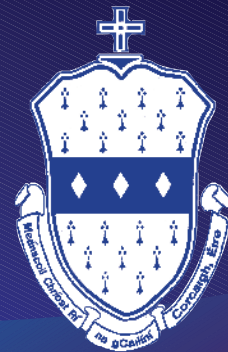


CHRIST KING COURIER

Christ King Secondary School, South Douglas Road, Cork T: 021 4961448

SUMMER 2019





PRINCIPAL'S MESSAGE

What's Inside...

Principal's Message	2
Head Girl and Deputy Head Girl 2019-2020	2
Mary Keane retires as Principal.	3
Dr. Caroline O'Sullivan Ryan.....	4
Martha Cashell wins trip to Strasbourg	4
Tom O'Sullivan retires from CKSS	4
BT Young Scientist Exhibition 2019	5
Salters Chemistry Festival U.C.C.....	6
SciFest @CIT 2019	6
Ayushi Mahajan, Junior Programming Olympiad Winner 2019	6
Prize Giving 2019.....	7
Leaving Certificate Graduation Ceremony	10
'Women in Business' Event 2019.....	11
5th Year Geography Fieldtrip	12
Leaving Cert Coursework Trip	12
TY Students Visit Haulbowline Naval Base.....	13
Green Schools Committee.....	13
First Year Students visit Spike Island	14
Club Gaelge.....	15
Budding Poets at Christ King	15
Two Students write of their experiences in Transition Year	16
Transition Year Students present to the COPE Foundation.	16
Model Council of the European Union.....	17
Leaving Certificate Class 2019.....	18
Art- Creative Engagement Project 2018-19 ..	20
First Year Art Students exhibit.....	20
First Year Sports Day	21
Developing GAA's future leaders	22
Sponsored Gear from Laura's School Wear	22
Future Leaders prepare Healthy Food and attend Croke Park Session	23
Congratulations to the Senior Camogie Team - County Final Champions 2019	23
First Year Young Social Innovators Project ..	24
Amy O'Callaghan and Rebel Brass	25
TY School Tour to Paris 2019	26
Kolkata 2019.....	27
London Trip 2019	28
Munich 2019	28
Lavarone 2019.....	29
French Exchange to Redon and back.	29
Silver Gaisce 2018/19	30
Visit to the Uilinn Arts Centre	30
Gaisce Bronze Trek in Kerry	31
Whole School Assembly.....	32
This Sporting Life	33
South Munster Athletics Championships	33
Kate Rohan and Rebel Acro.....	33
Ella Scott and Ava Cashman compete in the Munster Schools Athletics in C.I.T.	33
Cork City Marathon 2019	34
First Year Basketball 2018-2019	34
Third Years go Bowling	34
Extra - Curricular at CKSS 2018-19	35
Special Topic TY PE Class.....	36
Feis Maitiu 2019	36
Tramore Valley Park.....	36
Remi Noonan - Art.	37
Aoibhe Humphreys TY Work Experience.	37
Jake Carter entertains students.	38
China Trip Easter 2019	39
Darkness into Light 2019	39
Mayfair.....	40
Past Pupils return to offer some good advice to Leaving Cert Students.....	41
Apple Visit - Hollyhill	41
Cork History Tour.....	41
Our Social Media Platforms.....	42
Arc House and Blankets of Hope Presentation	42
Uniform Models	42
Afternoon Tea May 2019	43
Climate Change.....	44
PsychSlam 2019	44
Visitors from Nan Yang High School.....	44
Transition Year Horticulture Option.....	45
Junk Kouture 2019	45
Our Presentation Traditions	46

As the school year draws to a close we reflect on another busy and fruitful year. This edition of the newsletter gives a taste of the many and varied activities in which our pupils engaged throughout the latter half of the school year. All in Christ King Girls' Secondary School community have had an extremely active year and my sincere gratitude goes to staff, students, parents, to the Board of Management and to the wider community for continued commitment, support and dedication throughout the year.

It is my privilege to be Principal of such a dynamic and progressive school and it is an honour to work hand in hand with Ms. Frances Kerrigan, Ms. Cáit Watkins, Dr. Caroline O' Sullivan-Ryan and the dedicated, professional teachers of Christ King Girls' Secondary School. We look forward to a bright future for students, parents and guardians of Christ King.

It is also a time for nostalgia as we bid a fond farewell to the Class of 2019, students who have remained in our care for the past five or six years and now embark upon the next chapter and challenge in life. May the light of Christ show them the best way through the twists and turns of the road ahead. Go dté siad slán agus go n-éirí go geal leo!

Le gach dea-ghuí,

Richel Long



Phoebe, Jane with Principal Ms. Long and teachers.

Congratulations to the Head Girl and Deputy Head Girl 2019-2020

Congratulations to Phoebe Bailey who was elected Head Girl for 2019-20 and Jane Tiernan who was elected Deputy Head Girl. The girls were chosen by their peers following an election on the 22nd May 2019. We wish them well in their roles for the coming school year. We also wish to thank our outgoing Head Girl and Deputy Head Girl Deirdre Lynch and Aoife Cummins. The Head Girl and Deputy Head Girl play an important role in leading the Student Council. This year the girls lead a student body of over 800 girls. We know that they will lead well and be great role models to the students.



Phoebe and Jane with outgoing Head Girls Deirdre and Aoife.



Phoebe and Jane celebrate with their peers.



Mary Keane retires as Principal of Christ King Girls' Secondary School.



Mary Keane retired from Christ King Girls' Secondary School on the 22nd February 2019. Mary guided the school as Principal for 11 years. Mary's passion as a school leader was the advancement of Teaching and Learning. To this end she supported teachers in Continuous Professional Development enabling many to attend the Instructional Leadership courses given by Professor Barrie Bennett from the University of Toronto, which proved a firm favourite among teachers. "Building Learning Power" was another favourite with workshops given by Graham Powell and Mike Hughes. These courses were enabled by Mary to enhance the Teaching and Learning in the New Junior Cycle Curriculum of which Christ King became a Pilot School.

Mary presided over the redevelopment of Sunview as a Pastoral Care Centre which was opened on 3rd March 2015. Mary also presided over the 50th Anniversary Celebrations of the school in 2015-16.

Cork City is twinned with Shanghai and so Mary sought to twin Christ King with Nan Yang High School in Shanghai. A Memorandum of Understanding was signed in Shanghai. Teachers from Nan Yang continue to visit every year in June. Students and teachers visit each other annually.



Mary was honoured to become President of the National Association of Principals and Deputy Principals in 2017-18 and attended many events during her term of office.

Mary continues to work with the State Examinations Commission and the Junior Cycle for Teachers branch of the Department of Education and Skills. The Centre for School Leadership was set up in recent years by the Department of Education and Mary also contributes of her skills there.

Mary left school following presentations by teachers, students and parents. We wish Mary well in her work life and personal life going forward.



Dr. Caroline O'Sullivan Ryan

Congratulations to Caroline O'Sullivan Ryan who was awarded a Doctor of Philosophy in Education in the faculty of Arts, Celtic Studies and Social Sciences at UCC on Wednesday 20th February 2019. Dr. O'Sullivan Ryan was presented with her Phd. by the President of U.C.C. Professor Patrick O'Shea.

Following the conferring ceremony, Dr. O'Sullivan Ryan happened upon two of last years Leaving Certificate students at U.C.C. Aine Buckley and Caoimhe Sreenan who posed for a photo with their former English teacher.



Dr. Caroline O'Sullivan Ryan with Áine Buckley and Caoimhe Sreenan



Ms. Sarah Curtin receives a Postgraduate Diploma in Educational Leadership and Management at Maynooth University.

English teacher Ms. Sarah Curtin graduated from Maynooth University with a first class honours Postgraduate Diploma in Educational Leadership and Management on March 22nd 2019.

Ms. Curtin's research was on the creation of a positive school culture through teacher collaboration.

Congratulations to Sarah and Caroline and we wish all other teachers who are pursuing further studies the best of luck with their work.



Ms. Sarah Curtin

Martha Cashell wins trip to Strasbourg

We were delighted and honoured to welcome Lord Mayor, Councillor Mick Finn and UCC lecturer Aodh Quinlivan to our school.



Civic engagement, active citizenship, and why politics matter was discussed.

Congratulations also to one of our Transition Year students, Martha Cashell, who won a trip to Strasbourg from a competition sponsored by Cork City Council. Fantastic prize!



Tom O'Sullivan retires from CKSS



Our Caretaking Manager, Tom O'Sullivan, retired at the end of May following 12 years of service to Christ King Secondary School. Tom opened the school each morning at 7.30am and closed after 6pm most evenings. He has presided over School Shows, Parent - Teacher Meetings, School Masses, Trade Fairs and a myriad of

other occasions that called for his logistical approach to business. May we wish Tom a happy retirement with his family. On a very happy note, Tom's first grandchild, Oscar, was born on the 30th May as we celebrated with him in the Staff Room.



BT Young Scientist Exhibition RDS Dublin 2019



We would like to congratulate the students who competed in this years BT Young Scientist Exhibition at the RDS in January 2019.

Aisling O'Connor and Alison O'Connell, 5th year	"Allium Sativum: – Can it combat the rise of the Superbugs""?
Nicole Marinos, Transition Year	"Visual Communication Solution to promote patient participation and Wellness during Magnetic Resonance Imaging"
Jane Scanlan, 2nd year	A Study of the Pollution in Tramore Valley Park and the impact on the plants there
Ayushi Mahajan, 2nd year	How does guided meditation and yoga affect Students' Memory and Stress Levels?

The girls worked extremely hard over the previous months, and in some cases, years, on their projects. We are so proud of all that you have achieved. They returned home with various rosettes and accolades. Well done girls.

The first, second, transition year and fifth year students who travelled to support the girls had a great visit also. Thank you to the teachers who made this possible.





Salters Chemistry Festival U.C.C



1st year students attended the Salters Institute Festival of Chemistry in the UCC School of Chemistry & Royal Society of Chemistry on 1st May 2019. The girls came 3rd place in the "University Challenge" which was a super achievement. Thanks to Ms. White and Ms. Quilter for supporting the girls.



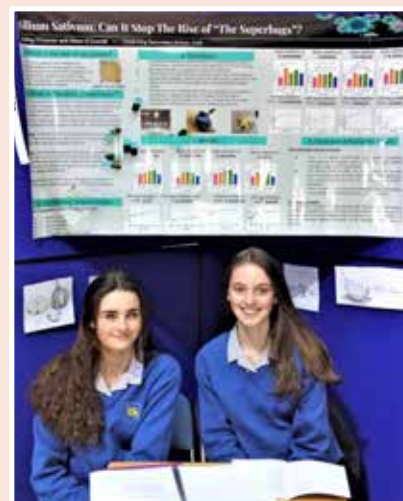
SciFest @CIT 2019



Sci-fest@CIT2019, Cork Institute of Technology took place in the Nexus Hall in CIT on 5 April. The event was officially opened by An Tánaiste Simon Coveney TD, Minister for Foreign Affairs and Trade who is a long-term SciFest supporter and strong advocate of STEM educational initiatives.

This year's event in CIT, showcased 110 projects, by 250 secondary school students, from 34 schools from across Munster.

Aisling O'Connor, Louise Velon, Martha Crimmings, Perie Elkie Tiendoh and Martina Trzic represented Christ King with their science projects on Natural Antibiotics and Nerve Gear-Science Fact or Science Fiction. Well Done Girls!



Ayushi Mahajan, Junior Programming Olympiad Winner 2019

Ayushi Mahajan, 2nd year won 1st Place in the Junior Programming Olympiad on Saturday 9th March 2019. A wonderful achievement! Well done.





Prize Giving 2019



Mary O'Halloran, Best Leaving Certificate 2018 and her parents.



Aoife Cummins and Deirdre Lynch



Lucy Wolfe, Rebecca Allaman, Zoe Allman Walsh and Ms. Richel Long

The Annual Prize Giving Awards took place on Wednesday 22nd May 2019. This year we were lucky to have Past-Pupil, Lucy Wolfe as guest of honour. Lucy spoke warmly of her time as a student at Christ King and the memories she has of school. Ms. Harrington remembers Lucy as a champion public speaker.

Lucy's daughter Ellen attends the school today. Lucy also spoke of her career to date, especially her latest venture into "Sleep Matters" as a Sleep Consultant especially with regards to young children and babies. Lucy had some good advice for the girls and they listened intently.

Prizes were presented in many categories, Junior Subject Awards, Senior Subject Awards, Sports Awards and awards in many other disciplines. The CEIST Award was presented to a very deserving Zoe Allman Walsh. The criteria for receiving the CEIST Perpetual Award is based on the CORE VALUES of CEIST. This honour is reserved for the student who

- Promotes spiritual and human development
- Endeavours to achieve academically
- Shows respect for every person
- Creates community
- Is just and responsible

The Nominees for this award were chosen because their teachers could see that they contributed to the Core Values of CEIST. Well done Zoe.

Mary O'Halloran received the award for the best Leaving Certificate results of 2018 and also a UCC Quercus Entrance Scholarship. Meg Ryan received the award for the best Junior Certificate Results 2018.

Aoife O'Sullivan received the award for Academic Excellence and Deirdre Lynch received the award for Outstanding Contribution to school life. Well done to all the award winners. The MC for this year was Ms. Sarah Curtin, who did a great job. Thank you Sarah.



Lucy Wolfe, Ellen and Ms. Richel Long



Eimear Hurley-Sports Person of the Year 2019



Mrs. Marinos, Nicole Marinos and Ms. Richel Long



Music Award - Helen Manning



Sarah Curtin, Lucy Wolfe, Aoife Cummins, Deirdre Lynch and Principal Ms. Richel Long.



Green Schools Committee



Prize Giving 2019



Meitheal Team 2019



Silver Gaisce Awards 2019



The Unfinished Book of Poetry 2019



Laura Russell-Sports Personality of the Year 2019



*Photographer of the Year
Elizabeth Scanlan*



Mathematics Award



Linguistic Olympians 2019



*Junior Subject
Award Winners 2019*



Prize Giving 2019



Club Gaelige 2019



Attendance Awards



Music Contribution Award



Sports Team of the Year 2019



Senior Subject Award Winners 2019



*Caroline Jacob Power
Centra Creative Writing Award*

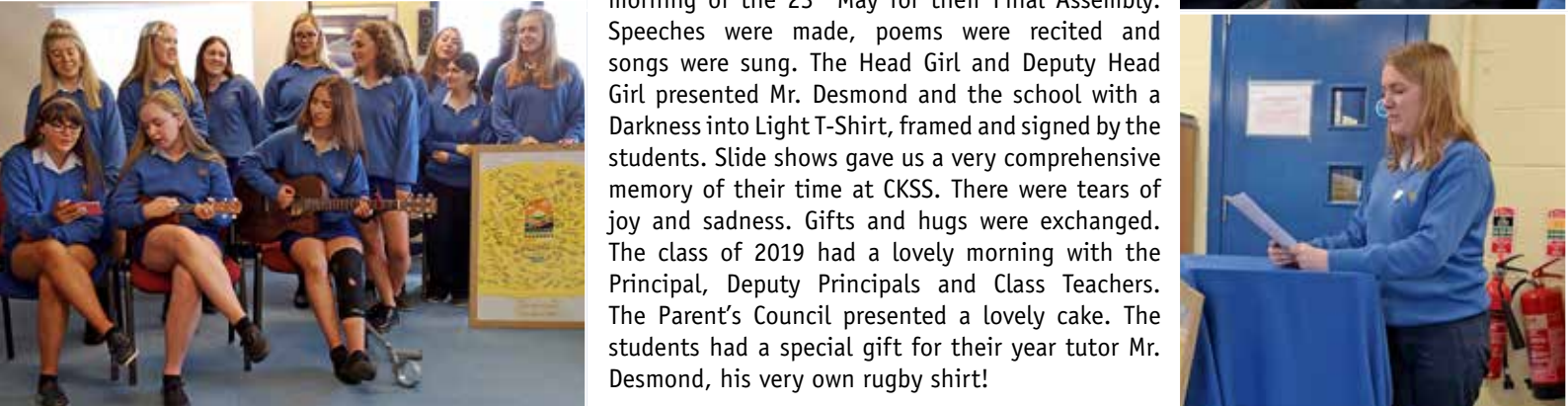


*Student
Council 2019*

Leaving Certificate Graduation Ceremony Thursday 23rd May 2019



The Leaving Cert Class of 2019 gathered on the morning of the 23rd May for their Final Assembly. Speeches were made, poems were recited and songs were sung. The Head Girl and Deputy Head Girl presented Mr. Desmond and the school with a Darkness into Light T-Shirt, framed and signed by the students. Slide shows gave us a very comprehensive memory of their time at CKSS. There were tears of joy and sadness. Gifts and hugs were exchanged. The class of 2019 had a lovely morning with the Principal, Deputy Principals and Class Teachers. The Parent's Council presented a lovely cake. The students had a special gift for their year tutor Mr. Desmond, his very own rugby shirt!



'Women in Business' Event 2019



The Business Department held a one-day event for all Transition Year Students to introduce the girls to the world of Business. Activities for this event included guest speakers with different business backgrounds, brand awareness & a global marketing quiz. Transition year students had the opportunity to engage with local business people and learn about their career path, qualifications, business start-up experience, training & development and financial rewards.

Speakers included:

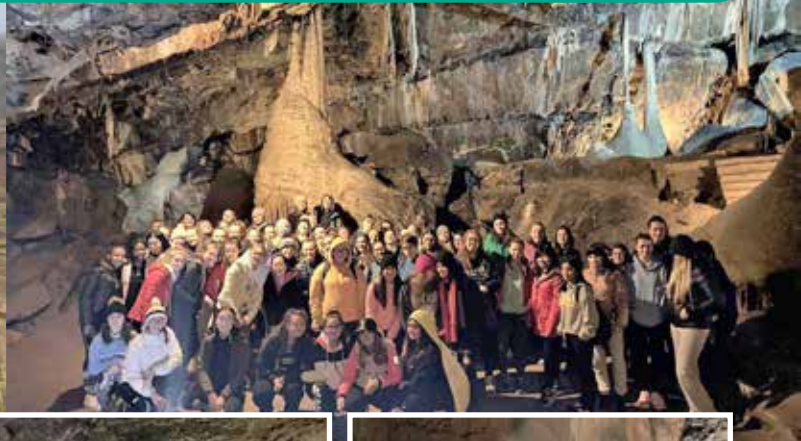
- Sarah Sexton – Local Entrepreneur and owner of BEAN BROWNIE
- Tanya Harper – Established business woman and owner of BLISS Beauty Salon
- Heather Mulcahy (past pupil) Finance Associate at VMware
- Ruth O'Halloran (past pupil) Commerce UCC
- Katie Crowley (past pupil) Accounting
- Anna Harte (past pupil) Finance



The Global Marketing Quiz was a great success with all TY students involved and congratulations to our winners.

Many thanks to the organising committee for all their hard work in co-ordinating this event. Aoife Ronan, Geri Bouse, Diarmuid Hurley, Maureen Shanahan, Jill Bradley, Eileen Clancy & Ciara Lynch

5th Year Geography Fieldtrip to Mitchelstown Caves and Lake Muskry



"On January 15th 2019, a group of approx. 80 5th Year Geography students set off on a fieldtrip, accompanied by their teachers Mr. O'Leary, Mr. Carroll, Ms. Kingston, Ms. Hayden and Mr. Mulcahy.

Our first stop was the Mitchelstown Caves. It was amazing to go down into the caves and see the beautiful limestone features. The temperature in the caves remains at a constant 12°C and we got to experience total darkness when our guide turned off the lights. Our guide told us about the brilliant acoustics in the cave and Zoe Allman Walsh sang "I dreamed a dream" from Les Miserable.

We then headed off on the bus to the Glen of Aherlow and started our trek up the Galtee Mountains to Lake Muskry. We observed features of Glaciation and parts of the Munster Ridge and Valley Region on our way. It was a great opportunity to see "in real life" the things we had been learning about in our textbooks during the first term".



Leaving Cert Coursework Trip



Leaving Cert Students enjoyed their annual trip to Garryvoe Beach on the 26th February 2019.

The weather was great and the learning was good.





Transition Year Students Visit Haulbowline Naval Base



On the 27th March, Transition Year Students visited the Naval Base at Haulbowline and were very appreciative of the tour there. Officers gave them a great welcome and the girls found the visit really interesting.



Green Schools Committee

The Green Schools group were busy doing a school clean-up and planting shrubs this spring. Well done to all of you for the good work.



First Year Students visit Spike Island



Spike Island is an island of 103 acres in Cork Harbour, Ireland. Originally the site of a monastic settlement, the island is dominated by an 18th-century star fort named Fort Mitchel. The island's strategic location within the harbour meant it was used at times for defence and as a prison.

First Year Students and their teachers set out exuberantly for a most enjoyable day visit on the 7th May 2019.





Club Gaeilge



Bhí an Club Gaeilge faoi lán seol arís i mbliana. Bhí caint, ceol, craic, lón agus an uile spóirt ar siúl ann. Cheiliúraigh siad An Nollaig, Lá Fhéile Pádraig, Seachtain na Gaeilge ann.



Budding Poets at Christ King



Our TY students have worked tirelessly over the past few months creating beautiful poetry which had its official publication launch on the 1st May at Cork City Library in the "Unfinished Book of Poetry". A special thank you to the poet Niamh Prior who worked with the girls on the publication and teacher Ms. Kate McQuinn. Congratulations to Catherine Nikolajeva, Emiliya Petiul, Roisin Kehne, Medisa Khajavi, Faith Kehinde, Julie Sydenham, Sonya Nkonda, Elizabeth Scanlan, Preedha Lekshmi, Grace Oladunjoye who are now published poets.



Two Students write of their experiences in Transition Year

My Transition Year Experience at Christ King.



Transition year has been, hands-down, the most beneficial school year I've had thus far. It's been a year of huge personal growth and a year that I dedicated predominantly to bettering my mental health. TY was a worthwhile investment and it provided me with many opportunities that I would not have had otherwise - work experience, a school

trip to Paris, a chance to take part in Model United Nations, an end-of-year trip to Gougane Barra and participate in classes that we don't have the chance to take in any other year, such as Legal Studies and ECDL. This year came with less academic stress and it gave me the chance to dedicate more time to doing things I enjoy and am passionate about - things like poetry and dance. So when our TY coordinator, Ms Mary O'Leary asked myself and one of my friends to write an article about Transition Year, I jumped at the chance to do so.

DCMUN, or Davis College Model United Nations, is an annual conference in which students get to research current affairs and debate them with one and other. Held during a week in January in the Cork City Hall, more than 500 students from schools all over Ireland, Spain, Portugal and Germany took part. We discussed issues such as military conflict and social turmoil in the African Sahel region, working conditions in impoverished nations, ocean pollution, and the rehabilitation of drug users. It is vital that young people are educated on topics such as this and DCMUN provides us with the platform to not only learn but teach our peers everything we have learned.

Just before our mid-term break in February, every transition year student undertook two weeks of work experience in an area of their interest. I did my first week in FOD Solicitors, and my second week in Studio Wolfe, the place I do my dance training in. During my first week, I was provided with an enormous amount of clarity about what it is that I want to do after I finish school. Going to different courthouses and firms, cross checking documents, all

of these things gave me a small glimpse into the legal profession and I'm almost completely certain that Law is what I want to study in university. My work experience with my dance school, on the other hand, was pure, unadulterated fun. Although a day of exercise tired me out, seeing all the younger children learn a new skill or progress further in the choreography motivated me to come back the following day (although, I suppose I technically had no choice in the matter). I found those two weeks extremely rewarding.

The most worthwhile experience of TY, for me personally, was taking part in poetry workshops with poet Niamh Prior. These were for the Unfinished Book of Poetry 2019, an Ó Bhéal initiative that saw 42 students from five secondary schools from Cork City submitting poetry to get published. Myself and a small group of students went down to the Douglas Library every Tuesday afternoon and, together, we learned as much as we could about poetry. I formed a bond with every single one of these girls, as well as with Niamh, and I wouldn't trade that for the world. I honestly think that the conversations we shared in those workshops made me a better human being, and I wouldn't have experienced that if it wasn't for transition year. Being a part of the Unfinished Book of Poetry has rekindled my love for writing and I am so very grateful for being given that opportunity.

During one of our last weeks of school, the religion department of Christ King organised a trip to Gougane Barra for everybody in TY. Gougane Barra is perhaps one of the most beautiful places in Ireland and once you get there, you can understand exactly why it's such a popular tourist destination. Our parish priest came along and we had a mass in the outside church. Once we got to the end of Gougane Barra park, we got into smaller groups and had a picnic. Nice food and good company, what more could a person ask for? The weather was gorgeous and the atmosphere there was incredibly tranquil. I like to think everybody felt connected, and that that day will stay with us for the duration of our time in the school, and for many years after.

Catherine Nikolajeva

Transition Year Students present to the COPE Foundation.

The Transition Year Mini-Companies work hard throughout the year to develop their products and sales. The students take on the various roles and responsibilities of a company.



At the end of the year all profits are pooled and these are presented to the COPE Foundation, a local organisation which does wonderful work in Cork. This year the girls presented COPE with €4171. Well done to you all.

Highlights from My Transition Year Experience at Christ King.



Our school organised a week of work experience for a group of students with the Defence Forces. During this week we learned about the structure of the Army, training within the army, the responsibilities of the different divisions and the different ways to enter the army. It was very interesting to see the different weaponry they had and to participate in different activities that the soldiers would participate in. We did orienteering and went to the gym where the instructors took us through some exercises. For one of the days we visited the Naval base. I loved the Naval base and the tour guide brought us to their church. It is a multi denominational church. Inside was a wooden plaque with names and dates written on it, and the tour guide had stories about many of these people who he had served with. Flags hung from the walls with naval heraldry on them to remember the ships that had sailed for Ireland. It was an honour to visit the Defence Forces and I benefited greatly from the experience.

My favourite week of work experience was in the Cork Institute of Technology. I shadowed the Visual Communications course. I had interest in this course and wanted to experience what it was like. The teachers were all very friendly and they showed me what the students were working on and different techniques they were using, as this is a very practical course. On one of the days I was shown the basics of animation, another exercise I did was to copy an illustration on a computer in order to get a good idea of how illustration software works. I learned a lot of new skills in CIT and this week was greatly fruitful for me as I now know for certain that this is the course I will be taking when I leave Christ King.

Chinese is a special module unique to TY. As a student studying Chinese, I received the opportunity to visit Shanghai, China for two weeks during the Easter break. These two weeks were some of the most memorable moments I will ever make. I had an amazing time there, visiting many of the fascinating attractions in China and meeting lots of new friends. This year there was one hundred and seven students from all over Ireland who travelled to Shanghai. Irish and Chinese teachers, who were all very kind, travelled with us and stayed with us for the duration of the trip. It was a brilliant opportunity to fully immerse oneself in Chinese culture, rather than just learning about it in the classroom. I highly recommend going on this trip and it was definitely the highlight of my year in TY.

At the beginning of the year all of TY went on a trip to Ballyhass. Every single one of us greatly enjoyed the trip and it was a great way to bond with our new classmates. We participated in numerous activities, such as ziplining and a water obstacle course. Ballyhass is a trip that everybody remembers and it was an excellent way to start an excellent year!

This year our school show was called 'I Have A Dream', and it was based on the iconic movie 'Mamma Mia'. From being a part of the main cast to working backstage, every student had a part to play in making this a great show. The artwork that the students painted as a backdrop is incredible, the dancing was amazing, the acting was spectacular. Everybody worked really hard for this show and it most definitely paid off. There were fabulous evenings acting on stage in front of our parents and I don't think we'll ever forget it.

Ciara Tang

Model Council of the European Union



Well done to three of our Transition Year students: Charlayne Amayo, Anastasia Beary and Grace Oladunjoye who debated in Dublin Castle on Friday 1st March, as part of the Model Council of the European Union.

The group photo was taken on Friday morning at the Model Council debate in Dublin Castle. Standing L-R are James Temple-Smithson, Head of the European Parliament Office in Ireland (who was one of the debate judges); Mrs Charis Christodoulidou, the Ambassador of Cyprus; Minister of State for European Affairs, Helen McEntee TD; Ms. Mary O'Leary, TY Coordinator and Gerry Kiely, Head of the European Commission Representation in Ireland.





Best Wishes to The Leaving Certificate Class 2019



At 1.30pm on the afternoon of 23rd May, the Leaving Certificate class of 2019, their parents and relations gathered in Christ King Church. Fr Billy O'Sullivan celebrated Mass. Afterwards everybody returned to the school. Mr. Desmond, together with a team of students, teachers, caretakers and parents had been busy preparing the hall for the Tea and Cake and Sandwiches and Cold Drinks after Mass. A very pleasant gathering followed. A special thank you to the Transition Year students who came in to help.



The Party Helpers

Students, teachers and caretakers helped with the Leaving Cert Day Celebrations. Thank You.





Best Wishes to The Leaving Certificate Class 2019



Art- Creative Engagement Project 2018-19 and Student Council work in the Assembly Hall.



Transition Year Art students and their teacher Ms. Vicki Hurley were delighted to be part of the NAPD Creative Engagement Project this year. They worked with visiting artist Marie Harkin for the second year and produced some really nice murals for the Assembly Hall.



The Student Council then worked with the Parents Council and Ms. Hurley to paint the Assembly Hall in colours that would enhance the murals when in place. This is a real example of a Meitheal coming together to do something for the benefit of the school community. Well done to all involved.



First Year Art Students exhibit at The Gallery, Grand Parade

A collaborative ceramic piece made by first year pupils was on display in the exhibition 'On the same page' in The Gallery @ No.46 Grand Parade in early May. The pupils worked at raising awareness of the issue of whale captivity through their art.

First Year Students Laura Creedon, Claire Herbert, Kerri O'Connell, Lea Ray and Jodie Shaw worked as a group to create a collaborative piece of work incorporating the very important building blocks of art, line, texture, pattern, dot, shape, colour and tone. From the assigned theme, "Out of Place" this group of first year pupils decided to create a piece based on the global issue of whale captivity which they felt passionate about and wanted to raise awareness of this issue through their art. The benefits of collaboration were clear throughout the project as pupils combined their ideas, problem-solving and reasoning skills to create this relief- tile mural. The responses from the pupils during the collaborative tasks were extremely positive. Pupils became more confident, peer assistance was evident and some pupils said they developed new friendships as a result. Collaboration is an essential part of life and giving pupils the opportunity to collaborate in class will encourage more memorable learning experiences and help them to develop important life skills



Emma Fitzgerald -Art Teacher



Sport at Christ King



First Year Sports Day

The Future Leaders Group in Transition Year organised a very successful First Year Sports Day in Nemo Rangers grounds on the 15th May. The first year students were eager participants in all of the events and enjoyed a day out with the Transition Year students. Well done to all involved.



Sport at Christ King

Julia White developing GAA's future leaders

Monday 5 November 2018 www.gaa.ie/news, By John Harrington



Uachtarán Chumann Lúthchleas Gael John Horan with Cork camogie player Julia White and former Clare hurler Colin Ryan at the GAA/PDST Future Leaders TY Programme Launch at Croke Park in Dublin. Photo by Piaras Ó Midheach/Sportsfile.

Cork camogie star Julia White is a natural leader on the pitch, as evidenced by her dramatic winning point in the 2017 All-Ireland Senior Camogie Final against Kilkenny.

She's now also displaying the same qualities off it in her role as a tutor with the GAA/PDST Future Leaders Transition Year Programme.

White is a teacher in Christ King Secondary School for girls in Cork where one of her responsibilities is rolling out the Future Leaders Programme.

The cross-curricular programme comprising of eight Modules in subjects as diverse as Coaching, Sports Journalism and Event Management, is designed to provide a learning experience based on the practical application of the skills from each module, by empowering every student to play an active role in the organisation of a Gaelic Games opportunity in their school or community.

"It's going great, they're loving it," White told GAA.ie "Our TY students have a range of options from languages to dance and my group of 20 chose the Future Leaders programme.

"My aim would be to get the 20 of them the Future Leaders Cert at the end.

"We decided to start with Wellbeing which is one of the modules to develop a good, safe classroom environment and make sure everything is confidential. There would be different activities in that as well then relating to mental health.

"The students seem to love it."

The students will also take on modules in GAA coaching, refereeing, administration, journalism, performance analysis, event management, and nutrition over the course of the Future Leader Programme.

White chose to start with the Wellbeing module because she believes mental health is such a relevant topic for teenagers now in modern society.

"There's so much stress going on for students who are doing their Leaving Cert or Junior Cert, and young people nowadays also have to deal with the constant demands of social media," said White.

"I would personally hate to be growing up now. I'm obviously not that old, but there's definitely a difference now for teenagers in a world where everyone has phones with Instagram and Snapchat compared to ten years ago.



Teachers engage with Future Leaders Programme

"There's so much going on and there's never any down-time for them to just get in touch with themselves.

"I'm a PE teacher as well and any time I've been short of facilities I've brought them to a classroom and said we're going to do a bit of mindfulness.

"You wouldn't think that a group of 30 15-year-olds would just want to sit quietly and listen, but they actually love it, they adore it.

"Wellness and mental health is just hugely important. If they're not getting that right they're not going to be able to perform in school or be happy and healthy mentally. It all comes back to that."



Sponsored Gear from Laura's School Wear

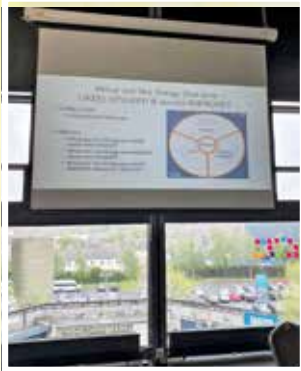
A Huge thank you to Laura's school wear for sponsoring our GAA kit for the Football and Camogie teams. We are absolutely delighted with them. Pictured below: Deputy Principal, Ms Kerrigan Teachers Ms Hayden, Mr Mulcahy, Ms White with Sinead from Lauras. The kit was designed by Ms. Julia White and is a big hit with the girls.





Sport at Christ King

Future Leaders prepare Healthy Food and attend Croke Park Session



Congratulations to the Senior Camogie Team - County Final Champions 2019



On 4th March 2019 our Senior Camogie team won the Cork County Senior Camogie Final. Under the guidance of Captain Eimear Hurley who is also a member of the Cork Intermediate Camogie Team, the girls played brilliantly to bring the cup back to school and celebrations in the staff room. The usual after party with Ms. McGinley's Chocolate Cake followed. Their teachers and coaches Ms. Julia White and Ms. Niamh McGreevy and all at Christ King are very proud of the girls.



Ayushi Mahajan



Ayushi Mahajan joined the Creative Writing Club at Christ King and from it emerged a wonderful result in a writing competition. The Secondary Schools Writing Competition was organised as part of a series of initiatives to celebrate 20 years of the GAA Museum and encouraged students to submit essays, short stories and poems on the theme of 'The GAA is at the heart of who we are.'

"Thanks to the hundreds of students who entered and congratulations to the winners and runners-up, whose achievements were recognised by Uachtarán Cumann Lúthcleas Gael, John Horan, at a special presentation in Croke Park recently."



Ayushi Mahajan's short story 'From the Streets to the Pitch' was selected as a runner-up in the Junior Category of the GAA Museum's Secondary Schools writing competition.



A letter from Croke Park read....

"Please extend our heartiest congratulations onto Ayushi, she should be extremely proud of herself, as, from the hundreds of entries received, her short story was chosen as one of the runners-up, by a panel of talent-spotting experts, that included professional writers, Paul Howard, Fiona Looney and Sean Love.

In recognition and celebration of our competition winners, a special presentation lunch will be taking place in Croke Park on Tuesday 5th February from 11.30 – 1.30pm. Following this event, there will be an opportunity for the winners and their guests to go on a 'behind the scenes' tour of Croke Park Stadium. Proceedings should be finished by approximately 3pm.

We would like to extend an invitation for this presentation lunch and tour to Ayushi, her parents/guardians and yourself Ms. Reimer McCaughan".

Ayushi and Ms. Reimer McCaughan enjoyed a great day out at the event on 5th February 2019.



First Year Young Social Innovators Project



The aim of this programme is that students would take on a social issue that they identified in their particular context and come up with an action plan to either help combat the social problem or to raise awareness of the social issue. Our students decided to focus on students' self-image and designed presentations to deliver to students in local primary schools. The girls also presented at the YSI Summit Day in Ballincollig which was a huge achievement for them.

Well done to all involved and special thanks to teacher, Ms Reimer McCaughan for working with the girls over the past few months.





After School Yoga



Olivia O'Callaghan, former Head Girl at CKSS returned to the school this year to teach an After-School Yoga Class.

Olivia, who served the school as Head Girl (2009-2010) left Christ King for University where she studied pharmacy, a course well suited to someone with a great interest in both science and people. After three years spent working in the hospital setting in Cork (Mercy University Hospital), Kildare (Naas General Hospital) and Dublin (Mater Misericordiae University Hospital) and also in the community setting; it became clear to Olivia that something was missing from healthcare.

While in Dublin, Olivia began practicing yoga, and also furthered her studies by taking a diploma in Holistic Dietetics and Nutrition, which opened her mind to a more holistic approach in her pharmacy practice. Olivia then completed a 200-hour Yoga Teacher Training programme under the guidance of Sackies Skalkos in Yoga Republic in Cork, which again challenged the definition of 'health' that she had been previously exposed to.

This led Olivia to take the decision to begin teaching yoga, as well as working as a pharmacist. Based on her experience; Olivia believes we need to improve, build upon and implement the skill of stress management if we want to improve our physical and mental health, with the goal of eliminating unnecessary stress, and becoming more resilient against the stresses of everyday living.

Olivia believes that yoga is an excellent way to not only manage stress, but to also recognise its effects on the body. Many of us do not realise when we are stressed. Our breathing may be fast and shallow, our heart rate may be up, our shoulders may be elevated, and our jaws may be clenched. It is only when we set aside time to mindfully connect with ourselves that we begin to notice.

Yoga is a useful method of managing stress as it can be practiced anywhere, anytime and by anyone. Yoga is about appreciating and understanding the interconnectedness of the body and the mind. Having a daily practice acknowledges the fact that we need to set aside part of our day to check in with ourselves.

There is evidence to support the fact that children who practice yoga develop flexibility, strength, coordination and balance in their physical bodies; while reducing stress and gaining a more positive outlook on life. Thankfully this is getting more media attention in recent times.

Olivia was drawn to teach yoga to the young women at Christ King, as it is a skill she wishes she had at that particular life stage. Olivia believes yoga can provide a healthy way to cope with the ups and downs of the secondary school years; especially during exam time. Importantly, for young women in particular, yoga can help them to love and appreciate the body they are in.

Since beginning classes in March, Olivia has greatly enjoyed teaching and practicing with her yoga students. She looks forward to continuing teaching yoga at the school in September where all students are welcome to learn and practice.

Facebook/Instagram @holisticliv



Taoiseach Leo Varadkar chats with Amy O'Callaghan from Rebel Brass, pictured at the official opening of St Mary's Primary Care Centre, Gurranaברה, Cork City. Photography by Gerard McCarthy.

Amy O'Callaghan and Rebel Brass

Leaving Cert Student Amy O'Callaghan and Cork City Ensemble 'Rebel Brass' performed live on this year's Late Late Toy Show

A New Orleans-style brass ensemble emerging from Cork's Barrack Street Band in partnership with Music Generation Cork City, 'Rebel Brass' is led by a team of dedicated professional musician-tutors: Shauna McCullough, Clodagh Kearney and Stephen Manning. Shauna described the whirlwind experience of getting from application stage to audition:

'...on a whim one Tuesday evening at a rehearsal session we got talking and decided to throw our hat in the ring. Two of players, Amy O'Callaghan and Caoimhe Barry, put the application together and sent it off – next thing we knew it we were called for the auditions in Limerick. We knew that going for the audition was going to be tough because it's the Toy Show – everyone wants to be on the Toy Show – and there were lots of other brilliant and talented acts auditioning. But Ryan was exactly like you see on TV – bubbly, chatty and all about the music – he was so impressed with the band...'



TY School Tour to Paris 2019



After much anticipation and excitement, we finally travelled to Paris on 11th of April 2019 along with Ms Hayden, Ms O'Leary, Ms O'Callaghan and Mr Carroll. We arrived in Charles de Gaulle airport and were met by a coach to bring us to a restaurant Flunch and from there to our hotel Campanile Roissy. We were glad to put our tired heads on the pillow that night but couldn't wait for the following day.

We rose early for breakfast in the hotel and headed to Disneyland Paris. There certainly is no age limit in enjoying the princesses and Disney characters on offer! We went on numerous rides (with some people screaming louder than others!) and visited the gift shops. The weather was on our side – blue skies but not too warm – handy when the queues were half an hour long! Later, we went to Planet Hollywood and enjoyed a lovely meal coupled with wonderful company.

The following day, we visited the Palace of Versailles, Eiffel Tower, the Louvre and Notre Dame. How poignant it was to visit Notre Dame less than 48 hours before the cathedral was set on fire. It was magnificent in its architecture. The palace of Versailles hosted the most incredible paintings and antiques imaginable and the wealth on show was beyond anything you could comprehend. The Eiffel tower was everything we had imagined and more. It was incredible to see the famous landmark set against the Paris sky. We enjoyed a lovely meal at Flunch that day as well as a beautiful stroll through the Parisian streets.

The final day of our trip saw us take a boat ride down the River Seine. It was so nice to relax and take in the breath-taking scenery as well as doing a flash mob to Waterloo (from our school show!) on the boat. These are memories that will stay with each and every one of us forever! Thank you to the teachers and our parents for making this very special trip happen.

Gemma Heaphy



Kolkata 2019



The work that students and teachers put into the annual trip to Kolkata, during the February break, with the Hope Foundation never ceases to amaze us at Christ King. This year the girls and their teachers worked hard with fundraising events in Cork and finally travelling to see the great work at the orphanages in Kolkata. It is obvious that the children there have a great welcome for the girls and the interaction is always very happy.

Teacher, Sarah Curtin has been heading this venture for a number of years now and sent us this message while there.

"Just a quick hello to everyone from India. As we are coming to the end of the trip I just wanted to let you all know how wonderful the girls were. We have explored the city, eaten plenty of curry and most importantly seen the unbelievable and life changing work of The Hope Foundation.

A special thanks to all of you for your kind donations in the lead up to our departure. Your extra funds in the past few weeks have been donated to the PBK Girl's Home, which houses 16 girls who have been rescued from the red light district of the city. I handed over ₹1100 today and it will fund an excursion for them later in the year. You can see us in a group photo with those girls attached.

On a personal note I want to thank Maria O'Callaghan for being an amazing travel companion and friend throughout this trip.

Thank you to everyone of you for your continued support for a cause so close to not only my heart but to the values and ethos of our school". - Sarah Curtin.

On Tuesday April 16th at 8pm, the girls participated in a concert and feedback event from the Schools Immersion Programme at the Cork Arts Theatre. Those who attended were very proud of how they spoke about their experience.





London Trip 2019



The Easter TY & 5th Year London tour was enjoyed by all who travelled this year. Students enjoyed West End productions of this year's and last year's school musicals, Mama Mia and Wicked accompanied by Ms Long McDonagh, Ms Creedon, Ms Hornibrook, Ms O'Flynn Doyle and Ms. McGinley. The students previously worked hard to produce the shows at school and now they and their teachers could sit back and enjoy them.



Munich 2019



Fifth and Transition Year Students of German language travelled to Munich and the surrounding countryside in May. Ms. Darby, Ms O'Connell, Ms. Quilter and Ms. Spillane accompanied the girls. They visited the Bavarian Alps and a chapel called "Christkönigskapelle" which means Christ King Chapel. The group also went on an excursion to Dachau concentration camp, Neuschwanstein Castle in the Alps. Later they spent a day at Skyline theme park.





Lavarone 2019



For several years now the PE Department have been returning to Lavarone in Italy to Ski with 5th Year Students during the Mid-Term in February. Thank you to Ms. Spillane for organising the trip and to the teachers who travelled with the students, Ms. Hayes, Ms. Kelleher, Ms. Headworth and Mr. Carroll.



French Exchange to Redon and back.



We were delighted that 18 Transition Year Students travelled on the French Exchange to the

Lycée Saint-Sauveur Redon. We have a long association with this school and our students enjoy their visits there and they like to entertain the students on their return visit. Their school facebook post read on 27th April -

“Après une traversée mouvementée, arrivée à Cork pour les salvatoriens.” They had a rough crossing due to bad weather on their journey to Cork. They were delighted to arrive at Cobh and took a lovely picture for their facebook page seen here. You might like to follow them on facebook at <https://www.facebook.com/lyceesaintsauveur/>

Thank you to our teachers Ms McQuinn and Mr. Lonergan who worked on the exchange this year, before, during and after the Easter Break.





Silver Gaisce 2018/19



Hi, my name is Clodagh Molloy and I'm a fifth-year student and this was my experience doing silver Gaisce 2018/19.

Doing Gaisce this year was a real privilege. As I did the Bronze award in my transition year last year, this year was an extra Challenge. To begin, we had to choose 3 challenges that we would take on for 26 weeks. For my community work, my friend and I volunteered to coach the junior school camogie team before school on a Wednesday morning. For my physical challenge I chose Irish dancing. This one was very easy to me as it's practically in my everyday routine from a young age. For my new skill, I took up cooking and baking. This was very enjoyable as I learnt new skills and recipes. As a result, I made the dinner every week which surprisingly went well each time! On top of this, we are assigned to a 50km adventure journey. This year, eight other fifth year students and I walked from Carrigaline to Crosshaven on a lovely Sunday morning in May. The weather was outstanding as well as the views that we had witnessed. The next day we all regretted not wearing sun cream! The following two days we walked along the Kerry Way from Kenmare to Killarney. We were again blessed with the weather and truly enjoyed every minute. As it's a particularly long walk we stayed in the Kenmare lodges for an overnight and had to cook a dinner and have an entertainment evening. It included singing, dancing and eating desserts that some of the students had made! Ms Shanahan enjoyed that very well.

Doing any of the Gaisce Presidential awards is truly exceptional! You are giving your free time and interest and putting it into something that is recognised at the end! Learning new skills, developing communication skills, helping the community is only a section of what the awards give you. This year we wouldn't have done it without the amazing work and dedication of the teachers in school. We want to thank Ms Lynch and Ms Shanahan, and to all the teachers that came on the walk who really deserved a cup of tea at the end!

Thank you,
Clodagh Molloy 5D



Visit to the Uilinn Arts Centre



On the 18th September 2018, Fifth Year and Leaving Cert Art Students and their teachers visited the Skibbereen Heritage Centre and The Uilinn Arts Centre to view the exhibition "Coming Home Art" and "The Great Hunger"



Gaisce Bronze Trek in Kerry



On the 13th and 14th May a large group of Transition Year Students and their teachers set off on the Bronze Gaisce Challenge walk on the Old Kenmare Road. They overnighted in Kenmare, where they prepared their meals and provided the entertainment for the evening. The following morning, they set out on a high walk overlooking Kenmare Bay. A good time was had by all.





Whole School Assembly

Friday 17th May 2019 - Theme: Celebration of students' achievements.

On Friday 17th May the school community gathered at 1.25pm to congratulate and acknowledge the achievements of the students who had achieved various awards in varying disciplines outside the school community.

Third Years:

The following 3rd yr students achieved.

- Elena Collins 3E won a bronze medal in the All Ireland Pole Vault. (Feb)
- Orla Connolly 3E won in Feis Maitiu for Traditional Irish Music with the fiddle.(April)
- Ksenija Semjonova 3E won two singing competitions, 1st in a duet and 1st in a choir in one competition and 1st in a duet in the second competition.(April)
- Aimee Coleman 3A won 2nd place in a comic book art competition.
- Penny Cassells 3A won 1st place in Cadet of the Year in First Aid with St Johns Ambulance.
- Good Luck - Saoirse Roche 3A will be competing in the All Ireland Girls Boxing Final on the 18th May

The published poets(!) in the Unfinished Book of Poetry 2019 are:

Catherine Nikolajeva
Roisin Kehne
Medisa Khajavi
Faith Kehinde
Emilija Petiul
Julie Sydenham
Sonya Nkonda
Elizabeth Scanlan
Preedha Lekshmi
Grace Oladunjoye

The following students participated in the Salters festival of Chemistry 2019 in UCC and came second.

Vennella Ramesh Chellapuri (1E)
Jane O Byrne (1E)
Anu Abass (1D)
Oliwia Chrobak (1D)

Sporting Achievements from various year groups:

U18 Cork Football Munster Champions

Aoife McTaggart 5B

U16 Cork Football Munster Champions

Katie McCarthy 2D

U18 Cork Camogie All Ireland Champions

Eimear Hurley 6A

Cliona O Leary 5B

U16 Cork Camogie Munster Champions

Ciara Hurley 3B

Senior Camogie Team County Champions

- | | |
|---------------------|----------------------------|
| 1. Jane Stocker | 13. Eimear Hurley |
| 2. Mary O Donovan | 14. Chloe St.Leger |
| 3. Ellen Dold | 15. Cliona O Leary |
| 4. Tara Lyons | 16. Aisling Walsh |
| 5. Amy Baldwin | 17. Julie O Sullivan |
| 6. Ali Roche | 18. Allie Mullins O Keeffe |
| 7. Claire Merritt | 19. Roisin O Keeffe |
| 8. Jodie Horgan | 20. Caoimhe McCarthy |
| 9. Shauna Nagle | 21. Aoife Byrne |
| 10. Anna Murphy | 22. Beth Casserly |
| 11. Katelyn Holland | 23. Caoimhe McAndrew |
| 12. Ciara Hurley | 24. Sophie Crowley |

Athletics: South Munster Medal Winners:

Ella Scott	Ava Cashman
Katie Scott	Susan O Donovan
Holly Umeh	

Boxing: All Ireland Finals.

Leanne Murphy
Rebecca Hennessy

Boxing:

Sixth Year Sophie Thornton Celtic Cup Winner and Esker Boxing Champion.



This Sporting Life



South Munster Athletics Championships

Congratulations to Christ King girls winning their heats and going on to win Gold, Silver and Bronze in C.I.T. at South Munster Athletics Championships. Well done to all girls & Mr. Mulcahy.

Ava Cashman 3C came second in the Munster Athletics 100m sprints on Saturday at the CIT and will now represent Christ King & Munster at the All Ireland schools Athletics in Tullamore in June 1st.



Ella Scott and Ava Cashman compete in the Munster Schools Athletics in C.I.T.

"I competed in the Munster Schools Athletics competition in Cork Institute of Technology on the 18th of May. I won the junior girls 75 meter hurdles in a time of 11.13 seconds, which also beat the record held since 2004. I also ran the 100m sprint on the same day and placed 3rd.

Ella Scott



Ella Scott continues to blaze a trail as a hurdler and sent us this report from the National Irish Schools Final on Saturday 1st June.

"Everything went well for me in the race. I was lucky to win gold in the race, junior girls 75m hurdles, in a time of 10.85. The electronic timing record was 11.41 since 2004, so I beat that time, and the hand time record was 10.80 held since 1980, and I was close to that too. Unfortunately, there was a slight tail wind of 2.3, and if the wind is over 2.00, the records do not stand, so sadly I do not hold the record, but I was the first person to win the Seán Naughton cup two years in a row, the cup for the best hurdler of all ages. I really enjoyed representing the school, it was a great day out.

Ava Cashman also ran a seriously great race in the 100m sprint against tough competition to come in 7th place. Holly Umeh also competed in shot putt and came in 6th place".



Kate Rohan and Rebel Acro

On the 4th April the gymnastics troupe Rebel Acro featuring transition year student Kate Rohan and former student Aisha Ghori visited Christ King Secondary School. They competed in Irelands Got Talent and came in third place. Well done to all involved.





This Sporting Life



Youth Relay			
Team Name	#Race No	Time (Pos)	
Bishopscourt Youth #1	#8018	05:19:36 (90)	
Bishopscourt Youth #2	#8019	05:31:53 (112)	
Christ King Girls Team 1	#8002	04:25:15 (3)	
Christ King Girls Team 2	#8003	04:34:07 (6)	
Christ King Girls Team 3	#8004	04:25:31 (4)	
Christ King Girls Team 4	#8005	04:20:02 (2)	
Christ King Girls Team 5	#8006	05:49:14 (14)	
Christ King Girls Team 6	#8007	05:16:36 (9)	
Christ King Girls Team 7	#8008	05:49:13 (13)	
Christ King Girls Team 8	#8009	04:32:45 (5)	
Christ King Girls Team 9	#8010	05:24:57 (11)	
Cork Life Centre	#8011	05:06:50 (8)	
Scoil Mhuine Boys	#8000	03:41:24 (1)	
Team Tms	#8001	04:40:39 (7)	

Cork City Marathon 2019

Nine Relay Teams comprising of Students, Teachers and Office Personnel participated in this years Cork City Marathon. It was the largest school group in Cork. The group gathered on Friday 31st May to get their packs and make final preparations. Marathon Day, Sunday 2nd June was a perfect day for running. The group were in great form and some (Jo and her daughter) featured in Irish Examiner photos following the event. Well done to all involved and especially Ms. Gillian Mulcahy and Ms. Judy O'Grady who organised the event.



First Year Basketball 2018-2019

First Year Basketball have been very busy this year. They are a very strong team. They excelled in competition and will go far. They were aided and coached by Transition Year students Lien O'Brien, Laura Russell and Natasha Bowdren. Ms. Lynch and Ms. Leahy were teacher coaches. They are modelling the new **Super Valu** strip here. We are very grateful for the sponsorship from **Super Valu, Grange**.



Third Years go Bowling

It is a tradition now that the PE Department take the 3rd Year students bowling as a stress buster and exercise before the Junior Cert Exams. As these photos show, the girls enjoyed the trip. Thank you to the PE Department who organised the outing.





This Sporting Life

Extra - Curricular at CKSS 2018-19

Christ King continues to provide a very comprehensive Extra-Curricular Programme. Perhaps there is something that will interest you going forward.

EXTRA CURRICULAR ACTIVITIES IN CHRIST KING					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Computer Room at 8am	Computer Room at 8am	Computer Room at 8am	Computer Room at 8am	Computer Room at 8am
LUNCH TIME	Lunchtime Club in Library <i>Short Disco</i>	Lunchtime Club in Library <i>Club Goerge</i>		Drama Club Lunchtime Club in Library	Creative Writing Club <i>Art Club</i> Lunchtime Club in Library
AFTER SCHOOL	Camogie for 1 st , 2 nd & 3 rd year students	<i>Yoga</i>	Hockey: Bus leaves at 1:15 Gaelic Football Running Club: 1:15 outside P.E. hall Science Club for 1 st years: 1:10 to 2:10 in Lab 2 for 4 weeks	Basketball in the P.E. Hall	Badminton every second Friday in the P.E. Hall



First Year Camogie Team 2019



The Organisers



First Year Football Team



Junior Footballers on a very sunny day



Junior Camogie Team



Junior Footballers on a very sunny day



Football Team modelling Lauras Sponsored Sports Wear



Senior Football Team

This Sporting Life

Special Topic TY PE Class

The special topic PE class took part in Crossfit Training for 5 weeks, starting in the 8th of March in Crossfit Return Gym.

Each session started with a warm up and then we did a lot of different exercises. We learned a lot about the functions of the body from head to toe. The sessions took place both in the gym environment and outside when the sun was shining!

We found the training to be challenging and tough but we also had a lot of fun!

We are very happy that we had the opportunity to train with all of our friends and exercise together.

A big thank you to our personal trainer Mike Russell who supported us and helped us throughout each session.

By Paula Marie Scherbarth



Tramore Valley Park

Tramore Valley Park was officially opened on Wednesday 22nd May. A track is named after Olympian Rob Heffernan who also helped us set up the school bank at CKSS.

Principal Richel Long and teachers Diarmuid Hurley and Judy O'Grady attended the official opening. Students kindly gave of their time to attend also. They played Camogie and football and some students had a run on the track. Students and teachers have made good use of the park. They have been running in the park on Wednesday afternoon for much of the last school year.



Feis Maitiu 2019

The Feis Maitiu is very close to the hearts of the people of Cork. For the second year running the Transition Year Mime group were successful in winning the Aruba A Coughlan Cup. Their teachers Mr. Michael Carroll and Ms. Amy Barry Murphy were delighted.



Remi Noonan shares her passion for Art with us.



"My name is Remi Noonan and I am a fifth year student at Christ King. My favourite subject is Art and I hope to pursue a career in Animation. I hope to go to either I.A.D.T. in Dún Laoghaire or L.I.T. in Clonmel to study animation. I've been drawing since I was small, starting with Top Model Books and progressing on to my own

character designs for comics and stories which hopefully I will one day see in print. I have had my own work published as part of the Teen Graphic Novel, a programme run by Cork City Library for young artists and writers to collaborate and produce a collection of short comic stories. I've also had work published with the Cork Comic Creators, a group of comic enthusiasts who meet once a month and publish short comics. I learned how to draw story boards for a music video while on work experience with Dog Day Media, a film and animation company. I am currently working on my portfolio for college which I hope will be good enough to get me into I.A.D.T."

Here we have a selection of Remi's work. We hope that you will like it as much as we do. Good luck with the work Remi!



Aoibhe Humphreys TY, enjoyed a very successful Work Experience with designers Lousie Kennedy and Emma Manley.

My name is Aoibhe. I've always had a strong interest in fashion since I was very small. My Mom says even since I was as young as three and it's always been the career I wanted to pursue. Before I started transition year, I was thinking of what I could do for work experience and I couldn't think of something that would give me experience in fashion. My Mom suggested that I look for experience with fashion designers and I decided to look at the option of Dublin. I went online and found a list of the top 12 Irish designers, only four were based in Ireland. In August, I wrote a letter to them asking would they take me for my placement. With my letter, I included some of my designs and a handmade card to make my application stand out. I wasn't quite sure if I would even get a reply, however, within a week I got an email from the designer Emma Manley. She sent me an email saying although she doesn't take secondary students, she would love to take me for two weeks in her Dublin studio, because of my enthusiasm and early application. I was thrilled. A few months after I sent the letters, I got an email from one of Louise Kennedy's designers. Even though my two weeks were taken up, they offered me another week in March to join them in their Merrion Square studio and took it as extra work experience.

Although all three weeks were in fashion, both placements were very different. In Emma Manley's studio, she mostly works alone, but sometimes takes college students on placement, so it was mainly just the two of us and the experience was very hands on. I got to make embellishments for wedding dresses, handbags and I got to cut patterns. As well as the labour, I got to witness bridal fittings, photo shoots and I even got to visit the Virgin Media TV studio when she was being interviewed on a panel. This showed me another aspect of the career. I learned a lot from her about

the business side of the career, the career itself and college. I really enjoyed it and she couldn't have been nicer to me while I was there.

As Louise Kennedy was a bigger designer, she had a much bigger operation and I got a very different experience. As well as herself, she had two other designers working for her and three other women on her sales and marketing team. I didn't meet Louise until the third day, and I didn't work directly with her, but she was very nice, I mainly worked with her designers and the rest of her team. With a much bigger operation my experience was more observational than hands on. I was able to observe them preparing their collection and fitting on the outfits. My work involved making vision boards, but mainly I was archiving her old outfits and collections, so I got to see all her old and new designs. I also had to do the usual things like collecting stuff from shops for the studio as well as dropping and collecting clothes from her section in Brown Thomas. I got along very well with the entire team and I felt there was a lot to learn from them.

My experience has given me lots of insight into the different aspects of design and the career. Overall, I had a very positive experience. As well as experience in fashion I had the experience of living in Dublin, while staying with family and I got to know the city much better which helped me to become more independent. I would definitely encourage other students to make the effort to get experience in what really interests you and not to limit yourself to one thing or one place. The teachers will support you in achieving your goals and taking your opportunities.



Jake Carter entertains students.



Singing sensation Jake Carter visited the school on Wednesday 22nd May, as a "thank you" from Rob Heffernan for our students engaging with the Bank of Ireland bank during the academic year. First and Third Year students gathered in the PE Hall and enjoyed a few songs from Jake. Afterwards he took a question and answer session. It was very lively and enjoyed by all. Ms. Long thanked Jake for taking time to visit the school.





China Trip Easter 2019



Transition Year students Robyn Smith, Laura Russell and Ciara Tang studied Chinese as one of their chosen modules in Transition Year and applied to take part in the trip to China for Shanghai Easter Camp in association with U.C.C. Confucius Institute. The girls had a wonderful time. Here are some pictures of the trip.



Darkness into Light 2019



On the 11th May at 4.30am in the morning, a group of Christ King students, teachers and some parents and dogs gathered at the Lough to assemble before taking part in the Darkness into Light walk starting at U.C.C. It was a clear night and morning and an experience that all who gathered will remember. A big thank you to the teachers and students who organised the event and in the process supported the work of Pieta House.



Thousands come together for Darkness into Light





Mayfair



This year Transition Year Students held the annual Mayfair on the 9th May. It had all the fun of the fair including a very big bouncy castle. The girls worked hard to prepare for the day. Students availed of all sorts that were on offer there and again all profits went to COPE.





Apple Visit - Hollyhill



50 of our Transition Year students visited Apple, Hollyhill in March. The students really enjoyed their day filled with exploring Apple's Creative Tools for Photos, Video, Drawing and Music; a workshop in coding and a most interesting Careers Discussion. Accompanied by Ms Mary O'Leary and Mrs Sheila Brosnan, Former teacher at Christ King at Apple Hollyhill Campus - New Building.

Past Pupils return to offer some good advice to Leaving Cert Students



On May 8th three of our past pupils Ciara Kiely, Caoimhe Sreenan and Vivienne Doyle talked with some of our Leaving Cert and 5th year students about life in 3rd level. Our students found it a very informative and enjoyable session and it without doubt eased some of the anxiety felt by our girls around the change. Our three past pupils spoke very confidently and comfortably with the girls on a wide range of topics from career pathways to setting alarm clocks and everything in between! Ciara is moving from CSN into CIT while Caoimhe and Vivienne are attending UCC.



Cork History Tour



Transition Year Students went on a history tour of places of local interest in Cork. They finished up with a visit to the oldest and only sweet making factory in Cork, Linehans, near Shandon Street.

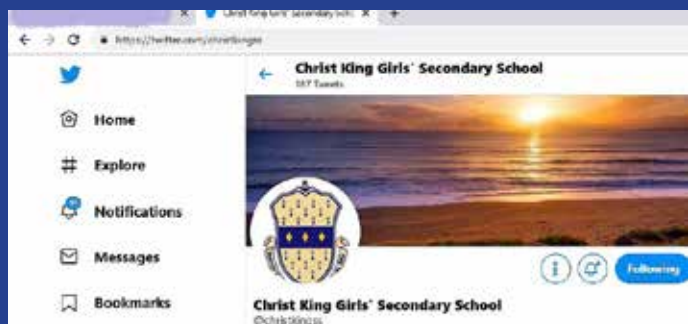




Our Social Media Platforms

Christ King Girls' Secondary School now posts information on many social media platforms.

Website <http://www.christkingschool.com>
 Facebook <https://www.facebook.com/ckss50/>
 Twitter <https://twitter.com/christkingss>
 Instagram https://www.instagram.com/christ_king_ss



Arc House and Blankets of Hope Presentation



Each Year Ms. McGinley and the PE Departments hold Céilís during Seachtain na Gaeilge. Students pay €2 and receive an Irish Flag Pin donated by the Thomas F. Meagher Foundation. All the foundation require is that money is raised for a cause of our choice. The charities chosen this year are Arc House, which supports people with cancer and their families in the Munster region. A presentation of €758.97 was made on the 28th May.

Blankets of Hope knit and crochet blankets of comfort for patients going through chemotherapy. They wrote on their Facebook page..

"What a wonderful morning spent with the 5th year class of Christ King Secondary School.

These amazing girls and teacher Michelle held a Ceili to raise funds for Cork Cancer Care Centre and the Blankets of Hope.

In doing this the girls raised €505.60, this will purchase 320 balls of wool for our Blankets of Hope appeal.

A very big thank you to Principal Richel Long, Michelle and 5th-year students for the amazing donation, "Changing hearts and minds with caring actions, and a little ceili dancing, it was so lovely to meet you all today. Have a wonderful summer..

Linda"



Uniform Models



During the month of May, two of the best students in the school stood at reception without moving and modelled the uniform in its best presentation possible. Modelling best practice is always a good idea.!



Afternoon Tea May 2019



We were delighted to welcome retired staff to the school for Afternoon Tea on the 28th May. Together with some current staff members we took time to catch up and drink tea and coffee. It is always good to make time to talk.



Climate Change



A representative group of students and their teachers attended a recent Climate Action March in Cork. An important issue of our times.

PsychSlam 2019



Six of our TY students Ciara Tang, Aisling McEveney, Ekaterina Nikolajeva, Julia Szpanko, Ciara Barrett and Meg Ryan participated in PsychSlam 2019 organised by the Department of Applied Psychology UCC in March.

Visitors from Nan Yang High School



On Friday 21st June we welcomed four teachers from our twin school in Shanghai. Cork is twinned with Shanghai and over the years we have developed a friendship with the teachers at this very good school. We have welcomed more than 20 teachers and managers from Nan Yang School.

We had the usual exchange of gifts and ideas. They issued their usual invitation to visit in return.

Transition Year Horticulture Option

Ms. Emma Looney and her horticulture students have been busy planting and gardening this year. Recycling is key here and they plant in any container that will work, but always recycled. Next year they hope to go a step further with a poly tunnel. Ms. Looney says:-

"I applied for and received a grant for the TY horticulture module from the Cork City Council. It's called the Waste Prevention Grant and it's linked to ReUse month in October. The money can only be spent on second - hand items or items going to landfill."

"I'm looking for some gardening tools, cloches, a cold frame, watering cans, ceramic or terracotta pots etc."

"If you know anybody getting rid of gardening items, please keep us in mind".



Junk Kouture 2019



Well Done to Medisa Khajavi, Emily O'Sullivan and Niamh Brady who did very well in the Junk Kouture competition in February. Here are their costumes.



Our Presentation Traditions

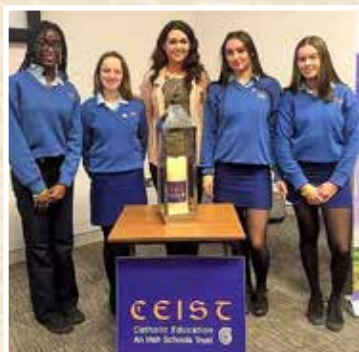


CEIST Student Leadership Conference 2019

The fifth annual CEIST Student Leadership Conference took place on Wednesday 20th March 2019. Students from almost 80 of the 107 CEIST schools attended the event which took place in the DCU Institute of Education, Drumcondra, Dublin. Four representatives from Christ King attended the event: Charlayne Amayo, Suzanne Murphy, Nicole Sophie Marinos and Tara Thompson. These four girls are part of the newly appointed 2019/2020 Meitheal Team. The four girls travelled to Dublin accompanied by Ms. Quinlan and Ms. O'Sullivan Ryan. The day began at 10am when students were welcomed by Dr Marie Griffin of CEIST and Dr Gareth Byrne, Associate Professor of Religious Education and Director of Mater Dei Centre for Catholic Education, DCU. His Excellency, Archbishop Diarmuid Martin also spoke and thanked so many students and teachers for making the journey to Dublin for the conference.

After the initial greetings students were then subdivided into smaller groups. Teachers presented a workshop entitled "Well-being and Hope in the light of CEIST values". Charlayne, Tara, Nicole and Suzanne then made their own presentation to demonstrate how they had shown leadership in Christ King and how they will continue to do so in their Meitheal activities in the next academic year.

After a beautiful lunch provided by St. Patrick's College DCU everyone returned to the main lecture theatre where each school was presented with a gift of two stoles, two ciboria and a copy of the Papal Encyclical "The Joy of Love" kindly given by the World Meeting of Families in thanks for CEIST's involvement in the Papal mass. Professor Daire Keogh, Professor of History and Deputy President Dublin City University, then spoke to the students about Leadership and congratulated them all on the work they were doing as leaders in their own schools. The Keynote speaker was Minister of State at the Department of Education with special responsibility for Higher Education Mary Mitchell O'Connor. She urged all students to follow their dreams and informed them of the places available for them in further education, apprentices or university once they finish school. The day ended with a blessing and prayer from CEIST Member Sr. Assumpta Collins, SCR. A group photo of everyone was taken in front of the CEIST flag. Several students stayed around to get pictures with the CEIST flag also.



Exam Prayer

Loving God, I turn to you today, As the exam approaches, I am nervous and so I ask you to help me. You know how important these exams are to me, Set me free from worry, give me your peace and help me to think clearly. Help me to remember what I have learned, to use my time well, not to panic, to do my best and not to worry about the outcome. Help me to realise that the exams are not there to catch me out but to find out how much I know, Lord keep me calm so that I can write down all I know! Keep my friends calm too, we're all in this together. Let me sleep each night so that I am refreshed and renewed for the next exam. Even if I struggle, I must always remember that there is a bigger picture of which these exams are only a small part of. Most important of all calm me down, keep me focused, guide me along, get me through the scary moments and make sure I attempt every question. Thank you for being my friend today and always.

Amen.



Daily Prayer for Courage and Strength
 Lord, as I face
 this new day
 may I have the courage
 to believe and trust
 that You are with me.
 Lord, You can make
 all things possible,
 Please be my constant
 guide and friend.
 May I recognise
 my own many gifts
 And have the courage
 to use them
 As I face the unknown
 and exciting challenges
 that lie ahead.
 Help me to see
 as you see, and
 to reach out to people
 with love and respect
 as Nano Nagle did.
 Nano Nagle, pray for us.

Exam Prayers

Our school community gathered at 9:00am in the Assembly Hall for morning prayer before the first Junior Certificate and Leaving Certificate Exams commenced. We prayed as Nano Nagle did by reciting the Prayer for Courage & Strength. We continued to do so before each exam. Students told us that they got a certain peace and courage from it.





Our Presentation Traditions



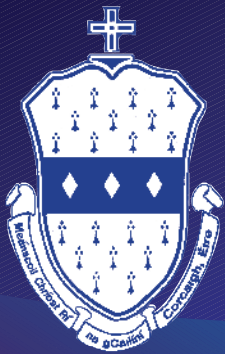
Christmas at Christ King

Christmastime at Christ King brings the annual TY Trade Fair. Money is spent on Christmas presents and funds raised for COPE. Families bring food to the Crib in reception. Carols are sung in the Assembly Hall. This year on the 19th December 2018 students and teachers enjoyed the fun of a Christmas Jumper Day.



Vestments Blessed at the World Meeting of Families

Dr. O'Sullivan Ryan, Ms Quinlan and transition year students travelled to the CEIST Leadership Day. They were presented with two Stoles and Communion silver for use during religious ceremonies at school. We wish to thank CEIST for this gift.



OUR PRESENTATION TRADITIONS



SHARE Representatives 2018

Well done to Louise Velon and Sinead Buckley who were our SHARE reps for 2018 and also a

big thank you to all of the girls who collected for the charity.



Gougane Barra Retreat

Transition Year Students and Teachers went on the annual Gougane Barra Retreat on the 10th May. Fr. Billy O'Sullivan said Mass at the Cross. It was a very moving ceremony. The sun shone and afterwards the group enjoyed a walk and a picnic.

Thank You

Thank You to all those students who helped with the SHARE Collection, the third and sixth year Masses, the Advent Service and Lenten reflection. A special thank you to all students who contributed to the Prayer Life of the school in any way.

A Sincere Thank You to all who contributed Articles, photographs and information to this issue. Your contributions as always are greatly appreciated.



Daffodil Day 2019

2C were very busy raising funds for Daffodil Day- a very worthy cause. Well Done girls.