St. Leo's College

A CEIST School

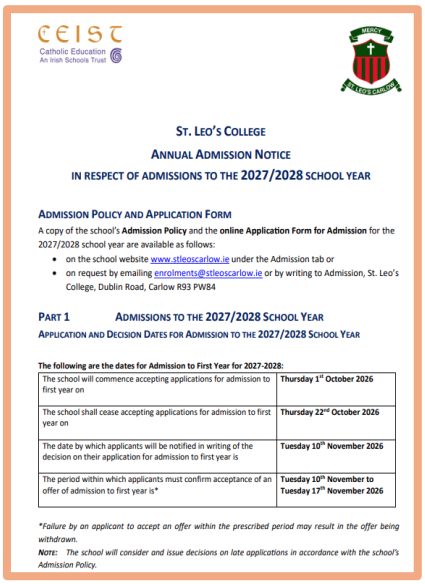
6th November 2026

Student Newsletter





On Tuesday 3rd November, members of our Student Representative Council were invited to participate in a professional discussion on their experience of teaching, learning and assessment in St. Leo's College. Their conversation was facilitated by Dr. Finn Ó 'Murchú, former Head of School in MIC Thurles, who was thoroughly impressed with their engagement & contributions. The girls were also joined by Assistant Principals Ms. Córa Kelly & Ms. Angela Kirwan. Well done and thank you to all for sharing your experiences and ideas so articulately.



CEIST
Catholic Education
An Irish Schools Trust

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 following are the dates for Admission to First Year for 2027-2028:

The school will commence accepting applications for admission to first year on	**Thursday 1st October 2026**
The school shall cease accepting applications for admission to first year on	**Thursday 22nd October 2026**
The date 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**Failure by an applicant to accept an offer within the prescribed period may result in the offer being withdrawn.*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.*

ADMISSIONS TO FIRST YEAR 2027

Applicants will be informed in writing via email today Friday 6th November. Once again, we are oversubscribed and a waiting list has been created in accordance with the school's Admission Policy.
Applicants must confirm acceptance on an offer of admission to first year before Tuesday 17th November.





Deadline Monday

9th November

🎁 **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/

MERCY

ST. LEO'S CARLOW

St Leo's College Christmas Market

CALLING ALL STUDENTS!

Would you like to have a stall at our St Leo's College Christmas Market?

How it Works

- Complete the **application form.**
- If you are successful, we will contact you and ask you to **pay the stall booking fee** to confirm your place.
- Not all applications will be successful.

This is an application form ONLY and does not guarantee a stall at the market.

Key Details

€15 stall booking fee

(This fee will finance the decorating of the hall, elf and Santa costumes for helpers, prizes and advertising).

Prizes this year will be for:

- Best Decorated stand
- Most Innovative stand
- Best Baked goods
- Most Unique stand
- Best Costumes
- Best Team Effort
- Best Salespeople

WHAT YOU NEED TO DO

Complete the Christmas Market application form by

FRIDAY 20th NOVEMBER

The form asks for:

- Name of your group
- Full name of each student
- A full description of the products for sale at your stand

Application Forms ON TEAMS

Forms after this date will not be accepted.



Congratulations to our fabulous **TY Rowing Coaches** who did a 2-day workshop with Stephen Dwyer from Carlow Regional Youth Services and members from Rowing Ireland.
They now look forward to using their skills with our First-Year students.



CBA DANCE

Well done to the fabulous 3C class who completed the performance part of their CBA dance this morning.













Thursday
19th November

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







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

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!

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 9th

- Pasta Carbonara
- Pasta Carbonara (V)

Tuesday 10th

- Spicy Chicken Noodles
- Spicy Noodles (V)

Wednesday 11th

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

Thursday 12th

- Spice Box
- Spice Box (V)

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6

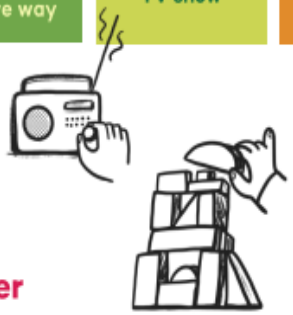


New Ways November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					











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	