St. Leo's College

A CEIST School

25th September 2026

Student Newsletter



Open Evening 2026

Our outstanding tour guides

MERCY

ST. LEO'S CARLOW

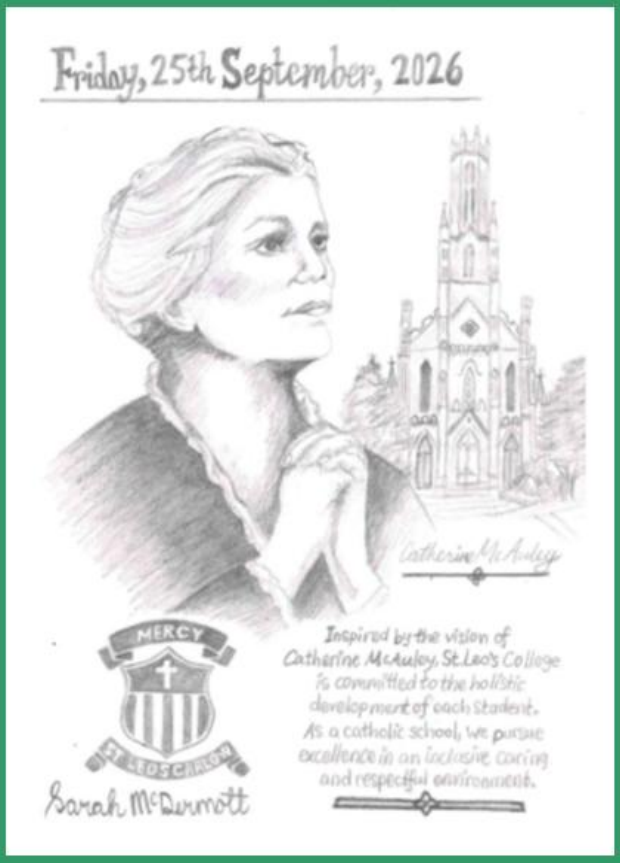
Invitation to

Mercy Day Mass

Friday 25th September 2026

11.00am

Cathedral of the Assumption





'We must strive to do ordinary things extraordinarily well.'

Catherine Mc Auley

The Suscipe of Catherine McAuley

My God, I am yours for time and eternity.
Teach me to cast myself entirely
into the arms of your loving Providence
with a lively, unlimited confidence
in your compassionate, tender pity.
Grant, O most merciful Redeemer,
That whatever you ordain or permit
may be acceptable to me.
Take from my heart all painful anxiety;
let nothing sadden me but sin,
nothing delight me but the hope
of coming to the possession of You
my God and my all,
in your everlasting kingdom.
Amen.



🌟 Learning Leaders Ready to Lead the Way! 🌟

Ms C. Kelly and Ms Kirwan were delighted to welcome this year's **Transition Year Learning Leaders** this week.

Our Learning Leaders will play an important role in school life by:

📚 Leading **study skills workshops**
📝 Editing our **weekly newsletter segment**
🏫 Running the **Learning and Teaching Room** during Open Evening

These students will help to promote positive learning experiences and support their fellow students throughout the year.

We look forward to working with this enthusiastic group and seeing the valuable contributions they will make to our school community.

✨ **Best of luck to all our Learning Leaders for the year ahead!** ✨

#StLeosCarlow #TYLearningLeaders #StudentLeadership #TransitionYear #LearningTogether #SchoolCommunity 💚 ❤️ 📚 🌟

My Brain and Me

1st and 2nd Year

5 steps for a successful day at St. Leo's College:







- Arriving early or being on time for school is always helpful to achieve a successful day at St. Leos college. It reduces stress and gives you time to go to your locker and prepare for class or to do some last revising for a test that day.

- Remembering your school journal is important to achieve a successful day also. This helps you to remain organised and punctual throughout the day. It allows you to record your homework, track meetings, check in with your class tutor and record dates for test, trips, etc

- Having your school bag and lunch packed the night before classes can achieve you a successful day. This simple step ensures you are organised and fuelled for a full day of learning and activities.

- Wearing your correct uniform can help you have a successful day also. By doing this you are starting off your day on the right foot and representing the school with pride

- Lastly, get involved! Expand your skills and social circles, giving you the full St. Leo's College experience

3rd Year

Assessment Tracking & Monitoring:

Assessment tracking is a particularly important part of the journal for 3rd year students. This is where you can record your academic and personal goals. Tracking your progress helps you stay motivated; acknowledge the work you have done and identify areas for improvement which help focus revision.

By – Kayleigh Kiil-Keogh and Ciara Dunne, 4A



TY WEEKLY!

Our Transition Year Adventures!

WEEK 3 ROUND-UP

Ideas
Experiences
Growth

LEARN
TRY
CHALLENGE
GROW

Hi everyone my name is Hadassah Dias in 4C. I am absolutely loving TY so much. I love the free time and the extracurricular activities like DJing and doing hair and beauty. TY gives you so many opportunities. I love TY and recommend it to everyone.

My name is Anna Walker and I'm in 4E. I love TY because I'm learning what I'd like to pursue after I'm finished school. I've gotten stronger friendships and had so many fun activities. I'd recommend TY to everybody.

Small Steps Big Progress

Hi I'm Alexis and I'm in 4C. TY has by far been my favourite year of secondary school because of all the different things we get to experience during TY. So far, we have been to Emerald Park, climbed Mount Leinster, had a DIY workshop, hair and beauty workshops as well as a DJ workshop. TY is such a fun year where you make a lot of new friends and it's a really nice break from all the stress that came from 3rd year. I would recommend everyone to do TY because it is so worth it and is definitely something everyone should experience in school.

My name is Evie and I'm in 4D. I love TY because it gives you so many opportunities and experiences. I love doing jobs for teachers and the workshops. It is a good way to make new friends and find new hobbies.

Hello, my name is Emily Quinn and I am in 4C. So far in TY we have had a lot of opportunities to experience new things we haven't done before like hair and beauty, DJing, DIY workshop and so many more. I love TY and I would recommend it to everyone in the years below.

Good Vibes Only

FRIENDS
OPPORTUNITIES
MEMORIES
TY

EXPLORE
CREATE
CONNECT
ACHIEVE

We all bring something DIFFERENT to TY!

VOLUNTEERING

Commencing on Friday the 11th of September, some of the students in our year volunteered for Enable Ireland. On Friday and Saturday mornings and afternoons, you could find some of us around the town centre with big smiles and a collection bucket for the charity. Enable Ireland has its own charity shop on Tullow street ran by the lovely Elaine who so kindly gave us this opportunity to give back to our community. We were given vests and taken to our designated spots. We met some lovely people (and dogs) who kindly donated to the worthy cause. If you are ever considering donating to a charity please take Enable Ireland into your consideration, as they work so diligently to help children across the country with additional needs. Overall, it was a great opportunity, and it felt quite rewarding to do our parts in giving back, it was a great day out!

Abbie Byrne 4D







GIVE A LITTLE BACK

PICNIC IN THE PARK

Last week for cultural activities we went on a walk down by the Barrow Track and had a picnic on the hills of Graigue Park.

This was such a fun thing to do because the weather was so warm and sunny and we got to chat with our friends while we ate our snacks on the hills.

We also got to watch the swans swimming around in the river.

Alexis O'Toole 4C



Good Food

Good Company

Great Outdoors

Fresh Air

Happy People

Brighter Days

BEAUTY WORKSHOP





On Tuesday, Leah from House of Glam came into our school to teach us how to do our eyebrows. She showed us how to map, tint and shape our eyebrows. She demonstrated how to map eyebrows on a girl in our class. It was very beneficial as we now know how to do our eyebrows properly. We then practiced doing each other's eyebrows using string and eyebrow pencils. At the end of the class Leah was kind enough to gift us all €20 off vouchers for House of Glam. It was a very enjoyable and educational experience.

Caoimhe and Grace Bradley, Hannah Dagg 4D

BEAUTY STARTS WITH YOU

HAIR WORKSHOP

On Tuesday, Eadaoin, a hairdresser came into our school and the TY students got to practice hairstyles such as curling hair, doing up styles, straightening hair etc.

It was so much fun, and I think it benefited a lot of us since some people might have not known how to do hair before Tuesday. It was also beneficial for people who might want to be a hairdresser in the future! It was a very creative break from our normal routine in school. Many of us practised curls on each other and cool braids etc. The energy in the room was great with everyone laughing and helping each other out. Thank you to the Eadaoin who came in and made our experiment doing hair fun and very enjoyable. Overall, it was a very good day!

Evie Faulkner 4D





CONFIDENCE LOOKS GOOD ON YOU!







HAIR WORKSHOP

INTERNATIONAL STUDENTS

We are exchange students from Spain at St. Leo's College in Carlow. Our first impression of this school has been very good, as all the teachers have offered us their help from the very beginning and have given us a very warm welcome. Since we arrived, we have felt very comfortable and welcomed, and we have really enjoyed learning about the Irish education system and comparing it with the one we are used to in Spain.

We are doing Transition Year and, so far, we are really enjoying the experience. As it is a transition year, there are many different activities organised throughout the year, which makes the classes more dynamic and different from what we are used to. There are also several really fun and interesting trips organised, where we can visit new places and do activities with our classmates.





We also really like that during Transition Year everything is not focused on studying and taking exams, but we have the opportunity to learn in a more practical and enjoyable way. We think that this experience is helping us not only to improve our English, but also to learn more about Irish culture, make new friends and have new experiences.

We are very happy to be part of this school during our exchange and we are really looking forward to continuing to enjoy everything we have left to experience in Ireland.

Elena Romero and María Izquierdo 4A



Friday 2nd October

GOAL JERSEY

Friday 2nd October

BRING €2

Wear your favourite jersey and your school tracksuit!

Donations collected in your first class on Friday morning.

Helping people in need in 18 different countries.

Thank you for supporting such a good cause!

THANK YOU FOR SUPPORTING GOAL!

bonjour

FRENCH EXCHANGE

New friends, amazing memories, language skills improved, lots of fun!

New adventures await !

Hosting: 28th Jan. 2026-6th Feb. 2027

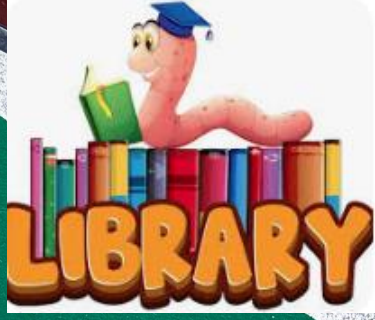
Travelling: March 5th-14th 2027





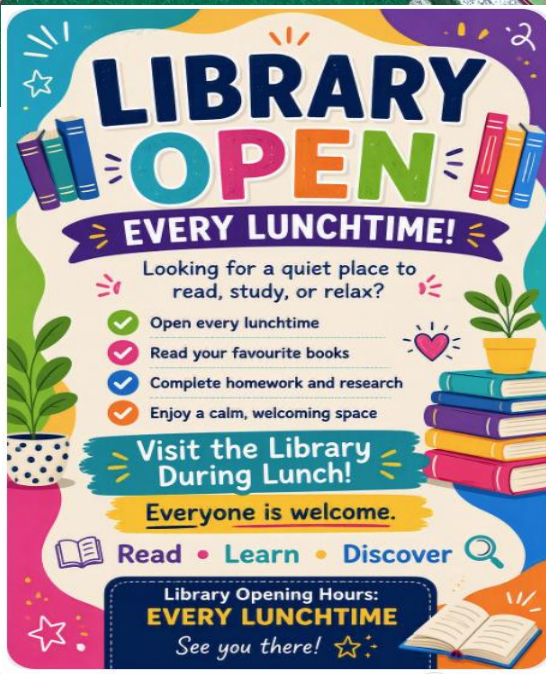



FRIENDSHIP
LOVE
LIFE SEEMS BUT
a quick succession
OF BUSY NOTHINGS


LIBRARY

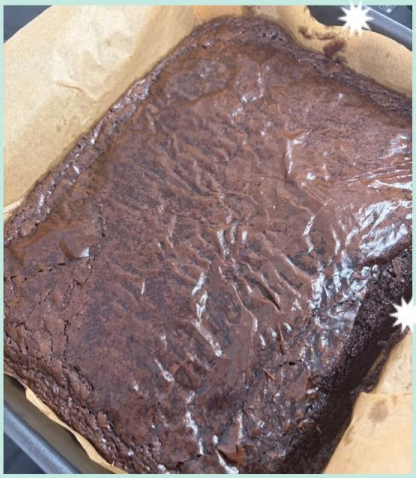

OUR JIGSAW IS
COMPLETE!
We did it!
It was a tough one, but we've finally finished it.
Pop into the Library next week for our next jigsaw challenge!
Ready to puzzle again?




LIBRARY
OPEN
EVERY LUNCHTIME!
Looking for a quiet place to read, study, or relax?
Open every lunchtime
Read your favourite books
Complete homework and research
Enjoy a calm, welcoming space
Visit the Library During Lunch!
Everyone is welcome.
Read • Learn • Discover
Library Opening Hours:
EVERY LUNCHTIME
See you there!









Baking club













Embroidery club











SLEEPOVER

BAKE SALE











BAKE SALE! 🍪

Help us raise money for the First Year Sleepover! 🎉

📅 Wednesday, 30th September

🍰 Delicious treats for sale!

💳 Card & Cash accepted

Come along, grab a treat & support a great cause! 💕

HORSE CLUB EQUESTRIAN

🏆 Fantastic Start to the Season! 🏆

Interschools Success for St Leo's College

The first Interschools competition of the season took place in Coolboy, Tinahely on Sunday, 20th September. St Leo's College was proudly represented by a fantastic novice team consisting of **Anna Curry, Realtín Curran, Éinín Dwyer and Darci Hutton**.

The team delivered an outstanding performance, finishing **1st place out of four competing teams.** This excellent result is a testament to the hard work, dedication and enthusiasm of all four riders.

Congratulations to Anna, Realtín, Éinín and Darci on their wonderful achievement. What a fantastic way to begin the new season. We look forward to following their progress and celebrating many more successes throughout the year!

🎉 **Well done to all involved on an incredible start to the season!** 🎉 🏆 🐴👏



A DAY IN THE LIFE OF A LCA STUDENT

@ ST LEO'S COLLEGE



DAY IN THE LIFE OF A LCA STUDENT

ON OUR FIRST WEEK BACK, WE WENT TO EMERALD PARK WITH THE TY'S. MS CASEY, MS DOYLE AND MS MANNION KINDLY ASKED FOR PERMISSION FOR US TO GO ON THAT TRIP. IT SUCH AN ENJOYABLE DAY OUT.

IN HOTEL AND CATERING LAST THURSDAY, WE HAVE MADE CHICKEN FAJITA WRAPS WITH SOME WEDGES THEY WERE VERY DELICIOUS; THIS WEEK WE ARE MAKING SPAGHETTI BOLOGNESE. WE ARE ALSO PLANNING A DAY TRIP TO KILKENNY FOR OUR KEY ASSIGNMENT ABOUT TOURIST ATTRACTIONS.

WE ALSO DID A DJ WORKSHOP WITH THE TYS WHERE WE LEARNED HOW TO USE A DJ CONTROLLER, WHERE WE LEARNED HOW TO SYNC UP SONGS ON BEAT AND REMIX ANY 2 SONGS. IT WAS SUCH FUN.

Written by Kelsey Coleman and Carly Brennan LCA

Poetry Aloud Poetry Speaking Competition 2026

Poetry Aloud is the annual poetry speaking competition open to all post-primary students on the island of Ireland.

It is organised by the National Library of Ireland and Poetry Ireland in partnership with University College Cork. This year's competition is supported by the Culture Programme for Ireland's Presidency of the Council of the European Union 2026 which has enabled the staging of regional heats.

Poetry Aloud celebrates the joy of speaking and listening to poetry, and the National Library of Ireland and Poetry Ireland have organised the ***POETRY ALOUD Poetry Speaking Competition*** for post-primary school students since 2007. The competition began as Yeats Aloud in 2006 to mark the opening of the exhibition Yeats: The life and work of WB Yeats in the National Library of Ireland.

The competition is open to all students attending a second-level school on the island of Ireland.

The first round of Poetry Aloud 2026 will consist of regional heats at various locations across the country.

Participant Categories

Junior: 1st and 2nd year from Republic of Ireland & years 8, 9 and 10 from Northern Ireland
Intermediate: 3rd and 4th year from Republic of Ireland & years 11 and 12 from Northern Ireland
Senior: 5th and 6th year from Republic of Ireland & Upper and Lower 6th forms from Northern Ireland

Participants are required to speak TWO poems:

ONE poem from this prescribed list

Junior Category:

Intermediate Category:

Senior Category:

and **ONE** poem from the prescribed anthologies Ms. O'Sullivan has.

Please contact Ms. O'Sullivan in Room 709 before Mercy Day to express interest.

ACTIVE SCHOOL POST PRIMARY

MERCY ST. LEO'S CARLOW

Active Schools Flag Whole School Survey 2026

WHEN:

Wednesday 30th September & Thursday 1st October

WHERE:

The Computer Rooms (617, 615, 134)

THE SURVEY TAKES APPROX

10-15 minutes to complete.

Each class will be allocated a survey time prior to Survey Day.

Thank you to Management, Staff & students for their cooperation & support in this undertaking.

Club Gaeilge

Just Dance as Gaeilge!



Maith sibh go léir, a chailíní, a bhí ag Club na Gaeilge an tseachtain seo! Bhí an-spraoi ann!

Bígí linn an tseachtain seo chugainn!

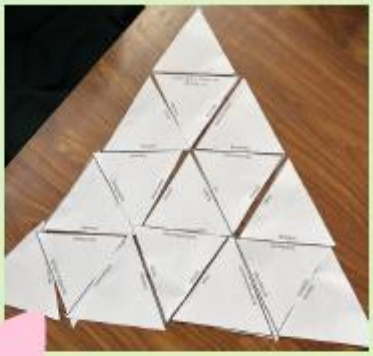
Fáilte mhór roimh gach ball nua :)

Ag dathú!





Puzail a dhéanamh!





Seasamh ióga na seachtaine



Tugann ióga faoiseamh don cholainn agus don intinn!!



St. Leo's Students Discover the Many Lives of Carlow's Assembly Rooms

CARLOW – Transition Year students from St. Leo's College gained a unique insight into Carlow's rich local heritage during a recent visit to the historic Assembly Rooms, guided by John McDarby of Carlow Museum.

The visit formed part of the school's Cultural Studies module and provided students with an opportunity to explore the social, political and cultural history of one of Carlow's most significant buildings.

Drawing on original historical documents, Mr McDarby brought the story of the Assembly Rooms to life, tracing its evolution from a venue for dances and social gatherings to a centre for political meetings, cinema screenings and education. Students also learned about the building's connection to George Bernard Shaw, who later bequeathed the property to Carlow for educational purposes.

The visit encouraged students to look beyond the buildings they pass every day and to consider the people, events and stories that have shaped their community over generations.

Students expressed their sincere appreciation to John McDarby for an informative and engaging introduction to the history that surrounds them.

PHOTO CAPTIONS

Photo 1: Transition Year students from St. Leo's College outside the historic Assembly Rooms in Carlow.

Photo 2: John McDarby of Carlow Museum shares the history of the Assembly Rooms with St. Leo's College students during their visit to the landmark building.





ST. LEO'S COLLEGE EXTRA-CURRICULAR Timetable

2026 – 2027

Our School LIBRARY is open every lunchtime!

MONDAY

Activity	Time	Location	Teacher
Camogie	1.20pm	Hockey Pitch	K.Gallagher & R.Murray
Netball	1.20pm	Gym	S.Millward & A.Brennan
Folk Group	1.30pm	Music Room	A.Shiels & A. Cosgrave
Netball	4.10pm	Gym	S.Millward
Coding Club	1.20pm	Comp Room 615	C.Cradock
Minor Soccer	1.20pm	Hockey Pitch	E.Lalor & D.Brennan
Public Speaking U15	1.20pm	701	S.O'Flaherty & A.Doyle
Baking Club	4.15pm	Room 509	G.McCaul & H.Daly

TUESDAY

Activity	Time	Location	Teacher
Volleyball 3rd – 6th Years	8.00am	Gym	V.O'Neill
Basketball	1.20pm	Gym	M.Bergin, S.Woods & N.Bambrick
Art & Crafts Club	1.20pm	Art Room 501	L.Connors
Poetry Aloud	1.10pm	Room 709	B.O'Sullivan
Embroidery Club	1.20pm	Room 509	G.McCaul
Green Schools	1.20pm	Room 612	H.Daly & K.Regan

WEDNESDAY

Activity	Time	Location	Teacher
Badminton All Years	1.25pm	Gym	Y.Hickey, L.illis & C.Phelan
Football	1.20pm	Hockey Pitch	L.Kelly, G.McCaul & K.Gallagher
Club Gaeilge	1.20pm	Room 226	R.Kelly
St.Vincent de Paul	1.20pm	Cairdeas	E.Mahon & A.Brennan
Junior & Senior Football	4.15-5.15pm	St. Pats Pitch	L.Kelly, L. Teehan & K.Phelan
First Year Hockey	1.25pm	Astro Pitch	J.Collins

THURSDAY

Activity	Time	Location	Teacher
Volleyball 1st & 2nd Years	1.20pm	Gym	V.O'Neill & J.Hogan
2nd Year Hockey	1.20pm	Astro Pitch	J.Collins
Athletics	1.20pm	Track	L.Graham & A. O Keeffe
Snooker Club	1.25pm	Assembly Hall	E.Ni Shuilleabháin & C.Phelan
Human Rights	1.20pm	Cairdeas	D.Cussen
Chamber Choir	1.25pm	Music Room	A.Cosgrave

Get involved. Make friends. Discover your passion!

★ Be Active | ★ Be Creative | ★ Be You ★

Weekly Hot Lunch Menu

Monday 28th

- Closed

Tuesday 29th

- Pasta Bolognese
- Pasta Bolognese (V)

Wednesday 30th

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

Thursday 1st

- Homemade Beef Lasagne served with Baked Potato or Chips
- Salad & Baked Potato or Chips (V)

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



Optimistic October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list
5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward
12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead
19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?
26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month	





ACTION FOR HAPPINESS Happier · Kinder · Together

School Calendar 2026 - 2027

Aug	Fri 21st	LC Results	
	Wed 26th	School recommences	
Sep	Thurs 24th	Open Evening for First Years 2027-2028	
	Fri 25th	Mercy Day Mass	
	Mon 28th	**School Closed**	
Oct	Thurs 15th	6th Year PSTM	4.15 – 6.45pm
	Thurs 22nd	3rd Year PSTM	4.15 – 6.45pm
	Fri 23rd	Halloween Dress Up Day	
	Mon 26th Oct to Fri 30th Oct – Closed for Oct Mid-term		
Nov	Mon 2nd	School re-opens	
	Week beginning 9th November – Whole School Autumn Exams		
	Thurs 26th	1st Year PSTM	4.15 – 6.45pm
	Sat 28th	First Year 2027-2028 Welcome Meeting	
Dec	**Tue 1st**	**School Closed - Subject Cluster Day**	
	Mon 7th & Tue 8th	**School Closed**	
	Thurs 10th	Time to Talk Evening	
	Wed 23rd Dec – Tue 5th Jan – Closed for Christmas Holidays		
Jan	Wed 6th	School re-opens	
	Thurs 14th	**School Closed – Senior Cycle CPD**	
	Thurs 21st	2nd Year PSTM	4.15 – 6.45pm
	Mon 25th	Mock Exams for Third & Sixth Year students	
Feb	**Mon 1st**	**School Closed – Bank Holiday**	
	Thurs 4th	5th Year PSTM	4.15 – 6.45pm
	Mon 15th – Fri 19th – Closed for Feb Mid-term		
Mar	**Wed 17th**	**School Closed – Bank Holiday**	
	Mon 22nd Mar – Fri 2nd Apr – Closed for Easter Holidays		
Apr	Mon 5th	School re-opens	
	Wed 14th – Fri 16th	TY Musical	
May	**Mon 3rd**	**School Closed – Bank Holiday**	
	Tue 4th	**School Closed**	
	Tue 25th	Graduation Mass	
	Wed 26th	TY PSTM & Showcase	
	Fri 28th	Awards Day	
Jun	**Fri 4th**	**Close for Summer Holidays**	
	Wed 9th	State Examinations begin	