

DRAWING BY JULIAN BINOYA, 1ST YEAR



# PRINCIPAL'S ADDRESS

## Wellbeing

A highlight of our school year is Wellbeing week. Student and staff wellbeing is a central focus of all we do, and forms a large part of our school's self-evaluation. A big thank you goes out to the students and teachers who worked so hard to make it such a successful week. Well done!

## Engineering at CBS

A reminder to students that the Flow Technology Scholarship at CBS Charleville closing date is March 31 st . This scholarship is open to 3rd, 4th and 5th year students. An engineering module will be available to 1 st and 4 th year students next year. This module provides an activity-based engineering opportunities for students to gain greater knowledge, understanding and experience of different engineering materials and processes and their application in society.

## Co-Curricular Activities

Learning is not just about lessons in our classrooms, and it is great to see students competing and succeeding in a wide variety of areas including: All Ireland Linguistics Olympiad, Pi Maths Quiz, Trinity College Entrance Exhibition, Hurling Academy, Athletics All-Ireland, CBS Fittest, rugby, hurling, boxing, basketball and soccer to mention a few! In addition, Seachtain na Gaeilge celebrations culminated with the release of 'Zombie as Gaeilge'.

We wish you a blessed Easter.

Andrea Murphy  
Principal

Seán Roberts  
Deputy Principal





## CBS ALUMNI

TCongratulations to Sam Harmon-O'Driscoll – Leaving Certificate Class of 2022, who was the recipient of the Trinity College Entrance Exhibition. This award was in acknowledgement for Sam's academic achievements in Leaving Certificate 2022. We wish Sam every success with his continued studies.





## MATHS QUIZ

Well done to the two CBS teams who competed in the annual Pi Maths Quiz in Scoil Pól to mark Pi Day which is an international celebration of maths. The A team of Martin Vladimirov, Daniel Barysau, Gavin Dorney and Taylor O'Sullivan placed 4th which was an excellent result for their first maths quiz.



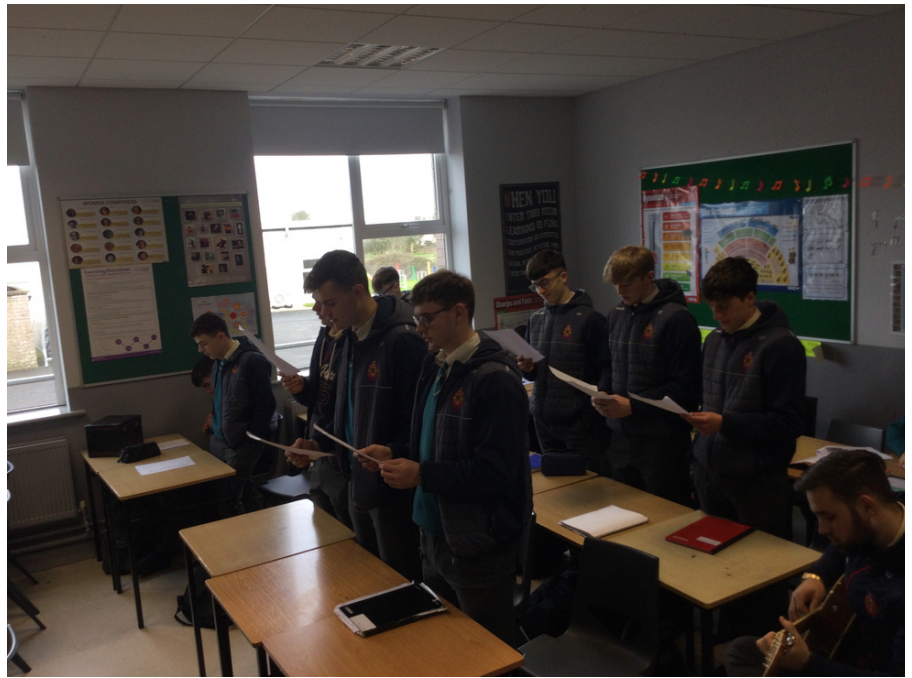


## SINGLE RELEASE FOR SEACHTAIN NA GAEILGE

The Irish Department and the Music Department were very busy during Seachtain na Gaeilge when Irish teacher Miss O'Sullivan and Music teacher Miss McCarthy collaborated to release a music video as Gaeilge with a 5th Year Irish class. The students worked hard to learn the lyrics of The Cranberries "Zombie" in Irish and then played all the instruments for the recording themselves along with singing the lyrics. The boys' musical talent as well as their positive attitude to Irish was outstanding and we are extremely proud of their efforts.

Sincere thanks to Sebastian Blaskovics, Kuba Nowczyk and Steven Reaboi for putting the recording together and to the local Foróige branch for opening the door to their recording studio so generously to us.

The video is available to watch on all the school's social media outlets including Facebook, Instagram, Tiktok and Twitter and has already amassed over 11,000 views on TikTok.





## MINI-COMPANY

As part of their business module, the TY students attended the North Cork Enterprise Exhibition with two of their companies. Well done to Joran Stockdale, Philip Jacenicz, Michael Rea, Aaron Deane, Luke Walsh and Joao Pedro Alves Vian with their company Kingkeyrings and to Cian O'Flynn, Adam Roche, Michal Daszuta, Sean Bresnan and Eduardo RodriguesDos Santos with their company CBS Charleville Business Calendars.





## ARDNACRUSHA DAM

By Gavin Dorney, 3rd Year

On Wednesday, the 28th of March, the 3rd years went on a Geography trip to the Ardnacrusha Hydroelectric Plant in Co. Clare. It was the first time a year from this school visited this plant, but it certainly won't be the last. The experience was very enjoyable and we learned a lot from it. It was an incredible marvel of human engineering. Construction began in 1925, just three years after Ireland won its independence from Britain. It cost 20% of the country's annual revenue. To put that amount into perspective, 20% of Ireland's national revenue today is €16.4 billion. The German company Siemens was contracted to build the plant by the Irish government. At its peak, 5,200 people were employed during its construction, with most of them being Irish. Because of the unbelievable feats of engineering being performed, 250,000 people had come to see the plant being built by the end of the decade. At the time of its completion, it was the largest hydroelectric power plant in the world, supplying 80% of Ireland's electricity. The Ardnacrusha Power Station, situated in the backroads of southern Co. Clare, served as inspiration for the construction of the famous Hoover Dam in the United States, a 220m hydroelectric dam which holds back the mighty Colorado River.





# ARDNACRUSHA DAM





## 1ST YEARS PROMOTE BIODIVERSITY

On Wednesday 22nd March, the 3rd year geography classes travelled to Arnacrusha Dam for an eye opening tour. The students learned about how the dam was built, how it works and about the different roles available working in the dam. The students had lots of questions for our tour guide Dermot and showed great interest. The Arnacrusha Dam is the biggest in Ireland and was the biggest in the world when it was first built in 1929.





## AG. SCIENCE TRIP TO PALLASKENRY AGRICULTURAL COLLEGE

On Tuesday 28th 2023, TYS, LCAS 5th and 6th year Ags visited Pallaskenry agriculture college for a farm tour. The students had s very informative snd hands on tour of the farm. Students participated in soil sampling and grass plate measuring along with a tour of the dairy sheep and beef facilities. Thanks to Rachel mcNamara for the tour





## AG. SCIENCE TRIP TO PALLASKENRY AGRICULTURAL COLLEGE

On Tuesday 28th March, TYS, LCAS 5th and 6th year Ags visited Ian Kellehers dairy farm for a farm tour. Students got to observed first hand Ian's sustainability and biodiversity initiative on the farm such as woodland planting and a pond to increase biodiversity and farm habitats. Students observed calving facilities, reseeding methods and animal housing. Each student was afforded the opportunity to milk some of the herd at milking time. The students thoroughly enjoyed the tour and gained a lot of knowledge from it.





## 5TH YEAR BIOLOGY

5th year biology students carrying out a grassland habitat plant species frequency survey as part of their ecology studies.





## TYS CLIMB TORC MOUNTAIN





## CHEMISTRY

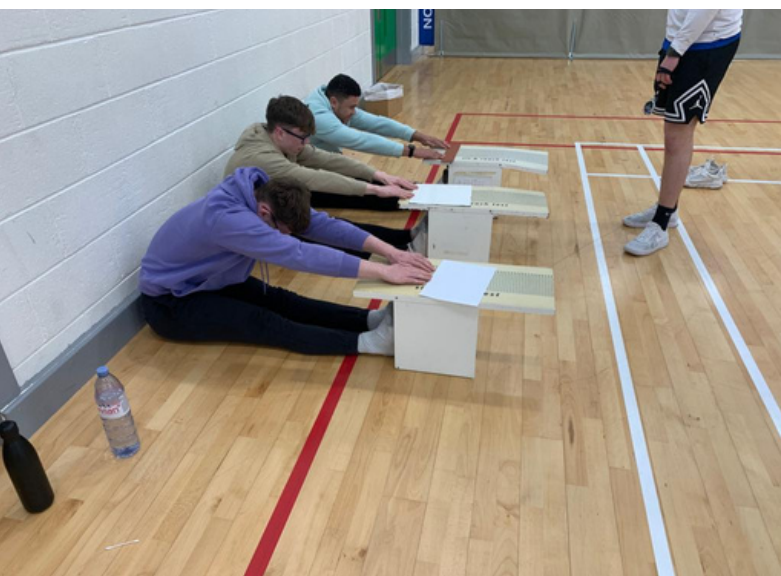
Chemical titration battle of the best 5th year Chemist - competition round 1 Accuracy and technique  
round 2 mathematical analysis from round 1 results round 3 concluding theory





## LCPE VISIT MTU KERRY

The 5th year LCPE class visited MTU Kerry participating in a number of workshops linked to LCPE. Some of these included Sports Psychology with Karen Weekes from the 'she can do' campaign, Monitoring training load and recovery with former Limerick S&C coach Joe O'Connor and Building Resilience with former captain of the Irish ladies rugby team Ciara Griffin.





## TYS COMPLETE FIRST AID TRAINING

This term the TYs completed their first aid training including CPR. This is one of the most important modules in TY and is a life long, invaluable skill for the students to learn





## NATIONAL TREE WEEK 2023

6th year LCAs, Junior cycle students and students from Holy Family School participated in national tree week by planting native trees in our schools woodland.





## FUNDRAISER FOR HOLY FAMILY SCHOOL

On Friday 21st March, some 1st, 2nd and 3rd years attended a fundraiser in AIB Charleville in aid of the multi-sensory room in Holy Family School. There was an excellent spread of treats from the AIB for the students and all the students took turns at cycling the stationary bikes. Well done to all the boys who took part in raising money for this excellent cause.





## CBS FITTEST

The annual CBS Charleville Fittest Final took place on Thursday. Throughout the preliminary rounds, there were lots of records set:

Senior rowing machine – Zack Biggane  
Junior Rowing machine – Oisín Biggane  
Senior Hanging tough – Joseph Hickey  
Junior Hanging tough – Eoghan Horan  
Senior burpess – Gareth Gleeson  
Junior burpess – Oisín Biggane

The final, refereed by Mr. O'Mahony, was tightly fought. After the first two rounds, there was a tie for second place which had to go to a tie-breaker to decide who would be in the final. A very clear victory from Paudie Murphy's team of Daniel Barysau, Oisín Biggane, Gareth Gleeson and Paudie led them to the final against the team of Bill Collins, Eoin Horgan, Patrick Daly and Michael Leahy.

Both teams were very close together from the start but by the time the second lap of the obstacle course began, Bill Collins' team started to pull ahead. Overall, it was excellent racing and excellent to watch for the spectators. Special thanks to caretaker Tadhg Mortell for all the hard work he put into creating the obstacle course for weeks in advance. Thanks also to Shane O'Donoghue who made some obstacles and brought them in!





## CBS FITTEST





## 2ND YEAR WELLBEING WORKSHOPS

To finish up wellbeing week, 2nd year students undertook two workshops – yoga and music. yoga has been shown to lower stress hormones in our bodies while simultaneously increasing beneficial brain chemicals such as endorphins. These feel-good chemicals help decrease anxiety and improve mood. Many studies have shown that listening to music can lower your blood pressure and your heart rate (both spike when you're stressed), and even lower stress hormones in your body. The boys had the opportunity to learn the ukelele which was a first for them all.





## BINGO

On Tuesday, students enjoyed an afternoon of bingo hosted by Deputy Principal Mr. Roberts. There was lots of excitement as there were lots of prizes to be won. The winners were:

Oscar Amacker, Amjad Rahrouh Kenzo, Seán O'Connor, Tymon Kedziorek, Jamie O'Toole, Leon Barrett, Fernando O'Connell, Jack Noonan Tierney, Kevin Shiju, Telvin Anto and Lee Ensor. Congratulations to all the winners.





## BARRY HENNESSEY

On Friday, all students were lucky to have a talk from Barry Hennessey. Barry has recently retired from playing hurling with Limerick and has been doing a lot of work to raise awareness about eating disorders after his own battle with bulimia.

Barry told the students about his own personal journey with mental health and eating disorders. He spoke to the students about being kind to one another as you never know what someone else is going through and emphasised the importance of being their own person and doing what is right by them rather than follow the crowd.

The students had a huge amount of questions for Barry on a wide range of topics including mental health, nutrition and of course, hurling.

When asked about what they learnt, one student said "I learnt that we should focus more on ourselves as a person rather than our physical appearance and that you do not know how a single comment can affect a person outside of their school life."





## TARA HANLON

2nd and 5th year students enjoyed a very engaging talk from Tara Hanlon who is a full time High Performance Athlete with Rowing Ireland. Joining us over Zoom from a training camp in Italy, Tara spoke about how she started rowing, her rowing career to date and what her training, recovery and nutrition looks like. She also spoke about mental health and how to handle set backs along with balancing training and studying.

Speaking about what they learned from the talk, one student said “That in your life you have to be really motivated to reach your goals, follow the right rules and believe in yourself.” While another said “From Tara's talk, I learned about the importance of having a strong mindset and dedication when pursuing a goal. Tara shared her experiences of training as an Irish rower and the challenges she faced along the way. She also talked about her daily routine and diet, which gave me some insights into what it takes to be a high-performance athlete. I found her talk inspiring and motivating, and it encouraged me to think more about how I can apply similar principles of discipline and focus in my own life.”





## STUDY SKILLS WORKSHOP

1st and 2nd year students undertook a study skills workshop on Monday to learn new ways to study effectively including how to take notes, summarise, pick out key points and to create new notes using sketch notes. Learning effective study skills can help students to learn better and therefore reduce stress levels along with increasing academic attainment.

Well done to all the students who worked really well on a number of activities throughout the workshop.





# CBS CHARLEVILLE HURLING ACADEMY OPEN DAY

The CBS Charleville Hurling Academy Open Day took place on Saturday 25th February. Six past pupils – Tim O'Mahony, Darragh Fitzgibbon and Cormac O'Brien from the Cork Senior Hurling team and Paddy O'Loughlin, Mícheál Houlihan and Fergal O'Connor from the Limerick Senior Hurling team returned to the school for the day.

The day began with a very informative presentation for parents and players from Principal, Ms. Murphy and Deputy Principal Mr. Roberts about how CBS supports the development of students both academically but also on a holistic level including sport as they progress through school. This was then followed by Aidan O'Connell, Head of High Performance of Cork GAA explaining the pathway players can take to playing at a high level of hurling and what qualities selectors and coaches look for in players. The young players then took part in two different sessions. One session was hosted in Thrive Fitness gym where Cathal O'Brien, strength and conditioning coach for the Cork U20s hurling team and Aidan O'Connell showed the players a variety exercises to improve their strength so they can increase their power and durability on the pitch.

The second session was a series of mini workshops held by the inter-county players where the young players had the opportunity to learn about their paths to the senior inter-county teams and take part in a number of challenges.

The day finished off with an excellent Question and Answer session with all of the players where the young players got to learn about their experiences in school and get advice from them on matters such as how to balance sport and study.

A huge thank you to everyone who was involved in the organisation of the day but particularly to the players, Aidan O'Connell and Cathal O'Brien who selflessly gave up their time.





# CBS CHARLEVILLE HURLING ACADEMY OPEN DAY





# CBS CHARLEVILLE HURLING ACADEMY OPEN DAY





# CBS CHARLEVILLE STUDENT CROWNED CORK CHAMPION

Congratulations to Martin O'Donnell, first year, who was crowned Champion of Cork in the Boy 3 53kg category on Sunday 5th March in the Northside Boxing Club.





## CBS STUDENT TAKES 5TH PLACE IN ALL IRELAND ATHLETICS

Well done to Robert Troy, 5th year, who competed in the All-Ireland Schools Cross Country in Waterford on Saturday 11th March. Having come 3rd in the Senior boys race in the South Munster Schools Cross Country in February, he went on to place 9th overall in the Munster Schools Cross Country at the end of February to qualify for the All-Ireland competition. Robert put in an excellent performance on the day and placed 5th out of 87 competitors in the Senior Boys competition.





## CBS STUDENTS TAKE PART IN AILO FINAL

Well done to Sebastian Blaskovics and Fernando O'Connell who travelled to DCU to compete in the National Final of the All Ireland Linguistics Olympiad. There were over 1000 students who took part in the preliminary round of the competition in January and Sebastian and Fernando qualified for the top 100. On the day, they took part in two competitions – individual and team. In the individual competition, Fernando who is in third year came 62nd overall and came 11th in the Junior Section which was a brilliant achievement. Sebastian who is in 5th year came 75th overall. Well done to both students on the hard work they have put in preparing for this competition over the past few months. Everyone at CBS Charleville is very proud of your achievements and we look forward to seeing you progress again in next year's competition.





## U14 HURLERS QUALIFY FOR PREMIER RICE CUP

Well done to our U14 hurling team who have qualified for the Premier Rice Cup competition after the qualifying tournament in Na Piarsaigh GAA, Limerick, on Thursday 16th March. The team secured victories against Rice College Ennis and Midleton CBS while narrowly losing out to Ard Scoil Rís and Nenagh CBS.

The results put the team into 3rd place in the tournament.

The team will now play Our Lady's Secondary School, Templemore on Thursday 30th March and we wish them the best of luck with the competition.





## U14 FOOTBALLERS QUALIFY FOR FINALS

Having beaten Salesian's College in the quarter final, our U14 football team qualified for the Cork finals blitz. They played Bantry and Gaelcholaiste Mhuire (North Mon) in two very competitive and entertaining games in the finals in Páirc Uí Chaoimh. Well done to the team!





## U14 HURLERS PREMIER RICE CUP

Hard luck to our U 14 hurlers who lost out to a strong Templemore side in the knockout stages of the Rice Cup on Thursday 30th March. We are very proud of their efforts as they gave everything they had right up until the final whistle. Our player of the match today was Gary McAuliffe who won countless ball and hurled with intensity from start to finish . Well done lads





# 1ST YEAR SOCCER TEAM NARROWLY LOSE OUT IN MUNSTER FINAL

An epic battle of two fantastic teams took place in Banteer in the final of the Collins Cup Munster Schools final. CBS were quick off the mark with Bryan Nagy shooting just wide from close range after just a minute of play. However, from then on the opening half was dominated by Castleisland who scored two well taken goals to go in at half time with what seemed like a comfortable lead.

What followed in the second half was a show of spirit and determination that encompasses what this CBS Charleville team is all about. The introduction of Edward Purtill and Tristan Hickey gave the team the injection of energy they needed and somehow they managed to claw the game back to level it at 2 goals apiece. The first goal was a well worked goal finished off by Bryan Nagy and the second was bundled over the line by the tenacious Leon Barrett after a magnificent cross by Garry McAuliffe. The story of this Munster Final was not over yet as with minutes to go and against the run of play Castleisland struck what was to be the winner. Elation for Castleisland and heartbreak for the CBS boys. There were super performances all over the pitch with Mark Power, Cormac Bresnan, Senan Hanrahan all putting in fine performances. The boys did themselves, their families and their school proud on the day and we know there are big things to come from this fantastic bunch of first year boys.





## SENIOR HURLERS SUCCESS

Well done to our senior hurlers who put in a great performance against St. Munchin's College on Wednesday 15th March in the quarter final of the O'Donoghue Hurling Cup securing a victory on a scoreline of 3-11 to 2-08. The team now progresses to the semi-final where they will play Scoil Pól in Charleville.

On Friday 31st March the team took on Scoil Pól. Due to the heavy rain, the match was moved to Rathkeale. With a lot of rivalry between the teams, it was sure to be a good match. The team did not disappoint and put on an excellent performance from the start and had a very convincing win on a scoreline of 4-21 to 8 points.





## SOCIAL MEDIA

**Keep up to date with all the latest activities in CBS Charleville by following us on social media**



@CBSCharleville



@cbscharleville7



@cbscharleville



@cbscharleville