

TV NEWSLETTER

During the month of October, the whole of TY took part in the Kairos workshop. During the workshop, the Transition Year students were tasked with creating a short video clip that consisted of recreations of our favourite TV shows and various news scenarios. A week prior to the workshop, all of the classes needed to organise a script and format for their short show. In most cases, the students didn't form a full script before the workshop, but everyone had a rough idea of what they wanted to create.

On the day, after arriving to school, the students immediately set off to Maynooth. Upon arriving

to the recording studio, everyone had 40 minutes to complete their scripts. While everyone else was putting their finishing touches on their scripts, the Director, Sound Mixer, Visual Editor and Camera operators were taken to the studio and shown how all the equipment worked.

KAIROS



Once everyone was up to scratch with what they were doing, the rehearsals of our little shows started. These ran very smoothly and allowed everyone to perfect their performances. In the end, our year managed to create many great short shows, while really enjoying ourselves. Please view our shows on the TY website.



MARTIAL ARTS

From the 23rd to the 24th of October we participated as a year in a Martial Arts course. The course lasted two full days and it was a really important life skill for us all to learn. In the course we were taught all different ways to defend ourselves. The first stage of the course was accessing the idea of what self defence is all about and the instructor showed us real life examples of

fight and situations where the victim's initial decision would determine the outcome. We all went down to the sports hall and began the physical aspect of the course.

The physical part of the course was really enjoyable and the skills we learnt were quite practical but effective in a real life scenario. We all worked in groups and were given a punch pad that we would all get a chance to use and practise skills on. The instructor taught us 10 defensive skills and also a few take down skills which completely trapped the opponent. One of the most interesting things we learnt was how to disarm an opponent who has a weapon and to finished with some kickboxing and taekwondo.

Overall, the experience was really fun and exciting and we learnt some valuable defensive skills that would help us if we were ever in that situation but also what kind of situations are dangerous and how we can avoid them for our own safety.



MUSIC FESTIVAL

On the 26th of October the annual Music Festival took place. Every year students apply to participate in the competition and show off their talents. This year we had five TY students enter the competition all of which were in the senior soloist category. Our fourth year participants included: Oskar Rachwall who sang a lovely cover of “Creep” by Radiohead, Lois Honan singing Glee’s version of “Maybe this time”, Abbie McCarthy singing “Rise”, Amy Mac Nulty singing her version of “Lay me Down” by Sam Smith and Lily-Kate Hearn singing “ I am Telling you” from Dreamgirls. This years standard throughout the entire competition was probably the highest it had been in years and all five students who participated gave an outstanding performance. It was a very enjoyable night for both the audience and the participants.





DCU OPEN DAY

On the 17th of November the TY group travelled to DCU. The Open Day consisted of numerous talks located around the college campus. The talks ranged from Multimedia to Physics with Astronomy, and gave a great incite into the courses content and structure. All talks had a designated time and location on campus, and our group enjoyed navigating our way around the campus to the locations of our choice. Overall, the day broadened our knowledge on the selection of college courses DCU provide and what's required in order to secure these courses.



Wellbeing Week took place from 6-10 of November. The whole school participated in this event and on Monday morning ribbons were distributed to everyone in the year. Every year received different coloured ribbons which were developed by YSI to promote positive wellbeing, emotional awareness and happiness.

WELLBEING WEEK

The same day, we had a presentation from the Minister for Health, Simon Harris, and Alison Canavan. Simon Harris talked about the new and improved Food Pyramid and how following it's guidelines can keep us out of the hospital for longer. Alison Canavan spoke to us about how important good mental health is and how simple meditation and breathing techniques can improve our mental health dramatically.

The next day, TY had a talk on the topic of nutrition and how probiotic foods are very important to help digest other foods properly. During the talk, it was also highlighted that what we eat influences our mental health substantially.

To wrap up Wellbeing Week, the whole of Transition Year took part in the Aware Workshop. The presentation taught the students how to recognise the symptoms and causes of anxiety, depression and bipolar disorder.

CAREERS EVENING

TY, Fifth, and Sixth year students were given the opportunity to attend Careers Evening on Thursday 16th of November. The night consisted of four 10 minute sessions of conversation between a student and a person within a profession of their choice. The students encountered many different varieties of occupations from an Event Manager to a Marine Archaeologist! What the students found most beneficial was the fact that both past pupils and parents were there to talk about their profession or the course they are taking in college. This way, the students were more comfortable to approach a desk and to ask questions to receive an in-depth description of the professions.

We thank Ms. Maguire for organising the event.

PUBLIC ACCESS TO LAW

On Tuesday the 24th November, many Transition Year students took part in a day long course that focused on the subject of Law. During the day we learnt about the different types of Law e.g criminal and civil, the different courts, the Supreme and the District Courts. It was intriguing to discover how criminals carry out crimes and the steps they take to try and cover up their crimes. The last 2 hours of the day were my favourite part of the course by far. We had a mock trial! This was great fun and everyone got involved in acting as the defendant and the jury! The course was very beneficial and has certainly increased our knowledge of the Legal System.