

PARENT PAMPHLET

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Editors: Brónagh Higgins, Robyn Power & Zaynab Umar

Dunmore Bonding Trip



Hi, I'm Libby and I'm going to talk about our first trip as Transition Year students.

It was to Dunmore where we went on a cliff walk. Easy, right? Well, it would be except we were handed a list of different challenges and a balloon. Our first step was to blow up the balloon. This should have been the easiest part. When we were *finally* finished putting the balloon on a string we had to give it a name. Let's just say that our creativity truly came out when coming up with names.

Once we had the balloon blown up, off we went. The first 'challenge', for me was getting up these steps which happened to be abnormal and irregular in size. This was not to my advantage. You can probably already guess what happened next; I fell UP the steps. I didn't hurt anything but the laughter from my friends was quite enough. We then started on our real challenges.

The first of the real challenges was to come up with a song which included certain words. Our song was more of a rhyming poem and it didn't have much to it at all. However, if I do say so

myself it had quite the catchy rhythm. Our next challenge was to create a piece of 'natural' jewellery. I was put in charge of this and the first thing I picked up was a dead plant; not the best for forming or twisting or tying. So I moved on to plan B in which I picked up a big leaf and just stuck lots of plants into it and tied it around my finger. Just like that I had a ring, which actually won a prize! The final challenge was to create as many words as you can from a phrase. This was actually surprisingly easy!

At the end of the walk we had reached the beach. Although it was cold, it was still beautiful. We all gathered around and listened to each other's songs (or poems in our case). Once everyone got their turn, it was time to walk back to the bus. The steps seemed more abnormal and irregular, however, I didn't fall much to the disappointment of my friends. But it was a personal achievement for me.

The sense of relief when we got back to the bus was huge. None of us had hurt ourselves seriously and no one had fallen off. Sadly, most of the balloons had popped by this point. I think this was a good choice for a first bonding trip as a whole year group. Special thanks must be given to Ms Walsh and Mr O'Mahony for making it possible. It is not easy to walk up and down steep steps with no constant pattern. But I'm glad that we all went through it together!

By Libby Collie

TY's Trip to Tramore



Aut 4 weeks ago the 2 TY classes went on a trip to Tramore. It was one of the first trips which we all attended as a transition year group. We left the school at approximately 9am and took a bus to Tramore. As a year group we arrived at the Tramore surf school and were greeted by the surf instructors. They then explained the schedule to us all.

The two classes then split into two groups in order for each class and every student to get the full experience. TY2 surfed for about an hour and 15 minutes while TY1 participated in some orienteering tasks. TY1 were split into groups of 4 and the instructor explained the orienteering tasks which we had to complete in the given time.

Each group had to come up with a group name. Then, we were handed a plastic pocket containing a few sheets with questions and a map of Tramore. Each group had to collectively answer the questions to reveal a place on the map. There were roughly 20 questions and to say we went on a long walk would be an understatement! However, it was great fun completing the tasks and we got to see parts of Tramore which we had never been to before. Everyone raced and rushed in order to be the first back and get the best score for their team.bo



When all the groups arrived back we went for lunch. A few minutes later when we returned from lunch the groups swapped activities. TY1 got to participate in surfing while TY2 attempted to complete the orienteering tasks. I am in TY1 so I got to go surfing second. The instructors explained the safety rules to us and taught us some basic surfing skills. Then everyone was given a wetsuit and water shoes to change into.

All of us went down to the beach where we surfed for just over an hour and a quarter. The instructors helped us along and watched as we all laughed with each other while falling off our surfboards! Many of us even managed to stand up on the boards for more than 2 seconds which was an achievement in itself!

When our time surfing ended we all lended a hand in bringing the surf boards back. The instructors then announced who had won the orienteering tasks and rewarded them a voucher for the surf school.

Even though my group did not win the orienteering tasks we didn't mind because the experience was enough. I can honestly say it was one of the best things I've ever done and it is something which I will never forget. Something I felt which added to the experience greatly was the fact the instructors were such spirits and were very funny. We all got along greatly with them and it just made the day so much more enjoyable.

In my opinion the surfing trip to Tramore is honestly irreplaceable and I would do it again in a heartbeat. Sincere thanks to Ms. Gannon and Ms. Norris for looking after us.. It is a wonderful thing to participate in and a great way to spend a day.

By Robyn Power

The 88th Ploughing Championships

On Tuesday the 17th, us the TY students went to the Ploughing Championships. It was a trip that we were really looking forward to. We couldn't stop talking about it ever since we found out.

We woke up bright and early to fit the time schedule, some were fine with it and some were not. The bus trip was not that long, to kill time we sang and talked to one another.

When we arrived we took pictures and went our separate ways. O'Neills was very popular there, we had to wait in a long queue under the hot sun to get in. The place was crowded there and I thought we were all going to die of heat stroke. There were huge food stands and they all smelled divine but the food was just too overpriced.

Our main goal for the trip was to get as many free things as possible...sadly I came back with a pink lady bag and a vis that I'll never use. I think the two girls in TY2 took all our stuff! Just kidding. The other goal for some students was to find this guy called Greg from Love Island (I think). Some succeeded and some did not. I heard someone ditched her friend because she saw Greg.

The tractors were huge and colourful. I wanted to get on one but was too awkward to try it. Welcome to an introvert's life!

Overall I think the trip was a success, people got to see Greg, the two girls got many free stuff and in my opinion there was more bonding then there was on the actual bonding trip. I didn't get to see any ploughing competitions though!

Thank you to the teachers who came with us and thank you to the girl who put on the High School Musical soundtrack and the throwback songs, especially Justin Bieber's; my inner seven year old came out.

By Nadie Maw



Zeminar



Last Tuesday our TY year group went on a trip to Dublin to attend the Zeminar event. Zeminar was an event for teenagers, which was held in the National Sports Centre, Dublin. We arrived at Zeminar at about 10am and were given wristbands in order to attend the event for the day.

Inside, there were many stalls with small businesses/companies which advertised different things such as mental health or sustainable living etc. We were given a sheet to fill out throughout the day. On the sheet we had to write down many different stalls which fit into each category, this helped us to see all of Zeminar and it's different stalls.

At 11am we attended a talk which helped us to fill out our sheet. 3 different adults spoke at this talk. The topic was based around overcoming challenges. I felt that the talk was very inspiring and really made me think about life. I learned a lot from the talk, it opened my eyes and made me realise that no matter what happens you can still work towards your goals and achieve them.

After the talk we had our lunch. There were many food stalls outside which sold different food. When we finished our lunch we went to watch the car flip experience. This was a car which slowing turned upside down to simulate the experience/ feeling of a car crash. Unfortunately, my friends and I didn't get a chance to go on it as they closed it for a break.

At the front of Zeminar there was a dj playing some music and towards the end of our trip, a group of people gathered around and started dancing. We all joined together with the different schools and began singing and dancing. We then left Zeminar at about 2pm and were very happy with out free pens, bags, badges and stickers which we had received throughout the day.

By Robyn Power

Shine 19



On Friday the 11th of October TY1 and TY2 attended the Shine conference in the WIT Sports Arena. Shine was an event which was held to celebrate 'day of the girl'. Most of the girls schools in Waterford and other counties participated. The hall was decorated beautifully with posters, lights and balloons. Beat breakfast was there along with many speakers.

Trish from Beat started off the morning by talking and explaining 'day of the girl'. Many different women spoke about their personal journeys, troubles and achievements. Next Mags Murphy got us all to stand on our feet in order to get us energised. We did some stretches, dancing and exercise. We all really enjoyed it.

After a while we got a break for about half an hour. We then returned to the hall where we listened to more people speak about their inspiring stories. Niamh Fitzpatrick, sister of Captain Dara Fitzpatrick, spoke about how she lost her sister and how she learned to cope and overcome it.



CAPTAIN DARA FITZPATRICK

Another woman spoke about how she was unhappy with how her body looked when she was younger and how she learned to love her body because it allowed her to do so many wonderful things. I felt it was very inspiring and eye opening. We all learned that we should love ourselves no matter what because we are fortunate enough to have legs which help us walk and we have hands to help us write etc. Everyone really enjoyed that talk because the girl was very inspiring and she was so bubbly and full of energy and positivity.

We were all set a challenge to try to take as many pictures as we could with other schools. Each school had a different coloured wristband and the aim of the challenge was to try and get a picture with as many different colours as we could.





Towards the end of the day some singers performed. We were all given bubbles and were allowed to get up and dance. Then Mount Sion Choir came out and performed a few songs. The energy in the room was electric. We all had the best time watching others perform. After they performed we were given goodie bags and we got photos with many people. In all it was a truly great day and everyone thoroughly enjoyed the day together. It was very empowering

and inspiring hearing other people's stories and it was great fun getting to sing, dance and let loose at the end. Shine was a great experience for all the girls in Waterford.

By Robyn Power

An Interview with our Head Girl

Kelly Burke: TY Graduate 2018

I'm glad I did TY because: it gave me an extra year to mature and recharge the batteries before the Leaving Cert which can be really helpful for the next two years where maturity is definitely essential to success.

My advice to someone doing TY is: Take everything that's offered to you in the year and put 100% into it - even if you think you won't like it, you might surprise yourself. You'll get out of it what you put into it.

Work experience for me was: a way to decide what I want (or don't want) to do in college and showed me the realities of the working world.

The most valuable thing I learned in TY was: to take every opportunity that comes along, especially if it's out of your comfort zone - it'll stand to you in the long run. I definitely wouldn't have put myself forward for Head Girl had I not done TY.



An Interview with our Deputy Head Girl

Kate Cremin: TY Graduate 2018

My favourite part of TY was:

Making new friends and getting to know people in my class a bit better. I really enjoyed doing the weekly tasks that were involved in TY such as helping out around the school and projects. I also really enjoyed going on the trips and they are memories I have for a lifetime. I really enjoyed the SongSchool and the ShortMovie that we produced also. There's really nothing I can fault about TY and I can honestly say it was one of my best years in school.

I'm glad I did TY because:

Of the experience I gained through doing Work Experience. I'm also glad I did TY because it really gave me an opportunity to figure out what I want to do in the future by trying out new subjects in school and attending open days and events such as the TY Expo. TY also gave me that year break rather than progressing straight into 5th year.

The most valuable thing I learned in TY was:

Making the most out of the year because it really flies by and just giving everyday your best effort. As I said already it was one of the best years in school and I would do anything to go back and do it all over again. The most valuable thing I learned was life skills such as organisational skills and interview skills etc. and these benefit your life in the future. I wish all the girls in TY the best and if there ever is a problem or a question I'll always be around the school to help.

Tips For Work Experience



Work experience really is an amazing opportunity so don't leave it slip through your fingertips! Here are just a few tips to make sure you make your work experience worthwhile:



1. Try organise work experience well in advance to ensure you are pursuing something you'd like to do.
2. Try to get work experience in a job you think you would be interested in. It will help you determine if it's the job for you or not.
3. Use your contacts! Networking is the best way of getting work experience. If you're really passionate about a certain field of work try and see if you know anyone involved in it.
4. Look online at careersportal.ie or ty.ie for work experience opportunities - they always have interesting work experience courses and the names of various work experience employers listed.
5. Talk to Ms.McTighe if you can't find a suitable place for work experience. She will do her best to ensure she can get you somewhere, where you can benefit from the work.
6. Make the effort to show employers that you are interested in working for them. Employers appreciate when you make the effort to hand in a CV or phone them yourself.

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7. Remember to always be on time for work experience and to dress appropriately for the work.
 8. There is no such thing as doing too much work! When you finish one task, ask your employer if there anything else they would like you to do. Employers favour helpful students and may even employ you if you do a good job.
 9. End on a good note - when you finish your work experience, leave a thank you card or box of chocolates for the employer. You never know when you are going to need them again!

By Holly Meany, TY Graduate 2019

A Note from the Co-ordinator

What a great start to what I know will be a super year with a very special group. We're only 6 weeks into the year and the girls have had lots of new experiences both inside and outside the classroom. Indeed there are too many to mention in this newsletter and it really is only to give you a flavour of what has been happening. We have lots planned for the next half of the term including site visits to Garrett Advancing Motion and Sun Life as part of College Awareness Week in November. There will also be a focus on development education with a UNESCO workshop and a focus on music with a trip to Cork Pops. The girls will also be composing their own songs in a two day Song School workshop after the mid-term. A special thanks to their subject teachers for being so flexible in their support of all these events.

Date for your Diary: We have also planned a Careers Clinic for Transition Year and Sixth Year students and their parents from 2.30pm-3.50pm on Wed. 20th Nov. which will feature the career stories of some of our very inspirational Waterford women including Sandra Whelan (VR Education), Siadhb Duffy (Grow Unltd) and Gayle Barry (Waterford Area Partnership. More details to follow about this event.

We are always looking for new ideas and links with the community so please do contact me on the school number or at hmctighe@mercywaterford.com if you have any suggestions. Your input is always appreciated.

A special thanks to the girls for their contributions to this newsletter and to our wonderful editors who helped put it all together. Best wishes, Helen Mctighe