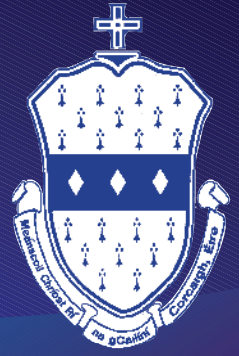


# CHRIST KING COURIER

Christ King Secondary School, South Douglas Road, Cork T: 021 4961448

SUMMER 2020





# PRINCIPAL'S MESSAGE

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This is a year we all shall evoke memories of how we survived and thrived during this time. Our school never envisaged on Thursday, 12th March 2020 our doors would close until the coming academic year, from that day's end grew something quite unique and special.



As we embarked on a different style of teaching and learning over the following months, we witnessed staff and students continue to build and inspire a strong educational environment for all concerned regardless of the challenges. I stand in awe by the manner in which our students adapted their learning styles to the remote world. Christ King students have learned to be open to changing in a world that will continue to change throughout their lifetime. I would like to thank our team of teachers who have dedicated themselves wholeheartedly to the challenges of remote teaching, their work, professionalism and commitment has allowed our students to feel connected to their teachers whilst all the while reaching their teachers' high expectations of student performance.

I appreciate the invaluable parental support, facilitating our on-line learning from home and welcoming our new style of communication, your reinforcement and assistance with that engagement has been invaluable and demonstrated the true sense of school partnership. We are truly bearing living witness to the message of Nano Nagle, foundress of the Presentation Sisters whose motto was to Go One Step Beyond!

Our past year has, as ever, been action-packed with activity and success; the highlights of which have been captured in this Courier for you to appreciate.

Finally, our magnificent leaving certificate students, the class of 2020. They have been outstanding. They have endured much uncertainty yet have kept positive and committed to each other and to the School. They have kept the faith, lived the Christ King tradition of strong educational endeavour, and leave a legacy of commitment and perseverance for their fellow students. Whenever this year is talked about, and it will be frequently, the dignity, character and constancy of our leaving certificate students will be acknowledged. I am very proud of them.

I hope you can all enjoy a wonderful summer with your families and despite the inevitable changes of plans and limitations on where to go and what to do, your homes will still be full of love, happiness and inspiration.

Le gach dea ghuí,  
 Richel Long, Principal



Student Council 2019-20



## Gemma Heaphy, Head Girl 2020-21 - Laura Russell, Deputy Head Girl 2020-21

Gemma Heaphy was elected Head Girl by her peers in an online election in May 2020. Laura Russell was elected Deputy Head Girl. They were presented at an online Fifth Year Assembly on Monday 25th May at 3.50pm. The whole year group gathered to wish them well. During the following week and in glorious sunshine, they met with Mrs O'Flynn Doyle at a socially distanced meeting to take some photos. Mrs. O'Flynn Doyle presented the girls with flowers and chocolates and wished them well in the year ahead.

**Gemma and Laura sent the following mail to staff on behalf of the students of the school**

Dear teachers and staff,

On behalf of all the students of Christ King Secondary school, we would like to express our deepest gratitude for all the work and effort extended to us throughout the past academic year.

Despite these unprecedented times, we are so grateful for the dedication that you have shown to us to enable us to continue with our education. It has undoubtedly been a stressful time for both teachers and students, but we have succeeded and will continue to do so going forward.

We want to wish you a safe and peaceful summer holiday and we hope to see you in September where please God we will be together again.

With best wishes,



From Gemma Heaphy and Laura Russell, on behalf of all students of Christ King Secondary School



Gemma Heaphy  
- Head Girl 2020



Laura Russell  
- Deputy Head Girl 2020

## Gemma Heaphy Head Girl

I feel very privileged to have been elected as Head Girl of Christ King for 2020/2021. I hope that all students will feel comfortable in approaching me with any issues that they may have and that I would be an active communicator on their behalf. I will work closely with Deputy Head Girl, Laura Russell and together we will do our absolute best to act as role models for our school community.

On a personal level, I hope to be an effective leader for our wonderful school, and I know I will gain so much experience in fulfilling the role as Head Girl. I aim to be a team player and to maintain a positive atmosphere in our school. I plan to represent Christ King in the wider community with pride and honour.

*Gemma Heaphy*



## Student Council at Christ King Secondary School

The Student Council meets every month with their Head Girl, Deputy Head Girl and their mentors Ms Harrington and Mrs. O'Flynn Doyle. They represent a part of student voice in the school and take part in many events throughout the year. On one occasion this year they met with Chairperson of the Board of Management, Ms Margaret McCormack, to discuss student voice and tell her of their activities in the school. We thank the council of 2019-20 for their undertakings and generosity of spirit.



Ms Margaret McCormack,  
Phoebe and Jane



# Leaving Certificate Students 2019 enjoy their Debs Ball in the Rochestown Park Hotel.



The Leaving Certificate Class of 2019 shared a lovely evening at the Rochestown Park Hotel with their teachers on 27th August 2019. Happy with their new beginnings in third level education and full of the excitement of life, the girls regaled teachers with their stories of new college life and experiences. Later in September the Class of 2019 visited the school for Afternoon Tea in the Library. Their former teachers gathered during the afternoon for another catch-up with the girls. We wish the girls well as they progress through their studies and lives ahead.





# Reflections on my time in Christ King

**Louise Velon has a talent for capturing the flavour and essence of the moment and the six years she spent at Christ King Secondary School. As she leaves school, she wrote the following contemplative reflection. ....**

I'm on a walk the evening the Leaving cert is cancelled and by some timely stroke of serendipity I bump into my playschool teacher for the first time in over twelve years. In the manner of all adults you haven't seen for a significant period, she can't quite believe the age of me.

"Leaving Cert already?" she exclaims "God, crazy how time flies"

She isn't wrong. I can't believe any more than she can that no booklist will come through the door this Summer or that the worn souls of my Dubarrys won't once again be peddling me down blue corridors this September. And whilst these all feel like normal, run-of-the-mill incredulities, that I imagine all graduating classes are confronted with, there is an added sense of disbelief given that our schooling had ended with the abruptness of a live government briefing in early March.

As most endings do, and especially extremely abrupt ones that are followed by copious amounts of free time otherwise known as quarantine, they have the effect of forcing reflection.

How long is six years? I find myself asking.

Six years is the duration of World War II. Six years is the length of time it took J.K Rowling to write the first book in the Harry Potter series. And far from any fantastical worlds and even further from the trenches of deadly conflicts, six years is of course the portion of our lives that most of us spent in Christ King.

From the above examples it is clear that six years has the potential to feel both extraordinarily long and fleetingly short. I think that I speak for everyone when I say that our Christ King journey cosily fits the latter.

And whilst our time in school felt like it passed in the blink of an eye, six years has the potential to be many things and take many forms. It can take six years to mature from preteen to young adult. It can take six years to realise you still don't understand fractions. It can take six years to realise that your teachers really aren't out to get you. It can take six years for you to admit that non-uniform days are stressful, and you actually love your uniform despite spending the entirety of that time whining about it. It can take six years to make friends, lose friends change friends and make more friends. It can take six years to realise that you're probably not going to live out your high school musical dreams in the way Troy Bolton conditioned you into thinking you would. It can take six years to master Christ King's many stairways while simultaneously accepting that no amount of stairs will trick you into thinking you're really in Hogwarts or give you a valid excuse for being late to class. It can take six years to wrap your head around the fact that such a big place can exist and also be the least noticeable building from the South Douglas Road. It can take six years to realise that you miss the place you sometimes (just sometimes) couldn't wait to move on from.

But we all get there in the end, albeit this year the realisations may have hit us alone in our rooms or at best while facetimeing a friend. Nonetheless our psyches are all similarly marked by the shared realisations, frustrations and joys of being a Christ King girl. It's like a unique stamp, an invisible tattoo, a permanent intersection of our lives that will remain no matter how much they disperse in the coming years.



The building off Half Moon Lane, or the one behind the flower house as it is more commonly known, will always be the familiar focal point of our teenage years – the epicentre of their dramas whose shockwaves sometimes left us feeling like we wouldn't get past the earthquakes of our own lives as well as the source of their lightest most carefree moments which continue to prosper in the friends we made there.

Nostalgia aside, I for one look back with great fondness and gratitude at my time in Christ King. Gratitude that it recognised the potential of those six years. Gratitude that it recognised the potential of the pool of twelve-year-old girls that arrived in its doors in September of 2014, swimming in oversized blue uniforms that their Mothers said they would grow into. And while my tracksuit is still baggy around the waist, I've certainly grown into my own while at Christ King.

Nothing has validated this more than the last few weeks and months, when the school spirit felt much like the Wi-Fi connection – invisible but greatly appreciated. We were already in some ways living in Christ King's legacy – one of friendship community and support. It sustained us then and will continue to do so as time continues to fly and propels us into the next six years of our lives.

Whether we left early, joined late, skipped a year, repeated a year or were present for the full six, the blue corridors of Christ King are the shared terrain of each of our individual memories. The assemblies, masses, exams, classes, sport teams, choirs, clubs, friend groups, trips, trade fairs, fundraisers and competitions we were a part of may morph with our growing perceptions into the tiniest of blue pin drops in the oceans of our lives but much like Nano's ever-burning flame, the ripples will be perpetually felt.



## Attendance

Well done to our students for achieving Full Attendance in 1st yr. 2018/2019. We celebrated @tusla Everyday School Day Counts initiative in November. #Attendance #Commit2Succeed #BeThere



# Ice Cream Day 2019



Some students called it their best day at school, either way it was a gloriously sunny Friday in September when the Ice-Cream van pulled up outside the front door at 1.40pm. Some people thought that he had lost his way but no, this was the Principal's treat to the very good students at Christ King. In perfect order they lined, class by class until the whole school and their teachers all had an ice-cream. What a day!



# Tánaiste and Minister for Foreign Affairs and Trade visits Christ King



On the 16th September 2019, Simon Coveney TD, Tánaiste and Minister for Foreign Affairs and Trade visited Christ King Secondary School. Minister Coveney spoke to the assembled captivated students on the topic of Brexit and what it means for the future of Ireland. It was a good day at school for all.





# Junior Certificate Results 2019



Junior Certificate Students were very happy with an excellent set of results. Several students joined the A Team and overall students scored very high results. They celebrated at school with their teachers, parents and friends and later at home with their families. Well done to all of the students. Your teachers are very proud of your achievements.







# Student Mentoring in the Tomar Room



This year there have been several sessions of peer mentoring in the Tomar Room. Older students speak about their successes at learning with younger students. Sometimes a younger student just wants to know what is the best way to learn for them. Listening to older students telling how they were successful makes a goal seem more achievable.



Our Learning Log initiative has been extended to 1st Yrs. Focus Groups involving students from 1st & 2nd Yr. have been created with 2nd Yrs sharing their experiences of Learning. Reflection on learning is a form of assessment enabling students to become more agentic learners. Agentic learning is defined by self-directed actions aimed at personal growth and development based on self-chosen goals. Within this context, students initiate actions of their own volition that drive their learning.

## School Bank



The school bank team have been very active this year, creating accounts, advertising etc. They have their own, well subscribed Instagram page @ckss\_schoolbank . Their mentor Rob Heffernan from Bank of Ireland has been on hand to offer some good advice. Well done girls. The Bank Team are: Katie Scott, Rhea Singhal, Jodie Lyne, Katelyn Leahy, Grace Mahoney, Aleksandra Skorupa, Anna Harris and Kannelle Yamedjeu.



# Lord Mayor's Visit



The Lord Mayor, Cllr. Dr. John Sheehan visited Christ King Secondary School on 18th October 2019. He spoke to the girls about his love for CorK. He highlighted the 100th Anniversary of the deaths of Lord Mayors Tomás McCurtain and Terence McSwiney. He presented Principal Ms. Long with a double portrait of the Lord Mayors which we will treasure. Thank you, Lord Mayor.



# Silver Gaisce Awards

Gaisce Silver Awards evening took place in St. Peter's Church on 22nd October, pictured from left to right are Clíona, Louise, Grace, Lauren, Fíona, Julie and Niamh. Absent from the Awards Ceremony were Jane, Clodagh and Abbie. Huge thanks to Ms. Lynch, Ms. Hickey & Ms. Shanahan





# Open Night 2019



We love to throw open the doors of Christ King and welcome prospective students and their parents. This year on 19th September, Ms Patricia Harrington and Ms Valerie O'Flynn Doyle organised staff and students into action. We were delighted by the number who came to see the first class facilities at Christ King.





# The Naval Base & Cork Harbour Geography Trip



On what has now become an annual trip, the Geography Department set out on 24th October for a tour of the Naval Base and Cork Harbour. It has proved a very popular and educational trip for the girls. It is great to take advantage of the many local learning opportunities that exist very nearby.



## Horticulture Special Topic

Horticulture Special Topic in Transition Year were busy again with their herbs and plants, re-potting and tending the soil. Well done girls.



## Gaeilge 24



Bhí an Club Gaeilge faoi lán-seol i mbliana. Bhuail na cailíní agus na múinteoirí le chéile sa leabharlann gach Luan ag am lóin. Bhí tionscadal nó tionscnamh ar síúl gach seachtain. Bhain gach duine spraoi agus sport as na himeachtaí. Ar an 12ú lá Samhain thóg siad páirt i nGaeilge 24. Bhí t-léinte dearg an duine ag na cailíní agus spraoi éigin ar síúl acu.

The aim of this challenge is to encourage young people to speak Irish non-stop for one whole day: 24 hours: at home, at school, in shops and businesses, around the town, in sports clubs and with friends!



This challenge will help to open the minds of young people and allow them to experience the Irish language in a unique and positive way.

Gaeilge24 has grown to become the most exciting nationwide school event of the first school term. Thousands took part again this year. Christ King was one of over 300 schools and 30,000 students taking part in 2019.



## Díospóireachtaí Gael Linn

Ghlac Ella Scott, Caoimhe Nic Aindriú, Ellen De Búrca agus Aisling Clifford páirt i nDíospóireachtaí Gael Linn i mbliana. Thaisteal siad go Baile Bhúirne dhá uair as a cheile le caint a dhéanamh i gcoinne an rúin "Ba cheart an ruaig a chur ar Simon Cowell ón teilifís!" agus i gcoinne an rúin "Ba cheart deireadh a chur le hÓcaidí Debs! Deirígh leis na cailíní dul chomh fada le Craobh Leath Cheannais na Mumhan. Comhghairdeas libh a chailíní.





# Ballyhass Outdoor Pursuits Day



Transition Year Students love to bond at Ballyhass Outdoor Pursuit early in September. It provides an opportunity for the girls to get acquainted in their new classes and maybe form new friendships. Here are some photos from this years trip.





# Neat Streets



A number of TY students were involved in a Neat Streets initiative at the beginning of the year. Neat Streets is Ireland's #1 Anti-Litter and Waste Programme for Secondary Schools. The programme is divided up into a number of primary stages over the academic year from registration to awards to help participants run a successful anti-litter and waste campaign. Each school will develop a Neat Streets model that best suits its own circumstances, as schools will identify different priorities and set specific targets following initial investigations. Participating students should be given flexibility to design a project they feel will be most effective in reaching their schoolmates and also engaging the wider community, with novel and creative ideas encouraged. An Taisce provides ongoing support, training, & equipment. Neat

Streets works with schools tackling litter and waste. Most schools are working toward their first Green-Schools green flag for litter and waste. On record, 90% of all participating schools go on to achieve the green flag. It is a work in progress for us at Christ King.



## Green-Schools Global Goals Conference



TY students spoke at the **Green-Schools Global Goals Conference** in the Radisson Blu – Little Island earlier in the year. The students involved were

- Jana Alkarjeh
- Emily Coleman
- Caroline Jacob Power
- Julia Majstryzk
- Katie Quinn.

Ms Marlynne Headworth worked with the girls.



# The Cork City Council Consultation on the Draft Climate Change Adaptation Strategy.



Caroline Jacob Power, Katie Quinn, Katelyn Leahy, Emily Coleman, Fatima Jameel, Isabel Scully attended the workshop on the draft climate change adaptation strategy for Cork.

This workshop focussed on getting the views of school students on the future of what we should do in Cork. The purpose of the **Climate Change Adaptation Strategy** is to bring forward the implementation of **climate** resilient actions in a planned and proactive manner.

The Climate Change Adaptation Strategy takes on the role as the primary instrument at local level to:

- (i) ensure a proper comprehension of the key risks and vulnerabilities of climate change
- (ii) bring forward the implementation of climate resilient actions in a planned and proactive manner and,
- (iii) ensure that climate adaptation considerations are mainstreamed into all operations and functions of Cork City Council.



## Inter-Generational Quiz

An afternoon of fun answering questions on general knowledge was enjoyed by the young and not so young at the City Hall Cork on 15<sup>th</sup> October. Christ King was represented by : Caoimhe McCarthy, Veronica Howells, Niamh Hayes, Molly O'Connor, Malia Rauf and Rose Brady.

The girls also took part in the promotion of the quiz. At a photoshoot beforehand were: Cllr Marcia Dalton, Eloise Chedhomme, Maliha Rauf and Cllr Mary Rose Desmond. The Lord Mayor, Cllr John Sheehan and Cllr Kieran McCarthy also welcomed the girls. Ms Mary O'Leary arranged for the girls to take part. Well done to all.







# School Assembly - 30th September and 28th November 2019



On a number of occasions throughout the school year, the whole school gathers to discuss any pertinent issues of the time. We also like to acknowledge the achievements of students in academic and extra-curricular activities that students take part in, whether inside or outside the school. We gathered on the 30th September and the 28th November. Here are a selection of photos from the gatherings.





# Student Enterprise Competition 2019/2020



This year Christ King entered the Student Enterprise programme with seven different businesses. Two businesses at senior level and five businesses at Intermediate Level. Students got to set up and run their own business and find out what it's really like to be an entrepreneur from coming up with the business idea to marketing, sales and preparing a business plan. At the Regional Finals in UCC, all seven enterprises had to set up and design their own stands and be interviewed by three judges from the business world.

FLOURISH, a group of five girls from second year, won the Student Enterprise Regional Final Intermediate Category. Their business was making sustainable natural shampoo bars and soaps. Huge congratulations to all the businesses as their hard work, commitment and dedication to the programme was remarkable. A big thank you to your teachers Aoife Ronan, Mary O'Leary and Ciara Lynch.

Regional Winners are: Aoibhe O'Donovan, Orla Carroll, Aoife O'Sullivan, Rachel Sheehan and Ciara Naughton.



Art students and teachers visited the Will Sliney Exhibition at the Crawford Gallery

# National Association of Principals and Deputy Principals Creative Engagement Project



This year, as part of the school's Creative Engagement Project, Transition Year Students embarked on drawing and painting famous women. As the time in school was shortened abruptly the paintings are not yet complete but the girls have made good progress and will complete soon. Well done girls.



## Wellbeing in Art



The former Minister for Education and Skills Joe McHugh TD (Wednesday 16 October) launched a new art and design competition for senior cycle students to create a logo representing Wellbeing in Education/Folláin san Oideachas. The winning design will be used on all materials and resources supporting the Department's Wellbeing Policy in all schools and centres for education. Minister McHugh said: "I am delighted to announce this exciting competition for students to design a new logo that will symbolise the importance of Wellbeing in Education. Here are some of our students entries with their teacher Ms Michele Hornibrook.



## Junk Kouture 2020

*Jessica**Chloe**Elena**Kannelle*

This year Transition year students worked on three costumes for the annual Junk Kouture Competition. Elena Collins and her team with "Shopping Style" made the regional final in Limerick.

Listed below are the teams. The photo is named after the model.

Team 1: Elena Collins, Aimee Coleman, Zoe Waters (Model - Elena)

Team 2: Jessica Pajaczek, Emily Coleman, Chloe O'Keeffe, Faye Griffin (Photo - Jessica)

Team 3: Kannelle Yamedjeu, Maeve Moran, Isabel Scully, Fatima Jameel (Photo - Kannelle)

Team 4: Patricia Cuevas Diaz, Aina Serra Clos, Chloe White, Shanena Mealy (Photo - Chloe)

Teacher: Ms McGinley



## Bodhrán Workshops



The Bodhrán Workshops were a welcome addition to the Transition Year Programme this year. In early January, the girls set about dividing in two groups and making their own Bodhrán, with instruction, in two days. At the end of the session they learned how to play their new instrument. Ms Long McDonagh, the music teacher, welcomed the fact that her music students will have their own Irish Bodhrán when they come to learn about Irish music.





# My Eyes, Painting Competition



TY Chinese Students Aimee & Daisy both won the Special Recognition Awards & €100 each for their entries in the My Eyes' Painting Competition organised by the Irish Institute for Chinese Studies/UCD Confucius Institute for Ireland last December. There were approx 600 entries in the competition. Well done girls.



# Lockdown Art

Students were very busy during school closure. Here are some of the beautiful art works of Daisy Cassidy and other students.



# School Show 2019



## Rock Around the Clock

### Main Cast

- Chad: Katelyn Leahy
- Natalie: Sofia Murphy
- Denis: Eloise Chedhomme
- Sandra: Katie Scott
- Dean: Megan Buttimer
- Lorraine: Zoe Byrne
- Sylvia: Orla Connolly
- Jim: Joy Hayes
- Matilda: Ella O'Brien
- Earl: Becky O'Neill
- Henrietta: Isabelle Scully
- Bill Haley: Miniam O'Callaghan

The Transition Year School Show, Rock Around the Clock, had the audience dancing and singing in the aisles. The show was more than fully booked on both nights, the 26th and 27th November. The first year students performed songs from the musical Oliver while second year students sang songs from the musical "Billy Elliot" Students in the school who dance with the Attridge Academy of Irish Dance performed a great set of Irish dances. Everybody present enjoyed a night of sheer enjoyment. The show team did themselves proud, as ever. Well done to all involved.





# Rock Around the Clock



## Singers, Dancers, Set & Graphic Design

### Chorus/Dance

Aleksandra Skruppa  
Anna Geary  
Ava Coleman  
Caoimhe Byrne  
Caoimhe McCarthy  
Caoimhe Sexton  
Cara Aislinn  
Deborah Orville  
Eleanor Murphy  
Elena Collins  
Ella O'Donn  
Eilise Chalkbome  
Emma Hickey  
Holly Lee  
Isabel Scully  
Julie Lyle  
Judy Hayes  
Jude O'Keefe  
Karlina Pamela  
Kate Harris  
Katelyn O'Brien  
Katelyn Leahy  
Katherine Scott  
Kathryn Teaching  
Klara Felicia Landermeer  
Laila Ghori  
Laura Helen Herzfeld  
Maevie Carroll  
Maevie Moran  
Megan Nuttner  
Megan Murphy  
Adrian Morris de C. Torres  
Miriam O'Callaghan  
Oisín Connolly

Rebecca O'Neill  
Rhea Singhal  
Robyn Anne Fulham  
Robyn Foley  
Robyn O'Brien  
Rose Brady  
Sarah O'Toole  
Siân Mulgrew  
Sofia Murphy  
Sophie Murphy  
Taylor Murphy  
Veronica Hanrahan  
Zoe Byrne

### Dance

Anna Harris  
Chloe Conroy  
Chloe Myers  
Cara Masterson  
Clodagh Tackett-Phelan  
Denzelle Samuels  
Emma Cornwell  
Emma Thomson  
Eather Park  
Grace McMahon  
Jessica Pajczak  
Kate Linton  
Kate O'Connor  
Kate O'Brien  
Katelyn Collins  
Kiera O'Connor  
Laura Jansonska  
Laura McMahon  
Leah Lynch  
Mary Neege  
Meadhbh Teaching

### Megan McCarthy O'Donnovan

Molly O'Connor  
Mia Fall-De Oliveira  
Niamh Barry  
Niamh Hayes  
Niamh Kumar  
Oisín O'Leary  
Penny Casella  
Precious Harrison  
Richard O'Connell  
Robyn Toal  
Saoirse Roche  
Sarah Kenny  
Sarah O'Brien  
Shivona Madly  
Wiktorina Kulalák

### Art & Set Design

James Coleman  
Ann Akter  
Caroline Jacobs-Power  
Chloe Connolly  
Chloe O'Keefe  
Chloe White  
Daisy Cassidy  
Ella Neumann  
Eve Chapman  
Eve Conroy  
Patina Jannel  
Grace Noonan  
Laura Linton  
Leah Cleary  
Medina Grabowska  
Moria De Mijdel  
Mara Rodriguez Martinez  
Niamh Akter

### Graphic Design

Niall Anon Amarat  
Olivia Jay Gibson  
Patricia Curran Diaz  
Sophia Akbar  
Sara Igo  
Shauna O'Sullivan  
Sophia Corbett  
Algal Murphy  
Alle O'Keefe  
Amy Foley  
Cerys McCarthy  
Chloe O'Keefe  
Cara Hickey  
Cara O'Donnovan  
Danielle Meehan  
Emily Coleman  
Eva Connolly  
Eva Henry  
Gill Chakrapan  
Olivia Johnson  
Isabel Mason Gonzalez  
Jana Alkharif  
Julia Mayrajak  
Kate O'Sullivan  
Laura Lewis  
Luna Gagliardi Prado  
Maha Raaf  
Sara Lopez Chingpoo  
Shannon Miller  
Sharon King  
Sharon Cotter  
Veronica Clark



### Production Team

Director & Producer  
Una Long McDonagh

Musical Directors  
Una Long McDonagh & Ailín Condon

Drums  
Jimmy Lyons

Base Guitar  
Anastacia Beary

Trumpet  
Clara McDonagh, Amy O'Callaghan & Rebecca Cotter

Choreography  
Michelle McGinley & Valerie O'Flynn Doyle

Costumes  
Pauline Hayes & Michelle McGinley

Art, Craft & Set Design  
Michelle Hornbeck

Digital Media & Graphic Design  
Mary O'Leary, Malia Raaf & Jana Alkharif

Caseman  
Tim McCoy

Lighting Engineer  
Liam Mullane & Amy Foley

Sound Engineer  
Denise Daly, Eve Chapman & Eva Connolly





# The Show Team attend The Sound of Music at the Bord Gáis Theatre Dublin

The Show Team always like to thank the Transition Year Students for all of the hard work put into the School Show. This year on the 16th January, the girls and their teachers travelled to Dublin to see the Sound of Music. It was dark when they finished so the photos are a bit dark. They enjoyed a wonderful trip to Dublin.



## Orchestra Project

TY Students Orla, Juliet, and Katelyn attending the CIT School of Music Orchestra Project concluding with a concert last Friday. The creative development of students being recognised and promoted in Christ King.



## French Quiz

Fifth Year students attended the French Teachers Association Annual French Quiz. The girls equipped themselves very well and learned some french in the process.





# Christmas Trade Fair



The annual Transition Year Trade Fair took place on Tuesday 17th December in the main school hall. All the fun of the fair was enjoyed by the visiting groups of students during the morning. The Transition Year Students prepared well as usual. Well done girls.



## Safer Internet Day

Students at Christ King recognised Safer Internet Day on 11th February 2020. They examined some of the Programmes on offer and some of the literature available to young people today. Earlier in the year students listened to Dr Maureen Griffin who provided a very insightful and helpful interactive talk to the girls on the topic.



# Maths Competitions

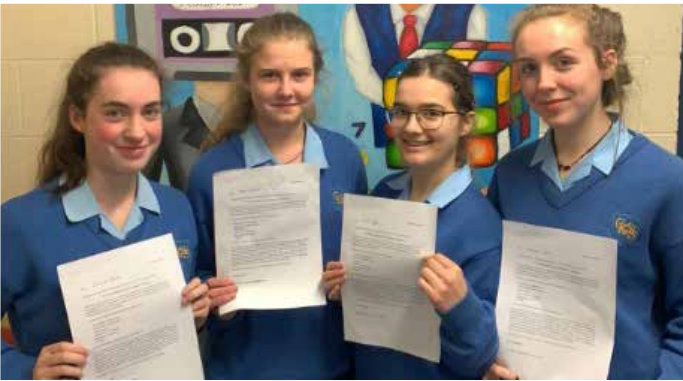


This year students from CKSS took part in the Junior Irish Mathematical Olympiad Competition for Junior Cycle students and the 33<sup>rd</sup> Irish Mathematical Olympiad for Transition Year and Senior Cycle Students. This resulted in many students receiving invitations to attend mathematical enrichment lectures in UCC. Well done to the following 1<sup>st</sup> Year students, **Aoibhe Killeen, Victoria Naumava, Pheobe Kelleher, Kalina Matuisewska, Amy Clarke, Roisin O Neill, Ruby Cassidy and Stephanie O Connell.** Also congratulations to TY students **Sara Ilijev, Caoimhe Byrne, Katelyn Aherne, Maeve Moran, Robyn Fulham and Rose Brady.**



Third year students and TY students took part in the IAMTA Problem Solving Competition with Mr. Dean Ryan, while Miss Mulcahy coached Senior Cycle students to participation in the Team Maths Competition held by the IMTA. Well done to all participants!

Pictured above: The Team Maths participants from 5<sup>th</sup> and 6<sup>th</sup> Year **Alannah Crowley, Laura Hayes, Lauren Sheehan, Francesca Contardi, Lucy O'Halloran, Elaine Kelly, Paulina Jaworska, Jane Tiernan.**



## CKSS Problem Solving Competitions 2019-2020

Congratulations to all the winners and participants of the CKSS Problem Solving Competitions. These competitions run fortnightly throughout the academic year. Hundreds of students voluntarily stop at the problem solving stations at break times in school to give themselves the opportunity to 'think outside the box'. This is a great opportunity for students to develop their lateral thinking skills and problem solving minds, testing themselves beyond curriculum content.

The lucky winners from this year include **Hadia Arshad 2C, Maria Lopez 5A, Claire Herbert 2C, Cansu Canpolat 3A, Bianca Maschietto 6D, Veronica Howells TY6, Mary O Donovan 5F, Julia Szauer 2B, Maya De Caro 1D, Ria Rose Sam 2B, Grace Cahill 5B.** Well done girls! You all took the time out to open your minds to thinking outside the box. ☺

<https://twitter.com/i/status/1178695887268265990>



## Geography Trip to Garryvoe

Leaving Certificate Geography students completed their Leaving Certificate Fieldwork study earlier this year. It is always an enjoyable day when the weather is fair. Their photos show a fine but maybe breezy day.



## STEM Work Placements undertaken by TY Students this year



Fatima Jameel and Kannelle Yamedjeu, CUH



Sara Iljev, Department of Physics, UCC



Sarah O'Brien NIBRT (The National Institute for Bioprocessing Research and Training)



Rose Brady, Tyndall

Many of the Transition Year Students availed of work placements in STEM this year.

- Fatima Jameel and Kannelle Yamedjeu at Cork University Hospital
- Sarah O'Brien one of six students chosen nationally to participate in the very prestigious NIBRT TY Work Placement Programme (The National Institute for Bioprocessing Research and Training)
- Sara Iljev, Department of Physics, UCC
- Rose Brady and Ella O'Brien, Tyndall Institute, UCC
- Katie Scott, RCSI, Dublin (Royal College of Surgeons, Dublin)



Katie Scott, RCSI (Royal College of Surgeons, Dublin)



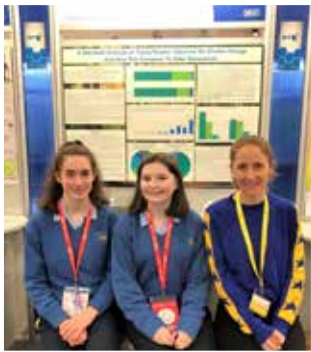
# BT Young Scientist 2020



Caoimhe, An Taoiseach, Mícheál Martin, Niamh.



Michael McGrath visits CKSS at BT



Last September, we decided to enter a project into the BT Young Scientist Exhibition, Niamh and Caoimhe with a group project and Jana with an individual project. We got in contact with Ms Quilter who helped us with our project and gave us advice for the proposal. Our projects were entitled

**"A statistical analysis of young people's opinions on climate change and how this compares to older generations"** - Caoimhe Byrne and Niamh Hayes and

**"Investigating the factors that influence career choice for men and women"** -Jana Alkarjeh.

At the end of October, we found out that both our projects had gotten through.

We spent the next few months working on our projects, putting together the project book and poster. We put together surveys and sent them out to as many people as we could. We also got in contact with people to discuss our data and how to analyse it. Caoimhe and Niamh talked to Richard McMahon at the CSO.

On the morning of the 8<sup>th</sup> January we went up to Dublin to the RDS where the exhibition was taking place. We had judges looking at our projects and discussing them with us over the course of the exhibition and we were asked questions about our project by visitors as well. There was evening entertainment for the students every night in the RDS.

The closing ceremony took place on Friday evening where all the winners were announced. We had so much fun at the exhibition and it was a really great experience. We got to meet people from all around the country and a few of our friends came up to visit us on Friday as well.

Caoimhe Byrne and Niamh Hayes



## My Experience at the BT Young Scientist Exhibition - By Jana Alkarjeh

Taking part in the BT Young Scientist Exhibition was one of the most memorable experiences I have had in secondary school so far. The BT Young Scientist is a huge national event sponsored by BT Ireland and more than fifty other companies and institutions, providing 12 to 19-year-old students with an opportunity to present individual or group projects in the areas of Social and Behavioural Sciences, Chemical, Physical and Mathematical Sciences, Biological and Ecological Sciences, and Technology. It also has various stalls, activities, and exhibits from the sponsors of the competition.

In the process of preparing for the BT Young Scientist, I was very lucky to be able to attend afterschool sessions with a company called Teen-Turn every week which provided mentors, support, and feedback for my project. My project was entitled 'Investigating the factors influencing the career choices of men and women' where I carried out a survey with Senior Cycle students asking them about their educational experiences and career aspirations. I surveyed them about what subject options are offered in their schools, the type of school they went to (i.e., boys, girls or mixed), their hobbies, the subject choices they made, their possible career paths, etc. I took the approach of categorising the answers of the career aspirations, hobbies and subject choices questions using Holland's Personality Profiler which categorised career areas under Artistic, Realistic, Administrative, Investigative, Linguistic and Social. I gathered the frequency of answers under each category and compared the frequencies of male and female responses in order to compare and analyse the data.

One of the key findings was that more boys than girls schools offered realistic subjects (eg. Woodwork, Construction, Agricultural Science, Technology and DCG), more boys than girls subsequently chose Leaving Cert subjects under

## Science at CKSS

the realistic category and therefore listed a realistic career as their primary career aspiration. Similarly, more girls than boys schools offered creative subjects (such as Home Economics, Art, and Music), more female than male respondents chose a creative subject for Leaving Cert and put a creative career as their primary career aspiration. These findings showed that inequality of opportunity to pick the same types of subjects in boys and girls schools is a potential factor in the gender gap seen in careers that are male or female-dominated. I also researched the current scientific studies and findings on biological differences in interests between males and females and found conflicting views among scientists. The main common ground, however, is that there are more similarities than differences between males and females on average, most differences in the interests and traits occurs at the extremes of the spectrum.

Overall, carrying out this project has broadened my perspective on the areas of social and behavioural sciences such as psychology and neurology and taught me concepts that I have not come across before such as personality psychology, career development aspects and other scientific terminology and approaches. The experience of presenting at the BT Young Scientist Exhibition was very nerve-racking at the start and especially before the first round of judging, which happened only a few hours after we arrived in Dublin. However, despite this, the judging went very smoothly. The judges were professionals and experts in many areas such as CEO's of organisations to doctors of psychology and other scientists. The three judges that I presented to throughout the exhibition time were very attentive, conversational and constructive. The professionalism yet the enthusiasm and inspiration that I saw at the exhibition was very motivating and exciting for me and enhanced my interest in science.

I was also visited by Micheal Martin and Micheal McGrath, two Fine Fáil politicians and also by an American-British novelist, playwright and TV broadcaster Bonnie Greer, who were all so inspiring and encouraging. Looking back at the BT Young Scientist Exhibition fills me with joy, inspiration and great memories. It was such a brilliant learning, growing and insightful journey that I will always remember.

*By Jana Alkarajeh TY6*



*Jana explaining her project to An Taoiseach Micheál Martin*

## Ksenija Semjonova enjoys a DNA workshop at UCC



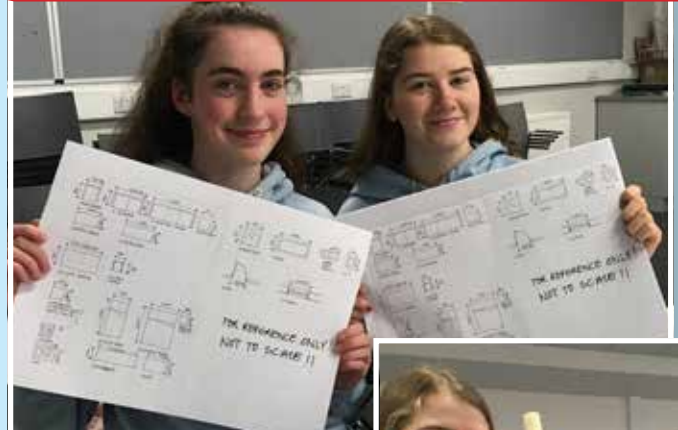
I really enjoyed the DNA workshop in U.C.C. We started the day off with a theory class about DNA and RNA. Some of the information was revision, but I learned a plethora of new information about RNA in particular.

After a lunch break we went to the labs and performed experiments. We tested DNA for Sickle Cell Anaemia and extracted our own DNA with the help of fourth year Biochemistry students.

I would like to say a huge thank you to Dr. Kerins for the experience. I would also like to thank Josie, Natasha and Aisling for helping me with the experiments.

*Ksenija Semjonova*

## Iwish CIT January 2020



Grace, Caoimhe, Sarah and Maeve had the pleasure of attending the iWish Campus at CIT in January 2020. A great opportunity for science learning was had by all there. Thank you CIT.



# I Wish Conference



On the 30th January the Transition Year students visited the iWish STEM Conference and Exhibition at City Hall Cork where they spoke with many people in the industry.

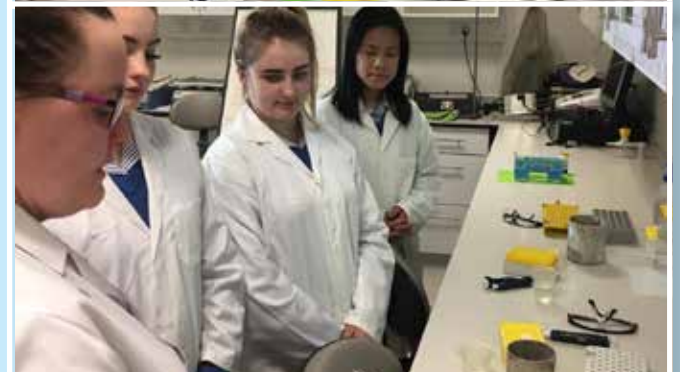
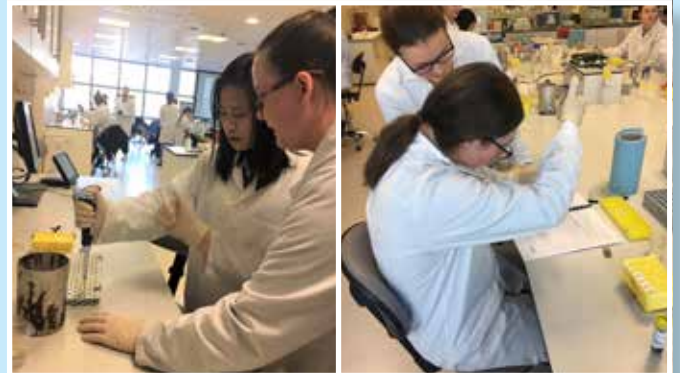
I WISH is an initiative to inspire, encourage and motivate young female students to pursue careers in Science, Technology, Engineering and Maths.



# Biochemistry Workshop UCC



Senior chemistry students attended the School of Biochemistry with Dr. Kerins in UCC on 16th January 2020. Students also attended lectures in Brookfield Health Sciences Complex with Dr. Kerins. It gave students a great insight into Third level Science.



# STEM Workshops with "Go Girls Karting"



Transition Year students experienced a STEM Workshop in Watergrasshill in September. They learned from a Mechanical Engineer and Irish International Hockey player and World Cup Silver

Medalist, Nicci Daly at the Watergrasshill Karting Centre. It was a day of Physics and Maths and calculations and of course Karting. Thank you to teacher Julia White who organised the event.



# LEGO Robot Success



Our 2nd year students have been working diligently on their Lego Missions. The competition preparation involved writing code, construction of robot Blue and assembly of their objects ahead of the First Lego League Competition in UCC. What better way to develop teamwork. The girls worked every Wednesday after

school and at other times. Staff from Qualcomm offered advice and mentored the students as they researched their way through the coding. The girls were successful and won a place in the national finals on the 28th February. Well done girls. You're hard work paid off.



# Zeminar Wellbeing and Mental Health Conference, 10th October 2019



Zeminar gave attendees the chance to connect with over 100 organisations, discuss career opportunities, hear from inspirational speakers, participate in mental health and wellbeing workshops and discover invaluable tools to assist all as they move forward.

The Transition Year students who attended observed the attendance of a wide range of organizations and enjoyed their day in Dublin.



## PsychSlam

The School of Applied Psychology invites TY student teams to research a topic in Psychology and present their findings in a 6 minute PowerPoint presentation.

The topic our students researched and presented on was ***Why do people believe in God?***

The students who participated were

- Eloise Chedhomme
- Caoimhe Sexton
- Veronica Howells
- Robyn Fulham
- Holly Umeh
- Vanessa Okoli





## The Davis College organised Model United Nations Conference in City Hall



The following girls attended the DC Model United Nations Conference in the City Hall on the 21st January 2020. Caoimhe Sexton, Luna Guglielmo, Sanjila Aktar, Niamh Hayes, Maria

Rodriguez, Fatima Jameel, Laila Ghorri, Rose Brady, Sarah O'Brien, Caoimhe Byrne. The event gives a great opportunity to learn about different countries in the world.



## Model EU Council Meeting - Dublin Castle



Christ King Transition Year Students attended the Model European Union Council Meeting at Dublin Castle on 27<sup>th</sup> February 2020. Christ King represented Spain at the meeting. The motion being debated was ***Binding annual greenhouse gas emission reductions by Member States from 2026 to 2030.***

Niamh Hayes, Sarah O'Brien and Caoimhe Byrne debated, while students and teachers at school were able to watch via a live link. The girls also brought some supporters from their class. Thank you, girls for travelling. Thank you to European Studies teacher Mary O'Leary who organised for the girls to take part and to Ms. Kathleen Geaney for accompanying the girls on the journey.



Back row L-R: **Barry Andrews** MEP (chaired the debate); **Spanish Ambassador, H.E. Mr. Ildefonso Castro**; **Mary McCaughey**, Head of Information and Communication, Eurofound (debate judge); **Gerry Kiely**, Head of the European Commission Representation in Ireland; **Mary O'Leary** (teacher); **Michael Ewing**, Development Officer, Irish Environmental Network & Environmental Pillar (debate judge) Front row L-R: **Niamh Hayes**, Transition Year; **Sarah O'Brien**, Transition Year; **Caoimhe Byrne**, Transition Year.

## European Studies Class visit to Dáil Éireann



On the 5<sup>th</sup> November the European Studies Class visited the Dail, the Seanad and also took in a tour of Leinster House. We were hosted by Michéal Martin TD and received a shout out and welcome from Jerry Buttimer in the Seanad. It was a day really enjoyed by all and possibly a very rare experience for most people. Ms Mary O'Leary organised for the girls to visit.



## Transition Year Students cook Chicken Fajita wraps and muffins at Cookery Cottage Cookery School on 10<sup>th</sup> March 2020.



# Home Economics



## Junior cycle students develop their Home Economics skills at home

During the Lockdown, Junior Cycle Students were busy baking and cooking and sending some of those photos to their teachers. We thought that many of them would vie for a spot in any good cookery book. Well done girls!!



## Comhairle na nÓg

Members of our TY students attended Comhairle na nÓg in Cork city hall in October discussing the reality of homelessness in Cork city. Students articulating their concerns and opinions. Thank you Ms. Harrington for encouraging and promoting student voice.





# Wellbeing Week

Wellbeing Week took place during the week of 22<sup>nd</sup> October. There were many activities including bonding breakfasts between first and sixth year students, hot chocolate breaks, lavender stations, and a walk in the Tramore Valley Park.

**TOGETHER:  
WORKING  
FOR  
WELL-BEING**



## WELLBEING WEDNESDAY

WEDNESDAY	THURSDAY	FRIDAY
Affirmation Station Link to be sent by Suzanne Kelleher	Affirmation Station	Affirmation Station
Shared Breakfast (1 <sup>st</sup> /5 <sup>th</sup> Yrs) 8.50-9.30AM	Hot Choc n Mallows 3 <sup>rd</sup> years. 8.50-9.30am. Assembly Hall	Hot Choc n Mallows 2 <sup>nd</sup> Years 9am-9.30am Assembly Hall
11.30-12.30 Wellbeing Walk (Whole School)	Karen Underwood 6 <sup>th</sup> Years. 11.45-1.05 Multi media Room	
Lavender Stations	Lavender Stations	Lavender Station



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Lavender Stations	Lavender Stations	Lavender Station

**THANKFUL  
THURSDAY**



## FEEL GOOD FRIDAY

WEDNESDAY	THURSDAY	FRIDAY
Affirmation Station Link to be sent by Suzanne Kelleher	Affirmation Station	Affirmation Station
Shared Breakfast (1 <sup>st</sup> /5 <sup>th</sup> Yrs) 8.50-9.30AM	Hot Choc n Mallows 3 <sup>rd</sup> years. 8.50-9.30am. Assembly Hall	Hot Choc n Mallows 2 <sup>nd</sup> Years 9am-9.30am Assembly Hall
11.30-12.30 Wellbeing Walk (Whole School)	Karen Underwood 6 <sup>th</sup> Years. 11.45-1.05 Multi media Room	<b>DAY</b>
Lavender Stations	Lavender Stations	Lavender Station





# Wellbeing Week



## Concern Debating

## Soroptimist Public Speaking



Transition Year Students took part in the Concern debates in Cork this year. They took part in three debates in all and made many new friends from different schools. They learned a lot about the work of the NGO's around the world also and the poverty and the problems that persist. Well done girls.



Six CKSS students took part in the Soroptimist Public Speaking competition on November 9th. They were superb. Niamh Hayes TY was selected as runner-up and Rhea Singhal was selected to progress to the next round.





# Sport at Christ King

The teams played many games this year. The Hockey, Camogie, Gaelic Football, Soccer and Basketball teams were very active and very successful. May we take this opportunity to thank the girls

for their commitment and enthusiasm on the pitch and off. Also, we would like to thank their coaches who provide such a valuable asset to the school.



*New Football Gear*



*Camogie Team 2019-20*



*The Apres Game*



*Basketball Friends*



*First Year Soccer Team*



*Leaving Certs Gaelic Football*



# Sport at Christ King



Hockey Team



Hockey Team



Soccer Team



Soccer Team



Camogie Team

Gaelic Football

Gaelic Football



## CKSS Running Club

Well done to all students who attended Running Club in Tramore Valley Park every Wednesday straight after school. All year groups participated in this activity during the year. In particular, 2nd Year students were very committed, while also TY students found it a great opportunity to fulfill requirements for their Gaisce Awards.

While the CKSS Running Club came to an abrupt end in March, this is usually a time of year when Running Club becomes most popular. It is at this time that Youth Challenge Relay Team participants in the Cork City Marathon begin their training programmes. While none of this came to pass this year, we are all looking forward to remaining fit and healthy as we find our stride around Tramore Valley Park once more next year. Below are pictures taken from the Cork Mini Marathon which thankfully did take place last September.



## Race Against Rob event in September 2019

The Southern Regional Assembly, Cork City Council and Cork Transport Mobility Forum organised "Race Against Rob" - World Champion, Olympic Medallist and National Record Holder for the 50km walking race - Rob Heffernan. Rob is a community and youth ambassador and was joined by a number of transition year students to highlight the 2019 European Mobility Week theme "Walk with Us!" - focusing on safe walking and cycling and the ways active mobility can benefit our health and environment. Students raced against Rob using other low carbon means of transport including cycling, bike hire and public transport to highlight the connectivity of low carbon modes of transport in Cork City. Thank you to teachers Judy O'Grady and Chanelle O'Regan for working with this event.







# Sport at Christ King



## Basketball

First and Second Year Basketball teams had a busy year. They practised hard and took part in many very exciting games both at school and at other venues. Their season came to an abrupt finish in March. At the end of the school year their teachers and coaches Ms. Ciara Lynch and Ms. Niamh Leahy surprised each of the girls with a goodie box and balloon. The girls were completely surprised and delighted. We look forward to more action on the courts next year.



## Wheelchair Basketball

The Wheelchair Basketball Tournament organised by Presentation Secondary School, Ballyphehane and held in the Mardyke Sport Complex was attended by TY and Fifth Year students. Teachers Ciara Lynch and Hayley Ryan accompanied the girls. The initiative gives the girls an insight into living with a disability.



## Lavarone



Fifth Year students enjoyed a Ski trip to Lavarone during February mid-term. A good trip was had by all.



## Meg Ryan – Gymnast



Congratulations to gymnast Meg Ryan who won Silver on the bars at the World Challenge Cup for Team Ireland in October 2019.

## Leanne Murphy - Boxing



Leanne Murphy won the Irish Under 18 title Boxing title at the National Stadium in February. Congratulations Leanne.

## Laura Linehan - Muay Thai Boxer



Laura Linehan continues to make progress in the sport of Thai-Boxing. She has had some good wins this year.

# Kolkata 2020



Kolkata 2020 was a great success. The girls raised more than €27,000 for the Hope Foundation and enjoyed a great visit to Kolkata. For most it is a once in a lifetime experience. The girls wish to thank Ms. Sarah Curtin for organising and Ms. Ciara Halpin and Ms. Emma Looney for accompanying the girls on the week long trip in February.



## Lollipop Day



First Year Students sold lollipops to raise funds for Oesophageal Cancer Awareness and Research. Well done girls.

## Aoife Mc Taggart's Personal Essay

Aoife Mc Taggart, Leaving Certificate Student 2020, wrote a personal essay under the following title during her last term at school. Thank you, Aoife for sharing this with us.

**“Write a personal essay in which you discuss your views on a recent event or series of events in the world”.**



*Aoife, Cliona and Mr McTaggart*

2020, a year that already is one that will forever be remembered as one we wish we could forget. I vividly remember what feels like years ago, scrolling through statistics of a distant virus in China, away from me and my life. 2020 was supposed to be my year, filled with stress in the anticipation of exams, but then the best summer of my life. I can safely say this year is not the new decade filled with prosperity and luck that my horoscope promised me way back in the simple and untroubled times of 2019, this silent threat came quicker than any of us could have anticipated, sweeping the lives of everyone with it.

The prospect of a new decade, and new opportunities were taken as quickly as my freedom, the imaginary barrier of two kilometres curtailing any and all of our movements. The date of when this lockdown will end has become etched in my brain, a date I imagine we'll remember as some kind of strange anniversary in years to come. Lockdown is a harsh word in my eyes, as if everyone has been incarcerated unknowingly, although the making of jigsaws and compulsive baking reassure me that we are the opposite of hardened criminals. I remember the 28th of February, when this all began, a normal Thursday evening, in the car on the way to training, my sister as usual, blaring her personal and sometimes questionable music choices, as my dad fired his requests for 80's music which of course, let out a unanimous groan from both of us. As we reached the carpark of my GAA club my mum rang from the hospital, again nothing unusual, as a nurse she was on call, so we expected to hear from her, as she had been on cases since early that morning. She whispered into the phone, "There's a case here". We let out a gasp, unsure of what this meant, for us as a family, but also as a country, what did this mean for school?, for life ?. That training session was a strange one, I remember suddenly becoming aware of everyone, how close they were, how close I was to them, things I never would have given a second thought to, but in that moment everything changed, the situation had rapidly turned from anticipation to preparation, but I still didn't really know what for. From that point, rumours flew around from person to person 'they're shutting the schools', 'the city will be on lockdown', 'there'll be no orals, maybe not even a leaving cert', 'this is the start of it now', all outrageously abstract theories, ones we never thought would come true at the time.

It is interesting to look back to February when the biggest concern in this country was the election, normal things that we never guessed would be in jeopardy. Harsh slanders in debates by the opposing politicians or Sinn Féin's unexpected landslide victory was the only headline news, accompanied by the feeling that politics was a game, the bid for Taoiseach seeming to be a congeniality contest. In these last few weeks and months, however, politics has not been about opposing parties, policies or jabs at an opponent's remarks, politics has become moderate again, the political party you belong to being indifferent. Parties do not matter here, there is no political agenda when it comes to this virus. Although a government still needs to be formed, I believe it shows the rarity of the times we are in, that the usually opposed parties of Fianna Fáil and Fine Gael have agreed to enter into a coalition, a far cry from the turbulent political landscape of our past. Ireland is united in all aspects which is more than can be said for other countries. As a normally friendly and outgoing population, isolation and quarantine is unlike us, staying away from the people we love seeming unimaginable. Our usual happenings of nights out or meeting up with friends have been taken away from us, but simultaneously, we know that this is what has to be done to protect each other. It seems confusing now, and there is still so much we are unsure of, but amidst the uncertainty, there is good, and there are positives that have come from this virus. Whether it is the transparency and honesty of our politicians, or the solidarity of neighbours and communities coming together to help the elderly or the vulnerable, it has evoked a real sense of pride in the nation and has reminded me what it means to be Irish. Leo Varadkar summed it up perfectly on St. Patrick's Day when he said "we are all in this together", this national effort never to be forgotten. My gratitude to the government and the steps they have taken, amount to so much more than a vote or a tick on a ballot card, Ireland being forever grateful for the sacrifices they have made.

In the beginning, this new normal took some getting used to, a holiday feeling coming to mind, but as I was sharply reminded, this was not the case by the ding of google classroom notifications that school was still on, even from the comfort of my pyjamas. In the beginning, I thought this would be over in a matter of weeks, but as we approach the 3 month mark, I still don't see the 'eureka' moment of normal life returning, and it seems as if that will have to wait until 2021, 2020 passing us by completely, social distancing unfortunately becoming part of our lives for the foreseeable future. For some, boredom has taken on new forms. I for one, put boredom into the hands of my mother, who unwillingly, I will admit, cut my hair. Others drank eggs and ran 5k in some questionable times, but it is nice to see that in the worst of circumstances people can come together and realise that other people need our help, that there is always someone who needs it more, while benefiting our health at the same time. Hopefully, we will continue to see the redeeming aspects of this lockdown by helping more people who need it most in these uncertain times.

I can't seem to remember life before Covid-19. Now, the most notable, yet simultaneously worst part of my days is at the same time every evening, roughly at around 5:40pm when I refresh twitter, hoping to be met with any glimmer of hope from Tony, as

## Aoife Mc Taggart's Personal Essay

I call him now, the medical officer I frankly didn't know existed until three months ago, who has now become my main news outlet, either the bearer of more bad news or the comfort I yearn for of flattening the curve that bit more. I have unusually become extremely interested in the statistics of Covid-19, my ordinary level maths taking me just far enough, to my dismay. I attentively listen to George Lee or Fergal Bowers each night, again hoping numbers will fall and the graphs show a decline. I will admit, in the early days of the virus, I was, like many others afraid to look at the news for fear of what was to be said, all the news outlets seeming so impersonal when talking about the bleak details of what is happening in this country and around the world. I found myself lost in CNN and BBC articles, the daily figures fascinating me to a point where every morning it is the first thing I look at. As the weeks progressed instead of typed, impersonal articles, I ventured towards the press conferences, waiting, hovering above the x in the top right corner, if the information became too much. Although I quickly realised there is something reassuring in the now, thankfully very regular quote of 'a slight drop' by Dr Holohan, that helps me cope with this threat facing our lives. I dread the notification each day, telling me the unfortunate reality of what is happening in Ireland, but the important thing I have realised is that it is happening, and I must take that for what it is, with no embellishment. There are days when I want to turn my phone into a frisbee and hurl it as far as the eye can see for obvious reasons, but I do take advice and comfort from Leo Varadkar's speech when he said 'fear is a virus in itself'. This is a pandemic, the type of thing that is strictly reserved for zombie and sci-fi movies, never real life, and while there are days that I can't bear to listen to the news from around the world or irrelevant or often absurd tweets of Donald Trump, here we are, and we must accept that the virus is here, and will be here for a long time and learn to move forward with the restrictions it has and continues to put on us, theoretically for the moment that is.

This time has called for a reflection on everyone's part, in me, evoking a sense of gratitude for the things I do have rather than those I do not. The most important thing I remember is that nobody knows what to do here. Not me, not politicians, not even the World Health Organisation. This has never happened before. It speaks for all of our characters that we can persevere through these times. The word 'unprecedented' although extremely overused, is the only fitting phrase to describe this pandemic. No one knows what the next few months will bring, and so, we need to give ourselves more credit for our resolve in this current situation. This pandemic has taught me that there are so many things that come before holidays or nights out, and things I would usually take for granted should be paramount in my life. These times have brought a wake-up call to learn to appreciate people and to make time for each other. It is amazing that even though we are all apart, we are closer than ever. It has taught me to be thankful for those I can count on. A few nights ago, my mum said, 'I can't believe it has come to a point where I am excited to join a queue in a shop', but shouldn't that be what life is about? Enjoying life for the simple things? Thinking back, we were all moving too fast for our own good, becoming caught up in the unimportant aspects of our lives and forgetting to appreciate what we have, instead of chasing things that serve no purpose in the grand scheme of things. Perhaps we should not forget this year, but embrace what we have learned about ourselves and how we live our lives.

This virus has robbed us of our daily routines, our lives and time being put on hold, but no one is at fault, there is no one to blame,

and we must not blame ourselves. I sometimes wonder how people living during a major world event like the World Wars must have felt, but this is history, we are living it. Sometime in 30 years, we will reminisce on this time with heavy hearts. This virus took us by surprise, and unfortunately took real, innocent lives. It is easy to become lost in the statistics, to look at this pandemic as a collection of numbers, or a step on the curve. This cannot be the case. These are people, mums, dads, grannys grandads, brothers and sisters. They are not confined to the south, the east or the west of the country or the world and it is important that we remember not how they died, but the life they lived. This news is unbearable, knowing that people have lost their lives to this inhuman virus, but now, we must do everything we can to honour them. Simon Harris said that years from now, will they say Ireland did all it could to stop this virus, and if someone asked you where you were and what you did during this time, would you be proud to say you gave it everything?" I hope so.

Although this is not over by any means and even though covid-19 will continue to exist in our lives, I will continue to look towards the future, that there are better brighter days ahead unshrouded by the coronavirus, and that we can continue to show our efforts and prove their effectiveness in the fight as a country against this cruel virus, and to accept that there is light at the end of the tunnel, no matter how long or dark it may seem.

*Aoife McTaggart*

## Staff Retirement Function



At a retirement function in the Rochestown Park Hotel we said Best Wishes for a Happy Retirement to former Principal Mary Keane. PE teacher Pauline Hayes and PE teacher who was seconded to the NCCA Geraldine Halbert.

Meanwhile at school Eddie Wallace announced his retirement. Eddie has taken care of photocopying and other duties for at least 10 years. We wish you all well and know that you will return to visit regularly.





# Leaving Cert Graduation Assembly 2020

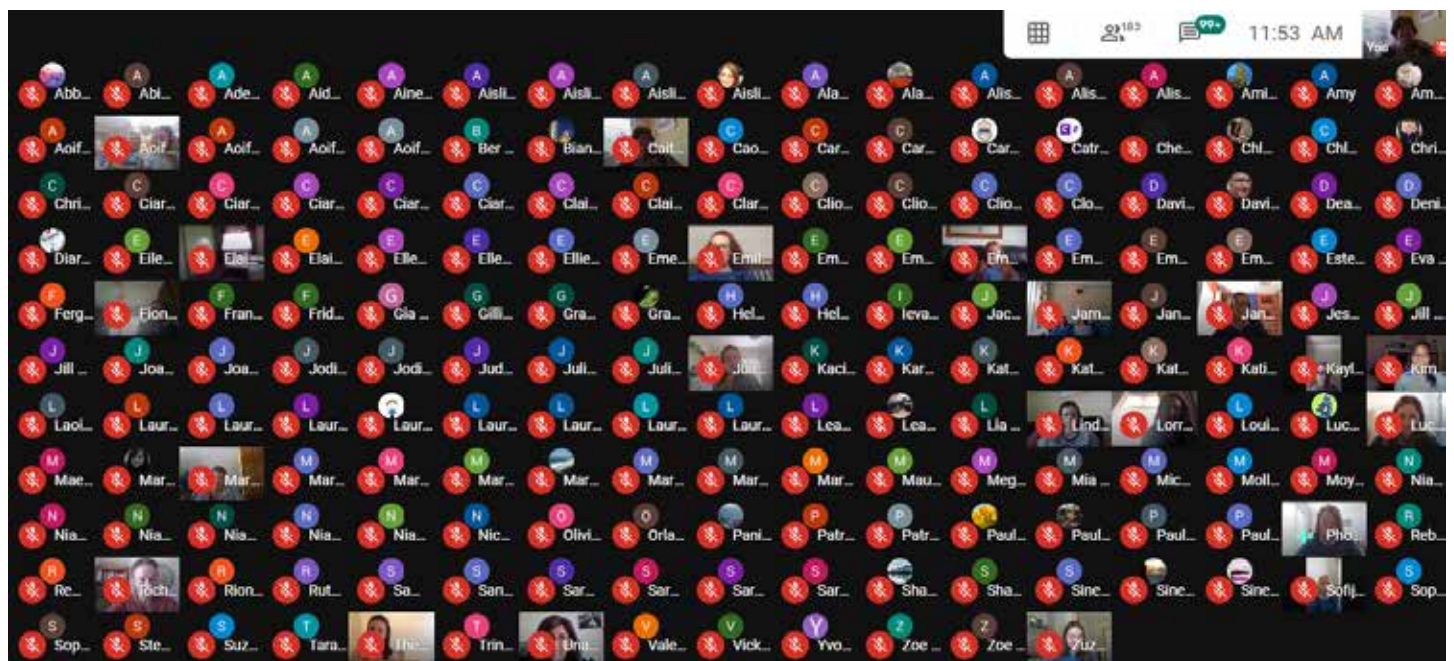


The Leaving Certificate Class of 2020 will certainly remember their final year at school or rather out of school. It presented a whole array of emotions for them finally ending in a Calculated Grade offering for their Leaving Certificate. We held regular assemblies to keep everybody in touch and providing a forum for coming together. The final Graduation Assembly took place at 11am on Friday 29th May 2020. Normally this would take place in the library at school but now we gathered on Google Meets, all 183 people present. Prayers were said and poetry recited and Zoe Allman Walsh sang beautifully. Ms. Long, Ms Long McDonagh and Mrs Watkins spoke but the students mostly wanted to listen to their Head Girl, Phoebe Bailey and their Deputy Head Girl, Jane Tiernan. Dr O'Sullivan Ryan and several class teachers and

subject teachers also spoke on the occasion. Later we received a lovely photo of Phoebe making her speech in her living room at home at her laptop. Lucy O'Halloran compiled a 20 minute slide show to music of many of the moments shared with each other at school through the six years. A more informal chat followed the formalities and was enjoyed. Sinead Chen captured some excellent images of the morning. Well done girls and may God Bless you all.

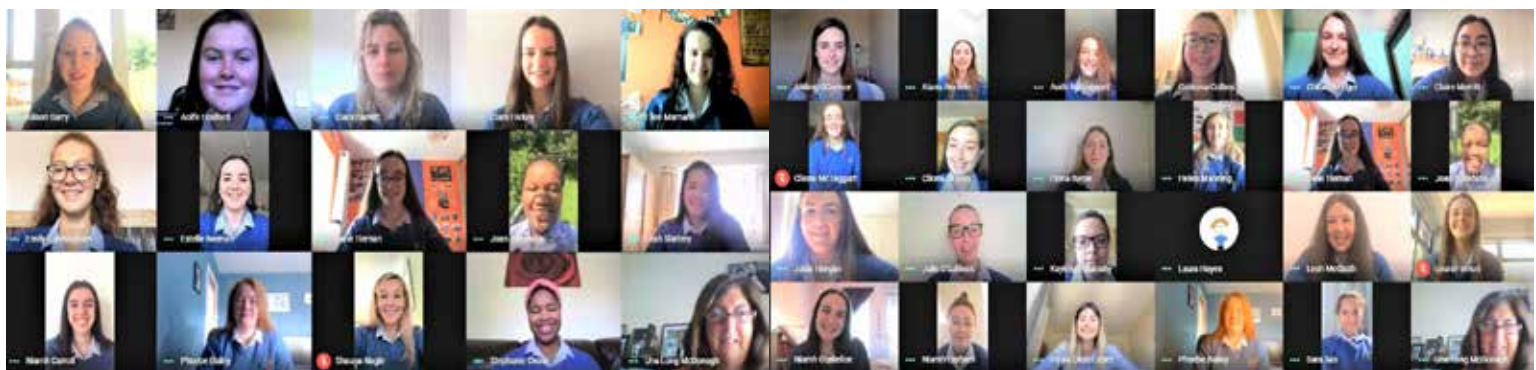
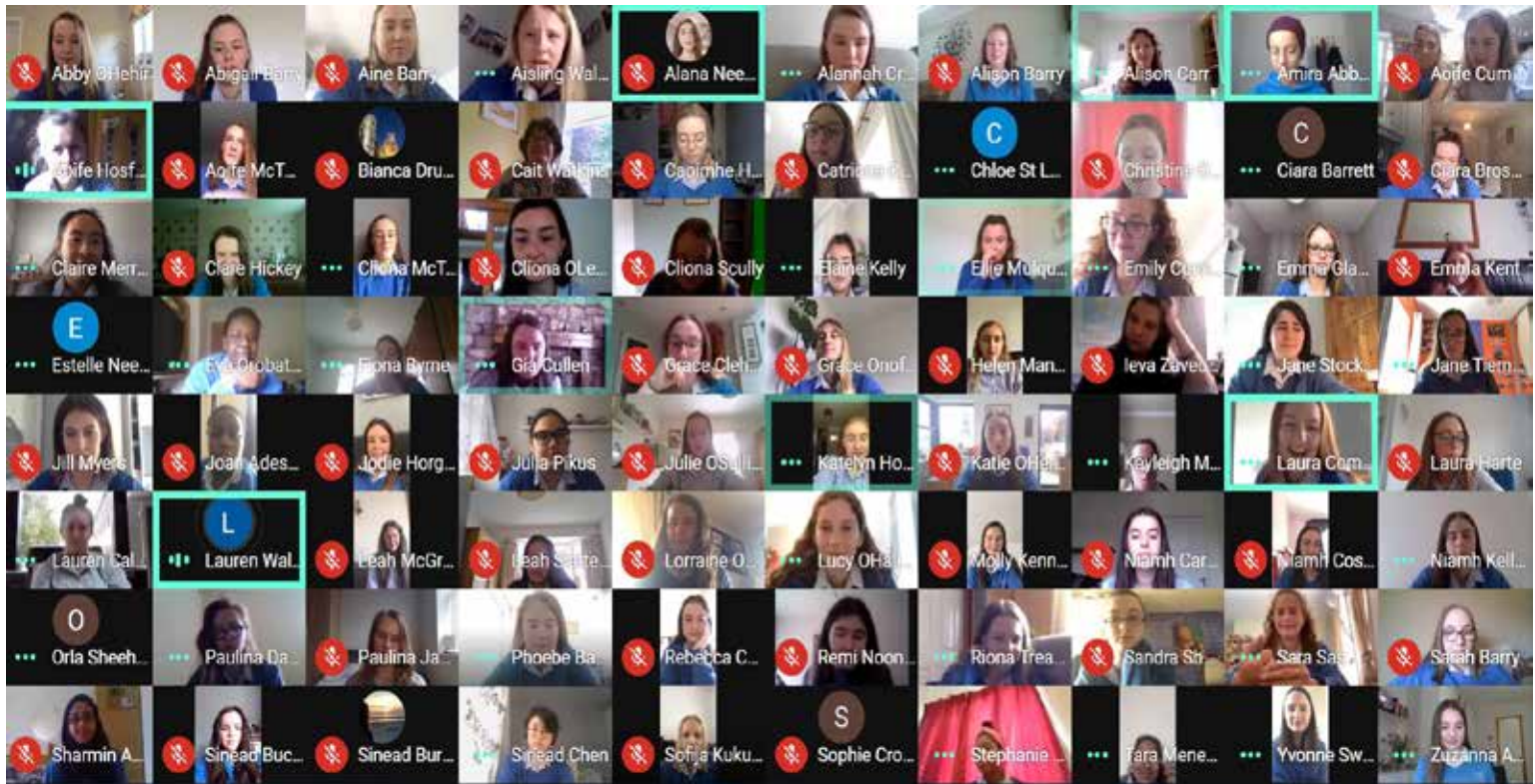


*Phoebe Bailey*





# Leaving Cert Graduation Assembly 2020





# Christ King Parents Council

The Christ King Parents Council were active again this year, meeting on the first Tuesday of the month, helping at Open Night, organising a very successful Raffle on the nights of the School Show and contributing to school policies. Their work was cut short and so the annual table quiz was postponed. A big thank you to the parents for the continued support of the girls and the school.



## Christ King Instagram - Looking after our Wellbeing during Lockdown

Teacher Kate McQuinn looked after our Instagram account during lockdown and posted many items reminding us to look after our Wellbeing. She writes:

"We have all been through a traumatic time and it will affect us in many ways for some time to come. Just as we rallied to take care of ourselves and others early on in the pandemic, we must be vigilant in minding our wellbeing as we slowly exit lockdown. Now more than ever it is vital to mind your mind, check in with yourself and others and accept that this has been an inordinately difficult time for us all. So, make sure to monitor your wellbeing in a gentle yet persistent manner throughout the summer and we are really looking forward to meeting you all again in the autumn". Here are a selection of the posts. Thank you Ms McQuinn.







# Our Presentation Traditions



*Bishop Buckley, Ciara and Anna*

## Bishop Buckley visits Christ King

On the 17th September Bishop John Buckley visited Christ King Secondary School. He was accompanied by Anna and Ciara on his visits to all classes where he was warmly received.

## Staff Day at Nano Nagle Place

The staff at Christ King visited Nano Nagle Place before the start of the school year.

## November Mass of Remembrance



*Leaving Cert Student and First Year Student at the Opening Year School Mass*

# Our Presentation Traditions



## September Retreats at Ballygriffin

Transition Year Students went on a Retreat Day at Ballygriffin, near Mallow, home of Nano Nagle at the end of September. It is a lovely peaceful place for a day's reflection and was enjoyed by all. Nano Nagle set out in pursuit of educating the children of Cork. Today at Ballygriffin, the Presentation Sisters also look at sustainability of the earth and care of the earth as being part of their mission throughout the world.





# Our Presentation Traditions



**Christmas Carols at Christ King**



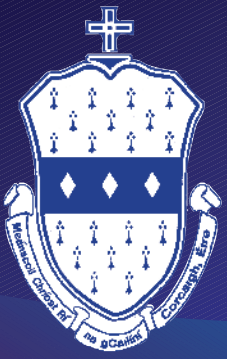
## Ash Wednesday

Students collected blessed ashes on Ash Wednesday to distribute them to students and teachers.



## Second Year Students attend Play at Nano Nagle Place





# OUR PRESENTATION TRADITIONS



## The Meitheal Team

The Meitheal Team and First Year Students teamed up to wish the Leaving Cert Students well before their Pre-Leaving Cert Exams. They presented the students with hand-written Best Wishes Notes and a bar of chocolate. The Leaving Cert students were pleasantly surprised and grateful.

## Light and Hope at Easter

This year we found ourselves away from school during Lent and Easter time but we kept in touch every day. Marion Goggin, 5<sup>th</sup> year asked us to light a candle on Easter Sunday evening and so we did. It was a light of hope in a time of darkness. Thank you, Marion.



## Alpha Youth

Alpha Youth Ireland held a retreat with our fifth year students. Today was a 'Contemporary Exploration of the Christian Faith' which helps the students discuss life, their faith and God. The spiritual development of our students is key to their wellbeing and moral development.

## Thank You

Thank You to all those students who helped with the SHARE Collection, the School Opening Mass, the Advent Service and Lenten reflection. A special thank you to all students who contributed to the Prayer Life of the school in any way.

**A Sincere Thank You to all who contributed Articles, photographs and information to this issue. Your contributions as always are greatly appreciated.**

Hi everyone. Many of you are going to think I am crazy but hear me out. This virus has taken over our lives and as a result is making people feel isolated and I want to change that. So here is what I propose, it is 11 days until Easter Sunday while I am typing this, many of our older relatives for the first will not be able to attend mass or be with the ones they love. Don't worry this is not just for those of you who are religious including myself, this is for everyone to come together as a community for a few moments. At 8pm I want everyone to light a candle and say a pray or just a kind thought for everyone who is feeling lonely or sick and for those who have sadly already lost people very dear to them. To strengthen those who continue to fight for us everyday.

All we hear and see at the moment is negativity in the news and social media and I want us all to have a few moments together to try and combat this loneliness. Please spread the word around and if you decide to share some light and happiness for those who need it most, please share a picture of the candle you use as a symbol of hope and unity amongst us all. We will get through this but only if we all stand together whilst we are apart.

**Marion Goggin**

## Why not join us on the following online platforms

Website: [www.christkingschool.com](http://www.christkingschool.com)

Instagram [https://www.instagram.com/christ\\_king\\_ss](https://www.instagram.com/christ_king_ss)

Twitter <https://twitter.com/christkingss>

Facebook <https://www.facebook.com/ckss50/>