



Student Newsletter





ALL IRELAND CHAMPIONS



Congratulations to our Second Year Netball Team



Congratulations also to our First Year netball team who beat Our Lady's Grove for third place in Ireland. Aoife Treacy was awarded player of the match. AND Congratulations to our senior team, also 3rd place winners. Katie Hogan was awarded player of the match.

Sincere thanks to Ms. Millward for her work with all teams.

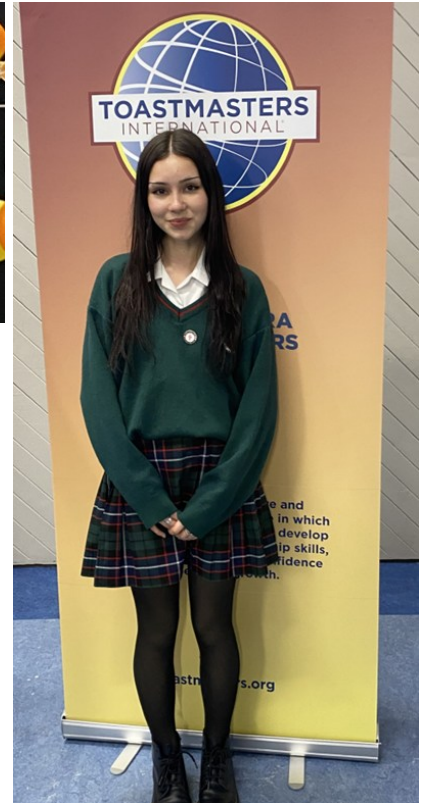


Congratulations

Giovanna Vieira 6E

Congratulations to our Sixth Year student Giovanna Vieira, who competed in the final of the Fás Public Speaking Competition held in Dunshaughlin on Tuesday 24th March. With over 100 students participating in the initial heats, the standard of competition was extremely high. Giovanna progressed impressively by winning her heat to secure a place among the final 16.

In the final, Giovanna delivered a highly engaging and thought-provoking speech on the theme of “Change,” with the added challenge of incorporating a randomly assigned prop as a central element into her presentation. Her performance was exceptional, and the adjudicators from Toastmasters International ultimately awarded her the title of overall winner. To stand out among such a high calibre of competitors is an outstanding accomplishment, and a testament to her dedication and hard work.



Public Speaking Champions

Congratulations Amelia, Grace & Patricia

Congratulations to our junior public speaking team, who represented the school with distinction at the national final of the Under-15 IrFUW Public Speaking Competition, held in UCD on Saturday, 21st March. Grace Matthews (2D), Patricia Gecaite (2A) and Amelia Heslin (2F) delivered exceptional performances, earning the team the title of Best Team. In addition, Amelia Heslin was named Best Speaker on the day.

The team had previously secured their place in the national final by winning the UCD heat in February. At the final, they competed against the winning teams from heats held in Trinity College Dublin, Queen’s University Belfast, and the University of Galway. The standard of competition was extremely high; however, the engaging, humorous, and compelling delivery of our students ensured their success across both categories.

A special word of thanks is extended to the student mentors who supported the team’s preparation. Giovanna Vieira (6th Year), Emily Wall (6th Year) and Hanora O’Driscoll (3rd Year), all past winners of public speaking competitions, generously gave their time during lunchtime practises to share their expertise in speechwriting and presentation skills, contributing immensely to the success of our junior students.

Any students interested in developing their public speaking abilities are encouraged to attend training sessions held every Tuesday, as outlined in the extra-curricular calendar.





Well done to the Tús Nua YSI team who presented their topic at the Speak Out in Kilkenny on Wednesday. Their topic focuses on the lack of opportunity for oral Irish in the Junior Cycle specification. Having written to Minister for Education, Hildegard Naughton, with suggestions on how to incorporate more oral Irish in Junior Cycle, the team received word that the Minister is considering their suggestions. The team were superb in the delivery of their unique topic at the Speak Out. Comhghairdeas!



YSI Speak Out Tour



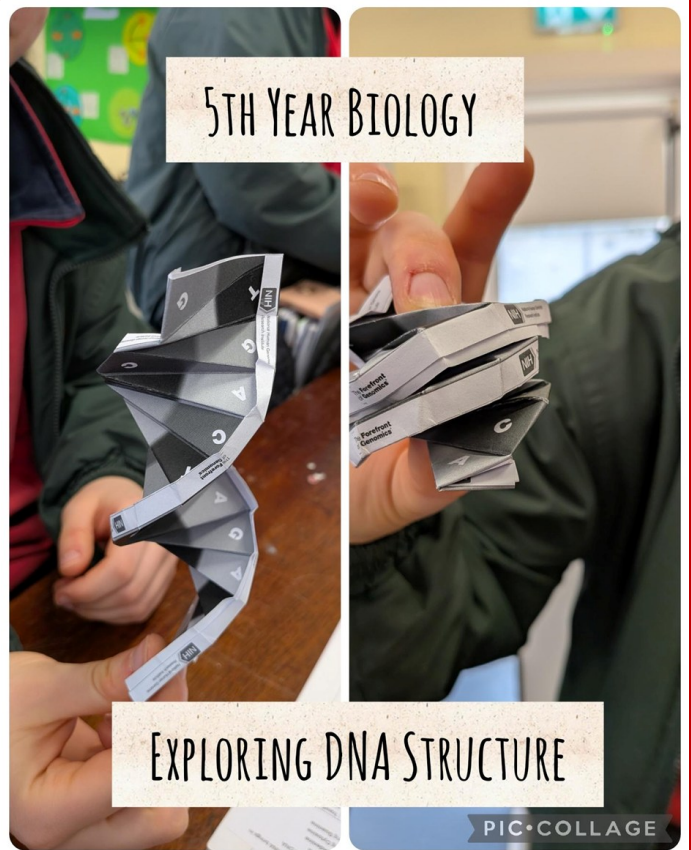
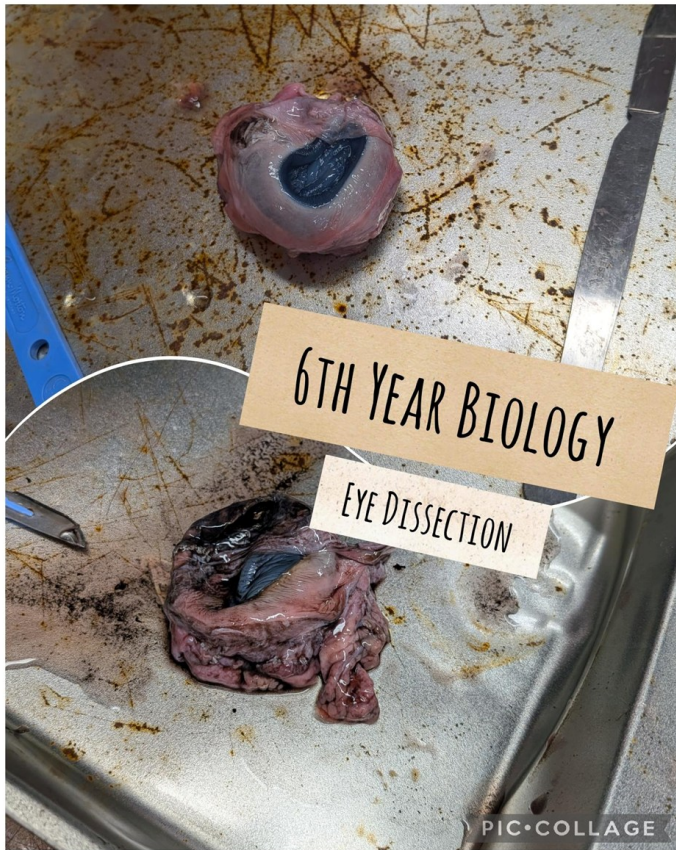


Our annual school musical, *High School The Musical*, will take place in Visual Carlow on Wed 22nd - Fri 24th April. Show starts at 7:30pm each evening. Tickets are available from Visual website and are selling fast so get yours now to avoid disappointment. Not to be missed!

Tickets On Sale NOW

Visual Carlow

22nd to 24th April



A DAY IN THE LIFE OF A LCA STUDENT

@ ST. LEO'S COLLEGE



- **IN THE PAST FEW WEEKS, WE HAVE BEEN BUSY. WE WENT ON A TRIP TO CARLOW INSTITUTE OF FURTHER EDUCATION WE HAD A TOUR OF THE SCHOOL AND LEARNED ABOUT THE COURSES AND FACILITIES THEY HAVE TO OFFER. THE COLLEGE WAS GREAT AND GAVE US IDEAS ON WHAT WE WANT TO DO FOR OUR FUTURES. IT ALSO FORMED A PART OF YOUR VOCATIONAL PREPARATION AND GUIDANCE TASK THAT WE ARE CURRENTLY DOING WITH MS DELANEY. OVERALL, IT WAS A GREAT EXPERIENCE.**
- **ON FRIDAY THE 20TH MARCH WE DID OUR VOCATIONAL SPECIALISM TASK IN HAIR AND BEAUTY WITH JOHN PAUL PAYNE AND MS CASEY. WE ALL DID EXTREMELY WELL WITH THE TASK AS IT WAS OUR FIRST TIME PREPARING FOR OUR UPCOMING PRACTICAL NEXT YEAR.**
- **IN HOTEL AND CATERING, WE RECENTLY MADE LASAGNE, CHICKEN STIR FRY AND SOME GIRLS BAKED COOKIES. ON THIS FINAL WEEK BEFORE OUR MID-TERM, WE'RE CREATING AND DESIGNING EASTER EGGS USING MOULDS AND OUR CHOICE OF DECORATION.**

Written by Eshaal Syed and Ann Connors LCA

Eggcellent Easter Egg Workshop

Two eggcellent workshops with Ms Deegan for Second Year and LCA students this week.

Designing and making Chocolate Easter Eggs. Many have given up chocolate for lent so will have to wait a little longer to sample their produce.



Well done to all the girls and wishing them a very Happy Easter.



LIBRARY

Thursday April

16th at 8.30pm

Save the Date



Our next bookclub pick is **Needy Little Things** by Chanelle Desamours. Copies are available to borrow and we will meet at a slightly later date in April on account of the Paris tour.

This could be our last bookclub of the school year so don't miss out! Some copies are still available in the library.

About the book!

Sariyah 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.

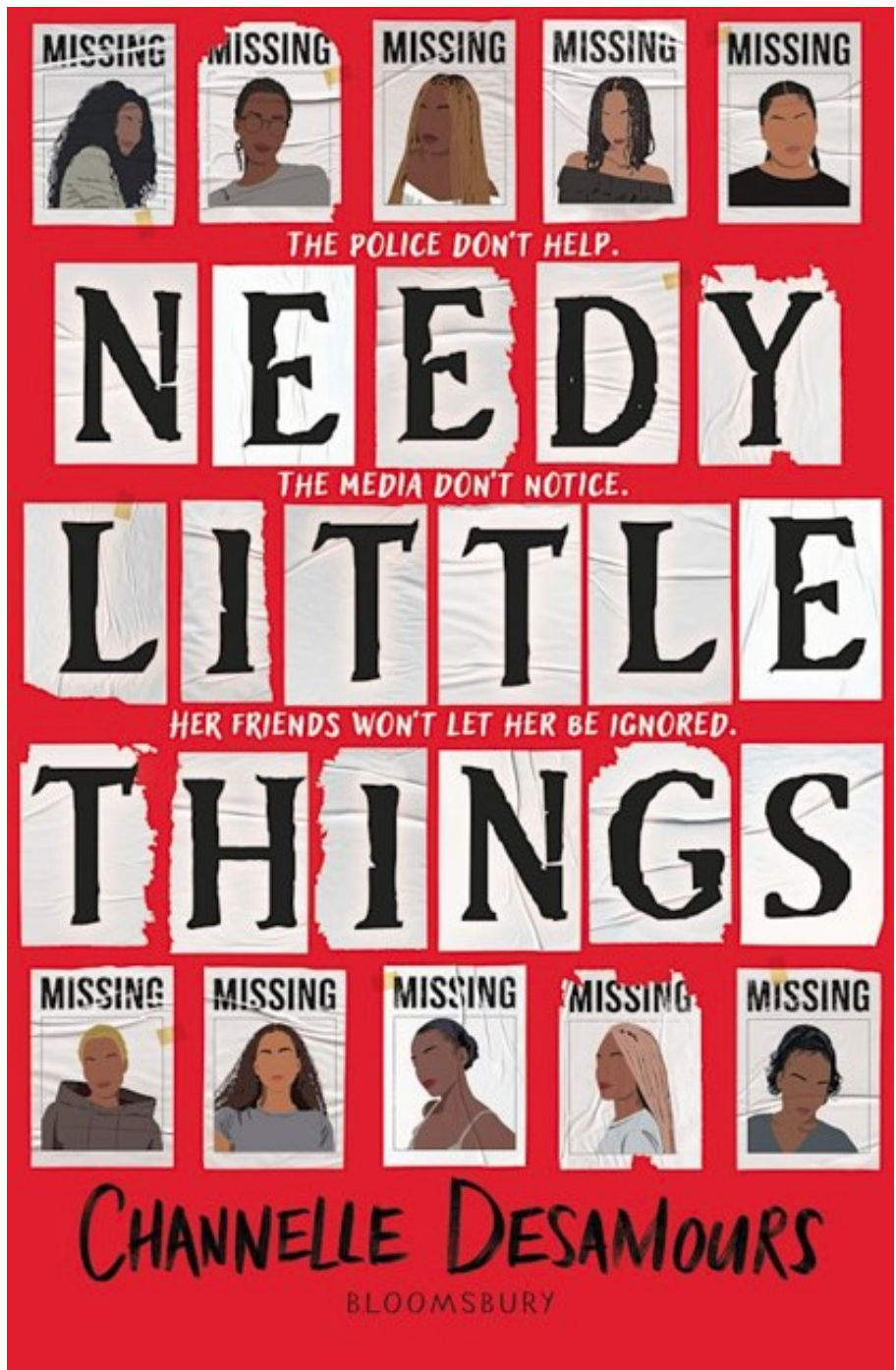
But when she fulfills a need for her friend Deja who vanishes shortly after, Sariyah is left wondering if her ability is more curse than gift.

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, Sariyah and her friends work together to figure out what led to Deja's disappearance.

When Sariyah'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, Sariyah 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.



Well Done Senior Soccer Team

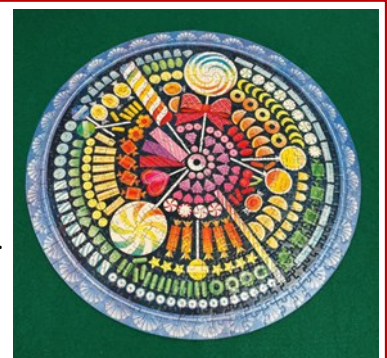
Congratulations to our Senior Soccer Team who won the Leinster Champions League Division 1 Quarter Final, beating Alexandra College from Dublin 6-0. The team look forward to playing in the Leinster Semi Final after the Easter break!



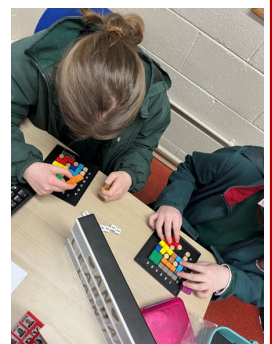
Jigsaw completed!

Come and see which one the girls picked for after Easter!

Reminder that games in the library are available to all but **ONLY** to be used in the library. Come and see what games you can play!



Games in the Library



French Exchange 2026

Our French exchange with Lycée Oehmichen was an unforgettable experience, filled with cultural discovery, new friendships and language learning.

Over the course of the trip, students had the opportunity to immerse themselves in French life while visiting some of the country's most iconic locations. During the exchange, the 10 girls got to spend some time in school and also with their partners' families. At the weekend, we visited Paris and we were able to see famous landmarks such as Le Louvre, le Sacré Coeur, La Tour Eiffel and experience the vibrant atmosphere of the city. Another memorable stop was the city of Reims, known for its rich history and stunning cathedral, as well as its shopping street!!

We also visited to the champagne cellar Joseph Perrier. Here, we discovered the traditional methods used in champagne production and explored the underground cellars, which is always so special. The trip also included a visit to the famous biscuit factory Fossier. We got to see how their well-known biscuits are made and, of course, sample some of the delicious treats!

The exchange was filled with many other activities that helped us improve our French. Living with French students allowed us to experience daily life in France from school routines to family meals. The weather was very good too which made the experience much more enjoyable! Third years will get visits from some exchange students in May and will be able to ask loads of questions!



2nd Year German



Second year German students recently enjoyed a wonderfully engaging and interactive lesson as they explored the delights of a traditional German breakfast with their teacher, Frau R. Kelly. The classroom was transformed into a vibrant “buffet” setting, giving students a fantastic opportunity to immerse themselves in both the language and the culture!!



Students practiced their German in a fun, real-world context by ordering and discussing a variety of breakfast foods. From freshly baked breads and cheeses to classic cold meats, the experience brought their learning to life in a memorable and meaningful way. It was fantastic to see such enthusiasm, confidence, and willingness to participate as students stepped outside their comfort zones and embraced speaking German. This hands-on activity not only strengthened their language skills but also deepened their appreciation for German traditions and everyday life. A big well done to all involved for their positivity and excellent effort!

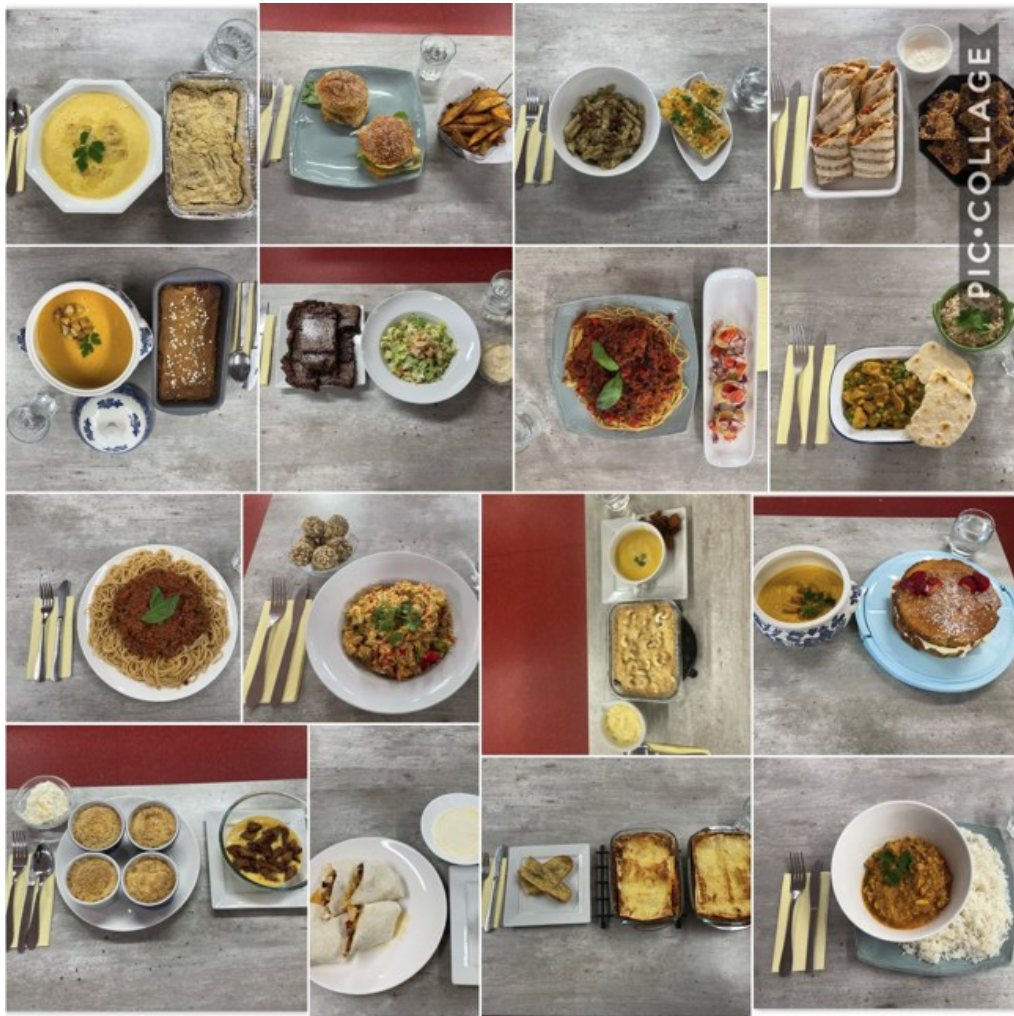


Photos from Junior B All Ireland Final

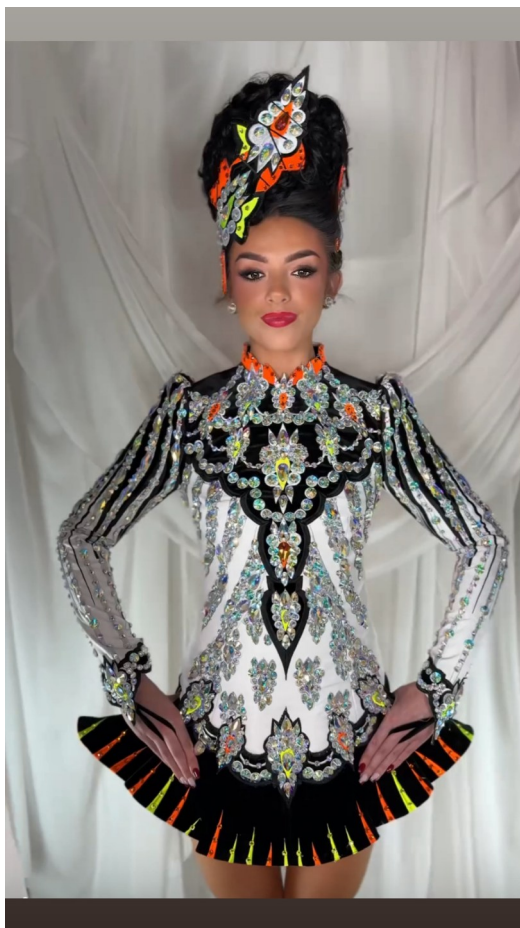
Thank you Pat Ahern @patahern1 for these lovely photos from last Thursday's Junior Football All-Ireland Final

www.patahernphotography.com





Third
Year
Home
Economics
Mock
Practical
Dishes



Best Wishes to
Lauryn Coogan
Irish Dancer
in her Beautiful
New Costume

LIBRARY

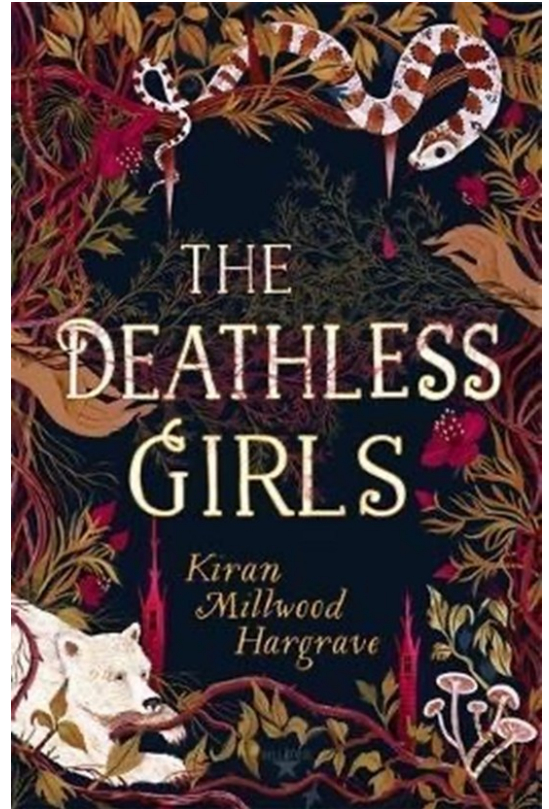
The Deathless Girls is a telling of the origin story of The Brides Of

Dracula by author Kiran Millwood Hargrave.

It is a YA, fantasy novel centred around sisters Kizzy and Lil, after they're taken from their family and forced into a life of slavery for the cruel Boyal Valcar. Life seems to be at its lowest for them, until it continues getting worse. When the sisters are separated from each other and dragged to opposite ends of the earth, there's nothing Lil won't do to get her back. Not just a journey awaits her, but danger, new experiences and perhaps a sort of love along the way.

I really enjoyed reading *The Deathless Girls*. It was a read that kept me guessing the whole way through and the story was captivating. It was a fantasy and horror read but also had elements of romance. There is something for everyone in this book and it is a wonderful take on the Brides of Dracula, creating an engagement with character that I had not heard of.

I have not read *Dracula*, and you do not need to have read it to enjoy this book! Would highly recommend.



Book Review by Gabriella Finegan 2F

This week in The Nationalist

St Leo's student honoured for hillfort essay

By Derry Lenehan

A TRANSITION year student from St Leo's College has received a recognition of excellence award for her essay on the hillforts of Baltinglass at a national history competition.

Baltinglass native Caitlin Seitz was presented with the prestigious award at the All-Island History Competition awards ceremony, held at the Department of Education on Marlborough Street, Dublin recently.

Caitlin's essay, titled *The Hillforts of Baltinglass*, focused on the three Bronze Age hillforts in her home village and how the 1,500-year-old sites continue to shape the community today.

"Although you can't clearly see them today, they're more like outlines in the landscape; their impact is still very much present," Caitlin explained.

plained.

Caitlin delivered a detailed presentation to a panel of inspectors at the awards ceremony, which outlined the historical impact of the hillforts.

She explained how the forts were primarily used for defence, allowing inhabitants to watch over the surrounding landscape and alert communities to imminent attack. Her research also revealed that the sites were used for spiritual ceremonies and burial practices.

A recent landmark study by archaeologists from Queens University Belfast found that the Baltinglass hillfort cluster is the largest unexcavated settlement in pre-historic Ireland and Britain and could predate Ireland's Viking towns by two millennia.

"In primary school, we visited the hillforts and completed a project on them," Caitlin said. "When I saw the oppor-



Caitlin Seitz from St Leo's College, Carlow

tunity in transition year to develop that research further. I decided to take the chance to try and really deep dive into their history, explore how they

were built and what they were used for.

"I also wanted to find out how they still impact our community in Baltinglass today," she added.

In addition to her essay, Caitlin also recorded an accompanying audio piece, which impressed the department's inspectors so much that they have asked her to record an audio presentation on her project that will be published on the department's website as an exemplar of excellence.

Caitlin completed her project over the course of two months, under the guidance of her history teacher Karen Byrne, as part of the school's TY heritage module.

St Leo's College principal Niamh Broderick attended the ceremony and expressed immense pride in Caitlin's achievement, remarking that she was delighted to be present and enormously proud of Caitlin's success. Caitlin was joined at the ceremony by her parents and her younger sister Aiannah, making the awards ceremony a special family celebration.



Weekly Hot Lunch Menu

Monday 13th

- Pasta Alfredo
- Pasta Alfredo (V)

Tuesday 14th

- Breaded Chicken Breast served with Salad & Homemade Potato Wedges
- Salad & Homemade Potato Wedges (V)

Wednesday 15th

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

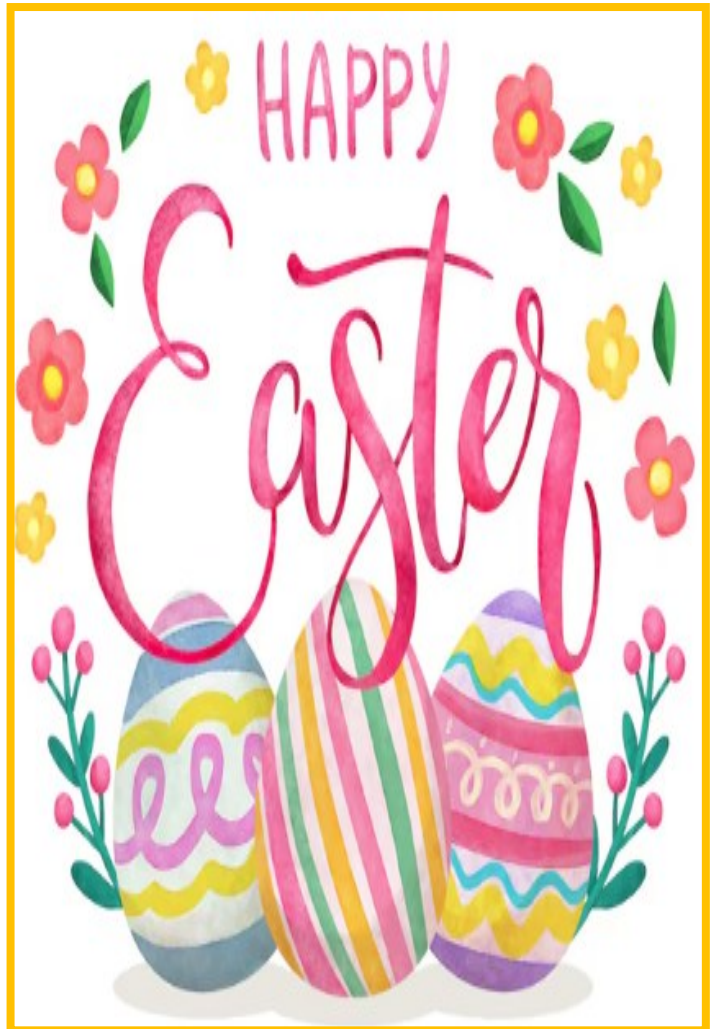
Thursday 16th

- Spice Box
- Spice Box (V)

Soup

Homemade Vegetable

Small Dinner €4.00 | Large Dinner €6



Active April 2026

MONDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

TUESDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

WEDNESDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

THURSDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

FRIDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting

31

SATURDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

32

SUNDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

33



ACTION FOR HAPPINESS

Happier · Kinder · Together

EXTRA-CURRICULAR AND SPORTS TIMETABLE 2026

	Monday 🏐	Tuesday 😊	Wednesday 🏐	Thursday 🏐
Before school 8:00 – 8:45	Senior & Cadette Volleyball Ms. O'Neill			
	10.55 Human Rights group Room 227 / Ms Cussen			
Lunch 1.20-1.55  THE LIBRARY is open every break and lunch times.  BOARD GAMES AVAILABLE Fitness suite Open at lunch for senior students. 	Senior & Cadette BASKETBALL Ms Bergin & Mr Woods 1 st year HOCKEY Ms. Hickey Crochet club Ms English & Ms Lennon Room 613 CHAMBER CHOIR MUSIC ROOM Ty, 5 th & 6 th years St Vincent de Paul Cairdeas - Ms Cradock	All years Badminton Ms Hennessy Junior Soccer Mr Walsh & Ms Lalor All years Zumba Assembly Hall Ms. Zadorozhna Folk Group Music Room Ms Cosgrave 1ST & 2^d Years Public speaking 1.30pm – Room 701 Mr O'Flaherty & MsA. Doyle Arts & Crafts Club Ms. Connors & Ms. Mullins 1.20pm Art Room 501 <i>-Poetry Aloud-</i> <i>All year groups</i> <i>Ms O'Callaghan</i> <i>1.20pm</i> <i>R709</i>	Juniors Netball Ms Millward 1 st Year Gaelic Football Ms Kelly & Mr Walsh CHAMBER CHOIR MUSIC ROOM	All years Athletics Track Ms Graham/ Ms Hickey Senior, Cadette & 2 nd Year Volleyball Ms. O'Neill GREEN SCHOOLS Ms Davies/ Room 228 Chess club Library Club Gaelge Ms. Ní Mhuinnigh & Ms. Eirealla Snooker Club Assembly Hall
After school 4.15 – 5:15 pm	Seniors Netball Ms Millward Senior, 4 th , 5 th and 6 th year Hockey Justine Collins 4.10-5.10	2nd, 3rd year Hockey Justine Collins 4.10-5.10	Junior & Senior Gaelic Football Ms Kelly & Mr Walsh 5 TH YEARS Applied Maths 4.20 - 6.20.	6 TH YEARS Applied Maths 4.20 - 6.20.



Comisiún na Scrúduithe Stáit
State Examinations Commission

LEAVING CERTIFICATE EXAMINATION TIMETABLE 2026

Each candidate should note carefully the dates and hours, as fixed on this official timetable, for the examinations in the subjects in which he/she intends to present himself/herself. The Commission will not be responsible for any errors which may occur in the reproduction of this timetable by outside agencies. Candidates are required to be in attendance at least half an hour before the examination begins in the subject in which they first present themselves.

JUNE	SUBJECT	TIME
	H = Higher Level O = Ordinary Level F = Foundation Level	
WEDNESDAY 3	English, Paper 1 - H & O	9.30 – 12.20
	Home Economics, Scientific and Social - H & O	2.00 – 4.30
THURSDAY 4	Engineering - O	9.30 – 12.00
	Engineering - H	9.30 – 12.30
FRIDAY 5	English, Paper 2 - H & O	2.00 – 5.20
	Geography - H & O	9.30 – 12.20
MONDAY 8	Mathematics, Paper 1 - H & O	2.00 – 4.30
	Mathematics - F	2.00 – 4.30
TUESDAY 9	Mathematics, Paper 2 - H & O	9.30 – 12.00
	Irish Paper 1 - H (incl aural)	2.00 – 4.20
WEDNESDAY 10	Irish Paper 1 - O (incl aural)	2.00 – 3.50
	Irish - F (incl aural)	2.00 – 4.20
THURSDAY 11	Irish, Paper 2 - O	9.30 – 11.50
	Irish, Paper 2 - H	9.30 – 12.35
FRIDAY 12	Biology - H & O	2.00 – 5.00
	French - H & O - Written	9.30 – 12.00
MONDAY 15	French - Aural	12.10 – 12.50
	History - H & O	2.00 – 4.50
TUESDAY 16	Business - O	9.30 – 12.00
	Business - H	9.30 – 12.30
WEDNESDAY 17	Construction Studies - O	2.00 – 4.30
	Construction Studies - H	2.00 – 5.00
THURSDAY 18	German - H & O - Written	9.30 – 12.00
	German - Aural	12.10 – 12.50
FRIDAY 19	Art, Visual Studies - H & O	2.00 – 4.30
	Polish, Lithuanian, Portuguese and Mandarin Chinese - H&O - Written	9.30 – 12.00
MONDAY 22	Polish, Lithuanian, Portuguese and Mandarin Chinese - Aural	12.10 – 12.50
	Hebrew Studies, Ancient Greek and Non Curricular Languages (see Note 2)	9.30 – 12.30
TUESDAY 23	Agricultural Science - H & O	2.00 – 4.30
	Spanish - H & O - Written	9.30 – 12.00
WEDNESDAY 24	Spanish - Aural	12.10 – 12.50
	Chemistry - H & O	2.00 – 5.00
THURSDAY 25	Physics - H & O	9.30 – 12.30
	Physics and Chemistry - H & O	9.30 – 12.30
FRIDAY 26	Accounting - H & O	2.00 – 5.00
	Design and Communication Graphics - H & O	9.30 – 12.30
MONDAY 29	Music - Listening (Core) - H & O	1.30 – 3.00
	Music Composing - H & O	3.15 – 4.45
TUESDAY 30	Music - Listening (Elective) - H	5.00 – 5.45
	Economics - H & O	9.30 – 12.00
WEDNESDAY 1	Physical Education - H & O	2.00 – 4.30
	Italian - H & O - Written	9.30 – 12.00
THURSDAY 2	Italian - Aural	12.10 – 12.50
	Russian - H & O - Written	9.30 – 12.00
FRIDAY 3	Russian - Aural	12.10 – 12.50
	Classical Studies - H & O	2.00 – 4.30
MONDAY 6	Latin - H & O	2.00 – 5.00
	Technology - O	2.00 – 4.00
TUESDAY 7	Technology - H	2.00 – 4.30
	Japanese - H & O - Written	9.30 – 12.00
WEDNESDAY 8	Japanese - Aural	12.10 – 12.50
	Politics & Society - H & O	9.30 – 12.00
THURSDAY 9	Arabic - H & O	9.30 – 12.30
	Religious Education - O	2.00 – 4.00
FRIDAY 10	Religious Education - H	2.00 – 4.30
	Applied Mathematics - H & O	2.00 – 4.30

Notes

- The examination sessions highlighted in red include 20 minutes over and above the time traditionally allocated for the papers concerned.
- Leaving Certificate Examinations in Hebrew Studies, Ancient Greek and in the Non-Curricular Languages listed below will be held on Monday 15 June from 9.30am to 12.30pm.

Non-Curricular Leaving Certificate Examinations:				Bulgarian	Croatian	Czech	Danish	Dutch	Estonian
Finnish	Hungarian	Latvian	Maltese	Modern Greek	Romanian	Slovakian	Slovenian	Swedish	Ukrainian

- Examinations based on the curricular specifications for: Lithuanian; Mandarin Chinese; Polish and Portuguese will be held on Monday 15 June.
- There are also final examinations in Computer Science and Leaving Certificate Vocational Programme – Link Modules – which will be held in April/May with dates to be announced separately.



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CYCLE EXAMINATION TIMETABLE 2026

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The start time for all Junior Cycle afternoon examinations is 1.30p.m.

JUNE	SUBJECT		TIME
	H = Higher Level O = Ordinary Level C = Common Level		
WEDNESDAY 3	English	- H & O	9.30 – 11.30
	Religious Education	- Common Level	1.30 – 3.30
THURSDAY 4	Irish T1	- H & O (incl aural)	9.30 – 11.30
	Irish T2	- H & O (incl aural)	9.30 – 11.30
	Geography	- Common Level	1.30 – 3.30
FRIDAY 5	History	- Common Level	9.30 – 11.30
	Mathematics	- H & O	1.30 – 3.30
MONDAY 8	Science	- Common Level	9.30 – 11.30
	Business Studies	- Common Level	1.30 – 3.30
TUESDAY 9	Graphics	- Common Level	9.30 – 11.30
	Italian (incl aural)	- Common Level	9.30 – 11.30
	French (incl aural)	- Common Level	1.30 – 3.30
WEDNESDAY 10	Home Economics	- Common Level	9.30 – 11.00
	Spanish (incl aural)	- Common Level	1.30 – 3.30
THURSDAY 11	German (incl aural)	- Common Level	9.30 – 11.30
	Wood Technology	- Common Level	1.30 – 3.00
FRIDAY 12	Jewish Studies	- Common Level	9.30 – 11.30
	Music	- Common Level	9.30 – 11.00
	Engineering	- Common Level	1.30 – 3.00
	Classics	- Common Level	1.30 – 3.30
MONDAY 15	Applied Technology	- Common Level	9.30 – 11.00