



Christian Brothers College Monkstown Park

Newsletter

a positive environment where learning is valued

As we approach the mid-term I would like to welcome, in particular, the new First Years students and their parents to the CBC Community. I look forward to meeting you all throughout the year. All of our students have settled in well after the summer and it is hard to believe that the mid-term is already upon us. I wish all our exam students the best for this academic year and hope that their efforts will be rewarded when the results arrive. Our regular newsletter and website will keep you up to date on events in CBC over the coming months. Wishing all in the CBC Community God's blessings for the year ahead

Dr. G. Berry Principal

CBC TY World Record Setters



Upcoming Events

NOV 9 Wed	1st Year Table Quiz Nov 9 @ 7:00 pm
NOV 10 Thu	3rd Year Parent Teacher Meeting Nov 10 @ 4:15 pm – 6:45 pm
NOV 11 Fri	Academic Prizegiving Nov 11 @ 9:30 am – 10:15 am
NOV 22 Tue	2nd Year Parent Teacher Meeting Nov 22 @ 4:15 pm – 6:45 pm
DEC 8 Thu	Carol Service (School Hall) Dec 8 @ 2:00 pm
DEC 15 Thu	Christmas Exams Begin Dec 15 – Dec 22 all-day
DEC 22 Thu	End of School Term, School Closes at 4pm Dec 22 @ 4:00 am

See the calendar on the website for more details.

Ms. O'Connor rallied our Transition Year students and some third years, to join 4000 other pupils from around the country in an attempt to set a Guinness World Record for the World's Largest Mindfulness Lesson. The lesson was broadcast by St. Patrick's Mental Health Services and involved a number of activities using bubbles, balloons and the breath to bring awareness to the present moment and to what the students were thinking and feeling.

RTE News2Day came along to record the fun as part of their coverage of World Mental Health Day. Their report can be seen on the CBC Monkstown YouTube channel.

As well as RTE, the boys heard from Jason Cowman, Irish Rugby team strength and conditioning coach, on the importance of minding your mental health and the benefits of Mindfulness whether it is on the sports field, performing music or studying. The following day they had an inspiring talk from Robert Kerr on the importance of looking after your mental health.

They have also had a number of other guest speakers talking on all sorts of topics from including past pupil Marc Mulligan who spoke to the year about experiences to get you "outside the comfort zone."

One of the highlights for many of the lads was the trip to Zeminar in the RDS, which was an event aimed at 15-20 year olds and the people that support them and their development and well-being. The lads experienced a number of different activities and spoke to organisations who play a role in their lives. They also heard from many influential and inspiring speakers on topics ranging from mental health and wellbeing to taking and creating opportunities. Their contributions were excellent, doing themselves and CBC proud.



Hospice Coffee Morning

Well done to the TY pupils who organised the Hospice coffee morning in October, raising over €1800 for Blackrock Hospice in the process. Thank you to all staff, pupils and parents who supported.



Work Placements

Work placements are well under way for the Transition year lads.

Many of the boys have been out experiencing the world of work with the Royal College of Surgeons and the Law Library.

There is an opportunity for pupils to gain experience with the IMMA (Irish Museum of Modern Art). For more info see careers.cbcm Monkstown.ie



Congrats Michael

We are all immensely proud of Michael Fitzsimons class of 2007, He played a starring role in the recent All Ireland Final for the Dubs and was named Man of the Match.

This is Michael's fourth All Ireland winners medal. Well done Michael!

Powerlifting Champ

Conan Hewitt in 6th year proved his strength with a fantastic performance at the IPO National Charity Powerlifting Championships. He finished first in the U19 90kgs division.



Ireland U18's 7's Success

Congrats to Thomas O'Callaghan and William Fay class of 2016, who were involved with the Irish U18's Sevens team who won the European Championships in Bucharest, Romania.

Open Night

It was great to have such a large turnout at the Open Night in September, thank you to everyone who came along. We hope you enjoyed getting to see our school and meet our pupils. We look forward to welcoming you in to the CBC community in the near future.



Junior Debating



Congratulations to Jack Palmer and Parsa Nazemi on winning the Loreto on the Green Mace Debating competition on the 15th of October.

This was the first ever junior mace win by a CBC team, one for the history books. Well done Lads!

New Era for Latin in CBC

Ms. Carol Savage has taken on the unenviable task of following in John Hughes's footsteps teaching Latin in CBC Monkstown. She is off to a good start.

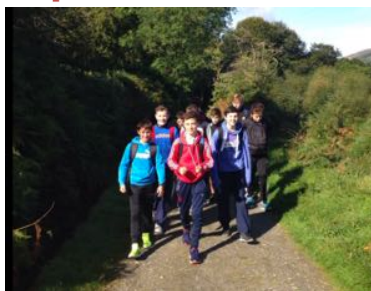


5th & 6th Year Latin students with Ms Savage at 'The Aeneid' at the Smock Alley Theatre. A great time had by all - bona delicia!

School Trips



3rd Year Ecology Field Trip



2nd year Retreat Glendalough

Admissions

We are now offering places to new pupils in May of 4th class. Please remember to make sure you have your child's name down early even if you have a sibling already in CBC. If you have any queries, please contact the office.

Prefects

Congratulations to our new Prefects who were appointed in September, they will be lead by Head Prefect Lee Wallace (left) and Deputy Head Prefect Jack Cunningham.



Renovations



This summer was another busy one around CBC with more work. This time it was the B corridor that got most of the attention with the old Home Ec room removed to make space for a new locker room for our 116 incoming first years.

There were also renovations to B3 which is now a music room which has been decked out with new music and recording equipment. Mr. Rooney is already busy recording with a number of classes.

The Home Economics room has moved in to E1 and has similarly been turned in to a state of the art facility. Its new location next to the staff room has caused some difficulty, with some teachers standing outside to see if they can eat whatever it is that smells so nice.



E1 - The New Home Ec room





Senior Rugby

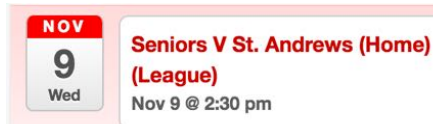
The Seniors got their league campaign up and running with a 24-11 win over Kings Hos. They lost a close game with Roscrea 18-17 in the second week.

Congratulations Eoghan Clarke (U19) and James Reynolds (U18) who represented Leinster Schools in Septemeber.

Junior Rugby

The Juniors have got their league campaign off to a near perfect start with a bonus point victory away to Kings Hospital.

They followed this up with a great win over Roscrea 15-11 at home. We wish them well in the coming rounds and over the course of the season.

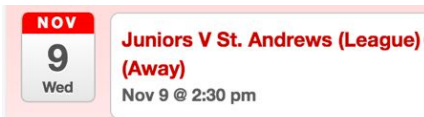


First Year Rugby

Since the start of the school term, all 115 first years have been participating in rugby. It is great seeing such enthusiasm.

The 1st year programme is about improving basic skills and participation. We believe that the benefits of this programme will come to fruition and will improve the standard of rugby at all levels.

We can see already that the players are enjoying this environment, which is led by Mr. David Murphy, Mr McNestry and Mr Feeney. Keep up the great work 1st years and all coaches.



Some of our 1st years in action against St Gerards. Thanks to Michael Chester for the photos.



Table Tennis

Table tennis in CBC is going from strength to strength. This year we have entered one Senior team and two Junior teams in to Leinster leagues. Those interested in getting involved should speak to Mr. Kenny.

Cross Country



Congratulations to Peter Duffy and Cian O'Sullivan who competed in the Clonliffe Harriers Athletics Club Cross Country Invitational. Peter came 2nd and Cian 12th out of over 200 runners.

There is now a hardy band of cross country runners in Junior years who meet Mr. Finnegan and Mr. Rooney three times a week for training.



If you would like to include anything in the newsletter, please email website@cbcm Monkstown.ie