

SIANSA

Siansa is one of the country's most prestigious competitions for young traditional Irish music and singing groups. Organised by Gael Linn, Siansa provides a platform for talented teenage groups. This year Our Lady's group called "Corca Téine 2020" was made up of the best traditional musicians in our school. The group produced a recording of Irish traditional music tunes and an old Irish song as Gaeilge.

Our musicians worked hard and were delighted to reach the second round of the competition which was a live performance where the group performed for renowned musicians Declan Masterson and Bernadette Nic Gabhain. Corca Téine 2020 performed brilliantly on the day and really enjoyed the experience especially when they received a workshop with Declan Masterson where they picked up some great techniques and new methods of varying tunes. Well done to Corca Téine 2020 and a special congratulations to Gillian Fogarty who composed a beautiful piece for the group to include in their performance.



SPORTS IN OUR LADYS

JUNIOR LADIES FOOTBALL

The Junior Ladies football team contested the All Ireland semi-final against Coláiste Iognáid Galway on Thursday 12th of March. They qualified for the All Ireland semi-final having won the Junior C Munster final a few weeks previous, beating Sacred Heart Clonakilty.

The game was originally to be played in Ballinasloe but poor weather forced a change of venue to the all-weather 4G in Rathkeale. The girls put in a great performance considering the conditions were extremely testing. However, Coláiste Iognáid came out on top on the day,

The girls fought till the very end but still have been crowned Munster champions which is an amazing achievement. We are extremely proud of them and are excited to see what is in store for the team next year.



HARTY CUP

Our Lady's Harty cup team were drawn to face local rivals, Thurles CBS in the quarter-final of the competition. Following a close contest which was played on a very heavy pitch the boys in maroon put their noses in front, deep into injury time to emerge as winners.

The semi-final saw Templemore pitted against St Flannan's of Ennis. In what proved to be a very tough game, Our Lady's led by just one point at half time. Our Lady's continued to push hard in the second half but luck was not on our side as St Flannan's secured their place in the final. Indeed it was St Flannan's who would emerge as Harty Champions this year.



MUNSTER SCHOOL'S CROSS COUNTRY

Well done to our students who took part in the Munster School's Cross Country event which was held in Clare Castle on the 13th of February. Congratulations to Ella Fogarty who finished 11th overall and become the first girl from Our Lady's to qualify for All-Irelands since 1996.

Ella represented Our Lady's in the All Ireland Schools Cross Country in Morton Stadium in Santry. Unfortunately Ella had no luck on the day but she gave it her best. A wonderful achievement to reach the All Ireland's.



GIRLS BASKETBALL

Our first and second year girl's basketball teams both qualified for the South East Semi-Final stages of the league. The girls displayed great skill, determination and spirit on the day. They were unfortunate not to qualify for the next stages of the competition. We congratulate them on all of their achievements during the year.



Second Year Girls Basketball



First Year Girls Basketball Team



Our Lady's Templemore



Cumarsáid

Newsletter March 2020

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Welcome to the Easter edition of Cumarsáid.

The corridors are quiet, and classrooms are empty throughout the island and indeed across the world. This drastic action taken by governments is a necessary step in order for us to do our part to contain the spread of Covid 19 and to ensure the safety of our communities. In recent weeks we have been forced to change the way we work and learn. The sudden shift to distance learning on 13th March has posed challenges for all members of our school community. I would like to congratulate and thank teachers, students and parents/guardians for doing their best to ensure that quality learning continues during the period of school closure. I am very heartened to see that our students are grappling with the new reality and continuing to work with their teachers as they study at home.

We look forward to better times when our doors will open again, and we will welcome students to the classrooms and halls of our great school. In the meantime, I ask you to persevere and continue to work with us to ensure continuity of learning for all our students. As we adapt our lives to deal with the changes the pandemic is having on our homes, schools and workplaces we remember that the priority is to stay safe and take care. I wish all members of our school community good health in the face of Covid 19. Mind yourself and your family members. Together we can overcome the current crises. I leave you this Easter time

with a prayer published by the *Bishops' Conference of European Countries*.

Common Prayer to God for Help

God our Father, Creator of the world, almighty and merciful, out of love for us,
You sent your Son into the world as the doctor of our souls and our bodies,
Look upon your children, who, in this difficult time of confusion and dismay in many regions of Europe and the world, turn to you seeking strength, salvation and relief,
Deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers,
energy and reward to our doctors, nurses and volunteers, eternal life to the dead.
Do not abandon us in the moment of trial but deliver us from all evil.
We ask this of Thee, who with the Son and the Holy Spirit, live and reign for ever and ever. Amen

Beannachtaí na Cásca oraibh go léir.

Patricia Higgins

MUSICAL

We are delighted to announce that our school show for 2020 is Oklahoma. Get your check shirts and cowboy hats ready and look forward to a super show with favourites such as Oklahoma and Oh What a Beautiful Morning.



WE'RE ALL IN THIS TOGETHER

On Monday 30th of March, Our Lady's was delighted to donate Personal Protective Equipment from our science laboratories to Nenagh General Hospital. All equipment will be used by frontline staff.



WELLBEING TOP TIPS DURING COVID 19 FOR STUDENTS, PARENTS AND TEACHERS

STRUCTURE

SET TIME EACH DAY TO COMPLETE THE WORK ASSIGNED BY YOUR TEACHERS

ROUTINE

KEEP REGULAR SLEEP TIMES, WAKE UP AT THE SAME TIME AND COMPLETE THE SAME SCHOOL HOURS

EXERCISE

GET OUT FOR A WALK, GET SOME FRESH AIR, TAKE PART IN AN ONLINE WORKOUT

GOAL

CREATE A 'TO DO' LIST. SET A GOAL EACH DAY AND ENJOY TICKING EACH OFF YOUR LIST

CONNECTED

STAY CONNECTED WITH FAMILY MEMBERS, FRIENDS AND TEACHERS. PHONE, TEXT, FACETIME, SKYPE, TEAMS OR SCHOOLOLOGY. HAVE A CHAT WITH SOMEONE!!!!

KINDNESS

TRY TO DO SOMETHING NICE FOR SOMEONE ELSE. THINK OF OTHERS AROUND YOU!

HOBBY

READ A BOOK, LISTEN TO MUSIC, DO SOME ARTWORK. FUEL YOUR MIND!!!

BE PRESENT

IT'S NATURAL TO WORRY. REMEMBER WE ARE ALL IN THIS TOGETHER

Remember: "Ní neart go cur le chéile"

WELL BEING WEEK

Staff and students in Our Lady's enjoyed an action packed week to mark the annual 'Well Being' week. Numerous activities and presentations were organised to remind students of the importance of looking after our physical and mental health.

Students from a different year groups enjoyed a walk in our beautiful Town Park. Transition Year students made fresh smoothies every morning and these were sold at break time, proving to be very popular.

Transition Year students began their AWARE Life Skills programme with Oonagh Hogan, a 4 week programme designed to help people learn more about how we think and how this can influence our actions.

All senior students attended an excellent presentation from Nicole Ryan, director of Alex's Adventure, a drug awareness programme created to educate young people on substance misuse. Nicole is a sister to Alex Ryan, who tragically died from an overdose in 2016. She also met parents and guardians that evening and gave another honest, open and very educational information session.

Mike O' Sullivan, the director of the Humour Fit Theatre Company, returned to Our Lady's, this time with his drama production on drug awareness for all junior students. Mike has visited over three hundred secondary schools in Ireland in the last five years and we were delighted to welcome him back for another hugely beneficial and educational performance.

Peter Gohery and George Graham, from Awareness Head to Toe, both gave excellent presentations with first hand knowledge on Farm Safety Awareness and Mental Health. Feedback was very positive and a lot was learned by our senior students.

SPORTS LEADERSHIP PROGRAMME

Transition Year students completed The Sports Leadership Course and will receive certifications of participation towards the end of the school year. The course which took place over three days taught TY students valuable leadership skills through the medium of sport. The programme, funded by Tipperary Sports Partnership, gave students the opportunity to coach and to lead a physical activity session, all of which helped develop their self-belief, communication skills, team work, self management and problem solving skills. Each participant will now receive certification. We would like to thank Noreen Nevin, who delivered the programme over the three days.

YSI—YOUNG SOCIAL INNOVATOR

Transition Year students travelled to The Lyrath Conference Centre in Kilkenny on the 10th of March for the Young Social Innovator's 'Speak Out' event. YSI encourages students to respond to social issues that concern them and contribute to building a fairer, more caring and equal society. The 'Speak Out' event allows students from all around the country to showcase their YSI projects.

Two projects, each focusing on different aspects of society were presented from Our Lady's.

The first group, TYLF looked at the issue of vaping and the associated health risks. Their project was entitled "Vaping, A Burning Issue". Congratulations to TYLF who won a prize for the best YSI performance on the day.

Our second group, TYHT focused on the issue of drug abuse in their project titled "Triple D by OLT".

Students used a combination of song, drama, artwork and narration to illustrate their social issue and to provide details of the innovative actions they took to promote these social issues in the school and wider community.



TY students at Microsoft Dreamspace



TY students taking part in a gymnastic session



TY students enjoying their fitness class



TY students taking part in their monthly challenge

SR HELEN

'You have to know the past, to understand the present'

Sr Helen gave a very informative presentation to all of our first year students on the history of Our Lady's Secondary School. She explained the origins of both the CBS and the Mercy Convent in Templemore while also giving an account of the amalgamation of both schools in 1985. It was amazing for our first years to hear such history while benefiting from our state of the art new building.



SEACHTAIN NA GAEILGE

Is féile idirnáisiunta Ghaeilge í Seachtain na Gaeilge. Tugann an fhéile deis do gach uile dhuine sa scoil seo sult a bhaint as an nGaeilge. I mbliana tá nasc threascúraclár idir an Ghaeilge an ceol agus an ealaín. Ghlac na daltaí sa chéad agus an dara bhliain páirt i gcómortas na bpostae. Ins na ranganna bhí deis ag daltaí Gaeilge a fhoghlaim trí chluichí. Bhain said an taitneamh as na himeachtaí sin.

Chomh maith le sin, chuir an rang ceol taispeántas talainne ar siúl i gceolchoirm ar Lá le Gaeilge. Bhí rinceoirí Ghaeilge, amhránaí sean-ós agus seinnteoirí tradisiúnta ag seinm. Bhí réimhse leathan siamsaíochta ar fáil den chéad scoth.



TRANSITION YEAR IN OUR LADY'S

TRIP TO NEWGRANGE

Our Transition year students enjoyed a great trip to Newgrange on Wednesday 29th of January. A bitter cold day didn't curb their enthusiasm for this amazing monument. TY's braced the cold and marvelled at this amazing 5,000-year-old Passage Tomb. On the way home some of the students were in awe at the mathematical calculations that were required to position the passage tomb in its location.



PILGRIMAGE TO LOURDES

Caelainn Luby and Grace Kennedy will travel on the Cashel and Emily Diocesan Pilgrimage to Lourdes as youth helpers. Anna Ryan was chosen as a reserve.



THE MERCHANT OF VENICE

Third Year students travelled to The Watergate Theatre in Kilkenny on 21st January. Much to their surprise it was not a typical theatre performance. Expecting a traditional re-enactment of the Shakespearean play The Merchant of Venice, students were instead, treated to a modern adaptation complete with pauses where the actors themselves stopped and questioned parts of the play. Between students being invited on stage to assist in the performance and being invited to direct questions to the actors at the end it was a theatre trip that was enjoyed by all.



AGRICULTURAL SCIENCE TRIP

Sixth year Agricultural Science attended an Agri-Aware Farm Walk and Talk Day this term in Teagasc Moorepark, Fermoy Co. Cork.



JUNIOR ACHIEVEMENT WORKSHOP

TY students had a Junior Achievement Workshop which was facilitated by Adam McGrath from Northern Trust Limerick. Transition Year Students looked at the correlation between level of education attained and earning potential in order to reinforce the value of education. Students also looked at the importance of identifying your skills, interests and values to help you look at future career choices.

