

MAY 2023



TRANSITION year

NEWSLETTER • NUACHT IDIRBHLIANA CBC

Transition year is a vital year in the development of our students. The benefits of our programme will be felt in the future as our students practice many of the skills learned this year. The theme of our Transition Year in CBC this year was based on the indicators of well being - **Responsible, Respected, Resilient, Connected, Aware and Active.**



For me being **RESPONSIBLE** and **RESPECTED** is all about being decisive, showing integrity, team building, problem solving and being dependable - these skills were offered to students during various workshops given this year.

RESILIENCE is about our ability to react/recover from disappointments. Developing ways to counteract adversity is important. Being **CONNECTED** is about the friendships created or cemented this year will last you a lifetime.

To be **AWARE** is all about maturity in studies by making students more self-directed learners through the development of general, technical and academic skills. Maturity in relation to work and careers by developing work-related skills. Personal maturity was secured through being

ACTIVE, - providing opportunities to develop communication skills, self-confidence and a sense of responsibility. Social maturity by developing greater 'people' skills and more awareness of the world outside school. Maturity that will help the student make a more informed choice of subject for their Leaving Certificate studies.

These basic indicators were harnessed through various workshops provided throughout the year and the many additional opportunities like Gaisce afforded to all.

Our TY Teacher Buddy system was a very important part of this year's programme where teachers volunteered to take a number of their own students and act as a mentor to guide them through the transition from Junior to Senior Cycle

Each teacher engaged with their designated students on a coffee morning to have an informal chat in an informal setting. This was of benefit to all involved.

This year's play, *Macbeth* afforded our TY students the opportunity to forge new friendships and to cement old ones. These will prove to be lifelong friendships for all involved. Other activities harnessed the concept of teamwork and leadership.

The class of 2022/2023 can be proud of their work and involvement in transition year and the TY Open Night showcased all that was great about this year's group.

Mr. S. Hogan,
TY Coordinator

‘TY: A period in our lives where we begin our journey to become the best version of ourselves’

Throughout Transition Year, Mr. Hogan organised a selection of fascinating workshops. We would walk into one not knowing what benefits we would gain from the experience.

The workshops ranged across many different topics, from teaching us about safety to teaching us new life-skills, from valuable life lessons to tips that helped us decide our pathways in life. Naturally, there were a few workshops that stood out to us more than others, not only because they were enjoyable but because they displayed the true meaning of Transition Year: a period in our lives where we begin our journey to become the best version of ourselves.

A very memorable one was when the six TY Groups took on the ‘Lost Dutchman’s Gold Mine’ challenge. This was a game where a group would use their resources to get to a goldmine, stay as long as possible and return all (resources) within 20 days, the aim being to collect as much gold as possible. This workshop had an enthralling ending, as it really displayed the power of teamwork. It didn’t just teach us to work together in a game, but to

realise that working as a team can be more efficient and can make tasks more achievable.

A very beneficial workshop that took place towards the end of the year was the Consent Workshop. As we transition into adulthood, it is essential that people our age are educated in this topic. We were educated on the different laws that apply, especially to those in our age bracket. We were also informed of the dangers that are associated with engaging in these activities without proper safety precautions, as STI’s are a high risk. Data from the HSE shows that since the start of 2023 (and up to the beginning of May), 783 teenagers in Ireland have tested positive for STIs.

As Transition Year is coming to a close, as a year group we could not be more grateful for the extraordinary hard-work that Mr. Hogan has put into our TY program to make it as enjoyable and educational as it can possibly be.

Workshops completed by TY Class 2022/23:

- Marie Keating
- Eric Donovan - redemption
- Rugby/GAA/Rowing Coaching
- Poetry Slam
- Brain Training

- MC2 Accounting
- Intinn Youth Film Festival
- Law Days
- Barista Course
- Lost Dutchman’s Gold Mine
- Consent workshop
- Bystander Programme
- Chinese
- Driving Theory course
- Global Development
- Cookery
- First Aid
- Podcasting
- Careers
- Art
- RCSI online workshops
- UCC Prep for Med
- Solving the Problem of Tom Ford’s Canyon
- TY Retreat
- TY Play
- Work Experience
- Driving School

by ZAK GILLEY

‘An Unforgettable Tim

ZAK GILLEY joined another 117 CBC students on the TY ski-tour to the magical Zugspitz Arena. These are his memories of an unforgettable experience.

The 2023 TY Ski Tour to Biberwier in Austria proved to be an unforgettable experience. A group of 118 students and 12 teachers gathered in the very early hours of a February morning on Wellington Road. It was a long bus drive to Dublin before we boarded our flight to Munich. Travel went very smoothly for everyone. Before embarkment, my friends and I had some breakfast in the airport food area upstairs before our flight pointed for the Bayern district in southern Germany.



Fionn Lane-Kelly, Tom McLoughlin, Vincent Leahy, Gearóid Cashman, Alfie Cotter, Ronan O'Donovan, Hamilton Gray, David McSweeney.

After arriving safely in Munich on a very foggy morning, we disembarked excitedly, picked up our luggage before taking the long bus journey from Munich across the border to Biberwier, an impressive ski resort located in the beguiling Tiroler Zugspitz Arena.

It was approximately a two-hour bus trip, but to break up the journey we stopped at McDonald’s for food. Everyone was in high spirits as we needed some fuel to keep us going after a very long morning of travel. As our bus began approaching the mountains in

Austria, we were in awe of the natural beauty, in particular the snow-covered mountains either side of us, a sight we don’t see too often in Ireland!

Once we arrived at the hotel, Hotel Alpina Regina, everyone was looking forward to the days ahead. We were given a brief talk by the teachers, and then students were given their room keys. Rooms had been organised before the trip to avoid confusion. On the first day we were fitted for skis, ski boots and helmet. Teachers met up with us frequently to inform us about behaviour, rules, and other vital information.

As there was a large variety of skiing skills among the students, we had to be split into ski groups on the first evening

‘I have learned that hard work always pays off’

DAVID O’CONNOR outlines the role of Misneach within the school community, and how being a member of this group has benefitted him as a CBC student.

THE Misneach Team is a group of thirteen fourth year students who coordinate and manage events in the school throughout the year. It is managed by Religion and English teacher, Mr. Trevor Hussey.

To become a member of Misneach you need to complete an application form at the beginning of fourth year before being called for interview.

Our three biggest events this academic year were First Year Open Night, the construction of the Christmas Crib and the school play, Macbeth.

The Open Night was probably one of our most challenging events working as a team for we had only been together a week and were still adjusting to the

challenges of being a Misneach member. We believed it was very important to get this event ‘right on the night’ as it is the only time the school is showcased to prospective students and their parents.

The annual Christmas Crib project was by far our longest and most challenging task. We had to design and build a unique crib for the school community to see – unique being the operative word. While it occasionally led to tension – and plenty early mornings and late evenings – it was, in my opinion, our most worthwhile task.

I believe we showcased the best of the Misneach and CBC spirit, working closely in tandem as a group to overcome the daily challenges that we

faced. Unfortunately, due to circumstances beyond our control, we were unable to unveil our crib for the annual Carol Service. The crib did, however, present itself well in the College atrium, and we were delighted our work drew praise and admiration from the CBC community.

The Misneach Team is very much a team and not about the individuals. Without everyone playing their part it would fail to function. For each event, the team is assigned various roles by Mr. Hussey. However, in February, Mr. Hussey appointed me as Event Manager for the annual rugby jersey presentation because he was busy with Macbeth rehearsals. I had to plan the seating arrangements, organise the setting up and cleaning of the stage, and ensure all rugby jerseys and trophies were in place for what continues to remain a special occasion on the CBC calendar.

When dignitaries visit the school, it is the role of the Misneach team to set up the stage and arrange the seats in the hall for their address. As students enter the hall, members of the

Misneach team usher them to their seats. Usually up to three members of the team greet a dignitary at their car before we assist in arranging photographs at the College Arch. Remaining Misneach members form a line in front of the school – or in the atrium – to welcome special guests to CBC.

The Misneach team has immense value within the CBC school community. We manage most events in the school – setting up the stage, chairs and the welcoming of a guest. Without the Misneach group we would simply not be able to afford guests to CBC the high standard of welcome that they receive when they visit us.

Being part of the Misneach team has meant a lot to me. I really enjoyed working on the different projects – learning from past mistakes, for example, was a key lesson I took from Misneach 2022/23.

I have learned that hard work always pays off, and the importance of team-work, especially when you are under pressure to meet a deadline.

e in Everyone’s Lives’

based on ability. The three categories were: beginner, intermediate and advanced. Most students fell into the beginner category meaning we had several beginner groups, while there were fewer intermediate and advanced groups. We were also given the opportunity to arrange groupings so we could be with our friends.

We spent five days skiing, with many extra activities to enjoy along the way. We ate breakfast, lunch and dinner in the hotel for the first two days as we skied in the local resort. However, on days when we went skiing in a resort further away, we had the opportunity to enjoy lunch during a two-hour break in between lessons with our friends. We could buy lunch from restaurants on the slopes, and we discovered that our German language skills proved invaluable in understanding the menus.

Throughout the week, I could sense a

huge improvement in how I could ski compared to the first day, thanks to my group’s very talented instructor, Angel. Each evening the teachers had organised a fun activity for us to do. We went swimming, bowling, ice-skating, and we all hiked up a closed ski-slope late one night to eat dinner at a pizzeria. My favourite activities were swimming, as there was a waterslide that we all enjoyed.

On our final night, we stayed in a different hotel, which had many different games for us to play near reception. We had to be up very early that morning. Before we left, everyone was given a bag with some breakfast to keep us going until we got to the airport, in case we were hungry. We arrived and got through security hastily. I had enough time as well to buy my parents a present in Duty Free. The return flight to Ireland was relaxing as I slept for the most of it.

However, we were all exhausted by the time we boarded a bus from Dublin that ferried us to Wellington Road. We arrived in Cork around 5pm on 19 February, tired but grateful for a truly memorable week.

It was a terrific experience for all involved as many students and teachers

got the opportunity to ski for the first time. Many friendships were formed along the way, and it was an unforgettable time in everyone’s lives.

I thoroughly enjoyed this ski experience, and I would love to return to Austria sometime in the future.



Back row L-R: Darragh O’Connell, Ben McCarthy, Bill McCarthy, Rory Higgins, Jack Higgins, Darragh O’Callaghan, Fionn Kelly.

Front row L-R: Ronan Healy, Zach Seymour, Tom Mills.

‘When students have the knowledge, they feel empowered, creative, resilient and can help mitigate Climate Change’

The TY Climate Change Module explores the Science of Climate Change.

Transition Year students are offered a six-week module in Climate Change. Here the students explore the idea of the importance of Climate Change, where many different aspects of Climate are covered, which include the Science of Climate Change.

During this topic we discuss the earth's dynamic climate system, the fundamental effect of the greenhouse effect and our role in it.

Another topic covered is water pollution, where we discuss how precious fresh water is on the earth and how humans can and have intersect with this natural cycle affecting others.

The third part is on how transport affects climate change and the cost of keeping Ireland mobile in the 21st century, especially with the increased combustion of fossil fuels and the impacts this has on our air quality, quality of life and our health. We also look at low carbon or zero carbon alternatives.

The fourth aspect of Climate Change is on the Circular economy and the importance of shifting to a linear economy, essentially changing from a degeneration to a regeneration economy. We focus on how governments need to develop economic models based on nature to entice humans to change to zero waste using local sustainable

energy and materials. The dark side to consumerism is discussed and how the 'take make waste' model is unsustainable as polluting, and depleting our natural resources and how it affects others.

Finally, the students learn what biodiversity is and how we survive by supporting our ecosystems. During this 6-week module the students carry out a project on an area of interest on Climate Change as part of their homework and present their finding to the class. Hands-on work is carried out where possible like, upcycling materials, clean-up of our school grounds and our community protecting those habitats and during the biodiversity section we plant many pollinator friendly plants in our school grounds connecting with nature which endeavours to introduce the area of wellbeing of our planet.

This year one group was lucky enough to get involved in "The Crocus Project". It began in 2005 as an Irish Initiative, where Holocaust Education Ireland provided us with some yellow crocus bulbs to plant in memory of one and half million Jewish children who perished in the holocaust and

thousands of other children who were victims of Nazi atrocities. The yellow flowers recall the yellow Stars of David that Jewish people were forced to wear under Nazi rule. Unfortunately, the crocus bulbs didn't bloom due to a problem with the bulbs from the supplier. But, new bulbs will be sent to us in Autumn of this year so that we may continue our involvement in the Crocus Project.

Throughout the programme the students are learning the knowledge, and skills to enable them to protect and promote their environment while enhancing their own wellbeing and that of others. Students learn that it is possible to live good lives without costing the earth. That there are more environmentally efficient ways to create long and happy lives. And that the one simple change they make goes along way. When students have the knowledge they feel empowered, creative, resilience and can help mitigate climate change. As good lives shouldn't cost the earth.

(With thanks to Ms. M. Delaney for teaching this module)

‘Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.’ - Samuel Beckett

ORAN KIELTY found boxer Eric O'Donovan's visit informative, engaging and relatable.

Eric O'Donovan, a champion boxer, recently came to the school to give a talk to our fourth-year students.

Honestly, having vaguely heard his name before, I wasn't sure what to expect. However,

after the very first few minutes, I could tell this was not only going to be a good talk but an inspirational one as well.

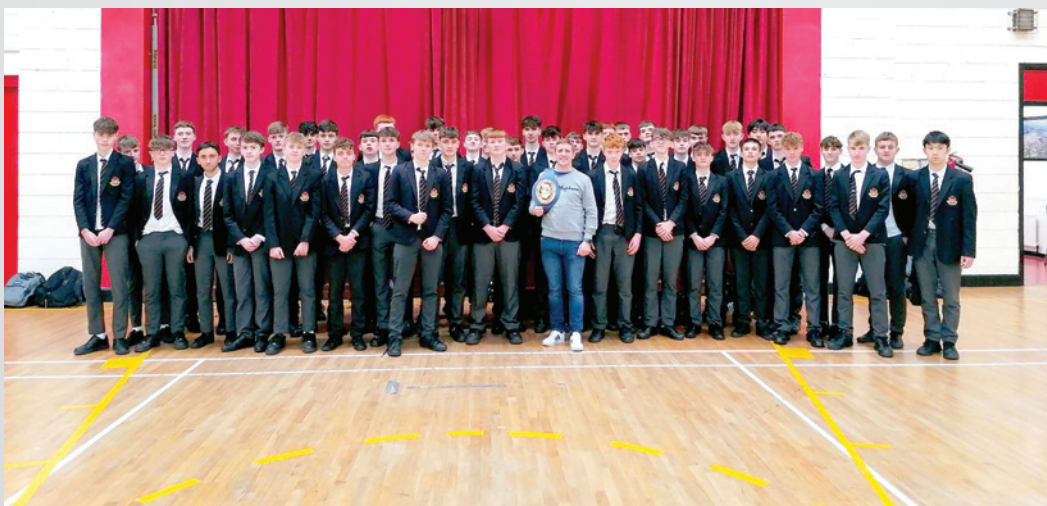
Eric told us about his hard-fought battle to fame and to become a champion boxer. He

informed us that despite missing out on many opportunities he never gave up. He told us all, in such a way moving, it felt almost impossible in fear of missing out on what this man had to say.

Truth being told, what made his talk so interesting, wasn't the fact he was a great boxer, but that the challenges he faced were so relatable. It's how he dealt with the challenges that made his story so inspirational and impactful. It was clear from start to end that his message was to never give up no matter how hard things get there is always another way.

He finished and started with a brilliant line by Samuel Beckett,

‘Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.’



CBC *in* D.C.

CONOR CULLINANE
reflects on the Christian
Brothers College trip to
Washington DC.

Thirteen fourth-year and 59 fifth-year students
from Christian Brothers College visited the US
capital Washington DC on a school trip recently.

The students visited many of DC's most famous
monuments such as the US Capitol, the Lincoln
Memorial, the Washington Monument, the White House,
and more.

The base for CBC was the Harrington Hotel, located in
the heart of Washington DC, which was founded in 1914,
making it a landmark in its own right.

With day one being packed with travel, day two of the
trip saw CBC visiting the Smithsonian National Museum
of Natural History and Arlington Cemetery, where
students witnessed the change of guard at the grave of
the unknown soldier and visited the grave of former
president John F Kennedy.



On the third day of the trip, CBC joined a walking tour of Washington DC's historical sites such as the Washington Monument, the World War II Memorial, the Vietnam War Memorial, the Korean War Memorial, and the Lincoln Memorial. The guide, Helen, relayed many interesting facts and stories about all of the sites.

The fourth day of the holiday involved a trip to the US Capitol Building and the Smithsonian National Museum of American History, which had sections spanning across all areas and eras of American culture.

CBC also attended a basketball game where, much to the students' pleasure, the Washington Wizards prevailed over Miami Heat on a score of 114-108.

On day five, the students and teachers attended a hockey game. Unfortunately, this time, the home side, the Washington Capitals, were unable to secure the win against the Florida Panthers, losing on a scoreline of 4-2.

On day six, the CBC students had to say goodbye to Washington DC, but not before visiting the famous Smithsonian National Air and Space Museum.

Back in Ireland on day seven, CBC travelled from Dublin to Cork and happily greeted their families at St Patrick's Church on the Lower Glanmire Road.

All who travelled would like to thank Mr Adam Clarke (Tour Leader), Mr David Lordon, Mr Darragh O'Callaghan, Mr David O'Connell, Mr David Roy, Mr Martin Boyle, Ms Martina Carroll, Mr Simon Kelliher and Mr Tom Crowe for their hard work in making this trip possible.

-Conor's article first appeared in the Evening Echo newspaper (edition: 8 May 2023).

L-R: James Healy, Leo Glendon, Joshua O'Neill, Rob Roy, Suliman Sharif, Alex Healy-Horgan, Ibrahim Ahson, Oisín Drew.

'THE PLAY WAS NOT JUST ABOUT PERFORMING BUT ALSO ABOUT THE PROCESS'

Having performed splendidly in the role of Lady Macbeth, **RORY WHYTE O'CALLAGHAN** offers his reflections on the TY Play experience.

The TY play proved to be an amazing experience. For most students it was an opportunity to step out of one's comfort zone; for me I'm used to performing on stage as I've been doing it all my life, so I was grateful to have that experience before signing up for school auditions.

The play turned out to be much more than any of us could have imagined. Directed by Mr. T. Hussey, rehearsals stepped up a few gears in January as opening night was slated for late March.

Mr. Hussey had an incredibly hard job to do - and he knew it! Accompanied by my closest friends we attended rehearsal after rehearsal without fail, with the entire cast and members



Rory Whyte-O'Callaghan as Lady Macbeth: "What's done cannot be undone"

of staff putting their all into making this production of William Shakespeare's play the masterpiece we all knew it could be.

It took hard work and dedication but, when the play was finally announced, it dawned on us: we could be performing this school play

directed by our English teacher in front of packed arenas. Visualising this further motivated us to help us achieve our potential.

In early March rehearsals moved to the hall where there would be a full set designed just for us. The hall was no longer just where we did P.E..

When I put myself forward for a role in the play, I was aware that learning the role of any character in the TY Play would be challenging. I had attended auditions with the goal of not only landing a part, but also meeting new people and understanding in greater detail about who I was as a person. I am delighted that I have made friends and vivid memories that I will cherish forever.

I truly didn't understand what Mr. Hussey was expressing when he stated to us back in October that the play was not just about performing but also about the process. As we got closer to the conclusion of the rehearsal period, I became aware that this entire journey had been about that same process: getting to know who you are, what your values are as a person and who you want to be in your life's circle of friends.

Working with amazing people, having the opportunity to be a part of something so special, and making lifelong memories are what the TY Play has represented to me.

Above all else, Mr Hussey and his team deserve recognition for everything.

'To bring Shakespeare's the stage, everyone ha

LOUIS MURPHY reflects on his role as co-producer of CBC's successful and sell-out run of William Shakespeare's *Macbeth*.

I had the good fortune to be chosen as the co-producer for the CBC TY production of William Shakespeare's *Macbeth*, the latest entry into the CBC TY Play Series. The chance to co-produce this year's play has been an amazing experience, and the opportunity to co-produce has been, to use a single word, "eventful". A special word of thanks must go to my fellow co-producer, TJ Enright, for his outstanding work. Without his experience, this would have been even more difficult.

I chose to accept the role as I do believe that transition year is all about trying new things and discovering who you really are. It's a once-in-a-life-



Cast and production team for CBC's stage adaptation of William Shakespeare's *Macbeth*.

time opportunity. In my capacity as co-producer, Mr. Hussey and Mr. Hogan handed me the metaphorical keys to go and

learn and practise real-world skills like managing and organising people.

'PLAYING MACBETH: A MEMORY I WILL FOREVER CHERISH'

OISÍN SMITH recounts his memories playing the eponymous anti-hero in CBC's stage production of Shakespeare's classic tragedy, *Macbeth*.

At the beginning of the year I was aware that there would be a TY play - I had never actually seen one of Mr. Hussey's productions during my time at the school due to the Covid pandemic. Once the play was announced, there was an immediate buzz around the school, and I knew I had to audition.

Mr Hussey's decision to choose a Shakespeare play was daring, but *Macbeth* - a notoriously difficult play to accomplish to a high standard - was even more so. However, after a few conversations with Mr Hussey, I knew it was going to be spectacular.

When I was offered the role of *Macbeth*, it was an offer I was quick to accept. I had

trained with Irene Warren at the Performance Academy for years before taking the role. My preparation for the role of *Macbeth* benefited greatly from the experience and acting skills I learned there. It's fair to say that I enjoyed every moment of the play since the first rehearsal in November. Despite the challenge of rehearsing in the morning, noon and evening, I am glad I was so involved.

Any lead role is demanding, but *Macbeth* was the most challenging one I have had. I invested a great deal of effort to commit fully to the role of *Macbeth*. Since the character is so different to myself, it was a challenge, but I think that's just part of acting. The success of this presentation can be credited to one individual in particular: Mr. Trevor Hussey. He provided me with excellent advice and genuinely helped me understand my character. His tenacity and passion for this production saw it through to completion and inspired us during difficult times.

The atmosphere around opening night was electric. There was a huge mixture of nervousness and anticipation. Once Scene One began, the rest of the play completely flew by. It is safe to say the months of practicing and repeated rehearsals paid off, as both nights were an incredible success due to the combined hard work of the cast along with the production, PR,

technical and management teams. And, of course, Mr. Hussey.

The most enjoyable experience I have had at Christian Brothers College thus far has been taking part in this play. I would highly recommend getting involved in the play to some extent: it is most definitely a memory I will cherish forever.



Oisín in full flow!: "Blood will have blood."

'literary masterpiece to ad to make sacrifices'

Ahead of opening night, I was a little nervous. A two-night run allowed us to fix any mistakes that we may have made on the first night and make the final showcase perfect. Due to Mr Hussey's huge experience in this field, he noted the opening night nerves and brought us up to Room 36 where our pre-performance "pep talk" took place. Here he assured everyone that nothing would go wrong and, if any misfortune would occur, that we were "just to go with the flow".

One of my own mistakes saw my microphone get caught in the door on my entrance on stage. It fell from my waist, so I knew that I had to be careful when making my entrance a second night. To hear the praise I got from my



The Banquet Scene: "Ourself will mingle with society / And play the humble host". Staff members in the scene include, from left, Mr. V Murray, Mr. M. Ryan, Mr. D. Lyons and Mr. D. Roy.

friends, who attended the show, made me really happy because I was aware of the effort TJ and I had put into the production side of *Macbeth*.

And the commitment that was given by everyone involved was enjoyed by "rapt" audiences over two sell-out nights.

From the cast to the production crew to the public relations team, everyone involved in this project has worked closely with one another to make it a success. To bring Shakespeare's literary masterpiece to the stage, everyone had to make sacrifices.

From first rehearsal up until rehearsal number 93, my colleagues and I have watched this play develop from the ground up. Mr. Hussey deserves a praise for everything he does to maintain the high standards he has set for the annual TY play.

Although this journey has been filled with many highs and lows, we would not have progressed without Mr. Hussey's dedication. But it was well worthwhile!

CBC TY PHOTO GALLERY



Right, CBC students at The National Mall, Washington D.C. L-R: Tim Healy, Leo Glendon, Alex Healy-Horgan, Ibrahim Ahsan, Oisín Drew.



Left L-R: Oisín Drew, Tim Healy, Alex Healy-Horgan, Ibrahim Ahsan, Ben O'Sullivan, Sulimain Sharif, Robert Roy, Leo Glendon, Dr. D. Roy (teacher).



Left, Christians' Washington Wizards! L-R: Tim Healy, Leo Glendon, Alex Healy-Horgan, Ibrahim Ahsan, Oisín Drew.



Above: Harry Kingston (left) and Thomas Mannix partake in an outdoor Environment Awareness activity organised by Ms. M. Delaney.



Right: Clean Up and Planting with Michael Manning (right) and Calvin Kilbride.

Left, Environmental Awareness Group L-R: Michael Manning, Ben McCarthy, Ross McElhinney, Mark MacDonald, Fionn Lane-Kelly, Jamie McCarthy, Tom Mills, Bill McCarthy, Conor McCarthy, Calvin Kilbride.



Above: TY students Tom Carmody, James Buckley, Leo Glendon and Aaron O'Leary help with Preparatory School trip to Stryker 21/11/2022.



Right: James Buckley TY helping out at Stryker.

Memories that will last a lifetime

EVAN LYNCH reflects on an extraordinary year for soccer in CBC.

My year in TY was a hugely successful year both for me personally and for the school. The school found itself in a unique position to win six trophies this year, and I was fortunate enough to be on two of the teams which sought to bring silverware to the school.

Being named captain of the U16 team was a huge honour for me. We knew we had great potential in the squad, and that we could compete with the very best in Cork.

After an impressive performance in the U16 Cork Cup campaign, we found ourselves in the final against Clonakilty. Having gone 2-0 up inside the first half an hour, Clon fought their way back into the game and penalties were needed to decide the winner. Fortunately, Lucas Kennedy made two fantastic saves to secure the cup for CBC.

After the highs of the U16 campaign, we were one of the favourites going into the U17 cup. Following convincing wins over Passage, Fermoy, Crosshaven and Mitchelstown, we had the opportunity to win the double against Youghal in Turners Cross.

It was a significant occasion for us and the school. Playing in front of the Fourth Year group and many others from the College was a great experience and, after going 3-0 up inside 20 minutes, we eventually put the game to bed, winning 3-1. Once Finn Dalton got his hands on the trophy, we became one of a select few schools in the history of school's soccer to become two-time winners.



CBC, Cork County U17 Cup Soccer Champions:
Back (L to R): Ryan Woods, Donal O'Connor, Sam Murphy, Lucas Kennedy, Andrew Murray, Evan Lynch, Bill McCarthy, Tom Bardsley, Ben McCarthy, Tom Mills, Ronan O'Donovan.
Front (L to R): Fionn Mansfield, Harry Walsh, Liam Healy, Finn Dalton (Captain), Cian Corkery, Rory O'Connor.

Days out with the squad were truly some of my best so far in CBC, and we are ever thankful to Mr. Hogan and his management team for creating the right culture within the squad.

I will always remember this year for not only for the success we achieved, but for the memories created.

'Christians' teams are built by passionate people, hard work and commitment'

CONOR MCCARTHY recalls his season as a member of CBC's Dr. Harty Cup squad, and the St. Finbarr's clubman is already looking forward to the next campaign with his school

After Christians re-entered the Harty Cup for the 2015-2016 season, we have watched many talented teams and some fantastic individuals come through the CBC ranks. This is shown through the large representation on inter-county teams over the last couple of years and today.

Christians' teams are built by passionate people, by hard work and by commitment – traits that stem from players and management. This year was no different.

From 7am gym sessions with Mr. T. Carroll, to tough and intense sessions 'in the Barracks' with Mr. T. Wall, Mr. T. Martin and Mr. Darragh O'Callaghan, everyone involved this year showed a positive attitude and unmatched commitment to gaining an extra edge over other teams all over the country.

As a new student in the school this year, I had always heard about the special bond within CBC between everybody whether it was past pupils who remain friends after graduation and into adult life or current students who display that bond every day.

Having now almost completed my first year at CBC and having experienced this bond myself from the very first day I walked through the doors. CBC has many different platforms on which



continued on page 10

to get involved and to get to know fellow classmates. For me, personally, it was the established culture of sport and teams within the school which enabled me to quickly settle in and feel at home.

The 22/23 Harty Cup team was a group who were committed on the field and in training, but also closely-knit off the field and enjoyed great times together, one of which was a memorable trip organised by the school for the team in The Gold Coast, Dungarvan. The two-night stay brought the entire panel together and cemented new friendships and concreated the trust within the team.

It would be wrong of me to introduce you to this year's Harty Cup campaign - a competitive game on Church Road at Blackrock GAA club - as the work and preparation

started long before that. Games, trainings and gym sessions were organised long before the start of the school year in which players and management sacrificed valuable hours to getting better as a group and bringing the best versions of themselves into the competition.

This year's campaign started in mid-October with a win over Gaelcholáiste Mhuire AG. An early goal surge helped us on our way to victory.

The team gained confidence from this win going on to beat Nenagh CBS by eleven points and drawing with De La Salle to finish the group stage unbeaten and lining up a heavyweight quarter-final against Cashel Community School. The team came out in the new year full of confidence and raring to go for the knockout stages. We

had to head down to Ballyagran and we found ourselves in a dogfight in tough conditions against the Community school from South Tipperary. After going into the break seven points down, the team refocused and came out firing on all cylinders bringing the gap to two with the game in injury time. This unfortunately wasn't enough though as we would end up losing out to Cashel who would be eventual champions, which shows how competitive we were this year in the competition.

Although we didn't end the year with the silverware that we were looking for, it was undoubtedly a successful campaign as players and teachers gained new skills and memories that they will cherish forever. It has also built the foundations for next year's team to work hard and claim the Dr. Harty Cup for CBC.

A season of many twists and turns

ROBERT O'SULLIVAN
reflects on a CBC's eventful
Junior Cup rugby season.

We started our preparations for the 2023 Junior Cup season at the end of August, training three days a week at Lansdowne (Cork).

There were high expectations for our team after coming out of a successful McCarthy Cup season, beating every team besides Pres.

After our 2022 Junior team who fell just short of winning the Cup last year — losing 14-10 in the final against Pres — there was a lot to live up to.

In a practice match against our McCarthy Cup team, our outside centre Chris Taylor, unfortunately, tore a ligament in his knee which ruled him out until January. This crucial injury did no favours for the team.

We had two friendlies before the round-robin commenced, one against Rockwell College in Lansdowne, which we lost 17-14, and one against Bandon Club U16s in Musgrave Park, which we won 21-19. Both games were good preparation for our Junior Cup round-robin opener against Castletroy College.

Unfortunately, we lost 20-7 in a close battle against Castletroy going into the game with two front-row injuries from our previous game against Rockwell.

The Cork derby between CBC and PBC was a traditional nail-biting game. We took the lead early on in the game with a well-struck penalty from our out-half Conor Mulvihill, but from the kick-off, we conceded a poor penalty resulting in the Pres scrum half tapping quickly and scoring in the corner.

We conceded twice before the end of the first half due to poor defence and bad hands which made the score 21-3 to Pres. We had the resilience to pull the score line back to 21-15 but it wasn't enough.

Once again luck wasn't on our side losing to Munster CSP 33-27 in the last second of the match due to overplaying in our own 22.

We played Ardscoil Ris in Lansdowne in a tough game, which we lost in the last three minutes of the game because of a bad kick chase, which left the Ardscoil full back with a massive gap to run straight through under the posts to win the game 17-12.

It wasn't easy coming last in our group, we had to win five games to win a Junior cup. In fairness to the coaching staff and the squad, our heads didn't drop for a second. In the rain, hail, and snow we kept pushing ourselves every week, whether it was on the pitch or in the gym.

We played Bandon Grammar in a game that could've gone either way in the first half, but in the second half, we pulled through and won 33-12. Crescent were always going to be a tough team to play against, especially with the absence of our number 8, Michael Trant, and our 6, Evan Collins.

We conceded two tries in the first six minutes of the game but scored shortly after. There were 11 minutes left and the score was 26-21 to Crescent. Sad to say it wasn't our day and we ended up losing 33-26 to a strong Crescent side.

A massive thanks to all the coaches for the year.

This article first appeared in the Evening Echo newspaper during Robert's TY Work Experience at Examiner Publications.



Back Row L-R: Ethan Archer Good, Sean Lavin, Lochlan Stewart, Sam Healy, James Martin, Ian Sexton, Mikey Manning, Evan Collins, Keelan Manley, Caleb McKinnie, Michael Trant, Robert O'Sullivan, Ciaran Wallace, Conor Quirke, Chris Taylor, David McCoitir, Rory Cullinane.

Front Row L-R: Charlie J. O'Shea, Cathal Walsh, Peter Horan, Evan Kilbride, Conor Mulvihill, Jack O'Callaghan, Charlie O'Callaghan, Tom Hannon, Matthew Keenan, Alexander Coakley, Sammy Haberlin, Malachy O'Leary.

A View from No. 10

CHARLIE P. O'SHEA played outhalf on the College's Senior rugby team during the 2023 Cup campaign. Charlie was in the perfect position to recount his memories of the College's exciting path to the final.

We started our Senior Cup campaign against PBC on 25 January. This was a huge first-round game as it was a local derby and a semi-final place was at stake, the loser going to a quarter-final.

We started the game well, scoring first after defending well but the half wouldn't end in our favour as Pres capitalised on mistakes and struck back with three tries before half time to make it 19-5 at the break. This left us looking extremely unlikely to win the game but, after half time, we responded with two scores, a penalty and a try to make it 19-15.

Pres posted another converted try, leaving it 26-15 with ten minutes of normal time remaining, further stacking the odds in their favour but we pulled one back, scoring a winner in injury time. Chris

Barrett scored a wonderful try in the corner after hitting a cross field kick on the volley before outpacing Pres defenders to win the game. This left us looking forward to a semi-final joust with Crescent.

To our disappointment our fans were unable to attend. Crescent started well, leaving us with a mountain of defending to do which we handled well and to which we responded with a try and penalty leaving us 8-0 in front at half time. We also did well in defence before the break, repelling multiple Crescent attacks.

We scored another great try in the second half to extend our lead (15-3), and the game looked done. But Crescent fought back with two late tries to draw the game, and send it to a replay in Thomond Park.

The drawn game was a setback for us, but we were looking forward to a chance to write the wrongs from the first semi final. We also had the added bonus that our fans were back for this game as most of the school attended the game. We started very quickly, scoring two tries in quick succession to leave the score 10-0 after ten minutes. Crescent responded with a driving maul try. We responded with another try and penalty in quick succession to leave it 20-7 before Crescent got one back before half time leaving us in a good place at the end of the first half.

We started the second half as we did the first scoring first leaving a big gap between us, but we knew we had to finish out the game after the last one finished

34-29 with Crescent scoring a consolation try at the end of the game.

We moved onto the final where we faced Pres once again in what turned to be a huge Cork derby on the 14 March, a special occasion for us as a school and for players and supporters.

It was a tense start as we took the field but we defended well and enjoyed some possession in the Pres half. They eventually broke the deadlock in the first half around the 20-minute mark after we saw a man go to the sin bin. We had chances to score before half time but couldn't convert. Ultimately this is what killed us as we didn't encounter those types of chances again. Pres scored three more times, with the game finishing 24-0.



Back Row L-R: Kamil Nowak, Shane Moloney, David Nowak, Christian Kilbride, Shane Classen, Jacob Lane, Eanna McCarthy (captain), Adam Wrona, Conor Keneally, Jonny O'Shea, Mark Skelly, Cian Walsh, Leo O'Leary, Micheal Doyle, Alex O'Connell, Harry Foster, Danny Rock, Gavin O'Riordan, Micheal Foy, Sam Loftus

Front Row L-R: Daire O'Callaghan, Bill McCarthy, Ian Morton, Cian Boylan, Conor Galvin, Daragh Prenter, George Good, Conor Foley, Jack cCasey, Oran Prenter, Charlie P. O'Shea, Chris Barrett, Ronan O'Keeffe, Ben Lynch, Denis O'Callaghan, Evan Cahill Murphy, Gavin Hyde, Noah Morris, Ross McIlhenney, Aiden Brady.

A Selection of Poetry from the **POETRY SLAM WORKSHOP**

The Lighthouse

I'm from the country by the sea,
But I go to school in CBC,
It's a long journey home,
Lots of time to engage the dome,
There's a lighthouse at a distance out at sea,
Illuminating the coast just for me,
The wind is rough my mind is calm,
It's so close I can feel it on the palm of my hand,
The red beam of light flickers then disappears,
The waves crash upon the island like it's shedding tears.

Back Again

Back again with the bloody rucks and the mucky hits,
Back again with the crushing pressure that makes you sick,
Back again with the praying you make it,
Back again with the shame when you don't,
The pain makes it worth it and the tears make it sweet,
It's the sport I love but it makes me weep.

Karma

Throughout life challenges arise,
For those who despise,
Often meet their demise,
For those who push through,
That small few,
Live a life of content,
As opposed to resent.

Heart

In the hidden crevices of the heart,
In thine it is,
In the impregnable psyche of man,
In thine it is,
Be careful, for it rages and rages when provoked,
In thine it is,
For it is in all of us,
And all of us are what it is.

New Surroundings

From a plane to a train to the mid-morning rain.
From the scorching sand to a language, hard to understand.
From the burning bright light to the long freezing night.
Australia to Ireland. It was a tough cruel fight.
My friends and my loved ones all left behind, but alas, a new
life I have come to find.
This place that I lived in, so barren and dry, even when
leaving brings a tear to my eye.
The leaves and the trees, so lush and so green, a welcome
change from my old dusty scene.
"A new land awaits" my parents did say, Australia, my
friends, I'm coming back again one day.

Live in the Moment

Live in the moment,
Work on yourself,
Build relationships,
Live in the moment,
Feel free and at ease,
Go through tough times,
Live in the moment,
Find happiness and joy,
Discover new places,
Appreciate the people around you,
Both good and bad,
Live in the moment.

Pain

In the dark halls,
A force calls,
Sending waves and shivers,
That make people ignore their previous tremors,
Fighting every day,
See their hopes fray,
Maybe they'll find their hope lighting again someday,
So long as they don't butcher their way at slighting the pain,
Make the force wither away,
To find happiness at last.

The Mask

As you lay in silence, you have never been louder,
The curtains drawn, as the curtain drops,
Than the echoes outside, I must stay prouder,
Trapped inside my head, the bubble pops,
Being led out of the room, and her out of life,
The door part closed, her head turns to see me
As I look back, I drop the mask,
And smile.

Missed Opportunity

Robert is called and his heart begins racing,
The challenge ahead is not one he imagined facing,
84 minutes gone and he's given a chance,
To impact right now would feel like a trance,
The ground was quite damp the air almost mystical,
Robs on his way up feeling less and less physical,
The missions near complete and all that's left is
conversion,
And rob falls on his face and fails the excursion,
It's a pity that Rob will not be remembered,
But I guess that's just sport and he won't be commended.

Dilemma of Love

Love is hate, and love is happiness.
Love will drive you insane, love will mess with your brain.
Sometime you want to fight love, like it's your worst
enemy.
Sometime you are sick of love, and you don't want it
anymore.
But love is a kind soul, it will fill your empty heart.
It will make you blind, but open your eyes to so much
more.
It will close doors, but open up your options.
Sometimes you take a bite of love, but its from the wrong
slice.
Love can be a mistake, but the key to success.
Love is hate, and love is happiness, but this is why we
love, love.

Prison

Prison, waking up before dawn,
Prison, a strict schedule,
Prison, a roll to tell whose here,
Prison, slaving away doing meaningless things,
Prison, a break to go into the yard,
Prison, everyone eats the same food,
Prison, you go to sleep and do it again.

TY Law Day:

"I felt involved and was captivated by what I was learning"

CBC organised two separate Law Day Workshops for Transition Year students during the month of November.

These workshops discussed the law, the importance of it, how it functions and how it impacts individuals as well as the world as a whole.

These workshops gave an insight into the legal system at home and abroad and gave students a taste of what it would be like to work as a member of the Judicial

system. Crucially, these workshops helped to develop an understanding of how the law applies to our own lives.

I attended the Workshop was instantly engaged. The person leading the Workshop was very enthusiastic and easy to get along with. During the class we discussed multiple topics. We went over what the law is, what barristers and solicitors do, how the law impacts people every day, prisons and punishments, past cases, consequences of breaking the law and much more.

At the end of the workshop we had a mock trial with students acting as members of the courtroom. Students were invited to act as the Judge, victims, defendants, prosecutors and witnesses amongst other roles. The mock trial was an immersive experience which gave everyone a fun and memorable introduction to the courtroom and real-life law.

What I found great about the workshop was how engaging it was. At no point was it a 'listen and learn' type of approach; instead, everyone was encouraged to ask

questions and get involved which everybody did. The real-world examples of crimes and the interesting stories behind them made sure the Workshop was never dull.

At all times, I felt involved and was captivated by what I was learning. I went into the workshop with little interest in the Law and left with a new inspiration to find out more about it.

by EUAN HARRISON