CEIST
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An Irish Schools Trust

St. Leo's College

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MERCY
ST. LEO'S CARLOW

16th October 2026

Student Newsletter



First Year Run 2026



Last Friday our First-Year students completed the annual First Year run, an event organised and coordinated by the TY Active Schools Class, Ms. Hickey and Ms. Graham.
All of our First-Year students had the opportunity to run or walk the route and the top 20 finishers were selected to attend the Knockbeg College XC event.
Our Race Winner Bailee Bolton received a trophy and the 2nd – 6th place finishers received medals.
Congratulations to all students who took part on the day! Special thank you to our Active Schools Team for their hard work. Keep an eye out for the exciting events they've planned over the coming months!









First Year Run 2026



St. Leo's College

Annual Admission Notice

In respect of admissions to the 2027/2028 school year

Admission Policy and Application Form

A copy of the school's **Admission Policy** and the **online Application Form for Admission** for the 2027/2028 school year are available as follows:

- on the school website www.stleoscarlow.ie under the Admission tab or
- on request by emailing enrolments@stleoscarlow.ie or by writing to Admission, St. Leo's College, Dublin Road, Carlow R93 PW84

Part 1 Admissions to the 2027/2028 School Year

Application and Decision Dates for Admission to the 2027/2028 School Year

The f **to First Year for 2027-2028:**

The first	cations for admission to	**Thursday 1st October 2026**
The year	ns for admission to first	**Thursday 22nd October 2026**
The deci	ed in writing of the to first year is	**Tuesday 10th November 2026**
The offe	onfirm acceptance of an	**Tuesday 10th November to Tuesday 17th November 2026**



**Failu r within the prescribed period may result in the offer being witha*

Note: *ecisions on late applications in accordance with the school's Admission Policy.*

Maths Week 10-18 October



Maths Week Ireland

10-18 October 2026

#IUseMaths #MathsWeek2026

Register now on mathsweek.ie

Coordinated by CALMAST, SETU

Supported by



When I went to college to study Exercise and Health Science, I saw the importance of equations, fractions, using graphs etc., to work out measurements and assess my clients' progress.

As a coach, no matter what, I need to constantly record and monitor my client's activity and progress, movements and nutrition, to ensure they are working at peak potential to hit their goals. Without Maths, I wouldn't be able to do the job that I love and am passionate about!

Anya Ksenia Farrell - Fitness Instructor, Personal Trainer and Gymnastics Coach **CARLOW**



As a carpenter, I use Maths daily to work out how much timber and materials are needed, to calculate costs, and to give estimates to customers.

I use trigonometry and geometry to make sure that angles, joints and fittings are perfectly aligned. Sport is another area of my life where Maths is important. In hurling, statistics are used to learn how we can improve our fitness and our accuracy in scoring. Since leaving school, I've realised the importance of Maths in two of the most important areas in my life: my professional career and my sporting career.

Enda Dunphy - Apprentice Carpenter and Tipperary Hurling County Player **TIPPERARY**



I loved maths in school and always thought of maths as the gymnastics for the brain!

As a major incident manager for Sun Life, I look after the coordination of technical teams to make sure any IT issue is fixed with minimum delay. We deal with large amounts of data and numbers for reporting purposes. Understanding how to interpret information through algorithms and queries is crucial for meaningful results.

I also work as a car mechanic and in both my professional roles, critical thinking and problem-solving skills involving Maths help me to successfully address daily challenges.

Sarah Tisseaux - Major Incident Manager, Sun Life **WATERFORD**



To be honest, I never really liked Maths in school and I wasn't the best at it, but Maths is now my ultimate Swiss Army knife.

I use Maths every day without even thinking about it, like nailing those precise measurements for distances and jump heights, or figuring out just the right speed to clear those jumps! I also use Maths in map reading on the trails. I'm deep into bike specifications and Maths helps here too. Maths is a secret formula that adds precision and thrills to my mountain biking escapades!

Jack Sweeney - Mountain Bike Coach and Trail Lead **DONEGAL**

MATHS AT WORK!

#IUSEMATHS



As a Youth Coordinator, I deliver our financial literacy programme 'Money Smarts' to secondary school students, inspiring the next generation to be super confident when it comes to all things money highlighting the positive impact that can have on their overall wellbeing.

Maths was a "Meh" subject for me in school. I never really realised how important Maths was for my future. The better your understanding of Maths and finances, the more informed your future financial decisions will be.

Rachel Watts - Welcome Advisor and Youth Coordinator, Bank of Ireland **AREA NORTH**



I represent Ireland and Adidas in athletics. I currently hold national records in in the 60m and 100m sprint events, making me the fastest Irishman in history!

Races are often won by a difference of 0.01 seconds. To put this into perspective, it takes on average 0.3 seconds to blink! In school, I always liked Maths and problem solving. I didn't always get the best grades, but that didn't stop me from enjoying it. It's cool to have been able to work on those skills in school and be able to use them now in my professional life as an athlete.

Israel Olatunde - Professional Athlete **LOUTH**

For more amazing facts check out



LCPE Trip to the National Sports Campus



Nasal Flu Vaccine

This year Dr. Wall from Gallagher Medical Practice is coming to the school to provide a convenient opportunity for your child to receive the Nasal Flu Vaccine. This vaccine is recommended for all children aged 2-17 years of age. Flu circulates during the flu season, normally from the beginning of October through to the end of April and children are more likely than adults to get severe complications of flu. A VS mail was sent to the parent/guardian of all students with:

- An information leaflet from the HSE about the nasal flu vaccine for children
- A letter from Dr. Wall
- A parental/guardian consent form

Your daughter will also be given a paper copy of this form on Monday during Tutorial Class. Closing dates for return of consent form is Friday 23rd of October.

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







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 ★

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!

NELLIGAN'S CATERING

Weekly Hot Lunch Menu

Monday 19th

- Pasta Bolognese
- Pasta Bolognese (V)

Tuesday 20th

- Pasta Carbonara
- Pasta Carbonara (V)

Wednesday 21st

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

Thursday 22nd

- Spice Box
- Spice Box (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



🎁 **Team Hope Christmas Shoebox Appeal is Back!** 🎄

We're delighted to announce that our **Team Hope Christmas Shoebox Appeal kicks off next week!**

Every year, our wonderful school community gets behind this very special campaign, filling shoeboxes with **gifts, kindness and Christmas cheer** for children affected by poverty. Let's make this year another fantastic success!

🎄 **What can I put in my shoebox?**

Team Hope recommends choosing items from each of the **4 W's**:

🖍️ **WRITE** – Pens, pencils, crayons, markers, colouring books, paper/copybooks, sharpeners and erasers.

🧼 **WASH** – Wrapped bars of soap, toothbrushes, toothpaste, facecloths, combs and hairbrushes.

🧦 **WEAR** – Socks, underwear, hats, scarves, gloves and flip-flops.

🎁 **WOW!** – Cuddly toys, dolls, toy cars, balls, skipping ropes, yo-yos, stickers, small musical instruments and sweets with at least six months before their expiry date.

🚫 **Please don't include:**

Liquids, chocolate or other food, sharp objects, medicines, breakable items, large clothing, books with lots of words, or scary/war-related toys.

🎁 Wrap a regular-sized shoebox and lid **separately**, choose whether your box is for a boy or girl aged **2–14**, and secure the finished box with a **large elastic band rather than tape** so that Team Hope can check its contents.

💶 Team Hope also asks for a **€6 contribution per shoebox** to help cover transport, storage and delivery costs.

✨ **Could your family and friends fill a shoebox and make a child's Christmas a little brighter?**

Thanks to the incredible generosity of our pupils, families and staff, this appeal is always a huge success. **Start gathering those goodies and getting your shoeboxes ready!**

❤️ **Together, let's fill our boxes, spread some joy and give the gift of Hope this Christmas**

https://www.teamhope.ie/christmas-shoebox-appeal/resources/

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	