



Principal's Message



During this season of giving, let us take time to slow down and enjoy the simple things. We have all been so busy in school these past few weeks but at last we can enjoy that well deserved rest. A break from clocks, bells and rising on dark early mornings for school.

May this wonderful time of the year touch your heart in a very special way. Wishing all students' staff and your families' warm greetings this Christmas and a joyful New Year.

Kind regards, **Marion Cummins, Principal.**



Noreen McManus Scholarship Awards were presented on the 10th of October 2016 to four graduates Rachael Constable, Bene Moubwana, Chantelle Hartigan and Sarah Nash.

Noreen McManus unveiled a plaque, planted a tree in our garden called Snowy Mespilis. Noreen also unveiled a memorial tree with the girls names inscribed.

Noreen, her daughter Sue Anne and invited guests were treated to a High Tea in the School Library. The room was transformed into a five star venue for top class service with delightful pianist Therese Gaughan who played for more than an hour to everyone's amazement.

The high light of the evening was when Noreen was presented with a hand crafted cake depicting herself and the story of the day. She was delighted beyond belief with her presentation.

The cake was created by Ms. E. Madigan who whom she shared a few jokes.

Ms. Marion Cummins thanks Mrs. McManus for her overwhelming

contribution to the school. Mrs Lelia Fitzgerald, Chairperson of the Board of Management said it was historic day at Coláiste Nano Nagle and also thanked Noreen McManus for her enormous generosity to the students.



Oratory this Christmas

The origin of our oratory crib was a gift from Presentation Sisters which came from the Bethlehem. The figures are made of cedar wood. All figures were blessed in Bethlehem.

Cookery for Fun

Cookery for fun - Class O'Malley

On Thursday 1st December, parents of Class O'Malley were invited to take part in Cookery for Fun with their daughters.

Ms. Fitzsimons led the class to make Christmas cupcakes which were enjoyed with tea at the end of the lesson.

Well done Ms. Meta Fitzsimons.



Cookery for Fun

Cookery for Fun - Class McCourt

On Friday 2nd December, parents of Class McCourt were invited to take part in Cookery for Fun with their daughters.

Ms. Fogarty led the class to make Christmas cupcakes which were enjoyed with tea at the end of the lesson.

Tipperary born Ms. B Fogarty giving expert advice. Well done everyone.



“Let’s do Coffee” Roxboro Road



5LCA after a tour of “let’s do coffee” in Roxboro



6LCA bake sale for Milford Hospice



Parent's Corner



Parents Classes Sexton St Schools

Day & Time	Class	Starting	Venue
Tuesday (10.30 - 12.30)	Parent Support Programme Helping parents deal with teenagers with anxiety issues	27 th September	CBS Secondary (HSCL Room)
Tuesday (9.30 - 11.30am)	Upstyling	24 th January	CBS Primary (Edmund Rice Room)
Tuesday (9.30 - 11.30am)	Time For Me	17 th January	Coláiste Nano Nagle (Parents Room)
Wednesay (9.00 - 11.00am)	Cookery	18 th January	Coláiste Nano Nagle (Cookery Room)
Wednesday (11.30am - 1.00pm)	Gaeilge Conversational Irish	25 th January	CBS Primary (Edmund Rice Room)
Friday (10.00 - 12.00)	Sewing and Crafts	20 th January	Coláiste Nano Nagle (Parents Room)
Friday (10.15 - 11.45am)	Pilates	20 th January	CBS Primary (Edmund Rice Room)

Contact the HSCL Co-ordinator for more information:
Triona Murray 0851573302

Transfer Programme for First Year Parents

Parents of First Years are invited to the Transfer Programme on 'Adjusting to Post-Primary School' in our school library on Thursday the 12th of January from 9.30am to 11.30am. This programme will be delivered by parents Lesley Cunningham and Caroline Carmody along with Triona Murray (HSCL). We will cover the following areas during the programme:

1. Your responsibility as a parent in relation to your child's education
2. Getting the most from parent/teacher meetings
3. Understanding the school exam system

Refreshments will be served on the morning. We are encouraging as many parents as possible to attend the induction, especially as the parent/teacher meeting is the following Thursday. I'm looking forward to seeing you there.

Thank you to Ms. Triona Murray for your outstanding work as home school liaison officer.

Let's Learn about Drugs and Alcohol Together

Let's Learn about Drugs and Alcohol Together is a workshop that took place in December for second year students and their parents. This year it was done in conjunction with parents and students from CBS. The workshop helped build the parents' knowledge of alcohol and drugs and gave them the confidence to talk to their children about them. Parents that attended were very happy they did and enjoyed having the opportunity to discuss it with their parents. This programme will be run again with next year's second year group.



Sport 2016-2017



Basketball Season off to a great start with Senior and Cadet basketball teams. Thanks to their coach Ms. Begley for all her hard work.



Amy Joyce of class o Brien(1st yr) wins first place in the recent event in The Clarina Equestrian Centre



First Year Basketball Team

Camogie 2017

Mr. Shane Golden is pleased to announce the beginning of Ladies Camogie at Coláiste Nano Nagle in Spring 2017. Training sessions will begin in the New Year. We wish to acknowledge these efforts Mr. S Golden and wish you well in competition.

***Christmas Jumper Day
December 16th***

The brainchild of current head of PE Mr Cathal O'Sullivan. This is a now a whole school initiative with all monies going to charity.



Transition Year - Gaisce - Debating



Gaisce

There are currently 21 transition and fifth year students completing their Gaisce award. In order to achieve their award the students have to learn a new skill, take part in a physical activity and volunteer in the community. Each of these activities must be completed over 13 weeks (or 26 weeks for a silver award which Lauren Doyle is currently aiming for) and then one is to be extended by a further 13 weeks. The entire group and their teachers, Ms O' Reilly and Ms Begley, will then go on an overnight adventure trip at the end of the year. Each of these girls are showing great commitment and are doing themselves and their school very proud. Well done girls. Ms O Reilly and Ms Begley.



Concern Debating Team with Mrs Mary Ryan, Deputy Principal and with Ms G. Galligan & Ms C. Shanahan

Debating Success

Our senior debating team is currently taking part in the Concern Debates competition and has already experienced success. So far we have achieved ten out of twelve possible points, **beating Presentation Listowel, Glenstal Abbey and Castletroy College.** The junior debating team has been busy learning how to debate and will engage in friendly debates against local schools in the New Year. The commitment shown by members of both teams has been outstanding. We would encourage all students who may be interested in debating to attend debating practice at lunch time in the library. A huge thanks to all of the teachers involved, especially Ms. Shanahan and Ms. Galligan.

Science Department

Lots going on in the Science Department:



Ms O Reilly's third years showing convection currents. Apparently this is the "current" trend on twitter. Superb standards of the science team Ms. C. O'Reilly, Ms. E. Madigan & Ms. A O'Donovan, Head of Department.



Third years carrying out a neutralisation reaction, telling Ms O' Reilly not to be so "reactive"!



Class O'Malley practicing for the mannequin challenge, which can be seen on the schools twitter page @colnanonagle.



Class McCourt carrying out food tests, "very sweet" class.

Ms. Christine O'Callaghan, Lab. Technician supports all experiments, her expertise is greatly acknowledged.

Art for Fun

Art for Fun with Parents of Class O'Brien

Parents of Class O'Brien joined Ms. Nestor and Ms. Murray in the art room on Thursday 15th December with the help of Ms. Livia Healy and Ms. E. McMahon to help their daughters make Christmas decorations for their Christmas trees at home. There was a lot of fun, glitter and chocolate at the event and great air of competitiveness and Christmas cheer. **Well done to everyone.**



JCSP Program & Green School's News

JCSP Mini Saga Competition

Students studying in the JCSP program entered the JCSP mini-saga writing competition. This competition challenged the students to write a story with no more than 50 words. Below is a selection of their stories. Well done Girls

MINI SAGA

by *Linda Margaret Dundon, 2nd Year*

One day this girl and a boy met. Love at first sight. The wedding day approached. Flowers, photographer and music. It was going to be their dream day. A wedding to remember.

The priest said, "Speak now or forever hold your peace." And that's when the other woman spoke.



MINI SAGA

By *Leah Ryan, Class : 3rd Year*

I couldn't believe it. Number after number came out. I just won the lotto. I went into town and got a load of clothes and gifts.

In the lotto office, I handed in my ticket. The blood drained from my face. It's upside down, not a six but a nine.



MINI SAGA Written by

Holly Fahy, 1st year

My friends and I went to the shopping Centre. Mirror by mirror we saw him walk behind us. Every shop he was there! We were wondering why he was following us.

When we got outside, we turned around and faced him.

My friend's brother was deviously practicing his detective skills!



Green School's News

We are currently on year two of our work towards our Green Flag. We surveyed the students and many students walk to school which is great news girls. Keep it up! This year, the students in the Green school's committee recorded their daily steps over a two-week period. These are the average results:



Those who travel to school by car had around 5,000 steps. Tips: go for a walk after school, it's so good for you or play a sport



Those who travel to school by car but later walk home, have on average 8,500 steps. Tip: Go for a quick walk



Those who play a sport have on average 17,000 to 28,000 thousand steps. Tip: KEEP IT UP

Its recommended by the Irish Heart foundation that in order to have a healthy heart, you need to reach 10,000 steps daily. You can record your steps on your phone by downloading any pedometer app.

We have launched our six week **10,000** step challenge. We have surveyed all classes in the school to find out what sport they would be interested in taking part. Soccer was the most popular choice which we hope to run in the school gym starting in January. We hope to see you there.

We had our annual walk to school in our Christmas jumpers and it was great to see so many of you walking to school. I would like to take this opportunity to thank my Green Schools committee for meeting each week at lunch time. Your enthusiasm and help is much appreciated.

Happy Christmas from all in the Green Schools Committee.

The Green Genius that is Miss Helen Ahern spearheads all this terrific work and gets great results.



Music Department

Music Department News

We have been very lucky that Music Generation Limerick have opened their new HQ close to us in Sexton Street. Transition year students have taken part in Song-Writing workshops for the month of December. In addition to this, a large number of our music students (and others) have enrolled in their after-school programmes. The girls take classes in guitar, ukulele, keyboard, band and more. The girls have really gained in confidence and are enjoying bringing their new skills into the music classroom. Some of our 3rd year music students will be performing a medley at the upcoming Music Generation's Christmas concert – best of luck girls!

School Choir Perform in Millenium Theatre, LIT

On Friday 16th December our school choir took part in the Reach Out Benefit Concert in LIT, organised by Music Generation. The concert was in aid of two very worthy causes, ISPCC Childline and St Gabriel's.

Our school was one of six schools represented at the concert, with the new choir from our neighbours CBS also performing on the night. The concert aimed to bring together young musicians from all over Limerick to work together. Students wore their own clothes on the night, so as



not to distinguish between schools. This was a really nice idea. Our girls had been working hard the past few weeks in preparation for the concert. The choir performed 'Fionnghuala' on the night, a traditional Irish

piece with a twist, made famous by the recent Eircom ad. Once on stage, any nerves were forgotten and the Coláiste Nano Nagle girls gave it their all and truly 'raised the roof' of the Millennium Theatre. The performance was full of energy and the audience responded very well to our fun choice of song. The rest of the concert was hugely enjoyable, with everything from Rap to Christmas carols, body-percussion to country and western soundtracks! One of the highlights of the night was the 'Rifftory' where the audience listened to riffs from famous songs from the 1950s to the present day and had to correctly guess as many as possible to win a prize. Mr. Loftus and his team-mate Danielle Lynch from LC relished the challenge and were very close to taking home the top prize! Well done to all of the choir girls for a fantastic performance!



We acknowledge the outstanding contribution of Ms. T. Gaughan who also performed as part of the Plainchant Choral Choir Service at Maynooth last week. Her performance was astounding.

Shannon Ryan class Clarke, second year won a trophy for 5th place in the freestyle dance competition at the recent Limerick dance competition. Shannon is a member of Nicole Sweeney School of Dance.



Prayer Service - Making their Mark



1. Ms C.O Brien, head of Religious Studies, Coláiste Nano Nagle addressing the congregation.
 2. Ms .E Mc Mahon(SNA), Mrs Michelle Mc Carthy Ryan,(maths), Ms C Shanahan (English & French), Ms S Fitzgerald, Art Facilitator at CCL.
 3. Ms Ann O'Reilly and Ms M Madigan attending the prayer service
 4. Ms C .O Reilly (Science) and Mr C O'Sullivan (Current Head of Physical Education)
 5. School Chaplain, Sr Colette Hourigan
- Readers at the service & Mrs Marion Cummins giving the Closing Address on the Feast of Nano Nagle.

Venerable Nano Nagle's Feastday - 21st November



Mrs Marion Cummins & Ms Sarah Nestor with students inspirational work, depicting Nano Nagle



View of the congregation



Mr Niall Loftus, Erin Bermingham(soloist), Sr.Colette, Ms Therese Gaughan, choir mistress and music teacher



Soloist Leah Lyons, first year, Class O'Brien lighting the way for us this Christmas



Prize winners in the seasonal Art competition

Credit goes to Ms. C O'Brien and Sr. Colette who co-ordinated a memorable Feastday and the spirit of Saint Nano Nagle was truly present.

Spiritual Life

SPIRITUAL LIFE

Opening of the new academic Year 28th September 2016

Our theme was "Let's leave our mark in the world". We became aware from Pope Francis Youth conference in Poland. That "Sofa Happiness can prevent us from developing all our gifts and talents we came into this world for one reason to leave our mark in the world".

CCL Blessing of New Academic Year

A blessing took place led by Sr. Colette to bless and welcome all students to Central College Limerick.

Presentation Day 21st November 2016

In all our RE Classes we had a detailed look at Nano Nagle's life and we saw we experienced how Nano's dedication had changed the world of Education in the 1700's. Each of us was challenged to see what each one of us is called to do. From Patrick Kavanaugh poem "The One" we know that everyone can make a difference. We officially closed the Year of Mercy by being called to live Joy, peace, Patience, Kindness, Goodness, Faithfulness, gentleness. The students who will be representing us in Lourdes Nicole Kelly and

Caitlin Stewart were presented to the school. In collaboration with the Art Department Ms. Nestor put forward many paintings of Nano Nagle and the winners were:

1. Danielle Jackson
2. Kerry Lynch
3. Undie Lasmane

Mrs. Cummins



Ms E Madigan Condon and school Chaplain, Sr Colette Hourigan

Christmas Celebration 20th December 2016

Christmas story brings out the best in everyone one of us. Christmas is a call to give, forgive and to love and make life better for other people This we have been doing. The RE Department over the last few weeks. We looked at the symbolism of the crib and Twelve Days of Christmas. Through music and prayers we reflected on the true meaning of Christmas.

Food Appeal

RE Department organised a food collection to be donated to the Redemporist Appeal fund where they coordinate food hampers to be given out to families in Limerick City who need a bit of extra help this Christmas. Thanks to all the students and their families for the donations.

Blessing of the Advent Wreath and Remembrance Tree

We celebrated the birth of the New Liturgical year by blessing our Advent Wreath.

The Remembrance Tree reminded us of our angels on earth and in heaven at this time of Year.

Third Year Retreat

Our Third years celebrated a day of reflection in the company of Sr. Colette, Sr. Anne and Maire Buckley. Our theme was "Decision Making" activities included meditation, artwork mindfulness and discussion. Fr. Chris celebrated Eucharist with the whole group in the afternoon.

Sixth Year Retreat

Our Sixth years celebrated a day of reflection in the company of Sr. Colette, Sr. Anne and Maire Buckley. Our theme was "Journey of Life". It was a day of quiet reflection, time to ourselves and Hot chocolate/Tea/Coffee was served in the morning by our own "Mrs. Doyle" Fr. Chris celebrated Eucharist with the whole group in the afternoon.

News from Ecuador

Sr. Colette met Maria del Carmen briefly to discuss follow up from our fundraising appeal for Ecuador South America. Two houses have been completed, one business has been started and we are still awaiting permission to start two more houses. Thanks again from all the people from Ecuador for your generous donations.

Upcoming Dates

Second Year Retreat Tuesday Feb 7th 2017

First Year Retreat Tuesday Feb 14th 2017

TY Retreat Tuesday March 22nd

Fifth Year Retreat Tuesday March 29th

Easter Liturgy where we will be missioning our two Fifth Year students who will be going on Pilgrimage to Lourdes.

Lourdes Pilgrimage June 2017

Caitlin Stewart and Nicole Kelly have been chosen to represent the school as the Limerick Diocese Youth Pilgrimage in Lourdes June 2017. Congratulations to both girls at this wonderful opportunity.

Christmas Message from head Girl and Deputy Head Girls

At the end of a busy term, we would like to wish you a merry Christmas and a happy new year. Everyone has been working really hard and we would ask that you take a break over the next week and be ready for a return to school in January. We hope that you have a happy and safe Christmas.

Sincerely

Alannah and Jessie



Ms C O'Brien with head girls - Alannah O'Neill & Jessie Neilan

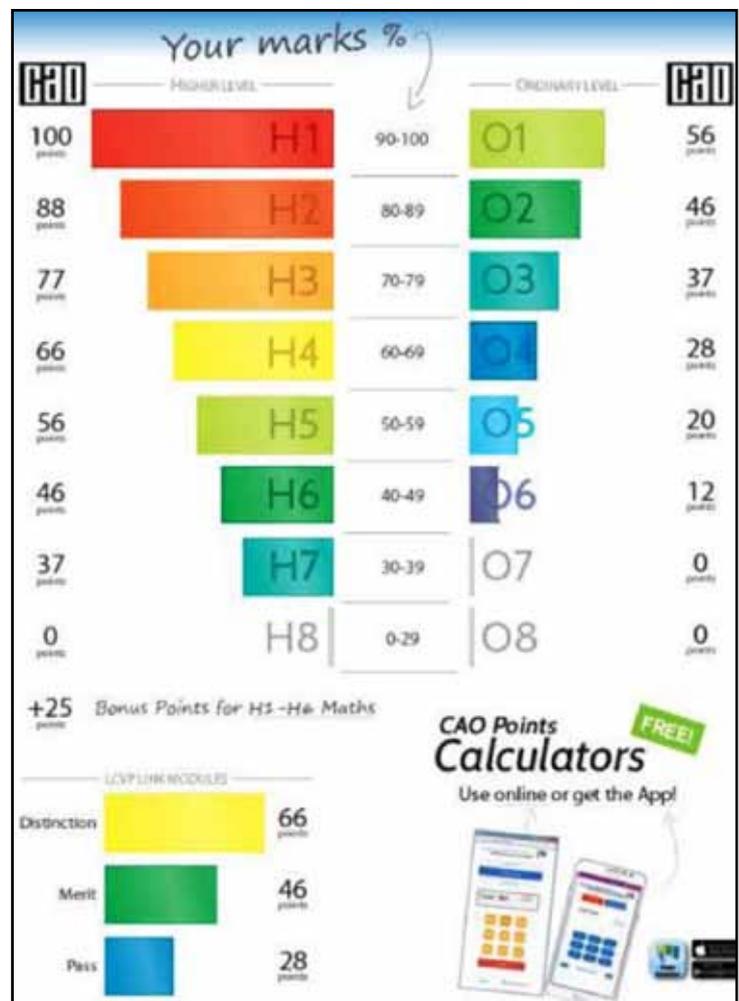
Noreen McManus Visit - 10th October 2016



NEW POINTS SYSTEM

A new points system will be in place for students sitting their Leaving Cert from June 2017. The new system will serve the same function as the old; however there have been some specific changes to the number of grade-bands and number of points corresponding to each band. The old system had 14 divisions, with the new system only having 8. The new system also assigns points for a H7 grade (30%-39%) in honours, while within the old system this would have constituted a fail. There will also be a slight reduction in points for grades received in LCVP; a distinction will lose 4, a merit will lose 4 and a pass will lose 2.

Regarding college entry requirements, each college and course will vary. However using the University of Limerick as an example; to enter, a student will need a minimum of 2 H5's and 4O6's assuming they achieve the required number of points. Certain courses will also require specific subject requirements e.g. biological & chemical sciences in UL, requires one lab science subject and a H4 grade in either maths or the presenting science subject. If students are unsure about their subject levels or CAO points, they can speak with the Guidance Counsellor.



Neonatal - TY Project



CCL Graduation, Limerick Strand Hotel



Childcare care level 5 Graduation - Strand Hotel, Limerick)Many have advanced to study Level 6 at CCL

CCL Graduation 2016 - Limerick Strand Hotel

On November 23rd, all graduates turned up in their caps and gowns to receive QQI certification at Level 5 and Level 6. Special guest and former CCL tutor in Early Childhood Care was Mr. Des Carswell who is currently Head of Early Education and Head of a number of Postgraduate Studies at Mary Immaculate College, Limerick. He congratulated all graduates and their families and wishes them continued success in their studies.

Mrs. Marion Cummins, Principal of CCL acknowledged the outstanding work of Ms. Catherine O'Sullivan, Director of Adult Education and her co-ordinating team for the continued success of the college and it's graduates.

Special Awards were presented in all disciplines along with Student of the Year 2016. The evening was a credit to the students, staff, special guest and the hotel team who made us so welcome.



To all students and teachers, Seasons Greetings from SRC

We hope you enjoyed our Christmas Show, which was to help fundraise for Nicole Kelly and Caitlyn Stewart's trip next year.

We hope to see you all again in the New Year, we have a couple of projects up our sleeves which we would like to share.

We would like to wish you a safe and Happy Christmas.

From the SRC Girls.

Thanks to Leila Fitzgerald outgoing chair of the Board of Management for her outstanding contribution over many years.

Childcare Module

The module - childcare students in the Central College of further education

Over the last number of weeks childcare students from levels 5 and 6 participated in an arts and crafts module. We covered paper crafts and pottery. These crafts are within the educational curriculum for primary school and are highly beneficial for pre-schoolers and toddlers. The module was thoroughly enjoyed by all.

Sylvia Fitzgerald,
Art facilitator



European Schools Ambassadors Programme - Maths Week



Well done to all those who were involved in Maths Week 2016.

A big thank you to our TY students who worked very hard to create various activities for the event.



Our TY students have been very fortunate to have a visit from two MEP's . Sean Kelly and Deirdre Clune This is part of our European schools ambassadors programme .

Well done to Mrs. M. Kavanagh for your inspirational work as teacher and leader in European Studies



Transition Year 2016-2017



Photographic Exhibition Tuesday
20th December



Mr. Cathal McEnery TY co-ordinator shares the success of the 2016/2017 TY programme to date. Students have been very busy each week and are enjoying many activities having completed successful work experience in recent weeks. Congratulations to all concerned.

Mr. Robert Considine is very welcome to our staff. He is currently Childcare Co-Ordinator for QQI Level 5.

Beannachtaí Féile na Nollag do gach éinne.

