CEIST
Catholic Education
An Irish Schools Trust

St. Leo's College

A CEIST School

MERCY
ST. LEO'S CARLOW

23rd October 2026

Student Newsletter



Wishing our students, staff & families a very Happy Halloween and a restful mid-term break!

CEIST
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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** ne 2027/2028 school year are available as follows:

- on the school website www.stleoscarlow.ie und
- on request by emailing enrolments@stleo Admission, St. Leo's College, Dublin Road, Carlow R93 PW

All applicants will be notified by email on Friday 6th November.

PART 1 ADMISSION S SCHOOL YEAR

APPLICATION AND DECISIO TO THE 2027/2028 SCHOOL YEAR

The following to First Year for 2027-2028:

The sch applications for admission to firs	**Thursday 1st October 2026**
accepting applications for admission to first	**Thursday 22nd October 2026**
The e by which applicants will be notified in writing of the decision on their application for admission to first year is	**Tuesday 10th November 2026**
The period within which applicants must confirm acceptance of an offer of admission to first year is*	**Tuesday 10th November to Tuesday 17th November 2026**

**Failure by an applicant to accept an offer within the prescribed period may result in the offer being withdrawn.*

NOTE: *The school will consider and issue decisions on late applications in accordance with the school's Admission Policy.*

Same school... different journeys!

Get familiar with St Leo's College

1st Years • 2nd Years • 3rd Years

TIPS • LEARNING • SUCCESS

1st Years

Get prepared, get organised, get the most out of your day!

If you are in 1st year, make sure to come into school early so you can get prepared and organized for the day. You can go to your locker, meet your friends, and get ready for the school day. Coming in early also prevents the stress of coming in late, and you have time to get to know where your classrooms are and get to know the school!



- ✓ Locker
- ✓ Friends
- ✓ Classrooms
- ✓ Be on time
- ✓ Feel prepared

You got this!

2nd Years

Rethink your study methods!



Exploring how learning does and doesn't happen

Many people think that reading over your notes loads of times is studying but that is how learning does not happen. In order to learn effectively you need to make short flashcards that are easy to read and nicely summarized, highlighting keywords goes a long way when you are in a hurry and need to revise and it is important to be in an environment with no distractions and take breaks so you don't become overworked.

✗ Doesn't work:



- Re-reading notes over and over
- Highlights alone
- Studying with distractions
- No breaks = burnout

✓ Works better:

- Short, clear flashcards
- Highlight key words
- Quiet, focused environment
- Take regular breaks

Small steps = Big progress

3rd Years

Think about your thinking!



Metacognition

Metacognition is the higher-order cognitive process of thinking which involves the active awareness, understanding, and control of one's own learning and thought pattern.

This is why it is important to study in short intervals, so you don't become overworked. Studying is a marathon, not a race.

- ✓ Plan
- ✓ Monitor
- ✓ Reflect
- ✓ Adjust



Short breaks. Big results!

By Kayleigh Kiil-Keogh and Ciara Dunne 4A

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 ★



🎁 **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/

Hockey v St Declan's













Principal Niamh Broderick welcomes prospective students and their families to the recent open evening at St Leo's College Photo: Michael O'Rourke Photography

This Week in the Nationalist

TY Activities 21/10/2026

SHONA PRESENTS

SHINE

FESTIVAL

SHINE Festival is a high-energy, inspiring day created exclusively for Transition Year girls, designed to support them to feel more confident, connected and comfortable being themselves. SHINE Festival is unique in its design, in that we aim to ensure every girl who attends sees herself, her dreams and/or beliefs represented by the women on stage.

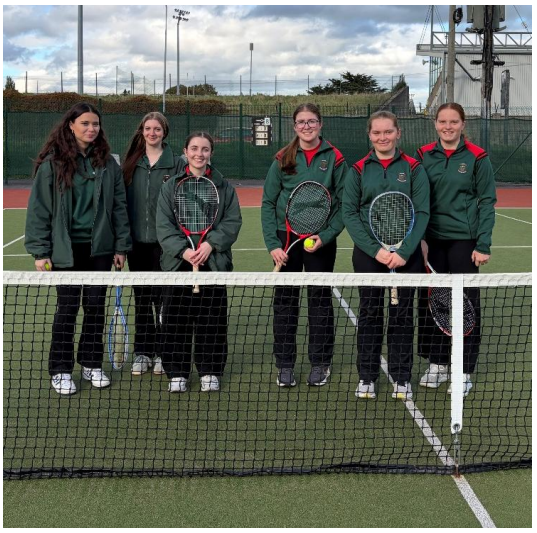
It's an uplifting, fun day out that brings teenage girls together to feel seen, supported and more confident in who they are. Through inspiring speakers, honest conversations, music, and interactive moments, Shine creates a space where students can step away from pressure for a while and reconnect with themselves and each other.

The content is designed around what girls are actually navigating right now, from confidence and self-worth, to friendships, social pressure, identity and the everyday noise that can make teenage life feel a lot. Shine is not about telling girls what to do or who to be. It's about helping them realise they're not alone, and giving them language, perspective and tools they can bring back into school life.

Shine is a powerful complement to wellbeing and personal development work in schools. It's an experience students genuinely engage with, and one that often sparks ongoing conversations in the classroom afterwards. Check out our highlight reel **here!**

In 2025 alone, we reached over 46,000 young girls in Ireland across 328 schools.



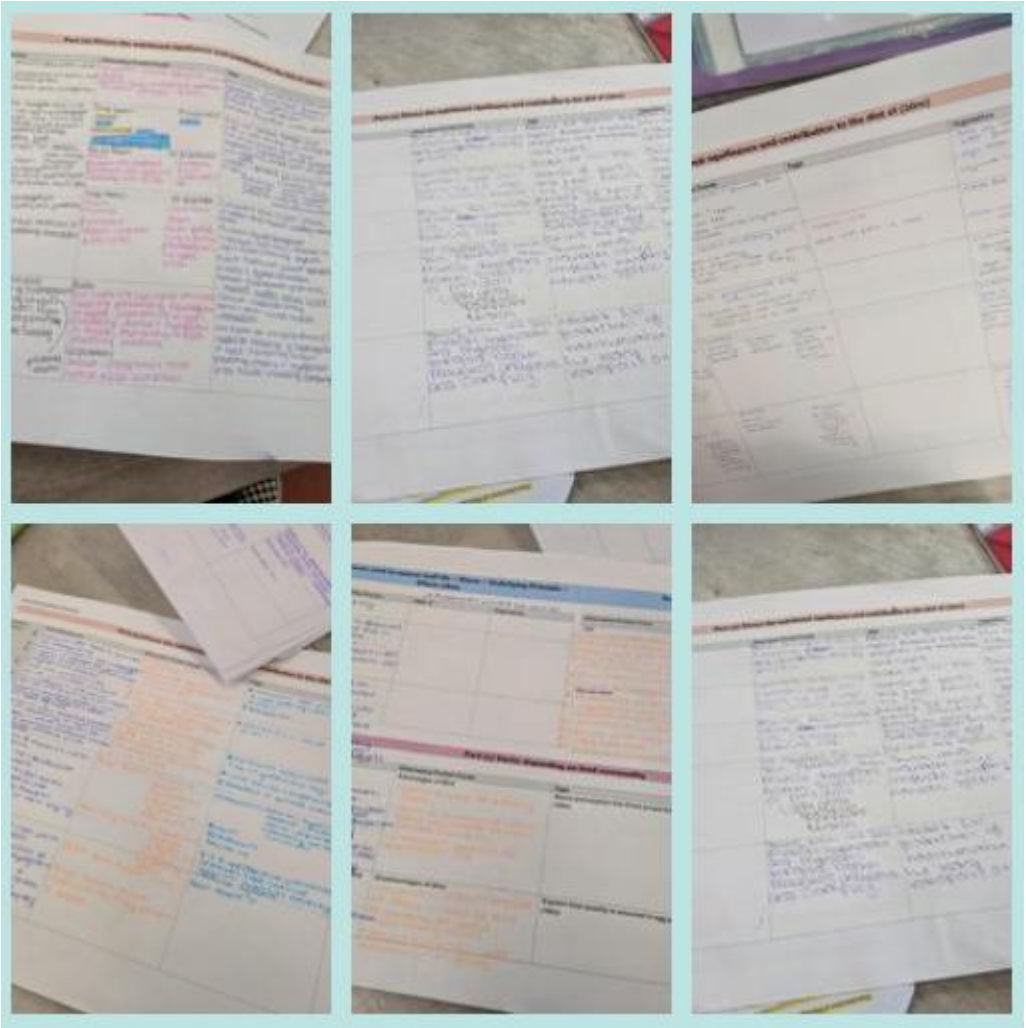


6th year PE students availing of the facilities in Carlow Lawn Tennis Club



Study Skills

Over the past 3 weeks Sixth and Third Year students have engaged in a Study Skills top-up session.
Each Year students experience a fresh perspective of effect study techniques, how to plan for learning and manage well-being.



Exam Prep

Ms. Kelly's Fifth Year Home Economics class using graphic organisers to summarise key content ahead of Autumn Assessments.

First Year Autumn Exams — November 2026 — SOLAS

50 minutes	Tuesday 10th November	Wednesday 11th November	Thursday 12th November	Friday 13th November
	8:50-9:00 Study/Exam Prep	8:50-9:00 Study/Exam Prep	8:50-9:00 Study/Exam Prep	8:50-9:00 Study/Exam Prep
	English 9:00-9:50	Maths 9:00-9:50	MFL (FRE/GER) 9:00-9:50	Gaeilge 9:00-9:50
	Study 9:50-10:55	Study 9:50-10:55	Study 9:50-10:55	Study 9:50-10:50
BREAK	BREAK	BREAK	BREAK	
	Applied Technology 11:15-12:05	Visual Art 11:15-12:05	Music * 131 11:15-12:05	Study 11:05-12:15
	Science 12:20-1:10	Study 12.20-1.10	Business Studies 12.20-1.10	Home Economics 12:15-1:05
LUNCH	LUNCH	LUNCH	Lunch	
	Study 2:00-3:10	Study 2:00-3:10	Study 2:00-3:10	
	Religious Education 3:10-4:00	History 3:10-4:00	Geography 3:10-4:00	

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

Second Year Autumn Exams November 2026

50 minutes	Tuesday 10th November	Wednesday 11th November	Thursday 12th November	Friday 13th November
	Exam Prep/ Study 8:50-9:00	Exam Prep/ Study 8:50-9:00	Exam Prep/ Study 8:50-9:00	Exam Prep/ Study 8:50-9:00
	MFL (FRE/GER) 9:00-9:50	Gaeilge 9:00-9:50	Maths 9:00-9:50	Study 9:00-9:55
	Study 9:50-10:55	Study 9:50-10:55	Study 9:50-10:55	English 10:05-10:55
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
	Visual Art 11:15-12:05	Study 11:15-12:05	Applied Technology 11:15-12:05	Study 11:15-12:05
	Business Studies 12:20 – 1:10	Music*131 12:20-1.10	Home Economics 12:20-1:10	Religious Education 12:10-1:00
LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	
	Study 2:00-3:10	Study 2:00-3:10	Study 2:00-3:10	
	History 3:10-4:00	Geography 3:10-4:00	Science 3:10-4:00	

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

Third Year Autumn Exams November 2026

55 Minutes	Tuesday 10th November	Wednesday 11th November	Thursday 12th November	Friday 13th November
	8:50-9:00 Study/Exam Prep	8:50-9:00 Study/Exam Prep	8:50-9:00 Study/Exam Prep	8:50-9:00 Exam Prep/ Study
	Gaeilge 9:00-9:55	Maths 9:00-9:55	English 9:00-9:55	Study 9:00-9:55
	Study 9:55-10:55	Study 9:55-10:55	Study 9:55-10:55	9:55-10:50 Music *
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
	Visual Art 11:15-12:15	Applied Technology 11:15-12:15	Study 11:15-12:15	Study 11:05-12:05
	Home Economics 12:15-1:10	Religious Education 12:15-1:10	Business Studies 12:15-1:10	MFL (FRE/GER) 12:10-1:05
LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	LUNCH 1:10-2:00	
	Study 2:00-3:05	Study 2:00-3:05	Study 2:00-3:05	
	Geography 3:05-4:00	Science 3:05-4:00	History 3:05-4:00	

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

Fifth Year Autumn Exams November 2026 — 1 hour 30 mins

Tuesday 10th November	Wednesday 11th November	Thursday 12th November	Friday 13th November
Study 8.50-9.25	Study 8.50-9.25	Study 8.50-9.25	Study 9:50-10:50
Maths 9:25-10:55	**Gaeilge** 9:25 - 10:55	**English** 9:25 - 10:55	
Break 10:55-11:15	Break 10:55-11:15	Break 10:55-11:15	11:10-12:40 Ag. Science 7.1 JC Art 7.2 LC Biology 7.3 SM Business 7.4 LG Chemistry 7.5 MD Home Economics 7.6 SM Economics 7.7 CMcG Physics 7.8 FMcM
Study 11:15-1:10	Study 11:15-1:10	Study 11:15-1:10	
Lunch 1:10-2:00	Lunch 1:10-2:00	Lunch 1:10-2:00	
Study 2:00-2:25	Study 2:00-2:25	Study 2.00-2:25	
2:25-3:55 Art 4.1 TG Biology 4.2 NB French 4.3 CT Geography 4.4 CE German 4.5 COB Music 4.6 AC * Home Economics 4.7 NL	2:25- 3:55 Biology 5.1 CP Biology 5.2 DOF French 5.3 BOS History 5.4 GNÍM Home Economics 5.5 CK Technology 5.6 LT LCPE 5.7 KG	2:25-3:55 Accounting 6.1 ER Biology 6.2 JE French 6.3 BOS German 6.4 COB LCPE 6.5 VON Politics & Society 6.6 KB	

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

Sixth Year Autumn Exams November 2026

1hour55m

Tuesday 10th November	Wednesday 11th November	Thursday 12th November	Friday 13th November
Study 8.50-9.00	Study 8.50-9.00	Study 8.50-9.00	
Gaeilge 9:00 - 10:55	**English** 9:00 - 10:55	**Maths** 9:00 - 10:55	8:50 - 10:50 Study
Break 10:55-11:15	Break 10:55-11:15	Break 10:55-11:15	Break 10:50-11:05
Study 11:15-1210	Study 11:15-1:10	Study 11:15-1:10	11:05-13:00 Biology 8.1 SM Home Economics 8.2 NL Technology 8.3 LT French 8.4 BOS German 8.5 COB Accounting 8.6 ER Biology 8.7 DOF Business 8.8 LG
LCVP 12:10-1:10			
Lunch 1:10-2:00	Lunch 1:10-2:00	Lunch 1:10-2:00	
2:00-3:55 Economics 5.1 CMcG Home Economics 5.2 SM French 5.3 CT German 5.4 COB History 5.5 GNíM Art 5.6 TG Biology 5.7 CK	2:00- 3:55 French 6.1 EL Chemistry 6.2 MD Biology 6.3 SM Music 6.4 AC * LCPE 6.5 KG Geography 6.6 CE Home Economics 6.7 CK	2:00-3:55 Physics 7.1 FMcM Business 7.2 ER Ag. Science 7.3 JC Art 7.4 LC Biology 7.5 DOF LCPE 7.6 VON Politics & Society 7.7 KB	

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

LCA Autumn Examination Timetable 2026 Eolas

Tuesday 10th November	Thursday 12th November
Study 8.50-9.55	**Study** 8.50-9.55
9.55- 10.55 Hotel, Catering and Tourism	9:55-10:55 Spanish
Break 10:55-11:15	**Break** 10:50-11:05
Study 11.15-12.10	**Study** 11.15-12.10
12.10-1.10 Mathematical Applications	12:10-1:10 Hair & Beauty
Lunch 1:10- 2:00	**Lunch** 1:10- 2:00
Study 2:00- 2:30	
3:00-4:00 English & Communication	

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!

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







Weekly Hot Lunch Menu

Monday 2nd

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

Tuesday 3rd

- Chicken Pasta Bake
- Pasta Bake (V)

Wednesday 4th

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

Thursday 5th

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

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



HAPPY HALLOWEEN







1st year HE











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.

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	