

4 Types of BULLYING

PHYSICAL Bullying

Hitting, kicking, slapping, pinching, scolding, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted and inappropriate ways

VERBAL Bullying

Name calling
Insults
Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting
Threatening to cause harm

SOCIAL Bullying

Lying and spreading rumors
Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

CYBER Bullying

Flouting/sending hurtful texts, emails or posts, images or videos

Making online threats

Inviting others online to cause their harm

Deliberately excluding others online

Spreading nasty gossip or rumors online

IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND.

Z6Go

FILMS

Coco (2017) – A visually stunning Pixar film about family, music, and legacy through the lens of Día de los Muertos.
★ Rotten Tomatoes: 97% | Rating: PG
Emotionally rich, culturally vibrant, and musically uplifting

E.T. the Extra-Terrestrial (1982) – A young boy helps a gentle alien return home while avoiding government capture.
★ Rotten Tomatoes: 99% | Rating: PG
Timeless, emotional, and filled with Spielberg's magic.

DOCUMENTARY

Spellbound (2002) – A compelling look into the lives of students competing in the National Spelling Bee.
★ Rotten Tomatoes: 98% | Rating: G
Engaging and inspirational for school-age kids.

BOOKS

The Westing Game by Ellen Raskin – Sixteen heirs are challenged to solve a puzzle to inherit a fortune, uncovering secrets and clues along the way. (Ages 10+)
A clever and quirky mystery classic.

Artemis Fowl by Eoin Colfer – A 12-year-old criminal mastermind kidnaps a fairy to restore his family's fortune, setting off a wild, high-tech adventure. (Ages 10+)
Smart, witty and action-packed.

Yona of the Dawn (Akatsuki no Yona) by Mizuho Kusanagi – A manga series following a princess who must reclaim her kingdom after a coup. Themes of courage, friendship, and adventure. (Ages 12-14)
Fantasy, action, and strong character development.
★ Highly praised for story and art | Suitable for teens

SERIES

My Neighbor Totoro (Anime Film) – While technically a film, this Studio Ghibli classic is often aired as part of kid-friendly programming blocks and beloved as a gentle introduction to anime. (G)
A magical story of two sisters who meet forest spirits in rural Japan.
★ Universally loved | Perfect for all ages

Gravity Falls – Animated mystery-comedy about twins spending summer with their uncle in a strange town filled with supernatural creatures. (PG)
Witty, clever, and full of surprises.
★ Highly praised | Suitable for ages 10+

Mythbusters Jr. – Young scientists test myths and urban legends with fun experiments and curiosity-driven science. (PG)
Educational, exciting, and inspiring for tweens.
★ Great for ages 9+

GAMES

Just Dance (Any Version) – Players mimic dance moves to hit songs; great for parties or family game night.
★ Critically praised for being active, inclusive and fun.

Volume 2
Issue 3

THE EOIN ECHO

Coláiste Eoin Hacketstown, May 2025 Volume 2, Issue 3

Coláiste Eoin's Wellbeing Week Brings Fun, Positivity, and Team Spirit

Coláiste Eoin's Wellbeing Week 2025 was a fantastic success, bringing students and staff together through a range of fun, healthy, and uplifting activities.

The week wrapped up with dancing, jiving, and a celebration of all our winners:

- Vibrant Vibes: Ella Forde, Cathal H. Murphy & Millie Strahan
- Drop & Squat: Hannah Nolan
- Poster Competition: Kara Nolan & Millie O'Neill
- Dance Fit: Ewan Fitzachary
- Jiving: Aoife Canna & Taylor Ryan
- Tag Rugby (5th & 6th Years): Callum McRae, Jack Whelan, Eoin Canna, Darragh Cullen, Luke Kelly, Aine Lambert, Eimear O'Toole, Grace Mulhall & Lailior

From Monday's Gratitude Wall launch and Poster Competition to Friday's Vibrant Vibes Day, the week was packed with energy. Highlights included the Drop and Squat Challenge, dance sessions with Caoimhe Byrne, healthy snacks, and acts of kindness during Tuesday's Pay It Forward campaign. TY students enjoyed a Tag Rugby Blitz, while 1st and 2nd years battled it out in a friendly football match. Wednesday's Sports Day was a school-wide celebration of teamwork with races, games and endless laughter echoing around the grounds. On Thursday, TYs hiked Glendalough and senior students played in another rugby blitz.

A huge thank you to everyone who made Wellbeing Week such a success—a joyful reminder of the power of positivity, movement, and community. *Continue on Page 10*



STUDENT EXCHANGE – YOUR SUPPORT IS NEEDED!

Coláiste Eoin Hacketstown is thrilled to expand its student exchange programmes! Alongside our successful French exchange, we're launching an exciting new partnership with KGS Bad Bevensen in Germany.

From **1st to 8th October 2025**, we will welcome **24 German students** to our school. This is a fantastic chance for our students to experience a new culture, form international friendships, and broaden their learning.

**⚠️ We still urgently need host families
12 German students still require accommodation.**

- Hosting a student means:**
- Providing a place to sleep (a spare bed, sofa bed or shared room is perfectly fine)
 - Supplying meals and transport to/from school
 - Creating a warm, welcoming environment

- In return, your child will:**
- Participate in all exchange week events
 - Build friendships with students from Germany
 - Travel to Germany in return
 - For German language students – gain confidence and real-world practice

If you can help or want more info, please contact Ms. Power at vania.power@ceh.ie

Let's make this an unforgettable experience for everyone involved!

*'Education has the power to change lives and build communities'
Inside features the Principal's Corner*

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WELLBEING WEEK



AWARDS CEREMONY



Empowering Learning: Parent and Student Perspectives on Coláiste Eoin's New Laptop Initiative

As part of Coláiste Eoin's exciting move towards digital learning, we're introducing our laptops for all 2nd and 5th Year students starting in the 2025/2026 school year. This phased rollout supports ongoing Senior Cycle reform, addresses the evolving role of technology in education and reflects the potential implementation of a smartphone ban. With the aim of boosting students' digital skills and preparing them for the future, this initiative marks a significant step forward for our school community.

In this interview, we speak with a parent and student to hear their thoughts on how the laptop initiative will impact learning, day-to-day school life, and the broader educational experience.

Interview with Paula Boland (parent)



What did you think when you first heard about students getting their own laptops in school?

I was delighted to hear that laptop devices would form part of the education pathway for all children in Coláiste Eoin as I believe digital skills are just as important as being able to read and write nowadays, and required digital skills can only really be gained through continuous use and practice. Laptop devices are by far superior to phones and tablets in the development of the expected digital skillsets needed on Leaving secondary school.

Why do you think using both books and laptops is a good idea for students?

I am a big believer in balancing books and digital devices as its far too easy to look things up online to get an immediate answer, whereas in my opinion, learning through books makes us think and use our brain a lot more. Books require a level of understanding to arrive at your answer and moving away from books altogether would also lead to a deterioration in a student's reading abilities I think.

How do you think this will help your child with their schoolwork?

With the leaving cert and Junior cert, both incorporating higher levels of digital assessment elements, having access to and using a laptop daily will increase my child's digital skills substantially which will in turn improve their schoolwork. It's the same as anything even sport, the more you practice something the better you will become in doing it and after a while it becomes second nature without you even having to think about it. With teachers also being able to monitor devices within the classroom, it removes the concern of 'how do we know that they are actually doing school work on the laptop?'

What would you say to parents who might be unsure about this new change?

Speaking from the viewpoint of having two children who moved on from Coláiste Eoin, one to full time third level and one undertaking an apprenticeship programme with part-time 3rd level elements, I can say that having strong digital skills on leaving secondary school is an assumed skill nowadays. All any of us want as parents is for our kids to do as well as they possibly can and I believe that providing them with access to a digital device to build digital skills will remove one of the many obstacles that they will face.

Have you looked at the laptop and payment plan from Olive for Education?

Yes, I have signed up for it as I have a student going into 5th year and am using the payment plan which is helpful and having the closure date extended to July is a help. Overall, it is a good price for a laptop, hard shell case and the five year warranty is a great benefit and puts my mind at ease. I'm hoping I don't have to utilise it, but it's a big relief to know that if anything happens to the laptop that it will be looked after once the laptop is paid for. Also knowing that all the restrictions can be removed when my child leaves school is great.

How do you think this will help your child get ready for exams and life after school?

We do have a laptop at home, but there is usually one or two looking to use it at the same time. Especially in exam years, there is a high amount of portfolio/project work needed to be completed digitally and with the increase in the digital elements now even greater, having their own laptop will make life easier for everyone and help them get their school work done. There is no doubt that they will improve their digital skills and also be more confident on doing things on the laptop. I feel strongly that if we want our kids on finishing school to be on a equal footing with their peers from other schools, its a no-brainer. Moving on from secondary school to whatever route students take is a massive transition and having strong digital skills rather than struggling with them is a major advantage.

Do you feel the school is doing a good job helping parents and students with this new plan?

Well, really the school can only provide the educational reasons why they are bringing in controlled digital devices, how the scheme will operate and provide the information on the device plan which I feel they have done. Every parent may have a different answer to this question, but any query I have raised has been answered. I am glad to hear that for future years who maybe purchasing the laptop that the payment plan will be available from earlier in the preceding school year, which will help ease the financial burden on parents.

Opinion from Penny Keogh (1Y student)

- I feel like the laptops will be a big help for studying.
- I think studying and taking notes will be a lot easier with the laptops.
- I think using technology in each class will help get more done because we won't have to take so many notes.
- I have used digital tools for my projects and it was definitely a big help.
- The worry I have is the charger and having to not lose it.
- I think this change will help students who learn in different ways because they will now have the option between using technology and books.
- I think this will really help me when it comes to writing essays in college.
- I would say to take good care of the laptop and use it for your studying while you have it.



By Ms. Lil Hand

Shane Casey the biodiversity officer with Carlow County Council brought out goats to the fire station on May 3rd. This was part of the urban pollinator foraging network map of over 60 acres in towns and villages of Carlow. The green school committee and first and second years went down to see the goats and Shane explained all about them.



Ecology Trip

The third science students went on ecology trip in Castlecomer discovery park on the 30th April. It was a very informative day as they learned about the flora and fauna of a woodland. As an added bonus the weather was brilliant.

By Ms. Lil Hand



Coláiste Eoin Wins Gold at DCU Competition

Coláiste Eoin's T/Y project 'Dancing Through the Ages' has won the Gold Award at the DCU National Intergenerational Competition, placing 1st out of 54 schools.

Led by Ms Mary Cummins and Ms Leeann Cummins, the project saw students Emma Langrell, Chloe Southern, Lilly Murphy, Josh Kelly, Cathal Cullen, Jessica Doyle, Saoirse Tyrrell, Kendall Walsh, Charlie Wynns, Charlie Hennessey, and Brian Whelan connect with local older adults through eight weeks of dance and fun.

A huge congratulations to all involved!

INTERNATIONAL CORNER

Nico Gonzales Junco, 5th Year

My city name is Oviedo. This city is located in the north of Spain and is the capital of Asturias, that is my province. My city is not big as Madrid, but is big enough having 186km² and a population of 226353 people.

In my city, there are a lot of typical food. The most famous is call chachoro, this is a slice of meat, another of cheese and another more of meat and then you have to fry it. Another typical plate is fabada. This is beans with a special sauce and Spanish chorizo.

My City has a soccer team that is famous in Spain, because they used to be in the first division of Spain for a long time and it is the number 17 historical in Spain. Now they are in the second division, but on a position of play off.

From my city there are a lot of famous people like David Villa that is a Striker, very famous Fernando Alonso that is a F1 pilot, Santi Cañada that is another soccer player and Juan Mata is the same.

Oviedo is considerate are of the prettiest cities in Spain, has part of the centre with a lot of buildings and houses, and there is a part of mountains with paths to walk and with restaurants.



GALICIAN RECIPE OREJAS
by Uxia Pereiro Castromil, 5th Year

INGREDIENTS

- 250 grams of flour
- 60 grs Icing sugar
- 50 grams of butter
- Orange or lemon zest (or mixed)
- 25 Anise
- 100 ml warm water
- 1 egg
- 1 pinch of salt



STEPS TO FOLLOW

1. We grate the orange or lemon and glaze the sugar. Add the rest of the ingredients except the flour. Then, we beat well, and we sift the flour and add.
2. Knead and put oil to heat when the dough has rested for at least an hour.
3. Once rested, we make balls, spread the rolling pin with oil (never flour) and stretch it until they are very thin, they even break. We fry them.
4. We add normal or icing sugar.

**LEGO Club:
Building Creativity
and Friendships**

by Cushla Young



Our LEGO Club has quickly become a popular lunch-time activity, offering all students a fun and creative space to build, imagine, and connect. It's a place where ideas come to life and friendships grow—brick by brick! Whether working on individual projects or teaming up for group challenges, students are developing problem-solving skills, expressing their creativity and enjoying a relaxed, social environment.

A huge thank you to all the parents and families who generously donated LEGO sets and pieces at the start of the year—your support has made this club possible and is truly appreciated by all involved!

**Relational and Restorative Practices in
TY: A Year of Growth and Connection**

by Cushla Young

This year, a small group of TY students engaged in relational and restorative practices. Central to this approach was the use of circle time. Through relational and restorative circles, students learned the value of empathy, active listening, and accountability. The intention is to develop a culture of empathy, care, respect and accountability that allows these students to flourish and connect in our school community and beyond. Skills to last a lifetime!



Want to join the Newsletter Team!!!
Reach out to Ms. Power and let us know!



Ask Auntie Dottie – Your School Agony Aunt
*Auntie Dottie is completely fictional,
but the advice is real!*



“I’m drowning in exam stress!” 6th Year student

Dear Auntie Dottie,
I’ve got my Leaving Cert coming up and I’m in bits. My heart races just thinking about study, and I feel like I’m never going to get through it all. Everyone else seems grand, but I’m freaking out. Help!

Auntie Dottie says:
You’re not the only one feeling the pressure—honestly, loads of students are the same, even if they don’t say it. Take it one subject, one topic at a time. Use past papers, set timers, and make sure you give yourself proper breaks (tea, walk, bit of telly—whatever clears your head). Don’t forget to eat and sleep properly too! And chat to a teacher or the school guidance counsellor if it all gets too much. Feeling the pressure is totally normal, but you also need to mind yourself.

“My boyfriend flirts with other girls” – 5th Year student

Dear Auntie Dottie,
My boyfriend is always being flirty with other girls, even when I’m standing right there. When I say it makes me feel rubbish, he tells me I’m overthinking it. Am I being dramatic?

Auntie Dottie says:
Not at all—you have every right to speak up if something’s bothering you. A decent relationship means both people feel respected and listened to. If he’s brushing you off instead of trying to understand, that’s not a great sign. You deserve better than someone who makes you feel small. Be honest with yourself—are you happy, or are you settling just to avoid being on your own? Trust your gut, girl.

“I feel left out all the time” – 3rd Year student

Dear Auntie Dottie,
I never feel like I fit in. I see people hanging out, laughing, making plans, and I’m just on my own most of the time. I try to be friendly, but it’s like I’m invisible. What should I do?

Auntie Dottie says:
That feeling is horrible, but it doesn’t mean anything is wrong with you. Not everyone finds their crew straight away. Try joining something in school—even if it’s just the book club, GAA team, Green Schools, or drama group. You’ll find people who get you, and it’ll happen more naturally than you think. Don’t give up. Sometimes, one good friend is all it takes to turn things around.



Hey!
Want to ask something?
Drop an anonymous note into the advice box near the Home Economics Room.

SPORTS

"Sport is a great way to keep fit. It's a stress reliever."

Katie Taylor, Irish professional boxer and former footballer

Indoor Soccer Tournament

By Tracey Dorgan

We started a girls indoor soccer tournament back in January, we had 56 girls from 1st, 2nd & 3rd yr putting their names forward to play. Once names were counted and divided up, we had 8 teams with 5/6 players on each team. The managers were 8 TY's; they were Saoirse Tyrrell, Charlie Hennessy, Chloe Southern, Sam Walsh, Faye McGrath, Josh Kelly, Evan Byrne and Lara Boland. Their job was to inform their team of the time and dates of the matches through Teams and organise their team on match day. The matches were played each week, with the semi final on the 29th April and the final on the 12th May. Sam & Lara played out a very entertaining final match which ended up in a penalty shootout. Sam's team was the final winner. It was great to see so many girls having fun and playing soccer. Thanks to Mr Higgins for refereeing the matches and Ms Power for her help on match days.



CAMOGIE

The 1st and 2nd Year Camogie team are Leinster Champions! The team secured a 6-6 to 1-8 victory in the final, capping off an impressive campaign. Along the way, the girls recorded a win over Gaelcholáiste Cheatharlach and, despite a group stage loss to Coláiste Christ Ri, finished second in their group. They went on to defeat Holy Family Newbridge in the quarter-final and Killina Secondary School in the semi-final. The team is captained by second-year student Emily Murphy. Congratulations to all involved on a fantastic achievement!



FOOTBALL

Our first-year boys took part in the football blitz in Fenagh this week, giving it their all in each game. While the scoreboard didn't reflect their effort, the lads showed great heart and plenty of potential. It was a solid learning experience and a step in the right direction as they continue to build their skills and grow as a team.

TRANSITION YEAR

Transition Year Students Enjoy Amazing Trip to Italy

Transition Year students from Coláiste Eoin had an unforgettable trip to Italy from 2nd to 6th May 2025. Led by Ms Cummins, with great help from Mr Fogarty, Mr Keogh, Ms Balfie and Ms Power. The group visited Florence, Verona, Venice and Lake Garda. The students were praised for their excellent behaviour and had a fantastic time.

The tour began with a flight to Pisa and a visit to the famous Leaning Tower. In Florence, students enjoyed shopping and climbed to the top of the cathedral for great city views – 463 steps! The next day, the group travelled to Verona, visited Juliet's house, and took a scenic boat trip on Lake Garda.

Sunday was packed with fun at Gardaland theme park, an amusement park with six hair-raising rollercoasters and thirty-two rides and many shows. On Monday, the group explored Venice by foot, boat and gondola, seeing famous sights like St. Mark's Square and the Doge's Palace.

On the final day, students took a cable car up Monte Baldo for stunning views, then enjoyed some shopping before heading home.

The trip was a huge success, filled with fun, learning and great memories for all involved.



Congratulations to Seaclaid Saibhir, Coláiste Eoin's Transition Year mini-company, for proudly representing Carlow at the Student Enterprise National Finals in Mullingar on 8th May. Although they didn't take home a prize, Cathal Cullen, Saoirse Tyrrell, Jessica Doyle, and Lily Murphy impressed with their artisan chocolate business – a testament to their creativity and dedication.



Members of Seaclaid Saibhir visiting the cockpit on their Ryanair flight to Italy

Well done, you are a great bunch of students!!!

As the Transition Year comes to a close, we want to congratulate all TY students on a fantastic year of growth, learning and new experiences. From enterprise projects and work experience to trips, workshops, and personal development, you embraced every opportunity with enthusiasm and maturity. TY is a unique journey and each of you made the most of it: stepping outside your comfort zones, building confidence, and creating memories that will last a lifetime. Well done on all you've achieved, and best of luck as you move forward into senior cycle!