



CBC Monkstown Park Newsletter - Winter 2023



Nollaig Shona Agus Athbhliain Faoi Mhaise Daoibh



Hi everybody. We send Christmas greetings of peace and joy to all members of the extensive CBC Community. We also remember those who have suffered the loss of a loved one during the year. Many thanks to all of you who contribute to the life of our school in so many ways. Christmas is the great feast that celebrates the birth of Jesus Christ, the Son of God, into our world. He came to reveal God's love and compassion for all of us. Pope Francis encourages us in his words: *"Let charity be reborn, and may we not let this Christmas pass without doing something good so that a little hope can be born anew in those who feel hopeless. The beauty of Christmas shines through in the sharing of small gestures of concrete love. It is not alienating, is not superficial, is not evasive; on the contrary, it widens the heart, opens it to give freely - opens it to the gift of self, and can also generate cultural, social and educational dynamics."*



The Winter Newsletter presents a snap-shot of the many extra and co-curricular activities that have been going on since October this year. The school has dedicated each school week this year to celebrate and commemorate different activities. Since October we have focused on Stand-Up Week; Science Week; Anti-Bullying Week; Social Media Awareness Week; Creative Writing Week and Social Justice Awareness Week. In addition, we have engaged in a number of charitable endeavours via our busy Transition Year Programme. We have continued our participation in many sporting, debating and academic events. Exciting news to emerge earlier this month was the granting of planning permission from Dun Laoghaire Rathdown (DLR) County Council for our proposed development comprising of an LED floodlighting system to existing playing pitches; realignment of the senior

rugby pitch (to be resurfaced in natural grass);
realignment of the junior rugby pitch (with a change in
surface from natural to synthetic grass) and a proposed
115 metre long athletics track to be surfaced in synthetic
grass. Many thanks to Ms Hickey for helping to compile a
lot of the articles and photos for this issue.

Gerry Duffy (School Principal)

CBC Choir & Music

CBC Monkstown and Loreto Abbey Choir - "Carol of the Bells".

The CBC Monkstown and Loreto Abbey Dalkey Choir is going from strength-to strength. The choir rehearses every Monday under the direction of Ms Penston and Ms Hickey in Loreto Abbey Dalkey from 4.10pm until 5pm. The students have the opportunity to sing different genres of music and they have lots of fun while doing so. If you are interested in joining this mixed year, group choir, please contact Ms. Hickey to find out further information. The students had their first performances at the Christmas Advent Service in CBC Monkstown on December 12th and in Loreto Dalkey on December 19th. They are looking forward to further upcoming performances.



CBC TY Musical with Loreto College Foxrock

Rehearsals for the annual CBC and Loreto College Foxrock school musical are now well underway. The

2024 musical is 'The Wedding Singer' which follows the story of Robbie Heart, a wannabe rock star who is making ends meet as a wedding singer in 1985 in New Jersey. Things change in a hurry for Robbie when he is left at the altar by his own fiancée, but help is on the way in the form of a waitress who



works at his wedding gigs. The TY students are really enjoying their rehearsals and are looking forward to their performances which will take place in March 2024. So put it in your diaries now! Tickets will be available to purchase in the New Year via the dedicated school app.

CBC Christmas Advent & Carol Service



On Tuesday, December 12th, the CBC Community gathered together in the school hall to celebrate Advent, the four-week season of remembering and celebrating the birth of Jesus. The service was organised with music, readings, prayers and reflections about this Advent season and spreading the festive cheer.



Musicians and singers who performed excellently on the night included Matthew Dooley, Antonio Di Bucchianico, Martin Zhang, Seán Bailey, the CBC 4th Year Band and the CBC and Loreto Dalkey Choir.

The CBC Transition Year business students also set up their Craft Fair prior to the service. They sold hand-made products for their Mini Company businesses. Many thanks to the CBC Religious Education Department, Ms O'Toole, Ms



Penston and Ms. Hickey for organising the craft fair and service.



CBC Transition Year (TY) Mini Companies TY Advent Service & CBC Craft Fair



As a part of CBC's Transition Year (TY) course, we, as students were tasked with creating a mini business to give us a real-world experience about making money and operating in a real working environment. Five students in our class (4BF) came up with the idea of making scented candles as they are very popular around Christmas time and they make a good Christmas present. We all put in €20 as capital and purchased candles and tins. We then melted the wax and added essence to create the scented candles. We then travelled to Dun Laoghaire and bought some decorations for our candle tins and the table from which we would be selling. We arrived at 5.30pm and set up our stall. We decided to stack the candles on top of each other and lit a few of them to give our customers an idea of what to expect. When everyone arrived, our marketing manager approached the parents and informed them about our mini enterprise. By the end of the evening, we broke even and also earned a bit extra for each of us. Overall, our group loved the challenge and enjoyed the singing at the Carol Service as well!





CBC Gaeilge

Seó Puipéid (Puppet Show)

Chruthaigh rang 1DCA agus rang 1ABRN Seó Puipéid sa rang Gaeilge faoin dán 'Jeaic ar Scoil' le Daireana Ní Chinnéide. Tá sé le feiceáil ar Instagram TG4 Foghlaim. Classes 1DCA and 1ABRN created a Puppet Show based on the poem 'Jeaic ar Scoil' by Daireana Ní Chinnéide. It can be viewed on TG4 Foghlaim on Instagram.



Oifig an Phoist

Chumar síos go dtí Oifig an Phoist i mBaile na Manach le T-Rex na Gaeilge agus

sheolamar ár gCártaí na Nollag. Bhí an spraoi go deo againn. We went to the Post Office in Monkstown with T-Rex na Gaeilge and posted our Christmas Cards. We had great fun!



CBC Scannáin (Films)

Rinne rang na hidirbhliana trí scannán an téarma seo. Tá siad le feiceáil ar YouTube ar chainéal Gaelgory. Transition years made three films during this term. They can be viewed on Youtube @Gaelgory.



1. An Fear Grinn (The Clown)

Stiúrthóir / Director: Garvan Lambert (Class 4HW)

Fadó fadó tháinig fear grinn chuig an scoil seo. Oíche Shamhna a bhí ann. Bhí sé an ghreannmhar agus thaitin an fear grinn go mór le daltaí na scoile. Ach bliain i ndiaidh bliana, d'éirigh siad níos sine agus níos siniciúla. Thosaigh siad ag spochadh as. Lá amháin shleamhnaigh an fear grinn agus thit ar an talamh. Bhuail sé a chloigeann in aghaidh an bhalla agus fuair sé bás. Ach níl mar a shíltear a bhítear. Long, long ago a clown came to this school. It was Halloween. He was funny and all the students liked him. But year-after-year the students got older and more cynical. They started to jeer him. One day he slipped and fell on the ground. He banged his head against the wall and died. But all is not what it seems to be...





2. An Dorchadas (The
Darkness)
**Stiúrthóir / Director: Eoin
Daly (Class 4HW)**



Tá fórsaí an dorchadais ag fáil an lámh in uachtar agus
tá trí daltaí na scoile ag iarraidh fáil amach céard atá ag
tarlú. The forces of darkness are getting the upper hand
and three school students try to find out what is
happening...



3. Ag Rámhaille (Raving)
Stiúrthóir / Director: Arthur Tierney (Class 4JM)

Itheann múinteoir scoile roinnt milseáin agus
tosaíonn sé ag rámhaille. Téann a shaol bun os
cionn. Cá bhfios cad a tharlóidh? One of the
teachers eats some sweets and begins to rave. His
life turns upside down. Who knows what happens
next?





In Memory: Remembering Loved Ones at Christmas



The Christmas and New Year season is upon us. For some in the CBC Community, that means it is the first time they will be spending Christmas without a loved one who has sadly died during the year and this can feel like an overwhelming experience. As we remember and honour those who have passed away, Christmas prayers can hold a special place in our traditions. These prayers can offer solace, remembrance

and a connection that transcends the boundaries between the worlds of the living and the departed. In prayer, we can find a way to weave the essence of their presence into the fabric of our holiday celebrations, creating a poignant and comforting experience.

Remembrance Prayer at Christmas

Dear Lord Jesus, please be with us during this time of year. Please comfort us as we remember those who are no longer with us. We ask that you would bring them peace in their final resting place. And we pray for those who are grieving right now. May they find strength in knowing that you are here with them, and will never leave them. Amen

CBC Run in the Dark Event



On Tuesday November 14th, thirty-one hardy CBC students and five hardy members of the school's staff participated in the annual Run in the Dark in Dublin City, in aid of the Mark Pollock Trust. In July 2010, Mark Pollock fell from a second story window, broke his back and was left paralysed. The Mark Pollock Trust was set up to support Mark to deal with the physical, psychological and financial impact of this spinal cord injury.

The money raised through the Trust funds the capital and ongoing costs of Mark's injury alongside fundraising for collaborative methods of rehabilitation to help cure paralysis. On a twilit Tuesday evening in November, we all arrived in town for 6:45pm ahead of the 8pm start time. We headed down to the start line, beside the 3 Arena where we put on our jerseys, clipped on our race numbers and buckled up for the race. I and the other 6th Years agreed that the atmosphere of over five thousand people all gathered for the same goal is unparalleled and is what draws us back to participating in Run in the Dark each year.

The race began at 8pm and the first CBC contestant passed the 5km finish line after



20 minutes and 9 seconds! (Tom O'Halloran, 6th Year Class of 2024). He was followed by Lorcan Flavin, the fastest 5th Year, finishing in 22 minutes and 41 seconds. CBC excelled! A special word of thanks to all the staff who helped us to run around Dublin: Ms Roche, Ms Lorigan, Mr Sherlock, Ms Bailey, Ms Black, Ms Lynch, but most of all to Mr McNestry, who year after year, allows senior CBC students take part in this most worthy fundraiser and enjoyable event – an event that is now firmly on the CBC annual calendar - Thank you. (Ethan Manby - 6th Year).



CBC Debating

Congratulations to all of the CBC teams who took part in the Loreto Junior Debating Competition on Saturday November 25th. A special congratulations to Eoghan Conroy and Tadhg Roche (3rd Year) who both reached the final of the competition. Eoghan won the Best Speaker award at the competition.





Francis Street School and CBC TY Group

The CBC Francis Street Group are a group of TY students who volunteer to help the children of Francis Street CBS (primary school) every Tuesday. We meet at 9am at Tara Street Station and take a bus to the school. We work with both 5th and 6th class pupils with loads of different subjects and activities. Our favourite class is the Science Blast in which we work together with the primary school-children and come up with a hypothesis and test it out by thinking like scientists.

We are working together as a school to collect a variety of Christmas gifts to give to the school-children throughout the different years. Our First-Years are bringing in toys; Second-Years are gathering books; Third-Years give clothes; Transition Year have donated sports equipment and card games; Fifth-Years are bringing in Hats/Gloves and Sixth-Years are bringing in toiletries. These will be given to the school-children in December, when they come to CBC for a Christmas breakfast, table quiz and other fun games and activities.





CBC Third-Year Ice Skating (by Conn Brady - Class 3OMcN) **On December 1st,**

the Third-Year students went ice skating on the rink in Dún Laoghaire. Following the short walk from school, 80-90 boys tentatively made their way onto the ice, which resulted in a few falls but thankfully no injuries. For most people it was their first-time ice skating but there were a few who impressed us with their skating prowess. It was a large rink, which meant that amateurs could avoid each other as much as possible whilst listening to the festive tunes that played in the background. During the hour there were some questionable moves resulting in at least one teacher getting knocked over accidentally by a student! Thanks to the staff members who facilitated the trip: Ms. O'Toole, Mr. Donnelly, Ms. Lynch, Mr. McNestry, Ms. Mentane and Mr. Brien.

CBC First-Years and Parents Quiz Evening In late November, our First-Year students and their parents got a chance to show off their trivia knowledge in a table quiz organised by the CBC Parents' Council and run by the 6th Year Prefects. Mr Byrne was the entertaining MC for the evening and everybody had good fun, vying for all the spot prizes and hoping to achieve top marks! The winning team are pictured below.





CBC Think Languages Week Connect 2023 (by Sean O'Brien Class 4HW)



Our TY students got to explore the many benefits of learning a language in our education, our career and our life in #Think Languages Week. Students tried out calligraphy, mask design and dance in a Korean Language and Culture workshop and went to UCD and TUD Aungier Street to try out classes in

French, Arabic, Polish, Russian, Swahili, Chinese and Italian. In addition, we got to explore the facilities and meet with current students and staff. We finished the week with a screening of the multilingual classic about the First World War Christmas Armistice, Joyeux Noel.



On Tuesday, November 28th, a group of 20 students attended a Korean Cultural workshop in the afternoon after lunch. The speaker was a native Korean lady who had travelled around the world teaching Korean and Korean Calligraphy. We were taught how to write with a horse-hair brush. We'd dip the brush in ink before beginning to copy Korean characters on ink-specific paper. Following that, we were given traditional Korean masks to design and draw.

The masks were required because the speaker intended to teach us traditional dancing. We dressed in Korean ballet attire before wearing our masks. We entered the hall and were given a lesson in Korean dancing. After the workshop, some of us were given Korean treats as a gift.



On Wednesday November 29th, 50 students met up at UCD at 9.30am for language tasters and talks from current students of various international languages, business and international law. It was a pretty interesting day as we had a selection of languages to choose from and learn. We were able to choose two languages from Arabic, Swahili, Korean, Polish and Russian, and we spent 45 minutes learning a little bit of each one. For

example, I chose Korean as my first language and I started at around 10am. Then at 11am I started my second language which was Russian which ended around midday. Everyone chose something they were interested in and we all spent the morning learning the languages. At the end of the day we listened to four UCD students of current international languages and they explained their journey of how they learned their languages. We were also given an insight about the Erasmus programme, how it works and how we are able to explore and live abroad as students. The university students were great at conveying their message to us as it's important that we understand because we also hopefully will take part in the Erasmus scheme in the future.

Think Languages Week Connect 2023 (continued) (by Sean O'Brien Class 4 HW)



On Friday December 1st, twenty students attended the TUD languages workshop. We had to meet the teachers at the TUD campus on Aungier Street at 9am. We met the speakers at 9.30am and they

introduced themselves to us. They discussed the significance of modern languages and how and why they are so vital in today's world. Following the orientation, the entire group was led to a separate room where we were all taught French. After the French lesson we had our break at the campus cafeteria. They were kind enough to

give us a voucher to buy a meal for each one of us. After the break, we were divided into two groups, with one group learning Chinese and the other learning Italian. After 30 minutes of attempting one of the languages, the two groups switched and tried the other. We finished at 12.30pm and the workshop was over. As a thank you, the speakers gave us free hoodies, t-shirts, and water bottles. We gave our goodbyes and left TUD around 1pm. A great linguistic day out!



CBC Green Schools

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!

Three members of the CBC Green Schools Committee pictured below (L to R: Adam Drennan, Daniel Moran, and Liam Nolan) were invited by Green Schools Ireland to be trained as Water Ambassadors. This is a great achievement for our Committee as we are in the process of working towards our Water Flag.



CBC Cineáltas: Action Plan on Bullying

CBC shared “Cineáltas” during our annual Anti-Bullying Week - Cineáltas, meaning “kindness” in Irish. Our “Cineáltas” flag was raised in the school to promote whole-school awareness around Anti-Bullying. Preventing and addressing bullying is a shared whole community responsibility. It starts with each one of us, as individuals, in our everyday attitudes, thoughts, words and actions. So let's work together towards an inclusive society free from bullying in all its forms and where diversity and individual difference are valued and celebrated.

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." - Henry James

CBC Movember Fundraising

Our students worked hard to raise money for Movember, raising a total of €1895 between an Odd Socks Day and 6th Year students campaigning to raise money for this worthy cause. Movember is an annual CBC event involving

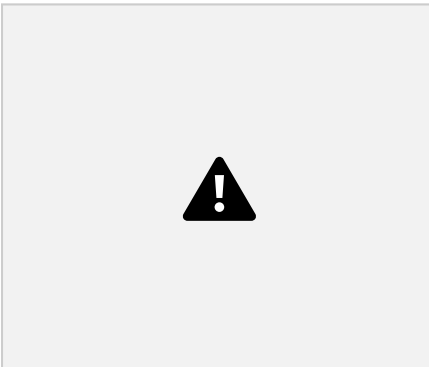


the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and mental health wellness. It is a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November".

CBC Retreats

Our four First-Year classes enjoyed separate day retreats recently with the De La Salle Retreats Service in Dublin. During these retreats, each student enjoyed a day of fun and games, meditation and creativity while also focusing on the particular challenges that come within the school year, emphasising individual growth and developing a sense of empathy and humility. A big thank you to Eugene, Conor and Yvonne who welcomed all our First-Years and led the groups throughout the days.

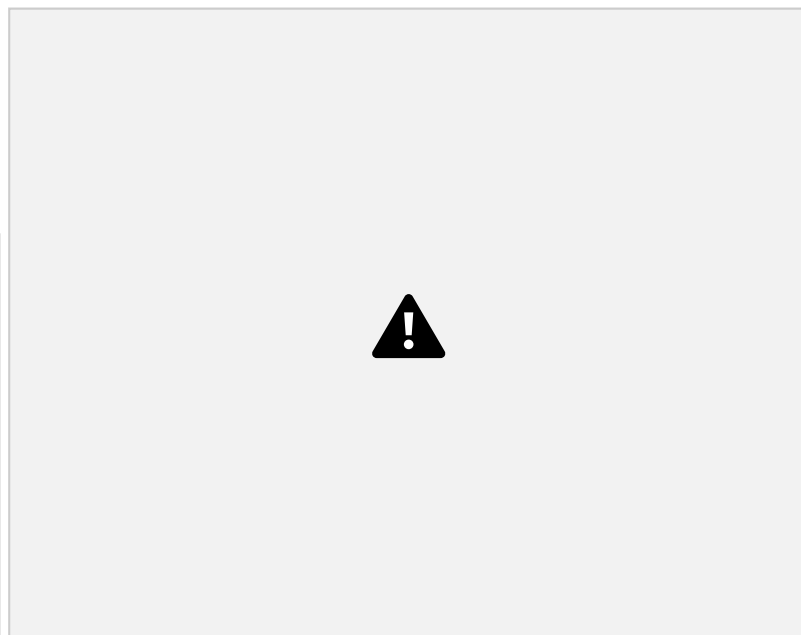
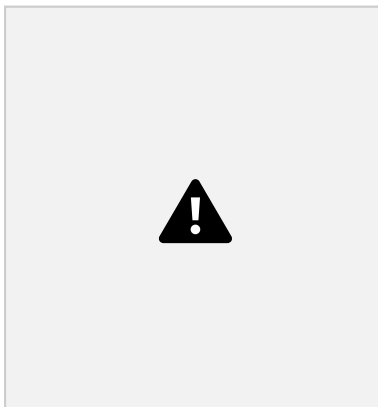
CBC Maths Club



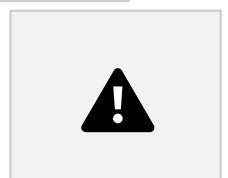
Students are celebrating maths every Friday at lunchtime in CBC. The Maths Club has been set up to support all students who both enjoy and find Maths a challenge! The Maths Club hopes to develop students' level of Maths skills and knowledge. This will be accomplished by using games, activities, and mock competitions. Students will cooperatively work to complete Logic and Math Puzzles. See the notice boards for more details.

Mid-Term Break in Berlin

Some of our Third-Years and Transition Years visited Berlin during the Halloween midterm break. They visited the Brandenburg Gate, the 1936 Olympic Stadium and also enjoyed a Christmas market at Potsdamerplatz!



CBC Visits the US Ambassador's Residence





On

Wednesday December 6th, a group of fifty CBC students travelled to the US Ambassador's Deerfield Residence in the Phoenix Park. They were invited to visit the Ambassador as part of the 'Open Doors Series'. Deerfield residence has been the official residence of the United States Ambassador since 1927 and our students were very excited to visit this historic location. Ms Claire Cronin - the US Ambassador for Ireland – greeted the CBC party at the gate entrance. Ms Cronin was appointed by President Joe Biden and began working as Ambassador here in 2022.

Initially, our students and staff were taken on a short tour around the grounds. There was a lovely flower garden to view and they were shown a 9/11 memorial in the garden. The Ambassador took the CBC party on a tour of all the ground floor rooms in the Deerfield Residence. One of the rooms had a huge window where they could see the fields surrounding the Embassy. Ms Cronin was a very interesting host who had many stories to tell our staff and students about her life and times during our Q & A session.



The CBC touring party all got free crisps and drinks in the main reception room. The Q & A was very informative and they gained an invaluable insight into the role of the US Ambassador representing the United States of America here in Ireland. Our students learned about the work Ms Cronin has completed as a member of the Massachusetts House of Representatives. She talked about the deep historical connection that America and Ireland have, spanning hundreds of years. She talked about the numerous US Presidents that have stayed at the Deerfield Residence while visiting Ireland, including John Fitzgerald Kennedy, Richard Nixon, Bill Clinton and Joe Biden (when he was Vice- President). Two of our

students, Charlie McNally and Conor Storey presented Ms Cronin with a CBC School Jersey as a souvenir! Many thanks to Ms O'Connell for organising our very memorable visit – a great day out!

Youth Leadership & Community Action



In November, a number of our 5th Year students attended the University of Galway to receive their Foundation Certificate in Youth Leadership & Community Action - Dermot Earley Awards. Well done everybody!

L to R: D Healy, C O'Donnell, J Caffrey, T Salaverria, E Meghen. J O'Leary (not in photo).

CBC Science Week



Our students were getting real hands-on experience during November's Science Week with some dissections! Just one of the fun activities in CBC for Science Week 2023. It sparked some great conversation around the theme of Science Week this year - Human? asking people to consider what does it mean to be human in today's world, and how the decisions we make

today will impact the people and world of the future. Well done to all the students involved, it was a great week!

CBC Stand-Up Awareness Week

2023 During November, CBC celebrated Stand-Up

Week - a week dedicated to supporting the LGBTQ+ community across Ireland. The focus of Stand-Up Awareness Week is to decrease homophobic, biphobic and transphobic bullying, and increase friendship and support of LGBTQ+ students by other students. It is very welcome that the Department of Education has funded and supported Stand-Up Awareness Week for many years. The new national action plan on bullying, Cineáltas, commits to the Department's continued support for Stand Up Awareness Week. The plan also

recognises the importance of age-appropriate information on LGBTQ+ identities as a mechanism to prevent and address bullying. Our Sixth Year Prefect Aidan Savage raises the LGBTQ+ Flag to show CBC's continued support for the LGBTQ+

Community.
CBC Roman Feast



Our Third-Year Classics students enjoyed a Roman feast in November; the students tried Garum (fish sauce), ate plenty of grapes and even baked honey bread according to an ancient recipe. Cene bene!



Yule-Tide Fun - Ho! Ho! Ho!

- What is a New Year's resolution?
Something that goes in one year and out the
- What's the hardest thing about learning to skate?
- What did the salt say to the pepper on Christmas Day? Seasonings Greetings!
- What's the best Christmas present to receive?
A broken drum, you just can't beat it!
- What do you say to someone you didn't see on New Year's Eve? I haven't seen you for a year!

other!

The ice!



CBC Adopting YONDR Phone & Smart Watch Pouches



Early in the New Year, we will be making our school a mobile-phone free & smart-watch free space to improve teaching and learning using a system called Yondr.

Yondr has been implemented in over 1,000 schools across 21 countries to facilitate an engaged learning environment. We believe that mobile phones and smart watches have great utility. We have also found that learning and social behaviour improve drastically when students are fully engaged with their teachers and classmates.

The Yondr Programme utilises a simple, secure pouch that stores a phone. Every student will secure their phone in a personally assigned Yondr pouch at the beginning of the school day. Students will maintain possession of their phones and will not use them until their pouches are unlocked at the end of the school day. Students are required to bring their Yondr pouch to and from school each day and are responsible for their pouch at all times.

Yondr recently surveyed over 900 school partners to measure the effects of creating phone-free educational environments. These schools achieved notable progress in multiple areas:

- 65% of schools saw an improvement in academic performance
 - 74% of schools saw an improvement in student behaviour
 - 83% of schools saw an improvement in student engagement in the classroom
- We will be providing more information about the introduction of the pouches in due course.

Vaping Ban



CBC welcomes the new law banning the sale of vapes to Under-18s which came into effect in the Republic of Ireland on Friday, December 22nd last. The ban is part of wider measures to help tackle the use of vapes among young people. The Irish Health Minister, Mr Stephen Donnelly, has said that further regulations around e-cigarettes and tobacco control will be looked at in the New Year. There is ample evidence to show that young people who vape are more likely to go

on to smoke. Earlier this year, the Irish government introduced The Public Health (Tobacco Products and Nicotine Inhaling Products) Bill 2023 is an attempt to prevent the initiation of smoking or the use of nicotine-inhaling products by children.

Alongside prohibiting the sale of such items to Under-18s, the act will also:

- Prohibit the sale of tobacco and nicotine-inhaling products at events for children
- Stop the self-service sale of tobacco and vapes
- Introduce a strict licensing system for the retail sale of such products
- Prohibit the advertising of such products around schools and on public transport

CBC TY Students Fund-raising for Barretstown



Barretstown Camp, near Ballymore Eustace in County Kildare, offers free, specially designed residential camps and programmes for children and their families living with a serious illness – supported behind the scenes by 24-hour on site medical and nursing care.

All of the children and families come to Barretstown free of charge. Everything, including accommodation, food, care and medical assistance are provided at no cost to the family as well as virtual, school and hospital outreach programmes for all those who need assistance. Barretstown is supported by donations and the fundraising efforts of corporate supporters, individuals and community groups.

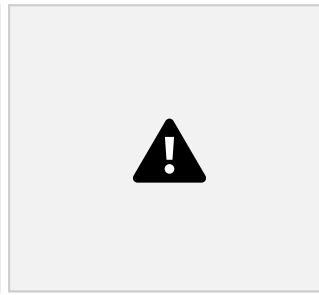


Barretstown is recognised as a centre of excellence in childhood cancer care and other serious illnesses. Children are referred to Barretstown based on their medical needs.

Since they first opened their gates in 1994 they have brought the magic of Barretstown to over 100,000 campers. At Barretstown, families are given a chance to unwind, destress and enjoy quality family-time together in a fun, safe and relaxing environment.

This year, the TY cohort in CBC has chosen to fund raise in support of Barretstown Camp. To date, great work has been accomplished by our TY students, fundraising by selling Christmas Trees; bag-packing in local supermarkets including Super-Valu and Dunnes Stores and organising outdoor collections in Dun Laoghaire. Feel free to support this most worthy of causes by contacting Mr Gregg O'Neill, the TY Year Head in CBC: goneill@cbcm Monkstown.ie





CBC Sport – Under 17 Soccer



‘Match Report’

CBC Monkstown Under 17 v Marian College Under 17

When the match kicked off, it was anybody's game. The game was set to be two thirty five minute halves, rather than two forty-five minute halves and both sides were looking for an early goal. Both sides had early chances to take the lead. Marian were the first to hit the target, however, they were not able to get past CBC's backline and goalkeeper Daniil Solyakov. CBC also had a free-kick go close from Luca Ryan but Marian were difficult to get past. Both teams were performing at a very high level to get the result they wanted. Early in the first-half, Marian were awarded a penalty and as the kicker stood up to take it, he whipped it too far to the left and completely missed the goal. This was very good for CBC so as to keep the game on level playing terms for longer.

After this setback, CBC straight away went through to try and score through various attempts using a Liverpool-Chelsea formation, but it wasn't happening for us. Marian scored a goal, after numerous saves from Daniil in the CBC goal. When the second-half rolled around, two substitutes were made in order to bring some new energy into the game, to get the equaliser and hopefully the winner. After more attempts and uncertain offside calls, Sean Kelly broke through Marian's defence, after a ball was lifted up over the defenders by Luca Ryan. Sean took his chance like and shot under the advancing Marian keeper. This goal was CBC's way back into the game. After this goal, CBC tried to get the winner. The referee announced that there were three minutes to go, CBC got a free-kick just inside Marian's half and Luca Ryan struck a well-worked free kick just wide of the post. With the minutes ticking away, it became clear that both sides were going to focus on not conceding before the end of the game. The final whistle blew and CBC had earned a hard fought 1-1 draw in their first league game of the season. CBC are due to play Kishoge Community College in the next league game. Well done everybody and thanks to our mentors Ms Moore and Mr Donnelly.



CBC Sport – Under 19 Soccer



Our Under-19 Soccer Squad, despite an early exit in the Cup, have gone from strength to-strength in their FAIS league games to date. Their opening league game was a solid 3-0 defeat of St. Michael's College, Ailesbury Road, with goals from Ciaran Fitzgerald

(2) and Cuan Hussey. This was followed by a comprehensive 6-0 win over Catholic University School and meant that the squad finished top of their group and now progress to the play-off rounds in search of silverware after Christmas. Well done everybody and thanks to our mentors Mr Tuite and Mr Maher.



In addition, the winner of the “Design the CBC Away Soccer Jersey” competition for the CBC teams is Geoff Kennedy from 6th Year! Geoff is the recipient of one of the new shirts and a prize from sponsors AGA. Well done Geoff.



In November, it was great to welcome Motherwell F.C. player and former CBC student Dan Casey back to chat with our TY students about his life as a professional footballer.

CBC Sport - Rugby



We

have arrived at the end of the calendar year for 2023 and just beyond the half way point of the 23/24 rugby season. This season has seen a re-structure of the School's Sports Department and the introduction of a full time Director of Rugby. This decision was off the back of a school wide survey conducted in early 2023 focusing on Rugby

in CBC and the reasons students play or decide to stop playing the sport.

We got some very valuable information out of this survey and made some significant adjustments to the rugby programme in the school as a result. The main one being a full time Director to oversee rugby in the school and to increase its participation numbers. To help with this, training schedules have been adjusted, coaching structures altered and the planned development of the facilities in the school was given greater emphasis. Last week we got that amazing news that planning permission for the school's new Astro Pitch, redevelopment of the senior grass pitch and floodlights has been approved. Works are due to start in early 2024 and will ring in a new era for rugby and PE in the school and we are all looking forward to seeing the finished product.



Our 1st Year Rugby Team welcomed Enya Breen as their new Head Coach. Enya is a full time professional player with the IRFU and we are very excited to have her with us, sharing her extensive knowledge.

One big change for the 1st Years is a new initiative of Rugby Blitzes that are ranked, which will result in very close and competitive games throughout

CBC Sport -

Rugby



Blitz Rugby allows for more than one team from the school to take part which offers the popular Blitz experience to other squad members outside of the typical 'A Team' tournaments. The second one of these blitzes has just finished in Terenure College and our 'A' Team came out unbeaten without conceding a try on the day. They will be promoted to a higher group for the next blitz in the new year. Outside of the blitzes they have been some mixed results across the three teams and I have no doubt that

this will improve in the New Year. I am currently completing a mid-season review in conjunction with some parents and the coaching group. We will identify areas that we can target for improvement for the remainder of the season and ensure the players have an enjoyable remaining three months.



Our 2nd Years have been going from strength to strength under the leadership of Mr Alex Holmes. Alex was the Head Coach for these players last season and has continued his excellent work for their season so far. They have shown steady progress and have had some really positive results during the season to date. One of the main changes we made this season

was to keep this group together for as long as possible where as in previous years the top 10 players would have automatically been sent up to the JCT a season early. The change this year has allowed them to bond closer together as a group off the pitch and be a stronger team on the pitch. A small number of standout players were drafted

up to train with the JCT at mid-term but will continue to represent the 2nd Years where possible.

Our Junior Cup Team have had a very tumultuous season to date. Having conducted an extensive interview process over the summer we appointed a new Head Coach. Unfortunately just a few weeks into the season he was offered a professional coaching position in the UK and decided to take it. We very fortunate to then acquire the services of Head Coach Glenn Baskett and Assistant Coach Tania Rosser who both have an extremely impressive coaching CV's. In a very short space of time they have managed to transform the team and improve their skill set dramatically. CBC stalwart Killian O' Neill is also part of the coaching set-up having coached these players the year previously. It is a huge testament to the players in terms of what they have achieved so far this season with the odds stacked against them. In the past few weeks they managed to finish 3rd in their league and secure automatic qualification for the 23/24 Junior Cup. They have been drawn against a Fr Godfrey Cup Qualifier in the first round. The date for the fixture will be confirmed shortly (Friday Feb. 9th) and the opposition towards the end of January. We wish Captain James O' Neill and all his team the very best of luck in their preparation for the upcoming Junior Cup.

Our Senior Cup Team is once again led by Stan McDowell following his incredibly successful first season in charge last year. He is again supported by Declan Lavery and past pupil Eoin Quinn. The team have come through a very tough Leinster League group which included both eventual finalists Gonzaga and Newbridge, to once again qualify for the 23/24 Senior Cup. It is worth noting that this is the first time that the JCT and SCT have secured automatic qualification for both cups in the same season since 2015. A huge achievement for both groups and hopefully something we can continue to do on a regular basis moving forward.

CBC Sport - Rugby



In addition to the Team's success we have seen Charlie Meagher get capped for Leinster U-18

Schools this year having been selected in the squad for a second consecutive year. Cal Traynor Russell had a very productive summer having been invited into the Irish U18s Sevens' squad and subsequently the Irish Development Panel that went on a seven-day tour to Wales. He impressed the coaching staff there and has now been named in the Irish U-18s Schools' Squad along with Charlie. It has been 8 years since any CBC Monkstown player has been included in that

squad so we are very proud of their achievement to date and wish both of them the very best in the upcoming Christmas camp in the IRFU High Performance Centre.

Back to the Senior Cup Team, they have been drawn against St Gerard's Bray in the opening round of the Senior Cup on Tuesday January 30th. This will no doubt be an excellent contest and we wish Captain Eoghan O' Hanlon and his squad the very best of luck over the coming weeks as they prepare for the Senior Cup.

Have an excellent Christmas break everyone. (Karl Miller, Director of Rugby)





Upcoming Rugby Fixtures:

Senior Cup Round One at Energia Park:

Tuesday 30th Jan. CBC Monkstown v St Gerard's School at 3pm

Junior Cup Round One at Energia Park:

Friday 9th Feb. CBC Monkstown v Father Godfrey Cup Q2 at 3:30pm

CBC Sport - Rowing

Our Second-Year and Third-Year
rowers had great success



in the annual Get Going Get Rowing Blitz in Trinity

College, coming second in the junior category and sweeping the open category.

Why Go Row Indoor? Four reasons:

1. Anyone can do it:

Suitable for all ages (11+), abilities, body types and fitness levels.

2. Total body workout: A fantastic cardiovascular workout. Every stroke uses 85% of your muscles covering nine major muscle groups.

3. Core strength & flexibility: The rowing movement is great for core strength and flexibility.

4. Low impact: A low impact activity that avoids damage to the joints. You are also in control of the intensity and speed. This makes it perfect for cross training, rehabilitation and good for those who are new to exercise.



CBC Sport – Basketball



Special thanks to Mr Fagan, Ms Black, Ms Thornton and Mr Mangan who are coaching our students at Under 14, Under 16 and Under 19 level this year in CBC. Early morning training sessions are well attended and to date CBC has had mixed results in all the competitions. With more games scheduled for January and February after Christmas, we hope to make the knock-out stages of the different competitions.