



Student Newsletter

Be HAPPY

Be KIND

Be BRAVE

Be
YOU

Cynthia Ni Mhurchú

*MEP & former student
delivered the
12th Annual
Catherine Mc Auley Lecture
on Monday 17th November.*











2F Visit to Convent Chapel



Christmas Shoebox Appeal

Thank you to every student who donated!

TIME TO TALK

“Facilitating Reflection and Encouraging Collaborative Dialogue between Parents & 6th Year Students in preparation for Mock & State Examinations”



December 10th 2025
Assembly Hall
7pm



Register Attendance via link on 6th Year TEAM

AIM

1. Empower reflection
2. Encourage dialogue
3. Catalyse goal setting (academic and personal)



WHO SHOULD ATTEND

Parents/Guardians and Students are invited to attend together.

Students are welcome to come on their own.

ACTIVITY FOCUSED

Engage in 5 carefully curated activities to help focus academic goals in preparation for mock examinations





3rd Year Students working hard on their SPHE CBA



Liela Ahmed Abdallah, 4A, is one of our Cairdeas leaders for the 2A class.

Leila is an excellent leader who brings enthusiasm and creativity to her role.

She has taken the lead in organising a fun and thoughtful 'Invisible Friends' activity for her Second Year class, helping to build a warm, supportive atmosphere among students.



Cairdeas Leader

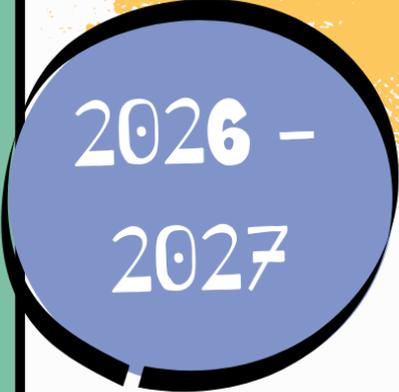
Carlow Annual Youth Conference

On the 11th of November, members of Comhairle na nÓg attended the annual youth conference in the Seven Oaks Hotel. The group discussed issues that are relevant to young people in Carlow. Topics discussed included the lack of transport in Carlow town and the lack of facilities for young people in the area. Students had the opportunity to participate in a podcast and to openly debate the above topics with students from neighbouring schools.





HOMWORK JOURNAL



2026 -
2027

What should
our theme be?



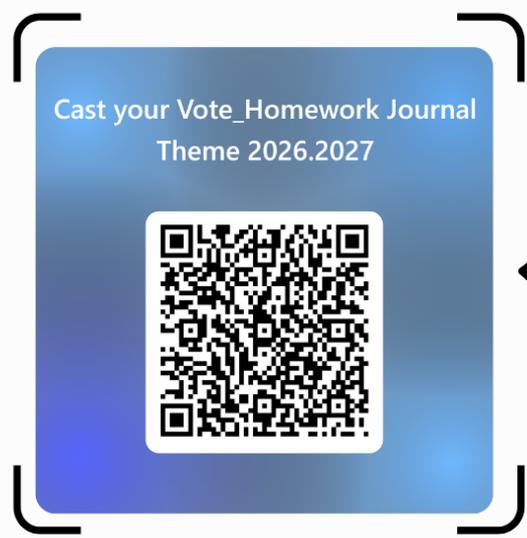
Cast your Vote
by scanning the QR code below



Scan me



SCAN



Public Speaking Competition Workshops

Workshops were held this week for all First and Second Year students interested in taking part in our annual school Public Speaking Competition. TY students Faye Brennan, Sinead Tomaszewska and Maia Fitzgerald, delivered three different workshops on Monday 10th November to facilitate the fifty-seven students who signed up for the workshops.



St Leo's College Annual Public Speaking Competition

will be held on **Thursday, 27th November 2025**

Open to all students

€50 PRIZE!!!!

Write and present a speech on one of the topics below:

1. Truth in the Age of TikTok: How Social Media Fuels Misinformation.
2. Why I Can't Remember What I Learned in Class, but I Know the Entire Life Story of Random TikTok Stars.
3. Céad Mile Fáilte - Is Ireland Still the Land of a Thousand Welcomes?
4. Social Media and Self-Worth: Who Decides What's Beautiful?
5. The Future of Friendship: Are Online Bonds as Real as Offline Ones?
6. A Survival Guide for Teenage Years.
7. Ireland's Student Accommodation Crisis: A Looming Crisis or a Solvable Problem?
8. Is Texting Better Than Talking?
9. How Does Gender Inequality Impact on Women Globally?

Speeches should take approximately 2-3 minutes for Juniors to present and up to 5 minutes for Seniors to present.

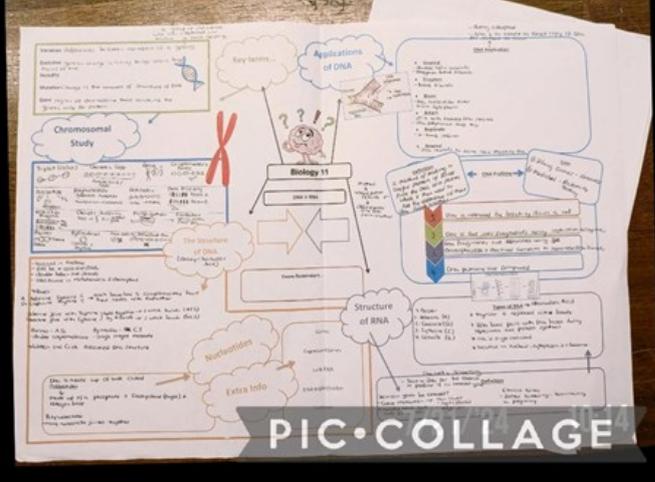
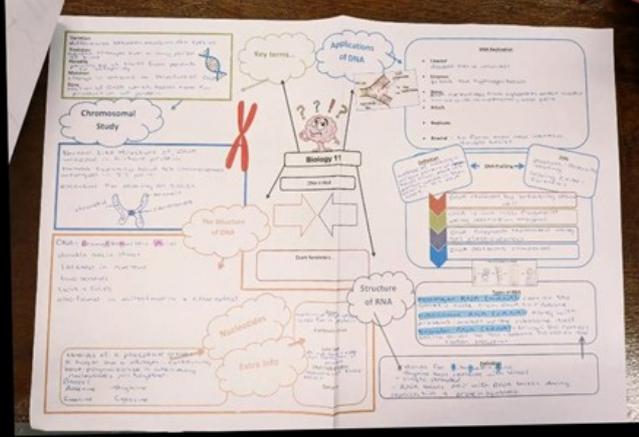
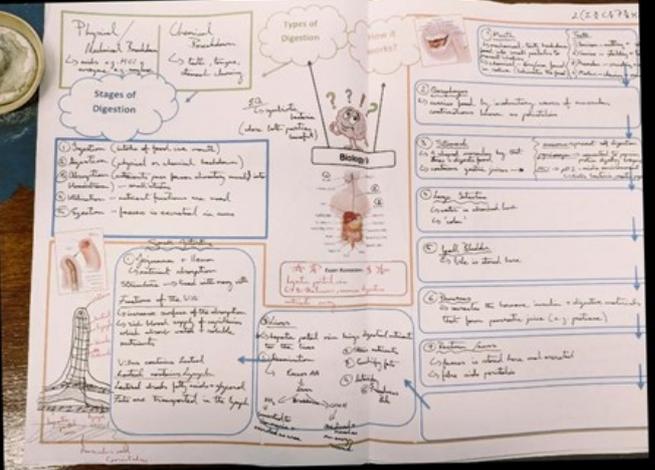
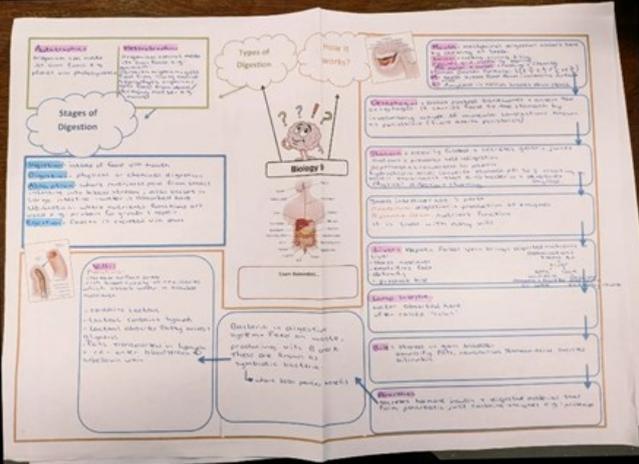
To take part, students who wish to compete in the competition should email their name and class to Ms Alison Doyle adoyle@stleoscarlow.ie by 4pm on Thursday, 20th of November.

There will be a trophy for the best Junior and Senior students, as well as a prize of a €50 gift card for both categories. Best of luck to all entrants!

The TY students covered topics such as how to effectively write and present a speech to an audience. All experienced public speakers and competition entrants and winners, the TY students were assisted in delivering the workshop by 2nd Year student Amelia Heslin, a recent winner of the Waterford Europe Direct Soapbox competition, who gave demonstrations in each workshop of how to present a winning speech.

Any students wishing to participate in the school's annual public speaking competition, which will be held on November 27th, should give their names to Ms Alison Doyle by email or on Teams.





Sixth Year Biology

Sixth Year Biology students are on week 10 of their revision plan. Combining exam papers and mind maps to review, practice and evaluate learning. Just a snippet of some of the great work being done.

Second Year Science

Second Year Science students have been exploring Human Health. Last week students conducted food tests to detect the presence or absence of protein, fat and starch. Wonderful display of Scientific knowledge and skills.



LCA Trip to The National Sport Campus



Well done to all of our LCA students who participated in some great activities last Monday.

They tried Gymnastics, Athletics, Badminton and Olympic Handball as part of their task in General Education.

Well done girls.





5th Year LCPE Trip to The National Sports Campus

Well done to our fabulous fifth year LCPE students who did several fitness tests in the National Sports Campus on Monday.



The students will use this data to help them with their PAPs in the future. Well done everyone, we received very positive feedback from the group.





Library Review

Phoebe Brennan 4C



The Perks of Being a Wallflower by Stephen Chbosky is a coming-of-age story that follows a socially awkward boy called Charlie as he begins high school. Charlie's story is carried by sentiments of alienation, teenage angst, and psychological struggles. What I quite enjoyed was the unconventional layout of the novel, which was written completely in the format of letters addressed for "Dear friend." At the very beginning of the story, we're told that every name mentioned is a generic substitute. Every person we meet, even the narrator himself and the very person "Charlie's" letters are sent to—we don't know who they really are. "I will call people by different names...because I don't want you to find me." I found it satisfying that despite this apparent barrier from the get-go, it makes no difference to how much you can feel for the characters. Chbosky really doesn't hold back. There was a borderline oversharing type of charm that was consistent throughout. Charlie could be blunt when discussing a person and then double back to tell us all about them. He's absolutely, wholly awkward. Despite his introverted personality, or maybe because of it, Charlie is intelligent beyond his years. He reads notoriously complicated books like 'Naked Lunch', and his keen observance shows most in the connecting and personal way every letter is written. Chbosky highlights that these traits of watching from the sidelines, of behaving like a wallflower, are not inherently negative like they're advertised as. It can be a silent strength. Patrick says, "You see things. You keep quiet about them. And you understand." It's a pleasant reminder that people come in every shape, and you don't need to be the loudest person in the room to be considered 'good' or likeable.

After reading, I was certain that Chbosky was a seasoned author, so when I tell you that this was his debut novel, you'll have to believe me when I tell you I didn't buy it. It burst me out of my reading slump. I really felt myself connect with characters like Mary Elizabeth and Patrick. Your empathy will be tested. Charlie's letters are so insightful and uncomfortable and jovial, and so many mistakes are made, but also so many memories.

I don't fully know how to describe it. There's never nothing. The Perks of Being a Wallflower discusses many sensitive topics, the most central theme being the abuse of several characters. Not to spoil what happens, but when I reached the epilogue, everything burst like a volcano. Throughout the novel, we only knew as much as Charlie knew. And now Charlie is unlocking traumatic memories that altered my view of most of what I just read. The last letter is both subtle and right in your face, and it's nothing short of distressing. Still, I felt like it was a fitting end to the rollercoaster of finding oneself and overcoming sizeable conflicts and challenges with those we care about.

I've seen people say that The Perks of Being a Wallflower follows the same themes of The Catcher in the Rye by J.D Sallinger, if you've read that book. It's next on my list, actually, so I'll see how they compare. I think anyone can remember the struggle of growing up, and for those of us who are currently living that stage, The Perks of Being a Wallflower can feel even more meaningful. I recommend this book for ages 15+, with content warnings for abuse, sexual abuse, homophobia, suicide discussion, and drug/alcohol usage.



**Bookclub is on
Thursday 27th
November at 8.30pm**



International Students @ St. Leo's

Meet Victoria Aizpurua Ibáñez 2E from Barcelona

My name is Victoria. I am 12 years old and I was born in Madrid, but I moved to Sant Cugat del Vallès, Barcelona when I was two. This school year in Ireland, I have improved my English a lot and I also get to play on one of my favourite hobbies—soccer! I was invited to play with the school team, which makes me very happy. I am enjoying the countryside in Ireland. I want to improve in my English more and to make new friends from different countries.



A 'Career in Occupational Therapy' Talk for 6th years



St. Leo's College Christmas Card Competition!



Students from every year group are invited to participate in this year's St. Leo's College Christmas Card competition. Please collect the template from Reception or from the Art Rooms.

Your design should have both a Christmas and a St. Leo's College theme. The prize for the winner is a €50 gift card.

Happy creating!

Please return your entry to reception on or before Wednesday 26th November 2025

ST LEO'S COLLEGE LIBRARY
PRESENTS

SECRET SANTA BOOKISH EDITION

EVER DONE SECRET SANTA BEFORE? THIS IS THE SAME BUT BETTER! YOU GET TO GIFT A BOOK TO YOUR MATCH AND EVERYONE WHO TAKES PART SUGGESTS 3 BOOK OPTIONS TO AVOID DISAPPOINTMENT.

PRICE LIMIT: €15.00

REGISTER BY NOV. 21ST
MESSAGE MS TIERNEY ON TEAMS

GIFT EXCHANGE
WEEK OF DECEMBER 15TH

EVENT LOCATION:
THE LIBRARY

A cartoon illustration of Santa Claus with a white beard and a red hat, wearing black sunglasses. He is surrounded by festive Christmas decorations, including a snow-covered tree, holly leaves, and several wrapped gifts and candy canes.



Weekly Hot Lunch Menu

Monday 24th

- Pasta Chicken Arrabiata
- Pasta Arrabiata (V)

Tuesday 25th

- Spicy Chicken Noodles
- Spicy Noodles (V)

Wednesday 26th

- Chicken Curry & Rice
- Veg Curry & Rice (V)

Thursday 27th

- Spice Box
- Spice Box (V)

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



New Ways November 2025

MONDAY



3 Get outside and observe the changes in nature around you

TUESDAY



4 Sign up to join a new course, activity or online community

WEDNESDAY



5 Change your normal routine today and notice how you feel

THURSDAY



6 Try out a new way of being physically active

FRIDAY



7 Be creative. Cook, draw, write, paint, make or inspire

SATURDAY

1 Make a list of new things you want to do this month

SUNDAY

2 Respond to a difficult situation in a different way

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

