



Rí Eolas

UIMHIR 44
SAMHRADH 2017



Athletics Triumph



A Presidential Welcome



Pfizer Senior Science

President of UCC Professor Patrick O'Shea
visiting his alma mater.



Scoláireacht Quercus

Congratulations to Stephen Cronin who received a prestigious Quercus scholarship to UCC for his academic and sporting ability.



The Perfect Score

Andrias Ó Liatháin receiving his award for one of the top Junior Certificate History results in the country.



40th European Tour

CCRí Celebrating our 40th European Tour



Canada

Our group of students outside Brebeuf College, Canada.

Focal ó Bhínse an Phríomhoide

Adveniat Regnum Tuum

The recent visit of Professor Patrick O'Shea, President of UCC and a past pupil, was a great occasion for the school. It was also an opportunity to reflect on the great contribution that Coláiste Chríost Rí has made to leadership roles in education in Cork. Besides Prof. O'Shea there are many past pupils in leadership roles in UCC; Prof. Paul Ross, Head of Science and Engineering, Prof. David Sheehan, Professor of Biochemistry, Prof. Ken O'Halloran, Professor and Chair of Physiology, Prof. Colin Hill Professor of Microbiology and Food Safety and many more. The Principals of many secondary schools in Cork are past pupils; Coláiste an Spiorad Naomh, Coláiste an Daibhéid, Douglas Community School, Rochestown College, Cork Educate Together, Glanmire Community School, Mayfield Community School, Sacred Heart College Carrignavar, Terence McSweeney College Knocknaheeny and of course Coláiste Chríost Rí - as you are only too aware I am a proud past pupil. The list of primary school Principals who are past pupils is also lengthy including Mr. David Kelly of Bunscoil Chríost Rí. This contribution is cross generational and ongoing as our recent past pupils enter the teaching profession.

As a past pupil it is obvious why so many of us have chosen the noble profession of teaching. We were encouraged by the Presentation Brothers and our lay teachers to think for ourselves, to avoid prejudice and bias by seeking and adhering to the facts. You were allowed, even encouraged, to disagree with the teacher once you had facts to support your argument. Everyone's opinion was valued. We were encouraged to pursue excellence in every field as a worthy goal. Change there must be to cater for the developing needs of our students. But this can never be at the expense of the care and concern for the dignity of the person, which have characterised our tradition both cultural and religious.

In the next twelve months major infrastructural projects will be put in place. When we return to school after the summer holidays WiFi will be available throughout the school. In today's world digital media is king and we must all become 'digital natives'. With the introduction of whole school WiFi new teaching and learning methodologies will be available. What and how we are learning and teaching is changing in the exciting world of education. In tandem with this development a new AUP (Acceptable (Internet) Use Policy) is being put in place with the support of students, parents and staff.

The second major infrastructural project is the building of an Áras na Mac Léinn, a canteen area for students where hot meals will be available. At present our planning application is with the Cork City Council. Once permission is granted we will be seeking tenders for its construction and it is hoped that building will begin in the autumn of 2018. This project involves a substantial capital investment and highlights the school and the PBST's (Presentation Brothers School Trust) commitment in offering the best facilities to our students. There is no Department of Education and Skills funding for this project.

M Uas Ó Ciardha

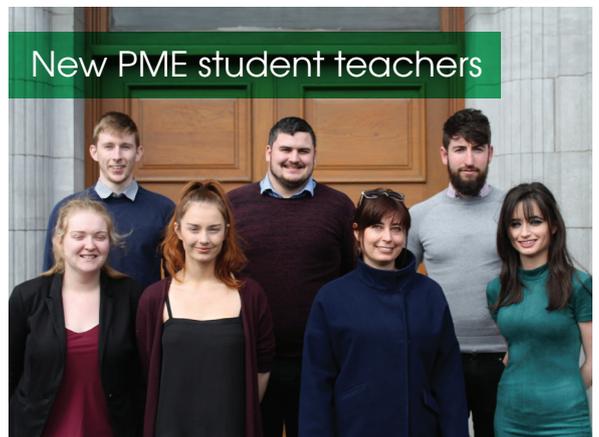


Fáilte go Críost Rí!



Fáilte roimh múinteoirí nua: S Ó Bradlaigh, D Ní Lathain, F Mac Giolla Shúiligh, G Ó Callanáin, O De Shortún, C Nic Chraith agus L Ní Sé (Guid).

New PME student teachers



New student teachers who joined the CCRí team this year. First and Second Year of the Professional Masters in Education (PME) programme.

Ar chúil (ó chlé): Rian Ó Cinnéide, Ian Ó Murchú, Barra Ó Conaill.

Chun tosaigh (ó chlé): L Ní Horace, E Ní Kincaid, Aude Dimofski Gottman, R Nic Amhlaóibh.

Retirements

"A Good Teacher is like a candle - it consumes itself to light the way for others."

This past year our school community has seen the retirement of two great teachers. They have been colleagues, friends and mentors to many over the years – staff and student alike. In the last number of years Coláiste Chríost Rí has seen a wealth of change. This evolution comes about in the form of management change, new teachers and students, past students returning as teachers and so on but most of all through the retirement of our established colleagues.

Hilarie Brennan

Known to all as Mrs. Brennan, Hilarie served many years on the top corridor – the music room. Music, German and French were her core teaching subjects, excelling in each. Her high achieving and well balanced students are a testament to her work and preparation. No task was too big or too small. Over the years Mrs. Brennan organised many school wide events, all of which were executed to the highest possible standards.

H Uí Bhréanainn showed that you can make a difference in a student's life through completing day to day tasks with care; you just need to strike the right note! A nurturing and kind-hearted disposition made school work easier and more enjoyable for her students. This influence has made a huge difference

in the lives of those she taught. Assuming the role of year head in more recent years, Hilarie became the go-to person for questions, advice and analysis of issues. It was in this role that her wealth of experience together with her true generosity and kindness of spirit shone through.

As well as her formal teaching subjects H Uí Bhréanainn also had key involvement in TY, the teaching of Religion, Peace & Justice - the list goes on. Mozart once said, "The music is not in the notes, but in the silence between." The same can be said for a career in teaching. It may not be the content, verbs, accents or notes that define a student or his intelligence but rather that which lies between in the development of the person.

Frank Mulvihill

As a past pupil of Coláiste Chríost Rí, where he played senior football for the school, Frank Mulvihill graduated from his alma mater upon completion of his Leaving Certificate in 1979, returning to join the teaching staff in 1986. Frank has had a long and successful career collecting numerous accolades along the way: President of the Institute of Guidance Counsellors, partner in the Cork Career Clinic, lecturing in applied Psychology in UCC and also his more recent work in CIT, extra-curricular projects such as the highly successful horticulture project, to name but a few.

We, though, know him as the man who

ran the career guidance department in Coláiste Chríost Rí, the man who was ahead of the curve in many instances. For example, back in the early 2000's he told Leaving Certificate students that the future was in technology and IT and that this should be kept in mind when choosing a career path. How right he was! Frank is best known for his industrious attitude to work especially in organising career days, trips to businesses and workplaces, networking and his second to none ability with on-point advice whatever the question may be.

Frank transcended the guidance counsellor role and was involved in many national as well as international projects, representing Ireland at home and abroad at EU level in relation to career guidance. With an impressive 30 years experience as an active teacher, he has influenced and enriched the lives of those he has taught as well as those he worked with. The ability to give meaning to life is the essence of a teacher; the ability to achieve this while guiding a student and encouraging them to their potential is what has kept Frank at the forefront of innovation and very much in a league of his own. Coláiste Chríost Rí and the community he is retiring from has been enriched by his presence and will forever be in his debt for the Trojan work he has put in to developing the school and its students over the years.

S Ó Luinneacháin



Past Pupil Profile



My earliest memory of my time spent in “the Col” as I knew it then, is of the late Séamus Lankford (Solas na bhFlaitheas air) keeping a stern eye on us as we were allocated to our class groups in the Halla, on my first day. And so began the process of my Críost Rí education, and with it, the influence of individuals and of a culture that still shapes me today.

An honest assessment by those who taught me during my six years in Capwell Rd would probably conclude that I didn’t set the world alight, for better or for worse. I was not an academic heavyweight! I took time to settle at secondary level and caused my parents no end of concern at Christmas in First Year when my first progress report arrived home with distinctly underwhelming grades! The erroneous inclusion in the envelope of the hugely impressive report of an extremely able classmate did me no favours either!

I consider myself extremely fortunate to have been taught by some marvellous teachers. Many displayed a tremendous passion for their chosen subjects and more importantly still, combined this passion with great teaching skill and no little energy. However, looking back on this phase of my education now, my memories of this time aren’t confined to learning the rudiments of various subjects at the hands of some great teachers. Though I couldn’t see it at the time, I was influenced, moulded and perhaps, “part-reared” by some staff of the Coláiste. Many of our teachers had a hugely positive influence on us that went far beyond the academic. Such influence meant that these figures commanded real respect. In my case, it also meant that when a justified “íde béil” was necessary, the admonishment hit home and caused me to “up my game” appropriately.

Like many a school run by the

Presentation Brothers, Coláiste Chríost Rí was a place where a “cultúr Gaelach” was actively promoted. Ba mhór an stádas a tugadh dár dteanga agus dár gcluichí Gaelach ach go h-áirithe. Bhí Gaeilge le cloisint go forleathan tríd na scoile idir oidí agus daltaí agus i bhfógraí. Cé nár thuigeas ag an am go raibh nósanna mar seo as an gnáth, is soiléir dom anois an tionchar a bhí acu ar mhórán againn ó thaobh an bhród agus an suim a mhúsclaíodh ionainn i leith an Ghaeilge. Now, in my role as Principal of Ballinora NS, I try to replicate many of the features of this Críost Rí culture for the benefit of our own pupils.

One of the greatest influences which both Scoil Chríost Rí and in the Coláiste had on me was the development of a strong sense of pride and belief in myself and in the community that I came from. I am a proud “Críost Rí” boy, Corkman and Irishman. This is no accident. The pride that I and so many of my contemporaries take in the locality that we grew up in, in our city and county was intentionally cultivated. Again, this theme is one that is familiar to the school community in Ballinora.

Given my family tradition in the profession, my decision to become a primary teacher was unsurprising and thankfully, has proven to be the correct one for me. D’éirigh liom post a aimsíú i Scoil Bhaile an Teampaill i 1993 tar-éis dom céim a bhaint amach i gColáiste Mhuire gan Smál. Chaitheas trí bhliain déag a’ múineadh ann sular thugas aghaidh ar Scoil Bhaileóra mar phriomhoide i 2005, tar-éis dom M.Ed. a bhaint amach. Bainim mórán sult agus sásamh as bheith ag obair sa bhunoideachas agus is cúis mhór bród dom go bhfuil mórán tréithe agus tradisiúin ó Choláiste Chríost Rí le feiscint i mBaileóra. Deirtear go “mbriseann an dúchas” agus más fíor é go bhfuil cosúlachtaí beaga idir an dá h-áit is comhartha é don t-árd mheas agus don chionn atá agam ar Choláiste Chríost Rí. Go maire sé i bhfad!

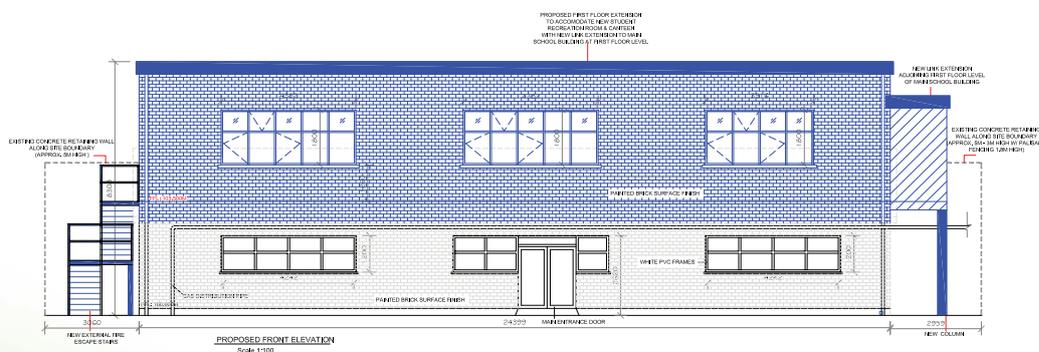
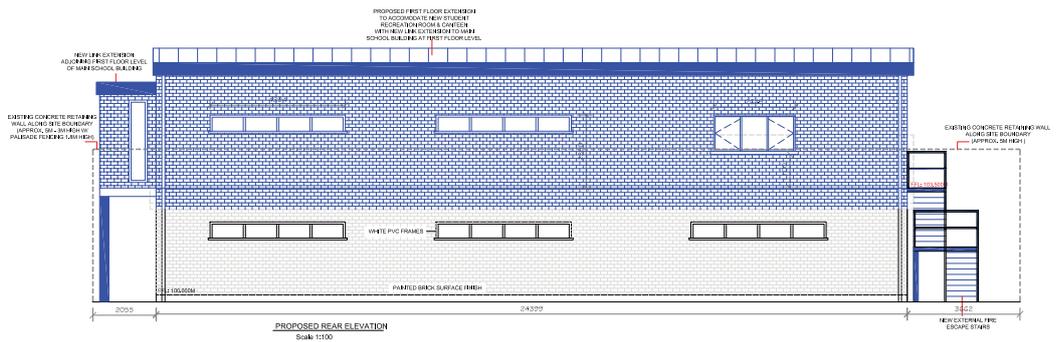
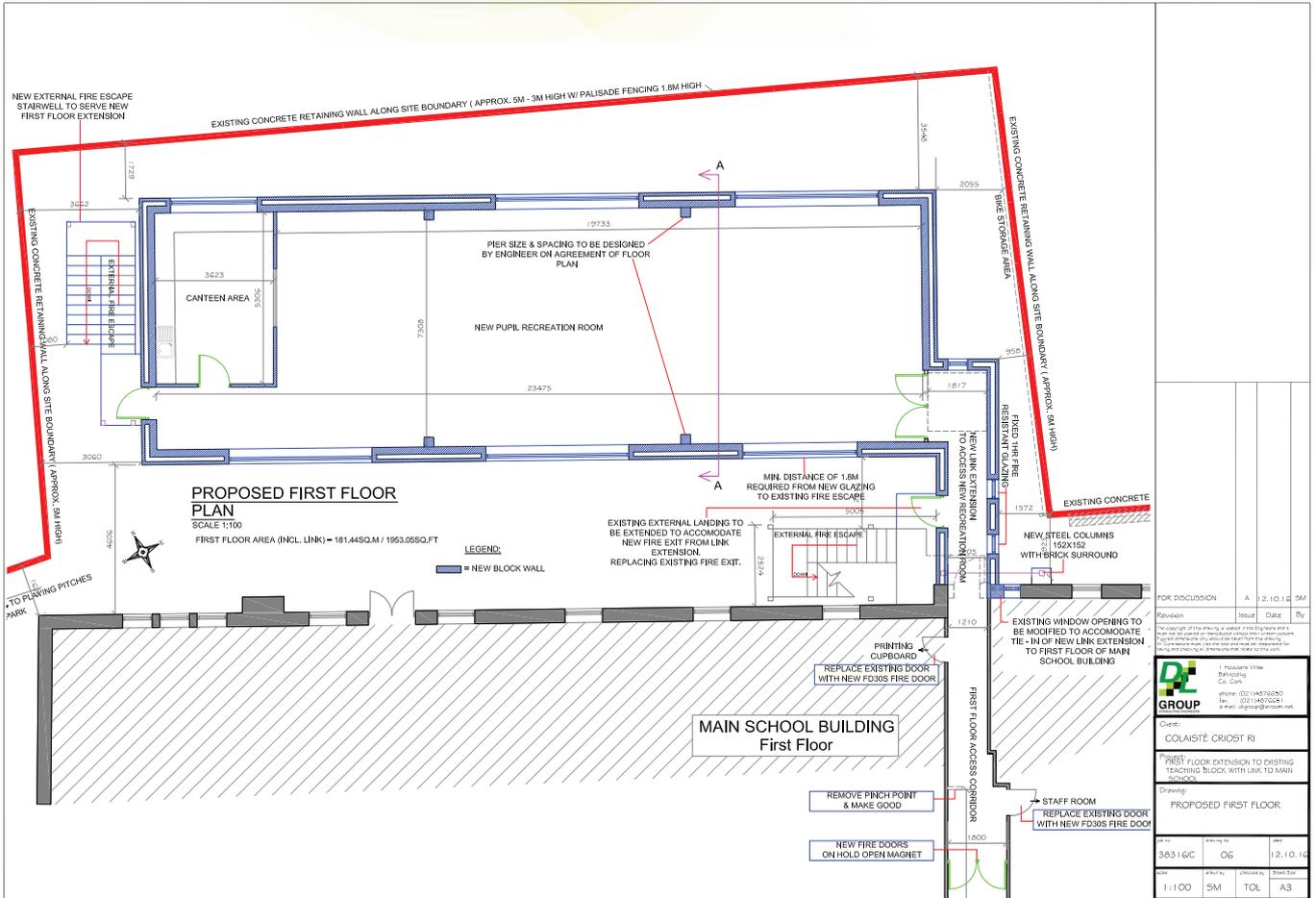
Michéal Ó Draighnáin

Cuairt an Áird-Mhéara 2016



Lord Mayor, Cllr. Des Cahill (Árd-mhéara Chorcaí) visiting Críost Rí in September. Á failtiú ag D. Uas Ó hAodha agus na scolairí. Our students with the school's flags welcoming the Lord Mayor and symbolising how Críost Rí fosters diversity and inclusion while up keeping school tradition.

School Development - Áras na Mac Léinn



FOR DISCUSSION A 12.10.14 SM

Revision	Issue	Date	By
3831 G/C	OS	12.10.14	

Client: COLAISTÉ CRIOST RÍ
Drawing: PROPOSED FRONT & REAR ELEVATIONS

This year Coláiste Chríost Rí is undertaking an exciting new project in the form of a new build canteen for our students. This Áras na Mac Léinn will serve hot/cold foods at lunchtime and will be built above the current bungalow next to the old hall, reaching out and connecting to the main school building - an exciting project indeed! This is a huge undertaking and is the first of its kind for Críost Rí: Eagerly anticipated by students and teachers. See plans above for details.

Coláiste Chríost Rí Alumni

With so many students passing through our school every year we now see Críost Rí alumni spanning many colleges and workplaces around Ireland and further afield. This year I set about tracking some of our more recent graduates to see what they are doing and where they are in the world. The responses are as varied as I imagined and served as a reminder to me that Coláiste Chríost Rí is still as great a place to be today as it was (Not all that long ago) during my own time as a student.

S Ó Luinneacháin

"This year I started my journey as an Emergency Care Support Worker with the Ambulance Service, NHS Foundation Trust. I am training in how to respond to medical emergencies, cardiac arrests and many other operational activities. I work as part of a team responding to quite challenging situations and supporting people in some of the more difficult events in their lives. I am a proud graduate of Coláiste Chríost Rí; the time I spent in my secondary school has well prepared me for my own life challenges. I go to work every day knowing that I will make a difference." - Pádraig Barrett, LC 2016

"Hi Sir, Great to hear from you. I'm currently studying Engineering at Trinity College Dublin. It's great here, really enjoying the college experience. Hope all is still great in CCRi." - Des Kelleher, LC 2015.

"I believe my education from Coláiste Chríost Rí to be the cornerstone of my own personal development. Not only was I encouraged and motivated by my teaching role models but I graduated my alma mater as a young educated man with my own opinions, ideals and tenacity. For me this could only have been achieved by walking the halls of CCRi for six great years. During my years I learned what teaching could be in its highest form. My teachers not only enjoyed their job but brought a vibrancy and joy to their subjects. It was this pride of work, engagement and enthusiasm for students that has steered me to my current pursuit. I am studying for my BA in University College Cork with full intentions of graduating and becoming a teacher. If I become anything like my own teachers I'll surely be an inspiration to my future students, as so many were to me." - Cathal O' Regan, LC 2016

"Hi Sir, hope everything is well! I'm in my second year of studying Commerce with French in University College Cork. Next September I'm heading to France on Erasmus to experience culture and life in France. Parler bientôt!" - Conor Mulcahy, LC 2015

"Hi Sir, Having left Críost Rí with a great Leaving Cert I decided to pursue my love of the subject woodwork. I am now in a carpentry apprenticeship and I haven't looked back since; I love my work. I do miss the lads and the banter of our Geography class. There are a lot of differences between working life and the life of a secondary school student but I feel Críost Rí prepared me very well to adjust." - Eoin Healy, LC 2016

"Glad to hear from you, I must call up someday soon. I'm currently study for my BA in Arts from UCC. I'm studying Geography, History, Archaeology and Irish. I'm involved with the Students Union at the minute - A step up from the Student's Council to say the least!" - Shane Kenneally, LC 2016

"I'm currently in Year 1, Semester 2 of Business Information Systems in CIT. My days in Críost Rí seem like a distant memory but the lessons I learned there are very much alive. Críost Rí didn't just educate me as a student; it educated me as a person. It shaped me into who I am and taught me how to respect myself and others. While the world of business is much different to a secondary school the fundamental lessons I learned in Críost Rí have stuck with me in third level and will no doubt as I progress in my career." - Neidas Navickas, LC 2016

Creative Concepts



A sampling of the vividly creative work produced to captivate examiners by our Junior Certificate Art students. Guided by their teacher, S. Bean de Búrca.

Drop Everything and Read (D.E.A.R.)



For the second year running Coláiste Chríost Rí students have enjoyed six weeks of 'Drop and Read'. An initiative to promote the enjoyment of reading and improve literacy skills at the same time, organised by G Uas Ó Foghlú agus M Uas Ó Ciardha. For six weeks, at random intervals during the school week, students (and teachers) get to down tools in favour of picking up their favourite book, comic, or short story. This allows our students to take some time out, and to enjoy their reading. This is one of the strategies adopted by Críost Rí to help improve literacy across the board. It has been met with rave reviews!

S Ó Luinneacháin

Chaplain Update 2016/17

When the year began last August it seemed that the new school year would bring newness to Críost Rí. Following the long summer break, all returned refreshed and eager to start the new school year.

First year students arrive every year in awe at this august establishment where their parents and grandparents attended before them. Following the time of induction, led by the 5th year mentors, the new cohort slowly settled in to life in Críost Rí and began to live a new life as a Críost Rí boy. Late September we gathered for the first year Mass which was attended by parents and grandparents in the school hall and celebrated by past student Fr. Damian O'Mahony. By the mid-term in late October the newest of our students had a full sense of what Coláiste Chríost Rí was all about.

Following return from break in November students prepared for their first year retreats. Each class went on different days to the Mardyke House: led by the Presentation Brothers Youth Co-ordinator, Jemma Halpin. They enjoyed the time and had a lot of fun as they were allowed to play football for part of the day!

Two of our TY students, Andrias Ó Liatháin and Christian Bongcayao, were excellent representatives at the SHARE executive. Both students excelled in their duties during the Christmas fast, at collections and at public functions. Andrias spoke 'as Gaeilge' at all functions: Speaking in front of dignitaries, such as the Lord Mayor Counsellor Des Cahill and the Minister for Housing Simon Coveney.

In 2017 the second year students went on retreat. Each class had a day to

themselves in St. Dominic's Retreat Centre, Ennismore and Montenotte. Every one of our students accounted for themselves well and partook in the retreats with enthusiasm. They too had time for fun and when weather allowed had a game of football for a short while. One group has yet to have their retreat but this will be fitted in to the last term. Thank you to all the teachers who accompanied the students on retreat days.

As the final term approaches time will come to bid farewell to our Leaving Certificate students who have spent the last five/six years with us. They will all gather with their parents for their final Mass towards the end of May. It will be a time of joy and nostalgia.

Sincerely,

Br. Pádraig



This year we saw the continuation of an age old tradition for the students of Coláiste Chríost Rí in the receiving of ashes on Ash Wednesday. This was a new tradition for some during the school day but for others it marked the continuation of a tradition which began many years ago in primary school, to mark the start of Lent.



For 40 minutes each day of Catholic Schools Week, Br Patrick Fitzgibbon brought a First Year class from Coláiste Chríost Rí to visit the chapel in the Presentation Brothers' house, Maiville Terrace, Turners Cross, Cork for a time of prayer. This photograph remembers the visit of the First Year class on Friday 3rd February 2017.

A Growing Success!

The idea of offering horticultural classes in Transition Year was first seeded a few years ago and has since become a resounding success. This past year students continue to enrich the school environment through a number of new initiatives. A new potting shed was built, a water harvester system put in place, a handcrafted wattle fence was built and a new sensory garden was designed. Our local residents and neighbours have complimented floral plots, Cherry Blossom trees and flower boxes at the front of the school.

It has been wonderful to see students work hand-in-hand with their teachers as they dug, weeded and planted an

assortment of scrubs, wild flowers, apple trees, tulip and daffodil bulbs with great enthusiasm. They also cleaned out the polyethylene shell of the 20x60 ft polytunnel to grow some new seasonal vegetables. Engagement in horticultural work is not just a physical task though as it can develop emotional and social skills such as patience - some students realising for the first time that tomatoes do not grow overnight!

In 2015 the Lord Mayor of Cork officially opened the Horticultural Project of the school. In 2016 we planted an oak tree with Iar-scoláire Michéal Ó Mairtín at our centenary celebration of the 1916 Rising, acknowledging the sacrifices and ideals

of the men and women of the time. This year Iar-scoláire Professor Patrick O'Shea who is now President of UCC, planted a tree in the grounds of his Alma Mater.

We also would like to take this opportunity to thank Mr. Frank Mulvihill for his unwavering commitment and all of the hard work that he has put into the project over many years. The horticultural team would like to wish him a very happy retirement.

Jan Van Soest, J. Corkery, Séamus Meskell (Au Bl), E Uas Ó Riordáin, S Ní Riain, P Uas MacCraith agus B Uas Ó Ceallaigh.



Foireann Chispheile

Ar chúl (ó chlé) Sammy Gabor, Seán Ó Brádaigh, Luca Negardze, Séamus McCloskey, Eimhín Ó Conchúir. Chun tosaigh (ó chlé) Andrious Ó Buachalla, Rian Mac Suibhne, Dónal Mac Aodha, Amir Khorchani, Joshua Ó Móra.



Coiste Glas

This spring I had the privilege of taking over the facilitation of Críost Rí's Green School Committee. This group of young enterprising students have a serious can-do attitude and are some of the most industrious young men I have encountered. When the committee set their minds to something we can really see, as a school community, the difference! After a very successful year of promoting environmental awareness and energy efficiency across the school the boys now have their sights firmly set on attaining another Green Flag for Coláiste Chríost Rí next year - stay tuned!

S Ó Luinneacháin



Athletics & Cross Country

After the haul of silverware won in 2016; we all knew that 2017 was going to be even harder in trying to match the success. However; as usual, our athletes rose to the occasion and polished the sterling reputation of Coláiste Chríost Rí and cross country running. Our athletes committed themselves to the tough three-day training week involving a mix of speed and endurance running; and as usual there was great enjoyment and friendships formed as the students put their hard miles under their belt together. The characters involved ensured that a real team atmosphere was fostered from the very first day. Our new first year students showed a lot of potential and we were excited to see how the season would progress.

Our first outing was in December 2016 in CIT for the annual invitation race. As this is more of a challenge race; we opted to bring the younger teams only and our students established their intent for the season by claiming gold team medals in the junior category. Our young prospects looked very promising with Maitiú Ó Grainne, Marcus Ó Conchúir and Ben Ó Conchúir showing real talent.

Our South Munster preparations were dealt a blow with injuries to our minor, junior and intermediate teams but we took the starting line with determination to do our best. As always; our teams did us very proud with our Senior Team claiming the team event; winning the trophy that has been absent from the Críost Rí cabinet since 1986. Cathal Ó Donnabháin led the team home with a silver medal position; and was followed in by the impressive performances of Seamus Mintern, Joshua de Burtún, Seac Ó Conchúir, Aindriú Ó Meachair, Lucas Ó Coigligh and Seán Ó Cadhla. These students have dominated the South Munster event since first year and victory in the Senior Category as

given them a clean sweep in all age categories.

Despite the injuries; our Junior team also had a very successful day; claiming the silver team medal. The very talented Tigherenán Morrissey led the team home with an individual bronze medal; with very strong performances from Charlie Gaffney, Ryan Merritt, Matthew Greaney, David Adebawale and Adam Turner.

The Munster Finals was a bittersweet affair in several respects. After putting in a very hard few weeks of training; our Junior team's aim was accomplished and we beat the team that we had finished second to in the previous race. Tigherenán Morrissey led the team home and claimed his place in the All-Ireland final. However; the team was unlucky and failed to qualify for the final by a very small 3 points.

Our Senior team followed up their impressive South Munster team performance. Intermediate runner Robert Dermody was added to the Senior team for this race and the team came home in a very hard fought second place. This set of team medals was only made all the more lustrous with Charlie O' Donovan's individual silver medal to it after a hard fought battle with an international team mate.

The All-Ireland finals took place at Mallusk Playing fields (Belfast) on March 11. Tigherenán gave his typical 110% commitment and ran with everything he had to give; just as our senior team did. I cannot express the extent of my admiration for the athletes who raced that day, so far from home. Each and every one of them put in the performance of the year and in a hotly contested race; our Senior team finished in an impressive 6th place in the country; with Charlie claiming an individual bronze medal. Our season finished with 4 sets of team medals, many

individual medals, the senior trophy; and Chríost Rí being ranked as one of the top schools in the country. I am very happy with such a strong season.

A massive thank you to Br Pádraig who has literally driven us the length and breadth of the country (and always with an enthusiasm that we all appreciate). We could not attend these races without his help and he is the athletes' biggest supporter in each race. Thank you to Ken Nason who gives up so much of his time and professional advice willingly. Ken gives our teams an edge that any school would pay a great deal for. We are lucky to have him involved with our athletics programme. Thank you to B Ó Ceallaigh and R Ní Néill for the many hours that are spent training after school in cold and wet conditions. Our success is built on the partnership of dedicated coaches and dedicated athletes.

Finally, thank you to all the students who have taken part in cross country athletics this year. You have all done us very proud and kept Coláiste Chríost Rí at the top of Irish athletics for another year.

A Uas Ó hEidhin



Athletics & Cross Country



Science Success!



Congratulations to Max Chopivskyy, Jack O'Connor, Andrias Lyons and Keshav Nagar for achieving 2nd place (up one from last year) in the Eli Lilly Junior Certificate Science Quiz organised by the Irish Science Teachers' Association which was held in UCC on the 11th of May 2016. *A Uas Pyrovolakis*

Esquí!



This year's Ski Trip brought Críost Rí students to Andorra on the border between France and Spain, to the Pyrenees. A very enjoyable travelling and sporting experience for our eager students. Pictured here with teachers, M. Uas Ó Ciardha, A. Uas Ó Dúinn, S. Uas Ó Luinneacháin.

Barcelona 2016

Time Travel (1977-2017)

In 1977 Mr. Gabriel Desmond and Mr. Liam Byrne took a group of students by boat from Cork to Swansea and onwards by coach to London. The cost of the tour in today's currency was €44 with €10 spending money. Since then Críost Rí students have visited Edinburgh, Paris, Amsterdam, Barcelona, Interlaken in Switzerland, Munich, Rome and Madrid. October last, for the 40th year in succession, students under the leadership of P Mac An Rí visited Barcelona. They say a journey is best measured in friends. I'm sure forty years of students would agree.

S Uas Ó Creimín

Barcelona 2016

The 40th consecutive Coláiste Chríost Rí European tour left Cork bound for Barcelona during the October mid-term. The tour party comprised of 26 students and 4 teachers. The teachers travelling were; P Mac An Rí, S Ó Creimín, B Ó Cochláin agus S Ó Broin.

The five day tour began with a tour of Barcelona city. Other highlights were a tour of Camp Nou, two visits to the hair-raising Port Aventura adventure park (which boasts some of the biggest, scariest rides in Europe), La Liga match in the Camp Nou between Barcelona FC and Granada. Thankfully the match ended in a 1-0 victory for Barca. Unfortunately none of the Messi, Neymar, Suarez trinity managed to get on the scoresheet. We also visited the aquarium

and the science museum. Throughout the lads enjoyed every aspect of the tour.

We stayed in the Hotel Calypso in Salou where students were kept entertained in the games room and in the pool. Hotel accommodation and facilities were first class, and a Spanish girls' dancing school were also staying in the hotel which added to the overall excitement. Some of the Coláiste Chríost Rí lads made serious progress in learning a Cúpla Focal in Spanish. Motivation to learn is everything it seems...

Overall it was a fantastic trip and we are already looking forward to the 41st European tour which will go to Madrid in October 2017.

P Uas Mac An Rí

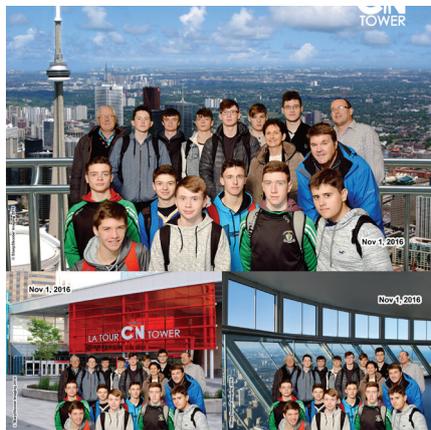


Visit to Brebeuf College, Canada

During October last thirteen Coláiste Chríost Rí students and four staff members embarked on an unforgettable trip to Toronto Canada. The reason for the trip was to meet with the students of Brebeuf College, a sister Presentation Brothers' school of Coláiste Chríost Rí to gain experience in their education system and to share in extra-curricular activities. The trip was packed full of great activities. Some sight-seeing at Niagara Falls, Canada Wonderland and visiting the tallest free standing building, the CN Tower, at 553m high!

We were lucky to get to spend the first day of our trip in Brebeuf College where the school's leadership class gave our group a tour of the school and organised activities for our day. The remainder of the trip was spent touring Toronto. We visited Ripley's Aquarium, the Royal Ontario Museum, the Distillery District and Lawrence Market. Overall, the trip was an amazing experience and well worth it.

Eolann de Favite



European Parliament



A group of outgoing Leaving Certificate students pictured with Seán Kelly (MEP) on an educational tour of the European Parliament.

(ó chlé) Aaron Ó Muimhneacháin, Daire Ó Móráin, Cormac Axson, Aaron Ó Suilleabháin-Déadaigh, Maitiú Beecher, Seán Ó Ceallaigh MEP, Deaglán Ó Foghlú, C Uas. Ó Foghlú, Barra Ó Loinsigh, Ailín Ó Catháin, Seán Ciosóg agus G Uas Ó Foghlú.

Fighting Spirit!



Muay Thai is of benefit to both physical and mental health, teaching self-defence while building self-esteem. Dean Ó Murchú-Crea and Seán Olden have risen to professional rankings in Muay Thai in Ireland.

Dean has a professional Muay Thai record of 4-0 and is ranked number two in Ireland! Recognised primarily for his unique and unpredictable style. Dean is involved in the coaching of classes in the Samson Martial Arts gym and works with children between the ages of six and ten, some of whom are Irish and World champions.

Seán Olden is best known for his strength and speed. Seán's persistence, patience and coaching skills have made him a popular coach at the children's classes. He enjoys seeing their skills develop and watching them progress. Coláiste Chríost Rí is proud of their achievements and especially their dedication and commitment to our local community.

M Bean de Barra

Cappanalea



A group of young men (ón idirbhliain), pictured here at Cappanalea Outdoor Activity Centre.

UCC President Visits Alma Mater - Coláiste Chríost Rí

This year Coláiste Chríost Rí were pleased to welcome past pupil and newly appointed President of UCC, Professor Patrick O'Shea home to his Alma Mater. Professor Patrick O'Shea, a local Corkman and past pupil of Coláiste Chríost Rí, returned home to Cork this February to undertake his new role as President of University College Cork. As a past pupil Professor O'Shea returned to his Alma Mater to share his experiences with our current students, old friends and past teachers in familiar surroundings. Professor O'Shea was met at Críost Rí by some of his now retired teachers.

Professor O'Shea has long graced the walls of Coláiste Chríost Rí in sporting

and Gaelic games tradition but he did so this year in a new and very different capacity. As a distinguished scholar, teacher and sportsman, Professor O'Shea exemplifies the Coláiste Chríost Rí student. Graduating with a balanced education, he went beyond the walls of Coláiste Chríost Rí into a profession to which he was forearmed with a strong work ethic, moral compass and sense of community.

Achieving a career that has not only focused on physics and the sciences but one that highlights the importance of humanities studies and their intricate balance with science. Professor O'Shea's education in Coláiste Chríost

Rí fostered his abilities. This education coupled with strong deference led him across the world and to the heights of academia. We welcomed Professor O'Shea back to the halls, and evolving Christian community, of his Alma Mater this February. In true Críost Rí fashion he received a warm welcome back to the place of his first sporting and academic success, but most importantly to the place he calls home. A wonderful day was had by all and we look forward to furthering our strong links with University College Cork.

S Ó Luinneacháin



6.1



Ar chúil (ó chlé): Daire Ó Móráin, Ian Ó Caoimh, Tadhg Ó Déiseagh, Marcus Ó Caoimh, Dylan Ó Luanaigh.

I lár (ó chlé): Cian Ó Floinn, Darren Ó Dubhgáin, Aodhán Ó Cathail, Adam Ó Ciosáin, Conor Mac Suibhne, Fearghal Ó Conchúir.

Chun tosaigh (ó chlé): Peadar Ó Cuimin, Diarmuid Ó hÓrgáin, Aindrias Mac Cárthaigh, C Uas Ó Foghlú, Tadhg Ó Donnchú, Roibeard de Bhál, Seac Ó Siall.

6.2



Ar chúil (ó chlé): Barra Cripps, Ciarán Ó Garbháin, Seac Ó Rlain, Seán Ó Ciosóg, Michéal Cúisín, Eadbhard Ó hÉalaithe, Caoilte Ó Laighin-Ó hAodha, Seán Ó Briain, Eoin Ó Laoire, Cormac Ó Corcora, Shane Ó Duibhir.

I lár (ó chlé): Cathal Ó Cionnaith, Seán Ó Buachalla, Deglán Ó Foghlú, Aodan Breathnach, Maitiú Beecher, Seán Mac Cárthaigh, Seosamh Ó Cochláin, Briain A'Chnoic, Seosamh Ó Murchú, Ciarán de Faoite, Barra Ó Loinsigh, Seán Ó Cadhla.

Chun tosaigh (ó chlé): Marcus Hitchmough, Daire Ó Ceallaigh, Seac Ó Mordha, F Uas Ó Dubhgáin, Colm Ó Cadhla, Seán Ó Duinneacha, Eoin Ó Riogáin.



*Ar chúl (ó chlé): David Ó hOrgáin, Diego Martín-Catalan, Hamza Sulleman, Ailín Ó Catháin, Emmet Ó Doinnlé, Dónal Ó Cruaif.
I lár (ó chlé): Pádraig Ó Dubhgáin, Aaron Ó Céilleachair, Adam Ó hArrachtáin, Pól Di Massa, Ian Ó Súilleabháin, Kyle Ó Donnabháin,
Briain Bridgeman, Dean Ó Donnchaidh.
Chun tosaigh (ó chlé): Cian Ó Néill, Josh Breathnach, Alex Ó Muimhneacháin, B. Uas Ó Cochláin, Séan Olden, Dean Ó Murchú,
Caoimhín Ó Lúasaigh.
As Láthair: Ceiteach Ó Laoire-Coade, Andreas Ó Ceallacháin, Shane de Nóglá.*



*Ar chúl (ó chlé): Stiofán Ó hÉigearthaigh, Ailín Ó Lachtnáin, Marcus Radley, Caolán Mac Gabhann, Seán de Nóglá, Prionsias Ó Floinn, Aaron Ó S Ó Deadaigh.
Chun tosaigh (ó chlé): Daithí Ó Longaigh, Mohammed Awad Diyab, P Uas Mac Aindriú, Ciarán Ó hOrgáin, Cormac Axson.*

Lá Geansaí na Nollag

This school year we enjoyed our second annual Christmas Jumper Day in Coláiste Chríost Rí. We decided that our fundraising fun day this year would be in aid of the Cork Simon Community, Bóthar, and the Presentation Brothers' Feeding Programme in Ghana.

We set out spreading some Christmas cheer by decking the halls with some incredible posters and unique pieces of artwork from our students, helped throughout by S de Burca. As well as this we were showing our newest students how we celebrate the festive season:

and what it is like to be part of Christmas in Críost Rí. After all, Christmas is a time for family, friends, community and the celebration of the Catholic faith at the most wonderful time of the year. Students and teachers alike came on board and the excitement could be felt all over the school. Some of our students were even experiencing Christmas for the very first time. Students wore their Christmas jumpers on the final day of term and there were those who even created their own versions of Christmas jumpers - including a number of teachers!

By coming together as a community we were able to show just how much our school can do to make a difference in the lives of our local and not so local communities: and to those who may be less well-off than we are. Many thanks to those who participated and got involved and especially to those who helped with the organising.

S Ó Luinneacháin



Forty Shades of Grey Matter

For a long time, Neah Bay High School on the Makah Indian Reservation in the USA was ranked in the lowest five percent of Washington State Schools. Within five years of arriving there, Ann Renker, raised students reading scores by 35%, writing scores by 79%, Maths by 43% and their Science scores by 56%. She did this by teaching them how their brains work. Her aim was to change her student's ideas of what it means to be intelligent.

If students believe that intelligence is inherited, somewhat like eye colour, they also believe they cannot improve. These students are said to have a 'Fixed Mindset'. Students who believe that intelligence is more like a muscle and can be grown also believe that work and application will make them more intelligent. These students have a 'Growth Mindset'. Growth Mindset students are three times more likely to score in the top 20% during tests. Fixed Mindset students are four times more likely to score in bottom 20%.

Growth Mindset students know that the more they study the more they improve. Fixed Mindset students think effort is something that is needed by the unintelligent. Fixed Mindset students avoid trying to solve problems in case they will fail and lose face; their attitude to setbacks floors them. Growth Mindset students believe mistakes are

opportunities to learn, they look for feedback in order to improve; Fixed Mindset students view feedback from teachers as personal criticism. Growth Mindset students study regularly whereas Fixed Mindset students don't.

PERT, a research group into academic motivation based at Stanford University have conducted a lot of work in this area. Using their work and articles we designed our own Mindset Programme here at Coláiste Chríost Rí. The first year students were taught cognitive science combined with study techniques. The cognitive science lessons included: the neurology of intelligent brains - ways of making your brain intelligent, how brains are like muscles and can be grown, how brains thrive on challenge, why the brain needs to fail in order to succeed, the importance of feedback, the neurology of forgetting and how to prevent it.

Our students learned how Einstein grew his dendrites, how the soccer player Neymar grew his motor cortex, why London taxi drivers have the largest hippocampuses, how Bill Gates managed to practice on his school computer for twenty one hours a week (even though he was allowed only fifteen minutes), how the Beatles grew their auditory cortex, why Michael Jordan puts his success down to his failures. And here's one to think about;

why the most successful ice hockey players in Canada were all born during the first three months of the year. Students were led to the conclusion that practice, persistence and grit are the characteristics of successful people in all spheres of life. Having completed the course the students sat an exam in cognitive science and study techniques. I'm guessing they were the first students in Ireland to sit such an exam.

The hope of the teachers at Críost Rí is that our students end up with a Mindset which is willing to take on challenge; a mind that sees challenge as a way of developing brain ; a mind that sees failure as a major opportunity to learn; a mind that instead of saying "I haven't succeeded", says "I haven't succeeded yet!" A student who puts his shoulder to the wheel and keeps it there until that obstacle eventually moves. A boy with attitude! A Críost Rí boy who, having fallen from a skyscraper and is half way down says, "So far, so good."

I want to thank Mr. Carey for his vision in seeing the value of this programme. To my fellow teachers for their support and ideas, to the parents of first years who turned out in huge numbers on one of the worst nights of the year to share these ideas and of course to our students.

S Ó Creimín

LCVP

Paul Moore, owner of Rebel Chilli, speaking to 6th Year LCVP students about entrepreneurship and all things business!



Bullseye!

This year D Uas Mathúna and his team organised the annual Saint Vincent de Paul food collection throughout the winter months. As well as this, a darts tournament was organised across the school. There was great excitement and some very generous donations made which in turn made this year's collection for Saint Vincent de Paul a bumper one indeed!



Simon Community



Seán de Brun agus Seán Ó hAoláin presenting the proceeds of our Christmas Jumper Day for the Cork Simon Community to Ms. Niamh Quain.

Cooking up a storm!



Dylan Ó Cinnéide, 5ú Bl.



Scoláireacht Quercus!

This year we again saw a Coláiste Chríost Rí student, Stephen Cronin, receiving a prestigious Quercus Scholarship to UCC. Quercus is the Latin for oak - or Arabic for Cork; from acorns grow mighty oaks. Stephen is a 2016 Quercus Sports' Scholar studying Computer Science in the College of Science, Engineering and Food Science. A student of Coláiste Chríost Rí, Stephen received his Quercus Sports' Scholarship due to his notable GAA achievements. Stephen plays Gaelic Football with UCC, Nemo Rangers and Cork. Stephen made his Cork Senior Debut in 2015 and captained Cork U21 footballers in 2016. He has won two Munster u21s, one Senior County with Nemo Rangers and two U21 County titles. Congratulations on your achievement, Rí Abú!

S Ó Luinneacháin

Mentoring Programme 2016/17

Below are some quotes from our new 1st year students, giving their opinions on the mentor programme.

1. "I like the idea of there being mentors; they helped us to find our way around the school and to get to know each other."
2. "I made lots of new friends on the sports day and it was so much fun. The mentoring system really made the transition between primary and secondary school much easier."
3. "The activities were really fun and unique. It was a busy day and our mentors helped us a lot."
4. "Mentors are great, not only are they helpful but they are actually our friends, even in the corridors between classes."
5. "The mentors are really helpful especially if you find something hard to get used to, they are there to help."

(Mentor response to quotes)

The main reason I wanted to be a mentor for first years was that I clearly remember my first year in the school. The awkwardness of coming into class fifteen minutes late because you didn't know there was a bungalow outside of the main building, the attempts to make friends, and the fact that you are no longer the oldest boy in the school. All of these factors make a new school environment all the more challenging.

Our role as mentors is to make the students feel welcome and simply to reassure them by letting them know they have a new friend in the school. We make sure they're all right and let them know they have somebody to talk to if they are unsure about something. We organised many activities as mentors. Our first task was meeting our groups and getting to know them, a little daunting but we soon broke the ice and got them talking. Small but simple things like making them laugh, creating nicknames,

having a secret handshake was what made my group gel and open up. After our chat and getting to know each other, we showed our groups around the school and then had our activity day. Throughout the year we had days out; we went to the Ceilí with Christ the King girls school - potentially the most awkward day! Movie day, and many more.

Most of all as mentors we are there with the students, passing them in the corridor and saying hello, doing our handshake, asking them how they are getting on and just being friendly. Personally I think this experience has benefited me a lot because it gave me a few ideas on what I might do in the future. Overall the mentoring system in our school has been very successful, as much for me it has been for our newest cohort, and I hope they enjoyed it as much as we did.

Cian Ó Cinniféic (5ú B0)



Guided Tours



Guidance Counsellors C Úí Cryan agus L Ní Shea accompanying some of our 6th year students to the Open Day at Coláiste Stiofán Naofa.

Darkness into Light - Pieta House



Coláiste Chríost Rí are delighted to be taking part in the Pieta House flagship annual fundraising and awareness event taking place in UCC on May 6th. Pieta offers free counselling to those who need it. We are encouraging all members of the school community to join us for the 5km walk. Why not join us and register as part of the Críost Rí team!

L Ni Sé

UCC Engineering Open Day



Senior cycle students attending the UCC Engineering open day on March 24th.

UOnline Digital Summit



Transition Year students attending the UCC UOnline Digital Technology and Awareness Summit 2017.

Tíreolaíochta

Turas Tíreolaíochta



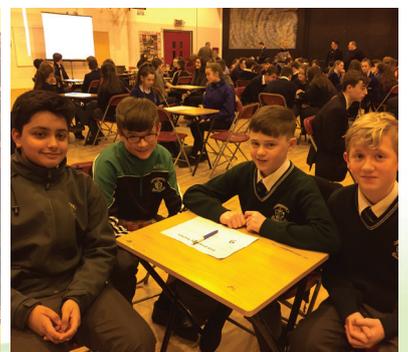
Iar-mháistir B. Ó Cruaí met with S. Uas Ó Luineacháin Rang Tíreolaíochta 6ú BI for their geographical investigation, October 2016. Pictured here are the lads on a windy cliff overlooking a developed wave-cut platform at Garrettstown beach.

Lá Staidéar UCC



S Uas Ó Luineacháin ag caint do dhaltai ón 3ú agus 6ú Bliain i Coláiste na hOllscoile Corcaigh, Deireadh Fómhair 2016.

Geography Schools Quiz



Students from S. Uas Ó Luineacháin Rang Tíreolaíochta 1ú BI (N. Seadna agus N. Stiofán) competing at the Cork Geography Teachers' Association Annual Schools Quiz 2016.

CCRÍ-ICT

The introduction of information and communications technology to education has had an enormous impact on teaching, learning and administration within Coláiste Chríost Rí. As always in Críost Rí we strive to ensure that our students get the maximum benefit from these new innovations. We recognise that learning is no longer simply a matter of remembering a lot of facts and figures but rather that it has come to mean acquiring new skill sets. These skills allow us to use the huge amounts of information that is now available at the push of a button, or the swipe of a screen. Anyone born since the turn of the millennium is a 'Digital Native' as they have never known a world without digital communications media.

In recent years many improvements have been made to our ICT infrastructure. A new server has been installed which has greatly improved the reliability and capability of our network. The introduction of the school app (available to download for free on both Android and Apple) has revolutionised communications within our school community. The single most important factor in making the app successful is the number of students, parents and

teachers that have downloaded and installed the school app. A big thank you to you all!

Coláiste Chríost Rí uses a software package called VS-WARE to help run the administration of the school. This year all parents/guardians were issued with a username and password, which is unique to their son. This username and password allows parents/guardians to access VS-ware. Attendance data and term reports are available to parents/guardians once they have logged in. Parents of current TY students were also given the opportunity to enter their son's preferred subject choices for the coming fifth year on the VS-ware system. The information collected from this survey will help school management to formulate subject option blocks for incoming 5th years. All of these developments are in line with our policy of becoming a paperless school.

As we know only too well, time and ICT wait for no man. The next stage of our journey towards becoming an e-school is already underway. We are currently in the process of tendering for the provision of a seamless Wi-Fi system throughout the school. It is envisioned that through the introduction of Wi-Fi both students

and teachers will be able to access and utilise educational material and apps on the internet. The content available on the school Wi-Fi will be filtered by the PDST so only relevant, appropriate and educational material will be accessible. Each user of ICT in Críost Rí will be required to sign an acceptable usage policy which is currently being drafted.

We are also planning to introduce a virtual learning platform (VLE) such as Google Classroom or Microsoft 365. This will be an extension of Google drive which many teachers and students are already currently using. When the Wi-Fi is in place we will operate a BYOD policy (bring your own device). In other words, each person can bring whatever internet enabled device they have into school. This may be a phone, tablet, notebook, iPad, etc.

All in all it is a time of great change in how teachers teach, in how students learn and indeed what students learn. We are already looking forward to the exciting opportunities and discoveries that technology will provide in the school's years ahead.

Pádraig Mac An Rí

History

2016 was a very successful year for History students in Coláiste Chríost Rí. Andrias Ó Liatháin from Transition Year was presented with the very prestigious Eamonn Ceannt Award for his outstanding performance in the Junior Certificate history exam. Andrias achieved one of the top seven scores in the entire country!

With it being the Centenary year of the 1916 Rising, each of the seven individuals was given an award named after one of the Proclamation signatories. Comhghairdeas Andrias!

Keeping with the winning tradition of recent years, a number of students were successful in the Discover Cork Schools' Heritage Project competition. In the Junior Certificate individual category of

the city wide competition, the following students finished in first, second and third places respectively: Alex Sagi (N. Fachtna), 'The English Market'; Sean Meskell (N. Sionnán), 'The Life and death of Michael Collins'; Mahad Ahmed (N. Fachtna), 'Cork City Gaol'.

In the Junior Cert group category, Coláiste Chríost Rí again took the spoils. With their project on 'Cork City Gaol', Gabriel Sporn, Milan Sapkota, Salman Farsi Tamid (all N. Seadna) and Oliwer Buntowski (N. Sionnán) were the victorious group. Well done to all students who submitted projects and congratulations to the abovementioned for their fantastic successes.

B Ó Ceallaigh



Seachtain na Gaeilge 2017

Bhí Seachtain na Gaeilge den scoth againn arís i mbliana, le muinteoír agus daltaí na scoile ag glacadh páirt sna h-imeachtaí éagsúla a bhí ar siúl i rith na seachtaine. Tugann Seachtain na Gaeilge deis do gach duine sult a bhaint as ár dteanga dúchais, taobh amuigh den seomra ranga, trí imeachtaí siamsúla agus spraoiúla.

Gan amhras, bhain buachaillí CCRÍ an-sult as na céilithe i Christ the King agus i mBaile Féitheáin. N'fheadfaí ach a bheith sásta agus brodíil as bhúr n-iompar ann. É sin ráite, Ní fhaca mé cúpla dóibh siúd comh ciúin riamh!!!!

Chualthas ceol gaelach agus amhránaíocht ar siúl timpeall na scoile i rith na seachtaine. Bhain gach éinne sár-thaitneamh as an gceolchoirm le John Spillane, tráthnóna ceoil iontach eagraithe ag an Masitir Éamonn Ó Riordáin, agus b'fheidir buaicphointen na seachtaine 'Ceol le Connie'.

Ina theannta sin, tugadh amach duaiseanna don chomórtas Puc Fada, 'The Chase', don chomórtas féistis bhréige agus do chomórtas cisphelle. Chuaigh ceithre fhoireann go Áth an Chóiste don chomórtas 'Fios'. B'é an chéad uair riamh a reachtáladh an Tráth na gCeist seo. Chríochnaigh na foirne sa

4ú, 5ú, 8ú agus 9ú as 30 foireann. Maith sibh a bhuachaillí!

I nuacht eile, Tá ard mholadh ag dul do Dhaithí Ó Cionnath a bhuaigh 'Scoláire an Chúrsa' i gColáiste Laighean thíos i Ros Mhic Thriúin, Co. Loch Garman. Bhuaigh Daithí an gradam seo de bharr is an sar-oibre a chur sé isteach le linn an chúrsa. Maith thú a Dhaithí

Míle buíochas as ucht a bheith páirteach i mbliana arís. Táimid ag súil go mór go mbeidh seachtain iontach againn arís an bhliain seo chugainn.

Briain Uas Ó Cochláin



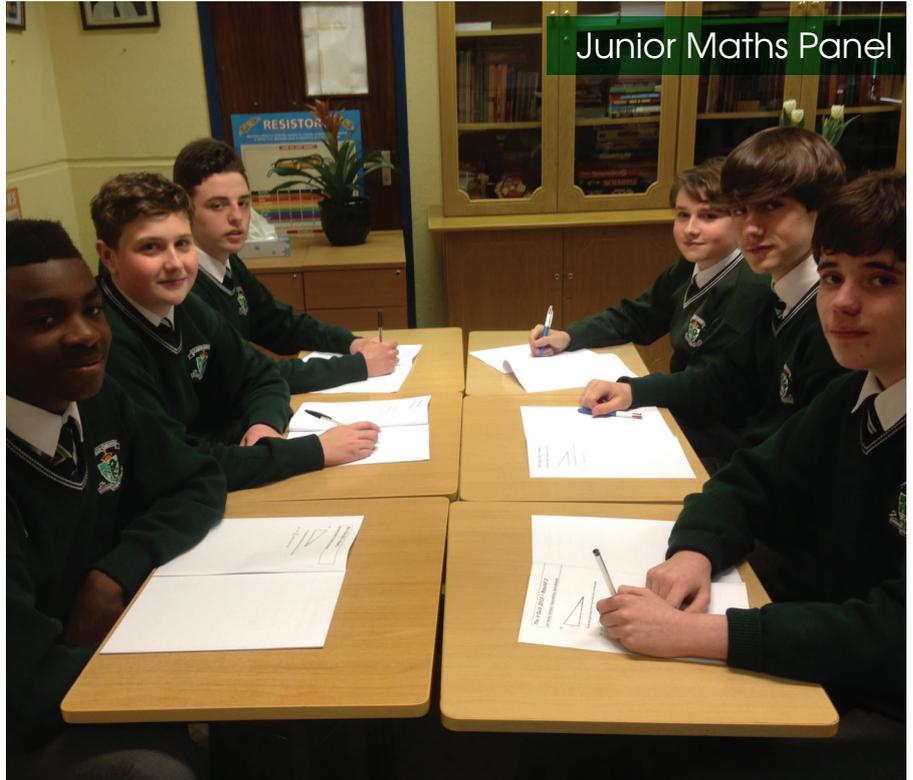
Maths & Science

Junior Maths



Congratulations to Sam Ó Murchú (N. Seadna) selected along with 60 other students from Cork City and County from the Cork branch of the Irish Maths Teachers Association to take part in the 23rd Cork Regional Final and All-Ireland final of the 1st year maths competition. Regional finals are also taking place on the night in 11 other venues across Ireland.

Junior Maths Panel



Pictured preparing for the 9th Annual 3rd year Junior Maths Competition, Cork Regional Final and All-Ireland Final on Friday 5th May 2017. 9 other regional finals will take place across Ireland on the same night. (Ó chlár: Seac Ó Mathúna, Tadgh Ó Murchú, Zack Burton, Michéal O hEachainn, Oyemen Ayere, Lucas Ó Donnchú)

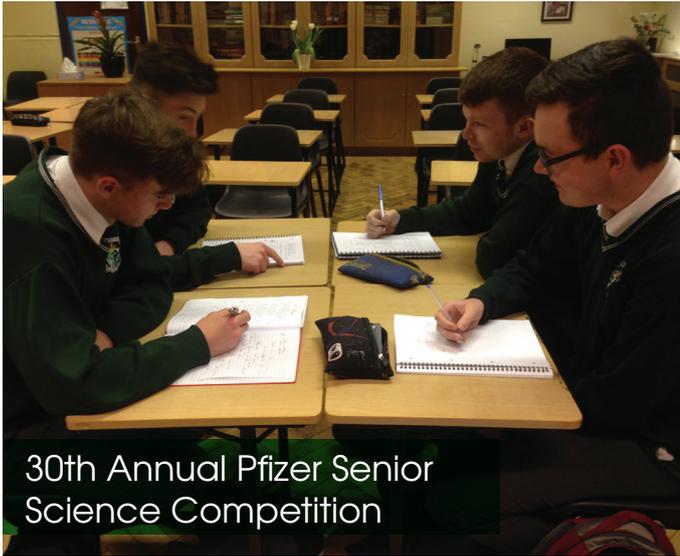
Senior Science Panel



Congratulations to the members of the Senior Science Panel who achieved joint 3rd place in the Cork Regional Final of the ISTA Senior Science Competition in November. (ó chlár) S Ní Chonaill, Barra Ó Loinsigh, Seac Mordha, Ciarán de Faoite, Seán Ciosóg, Aodán Breathnach, Briain A' Cnoic, Tadgh Ó Donnchú, Adam Ó Ciosáin, Michéal Ó Murchú and Mr. David O'Connell (ISTA Cork Branch Secretary).

Barra, Seán and Ciarán went forward to represent the school at the All-Ireland at Trinity College Dublin. Congratulations to them and their teacher Miss S O'Connell on coming 7th place overall.

Maths & Science

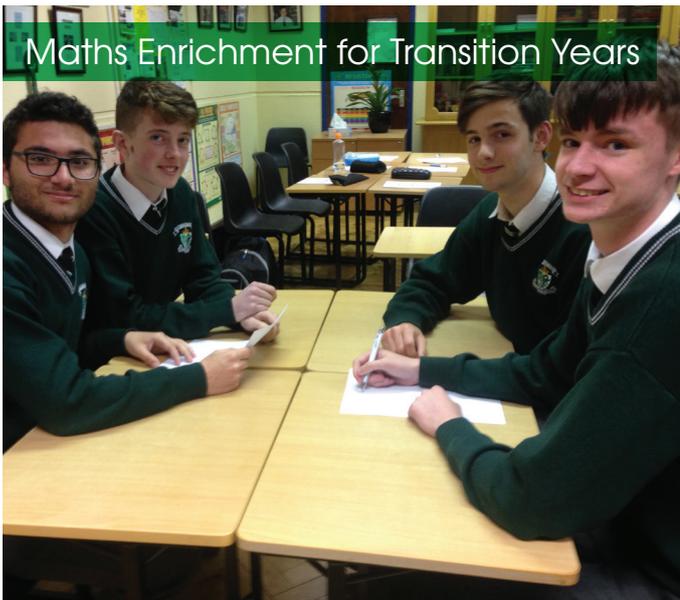


30th Annual Pfizer Senior Science Competition

Pictured preparing for the Pfizer Senior Science Quiz (Seac Ó Mordha, Barra Ó Loinsigh, Aodán Breathnach, Seán Ó Ciosóg).



TCD Study Tour



Maths Enrichment for Transition Years

Aindrias Ó Liatháin, Seac Ó Conchúir, Maitiu Ó Coigligh, Giuliano Merola. The four students were invited to participate in one week of work experience within the UCC School of Mathematical Sciences from 23-27 January 2017. They attended a variety of undergraduate lectures. They worked on small research projects, completed teacher training and received teaching diplomas. From September 2017 they will work with Miss S. O'Connell in running maths classes in the school, mainly with our first year students and also work with prospective incoming students. These students also took part in the Junior Problem Solving Cork Regional Maths Competition 2017, held in Christ King Secondary School 25th January and came first place in the event.

S Ni Chonail

Brá Pádraig accompanied the 6th year Agricultural Science class to the Ploughing Championship in September. Pictured here are some of the students who went on the trip.



Senior Maths Teams



Congratulations to the Senior Maths Panel (Pic 1: Brian A'Cnoic, Seac Ó Mordha, Barra Ó Loinsigh, Ciarán de Faoite. Pic2: Aodán Breathnach, Seac Ó Riain, Adam Ó Ciosáin, Seán Ciosóg) on achieving 5th and joint 7th place respectively in the Senior Team Maths Cork regional round held in January 2017. 26 teams from 16 schools in Cork city and county took part.



Ploughing Championships

Maths & Science

Agricultural Science Unit - Animal and Crop Production Enterprises

The country has moved to the town, officially! In June 2016 a big undertaking began on the school's Agricultural Science Unit. The area adjoining the school field was developed over the summer months with all funding from our very generous sponsors ensuring the continuity of the unit. The funds allowed us to level-out the area and start afresh! Once reseeded and gravel paths laid down we purchased a garden shed, a

chicken coop for the 'girls' return in April, a lawnmower, fencing and other supplies. The agricultural science students have been busy planting in two raised beds that were built by our 5th year students Jamie Meskell and Ronan Coughlan. A wide variety of crops are being grown including onions, tomatoes, potatoes, peas and lettuce. The border areas have been planted with daffodils, tulips and apple trees. An area has been

set aside for the growing of silage and hay as part of the agricultural science students' practical coursework. A huge thank you to Jamie Meskell and Ronan Coughlan for their huge support and giving so freely of their time, and to the school staff and neighbours for buying the eggs – 3 for €1!

S Ni Chonail



Maths & Science

Agricultural Science Study Tours

Three Agricultural Science Study Tours took place this year as part of the students' Practical Coursework. The first study tour was held in November on the host Dairy Farm of Mr. Pat Ahern, past pupil of Scoil Chríost Rí. A 7am start on the Saturday morning had the students receive first-hand information and experience on the Principles and Practices of Milking as well as the Winter Housing and Feeding of Dairy cows.

Our second study tour took place in January. Students were visited at the school by Veterinary Practitioner Dr. Tom Farrington. Tom gave the students a very interesting presentation, including some case studies, on his use of alternative and homeopathic medicines coupled with conventional medicine, in the treatment of diseases in farm livestock.

In March the third study tour was held with students attending one of the weekly marts at the Cork Cooperative

Bandon Mart Farm Livestock Show and Sale. There was great demand and trade on the day for bull calves for the home and import markets and for finished cattle by the local butchers for slaughter.

Students were accompanied on the tours by Br Pádraig, S Ó Luinneacháin and their agricultural science teacher S Ní Chonaill.

S Ní Chonaill



BT Young Scientist 2017

Pictured is Niall Ó Liatháin, 2ú B1, who competed in the BT Young Scientist and Technology Exhibition in January. His project entitled "Raising awareness and showing the benefits of A2 milk" was awarded a highly commended rosette. Niall also went on to win the BioPharmaChem Ireland Chemistry Award for his project on A2 milk at Scifest held in CIT on 31st March 2017. Well done Niall!

C Mhic Craith

Hurling

The hurlers in Críost Rí this year had a relatively quiet year however this did not stop a very determined bunch of lads in giving their all for the school this year in terms of commitment and attitude. We started with high expectations under the watchful eye of Mr. Herlihy who has a passion for the game that is second to none. We also had Mr. Burns (the master tactician) and Mr. Cremin whose contribution to hurling in CCRí is immeasurable. This year we also had the help of student teacher Mr. Barra O'Connell.

We were unfortunate to be missing Seán Dennehy for the year - our marquee forward from previous years that scored goals for fun. Having played a few challenge games in September we went into our first group game of the U18 ½ B Munster Championship game against Roscrea from Tipperary, not knowing much about our opponents. Under difficult conditions we started well thanks to Micheal Cussen's accuracy from dead balls and also a lively full forward line with John McCarthy and Jack O'Brien. We built up a healthy lead, our defence was strong and because of this solid defence by Jack Ryan and Aidan Cahill we won comfortably; the score line ending up 0-19 to 1-8. One of the highlights of the day was during the drive home when the school bus packed up, sending smoke flying from all corners of the bus which

forced us to abandon it at Watergrasshill!

After our first game win we were almost guaranteed a place in the last 16 and lacked no motivation going into our second game, a local derby against Spioraid Naomh which took place in Ballincollig GAA grounds. It was a score for score, high intensity match with Mark Hitchmough, David Byrne and Aidan Walsh keeping the defence solid and supported by hard working no.8 Dara Kelly. The crucial score of the game came half way through the second half when Luke Hannigan found the net. Thankfully we held on with the scoreboard reading 1-13 to 1-7. We were buzzing with confidence as we headed into the last 16.

A dull November day arrived, where summer hurling was non-existent and the game consisted of countless rucks which disrupted the game against Dungarvan CBS. In an extremely tight game the goals came from Michael Cussen, John McCarthy and Jack O'Brien. Yet despite our best efforts we were narrowly defeated by 2 points with a score of 1-17 to 3-09; an unfortunate way to end a very enjoyable year.

Personally I have experienced so much enjoyment and craic in sharing the green jersey this year. Along with such an honest and determined bunch of lads (beginning long ago in 1st year) I want to

thank each and every one of you for all the unforgettable memories. On behalf of the team we thank John Herlihy who has soldiered with us since 2nd year through the good (and more importantly the not so good) times, and will remain a huge influence in all our careers. A huge thanks to Jamie Burns who's first class coaching has improved each and every one of us as hurlers; I'm sure many of us will be wearing timber off you in the future when our paths cross again. To Mr. Cremin who has enriched our experience through a vast hurling knowledge but more importantly having an extremely positive influence in our lives, we thank you very much. A special 'Go raibh maith agat', to Br. Patrick who cultivates the love for hurling in the school and has driven us to countless matches on his bus. Finally I would like to thank all the teachers who coached us through the years such as: Mr. Andrews, Mr. Foley, Mr. Finn and especially Mr. Fergus Duggan who has contributed so much to hurling in CCRí by his sheer love and passion for the game.

On behalf of the 6th years I would like to wish every player the best of luck in 2017. We will be there to support you, and look forward to seeing the silverware back in Críost Rí. More importantly, we hope that you will continue to enjoy wearing the green jersey as much as we did. R Abú!

Eoghan O'Laire (6ú B0)



Rob Heffernan pictured with three Críost Rí u15 Hurlers at the Rebel ÓG Awards.

(ó chlé Ben Ó Céilleacháir, Adam Ó Lordáin, Rob Heffernan agus Conchúr O hAnracháin.)

Football 2016/17

We may not have written ourselves into the history books this year but the 2016/17 Corn Uí Mhuirí Campaign will not be forgotten by the Críost Rí players and supporters alike for quite some time. What was in some respects a disappointing year it was undoubtedly the most enjoyable year of football in my time here at Críost Rí. A sense of expectation surrounded us this year having three U16 counties, two Simcox titles and a Frewen cup in our back pockets. This instilled a sense of belief in us rather than pressure. We knew we had a talented group of players and we wanted to make the most of it.

We met in late May before we went on holidays to talk about what we wanted to achieve. We felt a Corn Uí Mhuirí title was within our reach and we made the decision to do everything we could to achieve this. Our first objective when we returned was to keep the Simcox Cup in the school trophy cabinet for at least another year. Unfortunately due to many players being injured and still involved in club activity, we faced a Macroom side under strength. Despite this, we were in the game until the very end and came to within a few inches of snatching a victory. It may not have been the ideal start to our campaign but it allowed us to focus solely on the opening game in our group against Clonakilty.

We were asked for a response to the Simcox game and to every player we delivered. From the first whistle, we worked extremely hard and there was no doubt in the outcome. We ran out as comfortable winners on a score line of 0-22 – 1-04. The next game against Mercy Mounthawk Tralee carried huge importance if we had any aspirations of progressing in the competition. It was a must win game to secure qualification. Despite the final score it was a tight affair with saves from Darragh Moran and goals from Daniel Lucey and Mark Brosnan proved the difference in the end 3-12 – 0-10.

We faced into our final group game against Clonmel wanting to retain our unbeaten run. In a tight opening quarter,

we showed our class up front with excellent scores in very tough conditions and we officially confirmed qualification into the knockout stages with a 2-09 – 0-06 win. We were where we wanted to be, in the quarter final of the Corn Uí Mhuirí and for all of us it was our first time playing senior football after Christmas. With that a training schedule was set and our intense preparations began. We felt we were fitter than ever before and this gave us huge confidence entering the next stage of the competition.

When news of the draw reached our Whatsapp group from Tomás Manning, a word of motivation was never required to get our focus right. Rochestown College were named as our opponents for one of the biggest games for Críost Rí. However we suffered a massive blow when we heard that our centre back and centre forward were ruled out for the year due to injury. Eoghan O'Leary and Seán Dennehy gave everything to the school over the past six years and we can't imagine how tough it must have been for them to be watching on the side line. It did give us a sense of perspective and I think we all realised how fortunate we were to be able to play for our school. They were always in the back of our minds and seeing their team spirit and positivity at every match was a major source of inspiration for us.

When the 17th of January came around we were ready for the battle that lay ahead. The familiarity between the teams was clear from the start with clubmates marking each other and bitter rivals having very close exchanges. It's fair to say the game wasn't exhilarating but the tension was evident for the 60 minutes. An outstanding display from our backs: John Corcoran, Mark Hitchmough and Barry Cripps, meant we kept them to just six points. With every score crucial we finally got ahead and were able to hold out until the end. A fantastic win nonetheless for this group of players.

With a place in the semi-final achieved for the first time since 2013 we only had Tralee CBS separating us from the final; A separation that would take three

games to decide. Our first day out in Mallow resulted in both teams making comebacks from five points down in a fiercely contested display. With the game nearly over, we showed what we were capable of doing and we clawed our way back to level it. An inspirational Darragh Kelly goal set us on our way and points from Cillian Meyers-Murray and Mark Cronin tied the game. Two further 10 minute periods couldn't decide a winner. We were happy not to be out but we knew we had much more to give.

Ballyvourney was the destination for the replay. A game in which Tralee were much the happier team to be still in the competition. We had to do without the skill of our key defenders Peter Cummins and John Corcoran who were lost through injury, but the strength of the panel was clear. With immense work around the middle from Jack O'Brien, Joe Coughlan and Kyle Forde, who were industrious throughout the campaign, we led by two points with time nearly up. We felt we were on our way to the final but extra time was once again required after two late pointed free kicks from Tralee. With some excellent free taking from Murray we found ourselves ahead again with the ten minutes of the second half of extra time played, but Tralee were given sufficient time to draw it. A soft red card for Andy McGowan in the dying moments meant we would face into the second replay with another influential player on the side-line.

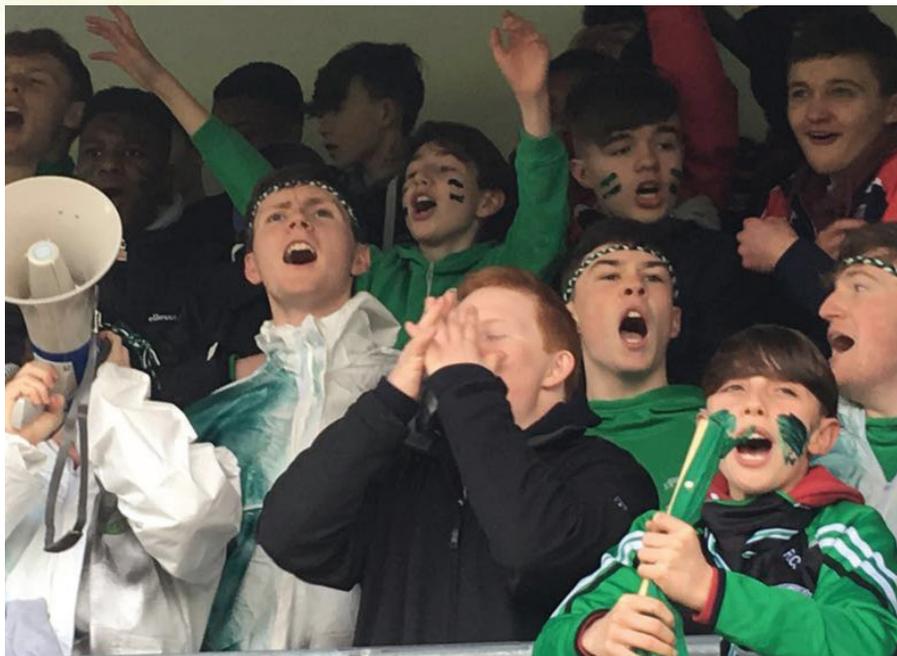
As with the previous games, crowds of supporters came to Ballyvourney to watch and cheer on what would be our final encounter with Tralee. Not having the best of starts, we eventually got into the game and were four points down heading into the dressing room. We came out with serious determination and we cut the deficit back to a single point. We then suffered a serious setback with the loss of Cillian Meyers-Murray due to a black card with twenty minutes yet to play. Tralee gained control yet even though fighting extremely hard, Mark Cronin showing his leadership up front, we couldn't get the goal we desperately

needed. A bitterly disappointing way to finish our Críost Rí careers for those of us in sixth year but we went out knowing we couldn't possibly have given it any more. I would like to give a special mention to the younger members of the panel, who showed great courage coming onto the team and all the while making a huge impact. Ethan Varian, "Who's only fifteen," and Ronan Dalton who stayed at home from the Ski Trip to play, gave outstanding performances in all three games. It was the entire squad who made this team successful and without the twenty or so players training every day it would never be possible to have made it this far.

On behalf of the team I would like to thank those who gave up their free time to support the senior football team. Thank you to Br. Pádraig in obliging to drive us across the country without a word of complaint - we really appreciate it. To the teachers who have supported us all the way through and to our infamous fan base (We may not have won on the pitch but your chanting was undefeated thanks to the choir master Andrew McCarthy and his cronies).

Also a special mention to one man who's work often went unnoticed but never unappreciated, Tomás Manning, playing a vital role as our stats-man and invaluable link between the players and management. His enthusiasm was incredible despite some stats being very questionable. Finally to our management team: Mr Paul Kerrigan, Mr Brian Coughlan and Stephen Cronin. Without your help and expertise we would never have got so far. There was never a dull moment at training and we have all become better players because of you, and for that we are hugely thankful. We wish you all the best for next year and we hope Críost Rí can go one step further. Rí Abú!

Seac Ó Riain (Gú Bó)



Medals Night

On March 29th in the Rochestown Park Hotel we celebrated the hugely successful 2016 football season with the presentation of the Under 16 Simcox Cup and Frewen Cup medals to the players. This celebration was delayed due to our extended involvement in the Corn Uí Mhuirí and the night was eagerly anticipated by the students. The night represented a gathering of the Coláiste Chríost Rí community with current students, past students, teachers, coaches, school management and parents attending.

The fact that the medals for three major trophies were presented on the night again illustrated the strong Gaelic Games culture and tradition of the school. For the Under 16s this was the third time in a row we have won the County Championship. The Simcox Cup was on display, this is the Cork County Senior Colleges title, the cup we won back-to-back. And finally the Frewen Cup, which is the Munster under 16 and a half title, made its long awaited return to Críost Rí for the first time in 23 years. The Under 16 and Frewen teams were trained by P Uas O Ciarragáin and B Uas Ó Cochláin. Our seniors were trained by A Uas Ó Muimhneacháin who was ably

assisted by the experienced duo of Ephie Fitzgerald and Deccie O'Mahony.

The students enjoyed their three course meal before Árd-mháistir M Ó Ciardha gave the introductory speech. Mr. Carey emphasised the importance that sport plays in the overall development of our students and how friendships that the students forge on both the playing fields and in the classroom will last for many years after they leave Críost Rí. Mr. Carey thanked the players and the management teams for their efforts and congratulated them in creating yet another historic year for the school. Mr. Carey, who is a Hogan Cup winning coach for the school, presented the lads with their medals.

Current 6th year student Colm Ó Cadhla spoke on behalf of the players. He thanked the teachers for their work throughout the years training teams and said how the students thoroughly enjoyed the bus trips to matches, the many training sessions over the Christmas holidays as well as mid-terms, and the buzz of putting on the Críost Rí jersey.

B Ó Cochláin and P Ó Ciarragáin then spoke on behalf of the management teams. They spoke about the three

different journeys that each team took to reach their goals. The seniors went back training early in September and by the time the Simcox Final rolled around in May we still had a panel of 35 members. The Under 16s and Frewen teams trained together from the beginning of October and had a combined panel of 43 players. This again illustrates the huge commitment of the students to add to the great Críost Rí footballing history. The Under 16s played sparkling football all year and racked up huge scores in their

games to win their county. The seniors really dug out a great Simcox Cup win by coming from 7 points down in the semi-final and won out a very close final played in Pairc Uí Rinn. Finally, the Frewen team had a rollercoaster of a campaign all over Munster to claim their historic Munster title. They played with superb heart and skill to win this competition. B Ó Cochláin and P Ó Ciarragáin thanked all of their players for the commitment they have shown and also to their teaching colleagues for their assistance throughout

the year. They gave special mention to Mr. Tom O'Connor, Br Pádraig and Tomás Ó Mainnín (4u BI) for the tremendous work done in the background to help our teams in the pursuit of success.

This was a great way to celebrate the successes of 2016 and we look forward to seeing all Coláiste Chríost Rí teams in action next year. Rí Abú!

P Uas Ó Ciarragáin



Sports Day

