



# Student Newsletter



# We are the Champions!



## Congratulations to our Junior Footballers

A huge well done to our Junior Footballers on their fantastic performance in Wednesday's All-Ireland Semi-Final. After a nail-biting game from start to finish, our girls secured a hard-fought victory by the narrowest of margins — just one point — securing their well-deserved place in the All-Ireland Final.

Full time score: St. Leo's College 3:12 Cashel CS 4:8

Their determination, teamwork and sheer skill shone throughout, and we could not be prouder of every single one of them. Reaching an All-Ireland Final is an incredible achievement and a testament to their hard work and commitment.

We wish the team and their wonderful coaches Ms.Kelly and Mr. Walsh the very best of luck as they prepare for the All-Ireland Final on **March 19th**.

We're all behind you!

# Good Luck in the ALL-IRELAND FINAL Thursday 19th March

Huge thanks to Pat Ahern for these fantastic photos @patahern1 Website: [www.patahernphotography.com](http://www.patahernphotography.com)





	An Céadaoin (11ú)	An Déardaoin (12ú)	An Aoine (13ú)	An Luan (16ú)
Rang 1	1ú Bliain Tráth na gCeist sa rang ?	1ú Bliain Tráth na gCeist – Craobh sa leabharlann Eolas ?	4ú Bliain Céilí 🧑	Ardeist Fheidhmeach (LCA) Damhsa Gaelach 🧑
Rang 2	2ú Bliain Tráth na gCeist sa rang ?		6ú bliain Cómhrá sciobtha sa halla tionóil 🧑	
Rang 3		4ú Bliain (rang Gaeilge) Céilí 🧑	2ú Bliain Tráth na gCeist – Craobh sa leabharlann 'Eolas' ?	
Rang 4	5ú Bliain Comhrá Sciobtha sa halla tionóil 🧑			3ú Bliain Scannán sa rang Gaeilge 🧑

## Learning Leaders- 6<sup>th</sup> March

### Plan and Schedule your Study Time



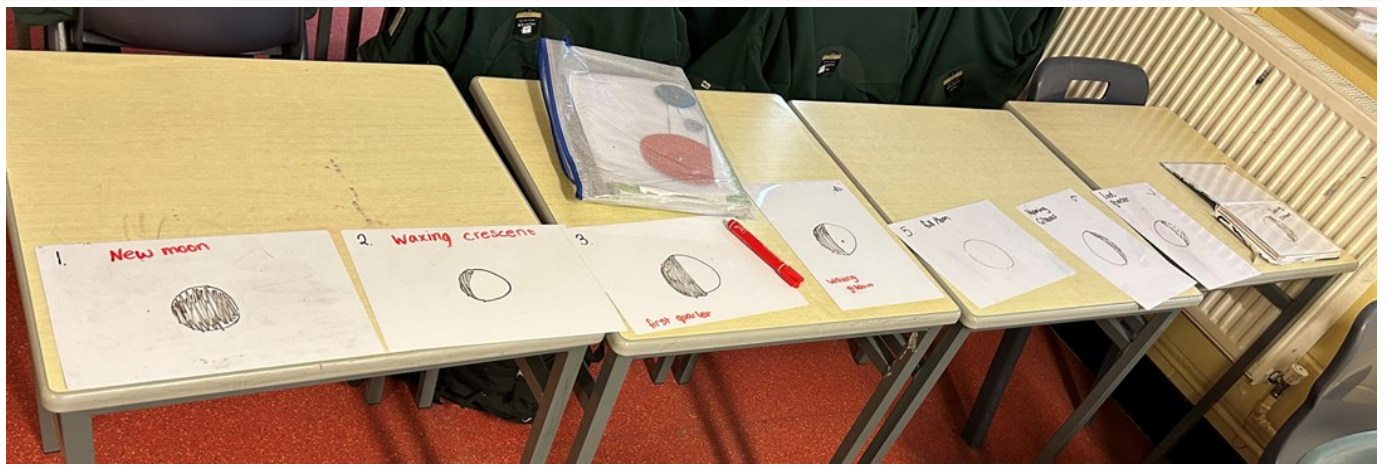
Setting and planning an effective study schedule is essential for students who want to achieve their academic goals. A well-structured study plan helps in enhancing retention of information and understanding material. It also helps to reduce stress and minimize last minute cramming, which can also help with long term retention of the information.

A well-structured plan minimizes distractions and boosts productivity as the chances of procrastination are also significantly reduced. A plan also helps to improve concentration and improve focus, allowing tasks to be completed to a much higher standard than those done during procrastination.

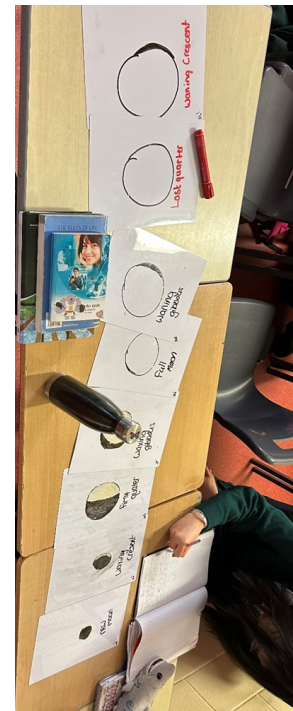
Regular and structured study habits can also be far more beneficial in the long run as topics and coursework material is better understood rather than just learnt off, which allows students to perform far better in exams.

Finally, by incorporating breaks into your study schedule, you are far more likely to stick to it instead of last-minute cramming, which only leads to burn-out and mental exhaustion. By implementing a study schedule, you can turn your goals into reality and enjoy a more structured and relaxed academic environment.

By Caitlín Seitz 4A



# Second Years Investigating the Phases of the Moon





# *The 5 Easiest Ways to Be Greener in School*

## **1 Bring a reusable water bottle**

- . Cuts down on plastic waste.
- . Saves money



## **2 Turn off lights when leaving a room**

- . One of the simplest ways to save energy
- . Works especially well in empty classrooms, bathrooms and corridors



## **3 Use natural light when possible**

- . Open blinds instead of switching on lights
- . Saves energy and improves mood



## **4 Avoid over charging devices**

- . Unplug phones and laptops once charged
- . Saves electricity and extends battery life



## **5 Reduce food waste**

- . Bring home leftovers instead of binning them



# LIBRARY

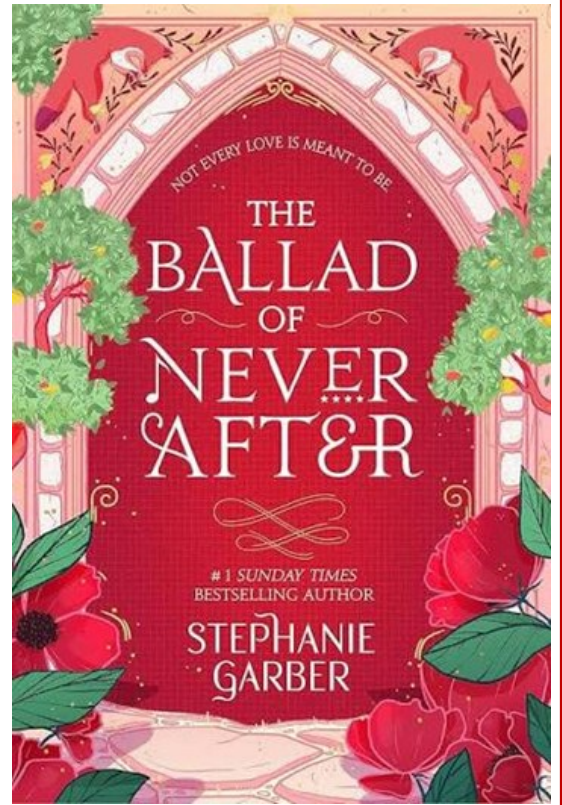
A Ballad of Never After – Stephanie Garber

One of my favourite reads of 2025, A Ballad of Never After is the second book in the New York Times bestselling trilogy Once Upon a Broken Heart by Stephanie Garber.

After the events of the first book, a heartbroken Evangeline swears again. With her own newfound magical ability, she believes she can still claim the happily ever after she longs for.

That hope doesn't last long. A new and far more sinister curse reveals itself, forcing Evangeline into another partnership with Jacks — but this time, the rules have changed. Jack isn't the only danger she must be wary of. In fact, he may be the only one she can truly trust, despite her desire to hate him.

The curse sends them on a dangerous quest, possibly their only hope. Yet neither of them knows what lies beyond. Evangeline must decide whether to risk everything for the promise of a fairy-tale ending — and what it might cost her next. Stephanie Garber made me feel as though I had been brought into this whimsical world alongside her protagonists. Capturing the very nostalgic childish fairytale vibe, and transforming it into a unique young adult fantasy that had me on the edge of my seat until the very last page.



## Book Review by Tori McDonnell 1A



THE POLICE DON'T HELP.

# NEEDY

THE MEDIA DON'T NOTICE.

# LITTLE

HER FRIENDS WON'T LET HER BE IGNORED.

# THINGS



## CHANNELLE DESAMOURS

BLOOMSBURY

## Next Bookclub Pick Needy Little Things

Copies will be available to borrow next week and we will meet at a slightly later date in April on account of the Paris tour. Thursday April 16<sup>th</sup> at 9.30pm! Save the date. This could be our last bookclub of the school year so don't miss out!

**About the book!** Sariah Lee Bryant can hear what people need—tangible things, like a pencil, a hair tie, a phone charger—an ability only her family and her best friend, Malcolm, know the truth about. But when she fulfills a need for her friend Deja who vanishes shortly after, Sariah is left wondering if her ability is more curse than gift. This isn't the first time one of her friends has landed on the missing persons list, and she's determined not to let her become yet another forgotten Black girl. Not trusting the police and media to do enough on their own, Sariah and her friends work together to figure out what led to Deja's disappearance. When Sariah's mother loses her job and her little brother faces complications with his sickle cell disease, managing her time, money, and emotions seems impossible. Desperate, Sariah decides to hustle her need-sensing ability for cash—a choice that may not only lead her to Deja, but put her in the same danger Deja found herself in.

Hello, my name is Catherine Carroll and I am in 3rd year, for my newsletter book review, I chose to review the book "The Art of Comforting" by Val Walker. I just recently finished the book, and I really enjoyed reading it, it is an extremely useful and practical book in my opinion, and I personally believe it is an important book for every age group to read as it speaks about a topic that I feel is not often spoken about and that is 'comforting'. It wasn't a book that I would usually pick up and read, but after reading it I learned how important it is to know how to comfort others. Whether they are going through a hard time in their lives, or are dealing with problems, or are grieving or even the small things like perhaps they're stressed about exams, or they have a lot going on in their mind, knowing how to comfort someone is a really important life skill, that you can apply to many different situations in life. This book gave practical advice, tips, and a guide on how to sit down and connect with others even in difficult situations and times. As someone who wouldn't normally choose a book like this, I can say that this book is not only an extremely useful, practical and an easy guide on how to comfort others but also an extremely important book that I think everyone should read, as knowing how to comfort someone is an extremely important life skill.

## Book Review by Catherine Carroll 3E

"This wise and inspiring book provides a step-by-step guide to sitting down and establishing a human-to-human connection, even in the most difficult or chaotic situations."

— GREG MORTENSON,  
New York Times bestselling author of *Three Cups of Tea*

# THE ART OF COMFORTING



What to Say and Do  
for People in Distress

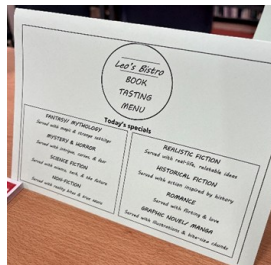
VAL WALKER



Our book tasting was a great hit today to celebrate world book day!!

We may have to do it again!

WORLD BOOK DAY  
5 MARCH 2026





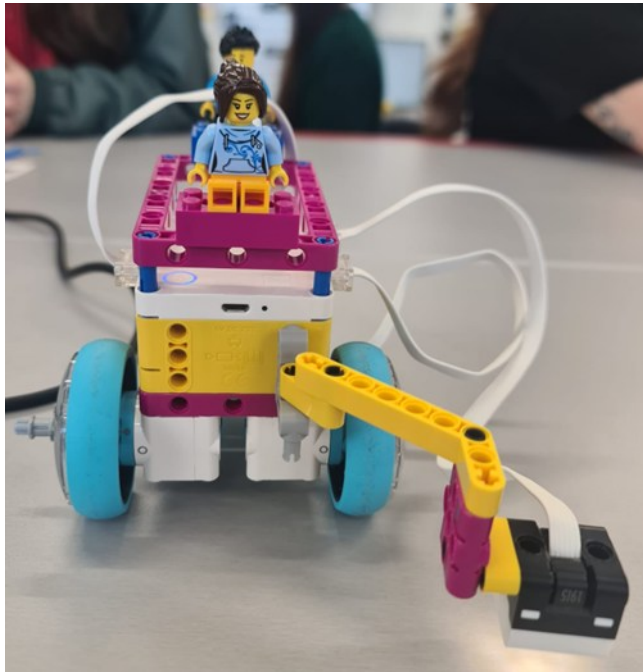
# Sixth Year LCPE Collaboration with SETU



## LCA Rowing

Well done to our LCA students who started on a module of rowing during women in sport week.





# Robo Zone at SETU

Robo Zone, a special hands-on robotics event organised to celebrate Engineers Week.

The workshop took place in the robotics lab on the SETU Carlow campus and was designed specifically for Senior Cycle students.

During this session, students worked in teams using LEGO® Spike Prime kits to design, build, and program their own autonomous robots.



They were supported throughout by the enthusiastic Robotics students, who provided demonstrations, guidance, and expert insights into robotics and engineering.

Lots of healthy competition on the day!



On Friday February 27<sup>th</sup> our First Year students enjoyed a Geography Fieldtrip to the Dunmore Caves.

It was great to see all the cave formations we had been learning about in class. We were lucky to have a dry day and can now brag that we've seen the biggest stalactite & stalagmite in all of Ireland with our very own eyes.

Thanks to our Tour Guides & Teachers.

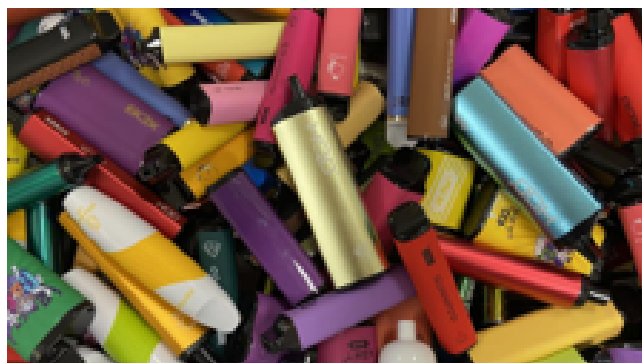


## First Year Geography Fieldtrip to Dunmore Caves



## What is Vaping Addiction?

Vaping involves inhaling vapor produced by electronic devices commonly known as vapes or e-cigarettes. These devices often contain nicotine, which can lead to rapid addiction, sometimes within days of starting to use them. Many young people who vape were not previously smokers and are increasing the risk of developing a nicotine dependency.



### **Health Risks of Vaping for Teens**

**Nicotine Addiction:** Most vapes contain high levels of nicotine, which is highly addictive. Teens who vape are at a greater risk of developing a dependence on nicotine, which can lead to long-term addiction and make it harder for them to focus and concentrate.

**Impact on Brain Development:** The adolescent brain is still developing, and nicotine exposure can harm areas that control attention, learning, mood, and impulse control. This can lead to cognitive impairments and increase the risk of mood disorders such as anxiety and depression.

**Respiratory Issues:** Vaping can cause serious lung problems, including conditions like "popcorn lung," which results from inhaling harmful chemicals found in e-cigarettes. There have been alarming reports of severe lung damage among young users.

**Increased Risk of Smoking:** Research indicates that teens who vape are more likely to transition to smoking traditional cigarettes. The use of e-cigarettes can normalise smoking behaviour and make it more likely for teens to experiment with combustible tobacco products in the future.

**Social and Psychological Factors:** The marketing strategies of e-cigarette companies often target young people, using appealing flavours and sleek designs that make vaping seem trendy and harmless. This can lead to increased peer pressure and a higher likelihood of experimentation among teens.

## Conclusion

The combination of nicotine addiction, the impact on brain development, respiratory issues, and the normalisation of smoking behaviour makes vaping particularly harmful to teenagers. As vaping rates continue to rise among youth, it is crucial for parents, educators, and health professionals to engage in open conversations about the risks and to implement preventive measures to protect young people from the dangers of vaping.

**Ann Connors, LCA :** Ann created this article to be featured in the school newsletter as part of a key assignment on Addiction. She chose vaping as her topic as it a growing issue among teens and she wanted the student body to be aware of the harms of vaping. Well done Ann.

Students from 3D enjoyed a fascinating and educational visit to the convent this week, gaining a deeper understanding of the school's rich Mercy heritage.

The group received a comprehensive tour, beginning in what was once the very first classroom established in 1837, where children aged 8–16 worked in small groups around small tables, and in what is now the community room.

They also visited the convent chapel, learning about the rhythms and routines of religious life and where boarders once sat for Mass before breakfast in the refectory and the start of their school day. Students were particularly interested to hear that the need for education was so urgent that the first Sisters prioritised building classrooms before completing their first convent building.

The tour continued to the dining room and upstairs to the oratory, formerly the bedroom used by the school's foundress, Catherine McAuley, when she stayed with the early Mercy congregation to oversee the work and construction of the school.

During the visit, the girls had the opportunity to meet members of the congregation, including Sr. Mary O'Toole and Sr. Anne Holden. Sr. Kathleen gave a wonderful account of her experiences as a student, teacher and later principal of St. Leo's College, reflecting on how teaching and continuous professional development have evolved since she first joined the school in 1956.

The visit provided students with valuable insight into the life of the Sisters of Mercy and a greater appreciation of the 185-year educational journey of St. Leo's College. **The congregation also looks forward to a significant milestone next year, celebrating 200 years since the foundation of the order in 1827.**

# 3D Visit to the Convent of Mercy Carlow



# 2nd Year Irish



Ms R.Kelly's Second Year Irish class recently took part in a wonderfully creative activity while exploring the topic Mo Cheantar.

The students designed and built their very own towns using Play-Doh, carefully crafting everything from schools and shops to parks, churches and sports centres. Each town was beautifully labelled in Irish, reinforcing key vocabulary in a fun and engaging way. The girls then showcased their excellent language skills by producing detailed written descriptions of their superb towns.

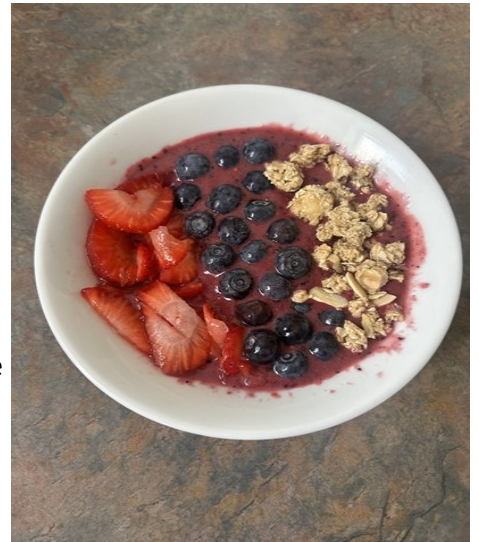
The standard of work was outstanding — their pieces were rich in vocabulary, thoughtfully structured and full of imagination! It was fantastic to see such enthusiasm, creativity and attention to detail on display, and the girls should be extremely proud of their impressive efforts. Maith sibh!!





## Food Science

Well done to Mary O'Brien in Ms. Egan's Second Year class for making a healthy and nutritious acai bowl as part of her Food Science course.



# Second Year Food Science

### Junior Cycle Science

Ms. Egan's Second Year Science students testing their homemade rockets to show how concentration affects the rate of reaction.

## Second Year Science Students Testing their Homemade Rockets



## THE IMPORTANCE OF STUDENT VOICE:

Last week, the SRC met with the School Self-Evaluation Team to discuss various matters related to learning and teaching. Well done to all students involved.



## SRC - Student Representative Council



Introducing our new First Year SRC representatives Clíodhna Coffey and Blaithnaid Gleeson.

# Leaving Certificate Art Practical Day Exam Thursday 23rd April 2026



### Details of the Leaving Certificate Art Practical Day Exam:

**Invigilated day exam over 5-hours.**

**Worth 20% of overall mark.**

**Attendance is mandatory.**

**Thursday the 23rd of April**

**Session 1: 9:00 - 11:30, Lunch break: 11:30 - 13:00**

**Session 2: 13:00 - 15:30, Tidy up: 15:30 - 16:00**



## Weekly Hot Lunch Menu

### Monday 9<sup>th</sup>

- Baked Ham served with Mashed Potatoes, Vegetable & Gravy
- Mashed Potatoes, Vegetable & Gravy (V)

### Tuesday 10<sup>th</sup>

- Pasta Bolognese
- Pasta Bolognese (V)

### Wednesday 11<sup>th</sup>

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

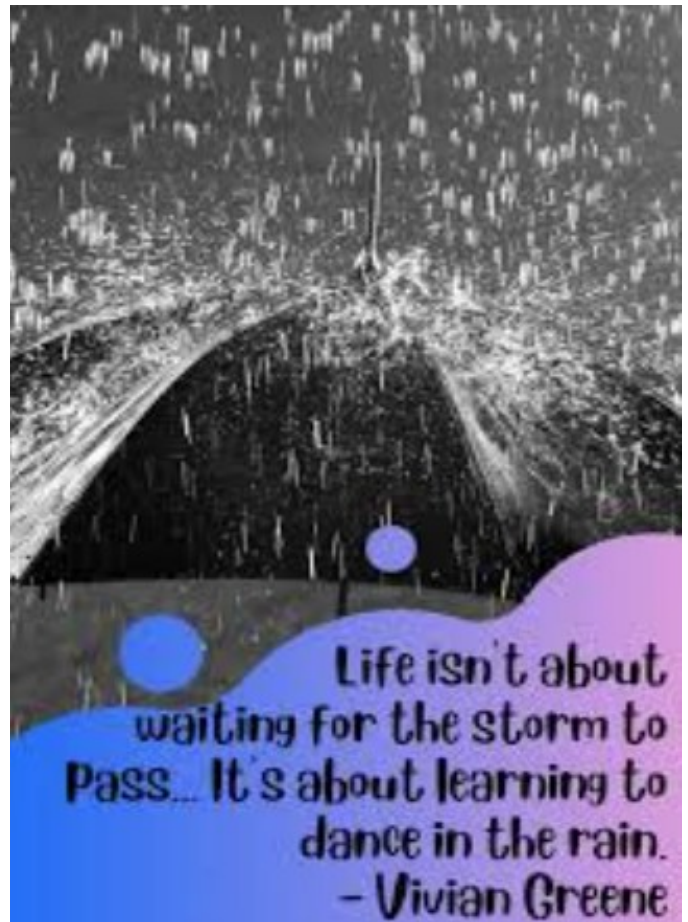
### Thursday 12<sup>th</sup>

- 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



## Mindful March 2026

### SUNDAY

1 Set an intention to live with awareness and kindness

### MONDAY

2 Notice three things you find beautiful in the outside world

### TUESDAY

3 Start today by appreciating your body and that you're alive

### WEDNESDAY

4 Notice how you speak to yourself and choose to use kind words

### THURSDAY

5 Bring to mind people you care about and send love to them

### FRIDAY

6 If you find yourself rushing, make an effort to slow down

### SATURDAY

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible



29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

# EXTRA-CURRICULAR AND SPORTS TIMETABLE

	Monday 🌟	Tuesday 😊	Wednesday 🏏	Thursday 🌟
Before school <b>8:00 – 8:45</b>	Senior & Cadette <b>Volleyball</b> Ms. O'Neill			
	<b>***10.55***</b> <b>Human Rights group</b> Room 227 / Ms Curran			
Lunch <b>1.20-1.55</b>  <b>THE LIBRARY</b> is open every break and lunch times.  <b>BOARD GAMES AVAILABLE</b>  Fitness suite Open at lunch for junior students. 	Senior & Cadette <b>BASKETBALL</b> Ms Bergin & Mr Wood  1 <sup>st</sup> year <b>HOCKEY</b> Ms. Hickey  Crochet club Ms English & Ms Lennon Room 613  <b>CHAMBER CHOIR</b> MUSIC ROOM  Ty, 5 <sup>th</sup> & 6 <sup>th</sup> years <b>SJ Vincent de Paul</b> Cairdeas - Ms Crockett	All years <b>Badminton</b> Ms. Hennessy  Junior <b>Soccer</b> Mr Walsh & Ms Lalor  All years <b>Zumba</b> Assembly Hall Ms. Zadorozhna  <b>Folk Group</b> Music Room Ms Coisgrove  <b>1<sup>st</sup> &amp; 2<sup>nd</sup> Years</b> <b>Public speaking</b> 1.30pm – Room 701 Mr O'Toole & Ms A. Coyle  <b>Arts &amp; Crafts Club</b> Ms. Connors & Ms. Mullins 1.20pm Art Room 501  <i>• Poetry About - All year groups Ms. O'Sullivan 1.20pm GR703</i>	Juniors <b>Netball</b> Ms Millward  1 <sup>st</sup> Year <b>Gaelic Football</b> Ms. Eady & Ms. O'Leary  <b>CHAMBER CHOIR</b> MUSIC ROOM	All years <b>Athletics</b> Track Ms Graham/ Ms Hickey  Senior, Cadette & 2 <sup>nd</sup> Year <b>Volleyball</b> Ms. O'Neill  <b>GREEN SCHOOLS</b> Ms Davies/ Room 228  <b>Chess club</b> Library Club Gaelige Ms. M. McDonough & Ms. Keenan Room 100
After school <b>4.15 – 5:15 pm</b>	Seniors <b>Netball</b> Ms Millward  <b>Senior, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> year Hockey</b> Justine Collins <b>4.10-5.10</b>	<b>2<sup>nd</sup>, 3<sup>rd</sup> year Hockey</b> Justine Collins <b>4.10-5.10</b>	Junior & Senior <b>Gaelic Football</b> Ms. Eady & Ms. O'Leary  <b>5<sup>th</sup> YEARS</b> <b>Applied Maths</b> <b>4.20 – 6.20.</b>	<b>6<sup>th</sup> YEARS</b> <b>Applied Maths</b> <b>4.20 – 6.20.</b>