

Student Newsletter

BE
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Wellbeing & Active Week 2026

	Mindful Monday	Team-Up Tuesday	Work-out Wednesday	Try-it Thursday	Feel Good Friday
Before School	Volleyball		Circuits (Fitness suite)	Junior football Trip	
Breaktime (10.50am)	Fun Challenges (Ref)		Fun Challenges (Ref)	Fun Challenges (Ref)	Teachers v 6 th Yrs Tug of War
During Class time	D.E.A.M. All classes 1pm 2 nd Yr Rounders Tournament (P3 & P4) 1 st & 2 nd Yr Hockey Tournament (P5 & P6)	Rounders 1 st Yrs (P1&2) Rounders 6 th Yrs (P3&4) D.E.A.R. all classes 1pm	T&F South Leinster SETU 1 st & 2 nd Yr Football Blitz (P3&4) International Day Fringe Event (P3 Cairdeas)	Rounders 3 rd Yrs (P1&2), 5 th (P3&4), Junior Volleyball (P5&6) International Day (Assembly Hall)	Good Deeds 4th Years (Period 1) Crazy Hair Day Competition is open to all years. Judging will take place during Period 1 for all entrants.
Lunchtime (1.20pm)	Sports Quiz (Cairdeas) 1 st Yr & 2 nd Yr Tug of War 1mile/day (Track) Basketball 4 all (sports Hall) Rounders 4 all	Badminton (Sports Hall) 1mile/day (Track) Zumba/ Dance (Assembly Hall)	Rounders (1 st Yrs) 3 rd & 4 th Yr Tug of War Zumba/Student Dance Showcase (Sports Hall) 1mile/day (Track)	5 th & 6 th Yr Tug of War Snooker 4 all 1mile/day (Track)	Rounders TY (P3&4)



This year we will combine Active School and Wellbeing Week from 11th - 15th May. Our student wellbeing ambassadors and our sports prefects will assist with the many exciting events that will take place throughout the week.

Sincere thanks to Ms. Hickey and Ms. O'Keeffe for putting together a fun-filled schedule incorporating all year groups.

Please ensure you get involved!!



ECO AVIATOR gets through to WORLD FINALS



**JUNK
KOUTURE**



CONGRATULATIONS!



Chamber Choir at Cork Music Festival



SOCCER

Congratulations to the St Leo's College Senior soccer team who have advanced to the FAI Schools Senior Champions League Final. The team beat Maynooth Post-Primary 2-1 after extra time, with goals from Sophie Poole and Ashlee Smith. The team will meet Presentation Wexford in the final on Tuesday 19th of May. St Leo's College are title holders from last year so we are hoping to retain the cup !

Well done to our Senior Soccer Team



CONGRATULATIONS!

FAI Schools Senior Champions League Finalists 19th May

BASKETBALL

Well done to our first year basketball team who won the Midlands A plate final. The girls came up against Presentation Kilkenny and were victorious. Shoutout to our joint captains Lilla and Sophie.





Last Friday, May 1st, our 6th Year Politics and Society students attended the EPAS Awards in Cashel.

During the event, they showcased their work from the past year, presenting it to students and teachers from other schools. They also took part in an engaging Q&A session with MEPs Cynthia Ní Mhurchú and Seán Kelly, where they gained valuable insights into European politics.

The students thoroughly enjoyed the experience and embraced the opportunity to represent our school. Their enthusiasm, confidence and professionalism were evident throughout the day, and they did an excellent job highlighting the high standard of work achieved in our school.



TY Activities This Week

Wednesday 6th May

- 4A - DJ Workshop
- 4B, 4D and 4E - Fundamentals Teambuilding Workshop

Thursday 7th May

- 4B, 4C, 4D and 4E - DJ
- TY STEM students attended the BIG Idea Showcase

Coming up...

- 11/05 Meitheal Interviews
- 12/05 Work Experience
- 13/05 Robotics Workshop
- 14/05 TY End of Year Interviews
- 15/05 TY End of Year Interviews
- 18/05 The Shona Project Wellbeing Workshops
- 19/05 Work Experience
- 20/05 TY Showcase
- 21/05 Final TY Trip
- 22/05 Awards Day

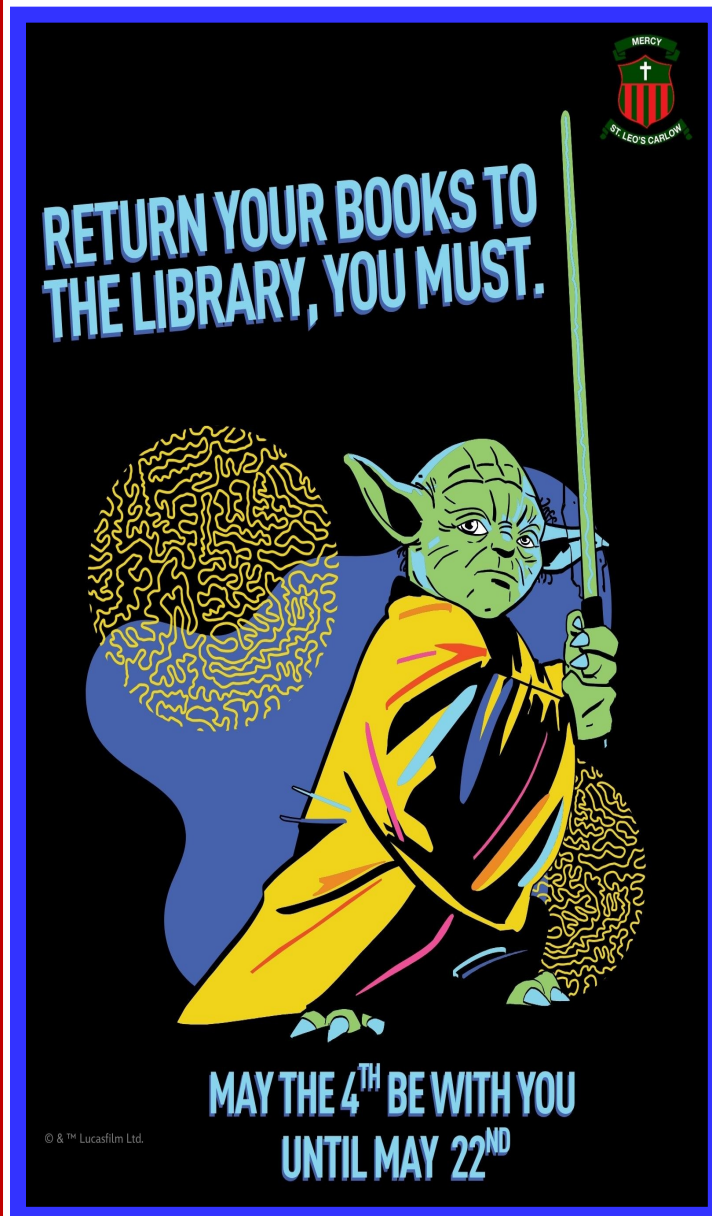
LIBRARY

has inherited the skills required of a great athlete, but lacks the financials needed to rise as a champion... or so he thinks. When the opportunity arises for Nicholas to join the elite boys school Kings Row through a scholarship, his dream finally starts to seem real. The only downside? He's been roomed with his rival, the spoilt and secluded Seiji Katayama. Thrilling, enticing, and original in the fact that it follows such a niche sport, 'Fence' is the perfect choice for anyone seeking a new series to fixate onto. Nicholas' story is sure to interest any reader, and the fencing sport is promoted in a way that fostered my own love for the niche occupation. I love this series for a variety of reasons, but one of the standouts would have to be the beautiful art, courtesy of Johanna The Mad. It's surely an unmissable read!

'Fence' is an American graphic novel series focusing on student Nicholas Cox and his ambitions to join his college fencing team. As the son of a renowned fencer, he



Review by Naomi Picovici 4D



TY Irish Culture Module

As part of their Irish Culture Module, while studying the Seanchóras Scríobhnóireachta - Ogham, students visited An Gairdín Beo to see the beautiful manmade Ogham stone displaying the Irish word "Dóchas" which means "Hope".

An Gairdín Beo

a living garden for Carlow



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St Leo's students on a high after their successful annual musical



Cast members on stage during the St Leo's College presentation of 'High School Musical' in Visual.

By Derry Lenehan

THIS annual St Leo's College production year musical finished on a high tonight following a harvest of the much-loved staged adaptation of the Disney film, *High School Musical* at Visual.

The musical was a collaborative effort with all TV students involved in the production, from di-

recting and acting to stage design and set painting. Rohan Curran directed a fabulous show while Aine Shille, Vanessa Doyle and Aislinn Elven were the co-writers. Laura Dowling oversaw costume design and Aine Conroy was in charge of music.

Behind the scenes, a monumental effort went into the set design, with students learning how to

transform the story into a live stage performance. One of the set painters, Ann Mahon, said the role gave her and her colleagues the chance to express their creativity. "I loved having the opportunity to design something that I created myself and getting to work with my friends made it even better. Then, seeing our work come to life with the actors was quite

special," Ann said. An incredible level of detail went into designing the sets, with Ann and the rest of the team spending a lot of time in the lead-up to the show going through the story plot with a fine-tooth comb. "We spent time looking at the plot to see what we could include small details such as a flower and a poster on the wall. We also thought about

the characters' personalities, what they're like in their lockers, their interests, so everything feels authentic," Ann said. The plot of the musical centres on Troy Bolton, the school's star basketball player and Gabriella Montez, a brilliant but reserved new student. After unexpectedly meeting together at a New Year's Eve karaoke party, they discover they'll be

attending the same high school. Drawn to each other and to performing, they secretly try out for the school musical, shaking up their friends and the school's rigid social circle. For many of the students, it was the first time they had taken to the stage or were involved in the production of a live show. Megan Carr, who plays Gabriella, said the experience was a "high-

light" of the year. "My character was involved in the audition process, where I sang and danced. I loved how energetic it was. The musical really is a highlight of my year. Each class group had their own dance routines and we worked closely together as a group and there were a lot of rehearsals involved," Megan said.

Photo: Michael (Visual) Photography



The cast showing off their basketball skills!



Daria Velychko as Troy and Mala Fitzgerald as Gabriella

St Leo's team scoops wellbeing award

By Marie Boran

THREE St Leo's College students have brought national recognition to Carlow after winning the overall TY Trailblazer of the Year Award at TU Dublin's annual awards ceremony.

Lola Ahmed Abdallah, Lajin Ahmed Abdallah and Amala Rensay took home the prestigious top prize, as well as the Wellbeing Ambassador of the Year Award, for their project *Don't Let It Get Under Your Skin*, a peer-led wellbeing initiative focused on raising awareness around mental and physical health among fellow students.

The trio developed and delivered workshops, awareness campaigns and peer engagement activities designed to create safe spaces for open conversations and to encour-

age students to prioritise their wellbeing. Judges praised the project for its leadership, empathy and measurable impact on the school community.

The awards ceremony took place at TU Dublin's Grangegorman campus, bringing together students, teachers and families from across the country to celebrate young women already making a difference in their communities.

The TY Trailblazer Awards are a TU Dublin-led initiative committed to advancing gender equality through school programmes and enterprise engagement.

The Carlow students received their overall award from Rokhsana Fudeh, the 2024 TY Trailblazer winner, and their wellbeing ambassador prize from Tracey Doherty, CEO of The Sora Foundation.

This week in The Nationalist

THE NATIONALIST TUESDAY, MAY 5, 2025

NEWS 21



Some of the cast who took part in the St Leo's College production of 'High School Musical' in Visual.



Naomi Fleming at Jack Scott



Mia Doody and Kayla Berningham hold



Keith and Kendra Breton, principal Niamh Broderick, deputy principal Ian Curran and his daughter Clara with Ellen Graham



Emma Roche, Eilene Gibb, Leif Finn and Orla Payne



Jamie and James Murnane, Mark Hickie, Sandra Murnane and Teresa Ryan



Leif and Deirdre Wiloughby with Peggy Mulvey and Jackie Murrett



Weekly Hot Lunch Menu

Monday 11th

- Breaded Chicken Breast served with Salad & Homemade Potato Wedges
- Homemade Potato Wedges & Salad (V)

Tuesday 12th

- Chicken Pasta Bake
- Pasta Bake (V)

Wednesday 13th

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

Thursday 14th

- Beef Lasagne served with Salad & Baked Potato or Chips
- Salad & Baked Potato or Chips

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



Meaningful May 2026

MONDAY



4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a handwritten note to someone you care about

25 Ask someone else what matters most to them and why

TUESDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

WEDNESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

THURSDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

FRIDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

SATURDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SUNDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



EXTRA-CURRICULAR AND SPORTS TIMETABLE 2026

	Monday 🏊	Tuesday 😊	Wednesday 🏐	Thursday 🏊
Before school 8:00 – 8:45	Senior & Cadette Volleyball Ms. O'Neill			
	10.55 Human Rights group Room 227 / Ms Cussen			
Lunch 1.20-1.55  THE LIBRARY is open every break and lunch times.  BOARD GAMES AVAILABLE Fitness suite Open at lunch for senior students. 	Senior & Cadette BASKETBALL Ms Bergin & Mr Woods 1 st year HOCKEY Ms. Hickey Crochet club Ms English & Ms Lennon Room 613 CHAMBER CHOIR MUSIC ROOM Ty, 5 th & 6 th years St Vincent de Paul Cairdeas - Ms Craddock	All years Badminton Ms Hennessy Junior Soccer Mr Walsh & Ms Lalor All years Zumba Assembly Hall Ms. Zadorozhna Folk Group Music Room Ms Cosgrave 1ST & 2nd Years Public speaking 1.30pm – Room 701 Mr O'Flaherty & Ms A. Doyle Arts & Crafts Club Ms. Connors & Ms. Mullins 1.20pm Art Room 501 <i>-Poetry Aloud- All year groups Ms O'Sullivan 1.20pm R709</i>	Juniors Netball Ms Millward 1 st Year Gaelic Football Ms Kelly & Mr Walsh CHAMBER CHOIR MUSIC ROOM	All years Athletics Track Ms Graham/ Ms Hickey Senior, Cadette & 2 nd Year Volleyball Ms. O'Neill GREEN SCHOOLS Ms Davies/ Room 228 Chess club Library Club Gaelge Ms. Ní Mhionáigh & Ms. Eneallen Snooker Club Assembly Hall
After school 4.15 – 5:15 pm	Seniors Netball Ms Millward Senior, 4 th , 5 th and 6 th year Hockey Justine Collins 4.10-5.10	2nd, 3rd year Hockey Justine Collins 4.10-5.10	Junior & Senior Gaelic Football Ms Kelly & Mr Walsh 5 TH YEARS Applied Maths 4.20 - 6.20.	6 TH YEARS Applied Maths 4.20 - 6.20.

LEAVING CERTIFICATE EXAMINATION TIMETABLE 2026

Each candidate should note carefully the dates and hours, as fixed on this official timetable, for the examinations in the subjects in which he/she intends to present himself/herself. The Commission will not be responsible for any errors which may occur in the reproduction of this timetable by outside agencies. Candidates are required to be in attendance at least half an hour before the examination begins in the subject in which they first present themselves.

JUNE	SUBJECT	TIME
H = Higher Level O = Ordinary Level F = Foundation Level		
WEDNESDAY 3	English, Paper 1 - H & O	9.30 – 12.20
	Home Economics, Scientific and Social - H & O	2.00 – 4.30
THURSDAY 4	Engineering - O	9.30 – 12.00
	Engineering - H	9.30 – 12.30
FRIDAY 5	English, Paper 2 - H & O	2.00 – 5.20
	Geography - H & O	9.30 – 12.20
MONDAY 8	Mathematics, Paper 1 - H & O	2.00 – 4.30
	Mathematics - F	2.00 – 4.30
TUESDAY 9	Mathematics, Paper 2 - H & O	9.30 – 12.00
	Irish Paper 1 - H (incl aural)	2.00 – 4.20
WEDNESDAY 10	Irish Paper 1 - O (incl aural)	2.00 – 3.50
	Irish - F (incl aural)	2.00 – 4.20
THURSDAY 11	Irish, Paper 2 - O	9.30 – 11.50
	Irish, Paper 2 - H	9.30 – 12.35
FRIDAY 12	Biology - H & O	2.00 – 5.00
	French - H & O - Written	9.30 – 12.00
MONDAY 15	French - Aural	12.10 – 12.50
	History - H & O	2.00 – 4.50
TUESDAY 16	Business - O	9.30 – 12.00
	Business - H	9.30 – 12.30
WEDNESDAY 17	Construction Studies - O	2.00 – 4.30
	Construction Studies - H	2.00 – 5.00
THURSDAY 18	German - H & O - Written	9.30 – 12.00
	German - Aural	12.10 – 12.50
FRIDAY 19	Art, Visual Studies - H & O	2.00 – 4.30
	Polish, Lithuanian, Portuguese and Mandarin Chinese - H&O - Written	9.30 – 12.00
MONDAY 22	Polish, Lithuanian, Portuguese and Mandarin Chinese - Aural	12.10 – 12.50
	Hebrew Studies, Ancient Greek and Non Curricular Languages (see Note 2)	9.30 – 12.30
TUESDAY 23	Agricultural Science - H & O	2.00 – 4.30
	Spanish - H & O - Written	9.30 – 12.00
WEDNESDAY 24	Spanish - Aural	12.10 – 12.50
	Chemistry - H & O	2.00 – 5.00
THURSDAY 25	Physics - H & O	9.30 – 12.30
	Physics and Chemistry - H & O	9.30 – 12.30
FRIDAY 26	Accounting - H & O	2.00 – 5.00
	Design and Communication Graphics - H & O	9.30 – 12.30
MONDAY 29	Music - Listening (Core) - H & O	1.30 – 3.00
	Music Composing - H & O	3.15 – 4.45
TUESDAY 30	Music - Listening (Elective) - H	5.00 – 5.45
	Economics - H & O	9.30 – 12.00
WEDNESDAY 1	Physical Education - H & O	2.00 – 4.30
	Italian - H & O - Written	9.30 – 12.00
THURSDAY 2	Italian - Aural	12.10 – 12.50
	Russian - H & O - Written	9.30 – 12.00
FRIDAY 3	Russian - Aural	12.10 – 12.50
	Classical Studies - H & O	2.00 – 4.30
MONDAY 6	Latin - H & O	2.00 – 5.00
	Technology - O	2.00 – 4.00
TUESDAY 7	Technology - H	2.00 – 4.30
	Japanese - H & O - Written	9.30 – 12.00
WEDNESDAY 8	Japanese - Aural	12.10 – 12.50
	Politics & Society - H & O	9.30 – 12.00
THURSDAY 9	Arabic - H & O	9.30 – 12.30
	Religious Education - O	2.00 – 4.00
FRIDAY 10	Religious Education - H	2.00 – 4.30
	Applied Mathematics - H & O	2.00 – 4.30

Notes

- The examination sessions highlighted in red include 20 minutes over and above the time traditionally allocated for the papers concerned.
- Leaving Certificate Examinations in Hebrew Studies, Ancient Greek and in the Non-Curricular Languages listed below will be held on Monday 15 June from 9.30am to 12.30pm.

Non-Curricular Leaving Certificate Examinations:				Bulgarian	Croatian	Czech	Danish	Dutch	Estonian
Finnish	Hungarian	Latvian	Maltese	Modern Greek	Romanian	Slovakian	Slovenian	Swedish	Ukrainian

- Examinations based on the curricular specifications for: Lithuanian; Mandarin Chinese; Polish and Portuguese will be held on Monday 15 June.
- There are also final examinations in Computer Science and Leaving Certificate Vocational Programme – Link Modules – which will be held in April/May with dates to be announced separately.



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CYCLE EXAMINATION

TIMETABLE 2026

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The start time for all Junior Cycle afternoon examinations is 1.30p.m.

JUNE	SUBJECT		TIME
	H = Higher Level O = Ordinary Level C = Common Level		
WEDNESDAY 3	English	- H & O	9.30 – 11.30
	Religious Education	- Common Level	1.30 – 3.30
THURSDAY 4	Irish T1	- H & O (incl aural)	9.30 – 11.30
	Irish T2	- H & O (incl aural)	9.30 – 11.30
	Geography	- Common Level	1.30 – 3.30
FRIDAY 5	History	- Common Level	9.30 – 11.30
	Mathematics	- H & O	1.30 – 3.30
MONDAY 8	Science	- Common Level	9.30 – 11.30
	Business Studies	- Common Level	1.30 – 3.30
TUESDAY 9	Graphics	- Common Level	9.30 – 11.30
	Italian (incl aural)	- Common Level	9.30 – 11.30
	French (incl aural)	- Common Level	1.30 – 3.30
WEDNESDAY 10	Home Economics	- Common Level	9.30 – 11.00
	Spanish (incl aural)	- Common Level	1.30 – 3.30
THURSDAY 11	German (incl aural)	- Common Level	9.30 – 11.30
	Wood Technology	- Common Level	1.30 – 3.00
FRIDAY 12	Jewish Studies	- Common Level	9.30 – 11.30
	Music	- Common Level	9.30 – 11.00
	Engineering	- Common Level	1.30 – 3.00
	Classics	- Common Level	1.30 – 3.30
MONDAY 15	Applied Technology	- Common Level	9.30 – 11.00