

PRINCIPAL'S MESSAGE

As a school community it is important to record and capture the memories, events, and achievements of the year. As the academic year 2022/2023 draws to a close, Ardscoil Mhuire has much to look back on and celebrate.

Life in school is busy with exciting and fun-filled curricular, co-curricular, and extra-curricular activities. Students in our school are involved in sport, musicals, choirs, public speaking, debating, drama, books club, business enterprises, science projects, talent shows/ceolchoirms, Walk and Talk, as well as essay and art competitions. Our student body is also involved in a wide variety of committees, including the Mental Health, Green Schools, Internet Safety, and Active Flag. These committees make a significant contribution to our school community and culture. All of these activities have greatly added to our wonderful school spirit and assisted in the creation of a positive and warm learning environment.

Thank you to our staff, Parents' Council, Students' Representative Council, and Board of Management for all their support throughout the year.

Thank you to Mr Madigan for all his hard work in producing this year's newsletter. I would like to acknowledge all those who submitted articles and stories for this publication.



BRIDGE TO EMPLOYMENT 2019- 2022

In 2019 Ardscoil Mhuire was delighted to be selected as one of two schools to be involved in the Bridge to Employment programme. Bridge to Employment (BTE) was a three year mentoring programme aimed at supporting

our students to achieve academic success and prepare for higher education, training, and employment. BTE presented 25 of our students with unique and invaluable real world experiences, allowed them to explore potential careers, prepare for college/work, and discover how learning was relevant to their future. The focus of the BTE programme was perfectly aligned with Ardscoil Mhuire's Mission Statement and we believe that our students' experience over the three years of the programme will be of great benefit to them into the future.



The Bridge to Employment programme also afforded our participating students the opportunity to apply for very sizable and generous further education scholarships to the total value of €27,500. These bursaries were awarded to the successful students in October 2021 at a ceremony attended by Teresa Leahy from Junior Achievement Ireland, Carley Nevin from Johnson and Johnson Vision care, the Principal, participating students, and very proud parents.

ACADEMICS

Academic success requires constant attention and hard work. In Ardscoil Mhuire we have a number of support systems in place to assist students to reach their academic potential. These systems are continuously reviewed and enhanced by the school's Academic Council. In addition to providing the highest standard of teaching and learning in the classroom, various structures are put in place in the school which focus on monitoring each student's academic progress so that they can be constantly encouraged and motivated to work to reach their potential. These include communicating each student's progress with parents/guardians through reports being issued several times a year, Parent-Teacher Meetings, Academic Interviews, Academic Progress Cards, Academic Tracking, After school and night study, and Study Skills presentations - to mention just a few. Additionally, one of the much anticipated events in the school's yearly calendar is our Academic Awards Night. At this event a student's academic improvement and success is celebrated and rewarded. Each year teachers, students, and parents/guardians gather in the Strand Hotel to acknowledge the

hard work and dedication of our students. This year the Academic Awards Night took place on the 30th of March 2023. This was a wonderful evening and thoroughly enjoyed by all in attendance.



THE BEAT IS BACK VARIETY SHOW



This year Ardscoil Mhuire and St. Munchin's College joint production was The Beat Is Back. This musical and drama extravaganza comprised of songs and dances from all-time favourite shows including Aladdin, Teen Beach Movie, The Greatest Showman, Being Evan Hanson, All Shook Up, as well as timeless pop classics. The show, which consisted of individual dance, song and drama solos, in addition to small group ensembles, was the ultimate in variety and had the audience up dancing in the aisles! This production would not have been possible without the hard work and dedication of staff from both schools, in particular our costumes coordinator, Ms. Collins, our musical director Ms. Clery and our producer Ms. Curley.



CRAFT FAIR

On the 9th of December 2022 Ardscoil Mhuire once again opened its doors to the wider community to mark the official beginning of Christmas. The sensory delights started before anyone even entered the main event with the beautiful voices of the ASM school choir, led by Ms Nolan and Ms Toomey, filling the air and contributing to the creation of a magical Christmas atmosphere.



The school hall was transformed into a Christmas Market - a veritable Winter Wonderland.

There were over 28 local craftspeople selling their creations and representing a myriad of disciplines; from painting to woodcraft and baking to knitwear. Hot chocolate, teas and coffees were available on the night, while the Home Economics classes sold cakes and mince pies. This created aromas reminiscent of continental winter fairs. The enterprising Transition Year students also sold items from their mini companies, whilst First Year artisans took pride of place with their wonderful creations.



Shortly after 6.30 pm, the main man himself, Santa, arrived, along with his magical wife Mrs. Claus. They were guided by the ASM Elves to his magical grotto. Santa's Grotto was a sight to behold, with snow globes and Christmas villages topped with a sprinkle of magic from Mrs. Claus. A special thank you must be paid to all those who attended on the night making our Craft Fair a magical event.

STUDENT REPRESENTATIVE COUNCIL

Ardscoil Mhuire actively encourages students to participate fully in the life of the school. To this end, we are delighted to have a vibrant and busy Student Representative Council. Under the guidance of Mr. Cross, and working with the Principal and Board of Management, the SRC provides students with an active voice in the policy making process in our school. The SRC promotes opportunities for leadership, teamwork, and active citizenship. As a new academic year began in Ardscoil Mhuire, so did the process of appointing the Student Representative Council. Representatives from all years were elected by the students in their class groups to sit on the SRC for the academic year 2022/23. A Sixth Year Head Girl is also elected every year by the school community to represent students both in the school and within the wider community. Christine Houghton was elected as Head

Girl, capably assisted by Isabel Micks as Deputy Head Girl. As part of their role the SRC also held a colours day in the school and collected over €700. The SRC made the decision to donate this money to Limerick Suicide Watch, a very worthy cause.



LSP - THE LEARNING SCHOOL'S PROJECT

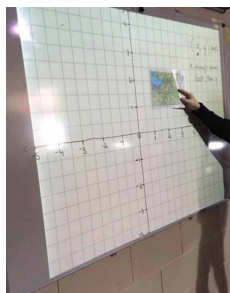
The Learning School's Project is a wonderful opportunity for our school to engage with other school communities and expert educators with the aim of enhancing learning and teaching in our school.



The Learning School Project has returned this year with a new team. Ms. Bolger, Ms. S. Collins, Ms. Hogg, and Ms. Flynn are currently examining effective questioning techniques with the aim of improving Senior Cycle students' understanding of exam terminology. The project will be explored over the next two years, with the team currently gathering data and preparing a range of teaching methodologies to be introduced in the next academic year. A big thank you must be paid to our outgoing LSP team members Ms. O'Brien, Mr. Carroll, and Ms. O'Connor for their dedication to the project over the last three years. The very best of luck to our new members as we embark on Year 4.

NUMERACY DEEP DIVE

The 2022/2023 academic year marks the fourth year of the Numeracy Deep Dive initiative. Numeracy Deep Dive is a truly innovative and creative approach to teaching, learning and assessment that relies heavily on collaborative practice. This year teachers from the Maths and Science Departments designed a common approach to the teaching of coordinate geometry and graphing for all First Year students. These topics were taught seamlessly over the two subjects and the approach has shown marked improvements in student motivation, engagement and outcomes in the subjects involved.



GREEN SCHOOLS COMMITTEE

Ardscoil Mhuire is delighted to be applying for the school's third Green Flag under the theme of Global Citizenship – Marine Environment. This quest for our school's third Green Flag, led by Transition Year students, began three years ago. At this time, Transition Year students attended assemblies and spoke with the student body about the



school's quest for a third Green Flag. A great deal of work is required to obtain a Green Flag. This year's Transition Year students, who now make up the Green Schools' Committee, rose to the occasion and took up the mantle. This Transition Year class group was allocated a class period per week with Ms. O'Farrell and Ms. O'Rourke to plan, lead and implement change. In order to achieve the school's third Green Flag, the TYs have raised awareness, planned activities, and campaigned for change! With the aim of highlighting their achievements and message, the Transition Year students held a Junior Cycle Action Day in late April. All students thoroughly enjoyed the Action Day and learned a great deal.



The Transition Year students, under the guidance of Ms. O'Farrell, were extremely busy getting the school's application ready and met with the Limerick environmental officer, Sinead McDonnell on the 9th of March. We look forward to hearing the outcome and will hopefully be raising our third Green Flag in the next academic year.

DRAMA CLUB

Just when we thought we could have a quiet and relaxing Monday evening, the drama queens of Ardscoil Mhuire have taken the opportunity to express their most zany, creative, and fun-filled ideas in Drama Club. Drama Club aims to build positive relationships, encourage creativity, and develop self-esteem, all whilst having fun. Throughout the year members of the club have been busy learning and experiencing the important techniques of acting such as concentration, teamwork, and self-expression through a combination of physical creativity and imaginative improvisation. This year the Drama Club members have been particularly busy. They have entertained the school community with a number of performances throughout the year such as at our school Open Night in October, prior to the Christmas holidays with their production of Scrooge, and finally during the Ceolchoirm in March. These performances were thoroughly enjoyed by both staff and students.



BOOK CLUB

Book Club meets every Tuesday evening in the cosy setting of the school library. Surrounded by books, the group gather to chat about what they are currently reading. The students love to get stuck into a good book and have recently added Philip Pullman's His Dark Materials trilogy to their collection.



Currently, Book Club members are lost in the world of Number the Stars. The group thoroughly enjoy reading about Annemarie's experiences of life in Denmark during World War 2.

CHRISTMAS DINNER 2023

Our annual whole-school Christmas Dinner, a wonderful school tradition, was reintroduced once again this year after two long years of being unable to host this event.

The whole-school Christmas Dinner is always a fantastic opportunity for our entire school community to gather, bond, and enjoy the company, comedy, and cuisine that are now true ASM hallmarks. This occasion, of sitting down as a group to enjoy a sumptuous meal together, is always fondly remembered by students both past and present.

Our staff and students are incredibly grateful to all those who worked so hard to make this special event a reality.



FIRST YEARS ANSWER THE SHOEBOX APPEAL

Our First Year students, during their first term in Ardscoil Mhuire, fully immersed themselves into school life. After hearing stories of how some other children and young people around the world live in poverty and/or are surrounded by violence, our First Year students worked together to choose gifts, treats and essentials for the shoebox appeal with Team Hope. Our First Year CSPE students' generous donations to the shoebox appeal hopefully made the lives of others a little brighter during the Christmas period.

SCHOOL BUSINESS PARTNERSHIP

Ardscoil Mhuire is delighted to be involved in the School Business Partnership initiative.

This initiative enables students to visit a business so that they can come to understand and experience a day in the life of an employee. Second Years and Fifth Year LCVP students visited Cook Medical as part of the School Business Partnership initiative. As part of this programme both groups had four sessions with Cook Medical. The Second Year students looked at communication skills which will help them in the working world, while the Fifth Year students looked at developing and improving skills which will enhance their curriculum vitae in addition to interview skills. These visits enabled students to get an insight into the work carried out by a multinational company such as Cook Medical, in addition to allowing them to engage in customer service training.



MENTAL HEALTH COMMITTEE



The Mental Health Committee, led by Ms. Kerin, in addition to

Ms. Tierney and Ms. Bradshaw, had a very busy start to the school year. Deputy Cathal Crowe launched our renewed Amber Flag on World Mental Health Day, the 10th of October. This proud occasion was marked with a mindfulness exercise, an inspirational song and an inspirational speech by Head Girl, Christine Houghton on "Young people and mental health". The committee were treated to a continental breakfast to mark the event and also to acknowledge their work in raising awareness about mental health issues in the school community.

Following on from this wonderful event, the Mental Health Committee, which has seen the addition of from the 7th to the 12th of November, celebrated World Kindness Week. The focus of this week was to promote random acts of kindness. Its success was marked by the very obvious wave of kindness that permeated the school community.



Our return to school in January was marked by the celebration of Wellbeing Week in ASM. The theme of the week was "New Year, New Routines". The emphasis of this week was on how simple routines like dressing your bed in

the morning can provide stability in times of change, helping you to feel safe and secure. Sixth Year students were visited by former Limerick hurler, Barry Hennessy who spoke to the girls about Mental Health. He shared his personal journey, emphasising the important role sport and exercise plays in our wellbeing. The staff have also engaged in a variety of wonderful wellbeing activities throughout the academic year. The Mental Health Committee will continue to introduce many more exciting initiatives into the future with the aim of promoting positive mental health in our school community and retaining our school's Amber Flag.

WEBWISE & SAFER INTERNET DAY

Ardscoil Mhuire enjoys a tremendous working relationship with Webwise, encouraging safe and responsible internet use, whilst simultaneously promoting students as leaders on these topics within our school community. Back in October, two of our Transition Year students, Sylvia Lee and Holly Gilmour, passed a rigorous application process to be selected as Webwise Safer Internet Day Ambassadors.

Since their initial success, they have completed two training webinars and attended at Google HQ in January to work with other teenagers from around Ireland to begin planning Safer Internet Day events. They didn't keep what they learned to themselves though, building an enthusiastic team of TY students



to plan and create activities that everyone in our school community can learn from. The team didn't disappoint, creating an original and engaging website that housed a fleet of resources that ASM's staff and students used to mark the occasion in class. They also promoted awareness through a poster competition and eye-catching displays throughout the school!

FIFTH YEAR BIOLOGY FIELD TRIP

Fifth Year Biology students are preparing and looking forward to their upcoming Ecology field trip to the Burren National Park in May 2023.



Our students will be guided through and work hands-on to complete their Leaving Certificate Ecology practicals whilst also learning about the flora and fauna of this beautiful region.

CAREERS

Sixth Year students have received great assistance and support in the making of decisions regarding their CAO form. Since September a number of representatives from different facilities, from a variety of Third Level Colleges have met with students. Additionally, a number of past pupils have spoken with students about their career paths. All Senior Cycle students have also completed the Pathway Survey. This is a career interest test which identifies each student's strengths and links these qualities with the career, Third Level courses and/or apprenticeships most suited to them. Sixth Year LCA students also undertook a Taster Day in LCFE where they got to try out Hair and Beauty courses for the day, as well as being given a guided tour of the College.



In October Fifth Year students visited Limerick College Open Days. In December, one Fifth Year group was also lucky enough to visit the Icon PLC, based in Plassey Business Park, where they undertook a career workshop and met with various staff members. Another group of Fifth Years participated in the Career Success workshop organised by Junior Achievement Ireland.

Additionally, on the 18th of January the Transition Year students participated in a Careers' Day in the school during which they met with representatives from a variety of colleges, as well as current university students. At this event the students learned about careers in a variety of areas such as sport, the wide range of apprenticeships available to them and how to become an influencer online. Transition Year and Third Year students were also assisted with their Senior Cycle programme and subject option choices. Subject teachers delivered presentations to students in school on each of their subject areas, while a Senior Cycle Programme and Subject Option evening was held for parents/guardians.

GEOGRAPHY FIELD TRIP 2022/2023

As part of their Leaving Certificate course, all Sixth Year Geography students participated in a Field Trip, which accounts for 20% of their final mark. On the 18th of November, Ms. Hynan and Mr. Carroll, along with their Leaving

Certificate Geography classes headed off to County Clare to the beach. They visited areas including Creg Beach and Lahinch. Students put their geographical skills into practice to examine wave type, wave frequency, coastal transportation as well as studying features of coastal deposition.



The students received hands-on experience in the subject and got the opportunity to be active geographers in the field. The various activities undertaken by the students have had a huge impact on their understanding and enjoyment of the subject. Hot chocolate and other hot drinks were well earned on the way home after a great day of learning by the coast.

JUNIOR ACHIEVEMENT PROGRAMME

The Junior Achievement Programme 'Economics for Success' was delivered to all First Year students in the Business Studies classroom during the first term. The programme provides an invaluable education and insight into the potential pathways students can undertake in order to achieve their career goals.



It opens their minds to different career options, the importance of further education, in addition to preparing them for the challenges of working life. The programme gives students the necessary tools to develop the skills they need to succeed in a changing world. The time, enthusiasm, knowledge and commitment of our volunteers Erma Kiely (Zimmer Biomet), Kasia Skalska, Jack Leahy (Dell Technologies), and Kay Radhakrishnam (General Motors) is greatly appreciated.

PARTNERSHIP WITH PARENTS EVENING CLASSES

Evening classes are run every year for parents/guardians and adult members of the school community. This year we were delighted to return to the running of in person classes in the school. 'The Power of You', a mindfulness and self-care course facilitated by life coach Geraldine Lyons, took place in the first and second term and has proven to be hugely beneficial for the parents/guardians who have attended.

First Year parents/guardians also had the

opportunity to attend Maths classes with tutor Connie Finn. This course aims to give parents/guardians the confidence to help their daughter with their homework, while also improving their mathematics skills.

The aforementioned classes are funded by the LCETB and are therefore provided free of charge to parents/guardians. Any persons interested in attending courses in the next academic year should make contact with the HSCL, Ms Hehir, through the school office.

PARENTS' COUNCIL

Parents, as primary educators of their children, have a vital role to play in the school community. Their voice makes an important contribution to school life. The Parents' Council welcomes parents from all year groups to take part in our vibrant and growing school community. The AGM of Ardscoil Mhuire's Parents' Council took place at the beginning of the academic year and meets regularly throughout the year. The Council provides the school with a platform to regularly access the voice of the parents/guardians. Parental feedback is sought by the school in areas such as policy development, initiatives, school planning, and school self evaluation. Additionally, the school strives to assist parents/guardians to support their daughters. Through feedback from the Parents' Council the school has arranged talks for parents/guardians in areas such as internet safety, study skills, mental health etc. The Parents' Council is also involved in fundraising for the school. The school's annual Craft Fair took place in December. Parents/Guardians supported and promoted this community event by putting up posters and/or volunteering to help out on the night. This event was a great success, raising just over €2,000 for our school development fund. Future opportunities for parents to get involved in the life of the school are provided through Open Nights, Information Meetings, Parent-Teacher meetings, and Parents' classes.

DIGITAL SUPPORT SESSION FOR PARENTS/GUARDIANS

An information session for First Year parents/guardians, entitled 'Digital Support Session for Parents/Guardians', took place in the school in October. This support session focused on assisting parents/guardians to navigate VSware and the school website. Additionally, it also guided parents/guardians on how to download and utilise the Unique School App for the purposes of submitting late, absence, and 'permission to leave' notes, as well as monitoring school announcements, key information, and the submission of forms. There was a great turnout and lovely atmosphere on the night as parents/guardians discovered new ways to support their daughter's education. A sincere thank you must be given to Ms. R. Hehir and Mr. Huff for organising the event. If any parents/guardians are still experiencing difficulty with the School App or VSware please contact the school office for support.

NUMERACY WEEK

This year Numeracy/Maths Week took place from the 17th to the 21st of October. During this week Ardscoil Mhuire's student body got first-hand experience regarding the important role that numeracy plays in their lives.

First Year students began the week by undertaking a Number Crumble cooking challenge during their Home Economics classes, whilst Transition Year students got involved in the numeracy Murder Mystery. Our Second and Third Year students enjoyed themselves at



'Numeracy through Sports' events, whilst Fifth and Sixth Year students put their numeracy skills to good use to navigate the school during a very competitive Orienteering challenge. Students also got involved in a Mangahigh challenge during maths class, which involved them solving maths problems and competing in maths games online against other schools around the country. Problem of the Day also took place throughout the week where all Year Groups were encouraged to solve the problem correctly to be in with a chance of winning a prize. The week came to an end with a First Year Numeracy Quiz that was thoroughly enjoyed by the students. A huge thank to Ms. Bailey for coordinating Numeracy Week and all the staff who were involved in the various activities.



Well done also to our Transition Year and LCA students who helped run the events throughout the week.

LITERACY WEEK 2023

ASM promoted a love of reading and writing, as well as the development of crucial literacy skills during our annual Literacy Week in March. All staff and students were invited to participate in a wide range of activities in class and on the corridors, culminating on World

Book Day (2nd of March 2023). All of our First Years became published authors as they planned, drafted, edited, and illustrated their own original books. These included graphic novels, 'how-to' guides, short stories, and cook books!



CREATIVITY WEEK

Creativity Week, which is in its seventh year, is the most colourful week in the school calendar and is going from strength to strength in ASM. The theme of creativity week was 'Expressing My Creativity'. In order to embrace this theme staff and students not only took part in creative competitions but also explored a range of creative practices in their classrooms. First Year SPHE students practiced their teamwork skills and expressed their creativity by creating outfits from newspapers. Second Year English students expressed their creative thinking by writing a story from the perspective of a chocolate bar and by designing and making their own bookmarks. During this week the popular 'Black Out Poetry' competition and daily 'Mystery Artist' competition also returned. Additionally, Celebrity Chef Eoin Sheehan visited the school and held a fantastic cookery demonstration with JCSP students, while the Fifth Year Visual Art students headed to a workshop at the Hunt Museum.



As always, the week concluded on Friday with Mad Hair Day during which students arrived in school in costumes and with hair designs bursting with creativity. The students who produced the most creative hair designs and costumes were presented with prizes. The Sixth Year students stole the show by dressing up as staff members. They had the entire school community thoroughly entertained as they travelled from class to class acting as their doppelgangers. It is always a colourful, magical, spooky an

JCSP

The Junior Cycle Schools Programme is in full swing in ASM. Students have already engaged with a number of our many JCSP initiatives. The 'Celebrity Chef' initiative involved a visit and cookery demonstration from celebrity chef Eoin Sheehan. The Music initiative saw Music

Generation give a music technology workshop to Third Year students, while the literacy and numeracy initiatives saw all of our students benefiting from the new Sora reading app and Mangahigh Maths app. Additionally, the Second Year students participated in the popular 'Make a Book' and have a History field trip to look forward to in May. All JCSP students have been working hard on their statements of learning throughout the year and were treated to a Christmas celebration in December to acknowledge and celebrate all of their hard work. Our Third Year JCSP students have successfully completed the JCSP programme and were presented with their JCSP Profile of Achievement during their Summer Graduation Celebration on the 28th of April. This event was thoroughly enjoyed by the students and their parents/guardians.



SPORT RUGBY AND THE MUNSTER SENIOR CUP

This year ASM's Senior and Junior teams competed in 7s competition in October, November, and April. Both teams secured a number of wins throughout the three events. ASM's Senior Cup team reached the Munster Senior Girl's Cup Final against title holders St. Anne's Community College. While the team produced an amazing second half display, ASM was playing against a very strong St. Anne's side and on this day came up short. The final score was 5 - 17, with Kelsey Reeves scoring the try for our team.



The Senior team produced some brilliant performances on their road to the final and ASM is very proud of their achievements. A big thank you must be paid to the coaches: Mr. Cross, Ms. R. Hehir, Ms. McLoughlin, Aaliyah Te Pau, Barry Kelly, and Steve Carew for their hard work and dedication to the team.

Ardscoil Mhuire: Lucia Te Pou, Alex Carew, Grace McInerney, Katie Hehir, Chelsea O'Connell, Hannah Hehir, Bebhinn McInerney;



Abbi Flanagan, Amber Foley, Katie Ryan, Ayla Kelly, Rachel Laffan, Nadine Noonan, Grace Hayes, Kelsey Reeves.

The school would like to take this opportunity to congratulate Jodie O'Donnell and Orlaith Grimes who made the Munster development squad and Aoife Grimes, Bebhinn McInerney, Hannah Hehir and Katie Hehir who made the Munster U18 interprovincial Squad. ASM is very proud of your achievements.



BASKETBALL

The basketball season in Ardscoil Mhuire began in early September with both our U16 and U19 teams involved in competitions. The U16 team produced some great wins in their league games, playing excellently against Villiers and Gaelcholaiste Luimnigh, but sadly lost out to Laurel Hill Coláiste who proved stronger on the day. The U19 team had a number of comprehensive wins in their league phase, qualifying for the Munster semi-final in Ballyunion before Christmas. While they unfortunately, on the day, were not successful in claiming the title, the students represented the school superbly. ASM is immensely proud of their achievement and the sportsmanship they demonstrated, as well as their determination to continuously improve and hone their skills.



GAELIC FOOTBALL

Early in the academic year Ardscoil Mhuire's Junior Gaelic Football team showed huge dedication in their league games with hard fought battles against both Mungret College and Laurel Hill Coláiste.

The girls enjoyed several blitzes to round off the school year and have achieved huge progress in the development of their skills and confidence in their ability.



PRIMARY SCHOOL BLITZ

Ardscoil Mhuire held our first Primary School Blitz, as part of our school's Active Flag Initiative, in September, welcoming over 230 Sixth class students from a number of our local primary schools. Students took part in a number of blitzes in different sports throughout the day including Gaelic football, basketball, tag rugby and soccer. These activities took place in Aura Leisure's sports hall and on the pitches of St. Mary's Rugby Club, which the school has access to for both Physical Education classes and after school activities. Orienteering, which took place on the school grounds and building, enabled students to get a sense of ASM and soak in our positive school atmosphere. There was great excitement throughout the entire day with super performances from everyone involved. We look forward to seeing some of these sports stars amongst our First Year cohort in the coming academic year.

CAMOGIE

Camogie in ASM is going from strength to strength. This academic year the Junior and Senior camogie teams have competed in a number of blitzes and the Limerick Junior Camogie League. ASM is immensely proud of their achievements. The students and teachers involved are really looking forward to next year's competitions.



SOCCER

Our 2022/2023 Junior Team had a very successful start to their Limerick League campaign with a significant win over Laurel Hill FCJ in testing conditions. The team played some fantastic football and are heading into the closing rounds with confidence. The Senior girls also had a brilliant run of results and topped their group with convincing wins over Newport College, Gaelcholaiste Luimnigh, and Mungret Community College.

They are now progressing to the league final and have an opportunity to be crowned back to back Limerick City and County Champions. While football is a team game, there have been some very proud individual moments for some of our players this year: Madison McGuane, Emma Meaney, and Jodie Griffin have represented Ireland internationally, while Grace McInerney and Jodie Griffin have won a national title with League of Ireland club Treaty Utd. Fifth Year student Grace McInerney was named Treaty Utd Women's captain for the opening day of the League of Ireland season, which is a testament to her character and ability.

The whole school community is exceptionally proud of all of these students.



FIRST YEAR TRIP

This year our First Year students travelled to the outdoor adventure centre in Ballyhass for a team bonding day. The activities undertaken by the students included swimming in the aquapark, high ropes, cliff climbing, and team challenges. The students thrived on every challenge.



These fun activities afforded the First Year students the opportunity to engage in team building activities and develop on a personal and social level. This experience also enabled all First Year students to get to know each other better and make new friends. This was a wonderful day for all our students and the friendships forged on this day will last far into the future.



CHOIR



The school choir, on the 29th September 2023, sang at Mercy Day mass. Singers from Second and Sixth Year performed hymns by Liam Lawton and Bernard Sexton, in addition to congregational hymns. Soloists for the mass

were Eimhinn O'Sullivan, Hannah Guerin, Rebecca Phayer, Holly Purtill, Ellie May Casey, Zofia Bartnik, Aimee Robertson, Olivia Kiely, and Cara Byrnes O'Dwyer.

The school choir performed once again on December 8th for the Annual Christmas Carol service in St. Mary's Church and were joined by other local choirs from the parish. Additionally, members of the choir were carol singing in the Crescent shopping centre on December 19th and raised €800 for St. Vincent de Paul.

DEBATING

It has been another excellent year for our ASM debaters. A record number of students have joined the Junior Debate Club and steadily built their confidence whilst learning the art of argument through fun games and thought-provoking mock debates.



We are proud to have been selected as a pilot school for the Concern Junior Cycle Debates programme, giving our junior students an outlet for what they've learned and an opportunity to hone their skills against excellent debaters from all around Ireland.

Our First and Second Year teams performed magnificently, reaching the All-Ireland Quarter Finals after learning about issues such as the SDGs and the school strikes.

Our Concern Debates Team now has more members than ever before, meeting every Thursday to discuss their research and planned speeches on topics as diverse as GMOs, veganism, and climate protests. At the end of the 2022/23 League Phase they remained undefeated, scoring the highest possible points following a trio of unanimous victories over strong teams from Castletroy College, St. Francis College, and St. Anne's Community College. Their success continued well into March with additional Knockout Round victories over Castletroy College, St. Francis College, and Gaelcholáiste Charrraig Uí Leighin. They truly earned their way to the All-Ireland Quarter Finals, placing among the top eight teams in the country and continuing our school's proud debating tradition!



HERO ATTENDANCE CAMPAIGN

In November and December 2022, and April and May 2023, our school took part in the attendance campaign:

“HERO”: Here Every-day Ready On time.

The main focus of the campaign was to encourage and support school attendance and to highlight that young people who go to school regularly are more likely to achieve.

Activities undertaken as part of this initiative included the following:

- Presentations on the good habits that students need to develop and that parents/guardians need to support to promote and ensure regular school attendance.
- Attendance prizes: This involved a raffle for both Junior and Senior Cycle students of a €100 voucher for overall attendance, while vouchers worth €20 and other spot prizes were raffled as weekly attendance prizes. Congratulations to Katie Ryan Fifth Year and Nicole Forde Second Year who were winners of the €100 raffle prizes for their attendance.



It is very important: that you are **Here** in school. Make sure you go to school **Everyday**. Have a good routine in the mornings and evenings so you are **Ready** for the school day ahead. Don't be late. Arrive at school **On time**.

It is hoped that this attendance campaign and others will result in improving students' school attendance.

TRANSITION YEAR

The Transition Year programme offers students the opportunity to participate in a programme that will promote her development on a personal, social, vocational and educational level.

Throughout this academic year the Transition Year students have been exposed to many different, valuable and unique learning experiences such as:

- Team bonding trip to Ballyhass adventure centre in Mallow
- Surfing
- “Develop Me” Team Management Course
- First Aid Irish Red Cross First Aid Course
- Limerick Sports Partnership Coaching Course
- Careers' Day
- Science Week Workshop
- Young Social Innovators – addressing social issues relevant to students.
- Table Quiz
- Debating
- Public Speaking
- Garda Work Experience
- Make Up and Presentation Skills
- Gaisce
- Business Enterprise Development

- Work Experience
- School Musical
- Golf
- Visit to Hunt Museum
- Comedy Show
- Mediation
- Law Day
- Hair Course
- Drivers Education
- Gaeilge 24

• Webwise - Safer Internet Campaign
The Transition Year students thoroughly enjoyed their experience of the programme and feel very prepared for what is ahead of them next year in Senior Cycle.



PEER MENTORING

Peer Mentoring has become an integral part of school life in Ardscoil Mhuire. This initiative was introduced in 2009, and has gone from strength to strength.

This programme involves Transition Year students volunteering to mentor First Years students.

The mentoring process is of benefit to both Year Groups. Firstly the Transition Year students are trained to be mentors by SCALA. This is a one day course which focuses on improving the students leadership, communication and organisational skills. The Transition Year students then meet with the First Year students and help them with their books, lockers, timetables and navigating their way around the school.

Throughout the year, the mentors meet with First Year students on a regular basis and act as a “go to” person for them. The Transition Year mentors also organised activities for the First Years, in order to build on the relationships they have established.

Mentors also make themselves available to help out during school occasions, such as the Open Night, where they greet visitors and answer any questions or queries that they may have about the school.

SCIFEST

SciFest is a national STEM fair programme for schools. All Transition Year students presented their SciFest projects, in the school hall, on the 2nd of February. Students were very enthusiastic in showcasing their hard work and fantastic STEM ideas to the First and Second Year students who visited throughout the school day. Students got involved in science games where they were in with a chance to win prizes whilst selecting their favourite project.



Overall students were inspired by the innovative projects put on display.

The projects were judged by Hugo Rowsome, Rita Hehir, and Therese Houghton. The role of the judges was to question students about their projects regarding how they developed their idea, testing methods, analysis of results, etc. The judges came to a joint decision and presented a number of awards. The recipients of the Student Choice Award were Ceylan and Maeve, for their "How does chemotherapy affect children?" project. Holly and Sylvia were presented with the Most Innovative Award for "Testing Analytics on TikTok". The SciFest Runner-up Best Project Award went to Jagoda and Ciara's "Ripening Banana Project". Erin and Aoife earned the SciFest Best Project Award with "Is Bioplastic a viable alternative to commercial plastic?". It was a thoroughly enjoyable day and an excellent opportunity to make students aware of the importance of STEM.

ACTIVE FLAG

This academic year ASM became one of the pilot schools in the Active Flag Programme. The aim of this programme is to encourage and support as many of our school community members as possible to get active. This initiative is specifically aimed at the students who may not play sports or engage in physical activities outside of the school. In November the Transition Year B class ran a whole school Dodgeball event. This saw the Transition Year C class overcome tough competition from the rest of the school to become champions. Their reward is a match against the ASM Staff at the end of the year during Sports Day. Keep an eye on our social media (@asmactiveflag) to see what is happening.



SKIING

From the 4th to the 10th of February 40 of our Transition Year students participated in ASM's annual Ski Trip. This year the students took to the slopes of Andalo in Italy. The students attended ski school where they were given excellent instruction on how to become competent skiers.



After a few falls the students looked like naturals and by the end of the week a number of students were skiing down red slopes. At night for their "Après Ski" activities the students enjoyed the swimming pool, local pizzerias, and a Karaoke Night. This was a trip of a lifetime for students and one they are sure to never forget.

GAEILGE 24

Ghlac daltaí na hidirbhliana páirt sa dúshlán Gaeilge 24 ar 15ú Samhain 2022. Is í aidhm an dúshláin ná daoine óga a spreagadh chun labhairt as Gaeilge amháin ar feadh 24 uair an chloig! D'eagraigh na cailíní go leor imeachtaí éagsúla chun cabhrú leo - tráth na gceist, céilithe, díolachán ciste agus rang teagaise smididh fiú! Bhain gach duine an-sult as an lá. Transition Year students took part in the Gaeilge 24 challenge on the 15th of November 2022.



The aim of the challenge is to encourage students to speak as Gaeilge for 24 hours. The students organised a variety of different activities to help them to achieve this goal throughout the day, including quizzes, céilís, a bake sale as Gaeilge, in addition to make-up tutorials as Gaeilge. Everyone involved really enjoyed the day.

LGBTQIA+ Week

Stand Up Awareness Week is an annual campaign which gives second-level schools the opportunity to celebrate and recognise their LGBTQIA+ community. This was the first year that Ardscoil Mhuire ran a LGBTQIA+ week in the school. It was a time when we showed solidarity with young people and our colleagues

to ensure they feel seen, heard and safe. Thanks to all the TY's, for organising displays, including the ribbons they made for our school community.



LOURDES TRIP

Limerick Ladies Light Up Lourdes

It all started one night,
With a bus and a flight.
Even with a delay,
We made the most of the day.
Finally we arrived,
And were revived
By the beautiful scenery,
And plentiful greenery.
From masses to tours,
And of course to the stores,
Our attitudes shifted,
And our spirits were lifted.
With trips to the grotto,
It was as if we won the lotto.
Candles alight,
And the sun shining bright,
It was a wondrous sight.
Pizza to ice cream,
It was a dream.
To follow along,
Singing a song,
Candle in hand,
As part of a grand,
Masterfully planned,
Trip abroad,
You must applaud,
The staff who stayed,
And displayed,
The utmost poise,
Even when faced with unrelenting noise.
The trip was a blast,
And while it has passed,
We will never forget,
Our trip to Lourdes.

Molly Flanagan



www.asmlimerick.ie



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MHUIRE

