

Eolas



WORLD MENTAL HEALTH DAY & RANDOM ACTS OF KINDNESS

This year's **World Mental Health Day** falls on Saturday, 10th October, and Mental Health Ireland (MHI), the largest voluntary organisation involved in mental health issues and aims to promote positive mental health, is marking the event with a number of initiatives throughout the country by organising local events to promote the objectives.

More info on mentalhealthireland.ie

HeadsUp is a mental health promotion project and it provides a wide range of initiatives aimed primarily at 15-24 year olds. *HeadsUp.ie* is their interactive website that includes a host of cutting-edge features including Mind Gym with lots of interactive games and Self Help modules, along with information on support services, well-being tips, fact sheets, reviews and competitions.



*HeadsUp aims to enhance mental health and well-being. By doing a **Random Act of Kindness**, you can have a positive effect on someone's well-being. Giving and receiving an unexpected surprise can positively impact on someone's self-esteem. There is nothing like receiving a compliment, a gesture of appreciation or a surprise to make you smile, make you feel good about yourself and lift your day. So go on, pass it on!*

'Random Acts of Kindness' is a concept that comes from a book written by Catherine Hyde Ryan. It is now being delivered all around the world. It asks you to do a Random Act of Kindness and, if you receive one, you are asked to pass it on by doing something nice for someone else. It's that easy! HeadsUp would like you to take the time to do at least one act of kindness for someone else. It can be a friend, a colleague, a member of your family, a neighbour or a stranger.

Remember: Random Acts of Kindness is about the act of doing something nice for someone else. It is not about money, it's about the thought. Random Acts of Kindness that have no cost are just as good as those that cost money. Be creative!

BISHOP'S VISIT

Yesterday (Thursday) Bishop John Kirby came to visit all of the Leaving Cert Students. He had a presentation prepared for us about an organisation close to his heart, 'Trocaire'.

His talk was very informative and it opened our eyes to the poverty in the world around us.

Thank You to Fr. Abe who organised the talk.

Helen Campbell, 6th Yr.

STUDENTS' COUNCIL

The following students were nominated and elected to the Students' Council for 2009-10.

1st Yr. : Peter Claffey, Eoghan Robinson and Gary Lynch.

2nd Yr. : Max Parry, Conor Barry and Sorcha Ridge.

3rd Yr. : Lorraine Donnellan, Joseph Starr and Jack Brien.
 T.Y. : Connor O'Meara

5th Yr. : Joanne Lyons and Kevin Farragher.

6th Yr. : Shane Gohery, Colin Leahy, Edel Cunningham and Laura Cunningham.

The above students are to note that the first meeting of the Students' Council will be on

Monday, 12th October, at 11.20 am.

Meetings will be held at least twice monthly with a class period given one per month.

B. O'Connor

STUDENT RESOURCE FUND

This is a reminder to the families that have not paid the Resource Fund to date: this money is now overdue. The cost is **€50** for one student from a family and **€80** for two or more students from the same family. **Most** families have already paid for which we are most grateful.

We request that all monies are paid by **23rd October** at the latest. If a particular family has a difficulty paying the full amount in one go we are prepared to make an arrangement where payment can be made on a phased basis depending on the circumstances of each request.



CROAGH PATRICK 2009

At 9.00 a.m. on Thursday, 1st October, sixty-nine 6th year and LCA2 students, accompanied by Mr. Loughnane, Ms. Skelly, Ms. O'Meara and Fr. Abe, left the school and headed for Croagh Patrick. En route we stopped in Ballintubber Abbey where tea/coffee was ready for us.

At 12.30 we arrived at Croagh Patrick where we met our leader and companion on the climb, Mary, from the Order of Malta. Before we knew it we were off. As we passed the statue of St. Patrick some students took off running and some even took off their shoes to do the climb. But however it was done, the climb proved to be a tough test of everyone's fitness and determination. Luckily for us it was a clear sunny day and the wonderful views were enjoyed by all at the summit. After posing for photos and singing songs we began the tricky decent. After reaching the foot of the mountain we enjoyed a well deserved rest!

It was a great achievement for all involved and it was an experience that will not be forgotten. A very big Thank You to Fr. Abe for organising the trip.

6th Yr. Pilgrim



LOST & FOUND:

Students, if you lose something in the school please check in Anne's Office as it may have been handed in.

No one has come to claim the 7 locker keys yet and now a lock has been left in!

Also, don't wait for a few weeks before reporting something missing and expect us to find it – please let us know as soon as possible.



ATHLETICS



Cross Country running is a sport where you run a course in the quickest time possible. The course can have hills, muddy fields and many other obstacles to challenge you. Sounds like fun! So while it is true that cross country running is hard, it is not impossible.

Running has many benefits in that it builds up fitness and stamina which certainly every student needs when studying for exams.

If you would like to take on a challenge for this school year cross country running is for you.

Training takes place on Wednesday from 4.00 - 4.45 pm. Everyone is welcome to join.

Well done to Owen Treacy, 3rd yr., who was selected for the Connacht Athletics Development Squad. This squad trains to a very high level and recognises talented athletes from the region. Owen reached the All Ireland Shott Put and Discus competition last year and was placed 5th in the Discus. He is definitely an athlete to watch for in the future.

ACTIVITIES AT LUNCHTIME

(1.30 – 2.00 pm)

Fridays – **YOGA** takes place in Room K.

See board for list of names.

Students must have own yoga mat.

The **LIBRARY** will be open on Tuesdays and Thursdays in Room H

Congratulations to Gary Horan (Leaving Cert '09) who won €1,000 in the Bank of Ireland 2nd Level Competition.



SENIOR CAMOGIE

Portumna C.S. 9-17 Pres., Athenry 1-01

The score line tells the story.

Team: H. Campbell, R. Kilkenny, M. Duane, L. Shiel, A. Dervan, K. Brien, A.M. Lagana (0-1), C. O'Meara, N. Muldoon (0-1), K. O'Brien (1-4), N. McClearn (0-1), L. Loughnane (0-2), H. Quinn (3-1), E. Cunningham (2-2), M. Brehony (1-5). **Subs Used:** S. O'Hara, M. O'Meara (1-0), A. Egan, N. Bergin (1-0), N. Molloy.

Portumna C.S. 3-10 St. Killians, New Inn 2-13

Played in New Inn on a pitch with plenty of grass but no lines or goal nets, this game was tailor made to test the team's resolve after last week's easy win. New Inn got the better start and led by five points to one (Louise Loughnane) after ten minutes. Katie O'Brien then converted two frees before full forward, Lorraine Donnellan, did well to goal from close range. Louise replied to a New Inn point with 2 excellent scores, but the home side then dominated the scoring with 2 goals and 3 points in ten minutes. The Portumna forwards were also getting chances but all were squandered until Katie tacked on a pointed free at the end of the half to leave the score at New Inn 2-9, Portumna C.S. 1-7.

Portumna, as expected from reigning champions, came out with all guns blazing and on two minutes Catherine O'Meara drove past the goalkeeper from 35 metres, but with no net to prove it, the score was given as a point. On five minutes Louise made sure by driving low past the keeper to bring Portumna to within a point. New Inn replied with two points, with Nicola Muldoon pointing from two placed balls. A New Inn point again left a gap of 2 points until some great work by Niamh McClearn set up Helen Quinn, who volleyed to the goal to put Portumna ahead for the first time. New Inn levelled but neither team could find the winner in the dying minutes.

This was a genuine test and the girls showed that they will be hard to beat in the knockout stages, but they know that New Inn will also be there in the semi finals.

Team : as above, except 5. Niamh Briscoe and 14. Lorraine Donnellan.

Scorers : L. Loughnane (1-4), L. Donnellan (1-0), H. Quinn (1-0), K. O'Brien (0-3), N. Muldoon (0-2), C. O'Meara (0-1).

Good Luck to Karen Brien, Louise Loughnane and the Galway Intermediate Camogie team who are playing in the All Ireland Final Replay vs Cork on Saturday.

YOUTH THEATRE

Portumna Arts Group invite all members, all future members who have enrolled and any student interested in drama and theatre to come to Portumna Town Hall at 7.30pm on Wed. 14th Oct. It is hope to have 8 Youth Theatre workshops prior to Christmas with a production staged at Christmas. A minimum number of committed members is necessary to maintain the Youth Theatre. Queries can be answered by Alma on 086 319 6159

Events Diary: (10th – 16th October)

- Mon. 12th : Senior Camogie vs Gort C.S. @ 11 am in Gort. Bus leaving at 9.30 am.
- Thurs. 15th : Senior Camogie vs Athenry V.S. in Marian Pk. @ 11.30 am.
- Thurs. 15th : First Year Hurling vs Gort C.S. @ 1 pm in Gort. Bus leaving at 11.20 am.
- Thurs. 15th : TY talk for Parents of TY students @ 8.00 pm in the school.
- Fri. 16th : Junior Camogie vs Gort C.S. – home game.

