



# Student Newsletter

**Bí Láidir**

*Be Strong*

**Bí Cineálta**

*Be Kind*

**Bí Cróga**

*Be Brave*



On Monday, March 9<sup>th</sup>. Leila and Lojain Abdallah, Amala Rooney and Naomi Picovici (TY students) attended the TrailblazHER Awards in TU Dublin accompanied by Ms. Mary Dunphy, following nomination by Ms. Cora Kelly for their endeavours in the Stripe Young Scientist and Technology Exhibition this year. TrailblazHER is a community of people, organisations and enterprises with a shared commitment to advancing gender equality. TrailblazHER supports women, providing opportunities for women at second level, third level and beyond their educational experience, in the workplace. Through this important work, TU Dublin contribute to regional, national and global priorities related to gender equality. In addition to being crowned '**Wellness Ambassadors of the Year**', the girls were awarded '**TY TrailblazHER of the Year**', beating nominations from 50 schools across Ireland. We are incredibly proud of the girls' endeavours, they are wonderful ambassadors of St. Leo's College.



**Well Done  
Leila, Lojain  
and Amala**

**TY  
TRAILBLAZHER  
AWARDS**



# STEM INNOVATOR OF THE YEAR

FINALISTS



**ADDISON  
CAREY**

CELBRIDGE  
COMMUNITY SCHOOL



**ELLIE  
MURPHY**

ST. PATRICK'S CATHEDRAL  
GRAMMAR SCHOOL



**FREYA  
MCGALEY**

NAAS COMMUNITY  
COLLEGE



**NAOMI  
PICOVICI**

ST. LEO'S COLLEGE

**TY TRAILBLAZHER  
AWARDS**

# Well Done Naomi

# TY TRAILBLAZHER AWARDS





junkkouture  
2 Unlimited · No Limit



DUBLIN CITY FINALIST 2026



JUNK  
KOUTURE  
DUBLIN

# JUNK KOUTURE

## Congratulations

## Nia & Ava

Congratulations to Ava Malone - **Eco Aviator**, Nia Pavliashvili and Daria Velychko - **Shellsational** for making the

**Junk Kouture Dublin City finals in May 2026!**

Best of luck girls!

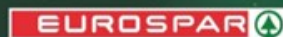
Thank you to all the wonderful supporters who travelled to The Helix to support our students and to their teachers Ms.Tara Gooch, Ms.Lauren Connors & Ms. Orfhlaith Hennessy.



junkkouture  
2 Unlimited · No Limit



DUBLIN CITY FINALIST 2026



JUNK  
KOUTURE  
DUBLIN



Well done to Alexandra Hennessy, Lucy O' Donoghue, Nia Pavliashvili, Daria Velychko and Ava Malone from Transition Year for bringing their designs to the Junk Kouture Regional Finals.

Amazing support was shown by the 54 students and 2 members of staff who travelled to The Helix, Dublin to cheer on the girls!





Well done to TY Enterprise students who represented St Leo's College at the Carlow County Enterprise Finals on Wednesday in the Dolmen Hotel.

Congratulations to Lois Gloine (Phoebe Brennan, Naomi Picovici, Alaa Elagab, Nia Pavliasvili) and Sew Green (Jane Ashmore) who won awards on the day for their products.



# CHAMPIONS!



# SENIOR HOCKEY



# 2A Science Visit An Gairdín Beo

Ms. Kelly's Second Year Science class visited An Gairdín Beo this week to witness the incredible frog spawn.



Well done to our Sixth Year students Emily Wall and Giovanna Vieira who competed in the FAS Public Speaking Competition in Dunshaughlin on Tuesday evening. It was a fantastic event, with over 100 students taking part and speaking on the topic “**The World Around Me**”.

Both students represented the school exceptionally well, delivering articulate, engaging and insightful speeches.

## Public Speaking

Congratulations to **Giovanna Vieira** who won her heat and has secured a place in the final 16 of the competition. The final will take place on March 24th, and we wish her the very best of luck.

# This week in The Nationalist

## Wonder Wall sends St Leo's into All-Ireland final

Kieran Murphy

LIDL PPS ALL-IRELAND JUNIOR FOOTBALL B CHAMPIONSHIP SEMI-FINAL

ST LEO'S COLLEGE, CARLOW 3-12

**CASHEL COMMUNITY SCHOOL 4-0**  
Fortune favoured the brave in this Lidl PPS All-Ireland Junior Football B Championship semi-final at the MW Hire Training Centre, Dunmore on Wednesday.

At different times over the hour, the Carlow side could very well have thrown in the towel and settled for an honourable defeat but they didn't. Instead, when the going got tough, they grabbed and ended up with the ultimate prize. A place in the All-Ireland final. They did ride their luck a bit and how they ended up leading 2-5 to 1-3 at the break is anyone's guess. The eventual winners found themselves 1-3 to 0-1 behind on nine minutes with the goal coming from

Lily Gillespie when she pounced on a loose ball at the edge of the small square.

Then St Leo's persistence was rewarded and they scored two goals in the space of a few minutes when Lucia O'Reilly's long range free dipped under the crossbar and into the net. Amy Wall was rewarded too when she persevered and scored her side's second goal.

Amy Wall celebrates scoring a goal.

The Tipperary side came back but found their opponents in no mood to concede. Over the opening 30 minutes, Cashel were also extremely unlucky to see three shots thunder off the crossbar while other attempts came back off the upright and into play. On all occasions, an alert St Leo's defence completed the clearance. Even then, Cashel's Caoimhe Lacey had another goal chance but a perfectly

timed tackle saw the full-forward shoot wide.

While O'Reilly opened the second half netting a St Leo's point, Cashel CS came forward in numbers. In the third quarter, they outscored the Carlow side by 3-3 to 0-5. Substitute, Sarah Murphy netted two goals in quick succession and Kate McInerney punched a fourth to put Cashel in pole position.

The game looked up when St Leo's lost Dearbhla McHugh to what looked like a harsh yellow. The indication from the match referee was that it was for persistent fouling. Injury was rubbed into the wound when, after the corner forward had done her time, she was still not allowed onto the field for over two more minutes.

Yet in the final quarter and with the reduced number St Leo's dug ever so deep. All around the field players stood up and took responsibility.



St Leo's celebrate their incredible win in the Junior football All Ireland semi final with a last gasp point over Cashel Community School  
Photos: Pat Ahern

Wall and O'Reilly raised white flags and Emma Hally replied with a Cashel point.

St Leo's gave themselves a life-line when O'Reilly ran at

the defence before finding the bottom left-hand corner of the net. It was game-on now.

As Cashel CS faded, the eventual winners turned the screw. Wall was the go-to player for scores but the minutes were being won by St Leo's all over the pitch. They sensed it too and with a big school following roaring St Leo's on the game's leading scorer landed three points from placed balls and play to bring the sides level.

There was time for more drama. Again Wall was on hand. Seconds earlier she had missed a difficult free which drifted just wide of the left-hand post. This time when she was given a medium of space to get in her shot, she didn't miss and the ball flew over the crossbar.

It was the winning score. There was time for no more and the Carlow school headed to an All-Ireland final which twenty minutes beforehand looked highly unlikely. Yes,

fortune does favour the brave. This team now go on to play Ballinacorney CS in the final on Wednesday 19 March at a venue yet to be confirmed.

**Scores:**

St Leo's College: A Wall 1-10 (9th), L O'Reilly 3-2 (11-12th)

Cashel CS: S Murphy 2-0, K McInerney 1-1, L McKeown 1-0, A O'Donnell 0-2 (1st), C Lacey 0-2, A Hogan, E Hally 0-1 each.

**ST LEO'S COLLEGE:** Aoife Mullins; Aoife O'Sullivan, Sarah Nolan, Faye Brennan, Lisa Fleming, Ciara Moran; Marie Kelly, Cheakay Dooley, Lucia O'Reilly, Amy Wall, Laura Malosa; Emma Higgins, Molly O'Reilly, Dearbhla McHugh.

**CASHEL CS:** Mairead Cunningham, Kate Burke, Emma Hally, Siobhan O'Brien; Anne O'Reilly, Aisling Gully, Dearbhla Healy; Kate McInerney, Holly Fox, Aoife O'Donovan, Aoife Morgan, Niamh McCarthy, Lily Gillespie, Catherine Lacey, Ciara Grady, Gusa; Sarah Murphy for O'Grady (11th), Aoife McLaughlin for McCarthy (10th), Aoibhinn Lacey for Lacey (5th), Rebecca McLaughlin for Finn (5th).

Referee: Angela Gallagher (15th/16th).



The St Leo's Junior football team that defeated Cashel Community School in the LGFA All Ireland semi final at MW HIRE Training Centre Dunmore last Wednesday



St Leo's College had great support in Dunmore for their All-Ireland semi-final against Cashel Community School, report on page 76  
Photo: Pat Ahern



**SRC**  
**attending**  
**ISSU**  
**Women's**  
**Conference**

# **Meitheal Achievements Night**



# LIBRARY

## The Book Thief by Markus Zusak

The Book Thief by Markus Zusak shows that words can be used as both weapons and lifelines. This book is both a beautiful story and an emotional novel that shows what it was like living in Nazi Germany during World War II. The book is narrated by Death itself and stands out as one of the most emotionally powerful historical fiction novels for young adults.

The story follows Liesel Meminger, a young girl who was sent to live with her foster parents Hans and Rosa Hubermann, after her brother's death. Liesel was initially illiterate and struggled with grief, but her life began to change after Hans, her foster dad, taught her how to read. She begins to steal books first from a graveside, then from Nazi book burnings, and eventually the mayor's wife's library. Each book stolen represents rebellion and survival.

One of the most interesting aspects of The Book Thief is the narrator. Death, who tells the story with a surprising amount of compassion and weariness and often shows reflections of human cruelty and kindness. This perspective gives the novel a strange depth that reminds us of how fragile life is while also highlighting how beautiful it can be.

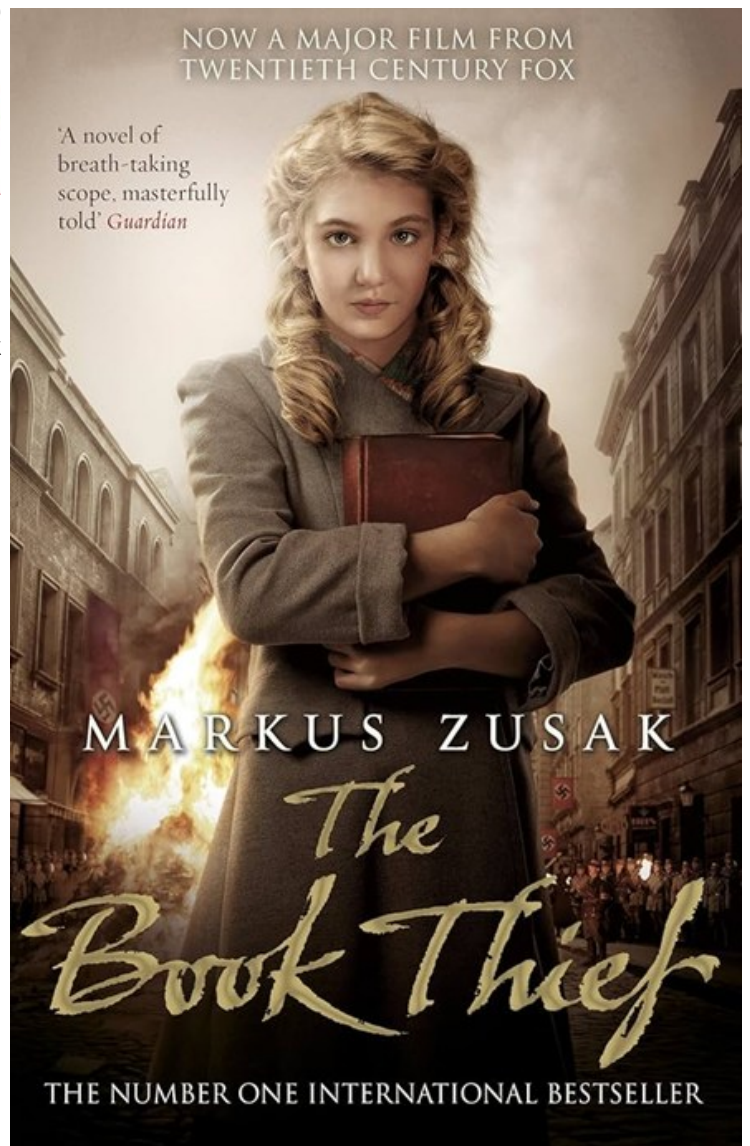
The supporting characters are equally interesting. Hans Hubermann being gentle and courageous, quietly going against the Nazi ideology by hiding a Jewish man, Max Vandenburg, in his basement. Rosa seems harsh at first, but her fierce love for her family becomes clear throughout the novel. Liesel's best friend, Rudy Steiner, often lightens the atmosphere of wartime Germany with her innocence.

This novel has many powerful themes, especially through the power of words. Throughout the book, words are shown as both a tool for destruction and healing. Nazi propaganda shows how words can control and harm, but Liesel's reading and storytelling show how words can comfort and give hope to people even in terrible situations. Zusak's writing is very poetic and symbolic with a lot of vivid imagery and moments of foreshadowing that create suspense and give depth to the novel.

Although the pacing of the novel can feel slow due to how detailed the narration is and the frequent interruptions by death, the structure of the novel enhances the emotional impact as the readers are given time to fully understand and care for the characters, making the story's tragic moments hit even harder.

Overall, The Book Thief is a beautifully written and unforgettable novel that I will always go back to. It reminds us that even during the worst parts of history small acts of kindness and the simple act of storytelling can help to preserve humanity. I highly recommend this novel for anyone who enjoys historical fiction, emotional narratives, and stories that continue far beyond the final page.

## Book Review by Chloe Farrell 2D





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

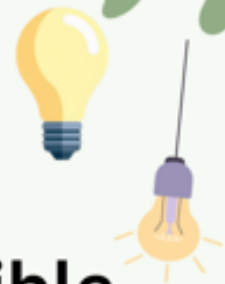
## **1 Bring a reusable water bottle**

- . 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





## Weekly Hot Lunch Menu

### Monday 16<sup>th</sup>

- Pasta Carbonara
- Pasta Caronara (V)

### Tuesday 17<sup>th</sup>

- Closed – Happy St Patrick's Day!

### Wednesday 18<sup>th</sup>

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

### Thursday 19<sup>th</sup>

- Taco Loaded Baked Potato or Taco Fries
- Loaded Baked Potato or Loaded Fries (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'Taherty & 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>