It was really cold weather and the water was freezing, but other than that the activity was really fun. We fell, we drank loads of sea water and finally some of us, at least, caught a wave.

We headed back to our houses and we showered, changed, ate dinner and headed back to the céili.

This was a new experience for many of us. We joined another school as we learned to dance. We had a Ceili each night, which was a highlight of the trip. The second day, we all went on a hike around the island and afterwards we headed to the cliffs. Cliff jumping was the task at hand. It was daunting to look over the edge before we plunged but once we started it was great fun. It was such a good experience. I would love to do it again. Afterwards we returned to our warm cosy houses and got ready for the second céili.



The third day we went bog snorkelling. It was by far my favourite activity. It was an obstacle course, covered in muck and it was really hilarious to struggle through with my friends.

We had a brilliant few days and this was an ideal way to get to know people much better.

Congratulations

to

Aoife Kelly, Keva Conway and Liam McInerney, pictured with their teachers after being chosen for the

Irish Junior Science Olympiad

following their exceptional Junior Cert results in Science and Maths.



A fantastic achievement and St Joseph's is extremely proud having 3 students selected.



Transition Year Enterprise

Setting up mini-companies is an integral part of the Enterprise module in TY each year, here in our school. Our students are busy and have prepared for two very exciting dates. On Sunday 2nd December, the following four groups represented our school at the prestigious Doonbeg Christmas Markets:

Get Lazed: Handcrafted phone holders & Christmas decorations [Ross Gleeson & Paul Matthews]

Dorloter: Handmade natural lip balms, bath salts & mascaras [Paula Donlon, Zoe O Donoghue & Caelyn Donlon]

Wellness: Bags of essential mini wellness items [Aine Whelan, Lauren Slattery & Alana Mc Erlain]

Eneffable Bakery: Homemade flapjacks [Adam O' Neill & Eoghan Kinsella].

On Tuesday December 18th, all Transition Year Students will have an opportunity to showcase their mini-companies here in the school. There will plenty of fantastic products on sale, which could make ideal Christmas presents for family and friends alike. The products on sale will include: school jackets, decorated mini christmas trees, sliotars with speakers inside them, bands which charge your phone, muffins, flapjacks & fudge, popsockets & popwallets, well being bags, 2 in 1 tan mit/exfoliator, hydro dipping, sonarful music, phone stands, lip scrubs, body scrubs & eyelash growth serum, socks, brushpots, charger protectors, bag of beauty products, felt rings & necklaces, custom print clothing, baked goods, gift cookie mixes & hot chocolate mixes, gardening kits for children, lazer cut/engraved products, blue-tooth trackers, clothing, mirrors, and window savers. Congratulations to all of the groups on their enterprising efforts and best of luck with sales and profit making.



TY Music—a new departure

For our music module in Transition Year we have been working with two veterans from the field of music, Marty and John. The Music Generation project is heavily subsidising the workshops that Marty and John are providing us. After ten weeks our class will create and present their own unique piece of music. We will bring ideas from conception to realization using technology to learn, communicate, work and think collaboratively and creatively.

For the past few weeks we have been working on making and recording a song. At the time being we haven't yet completed the song but we are well on our way and it is coming together nicely. My job was to write some of the lyrics of the song.

Some people instead chose to sing, play instruments or produce the song. Everyone in the class had a part to play in the project and we will be looking forward to listening to the end product. I must say I have thoroughly enjoyed doing music in TY and would definitely recommend it to any 3rd years, debating whether or not they should do transition year. *By Luke Meade.*

Congratulations to our BT YOUNG SCIENTISTS



We are delighted that two groups have been successful in getting through to BT Young Scientist & Technology Exhibition which will take place at the RDS in Dublin, from the 9th to the 12th of January 2019.

Liam Boyce, James McNulty and Stephen Marsh have been selected to develop their research project "The Will of The People?" - How Electoral Systems Impact Democracy".

The idea is original, unique and thought provoking and will give the students the opportunity to expand their knowledge beyond traditional science subjects like Physics, Chemistry and Biology. They wish to investigate how various electoral systems around the world work.

They will investigate specific examples of how elections using "First past the post" or "Alternative Vote" actually turn out.

Congratulations also to Ronan McGrath, Luke Meade and Stephen Moloney whose project has also been selected for the final of this prestigious event. The group have entered a project into the Technology Category titled "Can We Make Grass Green?" The aim of their project is to put waste grass cuttings to use and to create an alternative renewable source of electricity therefore having a positive effect on the environment.

Nursing and Midwifery Information Day, University Hospital, Limerick

Siobhan Tuohy, Ava Tuohy, Catriona Hassett, Alana McErlain and Catriona Condon went to Limerick University Hospital for a Nursing and Midwifery Information day. The Director of Nursing Mr. Declan McNamara welcomed them and spoke about the critical role of nurses in healthcare. The girls heard from two student nurses, about their own experience. Afterward speakers from A and E, Midwifery and a variety of other specialisms gave a detailed account of their own departments. Each of our students had the opportunity to discover areas which were of particular interest to them. It was a fantastic opportunity to delve further into a career, which they hope to pursue.

TY STEM Programme for Girls - in Shannon by Aoife Kelly

On Monday the 12th of November I headed to Shannon, with a classmate Keva Conway, joining 12 girls from Clare to experience the lives of people working in a variety of different companies. The aim of this programme is to promote STEM careers. It was an amazing opportunity and I am so thankful that I was picked to go as we got a really good insight into these companies and how their products were manufactured.

We spent Monday and Tuesday in Molex. In this huge factory they manufacture electronic, electrical, and fibre optic interconnection products, systems, switches, and application tooling. On arrival we were brought up to their conference room where we were treated to breakfast and supplied with everything we would need for the week. We listened to presentations given by workers in the factory where we were told how they ended up where they are today and what routes they took to become engineers. We played some fun but extremely challenging games to get to know each other and to get a better understanding of what it is like to be part of a team. The second day was just as much fun as the first with the added bonus that we got to play with catapults that are normally used for generating statistics.

On Wednesday we went to Intel. I thoroughly enjoyed visiting this company and I was extremely interested in the technology. We got to put a computer together from scratch which genuinely was not difficult at all. We were shown an invention that a skilled team in Intel made which was a robot that was able to do Kung Fu, dance and many other funny things. After a beautiful lunch in the canteen we were brought back up stairs to the conference room where we were shown a dress that was designed by a man in Intel which lights up and has over 900 LEDs. Before we went home in the evening we were presented with a goodie bag.



On Thursday we were in Zimmer Biomet, which is a company that manufactures hip and knee replacements. Various employees spoke to us about what their role is in the factory which was really interesting. While on the factory tour, there was a minor safety event and we all had to evacuate the building as a safety precaution. Once the safety officials were satisfied, we all went back inside and continued the tour. We all got to touch and see how the knees are made and we saw how they are cleaned also. This was by far my favourite factory of the week and it really made me want to pursue a career in biomedical engineering. The staff in Zimmer Biomet could not have been nicer to us and they made us feel so welcome and comfortable.

On Friday we were in Chemifloc where they make chemicals which are used to treat water. We had an introductory talk about the company and we were given presentations about the safety procedures in Chemifloc. Once all of these

Only 25%
of the STEM industry
is made up of women



talks were over we put on our safety gear and we began our tour outside and we saw all of the processes that they use to make the chemicals. After lunch we were brought out to the labs to see where they test water samples to make sure their chemicals work. I did enjoy our day in Chemifloc but it did make me realise that environmental science would not be my first career choice.

Over all this week was so much fun. The girls from all the other schools were so kind and everyone had such respect for each other. We listened to everybody's opinion and we all got on so well. Every factory was so interesting in its own

way and it really did encourage me to research more about engineering and possibly choose it as a future career. A huge thank you to all of the companies and their staff who organised such an interesting week for us.

Ecology Trip to Coole Park by Paul Matthews

All TYs travelled to Coole park over two days to do an Ecology field trip. When we arrived at Coole Park, we left our bags in the visitor centre and we were given a clip board and a work sheet. After that we were given a tour of the park and we had sufficient information to complete our worksheet. When the tour was over, we did the ecology workshop. We went deep into the woodland and analysed the types of animal and plant-life in a specific area. I would highly recommend that next year's TY students would go on this trip because we learned so much from it. It also taught us a lot about Leaving Cert Biology which has given me a greater insight into the sciences before I am faced with the decision about which subjects to choose.

What I Find Interesting In TY

By Sara Hassett

So far into the year I have really enjoyed the Transition Year course. By far my favourite aspect has been work experience. In our school, a one week block of work experience is completed at a time. Our first week took place in late October. I did my placement in a pharmaceutical manufacturing plant in Shannon. I am very interested in science and found it extremely interesting to see a scientific work environment.

I chose my work experience well because I knew that a large plant such as Avara would have different departments, so I would get to experience hands-on engineering, lab work, office work and IT work. Seeing an actual work environment was a very new experience but I am definitely glad I had it for future reference. Due to my work experience I now have a definite path I want to go down career wise, or at very least investigate. I am really looking forward to our second week of work experience so I can compare and contrast the different situations.

The ITLG Young Innovators

The goal of young innovators event is to promote the development of problem identification, creative problem solving, solution development, leadership and innovation in our youth. This was the first year St Joseph's entered into this event. The event this year was in Shannon Airport where the building was transformed into a student learning environment. From St Joseph's we had 2 teams where both teams were made up of between 8-10 students. In their teams the students were asked to imagine the world 50 years on and how it would differ from today across a wide range of categories that impact our daily lives- how we live, work, play, shop, learn and travel. Mentors from third level institutions and leading Tech companies such as Dell and Intel are assigned to each group, working with the students to help enhance their entrepreneurial and innovation skills, and encouraging energetic, creative and resourceful thinking. At the end of this one-day intensive learning experience, the students pitched their ideas to a panel of expert judges. Our students represented our school well and had a fantastic experience on the day.

NEW EXPERIENCES

by Shane Nolan

This year is a great year for trying new things. It gives you the chance to learn new information, have new experiences and try new subjects. Every TY student gets to do philosophy, horticulture and self defence. We are the first group in Tulla to try these new modules.

Ms. O' Brien had the job of introducing philosophy. In my opinion she did a great job, getting us involved in talks and making philosophy a fun and interesting subject. We were able to speak freely about different topics such as society, the education system and we shared our different opinions on these subjects. We learned great skills about how to critically think which I believe will help us in the future.

Each TY class gets to try each module for ten weeks. I am looking forward to trying horticulture and working in our poly-tunnel and hopefully I won't have to use the skills I will learn in Self Defence too often.



In Brief—just a few things in the pipeline for TYs:

Ice skating, Young Entrepreneur County Final, YSI speakout, Law Workshop, Interviews for the School Bank, Debating Competition, Gaisce Cycle, Trip to the Theatre, Wheelchair Basket Ball, Duvet Day, Drumming Workshop, Faith Friends

In Brief—what have we been up to

- * Trip to Achill
- * Visitor in from Clare Local Enterprise Board and trip to Young Entrepreneur Information Event
- * Personal Development Workshop— ‘Bounce’
- * Poetry Workshop
- * Music Generation workshops
- * Facilitating the Maths Challenge for first years
- * Submission for Young Scientist
- * Preparing our School Concert
- * Enterprise and Science projects
- * Facilitating the First Year Open Night
- * Registering for and undertaking the tasks involved in the Gaisce and John Paul II programmes
- * Public speaking and Debating as Gaeilge and in English
- * Selling our products at the Doonbeg Christmas Market
- * GAA Future Leaders
- * Soroptomists Public Speaking Competition
- * STEM taster programme
- * Nursing and Midwifery taster programme
- * Pumpkin Carving
- * Ecology Workshop
- * Trip to Kilmainham and Glasnevin cemetery
- * Work Experience
- * First Aid
- * ITLG Young Innovators Shannon
- * Orienteering

POETRY WORKSHOP by Claire Heffernan and Catriona Hassett

“Happy”

What is it to be happy?
A question many people ask
You will find the answer to
this question
By taking a look at what you
have

Being grateful is the first step
For the answer to be found
Place your hand on your
chest
And you will feel the beating
sound

This beating sound
It shows you are alive
Everyone should know
Life itself is something to be
grateful for
Even if they are five

Take a look around you
And I’m sure you will see,
then
There are people that love
you
And you should be grateful for
them

So continue through your life
And you shall see
That being grateful for what
you have
Will indeed make you happy.

Aoife Ryan

When Ms. Sullivan announced that the Poetry Workshop was scheduled in November, we weren’t exactly overwhelmed with excitement. We were wondering if she was serious when she said it would be one of the best days of TY, but she was right. Stephen Murray delivered the poetry workshop. Adam O Neill hit the nail on the head when he said ‘it was the most interesting workshop because the attitude of the speaker was very different from any other speaker we have heard before. He told us that anybody can be a poet if you are passionate enough. He changed my perspective on poetry’.

He told us many funny anecdotes about his life and he presented us with different videos on poetry that discussed very serious topics that are very relevant today. He did some exercises with us and got us more involved as a class as we learned more about each other. We each wrote a poem, two of which are The Game and Happy and the others are available to read on the Inspire Ireland website.

The Game

The game is deadly,
Our heads are sweaty,
We’re scarred with marks.
Do you get me?
Our hearts are pumpin,
Our minds are playin,
Our heads are thumping,
It’s everything or nothing.

Ronan McGrath

Save the Date— December 13th

Rehearsals are under way for our Christmas Concert. Our talented students are rehearsing their choreography, singing and lines. Scorts of laughter can be heard from the GP Hall at various times.

This year our play is called ‘Popstars’ and is about a talent show which has a guest judge called Simon Austin. Three popular girls from the school, audition and take part. Their boyfriends step up to the challenge also. Heart break, drama, tension and chaos are guaranteed.

Thanks to all of the teachers who are giving up their time to help us get this show on the road.

We will have a raffle with some great prizes We hope that you can join us for what promises to be a great night’s entertainment.