



Transition Year Newsletter October-December 2023



Stand-Up Awareness Week

Stand-Up Awareness week was held between the 6th-10th of November this year. The theme of this year's Awareness Week was 'Allyship', and it was largely organised by Ms. Farrelly and her team. TY students contributed in setting up rainbow decorations all around the school. Episodes of the show 'HeartStopper' were shown every lunchtime for all students to watch. A speaker, Ruadhán, from the Shout Out organisation came in to talk to us about their life and experiences as a trans-man. He shared his story with us where he was in a school less tolerant to the LGBTQ+ community and the struggles he encountered. His message for us was to not make people feel excluded or how he felt back in his first school, and to be inclusive of not just members of the LGBT community but people from every background and lifestyle.

by Fergal Conlon



Barber Workshop

On Tuesday the 28th of November, the whole TY year group participated in a Barber Workshop led by Lizzy McGee. We were very grateful to welcome Lizzy McGee into Ardscoil Rís. Lizzy is a professional hairdresser/Stylist. Her work can be seen on the likes of Ireland AM where she styled hair. We were introduced to life as a barber through an interactive presentation as well as getting the chance to cut each other's hair. Throughout the presentation, we learned about the history of barbers and how in the past, barbers were also doctors and dentists. Another fascinating fact was the meaning behind the barber poles, the red represents blood, the white, bandages and the blue, veins. We learned about the difference between fades and taper cuts. Lizzy taught us about scalp myths, diseases and infections such as psoriasis and lichen planus. This helped us understand why keeping tools clean and sanitary for customers is important. Our session finished up with cutting each other's hair. We learned about how the different tools are used and labelled. However, Lizzy's most important tip was keeping the blade up to create a smooth gradient instead of rough lines.

by Sean McHugh



Leaf Clean-up on Griffith Avenue

The week after Storm Debi, TY classes were busy working on cleaning the leaves along Griffith Avenue to make it safer for all the cyclists and people walking by as it is very populated during the mornings. The leaves become really slippery once they begin to decompose so cleaning them up really helps all the students. The students packed up all the leaves into recycled bags using rakes and shovels. They also used their hands but made sure to be wearing gloves so as to not catch any infections. The students were all very co-operative and made sure to do a great job. We were awarded a Certificate of Community Enhancement by All Hallows Area Association for our hard work.

By Darragh Connolly



Classics Tour

On the 14th of November, the class group Beckett were taken by their Classical Studies teacher, Ms McMenemy and Ms Fitzsimons on an interesting and engaging tour of the Classical Museum in University College Dublin. After a pleasant DART trip, a lively tour guide helped the class gain a deeper understanding of ancient Greek, Roman and Egyptian civilisations and their fascinating work in pottery, sculpture and ceramics. The museum is a beautiful collection of relics and artefacts initially founded by professor Rev. Henry Browne in 1910. A grand marble sarcophagus was one of the more interesting artefacts for the class as well as a stunning collection of Egyptian canopic jars. There was something for everyone in the tour as there was also a physical handling section, where the class could observe and hold pieces, both real and recreated. After the tour, the class were permitted to get lunch on the modern and vast campus of UCD before returning home.

By Alan Murphy



Barista Workshop

On Wednesday the 6th of December TY welcomed Dublin Barista School to the hall where the classes were trained with some basic barista skills. We learned about the benefits of working as a barista, such as the ability to travel because of how widespread coffee shops are across the world. We were taught how to maintain and use the large coffee machines and how to best prepare a coffee starting with an espresso shot. At the end of the workshop we were allowed to make ourselves a coffee, with the choices of a mocha, latté, cappuccino or just a hot chocolate if we still weren't converted caffeine fans. We were also allowed to deliver a coffee to someone in the school to spread some Christmas cheer, much to the delight of Mr. Whelan and some other lucky teachers.

by Louis Browne



Transition Year Skills Challenge

On Friday the 15th of November, TY Beckett hosted and organised their first Future Leaders event. The event took place in the yard where Transition Year students tested their skill and accuracy in Gaelic Football and Hurling against the clock. As it is part of the GAA Future Leaders Course, the winners of the event could progress onto inter-school, inter-county and eventually provincial competition. All of the organising class took full responsibility in their roles and worked hard to ensure that the event ran smoothly. Some of the roles included scorekeeper, timekeeper, targetman, and cameraperson. With music provided by speakers, the atmosphere of the event was lively and good natured and all students participating were happy with the competition. The event provided a wonderful opportunity to get competitive with your friends during class time. The winners of the event were Cillian Lillis, Ben Molloy-Tormey and Rhys Kendellen. Mr McWeeney was pleased with the class and the event can be used as a good experience for the planning and organising of future events.

by Alan Murphy



First Aid

On Thursday the 16th of November, TY Yeats did a full day First Aid course. The course took place in the Study Hall where two people from the Order of Malta, Stephen and Tómas, taught them the necessary life saving skills. The TY's were taught the steps and precautions of First Aid and what to look out for in helping people. They learned about their medical cards and what steps to follow when calling for help. They also practised compressions and checking blocked airways for CPR and practised using the AED in case of emergencies. They were then taken outside and shown the ambulance and what to look for in each compartment. Afterwards, they were told what to do in common situations and how to assess them and what to do with certain medical conditions. Towards the end, the TY's practised making slings to bandage people up in the future. Everyone had a great time and learned a lot from Stephen and Tómas about First Aid and the work of paramedics.

by Daragh Guli



Cybersecurity Talk

On December 8th Robert Feeney returned to his Alma Mater to teach us about the many fields of cybersecurity, and the different ways that your career path can develop over the course of your life. We learned about offensive and defensive security work, the difference between ethical white hat hacking and unethical black hat hacking, as well as how to access some interesting open source intelligence websites. We also found out about all of the opportunities for travel that a career in cybersecurity could offer us, from the UAE to the USA, and further learned about the many organisations offering a career in cybersecurity, from the CIA to the NSA. This highly interactive presentation taught all TY students a lot more about the realities of working in cybersecurity and that if you are willing to put in the work you can rise to the top of any field, despite how your Leaving Certificate goes.

by Louis Browne



Formula 1 in Schools

Our F1 team in school was formed in September. They have been meeting every Monday and Thursday to work on the Five Page Plan Proposal. F1 in Schools is an 'international STEM (science, technology, engineering, mathematics) competition for school children (aged 11–19), in which groups of 3–6 students have to design and manufacture a miniature car out of the official F1 Model Block using CAD/CAM design tools.' Our F1 team is called 'Project Sunset.' It consists of members Pruthvi Katti (team manager), Daniel Muntean (co-designer), Eoin Hoban (co-designer), Daniel Kehoe (finance manager), Seán McHugh (business manager), and Thomas Kelleher (social media manager). There are many elements of the F1 in schools competition. Teams are challenged with accounting, sponsorship, physics, designing, promotion, and racing against other teams. We would like to wish good luck to 'Project Sunset' in submitting their Five Page Plan Proposal and entering the regional competition.

by Sean McHugh



Drumming Workshop

On the 22nd of November, we all took part in a workshop, learning some rhythms on drums that originated in West Africa, called djembe drums. The djembe drum is a rope-tuned, goatskin-covered goblet drum, with a body made of hardwood. We learned three ways to play the drums: the bass, the tone and the slap. The bass is played with a flat hand in the middle of the drum, the tone is your fingers striking the edge, and the slap is similar to the tone, where we use the heel of our hand to hit the edge, and let our fingers 'slap' the drum. Our instructor taught us several beats and rhythms to play using these methods, and in the end we joined them all together in a final performance.

by Fergal Conlon



Physics of Martial Arts- TU Dublin

As part of Science Week TY Yeats and TY Heaney went to TU Dublin's Grangegorman Campus. While there they received a talk from Dr Rob Howard, who is a lecturer in the Physics department but also one of the only two 9th Dan Grandmasters ever in Ireland. During the talk he explained the physics and mechanics of a punch and how different elements can affect the amount of power exerted from the punch. He demonstrated with a plank of wood how to break it in two without great effort. The plank of wood emulated a human bone and showed us how powerful the correct technique can be. He then went on to break 8 tiles with a punch, again showing how having the right knowledge on how to do something can ease the difficulty. Finally he split other roofing tiles using a kick technique then explained the math on how much more powerful a kick could be over a punch

By Eoin Hoban



Korean Embassy Visit

This year we are learning Korean with Ms HeeJung Lee. She organised a visit from Ms Hyo and Ms Soeyon who visited the school from the Korean Embassy. They gave a presentation on the history and culture of Korea and showed us different foods eaten there and about their amazing music. They explained how South Korea used to be one the poorest countries in the world and needed aid to survive but over the last couple of decades they have made huge advancements both socially and economically and now how they are returning the generosity of the countries of the world by providing others with aid. They drew a comparison between South Korea and Ireland showing how similar our history is, how we both were used to be poor economically but now are some of the richest countries in the, how our countries are divided and how we both are surrounded by very powerful countries. The visit was great to see an insight to the life of people on the opposite side of the world. The embassy donated textbooks to the school to help us in our Korean classes which have been really helpful.

By Eoin Hoban



Ice Skating and St Vincent de Paul Appeal

On the 12th of December our entire TY year group visited the Pavilion Shopping Centre in Swords. When we arrived we went shopping for gifts for St Vincent de Paul's annual Christmas gift appeal. We were each given one child to buy for and picked out a present we liked. We wrapped the gifts the next day and had over 100 presents to donate to people in the locality which was nice. The gifts were for children from 1-17 years old so there were many different options. We then went ice skating which was great fun. Some of us were not great at skating but others really knew what they were doing. It was really fun to ice skate all together and people got better the longer we were on the ice. We were ice skating with another school and actually met some friends from that school which was fun.

by Jeff Suelo



Boxing Showcase

A group of TY students have been studying the skills and techniques of boxing since September. For a number of weeks Paul, a coach from Glasnevin Boxing Club, ran workshops for students who were interested in the sport during PE class. Students who progressed to the next round were invited to Glasnevin Boxing Club to continue developing their skills. While here we were given the opportunity to spar other students from Scoil Chaitríona. We also learned how to stand correctly, how to hold a defensive position and how to correctly hit the bag. On Wednesday 13th of December the boxing showcase occurred where we had the opportunity to put our skills to the test against one another. It was a great day for all involved and we really enjoyed our time learning about this new sport.

by Christopher Fuery



Thank you to everyone who contributed to this newsletter and to all the TY students in Ardscoil Rís. Merry Christmas and see you in the new year!

