

CEIST

Catholic Education
An Irish Schools Trust

St. Leo's College
A CEIST School

23rd January 2026



Student Newsletter

Coming together is a

Beginning.

Keeping together is

Progress.

Working together is

Success.

- Henry Ford



An Roinn Oideachais
Department of Education

Whole School Evaluation: Management, Leadership and Learning

Huge congratulations to our wonderful staff & students as our Whole School Department Inspection comes to a very successful conclusion.

We look forward to receiving feedback next Wednesday 28th January. Lessons finish at 3pm that day to facilitate a staff feedback meeting.



St. Leo's College School Calendar



Buy now for only €10!

**A great way to get organised for the new year.
All students and all year groups feature in
this beautiful publication.**



Trinity Entrance Exhibition Awards

We are so proud of former St. Leo's College students Lily Higgins, Emma Curran and Eve Black who received Trinity Exhibition Awards on Thursday 22nd January. This very prestigious Trinity College Award recognises students' exceptional academic achievements. Lily is studying Pharmacy, Emma is studying Medicine and Eve is studying Computer Science, Linguistics and Irish.

Congratulations Lily, Emma and Eve!





Bake off 2026

Very well done to Orrianna Mullins (9A) and Alannah Marie Seitz (2B) who competed last week in the Carlow—Kilkenny Home Care bake off in PDLs Bagenalstown.

The girls did a superb job and there was very little between all the finalists.

Huge credit to them and well done!



Well Done Orrianna and Alannah





Available
Every Lunch
in the Library.
Unwind and
Enjoy Screen
Free Time



Help us Finish the New Jigsaw!!



Girl, Missing by Sophie McKenzie

Do you like cliff hangers? Well I just started reading this book in English and it is so good, I just can't get enough of it.

Every time we have to read, I just keep putting my hand up over and over again. The book is about a girl called Lauren who is trying to find out where she's from. And her friend Jam is there supporting her.

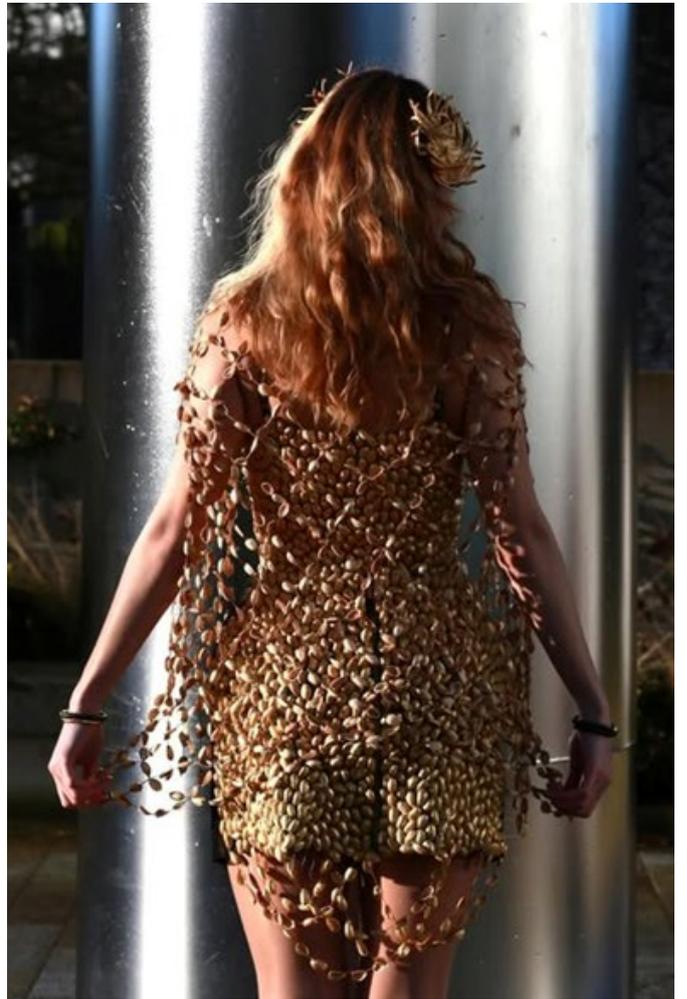
What I have read so far: Lauren was trying to do this project but she didn't know how to do it. The project is called "Who am I?". Then she clicked on a missing children's website just for fun. But then she found a little girl who went missing when she was just three and thought she looked like her. So she went downstairs and asked her mam if she had a picture of her when she was younger. She said she had some more up in the attic. When she was up there she saw a box that said diary which belonged to her mam. In it was an adoption card. Then she had a brilliant idea: What if she went over to the adoption centre to find out more?

I don't want to give any spoilers so I will stop there and you'll have to read the story yourself!

Thank you Alecia for this review.



**Book Review by
Alecia Glynn 1E**



**JUNK
KOUTURE**

Some of this year's Junk Kouture finalists





Monday 2 nd February	Tuesday 3 rd February	Wednesday 4 th February	Thursday 5 th February	Friday 6 th February
BANK HOLIDAY	Study 8:50-9:30 English Paper 1 9:30- 12:20	Irish Paper 1 HL 8:50 - 10:50 Irish Paper 1 OL 9:20 - 10:50 Irish Paper 1 FL 8:50 - 10:50	Study/ Exam Prep 8:50 - 9:00	Irish OL Study 8:50 - 10:00 Irish Paper 2 OL 10:00-12:20
	Lunch 12:20-1:30	Break 10:50-11:15 *Irish Aural 11:15-11:35 *Study 11:35-12:00	English Paper 2 9:00 - 12:20	Irish HL Study 8:50 - 9:15 Irish Paper 2 HL 9:15 - 12:20
		Lunch 12:00 - 1:00	Lunch 12:30 - 1:30	Lunch 12:20-1:30
	Home Economics 1:30-4:00	Maths Paper 1 1:30 - 4:00 HL, OL & FL	Maths Paper 2 1:30 - 4:00 HL & OL	

Monday 9 th February	Tuesday 10 th February	Thursday 12 th February	Friday 13 th February
MFL French 9:30 - 12:00 MFL German 9:30 - 12:00	Chemistry 5.1 9:00 - 12:00 Politics & Society 5.2 9:30 - 12:00 Technology 5.7 HL 9:30 - 12:00 Technology 5.7 OL 10:00 - 12:00	Biology 9:00 - 12:00	Ag. Science 8.2 9:30 - 12:00 Physics 8.5 9:00 - 12:00 Economics 8.6 9:30 - 12:00 History 8.8 9:10 - 12:00
	Lunch 12:00-1:00	Lunch 12:00-1:00	Applied Maths 1:30 - 4:00*
Accounting 3.2 1:00 - 4:00 LCPE 3.4 1:30 - 4:00 Art 3.5 1:30 - 4:00 Geography 3.6 1:10 - 4:00	History 6.1 1:10 - 4:00 Art 6.2 1:30 - 4:00 Business 6.5 HL 1:00 - 4:00 Business 6.5 OL 1:30 - 4:00 Music 6.8 * 1:00 - 4:00	*LCVP 1:30 - 4:00	

- MFL Aural will take place in advance of the written exams on Thursday 29th January during P3 in classrooms. Lists will be shared on Teams.
- Irish Aural will take place in classrooms on Wednesday 4th February after the written exam. Lists will be shared on Teams.
- LCVP will take place in classrooms on Thursday 12th February. Lists will be shared on Teams.
- *The Music exam will take place in Room 304 on Tuesday 10th February
- Please arrive in school on time and scan in in the school main building before you arrive in the Gym for 8:45. Be seated in the exam centre punctually.
- Even if your exam does not commence at 8:50 you must be seated in the exam centre before 8:50 and use that time to study and prepare for your next examination.
- Even if you do not have an exam during a particular exam period, you must be seated in the exam centre for study during that entire period.

Mock Exam Timetables

Junior Cycle Mock Examinations 2026



Thursday 5 th February	Friday 6 th February	Monday 9 th February	Tuesday 10 th February	Thursday 12 th February	Friday 13 th February
Gaeilge HL & OL 8:50-10:50	Study 8:50-10:50	Maths HL & OL 8:50-10:50	English HL & OL 8:50-10:50	MFL French & German 8:50-10:50	Study 8:50-9:20 Home Economics 9:20-10:50
Break 10:50-11:15	Break 10:50-11:05	Break 10:50-11:15	Break 10:50-11:15	Break 10:50-11:15	Break 10:50-11:05
Study 11:15-11:35 Music* 11:35-1:05	History 11:05-1:05	Study 11:15-1:10	Study 11:15-1:10	Study 11:15-1:10	Applied Technology 11:05-12:35
Lunch 1:10-2:00		LUNCH 1:10 – 2:00			
Geography 2:00-4:00		Religious Education 2:00-4:00	Business Studies 2:00-4:00	Science 2:00-4:00	

*The Music exam will take place in Music Room 131.

Learning Leaders Tip of the Week

What is the best time to study?

There is no single best time of day to study however there can be some clear signs to show what time of day you are able to best focus and retain information at.

Everyone is different and what is important is you find a time that best works for you and for your schedule.

People who are morning people may report that they have sharper focus in the earlier hours of the day where they are not interrupted by others. It is also easier to retain information after rest, and it sets good discipline and routine.

However, those who are not morning people may struggle to adapt to a consistent sleep schedule and get up earlier to study.

In the afternoon energy levels are balanced and it is easier to apply practical knowledge. It can also work best for group discussions or study as peers can be available to motivate.

On the other hand, this may clash with other commitments such as sports and extra-curricular and you may struggle to find quiet environments.

Night owls have peak focus late at night and problem solving and creativity also peaks at night. It is also distraction free and easier to concentrate.

However this may disrupt health and sleep patterns, and it is often hard to maintain consistency in the long term.

So, in short

Morning: Best for memorization-heavy subjects (languages, formulas).

Afternoon: Ideal for collaborative or applied tasks (projects).

Night: Great for creative work (writing, brainstorming).

LIBRARY

"A Good Girl's Guide to Murder" really has you sitting on the edge of your seat.

Just when you think, "oh, I've definitely got it now," Pip finds something out that changes everything.

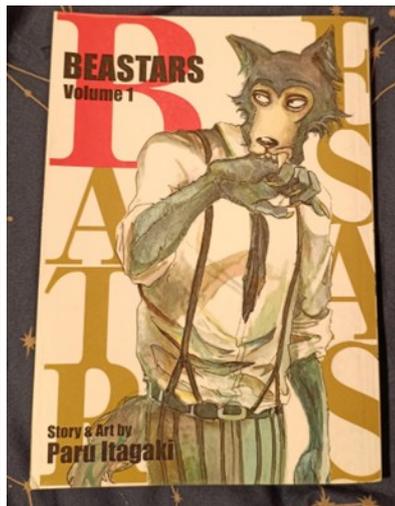
The story follows a girl named Pip, who decides that for her school project she is going to reopen a case from five years ago: the disappearance and murder of Andie Bell. The whole town thinks her boyfriend, Sal Singh, did it, but Pip doesn't agree. So, she teams up with Sal's brother, Ravi, to open the case back up and see what really happened.

I really liked how the book wasn't just normal chapters. It has Pip's actual project logs, maps, and interviews, which makes it feel like you are solving the mystery with her instead of just reading it. But as Pip gets closer to the truth, things get scary. The real killer starts sending her threats, and it turns from a basic school project into a dangerous game where Pip's life is actually on the line.

If you like mysteries that keep you guessing until the end, you should definitely read this! **Thank you Prathana Tamang Rai**, first year for this fabulous review. Definitely a great series



**Book Review by
Prathana Tamang Rai 1A**



Beastars Volume 1 by Paru Itagaki is a drama in which all the characters are animals in a boarding school called Cherryton Academy where everyone is split between two groups, herbivores and carnivores.

It follows the life of a grey wolf named Legoshi and his life around campus, the manga starts when a herbivore student is murdered on school grounds and Legoshi is the number one suspect so

everyone is slightly on edge around him. He meets a dwarf rabbit named Haru which he has a very interesting interaction with fighting his natural prey drive. I like the character of Legoshi as at first it seems obvious whether or not he committed the crime but as the manga goes on he becomes more mysterious making it harder to tell if it was him or not. It is a very interesting book and a great introduction to the series. I would recommend it to those who like dramas, Japanese mangas or animalistic characters"

Thank you Saoirse Nedelcu O'Shea for this review!

**Book Review by
Saoirse Nedelcu O'Shea 3C**

**Book Review by
Hannah Wisniewska 2A**

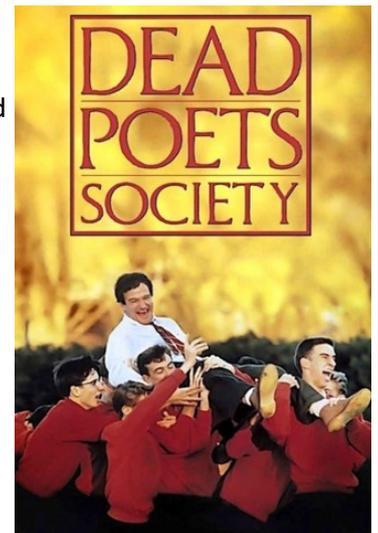
Dead Poets Society is a very emotional story about a group of boys whose lives were changed for the better by their whimsical/passionate teacher that taught them English, especially poetry in a private all boys school.

This novel has a great message that all readers and people should listen to and take to heart.

This novel shows us that we should be the people that we want to be, no matter who tells us otherwise. We

should stay expressive and passionate in what we want to be, and work hard for these goals every day.

Thank you Hannah Wisniewska





Focus Pack-

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- ✓ Flashcards
- ✓ Laminated Weekly Planner (Reusable!)
- ✓ Homemade Bookmark

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♥ Blue

♥ Yellow

♥ Green

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Want one? DM us on Instagram @**focuspack2025** or message **Liela Abdallah, Lojain Abdallah or Caitlin Seitz** on Teams to get yours!

Follow us on Instagram: @**focuspack2025**



Weekly Hot Lunch Menu

Monday 26th

- Chicken Pasta Alfredo
- Pasta Alfredo (V)

Tuesday 27th

- Roast Bacon served with Mashed Potatoes, Vegetables & Gravy
- Mashed Potatoes, Vegetables & Gravy (V)

Wednesday 28th

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

Thursday 29th

- Homemade Buttermilk Chicken Breast Burger served with Salad & Chips
- Salad & Chips

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



Happier January 2026

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down



ACTION FOR HAPPINESS

Happier · Kinder · Together



EXTRA-CURRICULAR AND SPORTS TIMETABLE

	Monday 🌟	Tuesday 😊	Wednesday 🏏	Thursday 🌟
Before school 8:00 – 8:45	Senior & Cadette Volleyball Ms. O'Neill			
	10.55 Human Rights group Room 227 / Ms Curran			
Lunch 1.20-1.55  THE LIBRARY is open every break and lunch times.  BOARD GAMES AVAILABLE Fitness suite Open at lunch for junior students. 	Senior & Cadette BASKETBALL Ms Bergin & Mr Wood 1 st year HOCKEY Ms Hickey Crochet club Ms English & Ms Lennon Room 613 CHAMBER CHOIR MUSIC ROOM Ty, 5 th & 6 th years SJ Vincent de Paul Cairdeas - Ms Crockett	All years Badminton Ms Hennessy Junior Soccer Mr Walsh & Ms Lalor All years Zumba Assembly Hall Ms. Zadorochyna Folk Group Music Room Ms Coisgrove 1st & 2nd Years Public speaking 1.30pm – Room 701 Mr O'Toole & Ms A. Doyle Arts & Crafts Club Ms. Connors & Ms. Mullins 1.20pm Art Room 501 <i>• Poetry About - All year groups Ms O'Sullivan 1.20pm GR703</i>	Juniors Netball Ms Millward 1 st Year Gaelic Football Ms Eady & Ms O'Leary 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 Gaelige Ms. M. McDonough & Ms. Keenan Room 100
After school 4.15 – 5:15 pm	Seniors Netball Ms Millward Senior, 4th, 5th and 6th year Hockey Justine Collins 4.10-5.10	2nd, 3rd year Hockey Justine Collins 4.10-5.10	Junior & Senior Gaelic Football Ms Eady & Ms O'Leary 5th YEARS Applied Maths 4.20 – 6.20.	6th YEARS Applied Maths 4.20 – 6.20.