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TY Induction Day - 2nd September



On the 2nd of September we welcomed our TYs for their first day back at school. On induction day the TYs met their new classes and were introduced to their class tutors for the year. Students attended an assembly with Mr. Thompson period one regarding the expectations for the year. The TYs followed a timetable where they got a rundown of all the aspects of TY they will be participating in throughout the year.

Some of these classes included an ePortfolio session where students were able to set up their account. Students will use these throughout the year to track all the activities that they will take part in over the course of TY. The ePortfolio will make up part of the final end of year grade.

New Skill, Community Care, Work Experience and Journal Expectations - in this class students were told that over the course of this year they will need to take part in an act of care in their locality, eg. helping an elderly neighbour or volunteering for a charity and also take up a new skill that they can possibly carry on with them for the rest of their life, some examples of this can include, cooking, learning a new language or knitting, etc. Work Experience was also discussed with the students briefly stating that they have 2 work experience slots in November and February.

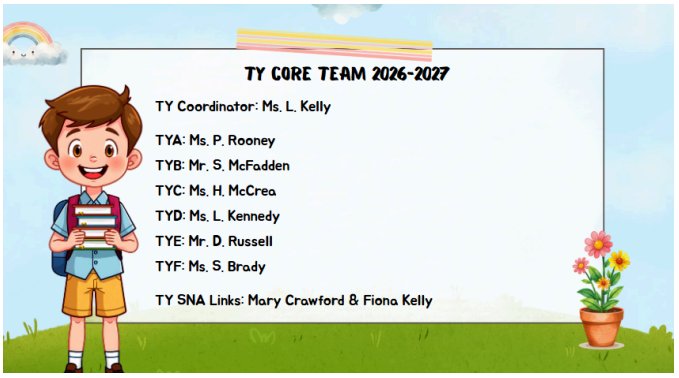
The TYs were also introduced to the many choices of leadership modules they could take part in with some examples including YSI (Young Social Innovators), Rowing and The Big Idea. To lighten up the

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day bonding activities were organised during the day for different classes to get to know their new peers. This proved to be a great success.

During the last class of the day the TYs had another assembly up in the library discussing the TY calendar for the year and the plan for the bonding trip the next day. The day proved to be a smooth introduction to the upcoming busy year and was an enjoyable first day for all.



TY Bonding Trip to Cavan Adventure Centre - 3rd of September

On 3rd of September, our TYs visited Cavan Adventure Centre for their bonding trip.



Our students left the school at 7:45am sharp and were home at 5:30pm. Students completed a rotation of 3 different activities throughout the day.

TYs were split into three different groups and stayed in these groups for the day through the duration of the activities. The activities included paddle boarding, an inflatable water park and kayaking.

The giant paddle boarding included multiple boards of many different sizes that allowed different amounts of students on each, a majority of the students teamed up on the paddle boards rather than opting to travel alone. The TYs were given two-four paddles per float, meaning not everyone had to struggle with paddling and could simply relax and float along the water rather than attempt to steer the boards.

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The second activity that our students participated in was the inflatable waterpark, which was suspended out in the water and the students had a short boat ride out to a small plateau where the students then had to swim to the waterpark themselves, which proved to be an exhilarating start to the activity.

At the waterpark there were obstacles such as climbing walls, huge slides out onto the water, trampolines and even a swing. If students were feeling up to the test they could swim a little further a field to detached obstacles such as a curved almost rocking chair like structure that sat floating alone in the water or for a more difficult obstacle which was a strangely shaped orb upon the water in which students had to try balance themselves and their friends on the structure so that it would not tip over.

Many students stated that this activity was the most enjoyable for them.

Our final activity of the day was kayaking where the students could again choose to row as a group in double or triple kayaks or row themselves in a single kayak. With the aid of 3 guides, we went on a trip down the river on our kayaks. On this tour we saw different aspects of wildlife such as some swans resting on the watertop.

Overall our TYs thoroughly enjoyed their bonding trip and all agreed that this was a great start to the year!



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Drama Workshop/Musical Auditions - 4th & 7th September

All TYs took part in a drama workshop that actually doubled as auditions. The workshop was held with Karla Lacey, the director of the musical. She was keeping an eye out for the talented leads we now have.

The first activity was this Mirror game - you were paired with the person beside you and had to mimic their actions and emotions. It was great fun with lots of TYs breaking character bursting into laughter. The next warm up activity was another mimicking game where you got a card with an emotion and had to act it out using your facial expressions as well as your body language, while acting it out your partner would guess what emotion you had. This game was also really fun and enjoyable.

The next activity was to do with working on your improv skills. You and your partner were given a prompt which included two characters, they then had to sit down with each other on a bench and act out a quick short conversation with each other. This was really fun because the prompts were so funny and everyone was just having a great time.

We then read out lines from scripts from multiple different musicals in groups, the scripts ranged from Matilda the musical to Grease. This was a quick fun activity and its purpose was to see how people could read a script, see the words, and then try to express and convey emotion in their voice.

The final activity during the drama workshop was another improv session where you were given a theme and had to come up with a story in a group with four others, this was really fun as everyone got to choose what they wanted to and it was hilarious seeing what some groups came up with, all in all the workshop was lots of fun and was such a lovely experience.

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The second part of the Musical Auditions was the Music Auditions. This was a quick process where you would line up with a few others and sing “Happy Birthday” along with seeing your vocal range.

These two workshops/auditions lead to the callbacks, on your way out of the drama workshop you were asked what you would like to be and what company you would want to be a part of. For the people who chose a leading role, many received callbacks where they acted out some scenes and sang some of the songs. This all ultimately led to the amazing and talented cast we now have for our TY Musical - High School Musical which will take place in the John Bosco Centre on 16th, 17th, 18th & 20th of November.

Public Speaking Workshop - 8th ~ 24th of September

Between the 8th and 24th of September, the TYs took part in a Public Speaking Workshop with an actor named Alan Devine. This was a full day workshop which took place in the Library.

He taught the TY students how to properly maintain eye connections, how to project and properly pitch their voice and how to use hand gestures to emphasise a point. To make a good first impression, they needed a strong walk, powerful stance and the most important one, a friendly smile. Alan mentioned that these skills are not just useful when talking to a large audience but also in day to day life, like ordering at a restaurant, going to a job interview and more. It gives people an impression of what kind of person you may be. The TYs played multiple games to warm them up to each other and to get used to the idea of speaking in front of their peers as most of them were naturally hesitant. As an ice-breaker, each TY Student had to tell one of their own jokes while the rest repeated “HAHA”. As a change of pace, the TY students got on their feet to increase the amount of interaction. For the final exercise, the TYs performed a short nursery rhyme named “Old King

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Cole", with their own unique twist to the staple. This taught them the importance of advance preparation as they only received 5 minutes to create their accompanying dance.



Throughout the course of the workshop, the TY students slowly learned that public speaking is vital in life and he taught this through his own modified tactics to let the point sink in.

Overall, this was a fantastic learning experience for the TYs which they will carry with them throughout the course of their lives. In addition, it gave these students more experience talking or performing in front of an audience. Not only was this a very educational day but also a fun one that students thoroughly enjoyed!

Dance Concepts Workshop - 9th September

On 9th of September, all TYs participated in the Dance Concepts workshop with Amy O'Reilly.

We began with a warm up,which included different types of dancing like voguing, waacking and other movements.

Firstly, we formed lines of eight students and copied dance techniques from Amy. When we followed Amy's instructions, we were able to complete a routine as a group. We learned how important timing is when dancing because one wrong move can mess the whole group up.

We danced to many different genres of music. It took time to learn the dances as some of them were very quick.

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Amy then separated us into pairs, each boy dancing with a girl and vice versa. During this we learned how to slow dance with a partner and everyone completed a routine.

After we learned all the different dancing techniques, we were split into three groups to make up a routine incorporating all the different skills we learned. We were given ten minutes to complete this. Each group was allowed to choose the song they danced to. Everyone then performed their routine and everyone voted for the group that they thought was best.

It was an enjoyable workshop that allowed students the opportunity to step out of their comfort zone.

ATU Donegal Science Trip - 10th September



On 10th September, some of our TY students had a fantastic day at ATU Donegal in Letterkenny. They got to enjoy a hands-on science experience and explored the links between science technology and innovation.



It was a great day of learning for the students involved who got to experience what it would be like to study science at third level. Thank you to Ms. Corbett and Ms. Flood for accompanying the students and making the day a success.

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Surfing - 11th, 18th, 25th of September and 2nd, 9th, 16th of October

On Fridays over the course of six weeks, all TYs in their separate class groups went surfing with 'Finn McCool Surf School' in Rossnowlagh.

After break, we got organised outside Mr Doherty's office getting the roll taken and then we got onto the bus at around 11:20am. After the short bus ride to Rossnowlagh beach, everyone got the correct sizes for their wetsuits and got ready in the changing rooms. After everyone changed into their wetsuits, everybody had to wear rash vests with the surf school logo.



We had to take our boards in pairs down to the beach, before being given a short demonstration on how to use the boards, like how to stand up on them, how to catch waves, etc. Before everyone went into the water we played some quick warm-up games, mainly running based, before we got into the water.



After everybody was down to the shore, we got the leash of the board tied to our ankle and got into the water. The time all TYs spent in the water was around an hour and a half to two hours, and throughout the course of the time more and more people were able to stand up. Towards the end of the session, a lot of the class had caught a wave, we all had great fun!

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Barista Training Workshop - 29th & 30th September



On 29th & 30th September, all TYs took part in the Barista Training Workshop up in the library. Joe Rodden, owner of the Brew Box gave a demonstration on how to work a barista coffee machine. The TYs were given a booklet explaining how to work the machine as well as the names of the different parts and how to clean the machine. After talking through the booklet, the practical part of the workshop began.

Everyone got into a line to have a turn using the machine and make their own latte. You would first start out by cleaning the portafilter out with a towel, there was then a machine that would dispense the espresso, specifically 18 grams into the portafilter. You would then use a tamper to make sure the coffee in the portafilter was even, this was important as when you put the portafilter in the machine it's then faster and more efficient, the tricky part was how much strength you used as if you pressed down too hard the espresso would become compact and harder to use and if you didn't press down hard enough the espresso wouldn't be evenly dispersed in the portafilter. After that you would make your way over to the machine and twist the portafilter in and place a cup under and press the button to start, after a few seconds the espresso would be in the cup and you just had to move the cup to make sure when you were removing the portafilter no coffee grounds get into the cup. You then empty the portafilter and that's the espresso shot done.

After doing the coffee, we would then froth the milk in order to make the latte. You would choose to use Whole Milk or Oat milk and then put it in

a jug and place that jug under the milk frother. You knew when the milk was ready when you started to see bubbles, which you would then turn off the milk frother and tap the jug against the table to get rid of most of the bubbles. You then poured the milk into the cup and then were shown how to make a heart with the frothed milk, which many enjoyed.



All TY students got to make two lattes, in which they could then add sugar and chocolate powder if they wanted to, everyone thoroughly enjoyed it and it was a lovely workshop where many learnt new skills. What's amazing about this workshop is the fact that TYs can use this workshop to help get summer jobs in local coffee shops. It was a lovely practical demonstration and TYs got to enjoy two free lattes with their friends.

Coming Up In Our October Edition of the TY Newsletter

- Tony O'Reilly Gambling & Addiction Workshop
- Bosco Rehearsals
- Road Safety Roadshow
- Junior Cycle Results Day
- SEPI Programme
- Musical Rehearsals