



LIVE BY THE RULES OF THE ROAD

This week was Irish Road Safety Week – 12th to 18th October – "Live by the rules of the road". With the dark mornings and evenings coming upon us we would like to appeal to all students to be particularly safety conscious when travelling to and from school. Remember just because **you** can see an approaching car doesn't mean the driver can see you!! Don't assume vehicles will stop; make eye contact with drivers, don't just look at the vehicle!!



Wet roads, very often covered with fallen leaves, can greatly reduce stoppage time for cars – so please act sensibly. Also when crossing the road have a little sense and **look before you walk out** onto the road – remember you may be hidden from a driver's view by parked vehicles!

In relation to road safety in general we would like to add our voice to those appealing for all drivers to be safety conscious on the roads – to our own students we ask that if you are in a car travelling with others and you feel they are going too fast or driving in a reckless manner – don't be afraid to say so – you're putting your life in their hands!! Be Aware * Be Safe * Be Considerate



NON UNIFORM DAY

The Students' Council are organising a Non-Uniform Day for next Thursday, 22nd October. The purpose of this is to raise funds for two exciting new projects both of which will be revealed by your class rep during Tutor class next week. Each student is asked to bring in €2 which will be collected during Tutor class on Wednesday morning at 9.25 am.



3RD YEAR RETREAT

Last Friday we took part in our 3rd year retreat when one group of us journeyed to Mount St. Anne's Retreat Centre in Killenard, Co. Laois. We arrived at 10am and were welcomed by Sr. Carmel and her team. We were divided into groups and played our part in each session. Even though the day was wet it did not dampen our spirits. The Retreat Team were spiritual, funny and managed to hold our attention for the day, which ended with a liturgy service. We thoroughly enjoyed the day and it taught us how to appreciate each other and to be happy. Thanks to Ms. Cunniffe for accompanying us for the day.

The second group of 3rd years (surnames from K to Z) travelled to Castletown Retreat Centre, Co. Laois. We arrived there at 10am and were served tea and biscuits. From there on we went through many spiritual exercises during, what was, a great day. Thanks very much to Fr. Abe for organising the trip and being with us throughout the day.

3rd Year Participants.

HAVE YOU CHANGED ADDRESS?

If you moved house this year don't forget to inform the school office so we can change the address on our records!! Also phone numbers!



2ND YEAR HURLING

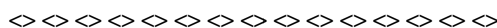
Portumna C.S. 4-16 Athenry V.S. 1-9

Our 2nd year Hurlers had a comprehensive victory in their first match of the season against Athenry in Marion Park on Thursday (15th). After a very sluggish first half display the team performed at a much higher standard in the second half, outscoring their opponents by 3-8 to 0-2. Sean Tuohy managed to raise the green flag on 3 occasions during the match after some fine work out the field by Ronan O'Meara and Colin Burke. The backs, led by Pdraig Mitchell, formed a very solid unit in the second half, with Conor Barry and Niall Moloney always proving a thorn in the side of the Athenry defence with their direct running game.

Well done to all the boys.

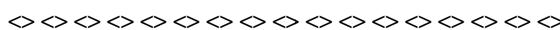
P. Loughnane.

Team: Gavin Ryan, Tommy Heagney, Eamon Larkin, Eric Killeen, Liam Fahy, Pdraig Mitchell, Michael Hoban, Colin Burke, Ronan O'Meara, Conor Barry, Sean Tuohy, Jamie Conboy, Owen Downey, Niall Moloney, James Coughlan.
Subs used: Darren Dillon, Jonathon Callanan, David Daly.



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.



Advance Notice: On Tuesday, 3rd November at 8 pm the Western Regional Drugs Task Force will give a talk for Parents on Alcohol and Drug Abuse.



LOSING IT !!

Students, why is it so hard for you to write your name on your books and copies???

If you lose something in the school please check in Anne's Office – it may have been handed in. Also, don't wait for a length of time before reporting something missing and expect us to find it – let us know as soon as possible.



RECYCLING WEEK



During Repak Recycling Week (12th to 18th Oct.) we, as a group, discussed in class how to recycle more and recycle better in our homes. For more information go to www.recyclemore.ie

Maria Kelly & Rachel Dolan, 1st yrs.



Repak ask you to do your best to :

Recycle More: increase the range of materials you regularly recycle. Recycle beyond the kitchen. Research shows that 96% of adults recycle regularly from the kitchen but this falls to 35% for the bedroom, 52% for the bathroom, and 20% for the home office or study.

Recycle Better: the quality of material presented for recycling is our responsibility and not just the responsibility of waste contractors.

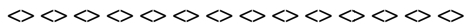
We must present rinsed materials for recycling to prevent cross contamination of other material (i.e. paper or cardboard soiled from unwashed food cans).

When Recycling remember 3 things : **Wash, Squash & Pop it**

Wash away any food or liquid residue in glass jars, plastic bottles, food cans, beverage bottles, and glass bottles.

Squash : If it squashes, squash it! Materials such as plastic milk bottles, detergent bottles, shampoo bottles, tetra pak cartons and aluminium cans can all be squashed.

Then **Pop it** into your recycling bin for collection at your house or to be brought to your nearest recycling centre.

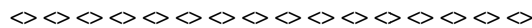


ATHLETICS

CROSS COUNTRY TRAINING takes place Wednesday (4 – 4.45 pm). Please make sure to arrange a lift home if necessary. Bring spikes or football boots, shorts or tracksuit and a bottle of water to stay hydrated.

Congratulations to Niall McIntyre, 1st yr., who won the Tipperary Cross Country Final last Sunday in Templemore.

For more information on clubs that train near you log onto www.athleticsireland.ie.



SIGN OUT YOUTH CAFE COMMITTEE

MEETING this Friday, 15th Oct @ 7pm in Sign Out Youth Cafe.

New members are needed, especially **girls** interested in helping organise our annual 'Health & Beauty Event for Teens' and **lads** to organise a Weekend Soccer Tournament again for teens. Your ideas and input are very important to push the project forward. Youth Cafe is on every Friday as a drop in facility for all TYs, 5th & 6th year students. Spread the word, ALL WELCOME to Youth Cafe or to pop along to the committee meeting @ 7pm.

Sign Out Youth Project presents Portumna's first ever **THAI & VIETNAMESE COOKERY DEMONSTRATION**, in the Shannon Oaks Hotel on Wed. 4th Nov @ 8pm. Tickets only €10, including Wine and Thai Canapes reception from 7.30pm. Demonstration thanks to Conor Kilkenny and his team of chefs from KOH Restaurant, Food & Wine Readers Choice Award Winners '09. Tickets on sale locally, from committee members or contact 087 6779267 / 086 2051346

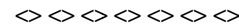


SENIOR CAMOGIE

Portumna C.S. 3-7 Gort C.S. 6-11

The seniors, missing some players through illness and injury, suffered a rare defeat in Gort on Monday last. A strong Gort outfit gained the upper hand midway through the first half and despite creating numerous opportunities, the Portumna girls could not reel them in.

Team: H. Campbell, L. Donnellan, R. Kilkenny, S. O'Hara, N. Briscoe, K. Brien, A. Dervan, N. Muldoon, C. O'Meara, K. O'Brien (0-1), N. McClearn, L. Loughnane (0-1), H. Quinn (2-0), N. Bergin, M. Brehony (1-5).

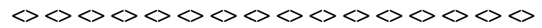


Portumna C.S. 10-12 Athenry V.S. 4-2

The Senior girls booked their place in the Semi-Finals with this strong display on Thursday. With Marie Duane returning to strengthen the defence and Laura Loughnane creating havoc for the Athenry defenders on her Senior debut, the result was never in doubt. Several of the Junior players also impressed when given their chance late in the game. We will hope to have all the girls fit and ready for what will surely be a tough semi-final after mid-term.

Team: H. Campbell, R. Kilkenny, M. Duane, A. Burke, L. Donnellan, K. Brien, A. Dervan, N. Muldoon (1-0), A. Egan, K. O'Brien (0-3), N. McClearn (1-1), Louise Loughnane (2-2), Laura Loughnane (1-2), H. Quinn, M. Brehony (3-3), N. Bergin (1-1), A. Brehony (1-0).

P. Kelly



Congratulations to Karen Brien and Louise Loughnane who won All-Ireland Medals on Saturday last with the Galway Intermediate Camogie. Also on the panel were past students, Nicola Lawless, Martina Conroy, Tara Rutledge, Serena Brien, Triona Byrne, Claire Conroy and Stacey Coen.



LCVP PORTFOLIOS

Reminder to 6th yr LCVP students : Your Portfolios must be handed in to your teacher on Monday morning (19th).



ACTIVITIES AT LUNCHTIME

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

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



Events Diary: (17th – 23rd October)

- Thurs. 22nd : Non-Uniform Day organised by Students' Council

