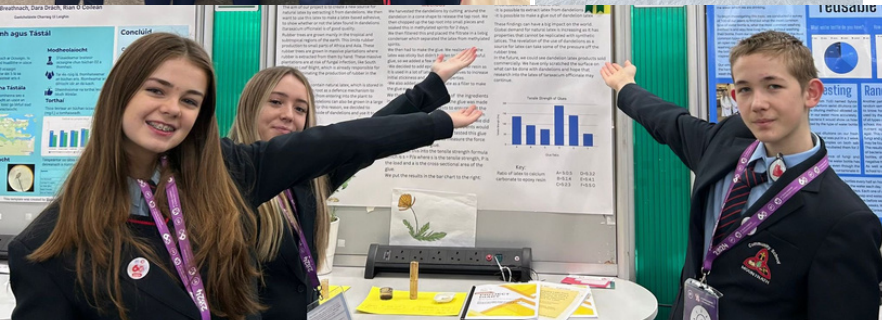


**Mountrath
Community
School**
January 2024



Welcome to the January edition of our newsletter from Mountrath Community School for the academic year 2023/2024 bringing you updates on all the latest activities and achievements of our school and students. Included in this edition are the following

- BT Young Scientist Award
- Webwise Ambassador
- Young SVP
- Various subject departments
- Students voice on Laois Hurling
- A word from Student Council
- Futurwize with 2nd years (STEM)
- English, History, Home Economic Dept.
- LCA's & First years go Ice skating
- Recipes
- Sporting events



Student Achievements

BT Young Scientist Experience - by Seana Dunne

We are so lucky we were chosen to represent Mountrath Community School for the BT Young Scientist exhibition in the RDS from the 11th to the 13th of January. Our project was titled "extracting latex from dandelions and using it to make a glue to find a sustainable alternative source for latex." We learned so much from the research we did for our project. We made so many new friends and got to meet Norma Foley, Sean Fleming, Pippa Hackett, Carol Nolan, Simon Harris and Deric Hartigan from Ireland AM on Virgin Media. We had so many interviews and pictures and it gave us the chance to practise our speech for the judges. We learned a lot of interesting things from other projects. We arrived in Dublin the 10th of January as we had to set up and meet the judges. We had 3 rounds of judging and the awards were on Friday 12th. Every evening we had evening entertainment. This included a huge kahoot with nearly 300 students. (Miriam came 2nd!), karaoke and 2 discos. We stayed in a hotel so we did not travel up and down everyday. It was a great experience and we wish to do it all again. In the end, we left the rds with a highly commended badge. This was a great achievement and we would like to thank the school for allowing us to represent them and a huge thank you to Ms Thompson who travelled us with us and helped us all the way



Student Council by Tiernan Donovan

The past month has been one of the busiest and most productive for the Student Council. Thanks to the hard work and persistence of our members, students are now soon to be entitled to their own unique ISIC Student Cards, which grant them offers, discounts, and exclusive perks on a range of products and services, including McDonalds, GAA Tickets, River Island, and many more, all for only €15 total. This has been a primary objective of the student council for over two years now and in the aftermath of the Christmas shopping season, there isn't a better time to allow everybody a less nail-biting spending experience. We are all committed to supporting our peers and answering to their concerns every step of the way. Student Card issuing day will be the 22nd of February. Make sure to get your application form from a member of the student council. To contact the Student Council and raise your own queries, we urge you all reach out to our email: studentcouncil@mountrathcs.ie



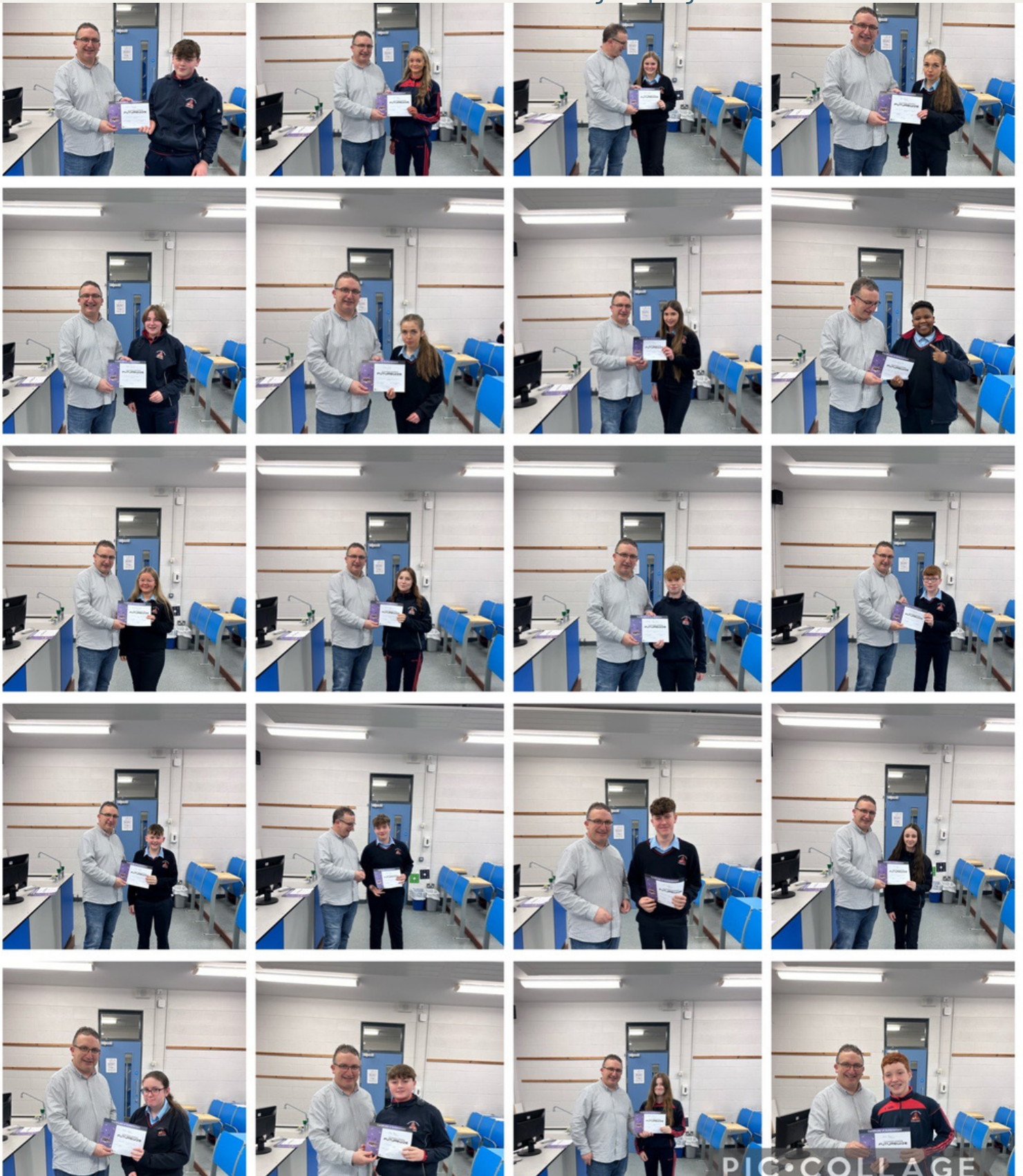
Student Achievements & Activities

Futurewize - Junior Cycle Achievement Programme in STEM

A group of 2nd year students completed the Junior Achievement Programme called Futurewize. They built on their knowledge and skills of future careers in STEM.

Futurewize is a 5-week STEM programme which links the strands of the junior cycle science curriculum: Earth and Space, Chemical World, Physical World and Biological World, to varied careers and fields of study in STEM through fun hands-on activities.

Futurewize is delivered in partnership with Science Foundation Ireland. We would like to thank Owen Coonan for delivering the programme.



Webwise Ambassador at Google by Caoimhe Dunne

My journey to becoming a Webwise Ambassador all started at the beginning of TY, because I wanted my voice/opinion to be heard on important matters such as; the youth and our online world.

After many training days in Dublin, where I learned to be an ambassador and got to know my peers. I got a chance to be invited to Google headquarters. Throughout the day as an ambassador I was asked to lead a group of about ten students from across Ireland who, like me, feels a sense of responsibility as a young person to be involved in what goes on in our online community. Thanks to this massive tech company, Google, we are assured that our opinion is making the online world a better place.

The day consisted of three workshops and an icebreaker, which I led in my group. Each workshop contained an important insight into the online world, and how others see it. The first workshop was a walking debate on online world statements such as; Artificial intelligence will make the world a better place? We got to see whether people agreed, were unsure, or disagreed. This workshop helped to understand how others my age felt about the future and its technology. In the second workshop we looked at how others, around my age, spend time on their phones. I wasn't surprised to see 'Snapchat' as one of the apps they spent most of their time on. I also taught the students about algorithms [complex mathematical formulas] and how that they work in the background which determine what content is presented in your newsfeed or search results. This brought us onto the question of whether it is truly your fault for becoming addicted to your phones? Sadly we ran out of time and didn't get to the third workshop.

But I was also assigned another role on the day. I was asked to interview alongside my fellow ambassadors a famous Irish tik-toker James Doyle aka Protein bar, Irish award-winning journalist Elaine Burke, and finally Dr. Dymrna O'Sullivan. You wouldn't believe how nervous and excited I was. This was a great opportunity to speak and to put myself out there, and also to hear from extraordinary minds, as well as influential, and to know that they cared to listen and give advice gave a boost of confidence to the students who were lucky enough to be there. Being a part of all that made me realise that Webwise did actually give the youth a chance to connect with those in charge of this technological advancing world. Showing that no matter what age you are your opinion is valued. All you need is a little motivation and confidence, and most importantly someone to lend an ear.



Young SVP at MCS

The Young St. Vincent de Paul programme is a youth development programme. We as Young SVP representatives strive to engage in social action in a positive and meaningful way. Our aims are to create an impact on our local community whilst also gaining a deeper insight into the importance of volunteering. We would also like to emphasise the value of encouraging young people to participate in voluntary causes such as SVP and by carrying out various activities in our local community we hope to inspire other individuals to follow in our footsteps.

We were exceptionally proud to present a €500 check to SVP before Christmas. The funds raised were a combination of the school's Christmas jumper day, a bake sale that was held on that same day and a generous donation from several TY students who ran their own mini companies.

Each of our members have put in a tremendous effort over the past few weeks in preparation for a three week workshop we are in the process of creating for 1st and 2nd class students in one of the local primary schools in Mountrath. We plan to divide the children into three groups and assign approximately four of our members to each group. Our Young SVP group designed this workshop to not only provide a learning experience through creative outlets for primary school goers but also to celebrate the talents of each of our representatives of the group. The workshop will focus on forms of creativity such as arts and crafts, group reading and music.

A short presentation will be delivered to first year students in the coming weeks in order to raise awareness of social injustices in the world as well as the work that is carried out by SVP. We plan to have a quiz towards the end with small prizes so that the presentation is more engaging.

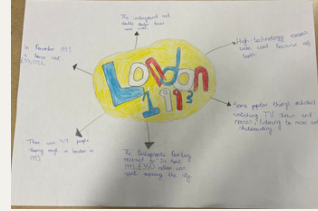
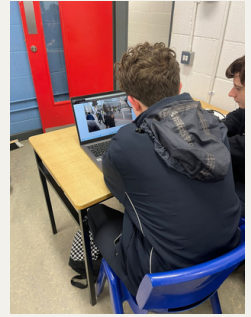
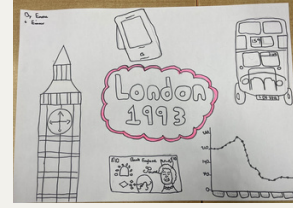
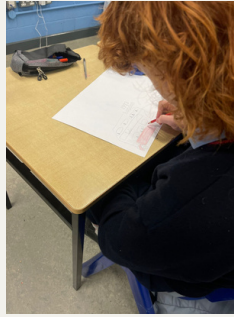
The preparation for our upcoming projects have stirred great excitement amongst our members for quite some time now and we look forward to seeing and enjoying the fruits of our labour!



Snapshots of some Departments at MCS

English Department

Some recent photos of Ms Scully's English class doing a pre-reading task. They are about to begin the novel 'Stone Cold' which follows the life of Link, a homeless teenager in London during the 90's/



History Department

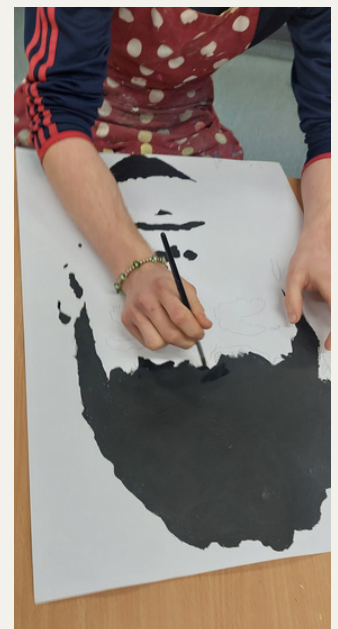
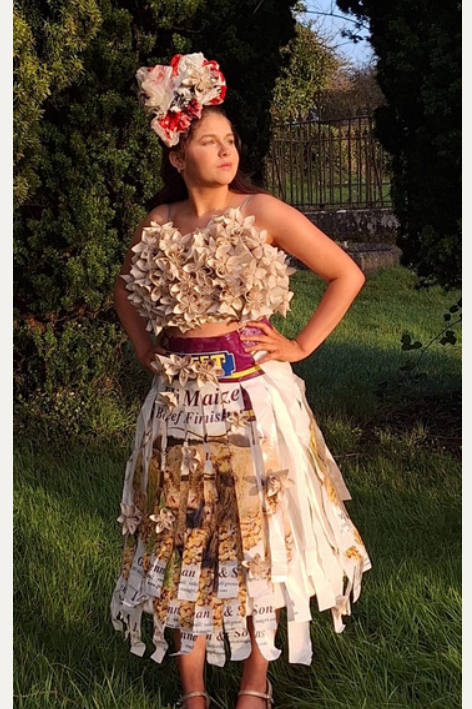
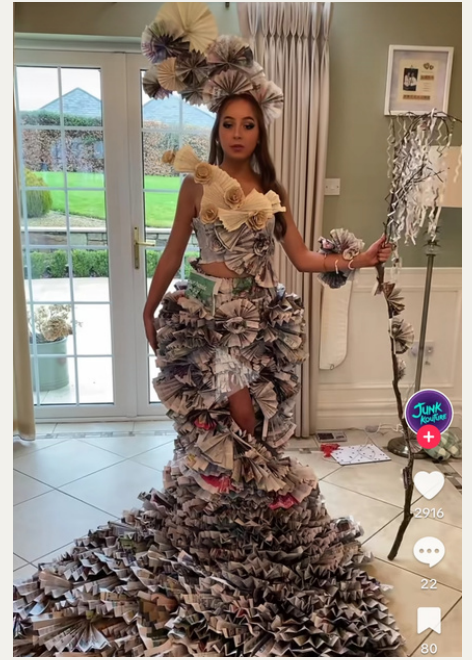
First year students are currently studying The Renaissance including the study of Michelangelo. Here students are drawing a picture under their desks imagining how Michelangelo worked for four years creating the ceiling on the Sistine Chapel.



PE Department

Sixth year students showing off their gymnastic skills

Snapshots from the Art Department



Some recipes from the Home Ec. Department

Home Economics Department

Our excellent Home Economics Teachers have put together some recipes to help kick off 2024 with some homemade goodness.

Healthy Breakfast Smoothie (bbcgoodfood.com)



Ingredients:

- 1 banana
- 1 tbsp of porridge oats
- 80g of berries (strawberries, raspberries or blueberries)
- 150mls of milk
- 1 tsp honey
- 1 tsp vanilla extract

Method:

Put all the ingredients in a blender and blitz for one minute until smooth.
Pour into two glasses, serve and enjoy.

Homemade Granola

Ingredients (serves 2)		Equipment
Granola (makes 8–12 servings) <ul style="list-style-type: none">• 150 g porridge oats• ½ teaspoon ground cinnamon• 1 tablespoon vegetable oil• 1 tablespoon honey• 75 ml maple syrup or golden syrup• ½ teaspoon vanilla extract• 1 tablespoon sunflower seeds (optional)• 1 tablespoon chopped walnuts or pecan nuts (optional)• 1 tablespoon flaked almonds (optional)• 30 g raisins or dried cranberries (optional)• 25 g desiccated coconut (optional)	To serve <ul style="list-style-type: none">• 8 strawberries• 60 g raspberries• 60 g blueberries• 2 kiwis• 100 ml Greek yoghurt	<ul style="list-style-type: none">• Baking tray• Greaseproof paper• Weighing scales• Measuring spoons• Mixing bowl• Chopping board• Sharp knife• Wooden spoon• Hand whisk• Jug or bowl• Colander or sieve

Method

Granola

1. Preheat the oven to 180 °C/gas mark 4. Line a baking tray with greaseproof paper.
2. Put the oats, cinnamon, and any of the optional ingredients into a mixing bowl. Stir well.
3. Whisk the vegetable oil, honey, syrup and vanilla extract in a jug or bowl. Drizzle this over the dry ingredients and stir well.
4. Spread the granola evenly onto the baking tray. Bake for 15–18 minutes altogether. Remove the tray from the oven after 10 minutes to stir the contents, especially the edges, to ensure even cooking. Put the tray back into the oven and bake for the remaining 5–8 minutes.
5. Store the granola in an airtight jar and use within 1 month.

Fruit

6. Wash the strawberries, raspberries and blueberries in a colander or sieve.

Sustainability Tip

Use fruit that is in season, for example strawberries and raspberries in summer and blackberries in autumn.

First years go Ice-skating with their Meitheal Leaders



MCS Sports

Keep up-to-date on all sporting events through our Social Media



MCS representatives for Laois hurling

MCS has a massive 14 former students represented on the Laois U20 hurling panel for 2024 - well done to all.

Congratulations also to our 11 past students who have been chosen on the Laois Senior hurling panel for 2024 including current staff members Mr Aaron Dunphy and Mr Bryan Bredin. We are particularly proud to have Mr Dunphy chosen as Laois Senior hurling captain for the coming year. Some of our 1st year hurlers are thrilled to have Mr Dunphy and Mr. Bredin coaching them here in the school as you can read below

*it's really good to have the Laois Captain on the pitch for school hurling giving tips that other schools might not be able to get...it's really special to me that Mr Dunphy got picked as Laois Captain because he is from the same club as me - Borris in Ossory Kilcotton
(Padraig Fahy)*

Mr Dunphy deserves it because he is a great leader, a great hurler, a very nice person and respects everyone around him - we are lucky to have him as a teacher and a hurling coach along with Mr Bredin.

(Benjamin Peake)

I can see Laois winning the Joe McDonagh Cup under Mr Dunphy.....he is also a very supportive teacher who I have for Business twice a week

(Jack Higgins)

Mr Dunphy has great skill and workrate and will make a great captain ... I am extremely lucky to have him and Mr Bredin coach me and the other 1st years on the school hurling team.

(David Peters)



Check out @mountrathcs on Instagram, Facebook & Twitter

MCS Sports

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MCS Football - First years

Mountrath CS 1st Year football team started of their year with an away defeat to Dunlavin last Thursday 1st Feb. It was a challenging day with a reduced panel and difficult conditions but the team worked together well and are promising for the future.



Junior Football Boys

Junior Football boys played Oakland's CC in Edenderry on Monday 29th Jan in an effort to keep their year alive. Unfortunately after a valiant effort they lost to a strong Oakland's team which makes that two losses this year and knocks them from the North Leinster competition.



MCS Basket Ball

First and Second year Basketball season began last week. They played two games against Borrisokane and Dunamase with the first years winning both of their games. After the mid term break both teams will still have the chance to make it out of the group and go on to the next round of the Midlands comeptition.



Evening Study

1. Open to all year groups!

2. Pay per day - €3 only

3. Family offer 2nd child €25/year

NEW

- 💰 **Flexible Payment Options** for students attending on some days - **just €3 per day.**
- Family Offer - Families with 2 students pay just **€25 for a second student.**
- 🖥️ Time and quiet space for **focused study** and homework completion.
- ☕ **Microwave, Kettle, and Toaster** available.
- ☀️ **Structured Environment:** Encourage **discipline** and **routine** in your students **study habits.**
- 👩‍🏫 **Qualified Supervision:** Our experienced staff ensures a **productive** and **safe** study environment.

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