



CBC Monkstown Park Newsletter Autumn 2023



*Edmund Rice ~
educating the hearts
and the minds of
the young.*

Hi everybody. The Autumn Newsletter presents a snap-shot synopsis of the many extra and co-curricular activities that have been going on in our very busy school since late August this year. Apart from the work that goes on in the classrooms, our students and school staff get involved in many activities outside of the classroom.

This year the CBC Community began the school year by responding in September to the humanitarian crisis in Morocco. The school has also dedicated each school week this year to celebrate and commemorate different activities.

To date we have focused on: Blessed Edmund Rice &

History of CBC; Cycling Awareness Week; Humanitarian Week; Gratitude, Respect & Manners Week; Languages Week; Mental Health Awareness Week; Climate Action Week; Maths Week; Healthy Eating Awareness Week; Stand-Up Awareness Week and Science Week. We are currently finalising the use of YONDR Mobile Phones pouches throughout the school and are looking forward to the completion of the replacement roof-works in the Pyramid Building and the beginning of the re-development of our pitches with floodlights which is due to begin in the new year. Many thanks to Ms Hickey for compiling a lot of the articles and photos for this issue.

Many thanks, Gerry Duffy, School Principal.

CBC Gaeilge



TG4 Foghlaim

Táimid ag cruthú acmhainní oideachais do scoláirí atá ag déanamh Gaeilge na Sraithe Sóisearaí. Tugann na físeán tacaíocht do mhúinteoirí agus scoláirí araon, le hábhair mealltach atá ag teacht go hiomlán le Sonraíocht Gaeilge na Sraithe Sóisearaí. Is féidir na físeán a fheiceáil ar leathanach Instagram TG4. Chruthaíomar físeán le gairid faoin dán 'An Ghealach' a scríobh Caitriona Ní Chéirchín.

We are creating educational resources for students doing Junior Cycle Irish. The videos support both teachers and students with entertaining material that is in line with the Junior Cycle Irish course. The videos can be seen on TG4 Instagram page. We recently created a short video about the poem 'An Ghealach' le Caitriona Ní Chléirchín.



Scannánaíocht

Tá rang san idirbhliain ag déanamh trí scannán uafáis.

A Transition Year class have made 3 short horror films for Halloween. We hope to enter them into The Fresh Film Festival in the New Year.

Oíche Shamhna Shona Daoibh!

Did you know? Samhain is a Gaelic festival on October 31st / November 1st marking the end of the harvest season and beginning of winter or "darker half" of the year. It is also the Irish language name for November. Celebrations begin on the evening of 31st October, since the Celtic day began and ended at sunset. This is about halfway between the autumnal equinox and winter solstice. It is one of the four Gaelic seasonal festivals along with Imbolc (~1 February), Bealtaine (~1 May) and Lughnasa (~1 August). Historically it was widely observed throughout Ireland, Scotland, and the Isle of Man. A similar festival is held by the Brittonic Celtic people, called Calan Gaeaf in Wales.

Visit to CBC from Sports Against Racism Ireland



Delighted to have the team from Sports Against Racism Ireland (SARI) in to host a workshop for our First-Year classes again this year. SARI have been visiting the school for a number of years and each visit allows the students to learn valuable lessons about racism through sport as one of SARI's primary roles is to inform and educate on the values of an inclusive society where all forms of discrimination are unacceptable.

Visit from Pratyek- Presence and Right-relations for Advocacy and Training of the young for the Earth-Rights and Kids' Rights



The PRATYEEK FOUNDATION (PF) is a voluntary, non-profit organisation initiated by a group of driven, compassionate youngsters emerging from the depths of marginalised society (slum) in South Delhi in February 2019. These individuals came together with a shared purpose: to give back to their own community that had uplifted and nurtured their own education and personal growth. PF is more than just a social initiative; it is a dynamic force of change-makers, a beacon of hope shining brightly in the lives of countless individuals.

Envisioned by the youth, PF strives to empower their community and the younger generation by providing them with opportunities that can transform their lives. Our First-Year students enjoyed a brilliant workshop from Steve Rohan Rocha from PRATYEEK learning about injustice and PRATYEEK'S work to improve the lives of millions of children. It was an insightful experience and a chance to inspire our First-Years to recognise the work of PRATYEEK and to support and help those who are suffering injustice.

CBC Opening the School Year - School Mass



This is the Mass to begin our school year. In it we pray for each other and for the whole school family. We ask God to help us with our learning, our friendships, our sport, our music, our hobbies and with everything that is part of our school. Journey with us throughout this year. Give us hope as we look forward with anticipation and enthusiasm. Give us courage to walk together with friends who are already familiar to us and with new friends who have recently joined us. May your blessings fall on all who are part of our school community as we celebrate this Eucharist. It was so wonderful to celebrate our Annual Opening School Mass on Wednesday 4th of October. The CBC School Community gathered together in St. Patrick's Church to take time and reflect on the year ahead. Our School Choir led by Ms Hickey includes students from all different year groups and is open to all year groups. It is a great opportunity for students to make new friends and promotes partnership between different year groups. Our musicians played some wonderful music on the organ and the violin. Many thanks to Fr. Kevin Rowan for celebrating the mass with

us.



Languages Week in CBC



For Languages Week 2023, senior cycle students had a talk by current language students from TU Dublin. Our Second-Year students also were treated to watch a French film during the week while a visit from Crepes in the City was a great way to end the week for the whole school! There were lots of activities to get involved with and it was a week which was enjoyed by all!

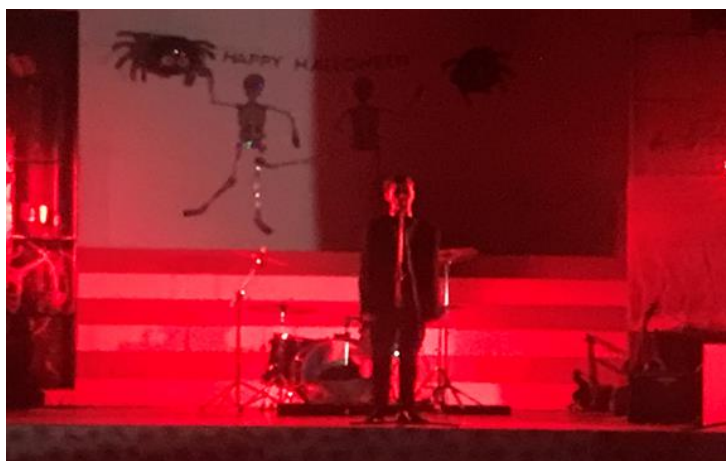


CBC TY Trip to Glendalough

The Transition Years enjoyed a two-night stay in Glendalough, Co. Wicklow from 16th-18th October. We were extremely fortunate with the weather, and the students had two days of hiking in the fresh air with stunning views and even a few sightings of rare wildlife. Mobile phones were left at home for the trip, so students were able to digitally-detox and fully embrace the peaceful setting. Students were also introduced to hostel-living, and helped out in the kitchen with preparing breakfast, packed lunches and evening supper. Great preparation for all of their future adventures, no doubt! Many thanks to the staff members who facilitated the trip: Ms O'Connor, Mr O'Neill, Ms O'Connell, Mr Donnelly, Mr Acres and Ms Bailey.



CBC Monster Mash Halloween Concert 2023



The CBC Monster Mash Concert took place on Thursday October 26th in the CBC School Hall. The sell-out event was widely received and enjoyed by the school community. A huge well done to all of the talented CBC students and to our special guest performers from Loreto College Foxrock who entertained us all evening.



The show included a line-up of bands, solo performers (voice, piano and violin), three choir ensembles from CBC and Foxrock, a screening of Mr Finnegan's Irish Film and finally a short TY drama production of 'Death and Detention', an original script, written by the TY class.



A huge well done to our two MC's Aidan Savage and James Doyle (6th Year) who kept the audience entertained all night!

A big thank you to our amazing audience who supported the students on the night. Well done to all who took part in this event and an even bigger thank you to all who came out to watch the show and supported all of the students on the night.



Visiting Speaker - Dr Colman Noctor



The CBC Parents' Council were delighted to present 'An Evening with Dr Colman Noctor' on Tuesday, October 3rd in the school hall. Dr Noctor is a renowned psychotherapist, Assistant Professor of Mental Health, best-selling author, columnist and broadcaster. The discussion in CBC was all about the teenage years for boys as young adolescents. Dr Noctor's refreshingly no-nonsense approach, wry humour and real-world experience earned him warm praise from parents on the night.

CBC Student - Sean McMahon – International Triathlete



Congratulations to Sean McMahon from 6th Year, who, over the summer represented Ireland as a Junior Triathlete in Italy, the Netherlands, Sunderland, Dublin and most recently in the British Super Series Final in Mallory Park, UK.

CBC Green Schools and Climate Action Week



For Climate Action Week, the CBC Green-Schools Committee has been focusing on saving water. Students have been raising awareness and conducting surveys about water usage in the school. Our CBC representatives have been appointed as water ambassadors by Green Schools Ireland. Green-Schools is Ireland's leading environmental management and education programme for schools.

Promoting long-term, whole-school action for the environment Green-Schools is a student-led programme with involvement from

the wider community.

The programme is operated and coordinated by the Environmental Education Unit of An Taisce. Green-Schools' mission is to protect planet Earth – our shared home to which we all belong – and we want everyone involved! Equity, diversity and social justice are fundamental to our values – so whoever you are, we can't wait to have YOU involved!

CBC Indoor Climbing



On October 7th, Lorcan Flavin, Sam Connolly and Daniel McGettigan were given the opportunity to climb at the Youth Climbing Series in the Dublin Climbing Centre, Tallaght. In front of a jam-packed crowd, our senior climbers competed superbly, topping several boulders and scoring well. Unfortunately Daniel was injured early on and had to withdraw from the competition.



The strength of the competition is worth noting, as all three athletes were competing with the top climbers from all over Ireland. This was also their first time competing in a bustling gym full of roars and cheers, which made competing that much harder for the athletes. They continue to work towards further success in these competitions.



Indoor Climbing Walls



Indoor climbing walls provide an ideal venue to give the sport a try. They provide a safe yet exciting environment to experience the thrills of climbing. Booking in with an indoor climbing wall for a taster session is an ideal way to see if this sport is for you. Climbing is a full body exercise combining strength, flexibility, balance, co-ordination and skill. Young people who develop these attributes become more confident and resilient. The physical health benefits help them stay prepared for life's challenges. Climbing requires children to be aware of what they are

doing and reflect on how to do things better. By its nature, climbing is a creative process involving conscious decision making. It allows young people to gain experience in breaking difficult things down and overcoming fears. Succeeding at climbing requires young people to learn how to think and act with confidence. To make good decisions and trust in themselves and their peers.

CBC Rowing



Rowing is off to a strong start this year. Students from 2nd to 6th year have been working on their technique and fitness, with our first competition coming up just before the midterm. Rowers are always pushing for a new PB and Patrick Ryan in 3rd Year recently set a new school J14 record. A group of TYs have completed a Rowing Ireland coaching workshop to enable them to take on a leadership role, coaching younger students as the year goes on.

We train on Monday, Wednesday and Friday and new members are always welcome



CBC came away with silver in a very competitive 2nd and 3rd Year race at the 2023 #Blitzit in Trinity College in October.

CBC Cross-Country Athletics



The cross country season got off to a good start this year at the DSD South Dublin School's Invitational race. The event took place at the DSD Sports Campus in Rathfarnham on a course that was a mixture of grass running and trail running, with an attendance of 500 students across 1st, 2nd, 3rd and 4th Year.

First up for CBC was the 2nd Year team, taking on one large lap of 1200m. The pace was very fast from the gun and the CBC team did very well to take on the challenge. The first finisher from CBC was Tadhg McDonough in 17th place followed by Evan Hargaden in 30th position. The 3rd Year team had a very tough race ahead of them as they also had to race against all the 4th

year athletes. Their race was two large laps (2400m total) and similar to the 2nd Year race it started as a sprint and was hard going the entire way. Lucas Ryan was CBC's first finisher and did very well to hang on to the leaders for as long as he could, eventually crossing the line in 6th place. He was followed by Daithi Devaney (15th), Tadhg Roche (16th), Patrick Ryan (20th), Senan Garvey (28th) Peter Quinn (30th), Thomas Kenward (40th) and Cian Cullen (41st) out of 500 runners. With such high finishing positions, the CBC team were 2nd overall just behind St. Benildus College - a great reward for the hard training they've been doing. Next up the boys will be targeting the Championship season, starting with the East Leinster competition in the Phoenix Park before Christmas.

Two CBC Senior Rugby Players selected for the upcoming IRFU Under 18 Schools Camp.



A huge congratulations to both our Senior Cup Team players who took part in the Ireland U18's Schools Training Camp in the IRFU High Performance Centre during mid-term.

This camp included the best schools players in the country.

Charlie Meagher & Cal Traynor-Russell have impressed massively over the summer in their programmes with Leinster & the IRFU. An incredible achievement for them & also for the school!

Paris CBC School Tour August 2023



Day 1: We arrived in Paris very early as our flight from Dublin was at 7 o'clock. We met our bus driver in the airport and drove to the Stade de France. We were then allowed to eat before a tour of Stade de France. It was amazing as it was huge and they gave us a tour of the different changing rooms. We then took the bus to Paris and passed by some of the famous places. We then went to Notre-Dame Cathedral and took photos and rested there. After that, we went to dinner at a Creperie. In the evening, we went to the Eiffel Tower, got our tickets and walked up the stairs to the second floor. The view was amazing as we went there at sunset. We then met up at the bottom and waited for the clock to hit 10 o'clock and we watched the lights go off on the Tower. After this we got to our hotel, checked in and went to bed as everybody was very tired.



Day 2: We woke up early for breakfast which consisted of different pastries, juices and other breakfast foods. We then got the bus to the Musee D'Orsay and looked at the different famous paintings and sculptures on display. We then went to the shops to get lunch and had it in one of the public gardens in Paris. We then got the bus to Les Invalides Military Museum where we looked at Napoleon's tomb and other objects in the museum about French history. There was clothing and equipment on display that was in use in historical French events. After this we got on the bus to the River Seine where we had a

river cruise. We then went to an Italian restaurant that was very nice. Finally we went to the Aqua Boulevard which was an amazing indoor water park. We then got back to the hotel exhausted and went straight back to our rooms.

Day 3: We woke up early and again had breakfast. It was very hot as there was a heatwave. Everybody was still very excited as we went to Parc Asterix. They had so many different rides from roller coasters to water slides. We met up every few hours for a roll call. We left at around 6pm which meant that we had the whole day there. After this we went to a steakhouse in the middle of Paris followed by a walk to the Arc de Triomphe to finish off the day.

Day 4: Today was our last day so everybody was tired but excited about the day ahead. We went on Fat Tyre Bike Tours and cycled around the different parts of Paris and looked at different famous landmarks. We were given a small talk about the history of each place. We then got the bus to Montmartre and looked at the Sacre Coeur Basilica and the views from there. Afterwards we went to a shopping centre to get presents for our families before heading on to the airport and back to Dublin, tired out but happy! (Daniel McLoughlin, 4th Year)

Healthy Eating Awareness Week 2023



Healthy Food for Life Awareness in CBC: -Eat more vegetables, salad and fruit - Up to seven servings a day -Limit intake of high fat, sugar, salt (HFSS) food and drinks -Use the food pyramid as a guide for serving sizes -Increase your physical activity levels

CBC Junior Cycle 2023 Results



Well done to all the students from the CBC Junior Cycle Class of 2023, your families, teachers and SNA staff. We are all very proud of you.

Belgian Ambassador Visits CBC



The school welcomed Her Excellency Karen Van Vlierberge, Ambassador of the Kingdom of Belgium to Ireland. Ambassador Van Vlierberge spoke about Europe, Belgium & being an Ambassador. There was an opportunity to ask questions about her time as an ambassador & working with the UN.

CBC Basketball



Well done to the CBC U19 Basketball team (above) on their first win of the season against St. Laurence's College! The CBC U15 team are also up and running in their divisional league.

CBC Chess

The CBC Chess Club meet every Tuesday at lunch-time in Room B-2-1 and are looking forward to further matches this term.

CBC Games Club

The CBC Games Club meet every Friday at lunch-time in Room E-2-1 and are looking forward to further gatherings this term.

CBC Soccer

The U 17 and U 19 CBC Soccer squads are up and running in their respective league and cups competitions, with mixed fortunes to date. Both squads and their mentors are looking forward to further matches this term.

CBC Golf

The CBC Junior and Senior Golf squads have participated in the Leinster Schools' Competitions in September, finishing a credible 6th overall in the competition, with William Walshe from 3rd Year being our highest placed player.

CBC Rugby



Great work being done by all the coaches with the five different groups of rugby squads this year. The First-Years are getting to grips with all the moves and rules of the game with Ms Breen, as are the second years with Mr Holmes. The Junior Squad are on the cusp of qualification for the Junior Cup with a fine win in the league against Presentation College Bray and a big game coming up against St. Gerard's Bray. Best of luck to the squad and their coach Mr Baskett. The TY/Senior Seconds with Mr Miller and Mr Quinn are working hard and the Senior Squad, under the stewardship of Mr Miller and Mr McDowell are also on the cusp of qualification for the Senior Cup, following a great win in the league against Presentation College Bray. The remaining league matches will take place this term



CBC Jiu-Jitsu

Jiu-Jitsu classes take place every Wednesday after school in Mounttown Community Centre. Mr Acres continues to gather followers of this form of a family of Japanese martial arts. "Jiū" can be translated as "gentle, soft, supple, flexible, pliable, or yielding", and "jutsu" can be translated as "art or technique". "Jiu-jitsu" thus has the meaning of "yielding-art", as its core philosophy is to manipulate the opponent's force against them self rather than confronting it with one's own force.



CBC Swimming

A reminder that any of our First to Fourth Year students can avail of the swimming pool in the Leisure Centre at the Blue Pool every Wednesday from 2pm to 3pm. A life-guard is on duty at all times. Further details available from Ms Kellegher.

CBC Debating

CBC Debaters are back to the fore once again, being coached by our former student and international debater, Jack Palmer (Class of 2020). Last year Jack won the European University Debating Championships for Trinity College, Dublin. At present, Tadhg Roche, Daithi Devaney, Eoghan Conroy and Antonio Di Bucchianico are through to the Leinster Junior Quarter-Finals. Go for it lads!

CBC Stand-Up Awareness Week

As we get to the end of CBC's Stand-Up Week 2023, let's take a moment to reflect on this year's slogan: You belong here. One thing that makes CBC such a vibrant community is the diversity of the school community. This variety is something to be celebrated and that is why we take this week to show our support for CBC's members of the LGBTQ+ community and members of the community around the world. 1st to 6th years wore their year group colours for Rainbow Day as another great Stand-Up Week comes to an end.

