

Review Week 20 & 21 : 28th January– 8th February

Pizza in the hub

On Friday 25th January, students made homemade pizzas in the new kitchen in the hub.



On **Monday the 28th of January**, the u14 boys football team played in a league match against Ballincollig community school. The boys started off very well, scoring a goal within the first few minutes of the match. Conor O' Rourke and Becaye Camarai also managed to put the ball into the back of the net before the half time whistle. The GCC goal was defended well by Ruairí Hurley playing full back and Darragh O' Callaghan in goal. The GCC teams' work rate throughout was commendable and set up victory. Despite, Ballincollig getting 3 goals in the second half, the team managed to win the game on a score line of 9-11 to 3-6. *(Dean Grainger & Sean O'Gorman) Match Report: Ellen Whelan*



South Munster School's Cross Country

On **Friday 1st February 2019**, the school's cross country team travelled to Riverstick for the South Munster School's Cross Country Championships. Our students performed to a very high standard, with five of our girls qualifying for the Munster Cross Country Championships which will take place on 15th February in Waterford Institute of Technology.

It was the first time Ruth Callaghan (Rang Peadair) and Katie Meldrum (Rang Aine) had ran a cross country race and both did very well. William Fatuga (Rang Peadair) ran in the Minor Boys' race and finished his race very strongly inside the top 25. Samuel Curtis (Rang Brid), Stephen Callaghan (Rang Brid) and Luke Cronin (Rang Tara) ran very well in the Junior Boys' race.

Our five qualifiers for the Munster Championships all finished inside the top 15 in their races. On the 15th in Waterford, Ciara Keohane (Rang Ciara) will compete in the Minor Girls' race, Lydia Walshe (Rang Tara) will compete in the Junior Girls' Race, and Megan and Lauren Murphy (Rang Oisin) along with Daisy Horan (Rang Laoise) will compete in the Intermediate Girls' race. Best of luck to all of our girls on the day.

(Lisa Hegarty and Donal O'Suilleabhain)





GCC First Year Boys Basketball Team who won their two league games against CBC and Christ Ri on the 18th and 25th January respectively. We look forward to a successful season with these talented young players.



GCC Second Year Boys Basketball Team who narrowly their two league games against CBC and Christ Ri on the 18th and 25th January respectively. This is a team that have shown great determination and dedication in both training and games. We look forward to seeing them perform in the remainder of their League games. (Claire Rockall)

HUB Outing

On **Thursday 7th Feb**, eight students from The Hub were treated to a social outing. This consisted of a trip to The Planet where two teams competed against one another bowling. Their bowling skills were excellent and they all thoroughly enjoyed it. This was followed by a trip to McDonalds. Chicken nuggets were a hot favourite with our students as they ate their food whilst chatting together before getting the bus back to GCC.

(LouisePurdy)



Mid-way Wellbeing morning for second years.

Rang Orlaith accompanied by Ms. Gilbert and Ms. Mc Inerney attended Glanmire Parish Centre **Friday 8th February.**

The workshop for the students focused on their wellbeing as they are mid-way in the Junior School.

Leaving GCC at 9.10, arrived at the parish centre at 9.30 after a brisk walk. The students took part in a 'Sleep' workshop, discussing the benefits of prolonged deep sleep and setting challenges for the students to improve their sleep. One of the biggest challenges for the students is to turn off screens two hours before bed and not use their phone as an alarm.

The students brought a healthy lunch and compared lunch ideas. After break the students took part in gratitude mediation and were invited to the church for personal prayer or reflection.

Below are comments from R. Orlaith:

"I thought today was relaxing and peaceful when we were meditating and when we went to the Church"

"We learnt a lot about sleep and wellbeing. The biggest challenge for us would be to put our phones away and turn them off at night time"

"The healthy lunch was really fun and different as it made us think about what we eat and what food is good for us and we should have more fruit and vegetables in our lunches"

"We walked briskly to the Parish Centre and back, this was good as it gave us energy and made us feel fresh. Exercise is very important for our wellbeing"

Thanks to Rang Orlaith for their active participation in their Mid-Way Workshop.

M. Mc Inerney



**Mid-way Wellbeing
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years.**



