

CEIST

Catholic Education
An Irish Schools Trust

St. Leo's College
A CEIST School

28th November 2025



Student Newsletter

HELLO
December
AND
GOODBYE
November



Oireachtas Quiz

Leinster House

On Thursday 27th November, three Sixth Year Politics and Society students had the exciting opportunity to take part in the Oireachtas Quiz at Leinster House.

Competing against 15 other schools from across the country, the team demonstrated excellent knowledge, confidence and teamwork throughout the debate-style competition.

Their strong performance earned them a well-deserved place in the next round, which will take place in December.

With continued hard work, they now have a real chance of reaching the national final later that month.

Congratulations to Michelle Dempsey, Aoife Donohue Kehoe, and Brooke Rea on this impressive achievement.

The school community is very proud of their success and wishes them the best of luck in the final on Thursday 11th December.

Sincere thanks to their teacher Ms. Karen Byrne who encourages and supports our Politics & Society students.

Congratulations!

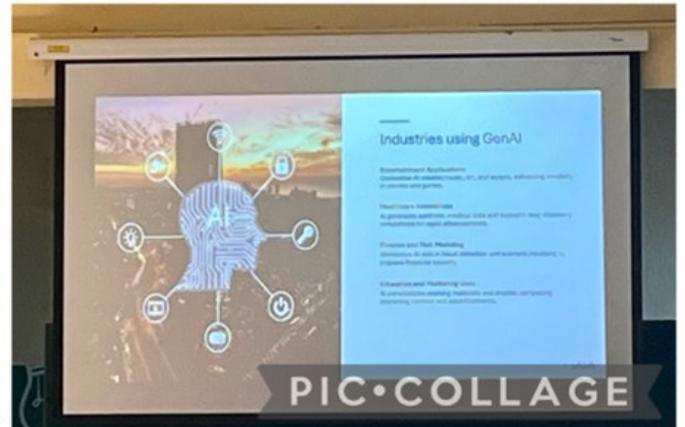




On Tuesday, 18th November, our Fifth Year LCVP Link Modules and Business classes were delighted to welcome six guest speakers from Unum Ireland.

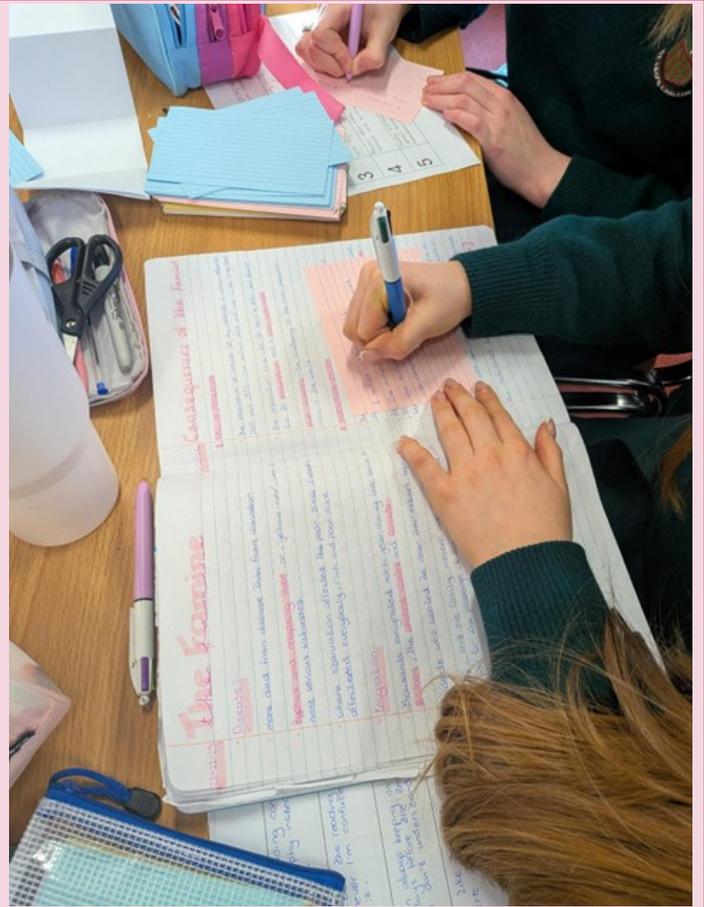
The speakers covered a wide range of topics, including the history of Unum, careers in Unum, cyber security, artificial intelligence and how Unum continues to adapt to an ever-changing technological landscape.

This insightful and engaging talk provided students with valuable knowledge and real-world perspectives that will greatly support them in completing the Summary Report for their Link Modules portfolio.



Helping  Thrive

Second and Fifth Year Study Skills took place this week. Students debunked study myths and learned how to prioritize retrieval and spaced practice, emphasising effective use of mini whiteboards, flashcards, roll-it recaps and low stake testing!



Second and Fifth Year Study Skills



Second Year Science students are currently exploring Hooke's Law. Students engaged this theory by looking at the relationship between force applied and the extension of a spring. Great scientific knowledge and skills on display.

Well done!

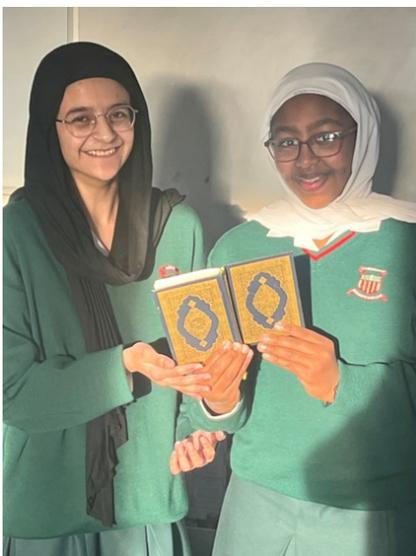
**Second Year
Science**

2F History Class Visit Carlow Museum

On Monday 24th November, Ms. Byrne's 2F History class enjoyed an engaging and educational visit to Carlow Museum. The tour was led by John McDarby who provided the students with an insightful and informative guided exploration of the museum's exhibits. As the class prepares for their History Classroom-Based Assessment in January, the visit offered a valuable opportunity to deepen their understanding of Carlow's rich past.

Throughout the tour, students learned about the historical development of Carlow and its surrounding areas, discovering stories, artefacts, and local figures that have shaped the region over time. Mr. McDarby's detailed explanations helped bring the material to life and encouraged students to think critically about potential topics for their upcoming CBA.

By the end of the visit, many students felt more confident and inspired, having narrowed down their ideas and identified areas of local history they are excited to explore further.



Study of Sacred Texts of the Major World Religions

Arwa and Mariam from 1D reciting surahs in Arabic from the Qur'an during our study of sacred texts of the major world religions.

IMPORTANT REMINDER

SCHOOL CLOSURE DAYS

School will be closed on Monday 1st and Tuesday 2nd December.

Classes will resume on Wednesday 3rd December.

Enjoy the extra-long weekend!



TY Trip to Glendalough

Gaisce – The President's Award is Ireland's national youth award and is a personal development programme for young people aged 14-25.



**GAISCE
THE PRESIDENT'S
AWARD**

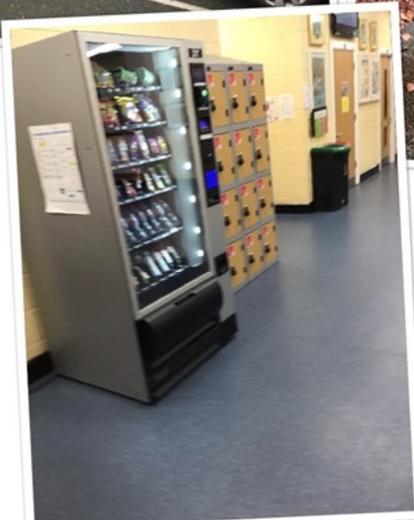
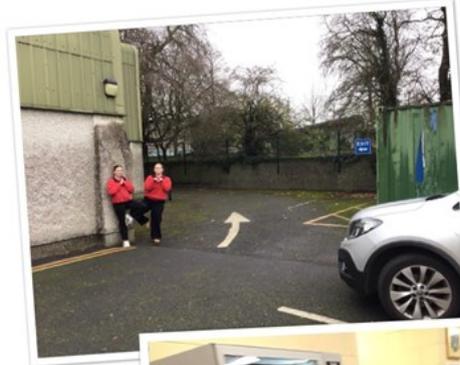
It is a direct challenge from the President of Ireland, Catherine Connolly, to all young people to dream big and fulfil their potential. In 2025 Gaisce celebrates its 40th Anniversary.





PIC•COLLAGE

Third Year Orienteering



PIC•COLLAGE



HOMWORK JOURNAL

2026 -
2027

What should
our theme be?

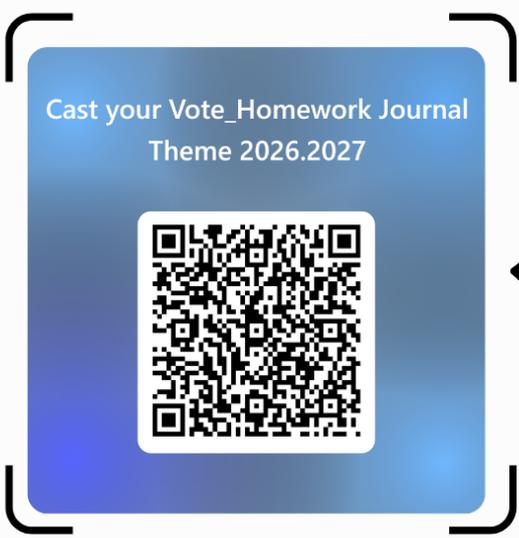


Cast your Vote
by scanning the QR code below



Scan me

SCAN



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





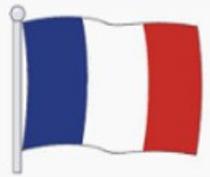
International Students @ St. Leo's



Meet Carla Gomez Martinez 4B from Madrid



Hi! My name is Carla, I am 15 years old and I am Transition Year exchange student from Madrid, Spain. My city is known for its energy, sunshine, great food, and lively streets. At home I live with my parents, my brother, and my dog, who I really miss. I love dancing and I go to dance classes in Spain; so, I have joined an academy here too. I also enjoy travelling, meeting friends, and listening to music. It's not my first time in Ireland, as I went to Dublin for a week with my school. I have already



been here for 3 months, which has passed by really fast, and I really like it in Carlow. Since I came, I've been very happy with my host family as we do lots of things together. This year, I hope to improve my English, make new friends, and learn more about Irish life and culture. I'm excited to try new TY activities and enjoy everything this experience has to offer.



Meet Cora Garay Rodriquez 2B from near Barcelona

My name is Cora. I am 14 years old, and I live in a small town near Barcelona. Being here is an amazing experience. I am a very fun person, and what I love most is laughing. I really love music, theatre, and dancing. I am so happy to be here because I have made so many friends and I am learning a lot of English. My goal in being here on exchange is to learn English and, when I grow up, to be able to travel the world.



LIBRARY

Library Review

Zainab Abdalla 3D

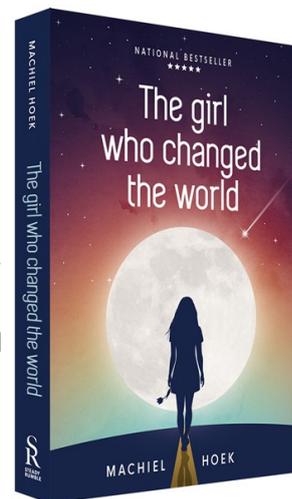
Hi, my name is Zainab Abdalla and I'm in third year. A book that I've recently read is *The Girl Who Changed the World* by Macheil Hoek. This book was extremely fascinating to read, and it surprised me a lot. The book really hit hard as Lisa has been going through a lot of things. T Lisa is going to be spending a week with her grandfather while she is on school break and her mother is out of town on business .But when she gets to Grandpa's house, she doesn't realize that he's going to help her see things differently during her stay with him.

She confides in him that things aren't going well for her right now, and she's saddened by this. Not only does she feel that she's not being treated as a thirteen-year-old should be, with a bit more freedom to do things, but she's also dealing with being bullied at school. She's losing the close bond she had with her best friend, Madison, from school. So, Grandpa puts a plan of action together, and he helps her see life from a different perspective. Hoek gives Lisa the main character real depth—like, she's not perfect; she messes up, she panics, she doubts herself, but she keeps trying.

One of the things I really liked was how the book shows that "changing the world" doesn't have to mean doing some huge, dramatic superhero move. A lot of the moments were small, emotional, and honestly relatable.

I also loved how the author slowed down the story a little bit trying to get the reader to actually think about what's going to happen next. I really enjoyed reading this book as it honestly taught me to look at life from a different point of view and it taught me many life lessons.

I would recommend this book to teenagers and if you are into emotional, stories that still feel hopeful, you would like it a lot, especially people who enjoy books about finding their own voice and making a difference. Overall, I think this book is definitely worth reading.



Hi everyone! It's Chimamanda here, your Sixth Year library assistant. I get to

see a lot of books pass through students' hands — but every once in a while, one actually makes *me* stop and think. *Everything, Everything* by Nicola Yoon was one of those. The story follows Maddy, a girl who has lived her entire life inside her house because of a rare condition that supposedly makes her allergic to the world. For years, her life is basically books, online tutoring, and her mum... until she notices Olly, the new boy next door. Their connection starts through messages and window notes, but it quickly becomes something deeper — the kind of friendship and hope that makes Maddy start questioning the limits placed on her life. What I loved most and what really stood out to me is how simply it's written, yet how deeply it hits. Yoon uses emails, illustrations, short chapters, and even medical notes to keep the story moving in a way that feels modern and easy to read. It's the kind of book you can finish in a weekend, but still find yourself thinking about afterwards. It's about risk, choice, and learning that protecting yourself can sometimes look a lot like holding yourself back. Without spoiling anything, the twist in the story changes everything you think you know about Maddy's world — and it sparks a conversation about freedom, control, and what it really means to "live." If you enjoy books that mix romance with real emotion, or stories that challenge you to look at life differently, *Everything, Everything* is definitely worth borrowing. It's warm, quick to read, and leaves you with a gentle reminder: sometimes the biggest risks lead to the truest parts of ourselves.



Library Review

Chimamanda Emeka 6D



CARLOW KILKENNY ATHE PRESENTS

Carlow Kilkenny Bake-off

In aid of Carlow Kilkenny Home Care Team

THURSDAY, 15TH JANUARY

Presentation De La Salle College
Bagenalstown Carlow, R21X096

Junior Competition
(1st & 2nd Years)

Cupcake Baking & Decorating

Senior Competition
(4th & 5th Years)

Sponge Cake Baking & Decorating

€5 ENTRY FEE

Fantastic Prizes to be Won!

For more information or to register,
contact your Home Economics teacher.



ST LEO'S COLLEGE LIBRARY
PRESENTS

SECRET SANTA BOOKISH EDITION

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PRICE LIMIT: €15.00



REGISTER BY NOV. 21ST

MESSAGE MS TIERNEY ON TEAMS



GIFT EXCHANGE

WEEK OF DECEMBER 15TH

EVENT LOCATION:

THE LIBRARY



December Kindness 2025

MONDAY

1 Spread kindness and share the December calendar with others

TUESDAY

2 Contact someone you can't be with to see how they are

WEDNESDAY

3 Offer to help someone who is facing difficulties at the moment

THURSDAY

4 Support a charity, cause or campaign you really care about

FRIDAY

5 Give a gift to someone who is homeless or feeling lonely

SATURDAY

6 Leave a positive message for someone else to find

SUNDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together