

SOLAS



**St. Aidan's Community College, Dublin Hill, Cork.
Newsletter Issue 24 Spring 2011**

Tel: 021- 430 9598 Fax: 021-430 3274

Email: aidanscork@eircom.net

www.staidanscork.ie



Aidan's for U.S. World Scholar Athletic Games

St. Aidan's Community College will be the first Cork school to represent Ireland in the World Scholar Athlete Games which will be held in the U.S. this summer. The concept of the Games is based upon the Olympic ideal. The Olympics grew out of the belief that sport can be a force for understanding and friendship among athletes and among nations.

At the World Scholar-Athlete Games there are no national teams, thus, a boy's basketball team might be made up of 12 young men from 12 different countries whilst the Scholar-Athlete Games Choir may be comprised of students from 16 different countries. This is a highly prestigious event for which over ten thousand scholar athletes have applied. Luckily, four teachers and twenty five highly skilled athletes, musicians and scholars from St. Aidan's will fly to the U.S. this coming June to attend the games in the University of Connecticut.

...continued on page 15

Past Pupil Voted Kansas Professor of the Year

The Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education in the USA have named Dr. Ellyn Mulcahy, Associate Professor Of Science, Johnson County Community College, the 2010 Kansas Professor of the Year.

Ellyn, a past pupil of St. Aidan's, was selected from more than 300 top professors in the United States. She graduated from St. Aidans in 1992 and progressed to University College Cork where she received her bachelor of science honours degree in microbiology. She received her doctorate in microbiology from Creighton University, Omaha.

...to page 3



College Welcomes 130 First Years

The transfer from primary to secondary school is a most important stage in the life of any child. At transfer children are faced with a new situation, when they have to leave behind the comfortable familiarity of the primary school and enter the secondary school where an entirely new set of circumstances awaits them. Transition involves changes. It usually means parting with some friends and making new friends, a greater number of teachers, new subjects, more homework, movement to different classrooms, having a longer day, from being seniors in the primary school to being the most junior members in the secondary school. Pupils experience anxieties around transfer. However, such feelings are generally accompanied by feelings of anticipation. Most of their anxieties dissipate as new routines and relationships are established. The majority of pupils settle into secondary school fairly quickly.

Pupils should be helped to make the transition as smoothly as possible. Many schools have developed induction programmes to facilitate

pupils' adjustment to their new environment on their arrival at secondary school.

When the new first years arrive at St. Aidan's they are welcomed by the Principal, Mr. Ahern and the First Year Tutor, Fr. Shem, O.S.A. Each class has a teacher (Class Tutor) who will take care of the class. The role of the Class Tutor is to help the new pupils to settle in, reassure them, provide a sense of belonging and security, help the pupils with the demands of the new school, monitor their adjustment and progress and is a contact person for parents / guardians.

The pupils spend the first two mornings with their Class Tutor who conducts the induction programme. Some of the activities include: a general introduction to the school, helping the pupils to get to know one another, explanation of the timetable and various practical and organisational issues which help the pupils to settle in and prepare for day to day life in St. Aidan's.

Parents / guardians have a very important role to play in assisting their children to successfully transfer. Their encouragement, support and involvement are significant factors in the experience of pupils who make a successful transition to secondary school.

A meeting for the parents / guardians of the first year pupils takes place in late September. Additionally, parents have the opportunity to meet their child's Class Tutor at the parent-tutor meeting, which takes place in November to discuss how their child has settled in.

We welcome all our new pupils and we wish them every success and happiness in St. Aidan's Community College. To each and all we say, in the words of our College motto, "Let your light shine" – "Bíodh bhur solas ag taitneamh"

Fr. Shem Furlong O.S.A, First Year Tutor



Study Skills: Getting Organised

Your goal to achieve certain grades, to get into a certain course, to enter your chosen career won't happen just because you want it to. You must now give concrete expression to that 'want' by deciding on a study plan that suits you.

The purpose of a study plan is not to increase your workload but rather to make you work more efficiently and effectively so that you get a lot done in a concentrated period of time.

You owe this to yourself to make sure that the efforts you are making now in class and homework pay off. Here are some tips to help you with your study plan:

➤ Draw up a list of topics/chapters/pages/questions you would like to cover (over and above the homework requirements) for the coming week. Sunday night is usually a good time to plan the week ahead. Avoid vague statements like "study history"; be specific about what you want to know and understand about the topic and write down the question you want answered/the chapter you want to study.

- Remember your list must involve material over-and-above any and all homework.
- Give each subject a set amount of time.
- Break each time-set for each subject/topic into 20/30/40 minute sessions.
- Prioritise your list by numbering the topics.
- Cross out or tick off each item from your list as you complete it.
- Don't be tempted into always studying your favourite subjects first. Get the difficult ones out of the way first and vary the order of what subject you study and when you study it.
- If you do not get a study topic complete or even started write it in for the next study session.
- Get into the habit of always making a list of what you want to study on a daily and a weekly basis and tick it off when you complete it.

At Leaving Cert level you would be well advised to give your schoolwork and study at least 3 and a half hours after school each week-day and more at weekends.

All Higher Level candidates will require more. Don't study right up to bedtime. Give yourself 30 minutes or more to wind down. Good luck with your efforts.

Ms. A O'Donovan

Pictures:

1. First Years with Year Tutor Fr. Shem O.S.A.
2. Class Eanna in festive spirit.
3. Sixth class students from local schools come to St. Aidan's to experience a taste of school life at second level.
4. (Below, left) Sixth class students with Mr. Fred Bue, former teacher of French at the college. We extend our thanks and best wishes to Mr. Bue who returned to his native France in 2010, for sharing his skills and talents with us.
5. Meitheal team with first year students.



Kansas Professor of the Year



From page 1. She completed post-doctoral research at the University of Kansas Medical Center. As a faculty member at JCCC since 2005, Dr. Mulcahy has educated, supervised and mentored undergraduate students and laboratory staff.

She has contributed to the development of JCCC's biotechnology program and has also developed curricula for several new classes. In continuing education, Ellyn developed and implemented classes for health care professionals on the topics of antibiotic resistance, bioterrorism, cultural competency, epidemiology and infectious disease.

She has continued her studies on ways to educate nonliterate female Somali refugees about maternal health and relevant chronic diseases and has published numerous publications. All at St. Aidan's extend sincere congratulations to Ellyn on her magnificent achievement. May she continue to let her light shine.

The Meitheal Programme

This year, seven other 5th year students and I have taken on the task of welcoming the first year students through the Meitheal program. From September to December, we have planned and held many different and fun tasks for the first years in a bid to help them make new friends and settle into secondary school life. In September, we held 'ice-breaker' sessions, in which the first year students played games that were structured in a way that would help them meet new people.

Then in the week leading up to the midterm break in October, we held a party for each class which was orientated around the spirit of Halloween. We also decorated the 1st year area to create a festive ambience in the school. In December we got the first year classes to decorate the area by colouring in decorations that we then stuck up in the area. Unfortunately, we had a lot more planned in relation to Christmas but were unable to complete them due to the weather issues. We are, though, going to implement those plans during the rest of the year.

**Aine O'Donnell,
Class Breandan**

Careers Exhibition, Rochestown Park Hotel



Careers Exhibition:

On the 18th of October, The Rochestown Park Hotel played host to The Careers Exhibition. The exhibition showed college and career options for senior students, especially sixth years who are at present considering their career options and CAO applications. Many colleges and schools, as well as the armed forces displayed their full range of courses to prospective students. Cork colleges such as UCC, CIT and College of Commerce were represented as well as colleges from all over Ireland and the UK. Stalls from each College had teachers, pupils or college staff there to answer students' questions and had booklets about the various courses on offer. Also, many colleges had goodies such as highlighters, pens, bags and key rings to give away to entice the students to view their prospectuses. Overall, the trip proved to be highly educational and informative and a great eye-opener to the thousands of courses on offer.

Richard O'Keefe, TY Class Cliona

Annual College Mass

Staff and all students of St. Aidan's Community College recently made their annual pilgrimage to St. Oliver's Church in Dublin Hill for the annual college mass. Such has been the growth in student numbers over the past years, the local church is one of the few places where all 730 students and 50-plus staff members can come together as one community. The mass itself was a celebration of all the activities that take place in the college. In the procession students brought up gifts which included school jerseys - representing hurling, camogie, football, basketball and soccer, and various art works. Indeed all aspects of school life were proudly represented.

In the homily, college chaplain Fr. Chris O' Donovan, urged the students to use their many gifts and talents in the service of others and paraphrased the lines of JFK ; 'ask not what your school can do for you, ask what you can do for your school'.



Galtee Mountain Trip



In September, An tUasal Rosboire, ably assisted by Ms. Delaney, Mr. Harrington and Ms. Forde and accompanied by a large and very enthusiastic group of fourth year and LCA students headed to the Galtee mountains.

The trip has become an annual highlight on the college calendar. Interestingly, Leaving Cert students, when asked of their best memories of St. Aidan's, always mention their trip and overnight stay on the mountain as being one of the major highlights of their years in school.

Here Alex Murtagh of class Cliona gives her impressions of the adventure: On the 16th of September and the 14th of October all 4th year and LCA students went on two trips to the Galtee mountains for an overnight stay. Every student who went adapted to 'survival life' and everyone enjoyed the chance to climb up the mountain. The atmosphere at the camp fire was unbelievable. Many thanks to tUasa Rosboire, Mr.Harrington, Ms.Forde and Ms.Delaney as the trip wouldn't have been able to happen if it wasn't for them.



Aidan's Artistic Endeavours



For two weeks, 1-15th of November, there was an art exhibition on show in our school library.

It involved Art from all different year groups, including previous Leaving Certificate exhibits and Junior Certificate Projects. I was involved in organizing the exhibition and we decided to call the exhibition 'Muse' as all the projects were inspired by different things.

The exhibition got many positive responses from other students. "I love how all the artists are our own age" one student stated. Another said that the exhibition really inspired her to get more involved with art. Overall the exhibition was a great success.

**Jill Manning,
TY Class Muireann**

Pictures: Opposite page

Left top: Galtee trip.

Bottom left: School of Journalism members visit Cork Independent office on a fact finding mission.

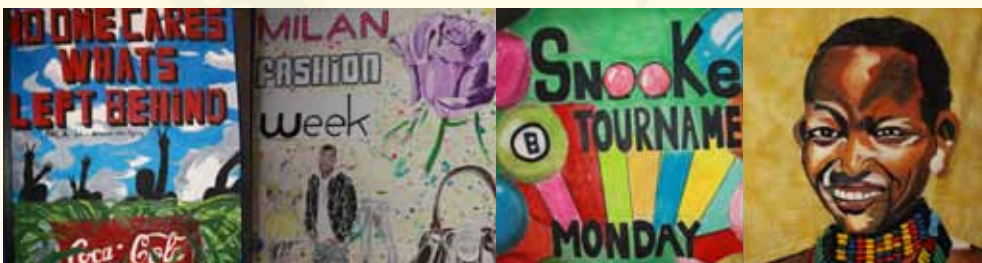
Bottom right: Glen Cunningham presents Solas to Lord Mayor.

This page:

Top: TY students Jill Manning, Laura Breen, Rebecca O'Leary

Centre: Art trip to Dublin

Bottom: Muse Exhibition



TY School Of Journalism

Many thanks to St. Aidan's Transition Year School of Journalism members Andrew Horgan, Jill Manning, Laura Breen, Ciara Dineen, Richard O'Keeffe, Nathan Bevan, Dylan Collins, Craig Butler, Leanne O'Sullivan, Raymond Molina, Gary Leahy, Edel O'Connell and Alex Murtagh, without whose tremendous energy and input this publication would not have been possible.



Leabharlann Aodáin

The St. Aidan's Dr. Steele Library has become a hive of literary activity since its official opening in 2009.

See next issue for full story.

St. Aidan's Leaving Cert Graduation Ball September 2010



St. Aidan's Parents' Council

Hi! Valerie O'Connor here. As many of you may know I am the chairperson of St Aidan's Parents' Council. I and the other members of the council would like to invite you to become involved with the Parents' Council. Our aim is to provide support and information on all aspects of school life. We are always looking for new ideas in an

effort to make it easier for our children as they go through secondary school. If you have any ideas/opinions on how we could make the school experience better for our children we would love to hear from you. We meet about once a month so why not come along. All are welcome.

Valerie O'Connor, Chairperson



Celebration of Junior Certificate Results

130 students of St. Aidan's Community College were warmly congratulated by Principal Mr. Ahern and Third Year Tutor Ms. Scanlon for their excellent results in the Junior Certificate State Examination which were issued on Sept 15th.

Ms. Scanlon said that it was a particularly proud day not only for the students but for their parents and teachers as well, a day which served to justify all the hard work and dedication that was necessary over the past three years.

Introduced in 1989, the Junior Cert was intended to broaden the educational experience of teenagers and St. Aidan's, with its comprehensive curriculum and broad range of subjects, ensures that this is the case.

Mr. Ahern said that the college prides itself on its well designed academic structures which are rigorously implemented to ensure that each student achieves to his/her potential and that the results achieved were indicative of this dedication to excellence for which the college is renowned.



Trinity for Stephanie

In December, Stephanie Callanan, Leaving Certificate 2010 Class Ciara, and now a student of Human Nutrition and Dietetics in Trinity College Dublin returned to St. Aidan's to deliver an inspiring talk to TY students on study skills and career planning. Full report in next issue.

Pic: Stephanie with students of TY class Eoin.



Chantelle Takes Laptop Prize

Well done to Chantelle Mc Mahon leaving cert LCA class of 2010 who was the lucky winner of a hi-spec state-of-the-art-laptop computer in the St. Aidan's past pupils draw which was organised in conjunction with the launch of the college website. The first fifty past pupils who registered their details on line at www.staidanscork.ie were entered in the draw. The prize was generously donated by a past pupil of the college who is now managing director of a Cork based company which has become the largest supplier of audio

visual and IT related products in Ireland.

For those who haven't yet registered on the site you are most welcome to do so. Many thanks to all past pupils who have enrolled to date.

Your comments and well wishes are most welcome and we wish each and every one of you well in your varied careers. In what ever field of endeavour you have chosen to pursue, may you continue to let your light shine.

Aidan's Chinese Studies

St. Aidan's has this year continued its partnership with the UCC Confucius Centre of Asian studies. A module in Chinese language and culture is offered to all transition year students. Full report in next issue.

Pic shows UCC Tutor of Chinese Ms. Chase with TY students.



The Irish Pilgrimage Trust (IHCPT)

Help send a child to Lourdes this Easter Table Quiz Thursday 3rd February 8.30pm

- Glen Rovers Pavilion
- Table of four, 20 euro
- Raffle and Spot Prizes Galore
- Refreshments and Hot Food will be served.

All support greatly appreciated



Aidans Online

On Fri 15th October St. Aidan's took a step further into the digital age with the official launch of its new website (www.staidanscork.ie). The site, designed by Blackpool based internet application development company Digital Crew, features the most up to date internet technology and is intended to become the cyberspace hub of daily life in the college.

Among the many features included are: a calendar of upcoming events for the year, a 'latest news' section, a link to Google Earth and a comprehensive on line archive of news stories, photos and downloadable back issues of the college magazine 'Solus' – which has chronicled college life over the past eleven years.

Additionally, the site includes a 'past pupils' section which allows Aidan's alumni to connect again with their old alma mater. Principal Mr. Liam Ahern stated 'past pupils are, perhaps, a school's greatest yet most overlooked resource in the whole teaching and learning enterprise and one of the primary aims of this website is to reconnect again with the thousands of pupils who have graduated from the college.'

To celebrate the launch, Transition Year Information Technology students Jill Manning, Arron O' Neill, Nathan Bevan and Davoren Murphy visited the Digital Crew headquarters in Northpoint Business Park, Blackpool and received a warm welcome from Managing Director Sam Kidd who willingly shared his knowledge and expertise on the whole area of internet applications and web design.



Lord Mayor Annual Visit

The Lord Mayor of Cork Cllr Michael O'Connell, accompanied by his wife, visited St. Aidan's on Friday 1st October and in doing so kept up a proud and long standing tradition of visits to schools in the city. The guests were warmly welcomed by Principal Mr Ahern and a committee of friendly students.

The Lord Mayor addressed the student body - which now exceeds 700 - and he spoke of his hope for the future of Ireland, despite the current economic difficulties.

He complimented the confident, capable, creative young people who will become the skilled workforce of tomorrow and who will drive the economic vision of future.

He specifically mentioned the great spirit, energy and vision of Cork as indicated by the success of the multinational companies who have set up base here - including Pfizers, Apple and EMC. Before leaving the Lord Mayor took time out to speak with his cousin Niall Creedon who is a Fifth Year student of St. Aidan's.



Liam Ahern, VEC Parent Rep

Principal Mr. Liam Ahern wishes to express his sincere thanks to all those who voted in the recent election. He took up duty on the Co. Cork VEC board in November 2010 and looks forward to representing your interests as parents over the coming year.

St. Aidan's Lets Its Light Shine On Open Night



St. Aidan's hosted a highly successful open night on Thursday 21st October and the event drew a very large crowd from all over Cork's northside as well as from surrounding outlying areas.

In his formal address Principal Liam Ahern spoke of the college's continual striving for excellence and how this was reflected in the fact that the college's enrolment has gone from strength to strength. St. Aidan's strives to be a safe caring Christian community where each pupil is cherished and encouraged to be the best that he/she can be, Mr. Ahern stated, and this college spirit is enshrined in the college motto, *Bíodh bhur solas ag taitneamh* - let your light shine.

Each of the college departments put on a wonderful display on the night and visitors were given demonstrations on many aspects of the extensive curriculum on offer in the college including the chance to observe art students at work, to partake in chemistry experiments and to visit the engineering laboratory and home economics department. In the physics laboratory many of the younger visitors were thrilled to launch their own mini rocket as well as try their hand at flying a jet aircraft on the latest multimedia flight simulator.



SHARE A Thought At Christmas



Many thanks to the TY student SHARE helpers Nathan Bevan, Andrew Horgan, Gary Leahy, Edel O'Connell, Claire Twohig, Jill Manning, Aoife Chat, Claudia Hogan for giving up their free time in the busy Christmas period.



SHARE, is extremely thankful to all St. Aidan's students who fund-raised for Cork's elderly in the lead up to Christmas. 200 homes have been provided over the last 40 years and residents are provided with a range of practical services including meals, a laundry service and a network of support to help them live comfortable, healthy lives in the heart of the community. A particular word of thanks to this year's SHARE student executive members Shauna Lawless and Aaron Bevan who have done tremendous work with the organisation. Here Shauna tells the story.

S.H.A.R.E has been the best experience that I have ever had in my life. It's not just having to stand in the cold for 10 hours a day for 9 days collecting over Christmas. There is a lot more to it than that.

Aaron Bevan and I, the two St. Aidan's representatives on the SHARE Executive, attended weekly meetings every Thursday the main purpose of which were to discuss preparations for the annual Christmas Fast and Collection. Some weeks we organised times to go to set up the cribs in the shopping centres and others were to clean the collection boxes. We also began to visit an elderly person each week. We also organized parties for the residents of SHARE which we enjoyed immensely. There was plenty of fun, with dancing and singing.

Then came the hard part... the collection!!

We looked forward to this time a lot, much to our surprise. We had an open night on the 15th of December. We finally got the famous yellow jackets. There were many different people there. Family, friends, the Lord Mayor of Cork and Bishop John Buckley. For 2 days of the collection I hosted a girl from South Africa called Jessica. She was here on work from an organisation called the Edmund Rice Association and wanted to do some work with SHARE.

During the collection we endured sub zero conditions. It has been the worst year for weather in the history of SHARE. The coldest day we had was -8 degrees and the warmest was -2 degrees.

But we got through the conditions with lots of layers and hot water bottles!! Personally, I feel that the collection is the best part of SHARE. When we finished on Christmas Eve it was such a relief but also a downer because it meant we wouldn't see everyone every day. We have become so close that we are a second family to each other.

SHARE has been an eye opener for me. I have met so many people who have benefited from the work we do. I also have learned many things about myself during the collection. Aaron and I have made lifelong friends through Share. It's not over yet so we are enjoying every moment that SHARE gives us. We have so many memories that I am sure we will never forget!!

Shauna Lawless, 5th Year



LCA Class Seosamh Certificate Award Ceremony





Sports News

There is a huge range of sporting activities going on at the college each and every week. These have been covered in previous editions of Solas and due to space restrictions, cannot be included here. Full reports on all of these will be included in the May edition of this magazine.



Opportunity of a Lifetime for Niall



Fifth year student Niall Creedon spent last Summer in Florida having been selected as a Junior Lifeguard. Full report next issue.

Aidan's for U.S. World Scholar Athletic Games

...From page 1.

They will be coached in their individual realms, which include soccer, basketball, swimming, dance, choir and orchestra, by top class coaches and professionals.

The event is held once every four years and participants aged from 15 to 19 from 169 countries will come together for various sporting and cultural events. The games last for one week and are running in connection with the World Peace Youth Summit. Each day has a theme with key-note speakers. The major themes of the 2011 World Scholar-Athlete Games include: the environment and sustainability, world peace, ethics in journalism, sportsmanship and fair play, leadership, ethics and responsibility in technology and race relations.

Previous speakers at the event include Bill Clinton, former US President, Val Ackerman, WBNA President and David Anderson, New York Times columnist and Pulitzer Prize winner. The trip will conclude with a sight-seeing tour of New York. The St Aidan's team are engaging in numerous fundraising activities to ensure they can make this dream a reality and would like to take this opportunity to thank all those who have supported the venture thus far.

Ms. Delaney



Irish Snooker Champion

Ryan Cronin, Leaving cert class, Aoife is now ranked Ireland under 19 snooker No.1 following his recent success. Full report next issue.





Blackpool

*So much more shopping
at Blackpool*



facebook.com/blackpoolcork



twitter.com/blackpoolcork



www.blackpool.ie



021 439 1308

- Aldi • Argos Extra • Atlantic Homecare • Cummins Sports • Dunnes Stores • Heaton's • Next Home •
• Sam McCauleys • Soundstore • 3 Degrees Hair Salon • Aib • Bagel factory •
- Bank Of Ireland • Blackpool Travel • Boston Barbers • Boylesports • Butchers Block • Carpet Right •
• Carphone Warehouse • Claires accessoires • Crustys • Dominos • Dress 4 Less • Ecco •
• Eddie Rockets • Fine Wines • Freshco • Furniture of Distinction • Gamestop • Golden Discs •
• Holland & Barrett • Jessicas • Jump Juice • Kafkas • KFC • Lifestyle Sport • Logo • Maplin •
• McDonalds • Meteor • Milan • Nevilles Jewellers • New look • New York Dresses • O'Briens •
• O'Connor Poole Opticians • Peter Mark • Ryans • Shoe Zone • Sky • Sorelle Beauty • Spar •
• The Card company • The Eatery • The Josef Store • The Reel Cinema • Xtravision •

PROUD TO BE ASSOCIATED WITH ST.AIDAN'S COMMUNITY COLLEGE