

guide this transition from Junior Cycle to Leaving Certificate and to ensure they make the most of the opportunities afforded to them during this busy academic year.

The Transition Year play continues to grow and affords our students the opportunity to forge new friendships which blossom during this time. Other activities we select place an emphasis on friendship and teamwork. Trips away and sports also aid this development.

Mr. S Hogan TY Co-Ordinator

Transition Years Enjoy Fascinating Insight into Law by Eoin de Búrca

This month I had the chance to experience my first exposure to law at the Access to Law workshop in the First Year building along with fifty other TY students.. A qualified lawyer, Ms. Niamh Cronin, came into the school to give us an idea as to what a career in law is like and what it entails. She told us how a trial takes place and what jobs different people in the court have. At the end of the day we took part in a mock trial where a member of the group was accused of murder and the rest of the group argued the case with defence and prosecution lawyers, a jury, witnesses and a court registrar. The defence won and everyone got a great insight into what happens in a trial and how interesting it can be to be involved in law.

The feedback was fantastic with many describing it as exemplary and saying that they would be more than happy to recommend it for next year's Transition Year group. The workshop sparked an interest into law for me as I was truly enthralled by the day. This personally made me more interested in pursuing a career in this field and I felt it was very beneficial. After the day I organised work experience in a law firm in town and I think this workshop is a must for anyone with an interest in law.

Bowen Shield has a vibrant start.

By Aidan Fleming

This year, our Bowen Shield team has had a great season so far.

The results to date are as follows:

CBC 28 Glenstal Abbey 0

CBC 27 Crescent College Comprehensive 24

CBC 62 St. Munchins 12

CBC 22 Rockwell 12

CBC 31 Presentation Brothers College 14

These victories did not come easy. There were many hours of training put into getting our fitness and physicality up. All those sessions in Lansdowne in the freezing cold and driving rain are beginning to pay dividends. You train for hours in the hope that your team would be victorious, getting the shield is all that we care about, no matter the cost that it takes. As can be seen from the results, the time and effort we have put in has paid off, the massive scores we are putting on the scoreboards are more than enough evidence of this.

Every training session we go through the basics of the sport, rucking, tackling and passing. This repetition builds up our skills and makes us more skillful than any other team that we have played thus far. When we try more complex moves, we don't even have to think about what we are going to do and can afford to think about other factors of the game ahead of us, such as whether or not to enter the ruck or to spread out and join the defensive line, or should

I pass or take the ball to ground.



CBC Swimmers Make a Splash

By Conor Dennehy

On Sunday, the 13th of October 2019 the Munster regional schools gala took place. This is a gala that is used to qualify for the interprovincial schools gala, that takes place in Dublin in the Spring. The ‘Interpros’, are a nationwide competition in which swimmers who have qualified swim for their county. To qualify, you must be within the top two swimmers in a given event, at their regional gala (Munster, Leinster, Connacht, or Ulster schools gala). My favourite part of this gala is the great opportunity to represent my school on a regional stage.

Personally, I swam the 100m butterfly, and the 100m backstroke. In the 100m butterfly, I made the evening final qualifying as third fastest.. In the final with a time of 1:07.05, a personal best, and I managed to claim a bronze medal.

In this competition, swimmers choose two races in which to compete. Since it is a one day gala, the number of swims to be chosen from is limited compared to a normal gala. The options are; 200m individual medley, 400m freestyle, 100m breaststroke, 100m butterfly, 100m freestyle, and the 100m backstroke, as well as a number of relays (e.g. the 200m medley and freestyle relays).

CBC swimmers were triumphant in the relays, as well as the individual events. In the relays, CBC won a total of four medals, claiming gold in both relays in both the intermediate and senior age groups. In the Junior Individual Medley relay, Conor Dennehy, Conor Foley, Richard McSweeney and Charlie Cassidy enjoyed a triumphant 13 second win. Overall, the competition signifies a bright future for CBC swimming.



Leadership workshop proves most engaging.

By Cai Desmond & Daragh Hannigan

On the 11th of October guest speaker, Feidhlim O' Seasnáin, came into our school to teach us about leadership. This workshop was very helpful and it is likely to help all TY students in their future endeavours.

When he came into the classroom, Feidhlim told us that he would be giving two workshops which would give us an insight into leadership. One on that day and one at a future date after Christmas. We were told that, due to the workshop being extensive in the ground it covered, it was necessary to have more than one day in which we learned about leadership.

One of the most interesting things we learned in the workshop is the difference between character and personality. We were asked by the guest speaker if we knew how the two differed from one another and very few in our group were aware of the difference.

Feidhlim then went on to explain how character was something you were born with and was a combination of genetic factors and how you were treated during your infant years. Personality, we were told, was decided by the individual during their adolescence by choosing what traits they wanted to keep and what traits they wanted to get rid of.

Halfway through the workshop, Feidhlim told us that he is a professional hypnotist. We wanted to see this in action but he would not do it, though he did two very light hypnotisms. In the first one he made us believe that our fingers were growing. We put our hands together with one middle finger above the other. Our eyes had to stay closed for a minute and when we opened our eyes one middle finger was above the other.

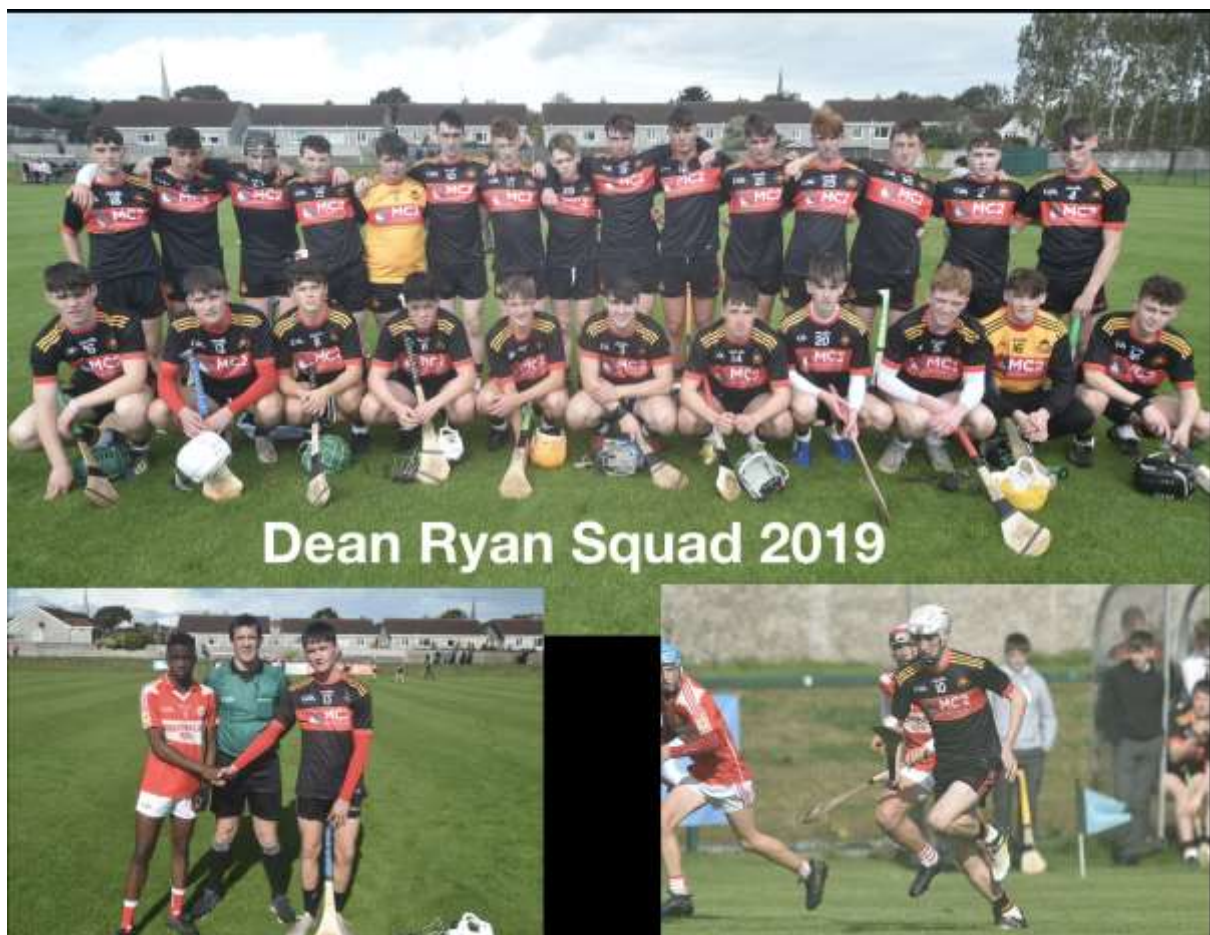
The idea of how we can develop as leaders left a lasting impression on me and it gave me a sense of what Transition Year is all about..I really enjoyed doing these as did everyone else in my class.

Christians Have High Hopes For Hurling On The Hill

Dean Ryan Cup

By Eoin Downey & James Dwyer.

This year's Dean Ryan tournament was cut short, with our team losing the U16 1/2 quarter final to Midleton in a great game of hurling in Blackrock's hurling pitch. We started training in early September up in Collins' Barracks under the management of Mr Wall, Mr Martin, Mr O' Callaghan and Mr Harnedy. We were unfortunate not to come out on top after the game, despite the effort, time and commitment put in by players and especially the coaches who trained us after school two or three days a week. We proved to be a strong side, going into the halftime break only a point down. With a wind behind our back in the second half, we thought we'd push on for the win but the great Midleton side put the foot down and drove on to the final whistle winning by a few points. It was a very disappointing day for this Christians side but still a good experience for all involved.





Dr. Harty Cup

The Dr Harty Cup is the biggest hurling competition for post-primary schools in Munster. The team is led by Mr. Tony Wall, Mr. Traolach Martin and Mr. Donal O'Mahony with Mr. Darragh O'Callaghan and Mr. Seamus Harnedy helping on the line. Christians, finalists in the 2018/19 campaign, added extra incentive for this year's group to go one step further this campaign.. Last year CBC qualified from their group with ease and went on to beat Nenagh CBS in the quarter final and Thurles CBS in the semi-final. After a superb final vs Midleton CBS, CBC came up just short in a fierce battle.

This year it began for CBC in Ballygarvan against St. Francis College, Rochestown on Wednesday the 16th of October. It was a great day for CBC hurling. We had a rough start to the game but as the game went on and we settled down, we got a comfortable lead going into half-time. To be fair to Rochestown, they came at us in the second half with everything they had but with the strong backline and clinical forwards we managed to hold them off, to see the game through, winning by a few points.

We marched on to face Our Lady's Templemore in a physical game of hurling on a wet and miserable day in Boherlahan. We had a tough first half but managed to come in at half time drawing with a score line of 1-6 to 0-9 after playing against a powerful breeze. The game was nip and tuck until about fifteen minutes to go when both teams brought on fresh legs. We battled hard and pushed ahead with Tom Downey getting a match defining goal for CBC, finishing the game on a high.

The journey continued as we faced Ard Scoil Rís in our last group game, though conditions were horrendous, we managed a draw and topped the group. We are now advancing to the quarter final after Christmas where we will play one of the second placed teams from the group stages. St. Colman's Fernoy, De La Salle Waterford or St. Joseph's Secondary School Tulla will be our opponents. We look forward to the draw with anticipation.





Fearghal Desmond and Joe O'Neill with Erasmus+ lead teacher Mr. Edmond Hussey and Principal Mr. David Lordon

McAfee teaches students how to act online



By **Sean Forbes**

McAfee Youth Ambassador programme:

The McAfee Youth Ambassador programme is a programme where you teach children from ages 11 to 14 about online safety.

The Workshop:

A McAfee employee, Mr Kieran Organ, a Senior Engineering Manager, came in to our school to give a talk to the fourth years about online safety. It was on from 11:00 to 11:40. Afterwards Kieran told us that anyone who wants to take it further can sign up in Mr. Hogan's office to do a course on how to give this presentation to 11 to 14 year olds.

The presentation:

It mainly consists of three messages we want to get across to children. How to keep yourself safe, how to keep your stuff safe and how you treat others online. We went through malware, phishing, sniffers and botnets. We also looked into the consequences of bullying to the victims and the bully.

The first meeting:

A few weeks later, Kieran went through the slides again for those who signed up. He went through all the main points but in more detail so we could give this presentation to the 11 to 14 year olds. After he was done he said he would come back in a few weeks and test us on doing the presentation ourselves. We were given the powerpoint from Mr.Hogan to be able to practice it.

Saying it ourselves:

When he came back to our school a few weeks later, we were tested on it. Kieran helped us by informing us on what we needed to work on and what we did well with. Not all of us were tested that week, so he said he will come back in one or two weeks again to test the remainder.

What I learned:

I really enjoyed this experience as I learned about the different types of dangers hackers can make towards you. I also learned a lot about how to protect your personal information on your devices. This will help when I have to give presentations to young people and how to get the message across to them. It will also help me to protect myself online from potential dangers presented by hackers. I am really looking forward to giving this presentation to our first years and to the Preparatory School in the new year.

Garda Quiz

by Fearghal Desmond

The Garda quiz is an inter-schools quiz between transition year students. This year, I was at this competition on a team with David Cahill, Darragh Walsh and Freddie Froggatt. Mr Hogan had piled the pressure on us repeatedly, noting that Christians were the defending champions and he would not be satisfied with anything less than victory.

The quiz took part in Douglas GAA and there were about 20 teams, only one team from each school, competing. The first round was on geography and we found ourselves in second place after a score of eight. There were nine rounds to go and we were not fazed after falling behind in the first round. With some assured answers and lucky guesses on topics ranging from science to technology to history we found ourselves in the lead at the halfway stage.

During the half time interval Rob Heffernan, representing Bank of Ireland, the sponsors, gave a talk on his career. The talk was highly engaging and interesting. The remaining rounds were answered well. We held a one point lead after seven rounds but by the end that had been stretched to five. We finished on a final score of eighty-seven out of one hundred. We left with a trophy, a voucher each and the knowledge that Mr Hogan would be satisfied come the next morning. Mr Hogan, when congratulating us, said he knew the gentle reminders, about winning last year, beforehand would act as the necessary incentive to retain the cup.

Top 10 Finish for CBC in Intergenerational Quiz

By Emmet Downes

On the 15th of October 2019 four Transition Year students from CBC took part in the Inter-Generational Quiz in City Hall.

The four students were Louis Healy, Emmet Downes, Fergal Desmond and Freddie Froggatt. We were split into two teams, one being Fergal and Freddie the other being Louis and myself. We were paired up with two senior citizens from the Ballincollig Men's Shed. We then played the 10 round quiz which was split into 2 halves.

Both teams performed exceptionally well with both teams finishing inside the top 10 out of 50 teams. The event was run by the young at heart foundation in conjunction with The Echo for the 9th year running and it was a major success. Ms. Phil Goodman was in charge of proceedings and Mr. Hogan later told me we have been involved in each of the last three years.

I am glad I volunteered for this quiz as I was proud of my engagement with the Men's Shed members on the day and I was able to appreciate the work done to ensure men can maintain a positive physical and mental health, while looking after their wellbeing.

Major Success for Debating Society

By Fearghal Desmond

Debating in CBC has gotten off to a lively start this year especially amongst transition years. Transition Year can boast the president of the CBC debating society for 2019-2020, Oliver McKenna, and a number of other avid transition year debaters such as myself. The new academic year of debating began with the first Friday debate of the year on the motion "That this house would allow duelling". Two transition year students, myself and Oliver McKenna were speaking that day and every single debate since then has seen a member of TY speaking. The Friday debates are the heart of debating in the school as it creates a sense of community, excitement about debating and prepares everyone for competitions. Debating in the school itself is not limited to just the Friday debates. There is also coaching every Tuesday for First Years with this year's coaching being offered by TY student Joe O'Neill.

CBC has also taken part in a number of competitions this year. Four students from CBC, including three Ty students, Oliver McKenna, Joe O'Neil and I went to the Munster round of Irish trials. Three of us progressed on to national trials.

The largest inter schools competition in Ireland is the Philosophy debating competition. Three teams from Christians were sent to the first round. I was debating with my teammate Oliver McKenna on whether or not aid should be sent to dictatorships. It was an exciting

debate and definitely a great start for the competition as Oliver and I were the only team to get through to the next round from the room.

At the time of writing this I am just back from a weekend in UCC at the National Model UN (NatMUN). While this is not strictly a debating competition all the members of the CBC delegation were members of the debating society. It was the first model UN I had ever went to and I hope it will not be the last. 250 students from schools all over Munster were debating various topics ranging from conflict in Yemen, climate change and the use of technology in war. I was delighted that we were awarded best small delegation. I have had a great start to this year and I am looking forward to the remainder of this year.

Physics Week is Out of this World

By Fearghal Desmond

The Transition Year Physics Experience (TYPE) is a chance for transition year students to learn some physics and to experience a hint of the life of physicists. This year two students from Christians, Darragh Walsh and I were selected to attend this physics course.

Throughout this week we were given various talks on physics related topics. Topics included supernovae, 2 dimensional materials and gravity. These talks were very informative, being a nice blend between cutting edge physics while remaining accessible to all. We were also given various demos throughout the week in the labs in Trinity. We were also able to tour the labs. I found the lasers especially cool.

Every student also had to do a research project. Darragh and I did our project on ‘optical cloaking’, the physics of invisibility. At first we had absolutely no idea what the project was about. With some hard work we gained an understanding of the topic and put together a project. Our project was put on an A0 sheet and presented. We were awarded a prize for the best designed poster, a great end to an excellent week.

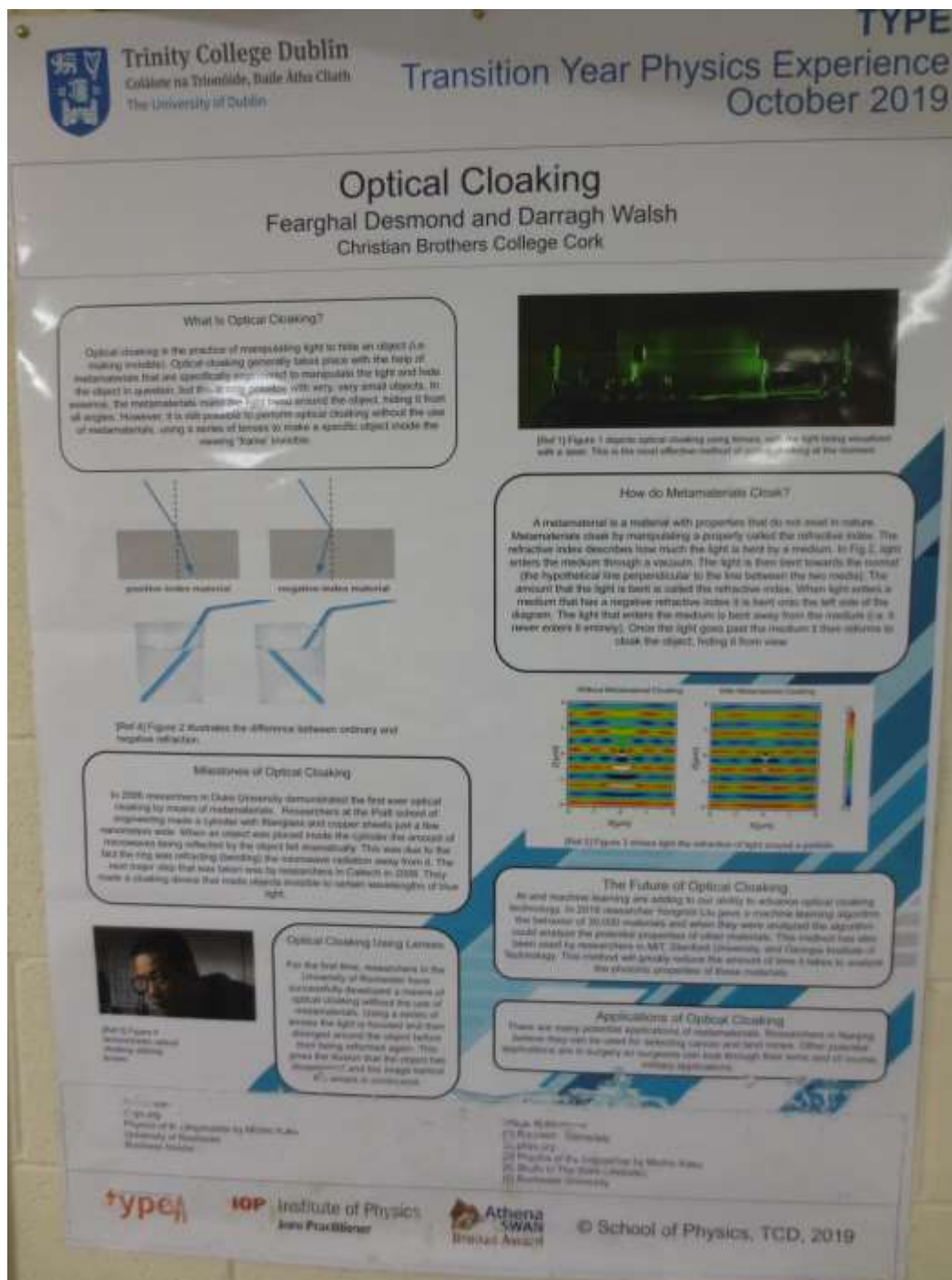
Trinity Physics – Darragh Walsh

Every year, Trinity College Dublin runs a week long physics experience for transition year students from twenty randomly selected schools around the country. CBC was fortunate enough to be invited to participate in TYPE this year, and I attended with Fearghal Desmond. Our week in Trinity began with a short introductory lecture from Professor Cormac

McGuinness, who outlined the prerequisites to study Physics at TCD. He described the different courses in detail and real-world applications for your physics degree. The day continued with a series of lectures about topics such as Space Weather, 2D Materials and Energy. Our research project topic was given to us that afternoon and we were assigned the topic of Optical Cloaking, the art of making things invisible, which is currently in its infancy. In essence, each group was assigned a project title and student mentor for the rest of the week, and the projects would be presented on Friday afternoon.

The rest of the week followed a very similar schedule to the first day, with lectures on the topics mentioned above for the majority of the day, then the last two hours consisting of project research and composition. The notable exception was Thursday, where we were brought on a tour of the labs used by PhD students in the SNIAM building, where we saw the 2D materials lab and the optics lab. For me, this was the most interesting part of the week, because we saw first hand how the topics we had heard about in lectures were being

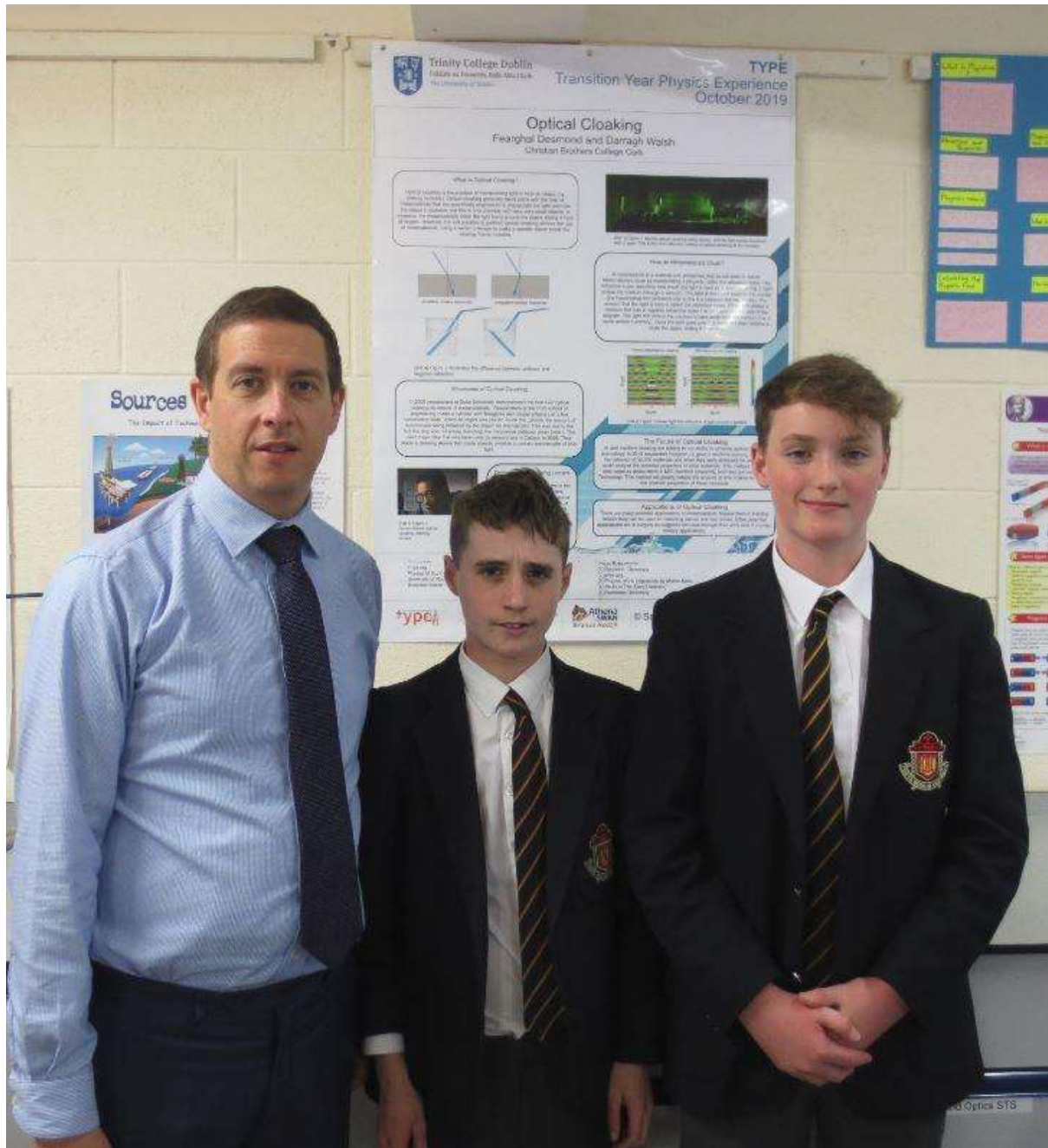
researched.



Trinity College TY winning Project by Fearghal Desmond and Darragh Walsh

The week concluded in the SNIAM building, where we presented our projects to the very same professors that presented to us during the week. Fearghal and I took first place in the design category for the contest. Overall, the week was very interesting and illustrated the true variety of topics that are included under the umbrella term of physics. Although I understood a lot more about what physics entailed after the week, none of the topics were explained

beyond a surface level of detail, which I found slightly disappointing, but the week was still an incredible experience.



Principal Mr. Lordon with Trinity TY Physics winners Fearghal and Darragh

RSA Event, Collins' Barracks

By Rob Fitzgerald and Tom Dilloughery

On the 30th of September, Transition Year students walked to the Road Safety Authority Event held in Collins' Barracks. In the Barracks' Square students were presented with the RSA pop-up truck as well as one of the Barracks leaders, Commandant Egar. Inside the truck, students were greeted by the members of the Road Safety Authority. The students were given a speech on the different types of impaired driving. And were then introduced to different driving simulations outlining the hazards which can be experienced when your driving is impaired. There was a 360 degree car roll over simulation, detailing the importance of wearing a seatbelt during any car journey. Students were then taken inside one of the Barracks buildings where members of the Garda Síochána showed students the consequences of hitting a person at different speeds and the potential damage the speeds could cause, and were told some personal experiences of the Gardaí when they were at the scene of a particularly devastating crash where someone didn't wear their seatbelt. All in all, it was a most informative day for all students and teachers involved.



RSA Workshop





RSA Workshop in a wet and windy Collins' Barracks

Sepsis disease, a silent killer.

by Sam Galvin and Cillian Egan

The sepsis workshop took place in the school hall of CBC. Two guest speakers from Cork University Hospital, Carol Robinson – Clinical Nurse Manager 3 and Teresa Marshall, Clinical Nurse Manager 2, spoke to us about how dangerous sepsis is and how to notice the symptoms of sepsis. All of the students in the year sat in the hall looking at the information on the televisions on the walls and projector at the front of the hall. The workshop served as an alarming wake up call. We found this workshop very interesting and we learned a lot about the disease of sepsis. We were excited before this workshop and it certainly didn't disappoint. Here is some of the information we learned during the sepsis workshop.

What is sepsis?

What is sepsis? Sepsis is a life-threatening condition. It can happen when the body develops an infection which then affects the organs. If it is not treated quickly, sepsis can lead to death. There are around 15,000 cases of sepsis in Ireland each year. According to the sepsis booklet we were given around 1 in 5 of people with sepsis will die.

Who is at risk of sepsis?

Anyone who has an infection could be at risk of developing sepsis but some people are at increased risk:

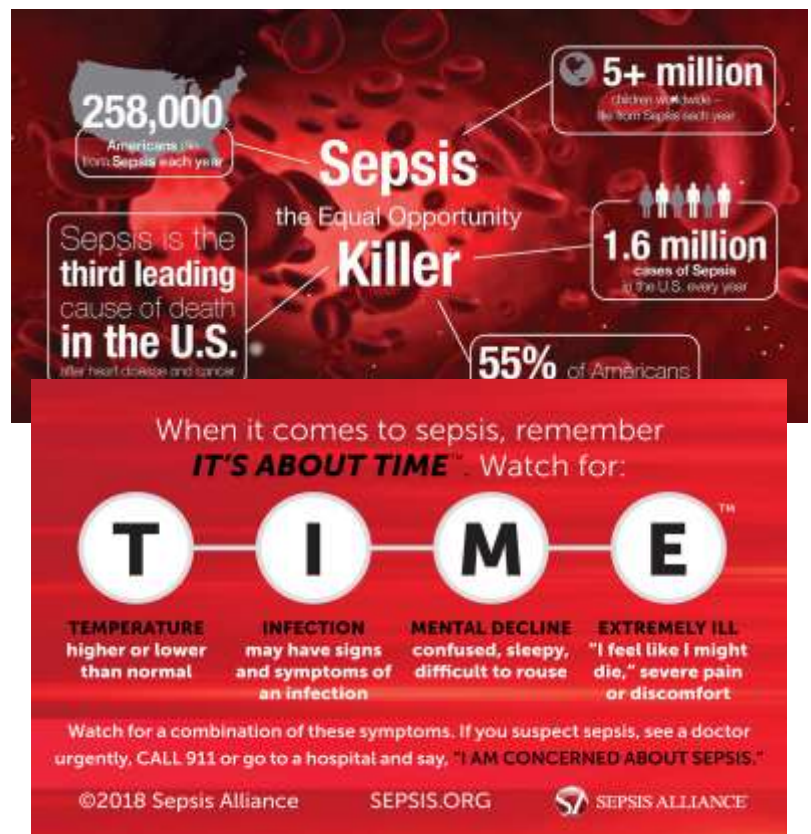
- older people
- people with chronic health problems
- people on medication and treatments which affect the way the immune system works.
- people with materials that are not a normal part of the body such as medical tubes and catheters.
- people who have had an organ transplant and are taking medication to prevent the body rejecting the organ.

How to prevent infection and sepsis:

- Good hygiene
- Good sanitation
- Vaccination or Immunisation
- Breastfeeding
- Exposure to infection

General Symptoms:

- Severe uncontrollable shivering
- Fatigue
- Loss of appetite
- Muscle/joint pain
- Vomiting
- Diarrhoea



What to do

If you have an infection which is getting worse and you think any of the signs of sepsis are present, you should:

1. Get urgent medical help from your GP, out of hours service or local Emergency Department.
2. Tell them the part of the body that is abnormal.
3. Ask 'could this be sepsis'?

Afterwards CBC students, Rory Burke, Eoghan Doyle, Sean Forbes, Daniel Murray, Cillian O'Brien and sean O Donoghue agreed to be part of a National Campaign to raise awareness of this disease. They began this campaign by opening an information stand in Mahon Point on Thursday 7th November 2019. The organisers were extremely impressed with the lads exemplary presentation and engagement on the day.



Sepsis Talk in college gym

Field of dreams:humour and heroics at the annual Ploughing Championships 2019

by Joseph Gaffney and Dylan Haugh

On the 19th of September 2019, Ms. Hennessy's 4th year Agricultural Science class headed up to Carlow to the annual Ploughing Championship. It was a cold Thursday morning at 5a.m when we met up on Wellington Road. It was a long journey taking 3 hours.

When we finally arrived, the skyline was breathtaking. I had never seen anything like it. At first I was taken aback by all the stalls and things to do. There was something for everybody there from young to old. There was a good range of sports gear for very reasonable prices and lots of food stands. I saw all sorts of agricultural animals and produce.

We saw loads of animals that we studied in class, like the landrace pig, which can be identified by its erect ears and medium length body and the holstein cow which can be identified by its udders . it was a captivating experience overall. After 3 hours of visiting the stalls and taking in the sights it was time to head home.

The experience was, overall, an amazing one, and not to be forgotten for a long time.. Once back on the bus we talked about all our experiences and it sounded like everyone had a great day at the ploughing 2019.

TY Punchestown Show packs a punch

By Jack Dunphy

On September 24th, 40 transition year students from Christian Brothers College attended the TY careers show in Punchestown. After an early start, we left at dawn, the students were very keen to see what was on offer at the long awaited show. Transition year students from several schools all across the country attended the show. On arrival, students were given wristbands to gain access to all areas of the show. There were three different stages in the complex where speeches were given by representatives from various different enterprises and universities throughout the day. Personally, my favourite speech during the show was given by a representative from Griffith College talking about the future of artificial intelligence in our society. We were informed about how artificial intelligence will take over many job positions in the future. For example, he said in the next 20 years robots will have taken the position of accountants. Basically, he was trying to guide us down safe job paths to safeguard our future careers. I found the talk to be very helpful and interesting and it was a worthwhile listen.

Also present at the show were in excess of fifty stalls owned by different charitable organisations and businesses. Many transition year courses and activities were being advertised at the stalls such as Gaisce ,which after being given a compelling introduction to by the Gaisce representative, I signed up for myself. Many students including myself found the driving simulator thoroughly enjoyable but also eye-opening. It gave a simulation of what

it was like when a car flipped and it highlighted the importance of having a seatbelt on. The RSA had many virtual reality sets that simulated many different instances such as drink driving, driving while using a mobile device and driving while fatigued. It outlined the danger of driving while not being fully focused or not being in a normal state. I found it very beneficial to see these first hand before I begin my own driving experience.

Overall I would say the trip to the transition year show in Punchestown was a worthwhile trip and opened up many Transition Year students' eyes to many different career paths and was truly inspiring. It also enhanced their knowledge of the future of the Irish job pool and should aid them in their future endeavours.

Some Food for Thought by Seán Dunlea

For this workshop, a past student of CBC , James Bradfield , came in to talk to all fourth year students about nutrition. James is currently undertaking a Masters in Nutrition at Chester University. He was very engaging with the audience which made it an enjoyable and interesting talk.

I found this workshop to be beneficial like many of the other students. He discussed a lot with our Transition Year group including the basics of nutrition, like the food pyramid, to nutrition in media.

He taught us what our diets should include to be healthy. He also touched on the importance of staying hydrated and the consequences of not doing so. We learned about the unreliability of using things such as BMI (Body Mass Index) as an indication of how healthy somebody is while they are growing.

He taught us about nutrition in media and how deceiving it can be. Many advertisers use “protein” in their products as a way of getting young people to buy their products even though it will not have any effect on the consumer.

Lastly, he reminded us that knowledge about nutrition is constantly changing and to take the information we learned today and try to apply it into our everyday life.

In general, our Transition Year group felt it was a beneficial workshop that will stand to us in the future.

THE FUTURE OF CBC RUGBY IS BRIGHT

BY Sean Crowe, John Cussen and Andrew Egar

We all have been playing rugby since we were young and still play today. So when Mr Lynch offered us the opportunity to coach the CBC Prep school at the beginning of the year we could not decline. This was something we all wanted to do. This was a completely new experience and a new challenge for us.

The training sessions begin at eleven and finish at ten past twelve every Friday for CBC preparatory school from early September. We filled out the Garda vetting form before we began to coach. We attended a course held by Munster Rugby to aid the development of our coaching knowledge and skills. We learned many tips and tricks from the mentors that have been volunteering to participate in the development of young coaches for many years. Our confidence and knowledge has grown at an exponential rate. This helped our ability to control and contain the children that participated in the sessions. We gradually became more experienced after participating in multiple training sessions. This will hopefully help us in the long term with different types of skills that are crucial to succeed in life as a leader or in different aspects of life.

The Halloween midterm camp was for three days from Tuesday to Thursday. There were about a hundred Preparatory School pupils in attendance, which was great to see. At the beginning of the day and during breaks, Mr. Lynch would divide us into what classes we had or the next period. It was challenging at the beginning but we all improved. During the camp we worked on improving the children's skills like passing, tackling, kicking and for the older

classes, rucking. As the week went on, we could all see their skills improve and they began to play as a team and not as individuals.

We all look forward to coaching for the rest of the year on Fridays,, holiday camps, and hopefully we will get selected for the end of year Preparatory School tour to Bath.

CBC Ball Run Makes A Rolling Start

By Jack Fitzpatrick

On October 15th, there was a Ball run held in CBC Preparatory School, in aid of breast cancer research. Students played to sponsor a ball, and all these balls were released down the hill. The excitement was palpable as the balls raced down the hill, with prizes on offer for the first six balls to reach the bottom.. A raffle for spot prizes was held at the event. I find it very good that the school is helping fund important causes that improve many people's lives.



We had to bring up the balls, and keep them in the net for around 30 minutes. It was quite difficult keeping any balls from rolling out prematurely, but we made sure no balls got a head

start. When Mr.Lynch gave us the go ahead, we released the balls, sending them barrelling down Sidney Hill.

Altogether, we raised €1700, which I think is quite impressive. It was amazing to see how excited everyone was, and all the Preparatory School students, as well as us, got to dress in pink.

The prizes for the top 6 were a €100 voucher, a €50 voucher, and 4 €25 vouchers. These were given to Juliet McKenna, Luke O'Connell, Eddie Nathan, Andrew Quinlan, Henry Sheehan, and Asmus Jakoben.

The spot prizes were given to: Ronan Sisk, Max Clarke, Adam Murphy Fitzgibbon, Kai McCarthy, Luke Nyhan, Henry Quinn, Jack Crowley, Finn Murphy, Oscar O'Riordan, Ray McGauley, Daniel Curtin, Andrew Post, James Martin, Seán Fleming, and Tom Nixon.



TY Ball Run Committee

Training our Brilliant Brains

by Samuel Doyle and Eoghan Doyle

Brain Training Workshop workshop lasted a total of 1 hour and 20 minutes.

During this workshop, we focused on games which allowed us to learn about slow and fast brain processes in decision making and how they can influence the outcome of our decisions. We also learned about how setting and sounds can have an effect on our decisions both consciously and subconsciously. The workshop was fun, interesting, made you think outside the box and was very hands on. Made us slow down and use our long process decision making when being asked various Maths/English questions.

We played a game where two people went to the front of the room and were asked to pump up a balloon while listening to music, blindfolded and had to pump it up to the max. We also played a game about trickery where a five euro note and two people had to convince the other person to steal or share, if they both share they split the money, if they both stole no one got it and if they choose one of each, the person that chose stole got the money.

We also had a game about statistics to do with coin flips. The conductors of the workshop tried to guess if we got heads or tails each time we flipped the coins, until one person was left standing. We tried an experiment to see how estimates can affect your 'random' guesses. This was shown to us using a jar full of an unknown number of sweets, we were given low and high estimates. This severely skewed the guess results, which was interesting. This was a great workshop and one of the most interesting activities we have done to date.

Table Tennis Takeover in CBC by Donagh Griffin

In the past couple of years, CBC has begun competing in various competitions in table tennis. During the year our school competes in the Munster Schools Table Tennis competition, a prestigious event featuring over 20 schools. It occurs twice a year and the school brings four teams including a Transition Year team to the event. Around the end of November and March, we travel to Sáile Community Centre in Kinsale to compete in the competition.

The day is one to look forward to. Competing students got a bus to Kinsale from the city accompanied by Mr Tim Mawe. Students selected are proud to represent the school while also having an enjoyable day playing table tennis.

We played against schools such as Coláiste Choilm, Kinsale Community School and much more in a round robin competition across 10 divisions. Our very own Transition Year team are now regulars in the top division and competing for the title every year.

Table Tennis is becoming very prominent nowadays and I would highly recommend students get involved in the sport. It's very enjoyable to play in my opinion, the gear that is available for it is also very nice and you get to represent your school. Who could say no?



Naval Work Experience by Freddie Froggatt

My week started off in the National Maritime College of Ireland where I was briefed on what the whole week had in store for me. Our first module was seamanship which is all about the basics of tying different types of knots and sea survival. We were shown the sea bay which is a large pool with a depth of 5m, in this they practise abandoning ship in different weather conditions such as a storm.

On Tuesday, I was given a tour of the naval base and the history behind it, this was very interesting as it showed how long Cork has been a naval port. After a quick break we then jumped straight back into it by visiting the Naval operations command centre which was the highlight of my week. The operations centre showed us all the different ships operating in Irish waters and boats that were of interest to them. It was such a secure place we had to leave our phones in a different room because of the amount of classified information we were obtaining. We then went to the Fisheries Monitoring Centre which is very like the operations

centre but instead of watching all the boats, they only watch the fishing boats in case they may be overfishing.

On Wednesday, I was back in the Maritime College where our first activity was to watch a naval recruit class practice helming a ship in the bridge simulator. This gave me a real sense of what goes on in the bridge of a working naval ship and how the boat is operated. We then got an engineering brief from a naval lecturer in the college who explained the significance of engineers in the navy and what their jobs entails on a day to day basis. We also got a tour of the engine room simulator which students use to practice their knowledge on the engines. After lunch we got a tour of firefighting and damage control facilities in the college. We were shown what apparatus the navy uses in case of a fire at sea. We then moved outside to the firefighting yard which is very cool as it can simulate fires they might come across at sea. The interior is based on the inside of a ship and students must make their way through close quarters, putting out fires in a certain amount of time. I then got a taste of the fitness in the navy so I was put through my paces by taking part in some of the drills that they use to keep fit and at the end we had a mock fitness test that is required to get into the navy.

On Thursday, I got a tour of two ships the L.E James Joyce and L.E Orla. On the James Joyce, I was shown the bridge and the 76mm Melara gun mounted on at the ship's bow. We then moved on to our second ship, the L.E Orla where we met the captain of the ship. He shared some of his experiences in the navy like major drug busts, his time in the Mediterranean Sea rescuing migrants and also his time in the merchant navy. I personally enjoyed this time as it gave me an insight into both the merchant navy and the navy. He also gave us a tour of the bridge and the living quarters aboard which were very tight, for a 6ft 3 person like myself, anyway. We then got a tour of the rib workshop where they fix all of the ribs the navy use on their boats for boarding other vessels. After lunch, I then got a tour of the training school where cadets and other naval recruits train and learn about how to shoot guns and how they work. The final activity of the day was a meeting with the navel press officer who is in charge of dealing with civilian press. He also organised for us to watch the documentary "the crossing" which was a documentary on the Irish navy's involvement in rescuing migrants trying to cross the Mediterranean sea.

On our last day, we went to visit the weapons workshop where they fix all the navy's weapons. They showed us the different types of weaponry that the Irish Defence Forces use, right from their assault rifle the Steyr AUG right up to the 76mm guns. This was very

enjoyable as, for most of us on the programme, it was our first time getting up close and personal with operational guns. After this great experience, we visited the naval diving section where they showed us the different apparatus they use for diving.

Overall, I would highly recommend this TY programme to anyone who is interested in joining the navy or just wants to know more about the navy. Personally this will be a major highlight of my year as I enjoyed it so much.



Freddie enjoying his experience at NMCI

TY Work Experience in the Army by Brady Cashman

The Defence Forces conducts work experience for Transition Year students normally twice a year; once in spring and once in autumn. Due to operational and training commitments, transition year work experience is only conducted during these periods. Transition year work

experience is coordinated through Manpower Offices at Brigade Headquarters for the Army, and through Manpower Offices at The Air Corps and Naval Service Headquarters.

Due to the high number of transition year applications, it is important that applicants follow the application procedure and submit the required documentation on time. The following are the steps in the application process:

1. Interested students should inform their TY co-ordinator / work experience coordinator that they wish to apply for a placement with the Defence Forces.
2. The TY coordinator / work experience coordinator should email the nearest Defence Forces Manpower Office stating that they have students interested in the Defence Forces transition year work experience programme.
3. The Manpower Office will send details of the programme to the TY co-ordinator including: application forms, and instructions that the school and student must complete and return to the Manpower Office.
4. The local Manpower Office will inform applicants if they have been successful or not.

Work Experience 18th-22nd Nov - by Sam Doyle

I was very fortunate to be selected for the PM Group TY Programme, which was organised for specific dates, from Monday the 18th to Friday the 22nd of November. PM Group is an engineering company with an office in Blackrock which I went to for the week. PMG are a

large engineering company which designs and constructs major engineering projects such as pharmaceutical plants.

On Monday we were introduced to the office and given a brief tour of the building, we then met our Points of contact from each department and learned about what we would be doing. I was assigned to the electrical department

On Tuesday we got an architectural tour of the building and were briefed on the project we undertook. The project we were assigned was a brief to provide a proposal for the full architectural and engineering design of a new pharmaceutical facility to produce a new drug.

On Wednesday we learned how to present to a client and did some more work on our projects. We finalised and practised our projects on Thursday and on Friday we presented the project, discussed it and finished for the week.

My input into the project was to design the lighting and electrical requirements of the new building. I also prepared and presented the overall costing for the project.

I thoroughly enjoyed the week and gained great experience in how an engineering company operates. I also realised the value of teamwork in delivering a complex solution.

I would recommend this to any TYs in the future.

The search for the Lost Dutchman's Gold Mine

We provided a very engaging and worthwhile workshop for all Transition Year students on the 18th, 19th and 20th November 2019. The feedback to this activity this year was as positive as ever. Below is an outline of the programme itself.

This workshop is a quest designed to develop an understanding of the key components of project management and personal performance.

Background

Wouldn't it be great if students truly understood the key components of effective project management? When we say "project" we are referring to any situation where there is an objective to be achieved and teams / individuals have limited time and resources with which to work. This would include exams, the Leaving Certificate, transition year projects and sporting endeavours.

Truly grasping the best mindset to take to these situations would be wonderful from a young age. The Search for the Lost Dutchman's Gold Mine delivers just that!

The Learner Experience

Students are presented with the challenge of planning and launching an expedition to the Lost Dutchman's Gold Mine in the Superstition Mountain range in Arizona. They have limited time and limited resources. How will they approach the challenge? What route will they take to and from the mine? Will they assess all of the available information and advice? Will they set an objective for the project or just get going? Will they make the best use of the resources, information and advice at their disposal?

Typically, students return from the Superstition Mountain Range with less Gold than possible. Afterwards in our powerful debrief they realise how a different approach to the challenge would have yielded far higher results. They will see that they didn't need any more resources, time or 'luck' to do this. The principles of successful project management that

emerge are seen to be just as relevant to real projects or situations where the results are really important to us.

Key Lessons

- Being able to differentiate between unfocused activity and productive actions and the difference these make to our results
- Identifying a mindset to take to real situations, where the result is something we truly care about
- Understanding the key reasons why important projects often stress us and how we can reduce this stress using effective time management and sustained planned effort
- Seeing the benefits of clear objective setting and building complete plans on how to deliver these objectives from the start of projects

S Hogan

CBC Basketball Looking Forward To Another Successful Year

By Emmet Downes

Due to a high demand for basketball in CBC this year, coach Paul Kelleher has had to make two teams filled with talent.

The A team is packed with superstars like role model Daithi Nolan who brings an All-Star attitude to the court. He is known as the sixth man of the team. In the NBA, this is usually a player who comes off the bench and gives the team a real boost. Unfortunately the u19 got knocked out of the All-Irelands despite a great performance from David Varma who scored 28 points.

The u16 A team had a great win against Colaiste Choilm, winning the quarter finals and preparing now for the semi-finals of the Cork Cup.

The B team has unfortunately had a string of unlucky results losing against Crosshaven with a score of 52-15 and also losing to Colaiste na Phairsaigh 48-17. However the score line does not reflect the performance of the team. In both games the team performed with passion and hard work.

Both teams have matches coming up in the next few weeks and with hard work there's no reason why they can't win it all.

2019 MISNEACH TEAM by Alex Curtin

The core foundation of school is set upon the reliance of a select thirteen. The Misneach team operates and organises behind the scenes of major school events. The team was moulded through the clever examination of character by Mr. T.Hussey. The team consists of thirteen members which include, Alex Curtin, Charlie Cullinane, Kyle Furney Kelly, Cian Barry, Joe Kennedy, Aaron O'Brien, Luke Andrews, Luke Murphy, Eoin O'Neill, Louis Healy, Max Healy, Eoghan Rodahan & Freddie Froggatt.

The Misneach team continues to strive to deliver events throughout the year. So far the team has been involved in the successful Lord Mayor's visit to the college. The visitation of Tánaiste Simon Coveney, the annual CBC Open Night and also the visit of MEP's Sean Kelly, Billy Kelleher and Deirdre Clune. Leading up to Christmas the team will be building a crib in the atrium that will be revealed on the night of the Christmas Carol event in early December.

The Misneach team was chosen, through interviews held by Mr. O Mahony (Deputy Principal), Mr. Hogan (TY Coordinator) and Mr. T Hussey (Misneach Liaison Teacher), with the idea that the members would have their own unique personality that would bring something positive to the table. With each event the team learns more about themselves and their colleagues, through hard work and motivation.



Misneach Team with Mr. Casey on the Illen in Cork Port

TY-PREP SCHOOL COMPUTER PROGRAMME CONTINUES by Evan Keohane

TY students are given the opportunity to form strong links with the Preparatory School through various activities organised by Mr. Lynch.

On Thursdays, a group of TY students go to the Prep school during their regular TY Options classes from 11:00am to 12:20pm. There they help the boys with computers. The boys use laptops and learn how to use '*Scratch*'. They place either pre-made sprites, or ones they draw themselves, on a background and use basic coding to make these sprites move according to specific commands. They learn how to make sprites move and when they want them to do , and add voice recordings to their projects. The TY students supervise the boys as they work and help them understand what to do.

The programme teaches the students the basic fundamentals of programming through Scratch's simple interface. This serves as a valuable introduction as coding is now a short course in Junior Cycle and a valuable skill in our modern world. While not using actual code, Scratch introduces students to ideas that come up time and time again in the most widely used programming languages, such as Python, Java and C. It also serves as a teaching experience for the TY students and helps them learn what it is like to teach a large group of students.

Munster Junior Cup Soccer Success

By Conor Hanley, Jacob Duggan O'Riordan and Eoin De Burca

The start of what will hopefully be a very long season began with trials a few weeks ago in the middle of September.. The coaches, Mr Hogan, Colm and Rory led our team to an outstanding first game victory in the Leaside Derby vs PBC. CBC came out victorious by three goals to one, where the preparation and training techniques instilled prevailed. . Mr Hogan, as a manager, has sometimes been compared to Rafael Benitez in how he can set up a defence and deploy a 4-3-3 formation. CBC had senior players such as Jacob Duggan O Riordan in the squad who has been playing for the school since first year. He favours playing on the left and cutting in on his stronger right foot like Stewart Downing. CBC impressed in the way they built out from the back with a familiar face between the sticks. They used the technical ability of John Cussen to spring attacks from the back. He bases his game off the Manchester City goalkeeper Ederson Morales. Eyebrows were raised when academy debutant Stephen Ahern was given the nod. Although a few shots went astray, he still impressed in the centre of the park whilst driving forward with the ball. Conor Hanley controlled the game in midfield by making sixty four successful passes but was criticised by some for sixty one of them going sideways. His style is said to resemble Jordan Henderson in his early days at Liverpool.



The victory in the pre-season Leaside derby and additional training and preparation led us to victory in the first round of the prestigious Munster Junior Cup, a competition which had over 70 schools competing this year. The match versus Glanmire Community College was played in Mayfield United with both sides boasting very talented players. CBC lined out with a strong side, although missing a few noticeable faces. Former Cork player Morgan Cain was absent along with starting striker David Cremin. Their replacements did not disappoint with Conor Hughes getting on the score sheet whilst being assisted by Cillian Egan, his performances to date could leave the gaffer with a hard task trying to shoehorn all of his talents into the starting eleven. CBC's Cork u18 player Conor Hanley opened the scoring with a half volley from a corner. Hughes then tapped in his goal to make it 2-0 to the boys in red. CBC saw the game out well as it concluded with the defence holding out and John Cussen making a few important stops to keep GCC at bay. The team will now look forward to their second round clash with Davis College of Mallow being the next hurdle on the road to Munster glory. CBC are favourites heading into the game but they'll try not let this into their heads.

This second round game vs Davis College Mallow went ahead on Friday 22nd November 2019 in Mayfield United. We started well and a great save from their keeper prevented Conor Hughes from putting us ahead within thirty seconds. A great Rory Brennan delivery from the resultant corner was met by Conor Hanley, whose bullet header put us one nil ahead. Wave after wave of attack ensued and their keeper was doing well to keep the score at 1-0. Victor Ugwah, after great work by David Cremin, save the keeper make another great save. We increased our lead from that resultant corner. Rory Brennan again with the great delivery and Rory Barron with the perfect header. Half time we were 2-0 ahead. The second half was more of the same. Cillian Egan doing very well on the right wing, linking up well with Alex Lynch and Conor Hanley. A good cross by Cillian was dispatched by David Cremin, to effectively make the game safe. Jacob Duggan O Riordan, Jack Hayes and Owen Shanahan keeping the pressure on. A break from Leonardo Mottareale led to a good connection from Rory Brennan to make it 4-0. Davis College got a late consolation to make it 4-1 in the end.



Starting 11 vs Davis College 22nd November 2019

Round 3 will be a much more difficult task, away to Douglas Community School. Date and venue to be confirmed.

UCC Honours Harry Twomey

Congratulations to Harry Twomey, 4th Year, who has been selected to join the UCC Emerging Talent Program. This is a huge honour for Harry to have his sporting potential as a top class sailor recognised by UCC. Harry was selected following an interview and review process of his sailing results over the summer months. He was placed 9th in the World in the **29er** class at the World Championships in the Czech Republic in July.



Chinese Class

The Chinese Language and Culture programme for CBC Transition Year students was introduced in 2013 as a year long programme.

The programme appeals to different learners with a cultural element that includes hands on activities such as Chinese calligraphy, Chinese cooking and paper cutting amongst many more. These activities have proved engaging and fun for students.

Feedback on the programme to date shows that the students enjoy the cultural aspect of the programme and also find the language element fun and engaging.

A communicative approach is adopted when it comes to the language and students practice the language through role plays and pair work.

Through an interview process, all students who put themselves forward performed admirably, four students have been selected to represent the college in Shanghai University from the 3rd -17th April 2020. Kyle Furney Kelly, Louis Healy, Callum Holohan and Darragh Walsh will be accompanied by Mr. Clarke on the trip next year. We wish all five the very best of luck and are confident the selected students will represent the college in the right manner whilst enjoying this once in a lifetime experience.

