

Student Newsletter

Every
accomplishment
STARTS with
the Decision
to TRY

SOCCER CHAMPIONS



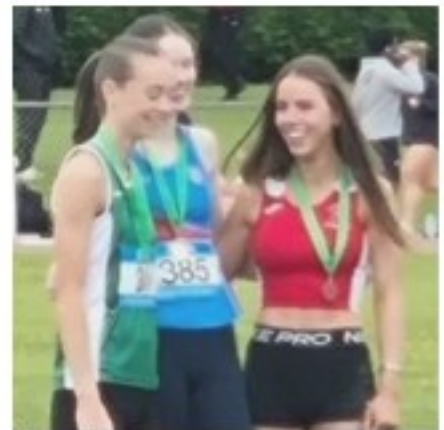
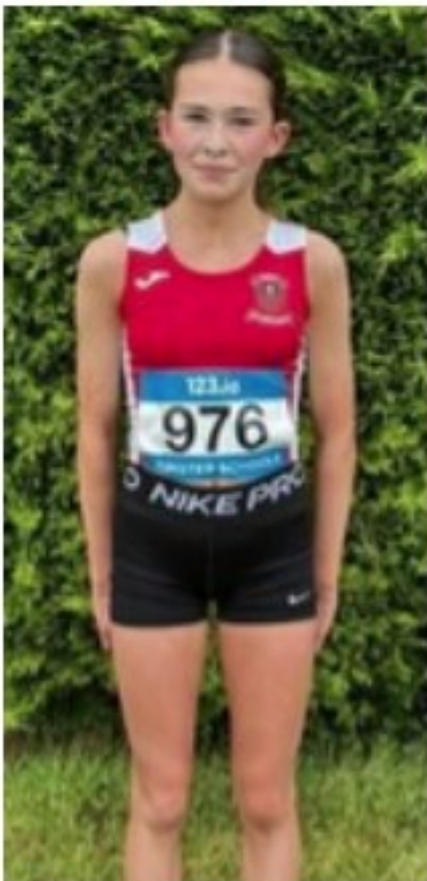
Congratulations to the St. Leo's College Senior Soccer team that won the Leinster A League on Tuesday. They beat Presentation Wexford 3-0 with two goals from Emily Carpenter and one goal from Sophie Poole. Particular well done to our captain Kathlyn Timmons in Sixth Year who led the team to victory! Sincere thanks to coaches Ms.Lalor and Mr.Walsh for their work throughout the year.



**WELL DONE to our
Senior Soccer Team
who WON the
Leinster A League Final**

ATHLETICS

CONGRATULATIONS!



Results from Leinster Track and Field this week:

- Ava Broderick secured gold in the junior 100m
- Zoe Dunne claimed silver in the junior long jump and bronze in 75m hurdles
- Sophie Dowling finished 3rd in the junior girls triple jump
- Royhanot (Angel) Oladumeji finished 2nd in the u16 shot putt
- Cara English finished 3rd in Senior High Jump
- The minor girls relay team featuring Eabha Farrell, Fatima Mohammad Ibrahim, Alix Dunne and Sarah Milton placed 2nd
- The Junior Girls' Relay Team also brought home gold, featuring Ava Broderick, Faye Brennan, Emily Kidd, Zoe Dunne. **The team also broke the championship record!!! Amazing achievement.**

We wish the very best of luck to all our athletes competing in the All-Ireland Finals in Tullamore next weekend.

**Medals
and
Championship
Record**



TY & LCA visit Dublin Zoo

First Year Tote Bag Designs



Sew tote-ally



1st year totes



I love
needlework



PIC•COLLAGE



Second Year
Nature Walk
in
An Gairdín Beo
An Gairdín Beo
 a living garden for Carlow



A DAY IN THE LIFE OF A LCA STUDENT

@ ST. LEO'S COLLEGE



THIS IS OUR LAST FULL WEEK AS A 5TH YEAR LCA STUDENT. THIS WEEK WE ARE PARTAKING IN ACTIVITIES SUCH AS A TRIP TO THE ZOO AND SUPPORTING THE FOOTBALL MATCH. WE ARE VERY HAPPY TO GET THESE OPPORTUNITIES TO GO ON TRIPS WITH THE TYS.

THESE PAST FEW WEEKS WE HAVE BEEN DOING OUR EXAM INTERVIEWS AND COMPLETING OUR KEY ASSIGNMENTS. WE HAVE COMPLETED OUR IRISH ORAL, VPG AND HAIR & BEAUTY INTERVIEWS. WE HAVE BEEN WORKING VERY HARD TO COMPLETE OUR KEY ASSIGNMENTS SUCH AS HOTEL & CATERING WHERE WE BAKED CUPCAKES AND MADE LASAGNA. WE ALSO WENT ON A TRIP TO ST CLARE'S SOUP KITCHEN AND INTERVIEWED THE MANAGER TO GATHER INFORMATION FOR OUR RELIGION KEY ASSIGNMENT.

ON THURSDAY THE 14TH OF MAY, THE LCA CLASS TOOK PART IN THE ROUNDER'S TOURNAMENT WITH ALL THE 5TH YEARS. THIS WEEK WE ARE ALL PREPARING FOR OUR SUMMER EXAMS AND IRISH LEAVING CERT EXAM, WE HAVE ALL BEEN STUDYING VERY HARD WITH THE HELP OF ALL OUR TEACHERS.

WE WOULD LIKE TO SAY A BIG THANK YOU TO ALL OF OUR TEACHERS WHO HAVE HELPED US THIS YEAR, ESPECIALLY THESE PAST FEW WEEKS, TO PREPARE FOR OUR EXAMS.

Written by Kelsey Coleman and Carly Brennan LCA

Cóisir an tSamhraidh

Class 1D enjoying an end of year party with goodies bought from money collected by the group for the E-Return scheme during the year.



School Uniforms Direct^{.ie}
Ireland's Leading Online School Uniform Shop

**St. Leo's College
Carlow**

Mobile shop will visit your school for
Uniform Fitting & Purchase
Thursday August 6th 9.30am-11am
Thursday August 13th 9.30am to 11am
Thursday August 20th 9.30am to 11am

Minimum deposit payment of €50 must be paid on all orders

Cash & Card payments accepted on all above dates
Payment cannot be accepted via telephone or cheque

Order Online

www.schooluniformsdirect.ie

Contact us

info@schooluniformsdirect.ie
(059) 64 81241 (086) 898 3937

Kaideen & Co. Ltd., Baltinglass, Co. Wicklow (W91 C8CE)



This Week in The Nationalist

St Leo's students talk the talk at a national level

By Derry Lenehan

ST LEO'S College students received national honours across two different public speaking events recently.

At the final of the annual Irish Federation of University Women's U15 public speaking competition in UCD, second-year students Grace Matthews (2D), Patricia Gecaitė (2A) and Amelia Heslin (3F) won the best team award. The three girls delivered exceptional performances, with Amelia also recognised as best overall speaker.

The girls were aided in their preparation for the final by a number of student mentors from the older years, who previously participated and were successful in the competition. Special mention must go to sixth-year students Giovanna Vaira and Emily Wall, as well as Hanora O'Driscoll in third-year, who generously gave their time during lunchtime practices to share their knowledge and expertise in speech writing and presentation. In addition to helping her younger peers, Giovanna also managed to

find the time to prepare for the final of the FAS public speaking competition in Dunshaughlin, in which over 100 students from across the country took part.

After being successful in the opening heat, Giovanna advanced to the

final, where she went up against 16 other students, delivering a speech on the theme of 'Change' in which she also had to incorporate a randomly assigned prop.

The adjudicators from Toastmasters Ireland were extremely im-

pressed by Giovanna's performance and awarded her the title of overall winner.

It is a testament to the work that goes on in St Leo's and huge credit must go to teachers Sean O'Flaherty and Allison Doyle.



Grace Matthews, Amelia Heslin and Patricia Gecaitė from St Leo's College

THE NATIONALIST TUESDAY, MAY 18, 2016

NEWS 3

St Leo's TY students' 'shellsational' dress design makes the red carpet at Cannes

By Derry Lenehan

A COSTUME designed by two transition-year students from St Leo's College made an appearance on the red carpet at Cannes International Film Festival last week.

Nia Pavliashvili and Daria Velychko's 'Shellsational' design, which is made from used pistachio shells and orange peels, was modelled on the red carpet at Cannes by Miss Ireland Caoimhe Kenny.

The design previously featured at the Junk Kouture regional finals in the Heltz earlier this month, where it received widespread praise for its creativity and powerful social message, with Ms

Kenny also showcasing two other creations from the regional final in Cannes.

Work on the design began in September, with Daria saying how inspiration for the idea came from a Disney film.

"We came up with the idea from the movie *Coraline*, where she designed a dress out of coconuts. We wanted to create something similar using recycled materials."

Participants in Junk Kouture are required to select one or more global issues to explore through their design in order to reflect the competition's sustainable development goals, with Nia and Daria choosing 'Zero Hunger'.

"The idea was to represent how inequality can sometimes be hidden by wealth and large corporations. There are many countries and communities struggling for food, money and resources, while bigger companies often benefit from cheap labour and low wages," explained Nia.

"Pistachio shells are usually thrown away and seen as useless, but we turned them into something luxurious. The gold colour represents wealth and luxury masking the poverty that still exists in many parts of the world," she added.

An incredible amount of work went into the design of the costume, with Daria having the pain-

staking task of drilling three small holes in each pistachio shell before they were spray-painted gold.

The girls received support from two of the school's art teachers, Lauren Connors and Tara O'Leary.

Junk Kouture is an international competition that calls on students to design and create high-fashion outfits using only recycled and repurposed materials. Thousands of students submit entries each year from across the world.

Another St Leo's student, Ava Malone, had her Eco Aviator design selected to represent Ireland at the Junk Kouture world finals.



Miss Ireland Caoimhe Kenny at Cannes Film Festival wearing a Junk Kouture outfit called 'Shellsational' which was designed by Daria Velychko and Nia Pavliashvili of St Leo's College. Photo: Brian McEvoy

CDC CARLOW DENTAL CENTRE
Confidence. Devotion. Care.

EXTENDED OPENING HOURS

Emergency Dental Care
Seen within 24 hours 17 days a week

Monday	8am - 8:30pm
Tuesday	8am - 8:30pm
Wednesday	8am - 8:30pm
Thursday	8am - 8:30pm
Friday	8am - 8:30pm
Saturday	8am - 8pm



St Leo's principal Niamh Broderick with student designers Nia Pavliashvili and Daria Velychko and art teacher Lauren Connors

CAR PARK SPACES FOR RENT

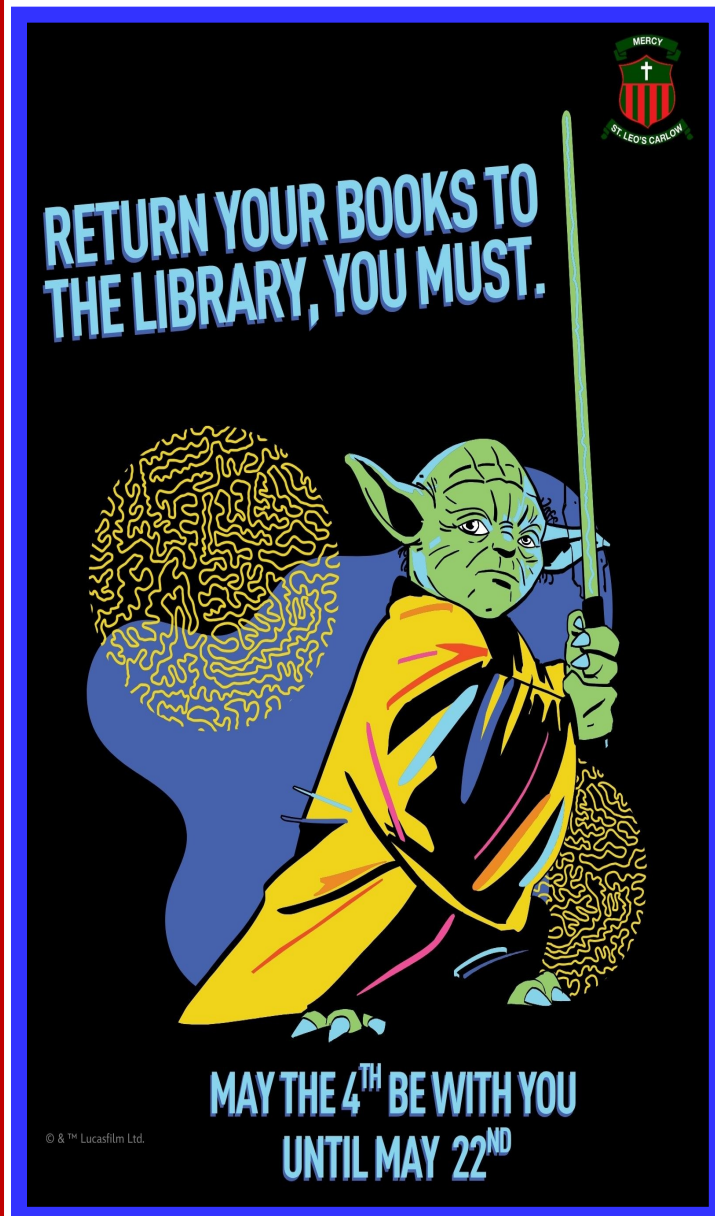
CARLOW TOWN
(Pembroke Area)

- Up to 20 secure car park spaces available.
- Located behind a gated, secure area.
- Access via telephone-controlled gate.



Keep books coming!

Treats when we get below 50!





Effective Study Tips

How to Study Effectively and Efficiently

Interleaving

- Vary your study topics. By mixing the order of subjects, you challenge your brain and memory, leading to more productive study sessions that enhance your memory skills. ✨

Spaced Practice

- Distribute your study time. Break your sessions into short, focused blocks, ideally lasting no longer than 25 minutes.



Retrieval Practice

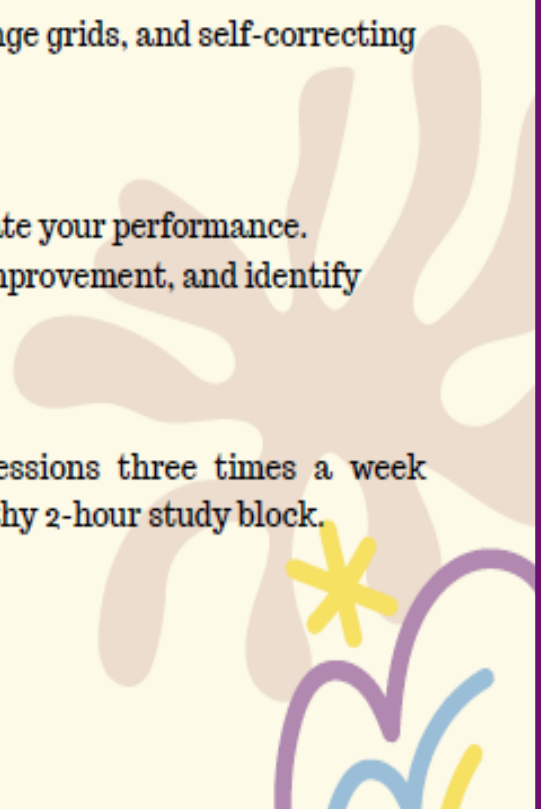
- Assess your knowledge before reviewing your notes. Utilize various methods, such as self-tests, flashcards, challenge grids, and self-correcting exercises.

Feedback

- At the conclusion of each study session, evaluate your performance. Recognize your strengths, pinpoint areas for improvement, and identify additional resources or topics to explore.

Repeat

- Engaging in consistent, high-effort study sessions three times a week proves to be more beneficial than a single lengthy 2-hour study block.



First Year Summer Examinations

May 2026 Solas



Exams 1 hour	Monday	Tuesday	Wednesday	Thursday	Friday
8:50-9:55	Study	Study	Study	Study	Study
9:55-10:55	MFL French/German 9:55-10:55	Maths 9:55-10:55	Gaeilge 9:55-10:55	English 9:55-10:55	Visual Art 9:50-10:50
BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:50-11:05
11:15-12:10	Study 11:15-12:10	Study 11:15-11:10	Study 11:15-12:10	Study 11:15-1:10	Music* 11:05-12:05
12:10-1:10	Applied Technology 12:10-1:10	Home Economics 12:10-1:10	Business Studies 12:10-1:10		
LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00		
2:00-3:00	Study 2:00-3:00	Study 2:00-3:00	Study 2:00-3:00		
3:00-4:00	Science 3:00-4:00	History 3:00-4:00	Religious Education 3:00-4:00	Geography 3:00-4:00	

*The Music exam will take place in the Music Room, Room 131

Second Year Summer Examinations

May 2026



Exams 1 hour 20*	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th
8:50-9:30	Study	Study	Study	Study
9:30-10:50	Maths 9:30-10:50	MFL French/German 1 hour* 9:50-10:50	Gaeilge 9:30-10:50	English 1 hour* 9:50-10:50
BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15
11:15-11:50	Study 11:15-11:50	Study 11:15-11:50	Study 11:15-11:50	Study 11:15-11:50
11:50-1:10	Business Studies 11:50-1:10	Music* 11:50-1:10	Home Economics 11:50-1:10	Applied Technology 11:50-1:10
LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00
2:00-2:40	Study 2:00-2:40	Study 2:00-2:40	Study 2:00-2:40	Study 2:00-2:40
2:40-4:00	History 2:40-4:00	Religious Education 2:40-4:00	Geography 2:40-4:00	Science 2:40-4:00

*The Music exam will take place in the Music Room, Room 131

Fifth Year Summer Examinations

May 2026



Exams 1 hour 55 mins	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
8:55-10:50	English	Gaeilge	MFL French/German	Maths	Art
BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15	
11:15-1:10	LCPE	Accounting Technology	Politics & Society Physics Agricultural Science	Economics History	
LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	
2:00-3:55	Chemistry Geography *Music	Biology	Home Economics	Business	

*The Music exam will take place in the Music Room, Room 131

LCA Summer Examinations

May 2026



Exams 1 hour	Monday 25 th May	Tuesday 26 th May
8:50-9:55	Study	Study
9:55-10:55	English & Communication	Hotel, Catering & Tourism
BREAK 10:55-11:15	BREAK 10:55-11:15	BREAK 10:55-11:15
11:15-12:10	Study 11:15-12:10	Study 11:15-11:10
12:10-1:10	Mathematical Applications	Hair & Beauty
LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00
2:00-4:00		



Weekly Hot Lunch Menu

Monday 25th

- Pasta Carbonara
- Pasta Carbonara (V)

Tuesday 26th

- Pizza Wraps & Potato Wedges
- Pizza Wraps & Potato Wedges (V)

Wednesday 27th

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

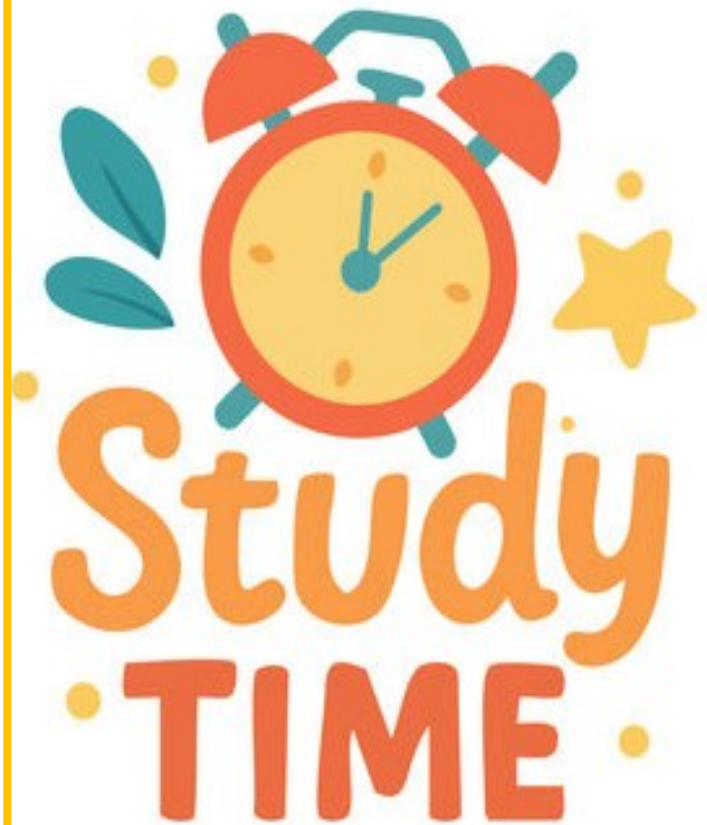
Thursday 28th

- Chefs Surprise!

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 hand-written 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



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

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.
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