



## Dates for Your Diary

Monday 1<sup>st</sup> May - May Bank Holiday.

Tuesday 2<sup>nd</sup> May - No school.

Thursday 4<sup>th</sup> May – Minister Peter Burke, European Affairs, will be visiting school.

Tuesday 16<sup>th</sup> May - Board of Management meeting at 7pm.

Tuesday 30<sup>th</sup> May - Graduation for 6th Years at 6pm.

Friday 2<sup>nd</sup> June - School closes at 3:50pm.

## Parent's Association News

**Parents will host a Social Quiz Night in school on Friday 5<sup>th</sup> May at 7pm. Everybody is welcome. The Parents Association welcome any spot prizes to be donated for a raffle on the night. Please try to attend and bring a friend.**

## Your Student's Attendance

As we approach the end of the summer term, school will be required to make reports and submit data to TUSLA on student attendance. All guardians are advised to have all explanations for absences recorded in the Student Journal.

## Athletics - North Leinster Championships 2023

Over fifty-six students competed in the Athletics North Leinster Championships for the school on Wednesday 26<sup>th</sup> April. Our numbers partaking in Athletics is growing each year. It took place in Tullamore. We had students from every year group on the team. These were the qualifiers for the Leinster Championships which will take place later in May. There were medals won in seventeen events.

Nelson Akubuko in first year won Gold in the Minor Boys High Jump. The Minor Boys 4x100m Relay squad stormed to gold with a brilliant run. There was a relay bronze for the Intermediate Boys Relay team. Well done, to Fahd Nii-Adjei Monney, Frank Obi, Gerard Chikodzera and James Oluwatomide Obisan. A great final. Gytis Kuckailis won a silver medal in the Shot Putt Senior Boys and Gytis was another qualifier for the Leinster Schools.

Cara Miele is a double silver medallist. High Jump and Triple Jump silver at the North Leinster School's Athletics. The Senior Boys relay team qualified for the Leinsters with a silver medal in the 4x100m Relay. Jonathan Gibson won a silver medal in the Junior Boys Pole Vault. There was a silver medal for Dan Maruhin in the Senior Boys Discus. James Obisan ran brilliantly to win a bronze in the Inter Boys 100m. Senior Boys 100m bronze medallist winner was Manny Ojo in his final year of North Leinster Schools Athletics. There was a sprint double in the Minor Boys 100m. Fikayo Oluajo won a gold and Goodluck Kamgba with Bronze. Senior Boys Javelin, Darragh Quinn won silver and Lochlann Mattison won bronze. Josephine Fagbemi won a bronze in the Junior Girl's Shot Putt with a throw of over 9m. There was also a gold medal by Success Oluwatoyin Joshua in the Junior Boys Triple Jump.





Success for All  
Barr Feabhais do Gach Éinne





### Newry Feis 2023

There was success for Coláiste Chúlainn this week at Newry Feis. 6th Year student Portia Quaye participated in the Poetry Competition, reciting W.B. Yeats' famous work, The Host of the Air. Portia was praised by adjudicator Maeve O'Donoghue for her beautiful interpretation of the poem and was awarded first place for her recitation, beating out competition from other schools to do so.

### Fitness Week - 'Give it a Go' Style Cricket in the Sports Hall

First years 'Give it a Go' and played cricket in the school on Thursday 27th April during lunch break.

### Coláiste Chúlainn Junior Boys Basketball team lose out in All Ireland Semi-Final

The Coláiste Chúlainn boys' basketball team season ended in defeat on Wednesday 26th April when they were defeated by Cross and Passion College from Kildare. The lads have done incredibly well all season and have been a credit to themselves as well as our school. A tough day on the court and a few mistakes here and there meant that the CCC boys never really got going. They played against a very well drilled and organised team from Kildare who gave it their all, but you could not fault our lad's effort. They played until the final whistle. Most of the Junior squad are overage next year so they will be graduating to U16 level but there is a young core still present who try and push on next year and achieve even more success for our school. Final score on the day was 40-27. That is the end of the school's basketball season.

Panel on the day:

Cristos Kostopoulos ©, Ethan Gabriele Alba, Samuel Ekweozor, Mateo Brletic, Joseph Osagie (1st Year), Kasparas Rimkus (1st Year), Maciej Dobros, Michael Dada, Oscar Smith, Mylka Kaloso Kabangu, Jason Adomako, Joshua Osaghae (1st Year), Morrison Emovon, Victory Ibendigwu, Alexander Charubin, Oran Oakes, David Mishuhli, Junior Lulu Ndlovu, Seydina Mohammed Sene (1st Year)



## 3<sup>rd</sup> Year Students – Practical Exams

Our third-year students have been working hard in preparation for their practical exams which account for 50% of the Junior Cycle grade. The standard of presentation was outstanding, and the preparation paid off. Well done to all the students who have completed this part of their course. Students would like to thank Ms McClory, Ms Kelly, Mr Duffy, and Ms Duffy in our Home Economics department for all their support.



## 5th Year Mock Interviews

The fifth year mock interviews are taking place in school on Wednesday 3rd May from 9am to 1pm. The mock interviews are preparing our students for the working world.

## Transition Year and 5<sup>th</sup> Year Parents Talk in DkIT

There is a talk on “Supporting Your Child’s Transition to Third Level” in Dundalk Institute of Technology (DkIT) - the aim of the talk is to reassure parents unfamiliar with the system that there are supports there and how to navigate the system. The talk would be particularly aimed at those who have no experience of third level in the family and / or those who are new to Ireland and not familiar with the third level system here.

**Talk on:** “Supporting Your Child’s Transition to Third Level” from 6pm to 7.30pm, Tuesday 16<sup>th</sup> May.

**Venue:** Muirhevna Building, DkIT Campus.

### **Information on:**

Financial Supports (Fees / Grants, SUSI, etc.)

Routes into 3<sup>rd</sup> Level - further education (PLC), HEAR and DARE schemes.

The “building block” approach to 3<sup>rd</sup> Level study - level 5, 6, 7, 8.

Light refreshments on arrival.



## Ukrainian Parents Tea/Coffee Morning

Шановні батьки / опікуни,

Я з радістю хочу запросити вас на наш Кавовий Ранок. Це є можливість для батьків дітей з України, які відвідують нашу школу, зустрітися один з одним, поділитися досвідом і поспілкуватися.

Тут буде чай, кава та різноманітні тістечка. Також буде можливість зібратися разом у спокійній та дружній обстановці, познайомитися один з одним, поспілкуватися про те, як ми підтримуємо вашу дитину, і, можливо, завести нових друзів.

Деталі:

Дата: 22-го травня 2023

Час: 10-11 ранку

Місце: Coláiste Chúlainn (Triple Room)

Ми з нетерпінням чекаємо вас тут,

There will be an opportunity for parents of children from Ukraine who are attending our school to meet one another, share experiences and ask questions. There will be tea/coffee and a selection of cakes. This is a chance to get together in a relaxed and friendly setting, introducing yourselves to each other, have a chat about how your child is supported and make some new friends along the way.

Here are the details of the coffee morning:

Date: 22nd May 2023.

Time: 10am-11am.

Where: Coláiste Chúlainn (Triple Room). We look forward to seeing you there.



## Need more information deciding on Leaving Cert Languages?

Are you a student or parent who would like to know more about studying **Chinese, Lithuanian, Polish** or **Portuguese** for the Leaving Certificate?

Languages Connect is organising a series of online information sessions to help students and parents become familiar with the new Leaving Cert curriculum and also learn about language classes available for students and funded by the Department of Education. This is the link to the information sessions: <https://languagesconnect.ie/leaving-cert-information-sessions/>



## Pillar Project 6-week Supporting Children's Needs when Parents Separate Summer Course starting 8th May 2023

The Pillar Project is running a 6-week Supporting Children's Needs when Parents Separate Summer Course starting on Monday the 8<sup>th</sup> of May at 7.00 pm facilitated by Andrea Napier. The course will run every Monday evening at 7.00 pm until the 12<sup>th</sup> of June.

In this programme parents who are parenting post separation or are planning to separate are supported to firstly understand the impact of separation on children. The programme aims to support parents to have a child centred approach post separation, ensuring children are supported to manage the transition well, achieving positive outcomes. Parents are asked to explore and understand the needs of children and parents at the time of separation and how these needs can be met.

In the programme parents are encouraged to have pride in the new family form, inviting children to ask questions and being available to answer the awkward questions about family forms as they arise. We explore what shared parenting is, why it is beneficial to children when done well and how parents can develop a shared parenting plan to support them to move into the business of shared parenting post separation.

Finally, the programme asks you to develop new family traditions to support you as move through this transition with your children, while also exploring how you can manage conflict in the future while maintaining a healthy balance of meeting your needs and those of your children.

### Andrea Napier

Relationship Mentor and Family Support Worker. Andrea is currently completing her MA in Psychotherapy and has worked with One Family for the past 2 years in the Separating Well for Children Project and Family Support.

If you know a **parent** that would be interested in attending this course they can sign up through this Eventbrite link - <https://www.eventbrite.com/e/supporting-childrens-needs-when-parents-separate-summer-course-tickets-546294600857>



## North Louth Child and Family Support Network (CFSN) Information Clinic for Parents

The North Louth CFSN information Clinic takes place on:

**Date:** Wednesday 3<sup>rd</sup> May 2023

**Location:** Geraldine's GAA Clubrooms, Marlbog Road, Haynestown, Haggardstown, Co. Louth


**Time:** 10.00am – 12.00noon

The purpose of the CFSN Clinic is to offer a space to parents where they can meet with me to discuss concerns or worries, they have for themselves or their children and get:

- Advice, information, and guidance on supports
- Signposting to services in their area
- Information on parenting supports

Further clinics may be set up in other areas of North Louth where the need arises.

**Please note families do not have to be living in the Haggardstown area to access the clinic.**



The poster features a header with the Child and Family Support Network logo. The main title is 'North Louth Child and Family Support Network Clinic'. A central graphic shows a signpost with five directional signs: 'ADVICE' (pink), 'SUPPORT' (blue), 'HELP' (green), 'ASSISTANCE' (green), and 'GUIDANCE' (green). Below this is the TUSLA logo (An Ghníomhaireacht um Leanaí agus an Teaghlach) and the Meitheal logo (A TUSLA led national practice model). The poster is divided into three main sections: 'When' (listing dates for May 3rd and June 7th), 'Where' (listing the location at Geraldine's GAA Clubrooms), and 'Time' (10.00am - 12.00noon). A box on the right lists the services provided: advice, information, and guidance for parents and children; signposting to services; and information on parenting supports. Contact information for Paula McCabe, CFSN Coordinator, is provided at the bottom right.

**When:**

- Wednesday 3<sup>rd</sup> May 2023
- Wednesday 7<sup>th</sup> June 2023

**Where:**  
Geraldine's GAA Clubrooms  
Marlbog Road, Haynestown,  
Haggardstown, Co. Louth

**Time:**  
10.00am – 12.00noon

**A place for you to get:**

- Advice, information and guidance for you or your children
- Signposting to services in your area
- Information on parenting supports

To arrange a time to pop in for a chat please contact Paula McCabe; CFSN Coordinator North Louth  
Phone or text: 087 7218112

**TUSLA**  
An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency

**Meitheal**  
A TUSLA led national practice model