



TY News Letter

Jack Farrell

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The Pattern Day

Ballyheigue

The Pattern Day in Ballyheigue takes place each year on the 8th September and celebrates Our Ladies Birthday. An outdoor mass is held in the Grotto at 11am and is followed by the most antic-



ipated street shopping trip. Stalls selling every item imaginable are set up along the streets and down through the beach car park. The pubs were also open for people to have a drink.

The 8th of September, The pattern Day in Ballyheigue. I got up and went to school like any other day. We had been told that we were going to leave the school at 10am. The day was dry and



there wasn't much sign of rain. We got a bus to Ballyheigue and we arrived at around 10:30am. The mass was to commence at 11am. The well is located near the village. The statue and Grotto were put in there in the 1940s. When we arrived at Ballyheigue the bus dropped us at the grotto, this is where the mass was going to be said at. It started to get cloudy and looked like it was going to rain. There was a



huge crowd gathered for the mass. A lot of people brought umbrellas fearing that it was going to rain. We were told what we needed to do for the mass. We were also told to stand to the left of the Altar and when the communion was being out we had to follow the minister of Eucharist with an umbrella over their head. This was to show people when the Communion was being handed out and so that the minister would not get wet. People from all over attended the mass, there was a lot of local people but there was also people from up the country and tourists there. People lined the streets to listen to the mass as the grotto was full. When the mass was finished we were allowed have a look around the street. The street was packed with

stalls and people selling stuff. The crowds were huge and the pubs were packed. Whatever you could think of was in the stalls, every item imaginable was there. The streets were packed with stalls, the beach car park and even down near the sports field was packed. All the pubs were open during the day and in to the early hours of the morning. We got the bus back to the school and were at the school for the school buses home.

All the students helped with the communion holding the umbrella over the Minister of Eucharist. This helped show people where the communion was being handed out. Over all it was a good day. It would have been a lot better if it didn't rain but that just isn't the way Ireland works it also has to be raining. Other than the rain the day was great and I would go again next year

Ploughing Championship Co Offaly

This year's National Ploughing Championship took place in Tullamore, Co Offaly. The event took place on Tuesday the 20th to Thursday the 23rd of September. The event is one of the largest outdoor events in the world with over 1500 exhibitors and attendances of over 200,000.

The national ploughing championships is one of the largest outdoor events in the world drawing in huge attendances of over 200,000. There were lots of stalls with all agricultural equipment, ranging from tractors to cars whatever you name was there. There was also an animal section, this is where you could see all breeds of animals. There was also a section of land that was fenced off this was for the



ploughing. Farmers who wanted to take part had to plough a section of a field. The farmers were judged and were awarded points for the straightness of the plough. The event took place in Screggan, Tullamore, Co Offaly. 600 acres was available for the event to take place on. The National Ploughing Championship took place over Three days. We left the school at 6 am in the morning and started on our way up to the ploughing. When we got there there was a big crowd. People had travelled from all over Ireland to be there. We left causeway school early in the morning at roughly around 6. The bus was full of TY students and agricultural science students from 5th year. When we arrived in Tullamore we had to get a lift up the field by a tractor. We all had to stand in a cattle trailer made to carry people this was because the walk was

long and if cars tried to get into the field they would have got stuck. There was also a lot of people there who had come from different countries and that would come to Ireland every year without fail to the ploughing championship. There was loads of stalls around the place. There were tractors for sales and even hurleys, whatever you could name was there. There was also all kind of livestock there. There were sheep, horses and cows. There were a lot of animals being sold. There was also a huge selection of machinery. There was new Holland, case, john deere and much more brands. Any brand you wanted was there. There was also farming equipment. Machine and hand equipment were on sale. There was also a huge section of



land not being used for cattle. It was being used for the ploughing. People from all over the country brought tractors and ploughs to enter this competition. The driver would have to drive in a straight line and keeping the plough straight. Marks were being awarded for how straight the plough was. If you went out of line marks were taken off you. There were different categories for different aged drivers. A lot of drivers had entered this competition and there was only one winner from each category. On the way down on the bus we were very tired and a lot of people fell asleep. It took us roughly 3 hours to go up but we were waiting in a lot of traffic and it was busy and it took us 3 hours to come home.

Cappanalea Report

Outdoor educational facility

Cappanalea is located in the outskirts of Kilorglan. The centre is based around mountains and lakes. From the centre you can see Carrauntuohill and Mount Brandon. The centre also located near The Mountain Seefin which we later Climb and descend from. There is also Lough Caragh and Lough Cappanalea. The centre can cater for up to 52 students and 4 four teachers. They have dormitories to accommodate 4 or 6 students. There is also a lounge, dining area, male and female changing room's toilets and showers, a drying room which you can put your wet clothes into and



they will be dry within a few hour, a meeting room with a balcony, Wi-Fi for leader's teachers and adults. Cappanalea provides all equipment that will be needed for activities. After dinner at roughly 8 o'clock the leader sets up a



game for everyone to take part in.

We were planning on leaving the school at 9:10 but the bus didn't arrive till 9:30. We then travelled to Cappanalea. Each night a teacher had to stay with us, a male teacher and a female teacher. When we arrived in Cappanalea, Kenmare Secondary school we already there. They were also going to be staying there the same week as us. We took our bags out of the bus and had to wait in the locker rooms and one of the leaders, Brian, told us all the rules and regulations about the Centre and surrounding areas. He also told us that breakfast would be at 8:30, lunch at 1 and dinner at 5. When he had finished briefing us about the rules he brought us to our rooms. I was staying in a six bed-room dormitory with Niall, Bryan and Shane C. Brian, the leader, gave us a sheet that we had to fill out when we came into the room. We had to mark out all the places in the dormitory that were either damaged or wrote on. The slogan 'You break you buy' was used through-out the centre. Everyone in the room had to sign off on this. There was also strict ruling on having to stay in your own dormitory. You could not enter another dormitory, girls were not allowed into boys, boys not

allowed into girls, boys into boys or girls into girls, this was to ensure that nothing was to be robbed from dormitories or damaged by someone else.

We were then shown to the end of the corridor where the list of the groups were displayed. Group A and B were



Causeway and C and D were Kenmare. There was also the time table of events in which each group were going to be doing. Each group had an am activity and a pm activity. We didn't not have an am activity on Monday as we were getting split into our dormitories and the rules were being explained. I was in group A and our pm activity was Abseiling.

Before we went abseiling we got lunch in the dining area. Before lunch they explained to that each group would be on either Breakfast set up, Breakfast clean up, lunch set up, lunch clean up, dinner set up or dinner clean up. Breakfast was at 8:30 and the set up group could set up at night after dinner but bring the milk and butter out of the fridge in the morning this would mean they would have to be in the dining room at

8:15.

At around 2 o'clock on Monday we were introduced to our leader. We were told that we would have the same leader for the whole week at Cappanalea. The leader we were going to have was Brian. He showed us the Store Room, we would operate out of Hatch A as we were group A. If we were getting stuff out of Hatch A we would have to return it to Hatch A.

Brian gave each of us a ruck sack and a mat. We had to tell him the number of our bag and he had to record each item that went out of the store room. He also gave us harnesses' and helmets. We then started to walk towards the abseiling. While walking to the abseiling there were beautiful views and Brian let us stop to take photos. It took us about 10 minutes to walk to the abseiling, just before we reached the rock face Brian showed us how to put on the harnesses' and helmets properly. When all the harnesses' we on correctly we walked to the foot of the rock face. It was about 20 ft up. Darragh who was another instructor was there before us. He had all the ropes set up for us. He had also set up a rock climbing exercise. He firstly demonstrated how to do the abseiling correctly. Brian stood at the top of the face where we would abseil down he would hold the safety rope and clip the harness onto the rope. Darragh demonstrated that even if he let go of the rope while abseiling down nothing would happen because Brian was holding us on as well.

Three people and Brian were only allowed be on the top of the face, one abseiling down and two other clipped onto safety ropes. If you wanted to you could do the rock climbing before the abseiling or after the abseiling. There was already 3 at the top so I decided to pass the time by doing the rock climbing. I climbed up it with ease and then Darragh told me to abseil down and practise before doing the real thing. When I came back down there was a free spot on top of the rock face and I went up. I had to climb a ladder to the top and then I was clipped onto the safety rope.

When the person abseiling down reached the bottom another person was aloud up. The other person on the safety rope had to clip on the other person to the safety rope. Brian then called you to the edge where he clipped you to two ropes, the rope for lowering yourself down and a safety rope. The safety rope was secured to a rock and to Brian this was to ensure that if you let go of the rope which you were letting yourself down on nothing would happen because you were tied on with another rope. It was only a 20ft drop to the ground. When I got down to the bottom I had to unhitch myself from the rope and pull on the rope three times, this indicated to Brian that I was off the rope and he could pull it back up.

Darragh then asked me if I wanted to go up the rock climbing again and that he would give me a harder route to go

up. I felt that route way harder than the first one. When we were finished the rock climbing and abseiling we had to wait in the seating area. We had to keep our helmets on, this was to make sure that if any rocks scaled that our heads were protected. When everyone was done we had 10mins to spare and Brian said that whoever was afraid of it or found it hard should do it again. I didn't need to do it again and when our time was up we had to help Brian and Darragh take the ropes back to the centre.

On the way back Darragh was telling me that on Thursday the abseiling would be 92ft and asked me would I go first down it and stay at the bottom. He explain that I had to help people take off their harnesses' and helmets and put them into a bag and send them back up to Brian who was at the top of the rock face.

When we arrived back at the centre we gave the ropes to Brian and Darragh and they put them into the store room. We then had to go to Hatch A and Brian told us to keep the helmets and give back the harnesses'. We had to keep the helmets to add weight to our bags. Brian also gave us mats, these were to go under our sleeping bags to stop them from getting wet.

Brian then informed us what group was on setting up and cleaning up duty, the group on set up had to go and set up for dinner. When dinner was finished we had to take our plates and cups off the tables. There were two pot, one for used cutlery and the other was for food not

used and waste food.

When dinner was finished we were allowed to do what we wanted for a couple of hours. Then at around 8 o'clock the leader in charge for the night set up games. On the first night we played a game called Man Hunt. The other school that was there, Kenmare, also played the game too.

The game finished around 10:30 and we then had to help the leader to put back the equipment we had used. We then had to go back to our dormitories and it was nearly time to go to bed then.

On day 2 we had to get up at 8 o'clock. Breakfast was at 8:30 and if we missed breakfast the kitchen wasn't open again until lunch. Our am activity on Tuesday was Camp Craft. We walked to a small field at the back of the centre. There Brian split us up into two groups, each group got a tent and we had to put up the tent without help from Brian. The group I was in worked very quickly and we had our tent up in no time. When both groups had their tents up Brian showed us how to use the different cooking utensils. There was a pot and you could boil water on the pot. We used packaged food.

When we were finished this activity we walked back to the centre and got ready for lunch.

When lunch was finished we got ready for the pm activity. On Tuesday our pm activity was navigation. Before we went outside Brian brought us up stair to one of

the rooms. He explained to us about maps and compasses. He then showed us how to properly use the map and how to get the bearings of different places. When he had it explained he let us try for ourself's. Then when we all could get our bearings and work the compasses, we went outside and walk up the road. After about 10 mins of walking we came to a fence. There was steps over the fence and before we went into the field Brian told us that we were to go into groups of around 3. He then picked out a group at random and he would give them a place on the map to go to. The rest of the group didn't

other game at 8 o'clock. The game was to help people work as a team and there was no way of winning unless the team worked together. When we had finished the game around 10 o'clock we helped the leader on charge put back all the equipment used.

Day three started like all other days. We had to be up at 8 o'clock and breakfast at 8:30. Our am activity was canoeing. From listening to other groups canoeing seem to be the best. After breakfast we went into the store



know where he said and we had to follow the group navigating and try to figure out where they were going to. We had to get three navigations correct in a row to have passed the activity. When we were finished that activity we had to go back to the centre. When we got back it was nearly dinner and the group of set up had to start getting up for dinner. We had to give back the maps and compasses back to Brian.

When dinner was finished we played an-

room where we were met by Brian. He told us that we needed to wear old clothes and that we had to put spare clothes into the shower rooms because we weren't allowed into the dormitories with wet clothes. When we had our old clothes on, Brian gave us life jackets and helmets. Darragh was going to be helping Brian on this activity. We walked down to the lake and when we got there Brian and Darragh showed us how to get into the canoe

without tipping it over. They also explained that there was to be one at the front, one in the middle and one at the back. The front person and the middle person were going to be rowing and the person at the back was the person steering the canoe. The person at the back would do this by putting the ore into the

water at the back of the canoe. He was also in charge of the canoe. When we got into the canoes we were



trying to figure out how to paddle. After a while we got the hang of it and Brian told us to paddle up the lake a bit to a certain spot. When we reached that spot we had to change people in the boat and change the position where we were in the boat. Then we paddled around the lake and from there to the end of the lake. At the end of the lake we played a game with the canoes Brian had a small ball and the objective of the game was to get the ball into either Darraghs canoe or into Brians Canoe. The canoeing was by far the best activity yet and it was well worth doing. We paddled back to the other side of the lake where we parked the canoes. Brian said we can jump into the water at the end if we wanted and most of the group did. We then started to walk back to the centre. When we got back to the centre we were soaking wet we took off the life jackets and the helmets and gave them to Brian. We then went for showers

before dinner. After dinner we made out our route cards for the next day this route card would help us navigate our route around when we were let off the bus.

Day 4 was the biggest day so far all the

work we had put in over the week was going to pay off. We were to be let off in the middle of nowhere and navigate

our way around using only the map and the compass. We all got on a bus and we were let off at a certain spot. We took a few minutes to get our bearings and we started on our way. Brian was going to watch over us from a distance to make sure we didn't stay too far off the trail. We had to climb up a steep hill and when we got to the top Brian met us there. Then when we had taking a few photos we started down the hill again only this time we walk down the other side we were going to have to walk down the hill to where there was a steep rock face. This is where the abseiling was going to take place. It was roughly around a drop of around 92 ft. I was first to go down and had to make sure everyone at the bottom took off the harness correctly and I had to send the helmets and harnesses back up the Brian. When everyone had gotten down safely. We rushed to the lake across the road as we were running behind schedule. We jumped in-

to the canoes and I was with Ruby and Valerie. I was at the back steering while Ruby and Valerie were rowing. We moved quickly across the lake and when we got to the other side we took out the water can and a small bag of fire wood from the boat. Brian then walked with us to our campsite. When we got to the campsite we took out the tents and set them up. In the tents there would be three people I was in a tent with Shane and Cian. When we set up the tent Shane, Cian and I went looking for more fire wood as the amount of fire wood that we had wouldn't have been enough to last us the night. We were gone for a good hour and a half we returned to the campsite a good few times as we had filled the bag and our hands were full. We had collected a lot of different size pieces of wood. We got wet as we stepped into a lot of puddles by accident. When we had enough wood we tried starting a fire. We would have it lit and then it would quench after many attempts we finally got it. When it was going good we got marshmallows and put them on sticks over the fire. There was a lot of smoke coming from the fire. We were all tired around 10 o'clock so we all went to bed. The tents were that cramped inside. When we woke up the next morning we had to hurry to get the tents down and eat as we were running behind time. When the tents were down and we had eat we started walking again. We asked Brian roughly how long would it take for us to get back to the centre. He said it will be around 6 when we get back. At the time we thought he was being serious but he was only messing and it was only going to take us about an hour. We walked up a trail upwards towards the top of a small rock face, crossed a few small streams, passed through a small farm and then we were back at the centre. When we arrived back we had a shower and ate lunch. When we were finished we got all our bags from our dormitories and brought them out to the bus. We said our good byes and thanked the leaders and people who worked there. We then got onto the bus and hurried back to the school to try and make the buses home.

From my experience of Cappanalea I think every school should go there for a week as it builds up your communication skills, helps you make more friends and also helps you with life difficulties that may arise in the future.

NewsBrands Ireland Press Pass Awards

Jack Farrell – Winner Photojournalism Category

Press Pass was launched by NewsBrands Ireland in 2012, every year since TY Students in Causeway Comprehensive have entered the Competition.

This year alone 8,000 TY students around Ireland entered the competition. Schools participating received newspapers and a specially created workbook free of charge to help the students and give them information on the event. There are 5 different categories: Features, Opinion, News, Sport and Photojournalism.

This competition encourages young media talents at second level by giving the students the unique opportunity to learn how to write a well written article or key tips to taking a better photo.

Each TY student had to prepare two written articles or a photo and an article. When we had both ready our English teacher talked with us to discuss our articles and which one we felt was our best to enter. I decided to enter my photo, "An Autumn Stroll", a shot taken in the Town Park in Listowel last November.

After I submitted my work in early February I thought no more about it and was surprised when Ms Mulvihill told me I was 1 of 16 students that had been shortlisted for an award. This meant a trip to Dublin's Convention Centre on the 10th of March. This

was a significant achievement for me and the School. I was accompanied by my parents, my brother Adam, Ms Mulvihill and Deputy Principle Ms Hassett.

MC for the event was Matt Cooper former editor of the Sunday Tribune and radio presenter of The Last Word on Today FM. Michael Clifford the 2016 NewsBrand Journalist of the Year told aspiring journalists how much he loves picking up one thread of a story and then finding another.

Finian McGrath T.D., Minister for State with special responsibility for Disabilities and Vincent Crowley Newsbrands Ireland Chairperson presented the awards.

I was thrilled to be awarded 1st prize in The Photojournalism Category.

Work Experience TY



Sliabh a' Mhadra N.S.
Ballyduff, Tralee, Co. Kerry

There are two blocks in TY for work experience. This is 3 full weeks of work experience in total. In October we had one week of work experience, and there will be two more weeks in May. For the first week that was in October I went back to my national school Sliabh A Madra,

in Ballyduff.

I decided to go to the primary school because I am thinking of doing teaching after school but I am not sure which kind, primary teaching or secondary teaching.

When I arrived at the school there was another student from causeway school doing their work experience there. On the first day we had to sign a contract agreeing with all the terms of the school. Sliabh A Madra's annual school concert was on in the school the week and there wasn't the usual amount of teaching going on because the students were practicing on stage. We were asked to supervise the 2nd class and we played different games to keep them entertained.

On the first day of work experience we had to leave a small bit early because we were practicing for the school musical and had rehearsals in Causeway. We were at the school til lunch break. During the small break and big lunch in the primary school we helped supervising the yards and look after any problems that would arise.



When the lunch break was over we would get 10 minutes to eat our lunch and then we were sent to a class room to look after the students for a while.

While we were there we done different kinds of jobs, not all teaching jobs. Some jobs included getting spare chairs for the shed out the back and bringing them into the hall where the school concert was going to be taken place. Also another one of the jobs were to make sure the school looked clean.

When I had finished these jobs I then told to go around to each classroom getting different pieces of art work that I could stick onto a piece of cardboard which would later be stuck on the wall inside the school.

On the night of the first show in the school I was doing the curtain on one side and making sure everyone knew what there were doing before they went on stage.

The rest of the days were partially the same while preparing for the Concert

School Musical

Mamma Mia

The principle wanted to do a musical in the school and he put together a group of teachers to get a group of students together and get the musical up and going.

There was auditions for the main parts. Ciara Shannon got the lead role playing Donna but had to pull out because it was too much commitment and she didn't have time because of her leaving cert.

Triona had to take up the part and the rest of the roles had being taking. There were too people from TY to be lead roles,

Triona, and Cian, Cian was going to be playing Sam one of the possible three fathers of Sophie. The lead roles had to stay back for a few hours after school nearly every day.

Joe Burket was brought in to do the dance side of the musical, most of the TY's participated in the dancing. Also some 3rd and 5th year joined in to make up the numbers. A lot of work and practises were going to be taking placed over the coming 2 months. Some days in which the rest of the school were off the dancers and the leads had to come into the school for a couple of hours. The first couple of weeks we learned the music and dances and then after them few weeks we were sorted and it was a matter of making it perfect. While we were learning the dances Mrs McNamara and

Mrs O Keefe were over the choir and Mrs Barry and Mrs Mulvihil were organising the props and figuring out what clothes we should wear. While all this was going on the main acts had to learn all their lines and the dances and the songs.

Triona nearly died and had to pull out close to the end and Ciara had to fill back in and it was a lot of pressure because she was in 6th year and studying for the leaving.

The show would be performed during the day for primary schools and that night the musical would be open to the public and the night after that too. Huge crowds were expected and the days leading up to the Musical we spent all of the day rehearsing.

The first night we had to be down at the school for seven o clock. Everyone was getting excited and the stage looked good. All the girls were getting make up put on and the boys had to get bronzer put on. This was to make them look more tanned when the lights shone on them. The night went according to plan except for the choir, there were very quiet.

The second night was better and people enjoyed it more.

121 Digital

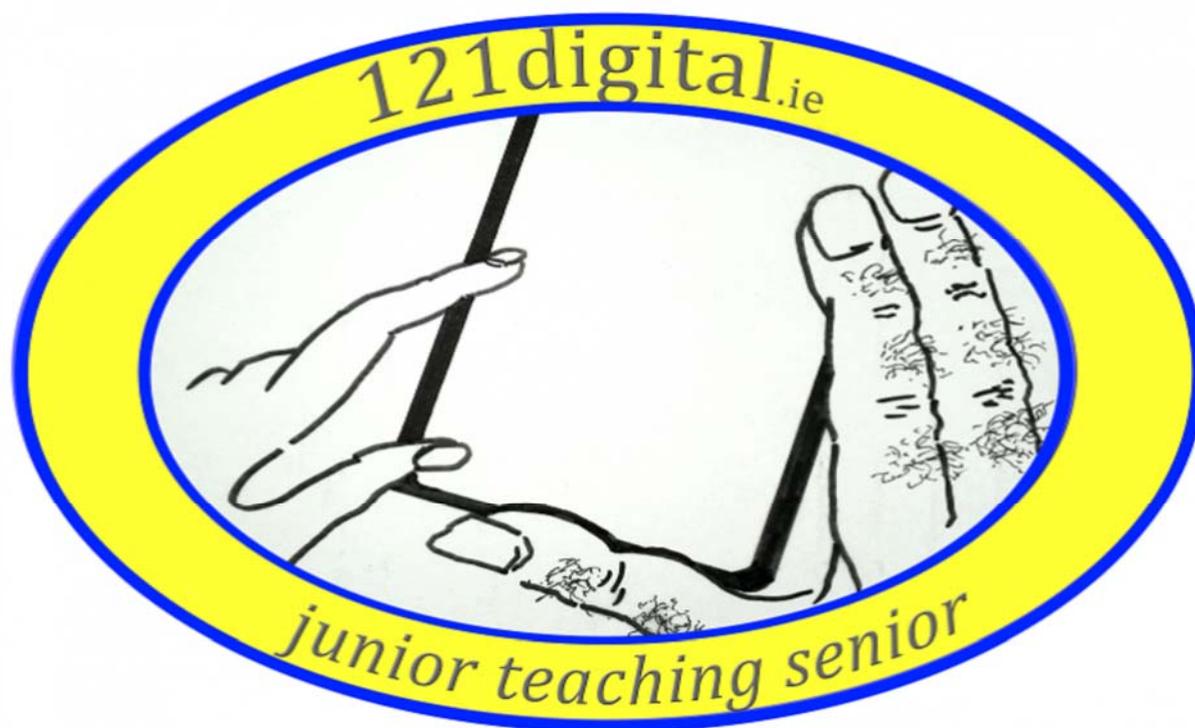
121 Digital was founded by Fintan Mulligan. He first started teaching adults about technology around 10 years ago in schools in Bray and Cabinteely for adults. He set up 121 Digital 6 years ago

for his local community but discover there was more demand than what he expected from of the other towns.

There are three main groups with in the programme 121 Digital, there are Tutor

out forms and other pieces of paper work.

The first week the learners came in I had to hand out each learner 3 pieces of paper, the first one was a form



Volunteers, Learners and there is a Facilitator.

The tutors are the people willing to give up their time to help teach the learners how to use different technology. The learner is the person who wants to find out more about their device and different ways to use them. The facilitator Facilitators are adult volunteers who offer to run 121digital, in their local training centre.

When we were told about 121 Digital some people were shy and didn't want to take any learner for this course and would be happier if they could do another job instead. I got the job of Administrator, this job consisted of me sorting

which the learner would fill out, the second was a list of things that you could learn from the course. Each learner had to tick the box on which items they wanted to learn about. The third sheet had the details to the school password if they needed to use the internet.

Each tutor got a name tag and they were going to have the same learner every week so it was key to build up a good relationship with them.

The rest of the days had less paper work. Each tutor went to the front door to meet there learner. Before the tutors went to the door I gave them all

there name tags so the learners could easily identify them. When everyone was settled down I handed out the sheets with the password to the school Wi-Fi. Mid-way through the session I went around to all the learners and tutors and asked them if they wanted tea, coffee or water. I then went to the canteen to get the tea and drinks. We also had biscuits with the tea, coffee or water.

The rest of the sessions went the same way and everyone enjoyed it.

The learners left with a lot more information and really enjoyed the experience and chatting with the students.

The school run this workshop every year and plan on keeping this workshop going to help people in the community and wider areas.

Paintballing.

We started to think about an activity we could do that would be fun. We came up with the idea of going paintballing in Tralee. We asked Mr Mehan would he take us and he said he would. He said he would organise it if we collected the money. We started collecting the money a few months before paintballing so everyone would have time to get the money in.

The first money instalment was €15 and the full instalment was due the week before we went on the trip. We also had to bring a form home and get it read and signed by a parent or guardian. The LCA Class also came with us paintballing.

As the weeks passed the excitement

started to build and we were looking forward to trip in to Tralee. The date for the trip was Wednesday the 5th of April. On the Tuesday of the trip Mr Meehan told us we could bring €5 on Wednesday to Tralee and we would order a pizza up to us.

When we arrived in the paintballing we were met by the owner and some workers. They gave out a sheet in which everyone had to sign their name and birthday. The workers then gave us time to change and after that they handed out a protective vest for the chest which would go on under the overalls they would hand out. When we were changed they told us to split up into teams. It was the LCA Class and a handful of players including Denis versus TY's and Mr Meehan. We then went into a small hut



where they told us the different safety rules and handed out the guns. We had to write down the number of the gun on our hand and stand them on the railing outside the hut. They gave out masks, hats and scarfs to cover the facial areas. We then picked up the guns and headed for the first game. They pointed out the

safe area where they were no guns allowed. That would be the place where we would meet after each game.

The first game was capture the flag, each team had a base, either The Village or the Castle. The flag was in the middle of the base. The only way you could win the game was by taking the opposition flag and bringing it to your base without getting shot. Our team won the first game and then we switched and the team that defended the village went and defended the castle. We also won this game and were dominating.

The third game was in a different part of the course. It was a totally different concept to the game. One team defended the house which had two floors while our team had to try and get into the house. When you got shot you had to return to a flag which was located at the other side of the map. After a while of battling we finally got into the building and won that game. It was the final game. When we were done we ordered pizza from apache pizza and got it ordered up to us. We had a load to eat and we were sorted. When we were finished we headed back to school and stopped on the shop on the way back. We were back to school at about 3:30.

Park Run 5K

The event takes place in Tralee Town Park every Saturday at 9:30am. The run is free all you have to do is register online and get a barcode which you will use to track how fast you ran the 5K.

In September when we started back our PE teacher Ms Leahy asked us would we like to partake in the event as all TY's over the last few years have taken part in it. The whole class we're delighted and everyone wanted to take part.

We started training straight away for the 5K as it would be difficult to run it all and we wanted to improve our fitness. We started off with our warm up to get the blood flowing and stretching muscles so we would not pull a muscle doing our training. We started our training by walking a lap of the school and running the next one and so on.

The next week we stepped it up to walk one run two. We kept pushing ourselves to improve our fitness.

A couple of weeks before the 5K Ms Leahy told us that we would need to register online on the Park Run Website and print off our Barcodes which we would need on the day. People who couldn't access and register Ms Leahy let them use her laptop. We also laminated the barcodes so that if the day was wet that the ink wouldn't run.

A week before the Run we found out that a few 5th years, Mr Cournane, Mark Walshe and Ms Barry were also going to run the 5K.

We agreed to meet in the Tralee town park around 9. We also had to wear our school polo shirts to the Run. At quarter past 9 we done a small warm up to stretch out our muscles so we

wouldn't pull anything. There was a big crowd starting to gather and the person who was organising the Run explained that we would have to run 3 laps of the park and the 3 laps would add to 5Km's.

There was a big group and we were at the back starting off so it took us a small bit extra time to pass out all the walkers before we could get into a steady pace. Everyone was trying their best and pushing themselves. A lot of people ran it quickly and the best time was around 17mins. When we finished everyone was delighted to have ran 5km

Banna Gym and Leisure Centre

After we had completed the Park Run Ms Leahy informed us that we would be going to Banna Leisure Centre on Friday morning. We would leave the school at 9 and would be back for lunch at 11. We were timetabled to have only 2 classes of PE on a Wednesday morning 9:40 – 11:00 but we wouldn't have enough time to go to Banna between these times. English was our first class on the Wednesday morning so we changed English to our single class of PE on a Tuesday Evening so this would make us have a triple PE Friday Morning. This would give us enough time to get to Banna and do all our activities.

We would do three activities each day we were there each activity would be a class each (40mins). The bus journey to Banna Leisure Centre wasn't that far away it would only take about 15mins in a bus to get there. We also had to pay five euro to get into the Leisure Centre which was a grand enough price. We would split up into two groups.

One group would go to the gym while the other group went cycling (Spinning) on the bikes. Then the groups would switch and the group in the gym would go cycling and the cycling group would go up to the gym. In the Gym we would start with a 10 min warm up on one of the treadmill or on another machine like the rowing machine. After our warm up we would work on the Machines and do circuits. We could also use different weights to improve your strength. The spinning was very tough and we would have to cycle for one minute at speed rotations 170. This was very difficult as you would have to be building up your speed as you go along and when you get to 170 rotations per min it would be hard to hold it there. We would also have to do short sprints on the bikes. The bikes had numerous gears, the higher the gear the harder it was to pedal. After each group were done both groups would meet in there changing rooms and get ready to go swimming. Both group joined together in the pool. We got a ball and messed around with it.

The experience of Banna has made us fitter and stronger.

Conclusion to TY

My experience of TY this year has been great. I am happy to have got an extra year to mature and over the year I have matured greatly. The extra year also gave me a longer time to pick my subject choices for the next year. We took part in every subject available in the school so that we would get an insight into each one and know which subject we were interested in for the leaving cert. TY also gives you the time to look up the courses and make sure you have the right subjects picked in Leaving Cert. We also had a three week block for work experience. This was two weeks more than the fifth year group. The blocks were split up into one week earlier on in the year and two towards the end of the year. The two weeks more than the fifth years would help have more time in one work place and getting to know would I like this kind of job when I am older and what kind of subjects would I need to pick for the leaving very for the college course.

In TY we also made new friends with people who you might have never talked to before in the school. TY was also good for bonding and working as a team. Our trip to Cappanalea was very good also. It helped us bond better and make new friends. When we arrived in Cappanalea we were split into two groups. Some people wanted to switch groups as they weren't with their friends but they weren't allowed. This turned out to be good as people bonded with people they might have never talked to before and helped people make new friends. We done a lot of team building and team work, this would prepare us for working as a team in school and out of school. We also had the opportunity to enter a competition called 'Press Pass' this competition was set for English class and you had to write an article or take a photo for the photojournalism category. There was 16 students shortlist out of 8,000 and I was lucky to be one of the 16 getting awards in Dublin. This task benefited my educational skills greatly.

The value of TY for me has been great. Not just personal experiences but also educational experiences TY has prepared me for the real life situations and how to deal with them. TY has also boosted my confidence greatly going into leaving Cert as I know I have made the right subject choices and I have a better idea of what courses I want to do after school, because of the work experience.

I am also more confident at speaking publically. I have enjoyed TY and my personal and educational experiences in TY.