St. Leo's College

A CEIST School

18th September 2026

Student Newsletter



Best wishes for the academic year 2026-2027

ST. LEO'S COLLEGE
CARLOW



OPEN EVENING

Discover the St. Leo's College Experience

THURSDAY 24TH SEPTEMBER 2026

6.30PM – 8.30PM

PRINCIPAL'S ADDRESS AT 8.00PM

Welcoming Prospective Students from 5th and 6th class and their families

OUR VALUES

CEIST
Catholic Education
An Irish Schools Trust

- Quality in teaching and learning
- Respect for every person
- Just and Responsible
- Community
- Spiritual and Human Development

EXCELLENCE IN TEACHING AND LEARNING

At St. Leo's College Carlow, we are dedicated to supporting every student to reach her full potential through excellent teaching, innovative learning and a wide range of extra curricular opportunities.

- High Quality Teaching
- Innovative Learning
- Care & Support
- Realising Potential

Be Inspired. Be Challenged. Belong.

www.stleoscarlow.ie | 059 914 3660

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	

ST. LEO'S COLLEGE EXTRA-CURRICULAR Timetable

2026 – 2027

Our School LIBRARY is open every lunchtime!

MONDAY

Activity	Time	Location	Teacher
Camogie	1.20pm	St. Pats Pitch	K.Gallagher, R.Murray & L.Teehan
Netball	1.20pm	Gym	S.Millward & A.Brennan
Folk Group	1.30pm	Music Room	A.Shiels & A. Cosgrave
Netball	4.10pm	Gym	S.Millward
Senior Hockey	1.20pm	Astro Pitch	J.Collins

TUESDAY

Activity	Time	Location	Teacher
Volleyball	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
Coding Club	1.20pm	Comp Room 615	C.Cradock
Embroidery Club	1.20pm	Room 509	G.McCaul
Green Schools	1.20pm	Room 612	H.Daly & K.Regan

WEDNESDAY

Activity	Time	Location	Teacher
Badminton	1.20pm	Gym	Y.Hickey, C.Lillis & C.Phelan
Football	1.20pm	St.Pats 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

THURSDAY

Activity	Time	Location	Teacher
Volleyball	1.20pm	Gym	V.O'Neill & J.Hogan
Hockey	1.20pm	Astro Pitch	Y.Hickey
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
Public Speaking U15	1.20pm	701	S.O'Flaherty & A.Doyle
Baking Club	4.15pm	Room 509	G.McCaul & H.Daly

Get involved. Make friends. Discover your passion!

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







Contact Ms Hickey for any further details







Congratulations to our students who received their JP2 Awards in St. Clare's Church on Monday evening.

St Leo's College

STUDENT BOOK CLUB

Are you looking to read more and meet new people? Do you like to chat about books and widen your horizons? If so, join us!

HOW DOES IT WORK?

We pick a book a month, you buy it (or borrow it from the library) and then we meet online, usually on the last Thursday of the month at 8.30pm on Microsoft Teams. Sometimes we even have the author join us!

INTERESTED?

Send a message to Ms Tierney on Teams to join the group to make sure you don't miss any information or news or follow instructions below.

ALL ARE WELCOME

@StLeosCollegeLibrary

STUDENT BOOKCLUB PICKS

October 22nd





November 26th





@StLeosCollegeLibrary





Human Rights Club

The Human Rights Society in **St Leo's College** plays an important role in fostering awareness, empathy, and active citizenship within our school community. The society provides students with a space to learn about human rights issues at both local and global levels, encouraging informed discussion and thoughtful reflection on the rights and responsibilities we all share. Through regular meetings and student-led initiatives, members are supported in developing a deeper understanding of equality, justice, and dignity for all.



Throughout the school year, the Human Rights Society engages in a wide range of activities designed to educate and inspire. These include awareness campaigns, fundraising events for charitable organisations, participation in national and international human rights days, and collaborative projects with other student groups. By highlighting issues such as poverty, discrimination, access to education, and humanitarian crises, the society helps students connect classroom learning with real-world challenges.

Above all, the Human Rights Society reflects the strong ethos of St Leo's College by promoting respect, inclusion, and social responsibility. It empowers students to use their voices positively, to stand up for others, and to recognise the impact that young people can have in shaping a fairer and more compassionate society. Through its ongoing work, the society continues to make a meaningful contribution to school life and to the personal development of its members.

Parents' Association MEETING

You are warmly invited to attend our upcoming Parents' Association meeting. This is a wonderful opportunity to get involved, stay informed, and contribute to our school community.

Date: Monday, 5th October 2026

Time: 7:00 PM

Location: St. Leo's College

Agenda Highlights:

- School updates and upcoming events
- Discussion on parent-led initiatives
- Open forum for questions and suggestions

All parents and guardians are welcome and encouraged to attend. We look forward to seeing you there!

"Working together for our students' future."

MERCY ST. LEO'S CARLOW

Reunited!



By total coincidence our Meitheal Leader Ava Malone was reunited with her 2021 Meitheal Leader Mia during our visit to Ballinabranna NS to promote Open Evening. Mia is currently studying to become a Primary School teacher and is completing her third year work placement in Ballinabranna.

Welcome to our new International School Students from Spain



TY Activities Outings & Workshops in September

DJ WORKSHOP

BE CREATIVE
MIX IDEAS
TRY NEW THINGS
FIND YOUR BEAT

MUSIC CREATES BRIGHTER DAYS!

On Tuesday we had the opportunity to do a DJ workshop. It was really enjoyable as it was something we had never done before and gave us an opportunity to learn some new skills. We were given a deck and headphones and worked together in pairs to experiment with different types of songs and beats. We were taught a variety of skills like how to make two songs on the same beat and mix them. Overall, it was a great and enjoyable new experience.
Sarah Coakley 4D







GOOD MUSIC GOOD VIBES

TURN IDEAS INTO SOUND

PLAY ★ MIX ★ CREATE

ALTMONT GARDENS

EXPLORE
DISCOVER
LEARN
BE INSPIRED

The Wednesday afternoon Cultural Activities classes headed to Altmont Gardens this week.











PLANTS
NATURE
WELLBEING
BEAUTY
COMMUNITY

Good Things Grow Here

Nature Inspires Brighter Futures ♡

On Tuesday this week all the TY students were participating in workshops for the whole day, we both enjoyed DJ. We had a DJ come into the school to help us and taught us how to DJ. We went in pairs and shared a DJ set, a computer, and 2 sets of headphones. My favorite part was when we got to play our own songs and mix the songs together. We also had fun when Haddasah, our friend, was DJing in front of the whole class and dancing as well. Overall, we had a fun and enjoyable experience.

Karolina Bieniek and Natalia Czapla 4C









DJ WORKSHOP

TY WEEKLY!

WEEK 2 ROUND-UP

DIY WORKSHOP

BUILD • CREATE • LEARN • BE PROUD

As part of the Tuesday Workshop series, TY's learned some new DIY skills.





GOOD PEOPLE GREAT EXPERIENCES BRIGHT FUTURES

HIGHER FURTHER BRIGHTER TOGETHER

MOUNT LEINSTER

HIKE EXPLORE CHALLENGE ACHIEVE

MT LEINSTER 795m

ADVENTURE AWAITS

FRESH AIR

GREAT VIEWS

CHALLENGE

TEAMWORK

CONFIDENCE

WELLBEING

MEMORIES

On Friday the 11th of September, all the TY's went on a trip to hike up Mount Leinster. We got buses from the Visual and set off on our journey. When we arrived, we took a group picture and started the hike trying to get to the top. We hiked for an hour trying to reach the top and a few students made it with no bother! Others were a little tired and stopped close to the top. With some help from the girls at the front, we did it! We then had around 45 mins to enjoy the views and get back down before we headed home after a great day out. All the students had a great time. It was a bit of exercise, a breath of fresh air and we got to see lovely scenery. Everyone really enjoyed the day!

Millie O'Mara 4D

SAME GIRLS HIGHER GOALS

EXPLORE LEARN GROW BELONG

GOOD THINGS HAPPEN ON A HIKE



DIFFERENT PATHS SAME BRIGHT FUTURE









DIY WORKSHOP















TY Workshop

This week 20 fortunate TY students spent two days participating in Badminton Ireland's BadminTEEN coaching programme, led by Laura Hennessy and John Amond. The objective of the program is not to only make teenage girls play sport, but to help them to rekindle a love for it. Many of the TY coaches had never played badminton before, but over the course of the two days, they learned the basic skills, rules and how to organise and run their own tournament whilst their confidence grew through this exciting and new leadership opportunities introduced to the TY program for 2026.

At the end of the course, the now qualified badminton coaches were very lucky to receive a visit from 3-time Olympian and BadminTEEN co-creator Chloe Magee, along with a badminton wellness journal, badminton t-shirts and water bottle each. We also received a kit bag full of brand-new rackets and a net for our TYs to use as part of our extra-curricular program. Chloe also spoke to our Second Year PE students, who have just commenced their CBA 1 in Physical activity for health & enjoyment. She spoke about the importance of Goal setting and showing up everyday. The course concluded with our TY's creating an exciting video for Badminton Ireland's social media accounts on Girls in sport. We would like to take this opportunity to thank Badminton Ireland for this incredible opportunity!









Weekly Hot Lunch Menu

Monday 21st

- Pasta Chicken Alfredo
- Pasta Alfredo (V)

Tuesday 22nd

- Sweet & Sour Chicken served with Rice
- Sweet & Sour Veg served with Rice (V)

Wednesday 23rd

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

Thursday 24th

- Homemade Chicken Burger served with Chips
- Salad & Baked Potato or Chips (V)

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time
7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one
14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories
21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans
	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				

ACTION FOR HAPPINESS Happier · Kinder · Together

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.

Easy & Effective Communication with Parents

Effective communication with parents & legal guardians is very important to us. We would ask you to ensure we have your correct personal contact details-home address, email address, phone numbers etc. It is imperative that all parents/ guardians download and install the VSware app to submit absence requests, view term reports and complete payments. Please be aware that correspondence regarding attendance, newsletters and upcoming trips etc. will be sent via VS-Mail. You will receive a notification on your phone alerting you that you have received VS-Mail and you can swipe to read same. It works in much the same way as an email. However, all messages are sent between VSware accounts, not using email addresses. In order to receive VS-Mail you should have enabled notifications for the app under settings on your phone. VS-Mail is available on Android and iOS devices. If you are experiencing any issues with the VSware app, please call to the office where any member of our administration team will be happy to assist you.

VSWARE INNOVATIVE SCHOOL ADMINISTRATION

St. Leo's College Uniform and Appearance



Here in St. Leo's College we insist on the highest standards with regard to dress and appearance. Full school uniform must be worn at all times in school, PE uniform on PE days only and green uniform every other day. The school skirt must be worn to the knee. Students are not permitted to have skirts shortened or to roll them up at the waist. Facial piercings, hoodies, leggings, converse runners and ugg footwear are not permitted. The school jacket is compulsory and is the only jacket permitted. Students who are missing a uniform item on a particular day may be provided with a replacement item which must be returned at the end of the school day. In the event of an issue or a breach of the uniform code, parents may be contacted and sanctions may apply for students who refuse to comply or for persistent offenders.



Our fabulous new PE top is compulsory for all students throughout the school. A black or bottle green hijab for the purpose of religious observance is the only headwear permitted. **Please label everything!**

Online School PAYMENTS

School payments must be completed on VSware/at school reception by all parents of students.

These charges cover the cost of 24/365 Personal Insurance, VSware Student Information Management System and Communications Package, Microsoft 365 School Account, Anseo Student Card System, Locker Rental, School Nurse and First Aid Supplies, Photocopying & Printing, Telephone Calls, Texting Service, Standardised Testing for relevant year groups, Study Skills, personal Exam Revision Account for each student, Linguascope, Weekly Student Newsletter, Subsidising of Transport for School Activities and Special Events, Wellbeing Modules, School Library & Awards Events, Lunchtime Activities, Team Kits, Referee Fees etc.

We are very aware of the difficult economic circumstances some school families experience and we endeavour to support them in a number of ways. Unfortunately due to the volume of requests we have for financial support we are not in a position to subsidise same. We are however happy to agree a payment plan to accommodate personal situations. Please contact the office to agree and formalise such a plan.

Attendance Matters

Every student. Every day.

Research shows that Student Attendance is directly linked to success in the classroom and in examinations.

Attendance and punctuality are the responsibility of each individual student. Each morning students are required to register their attendance by scanning in with their Anseo Student card. This card is personalised with the student photo and will act as an identity card. It is a valuable item and should be kept securely as there is a cost to replace it. Parents also play an important role in tracking and monitoring student attendance. Parents are required to download and use the VSware app. Please note that Junior students are not permitted to leave the school during the school day.

anseo Time & Attendance





Breakfast Club is available each morning from 8am—8.40am and is a wonderful facility for those arriving by early by bus/train or dropped to school early.

Freshly produced sandwiches, rolls, soup, lunches & dinners are prepared in our chef's kitchen each morning. We hope to receive some funding from the Department of Social Protection to assist those who might benefit from school lunches or a bite to eat to start the day. If you would like to be considered for inclusion in this initiative please collect a form from reception and apply in strictest confidence. Unfortunately we will not be in a position to help everyone for the entire year but we will do our best to help as many as possible for as long as we can.



Health & Safety need to be a priority for all parents/guardians who drop their daughter(s) to school each day. We ask parents/guardians to arrange pick-up locations away from the school door-at the Garda Station, the Visual or some other location. Please do not stop at the pedestrian crossing to drop off or collect as this is extremely dangerous for all concerned. Students who are over 16 and travel by electronic scooter must wear a helmet, high visibility clothing and must dismount at the school gate and walk to the bicycle rack behind the Solas building. Thank you for your co-operation.

School start times 2026-2027

- Classes commence at **8.50am** each day. This means that students need to be in school ***before*** 8.45am, ideally at 8.30am.
- Morning break is 20 minutes from 10.55am—11.15am.
- Each class period is 1 hour.
- Lunch break is 50 minutes.
- School finishes at 4pm each day Monday to Thursday and at 1.05pm on Fridays.

MAKE PUNCTUALITY A PRIORITY





Mobile Phone Regulation

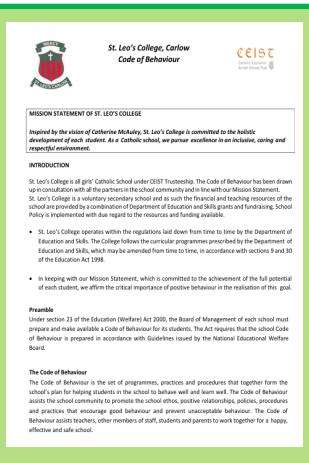
Students are permitted to bring a mobile phone to school. However, it must be powered off before entering the school campus and then placed in their locker immediately. The phone may be retrieved from the locker when the student is leaving the school at the end of the school day and not powered on until the student has left the school campus. The school day includes Assisted/Supervised Study, extracurricular activities, outings, trips etc.

CHILD PROTECTION

The **Designated Liaison Person (DLP)** is the Principal Niamh Broderick and the DDLP is Emma Dwyer. The DLP is responsible for ensuring that reporting procedures are followed correctly, acting as a liaison person with statutory agencies responsible for child protection and welfare. The DLP is the contact person for any member of the school community who has a child protection concern. The school's Child Safeguarding Statement can be viewed on the school website and is available to parents on request.

Code of Behaviour & Bí Cineálta Policy

We strongly encourage all students and parents to read the school's Code of Behaviour and the Bí Cineálta Policy. They can be accessed via the QR code in the Student Journal or on the school website.


St. Leo's College, Carlow
Code of Behaviour

MISSION STATEMENT OF ST. LEO'S COLLEGE

Inspired by the vision of Catherine McAuley, St. Leo's College is committed to the holistic development of each student. As a Catholic school, we pursue excellence in an inclusive, caring and respectful environment.

INTRODUCTION

St. Leo's College is all girls' Catholic School under CEIST Trusteeship. The Code of Behaviour has been drawn up in consultation with all the partners in the school community and in line with our Mission Statement.
St. Leo's College is a voluntary secondary school and as such the financial and teaching resources of the school are provided by a combination of Department of Education and Skills grants and fundraising. School Policy is implemented with due regard to the resources and funding available.

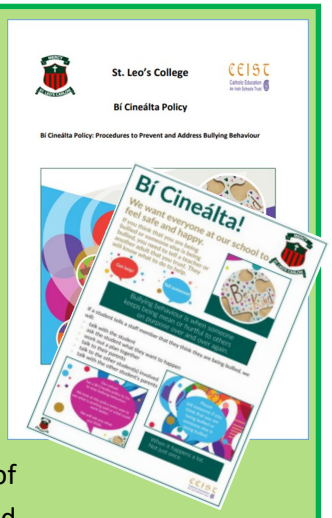
- St. Leo's College operates within the regulations laid down from time to time by the Department of Education and Skills. The College follows the curricular programmes prescribed by the Department of Education and Skills, which may be amended from time to time, in accordance with sections 9 and 30 of the Education Act 1998.
- In keeping with our Mission Statement, which is committed to the achievement of the full potential of each student, we affirm the critical importance of positive behaviour in the realisation of this goal.

Preamble

Under section 23 of the Education (Welfare) Act 2000, the Board of Management of each school must prepare and make available a Code of Behaviour for its students. The Act requires that the school Code of Behaviour is prepared in accordance with Guidelines issued by the National Educational Welfare Board.

The Code of Behaviour

The Code of Behaviour is the set of programmes, practices and procedures that together form the school's plan for helping students in the school to behave well and learn well. The Code of Behaviour assists the school community to promote the school ethos, positive relationships, policies, procedures and practices that encourage good behaviour and prevent unacceptable behaviour. The Code of Behaviour assists teachers, other members of staff, students and parents to work together for a happy, effective and safe school.


St. Leo's College

Bí Cineálta Policy

Bí Cineálta Policy: Procedures to Prevent and Address Bullying Behaviour

Bí Cineálta!

Parents and students are requested to sign pages 40 & 41 of the school journal to confirm that they have read and understood both policies and agree to follow the rules and expectations laid out in them. These policies help to promote the school ethos, build positive relationships, encourage good behaviour and prevent unacceptable or bullying behaviour .