

# The Green-Eco

ECO-WARRIORS

OCTOBER 2009

ENVIRONMENTALLY AWARE



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## BOGS, BUGS AND BEASTIES... GETTING UP CLOSE AND PERSONAL

The secret to understanding the Bogs of Ireland, and Glenveagh, is to get up close and personal. Bogs are a fascinating miniature world, with a diverse variety of plants, from the simplest of mosses to our most aggressive insect eating plants. The insect life is also very rich from our smallest flesh-eating midge to the country's largest and most ferocious insect predator, the Dragonfly. That's not to mention its mammals and birds. And of course, water, lots of water.

The first question to ask as you arrive at the bog is which type is it? Blanket or raised. Apart from a small stretch of partially raised bog at the end of Loch Veagh all the Bog in Glenveagh National Park is Blanket Bog. The difference is simple to understand. Raised bogs are formed on a lake or previously wet area with vegetation collapsing in and building on itself.

Blanket bog was mostly formed about 4,000 years ago. Deforestation through the activities of man and a possible change in the climate led to minerals being leached from the soils to form what they call an Iron Pan. This is like a big waterproof sheet on top of which water could not escape. As plants die and the vegetation that would have rotted away stays on top of this layer, it all decomposes in the water to form bog as we now know it.

This all happens rather slowly, very approximately one inch for every hundred years. So next time you pick up a lump of turf

to throw on the fire have a little look at it first. How long is it, how many years of formation are about to keep you warm? Through this slow formation and the acidic, bacteria free nature of the bog, it tends to be an excellent preservative. Pieces of Oak, Birch and Pine have all been retrieved from Glenveagh's bogs, all these pieces in a remarkably good state seeing as they're often more than 4,000 years old! They show us what was in place before man and climate change got to grips with this land. Ancient canoes, ancient butters (that would have been stored in the bog) and human bodies in near perfect condition have been recovered from the bogs of Ireland.

Sphagnum moss, the key plant to the bog, is also its most prolific. Like us, these plants are mostly made up of water. They can be up to 80%!! Bogs are acidic, which makes them quite clean, in the way that bacteria won't thrive in them.

Sphagnum moss has been used throughout the ages as a bandage for open wounds, because it can absorb so much liquid and because of its relatively sterile state.



Aengus Kennedy





D. Hines

# Marshes, Swamps and Peat Bogs

In the turbulent days of this land's history, the land west of the Pale was deemed to be wasteland and those who dwelled in its barren wastes,

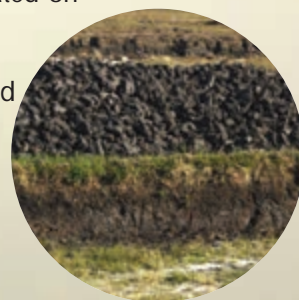
bogboppers, or some such equally dubious title. Notwithstanding the inaccuracy and ignorance of such namings, the effect of this led successive generations to look with derision on one of the richest habitats on Earth.

Ponds, swamps, marshes and bogs produce more plant matter than the most fertile grasslands and are home to thousands of animals. Marshes and Swamps act as natural water purifiers, soaking up harmful chemicals from the water. They help to prevent flooding by absorbing water like sponges, and absorb potentially damaging amounts of carbon dioxide from the air. The wetlands are capable of producing over fifty times as much plant material as a similar area of grassland. Peat bogs form in a similar way to swamps and marshes, as bog mosses take over the water. These mosses, also called sphagnum moss, can soak up ten times their own weight in water. When sphagnum dies, it builds up in layers

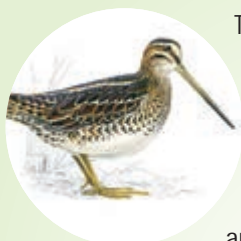
and forms peat. Sphagnum does not rot completely, because of the waterlogged conditions. A peat bog may take over 5000 years to form. In Ireland, where plentiful rainfall and a low rate of evaporation have formed extensive bogs, peat has long been collected and used as fuel. Many ancient bogs have been destroyed in this way. About 90 million tonnes of peat are dug up each year, representing many thousands of years of growth and impossible to replace. Conservationists are now trying to protect the remaining bogs by encouraging people to use alternatives to peat, such as compost and farm manure in their gardens.

International pressure to protect lakes and wetlands led to the Ramsar Convention coming into force in 1975. Ireland signed this agreement on the 15th of March 1985, pledging to halt the destruction of 66,994 hectares of these important ecosystems. World Wetland Day is celebrated on February 2nd. Much time has elapsed since the blindness of previous administrators dubbed our richest asset a wasteland. It is up to us now to ensure that naming is not a self-fulfilling prophecy.

D. Hines



## The Snipe a Bird of the Bogland



The Snipe inhabits bogs and marshy places where it makes its nest on the ground. It is a medium sized bird with brownish striped plumage and a long flexible bill. One of the most remarkable features of the Snipe is its long bill which is about a quarter the length of the bird. Snipe live on worms and insects that live in the soft muddy ground of the bog and they find this food by probing the ground with their long sensitive bill.

In Ireland the Snipe is often called the Bog Bleater, Heather Bleater, Airy Goat, or Gabhirin Reo (Little goat of the Frost). These names arise from the strange drumming sound resembling the bleating of sheep or goat which the bird makes as it dives. The sound is not made in the throat of the birds but is created by the air rushing over its tail feathers which are arranged in a special formation. The Scottish poet Robbie Burns called the Snipe "the blitter frae the boggie" which can be translated as the bleater from the bog. Country people believed that when the snipe made this sound a storm was on the way.

Snipe are shy birds and their brownish colour means they are very difficult to see when hiding in the bog. They are most active in the evening and at night. Snipe nest in the bog, in rushes or other vegetation. The chicks are brownish with white speckles.

## Birdwatch



Ethna Diver from Bird Watch Ireland came and told us about Birds of the Bogland. She told about the the Kestrel, the Skylark, the Grey Heron, the Peregrin Falcon, the Meadow Pipit, the Curlew, the Grouse, the Golden Plover and the Snipe all found at the bog.

## A Snipe Chick

Next time you visit a bog look out for the snipe. It tries to hide itself in the vegetation so you will probably only see it when it suddenly flies up as you get close to it!





## Mrs. Daly's 5th Class Trip to Glenveagh National Park

I remember going at 9.25 in the morning on James Doherty's bus. It didn't feel like a long journey as we were talking the whole way there, so that passed the time. When we got off the bus, we met one of our instructors who was called Aengus. We walked up to the visitors centre and met our other instructor whose name was Leanne. We put our bags into a small room and then set off. We walked on a little path up the mountain and through the bogs. Aengus showed us the peat. We touched it and it was very soft to touch. He showed us a plant called Bog Myrtle and when you rubbed it against your hands it gave a nice smell. He told us that this would keep the midges away!

We kept walking down the mountain until we came to a very big oak tree. It is the oldest oak tree in Glenveagh and is well over 200 years old! When we came over the hill I noticed something on the hill. It was a black sheep with giant horns. I called out to the group and they came over to have

a look. It was actually a flock of sheep. Then some came up behind us. It was like they were the predators and we were the prey!! But they ran away as they were actually scared of us. We continued on our walk and over some dead flowers that I did not know the name of. We came across the ruins of a hut where American archaeologists used to work. We walked up to the ruins, which were full of poison ivy. We came across a little pond and some of the boys threw rocks into it and we all got splashed! Further along on our walk and over a big hill we came upon a small black frog, which jumped onto two boys feet! We walked back past the archaeologist's ruins and up another hill where we came across a sheep's skull. Aengus told us a fox had probably killed and eaten it. He even showed us its teeth. After that, Aengus pointed out a blanket bog to us, which was really soft and bouncy. A boy almost sank into it!! Then we went into a forest, which was surrounded by a fence



and a gate. This was to protect the trees from the deer that would destroy the trees by rubbing their antlers up against them and stripping the bark from the trees. Without the bark the trees would eventually die. Aengus told us that a little seal used to come to the small beach near the forest but then the water rose too high. He told us to bring some pinecones back to school with us and see them open up. It was one of the most enjoyable and educational school trips I have ever been on and I would like to thank our two guides, Aengus and Leanne.

By Raymond  
Rodgers,  
5th class





Among plants found on the Bogland are Bog Cotton, Bog Moss, Heather, Bog Asphodel, Cranberry, Lichen and Sundew. Some plants eat insects one of these is the Sundew.

### *Bog Moss*

Bog moss is the most widespread plant on the bog and the most important in the creation of bogs. Each moss plant has a distinct head, a long stem and many branches all of which are covered in tiny leaves. Moss begins to grow in areas where other plants cannot as it is adapted to the low level of plant nutrients and waterlogged conditions.



### *Ling Heather*

This bushy evergreen plant with tiny, scale like leaves which are packed together, overlapping like the tiles on the roof of a house, produces purple flowers in autumn, the flowers are wind pollinated. It can be found on the drier hummocks of the bogs. Its tiny leaves are covered in a waxy coat to conserve water as the peat at its roots can sometimes dry out during the summer. Its flowers produce a nectar which is a favourite of bog insects, such as the emperor moth and green hair streak butterfly. Its green shoots are eaten by the red grouse and other bog animals. The fruits are like capsules and contain the seeds.



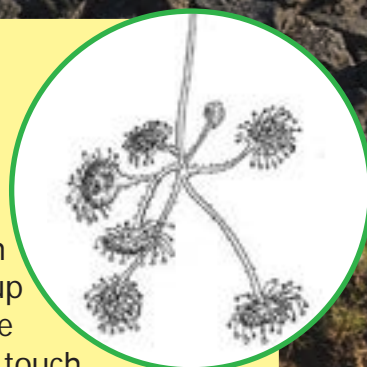
### *Cranberry*

This small plant which produces the cranberry fruit in autumn and lasts until spring is eaten by many bogland animals and birds. It has small green leaves on a long stem which winds and creeps through other plants. The cranberry is found on raised bogs. Cranberry leaves are rolled downwards at their margins and the pores on the underside of the leaves are protected by white hairs. These features of the leaf help the plant to avoid drying out and dying during the summer months when the surface of the bog becomes drier.



### *Sundew*

This is a small carnivorous plant that grows on blanket or raised bogs, in and around bog pools. It has green spoon shaped leaves covered with up to 200 red tentacles. These are glands which are sensitive to touch. These glands produce a sticky substance which attracts midges and other insects which are trapped on the hairs. Within 3 minutes there is no escape for the insect. The whole leaf bends over and closes up, this may take a day to complete. The soft parts of the insect's body are then digested by the plant. After one or two days the leaves open and the hard parts of the insect are all that remain. On average a sundew plant traps up to 5 insects a month.



### *Bog Cotton*

Bog cotton is found on blanket and raised bogs.





# Some animals found on the Bogland are Hares, Foxes, Frogs, Otters, Slugs, Lizards, Spiders, Pondskaters, Moths and Dragonflies.

## Fox

The fox has an overall dog like appearance with a brownish red coat, white underside and bushy white tipped tail. The fox visits blanket and raised bogs. When breeding the fox uses an earth but adult foxes usually rest above ground in cover. Mating occurs in February, and the cubs are born in March.



A litter of 4 to 5 is most common. Foxes feed on beetles, birds, frogs and hares. In the wild foxes usually only live for 4 years. Foxes will visit the bog as part of their hunting grounds, they are very territorial and regularly patrol their area and scent different sites with an unmistakable musk smell. The fox is nocturnal but can sometimes be seen during the day. Fox droppings are very similar to a dogs but can have feathers, fur and bones of their prey present.

## Lizard

The lizard can be seen on hot days basking on rocks or hummocks of bog moss in bogs. The lizard feeds on spiders, flies, beetles, ants and moths. The male can measure five inches in length but a female can measure eight inches. The lizard is viviparous which means the young are born live and are tiny replicas of the adult. They can fend for themselves within a few minutes of birth. A lizard caught by the tail by a predator can detach itself from its tail and escape.



## The Irish Hare

The Irish hare is found on blanket and raised bogs. The hare is larger than the rabbit with long black tipped ears and longer hind legs. The ears are highly sensitive and the hare will run away as fast as possible if threatened. Hares do not burrow but dig shallow resting hollows or forms out of hummocks of bog moss. The form is made in such a way as to protect the animal from the wind. The hare is a herbivore, it grazes on bog plants mainly at night. Hares usually breed in spring when the males can be seen sparring for the females. The females have several litters each year with an average of 2 to 3 in a litter. The young, called leverets are born in the open unlike rabbits, and kept in several different forms. At sunset the female visits and feeds the young in each form and may even feed another hare's young if they have wandered into one of her forms. Hare droppings are commonly seen on bogs. They are straw coloured balls when dry and if examined closely are seen to be made up of tiny cut fragments of sedges and grasses from the bog.



## Frog

The frog is an amphibian, a creature that can live equally well in water and on land. Frogs are found anywhere it is damp especially bogs. A frog's skin is smooth and moist. Its eyes are set at the top of its head and stick up so that they are above the water when the rest of the body is below. The nostrils are also on the top so that the frog can breathe while swimming at the surface. The frog breathes through its skin when fully under the water. Behind the eyes are circular eardrums for hearing. The frog moves on land by jumping and in the water by swimming. Its strong hind legs and webbed feet help both types of movement. Frogs change the colour of their skin to mimic their surroundings. The frog feeds on beetles, spiders and other insects found on the bog. During the winter frogs hibernate and in the spring the female will lay eggs or frog spawn that will hatch as tadpoles. Tadpoles take about 10 weeks to grow into tiny frogs. Some frogs can then live up to 12 years.





# Bog Explorer

Name:.....

Class:.....

1. Tick which one of these is missing in the bog, resulting in the formation of peat?

Dead plant material	Oxygen	Water
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2. Name the two types of bogs that occur in Ireland:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

3. Using lines, match the names with the plants that you might find a bog habitat

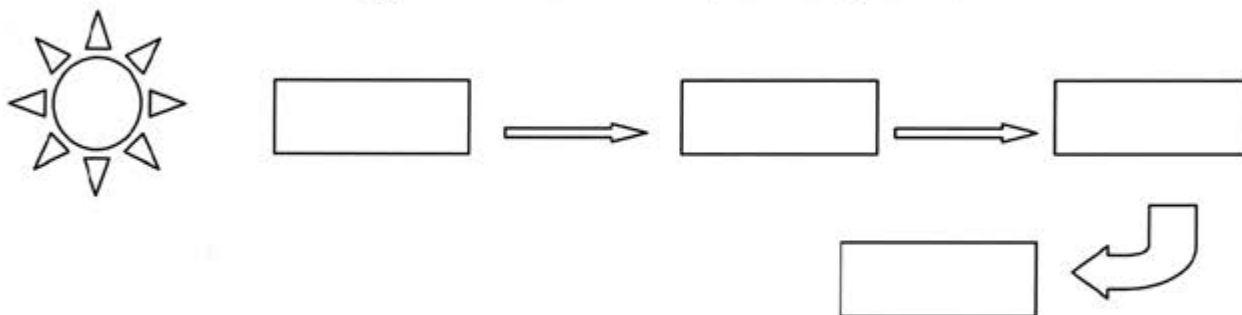
Sundew	Bog Asphodel	Heather	Sphagnum moss

4. Match the names of the animals that you would expect to find in a bog.

Frog	Great Diving Beetle	Fox	Pond Skater
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Dragonfly	Red Grouse	Curlew	Hare
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5. Complete the food chain using plants and animals that are found in a bog habitat.



6. Study any one plant that you have found in the bog. Then fill in the table below.

Name of Plant	Sketch of Plant	Something new you learned about this plant

7. Some minibeasts, found in bog pools, are able to walk on water. This is because of s\_\_\_\_\_t\_\_\_\_\_.

8. Why have so many bogs in Ireland been destroyed?

1.
2.
3.

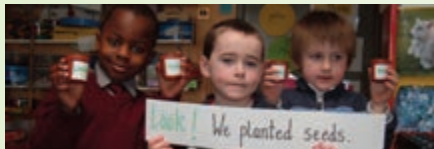
9. Why is it so important to save (conserve) some of our bogs?

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10. What can you do to help some of the bogs that are left in Ireland?




## From Little Acorns....



*In Spring the boys from Mrs Mulrain's Junior Infants Class planted seeds. We used compost, and water to plant each seed. Here are photographs of the boys planting their seeds.*

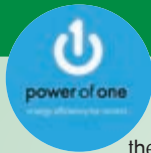
## Senior Infants - Science Experiment



Children from Ms Reid's senior infants out doing a science experiment - collecting insects and mini-beasts from around the school - walls, trees and grassy areas.

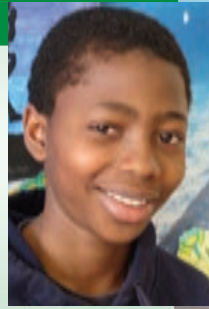


# POWER OF ONE



We can save energy everywhere in our bedroom and in the toilet. Never leave the tap on while you're somewhere else. Don't leave the radio on stand by if you're never going to use it. Don't waste the light in the morning when you don't need it. To save your water bill don't leave the tap on while you brush your teeth and tell your brothers and sisters to stop staying in the shower too long. So visit our website

WWW.POWEROFONE.ie  
BY FOLA ADEYOOLA



## Get the whole Family involved in POWER OF ONE!



Many children's bedrooms now have their own TVs, DVD players, game consoles, music system, computers etc. Leaving any or all on standby means they're still using electricity and costing the bill payer money. Remember everyone in the home has a role to play. Children and teenagers especially have a keen interest in environmental issues. If they haven't already begun to do so, encourage them to always switch things off fully when they're not using them. For those who spend time online, like-minded peers can be found on our Bebo page – [www.bebo.com/thepowerof1](http://www.bebo.com/thepowerof1) They'll also find a range of further information, interactive activities and a network of others who all share our 'one small change' philosophy.

Kacper Gaudzinski, Sebastian Kieloch

[www.powerofone.ie](http://www.powerofone.ie)

## How to Mummify a Chicken..

When we were learning about ancient Egypt we learned about mummified Pharaohs. So our teacher, Ms Stewart decided that if we got 10 stars on our reward chart that we would be able to mummify a chicken.



When we got the tenth star teacher brought in a chicken. We were very excited and happy. First we washed the chicken inside and out. Next we filled the inside of the chicken with salt. Next we put the chicken in a zip lock bag and filled it with salt. We did this every week for 6 weeks. On the final week we came to the interesting part, we cleaned it out and rubbed oil and spices on it. Then we put cloves on the chicken. We got to taste a clove, it was disgusting. Then we wrapped the chicken in bandages. That was our chicken mummified. Sometime later our teacher brought in a sky box for the sarcophagus. We decorated it in hieroglyphics. It was very exciting.

By Jerome Angel-Atuahene  
Age 10  
Ms Stewart 3rd class

## Static Electricity



Aran Ferguson  
showing static  
electricity



Bradley Yeboah  
showing static  
electricity



## National Tree Week

During tree week we did a project on trees. We also planted a tree from our tree nursery.



Karl Graham and Ross O'Dowd.

## Lorcan O'Toole Told Us About the Golden Eagles "Two Chicks Have Hatched in Glenveagh"

A pair of Golden Eagles has hatched 2 young chicks in Glenveagh National Park, County Donegal. This is the same pair that reared a chick in 2007, but they failed to breed in 2008. The chicks are still quite young and it is hoped that they may fledge in late July.

Golden Eagles have bred every year in Donegal since 2005, but only one chick has fledged in this time. This pair of Golden Eagles has benefitted greatly from being within Glenveagh National Park management system.

Golden Eagles usually lay two eggs, 2-3 days apart, and as a result the older chick is always bigger and stronger than its younger sibling. On average only 5% of breeding attempts manage to rear and fledge two young. Shortage of food or sibling aggression can result in the loss of the second chick, usually within 3 weeks of hatching. These predators are dependent on feeding chicks with live medium sized prey, which they hunt during suitable weather conditions.

Like many predators, the Golden Eagle has evolved to rear one strong chick if there are food shortages, rather than two weaker chicks.



In 2007, this breeding pair in Glenveagh National Park hatched two young but the second chick died and disappeared after only 6-8 days.

## Recycling in Scoil Cholmcille



In Scoil Cholmcille we each have a lunch box. After eating we keep our left over materials in the box and bring them home. Some of this biodegradable stuff can be composted.

We have a special container in each classroom in which to collect paper and plastics for the purpose of recycling. A can bank sits on the grounds and receives used cans. We collect used stamps and cards. The cards are recycled to the benefit of the tree council. Our used batteries are also collected and deposited in a central bank.

The waste materials from the staff room are separated and aerobically composted. We use this compost on our vegetable and flower gardens.

## Reduce, Reuse, Recycle

Suzanne Tinney Waste Awareness Officer from Donegal Co. Council came and spoke to some of our classes about Waste



Management. She invited us to look at what happens to our waste. She talked about recycling, about what can be recycled and how it can be recycled. She told us about Letterkenny's New Civic Amenity Site, Suzanne also taught us about composting.

## The Civic Amenity Site



On the 18th of May the Civic Amenity site was opened by the Mayor of County Donegal Gerry Crawford. It is a great new recycling facility for our town-Letterkenny. It cost almost €1.1 million to build. It has been 5 years in the planning and building. Funding had to be sought, farmland bought, buildings and slurry tanks cleared, before the site was developed and finally opened.

You can recycle most items (glass bottles, jars, cans) for free. Some larger items (beds, chairs, buggies, tables) cost 10 or 20 euros to recycle.

*By Matthew Curran*



We held our Spring Clean week in April. The Green Schools Team did a huge clean up of our school grounds. We wore special bibs. We also had funky gloves, large rubbish bags and litter pickers. We really like using the litter pickers. We did great work that week and we had lots of fun!



# The Environment



Christopher Byrne, Brian Elliot, Shaun Kelly and Mrs Anne McGowan.

The environment is everything around us. It is made up of people and all living and non living things. Our environment is made up of things we see and things we cannot see. It consists of many different eco systems. An Eco System can be living or non living. If we look around us we can identify many types of eco systems e.g. urban areas which consist of towns and cities; rural areas which support many kinds of animal and plant life; waterways which consist of rivers lakes and canals.

Many smaller eco systems can also be found within larger ones. e.g. a rotting tree branch within a big forest. It is important to stop and think how plants and animals live and affect each other in the environment. It might be best to start by looking at ourselves and looking how we affect the environment, what animals live around us and where our food comes from. Once we understand how we live, affect change, create or disturb our environment it is easier to begin to treasure and to improve it.

Our green schools programme helps us with this. It helps us to recognise the importance of environmental issues and to take them more seriously in our lives. The green schools programme is run in co-operation with the Co. Council and is managed by An Taisce, The National Trust for Ireland.

Scoil Cholmcille has been in the green schools programme for over 10 years now and has worked on a variety of topics, waste management, water, energy, biodiversity and travel.

The programme supports us in our work to promote a sustainable lifestyle.

Anne McGowan



## Unveiling of Entente Florale Gold Medal 2009



Pupils from Scoil Cholmcille were guests at the unveiling of Letterkenny 'Entente Florale Gold Medal' by the Co. Manager Mr. Michael McLoone in the Market Square, Letterkenny.



## Best Wishes from An Taisce



Ms Pauline Bryce visited our school on behalf of An Taisce on a number of occasions this year. She spoke to us about sustainable and safe travel. Mrs Pat Oliver who is the manager of the Education Unit of An Taisce at the Tailors Hall, Dublin is very pleased that we are continuing our work in the Green Schools Programme.

Mrs Oliver came to Scoil Cholmcille from Dublin in the Spring of 1998. She assessed our work for our very first Green Flag. We have very interesting reports and photographs of her visit.

## Green Schools Co-Ordinator Mr J. P. Gallagher

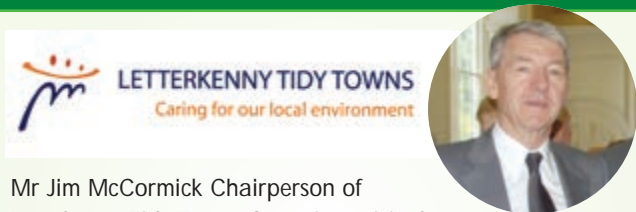


Mr J. P. Gallagher is our new Green Schools Co-Ordinator. Mr Gallagher has great appreciation of the Environment. We look forward to caring for it under his direction.

He will be looking for a lot of help from the new Green Schools Committee which was chosen in September 2009.



## Letterkenny Tidy Towns



Mr Jim McCormick Chairperson of Letterkenny Tidy Towns Committee visited our school to thank us for our help and co-operation in the 2009 National Tidy Town Competition. Letterkenny won a prestigious Gold Medal for the 7th year in succession, County and Regional Award for the third time and the Notice Nature Biodiversity award for the second time.

The National Tidy Town adjudicators continue to mention Scoil Cholmcille's Green Schools Programme and its Green Eco publication in relation to Letterkenny's success.

## VEGETABLE / HERBS GARDEN

On Monday the 17th June 2009, Master Gallagher's 4th class, along with Mr Colm Grant from Heritage in-school scheme, had the difficult task of weeding the vegetable and herb gardens. In the searing heat, they did a brilliant job and learnt many things about herbs, vegetables and insects that depend on them.

Mr Grant declared shortly after school that, "The school garden will be in good hands if these boys are left in charge of it next year".



## Mr Colm Grant was a big hit with Master Gallagher's Fourth class



Mr Cannon gets some advice on gardening from Mr Colm Grant.



Christopher Quinn, Gabriel Blake, Neil McGeever and pupils from Mr Crossan's class work with Mr Grant in the tree nursery.



# ECO WARRIORS OF SCOIL CHOLMCILLE HAVE THEIR SAY ON MANAGING WASTE



We create a lot of waste, it has to go somewhere  
*James Tourish*



Waste creates pollution and litter.  
*Niall O'Donnell*

A lot of the time we just throw our waste away and someone else has to deal with it.

*Arlen Noonan*



Waste is often taken to local dumps called land fill sites.

*Ben O'Connor*



Waste, when it is buried in the ground, wastes land that would be used for farming or nature habitats.

*Dylan McEvilly Rushe*



Sometimes stuff from the dump seeps underground and poisons water

*Karl Graham*



Set up a compost heap and get fertiliser for your garden

*Ryan McCrossan*



These land fills can cause problems. They look ugly, they smell and they can attract pests and flies

*Rory McCrossan*



Land fill sites should be properly defined and managed

*David O'Donnell*

Things we don't want might be of use to others, use charity shops

*Niall McDaid*



Separate our waste e.g. Bottles, papers, cans, plastic, wood, rags, cardboard and collect for recycling.

*Gavin Cox*



We must reduce our waste and try not to use disposable products

*Paul O'Brien*



# WASTE MANAGEMENT

## FOCUS ON RECYCLING

### Why recycle?

The average person in Ireland throws away ten times his or her bodyweight of rubbish every year - and this is increasing all the time. The disposal of this refuse is a growing problem. A different approach to consumption and packaging could reduce the amount generated and a lot of our refuse could become an asset if it were reused. Recycling saves raw materials and energy and reduces the impact of existing waste disposal systems on our environment and health.

### What can be recycled?

Many materials that are thrown in the bin can be recycled or reused. Many towns in Ireland have recycling centres, but most people are unaware of just how much of our rubbish can be recycled.

#### ■ Paper

The raw material used to make paper is trees, specifically plantations of conifers or eucalyptus trees. These

trees consume large amounts of water and deplete the soil. Paper production uses a lot of energy and causes pollution.

Newspaper, office stationery, computer print-outs, and cardboard are recycled in Ireland to produce writing paper, toilet rolls, egg boxes, cardboard, horticulture products and animal bedding. Every tonne of recycled paper saves 17 trees, 7,000 gallons of water and enough energy to heat the average home for six months.



#### ■ Glass

The raw materials used to make glass are sand and limestone, which are both plentiful. But the production process causes pollution and

consumes a lot of energy and water.

Quarrying for sand wastes agricultural land and damages wildlife and amenities. 140



litres of oil are used to heat the raw materials for 1,000kg of glass. Recycled glass, sorted by colour, is crushed and used as a substitute for the raw materials. Every 1,000kg of recycled glass saves 1,200kg of raw materials.

#### ■ Metal

Metal cans are made of aluminium or steel lined with tin. Both aluminium and de-

tinned steel can be smelt-

ed and used again. Recycling aluminium is very important because the mining of bauxite, its raw material, causes the destruction of tropical rainforests. The production of just one metal can uses the equivalent of half

that can full of oil. Recycling reduces energy use by 95%!



#### ■ Plastic

The raw materials of plastic include oil, coal, natural gas and salt. There are over

50 types of plastic in common use and they need to be separated before they can be recycled. Unfortunately, there are few facilities to do this so it is better to reduce consumption.



### Creative Recycling!

With a little bit of imagination you can find ingenious ways to reuse things. Try out some of the following or come up with new ideas of your own...

- Milk cartons and plastic bottles can be used in the garden to protect young plants and seedlings from frost.
- Ice pop sticks can be used to label plants in a vegetable garden.
- Yoghurt cartons and small plastic containers can be used to plant seeds and cuttings.
- Re-use envelopes by covering the address with labels.
- Shoe boxes and large plastic containers make ideal storage containers. Decorate them using paint, wrapping paper or magazines.



# AND COMPOSTING

## Why compost?

The largest single component of household rubbish is organic material. Approximately 50% is made up of garden and kitchen waste. A lot of this material breaks down naturally and returns nutrients to the soil so it is ideal for making compost. Making your own compost heap speeds up this process under controlled conditions and the finished product can be used as a soil conditioner or surface mulch.

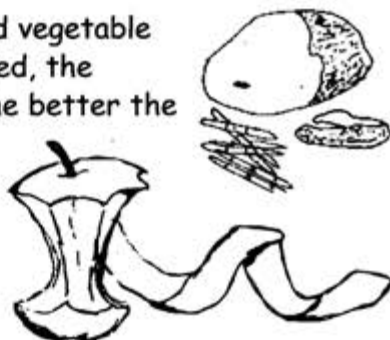
Using rubbish in this way reduces the amount of waste going into landfill dumps. Finding new sites for dumps is becoming a major problem in Ireland. So the more we reduce waste the better. Using home-made compost in your garden also reduces the need to buy peat. This in turn helps protect Ireland's boglands which are rich in animal and plant life.

## What can be composted?

All types of animal and vegetable waste can be composted, the greater the variety the better the compost.

### Kitchen Waste:

coffee grinds, tea leaves, egg shells, fruit and vegetables, left-over cooked foods, stale bread, vegetable peelings.

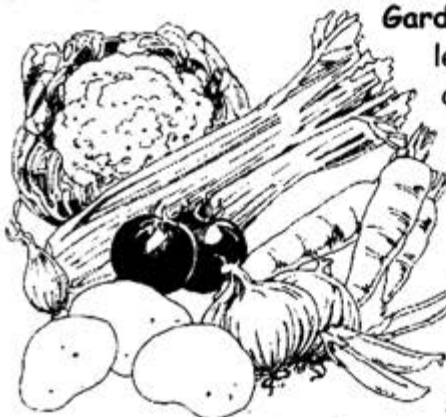


### Garden Waste:

leaves, grass cuttings, dead flowers and plants.

### Other items:

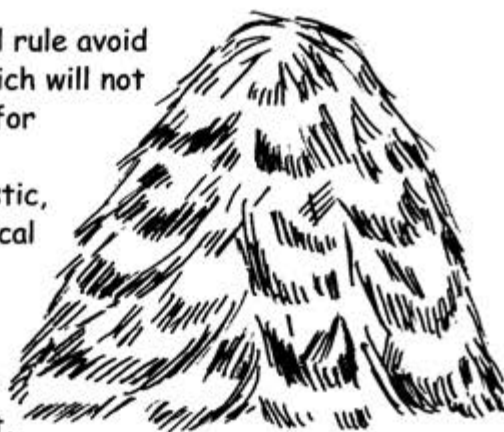
wood shavings, animal manure, comfrey (herb), seaweed, cardboard and newspaper ash.



## What cannot be placed on the compost heap?

As a general rule avoid anything which will not decompose for example:

- metal, plastic, glass, chemical products, building waste, textiles, tobacco ash, meat, citrus fruits, branches and roots, magazines, vacuum bags, pet excrement. Avoid using the leaves of horse chestnut, poplar, olive, pine, and conifers - their leaves are too acidic.



## Types of containers

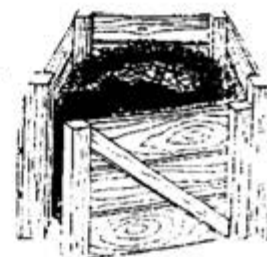
The amount of material that you can collect for your compost heap will help you to decide on the size and style of container to use. Choose a container that you know you will be able to fill, otherwise the composting process won't work.

Plastic bin or 200 Litre drum with holes for air at various levels.



Wire mesh and wooden stakes most suitable for leaf mould.

Wooden strips e.g. fruit boxes, with side air openings, suitable for an open heap in the corner of the garden.





# Towards Sustainable Travel at Scoil Cholmcille

On Thursday 21st and Friday the 22nd May 2009, twenty eight boys from 3rd and 4th class took part in a bicycle safety course part funded by An Táisce. On the first day the boys learned about fitting their helmets properly and bicycle maintenance. They also learned about how and when to use their brakes. On the second day, the boys learned about watching out for pedestrians and motorists while cycling on the main road. The day finished with a really exciting slow race. All the boys had a great time and learned a lot of information about bicycle safety.



Mary Kelly, the cycle instructor, going through the steps when checking your helmet.



Jordan Nelis checking his brakes.



Noah Sanni showing Mary how it's done!



Noah Sanni, Ross O'Dowd, Davin Orr, Faruk Amin, Conor Quill and Gavin Cox display some of the work completed during their Travel Survey workshop.

## Travel Survey Workshop

On Monday the 9th February 2009, Master Gallagher's 4th class had a very interesting and informative workshop with Pauline Bryce, the Green Schools coordinator for Co. Donegal.

During the workshop the boys discussed and recorded the variety of ways they travel to school. The boys also plotted where they lived on a map of Letterkenny before creating bar graphs to display the data.

Pauline Bryce said it was really interesting to see how many boys lived so close together but travelled to school in separate cars. She hoped next year that some boys and their parents could work together in car pooling.

## Bike Safety Lessons

On the first day of Bike Safety Lessons, I was really excited. We learned all the basics. It was M for maintenance. The M went from the back wheel, we had to check the nuts were tight. Then we went to the seat, we had to make sure we could sit on the seat and let our feet touch the ground. From the seat it went to the chain. If the chain was off, I couldn't ride my bike.

*Lorcan Hughes 3rd Class*





# Bogland Quiz

1. Name the two types of bog?
2. What type of bog is in Glenveagh?
3. What is a bog made of? (hint - dead plants or dead animals)
4. Name two bog plants?
5. Name a bog minibeast that lives on land?
6. Name a bog minibeast that live in water?
7. Name two amphibians?
8. Name two animals that lives on the bog?
9. Name two birds that lives on the bog?
10. Name something which man has put in the bog?
11. Name two things that we use at home or in school which come from our bogs?
12. Three things we can do to protect our bogs?

## Jarla



In the first term Jarla Duffy came to our class and showed us how to draw different cartoon characters. He showed us lots of little tricks to make our cartoons more realistic. At the end he raffled all drawings to boys in the class. We had great fun drawing.

*Ms. Duffy's class*



### the haunted house

The ghosts were floating about. The skeletons were bony. The witches were flying and the vampires were biting people.

The mummies were very scary and the monsters were everywhere. The ghosts were scaring people. There were just too many weird and scary creatures in the house!! The End.

*By Pearse Gallagher (First Class)*

## The Haunted School

### Chapter One

Once upon a time, there was a boy. He was a very strange boy because everytime he got angry he would grow into a vampire, or a ghost, or a witch, and everyone else would too. When the old teacher would try to speak to them they would just scream and run away!

### Chapter Two

Now 'School Sad' is the worst school in the world and no one comes to the school, no one but the bullies!

### Chapter Three

Now the principal is the worst of them all because he sang 'Mama Mia, Mama Mia. Here we go again!' It all seems so very strange and very weird.....

*By Jack Mc Feely (First Class)*

## Halloween



## Hallowe'en Madness in Ms. Duffy's class





## Fun in the Snow



Children from the three senior infants classes went outside during the snow to make a snowman

## Snow Day

Hello my name is Wiktor. I am 10 years of age and I am here for three years.

One morning I woke up at 7 o'clock. I made my lunch at 8 o'clock. I was ready for my bus. I went outside but my bus was late. It was snowing and I had no school. I went outside to play in the snow. I had great fun.

Wiktor Furgal

## Mrs Kavanagh's Senior Infant Class in the Christmas Play



The boys taking part in their Christmas Nativity play.

## Lost in the Snow

Once my friend and I were playing in the snow. We had lots of fun. I went home for some tea but when I came back he was gone!!! I looked everywhere! I asked his mum if he was having tea there but he wasn't at his house either. He was lost in the snow!!!! I told his dad. Then he went into the forest, and guess what.....he found him!! We were all glad and we lived happily ever after.

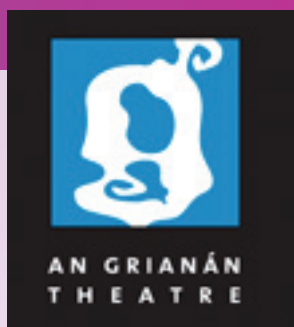
By Conor Duffy (First Class)

## CHRISTMAS SING-ALONG

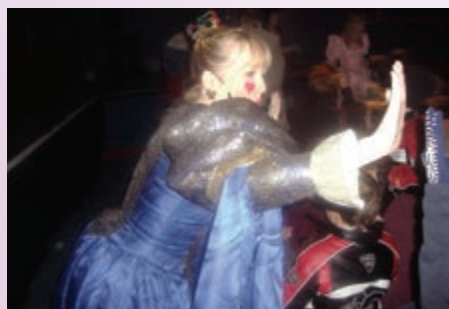


The three senior infants classes worked together to practice and perform Robin's Christmas Sing-along. They sang songs, played instruments and acted out the play on stage in the hall for their parents and members of the teaching and support staff.





## *Sleeping Beauty*



Before Christmas the first and second classes went on a trip to the Grianán theatre to see "Sleeping Beauty". It was very exciting. There were lots of other schools there too. The play was very funny and we all enjoyed it. After the play ended our school was allowed to stay and meet the characters. They came out and spoke to us. One of the characters was called "Hunky"! We got our photo taken with the cast. We had a great day.

## Ms Mc Clafferty's Third Class Dancing during their Seachtain Na Gaeilge Concert 2009.



Mol an óige agus Tiocfaidh siad!

## Proud in Green!



Jordan Nelis, Ryan Mc Geever, Montaser Ismail and Andy Dong ( Ms Mc Clafferty's Third Class) enjoying the ceol agus craic at Seachtain na Gaeilge 2009.

The boys performed An bhfaca tú and Cailín na Gaillimhe during their parade.



## Pancake Tuesday



Paul McGreevy - Junior Infants (Ms Mulrains)  
"Making Pancakes"

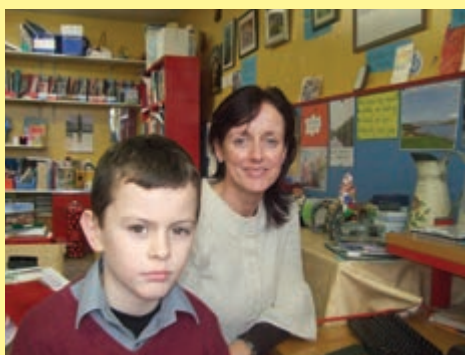


Room 3 Ms Mulrain, Junior Infants



Ms Mulrain, Junior Infants Prince and Brian.

The boys in Ms Mulrain's Junior Infants Class made pancakes on Pancake Tuesday. They were delicious, here are some pictures of us making and eating pancakes.



Connie O'Brien SNA with Kieran Mongan

## Making our own Advent Wreath



Before Christmas Vera Timoney came to all the classes to show us how to make our own advent wreaths. She showed us all the different coloured candles and told us what each one represented. Then she showed us how to make our own. We made an advent wreath for our class and each week we lit the candle to show that we were preparing for the birth of Jesus.

*Ms. Duffy's class*





## Hoffman's Mystery Palace

One day our class was going to the park to see the Hoffman's Mystery Palace. We walked to the park. When we got to the park we went into the Hoffman's Family tent. There was someone playing the harp and someone was singing. When the Hoffman family appeared they started playing the drums and a guitar and a banjo. Then another boy appeared and they started stacking chairs. When they finished the boy started climbing the chairs. When he was at the top they handed him up another chair. He then did a handstand on the top of the chairs. Then they were looking for a watch. They took Ms Stewart's watch and made it disappear and when they made it reappear it was in a cage.



Then a man with a whistle gave Ms Stewart a gun and told her to shoot the boy on the stage and when she did and the boy fell it was the man with the whistle laying on the stage. It was great fun.

*By Christopher Gallagher  
Age 9  
Ms Stewart's 3rd class.*

## The day the Fire Brigade visited our class

*By Ronan Duffy  
Ms Mc Clafferty's Third Class*

**12th November 2008**

One day two firemen came into our class to talk to us about safety in our homes. Some of the things they told us were about the dangers of playing with lighters. They told us the story of two children who were messing with lighters in their bedroom and that the bed clothes caught fire. They hid under the bed instead of running and getting help. It was really dangerous because they could have died in the fire.

Another story was about a man who lit candles in the house beside some curtains and they caught fire causing the house to go on fire. Also a person put on the chip pan to heat but went upstairs and forgot about it. The chip pan caught fire. These are all things we should not to do. The firemen also told us how we can help keep our home safe and we became members of their safety team.

The fire men give us a safety pack. The pack contained

- ✓ Safety team membership certificate
- ✓ Plan man stickers
- ✓ A safe home checklist
- ✓ Fire safety picture to colour in
- ✓ Bedtime routine door hanger
- ✓ Wordsearch showing possible dangers in our houses



When we went home I showed my parents the pack and we went through the checklist to see how safe my house was. It was great.

They told us to go through our safety routine every night before bed. The routine was

- ✓ Switch off all electrical appliances
- ✓ Put the fire guard up in front of fire
- ✓ Empty ash trays
- ✓ Close all doors

They also told us to check our fire alarms.

**It was very interesting. We enjoyed the visit.**

## The Glebe, The Brush made of Donkey's Hair and a Portrait Artist, March 2009



We went to the Regional cultural centre on Friday the 27th of March to see The Derek Hill exhibition. The girl introduced herself Her name was Sally. We did all sorts of things there. She told us about all the paintings that were hanging up. There were sad pictures, happy pictures, nice pictures and funny pictures there. She asked us to work with a friend to find things in the gallery and answer questions. We got to draw and colour. We had to describe paintings and look for moods and colours. We had to look for the names of certain artists and study their paintings. We drew a picture of a volcano with lava running down it. We drew pictures of either our friends, family or ourselves. These were called portraits. We had a book to finish while we were there. I was with my best friend Ryan Mc Geever. We saw a Picasso. It was in a glass case.

We found out that Derek Hill was very good artist and painter. He made loads of paintings. He was a very famous person.

He died some time ago. He had a house in Gartan. It is known as The Glebe Gallery. There was another famous artist that he knew. His name was James Dixon. He thought he was better than him. Dixon saw Derek Hill paint one day on Tory island He said I could do better than that. Derek hill said "Grab a brush and try then" James Dixon said no thanks "I will make my own". He went to a donkey and took some wood with him.

He then took some hair of the donkey's tail and he made a brush. He had never painted in his life. But when he finished he made an amazing picture. Derek was amazed.

We were at The Regional Cultural Centre for two hours. Then when everybody was finished we had to go. We had a great time and learned a lot.

*By Jordan Nelis. Age Nine  
Ms Mc Clafferty's Third Class.*

## Show And Tell



*Ms Mulrain's Junior Infants Class had a show and tell in their classroom. Each boy brought in his favourite toy and talked to the class about it. Here are some of the toys the boys brought into school.*

*It was great fun!*



## Chinese New Year

After Christmas the 2nd classes did a project on the Chinese New Year. We learnt lots of facts and information about the Chinese culture. The Chinese New Year begins in late January or early February. A festival takes place to celebrate the New Year. The holiday ends 15 days later with a lantern festival, we made our own paper lanterns in class. For many families it is a time for feasting and visiting friends. Tangerines with leaves are said to be lucky fruits of the New Year. Most people wear new clothes for the holiday. Children are given red envelopes with money. Red envelopes are said to bring good luck. The Chinese believe that if you cry on New Year's Day, you will cry for the rest of the year! They do not wash their



hair on New Year's Day, as they believe that they would wash away their good luck for the rest of the year. Crowds of people line the streets to watch the colourful parades. A huge, cloth dragon sways backwards and forwards in the parade. They play loud drums called gongs and they are followed by many dancers. Chinese people like to fly kites in the air for the New Year's parade. They use fans to keep themselves cool in the hot weather. We made beautiful colourful fans in class. Each year in the Chinese New Year is named after an animal. 2009 is the year of the ox.

*Ms. Duffy and Ms. Roddy's 2nd class*

## Fundraising



Scoil Cholmcille raised funds in aid of Our Lady's Children's Hospital, Crumlin. A school games day took place on Friday the 19th Of June. In this picture Jordan Gallagher presents Mr. Danny Murray with a cheque for 555 euros. Also pictured are Dominic Dwyer, Christopher Duddy, Mr. Cannon and Mrs. O' Malley.

## Ms McCole and Senior Infants admiring their project





## Maths Work



Carmel Reynolds visited Miss Reid's 1st Class with samples of maths resources and maths games.

## Music



Michael Carey held musical workshops in Mrs Daly's and Mr Kavanagh's 5th Classes. Michael taught us tunes on the tin whistle. He spoke to us about other instruments and encouraged us to keep playing!

## A Quartet Named 'Quaver'



Tadhg and Cian Hickey, Séamus Gibson and Gabriel Blake played music at all the schools occasions of celebration including our prizegiving ceremony.



## My Trip to France

When I was on the plane my brother and I were playing the PSP. I was playing the best game in the world, it was called transformer. The time went so fast. When we got there we met our friends in their house. We went to a restaurant to get something to eat. I got ice cream for dinner. It was chocolate, mint and strawberry. At desert I got more ice cream. Then I went home and I went to bed. The next day we went swimming. When we were swimming my brother and I went up stairs to all of the blocks . We were playing, then a boy put his wet arm bands on the big block. When I jumped on it, I slipped and hurt my head.

*Jamie Gallagher 3rd Class*

## Vincent Kavanagh

My name is Vincent Kavanagh.  
I am in senior infants.  
I brought in my toy dog Sparky to school.  
Ms. Lagan helped me to make a kennel for Sparky.  
I also made a fan to keep him cool.



*Vincent and Ms. Lagan.*

## Mrs Kavanagh's Senior Infant Class making Rice Krispie Buns.



*The boys had great fun making their own buns. Firstly they melted the chocolate. They added rice krispies to the chocolate and mixed them together. In groups they arranged the bun cases and added the mixture while licking their fingers. The boys enjoyed devouring the end product.*



*Mrs Anne O'Donnell S.N.A. with Micheal Furey Duffy.*



*Ms. Campbells  
First Class*



# The Pushkin Prize



This year, our class took part in the Pushkin prize, a writing competition named after Alexander Pushkin, a writer and poet from Russia. This year's theme was 'the tree of life'. Brendan Little, Joe Brennan and Colm Grant were just some of the people who came to help us with the project.

Brendan Little came here on May 1st to teach us all about the plants and trees in our school grounds. There were oaks, beech, sycamores and mountain ashes.

Joe Brennan visited one day to do a writing workshop with our class where he showed us how to construct a story and how to make it interesting. He also showed us how to plan out a storyboard.

Colm Grant (from Heritage Ireland) came and showed us wasp hives, told us about owls and even showed us an owl pellet (a regurgitated mouse!)

One day we went to Harveys Point (a five star hotel) for a day celebrating creative writing for the whole county.

From our class, 10 boys were selected to represent our school. When we arrived, we were shown where our space was and we set up shop. Our stand's focus was mainly on the environment and the world around us. Several people visited our stand and were very impressed with our display. We were served lunch (chicken and chips) at the hotel restaurant. Immediately after our dessert (jelly and ice-cream), Matthew Curran and Conor Harkin read out a taster of our classes' work. Unfortunately the Duchess of Abercorn could not be present but it was a great day out and our class enjoyed participating in the Pushkin Prize.

*By Christopher Toye and Matthew Curran  
Miss Kavanagh's 6th Class*



## OATFIELD EXHIBITION



One day we went to the museum for the Oatfield Sweet Exhibition in Letterkenny. We learned all about Oatfield Sweets, who made them and about all the different kinds of sweets : like Eskimo mints, Pineapple drops and all different kinds of toffees. The lady told us about Oatfield's back in 1927.

They kept the sweets in a glass jar so that people could pick which one they wanted. They showed us how they made all the sweets then they gave us all free sweets. They showed us a DVD on how the sweets were made. It was great fun.

*By Liam Kenny, Age 9  
Ms Stewart's 3rd class*

## Kids Club Puppet Show



During healthy eating week, we went to a puppet show. It was great fun. They were acting about healthy eating and talking about healthy eating. A boy puppet had the cold. He sneezed all over me but it was only water. There was a man who was trying to get a puppet to eat lots of fatty foods, but the chef helped him not to eat a lot.

*By Jack Kelly  
Age 9, Ms Stewart's 3rd class*



## Dance



One day our teacher took us to dance class. On the first day everyone was shy. Then Linda put on music that we all liked. On the second day, Juan chose me, Umar, Tommy and Jonathon to be in his dance group. We had lots of fun dancing together. Umar was the first one to show us his dance moves. I danced after Umar and I showed some of my moves. Jonathon is class at breakdancing !!

Bradley Yeboah 3rd Class

## Dancing at School



At the beginning of the year Brendan's mum, Anita Mc Ginley came to our school. Our class was lucky to be chosen to participate in her lessons. We went to the hall and she showed us different ways to stretch and move our bodies. We were marching and pretending we were different objects. We had great fun!

Ms. Duffy's 2nd class



Ms. Duffy's 2nd class



Ms. Doherty's 1st class

## "Round Tuit" with the Balor

On Wednesday 6th May 2009, the Balor Developmental Community Arts Group, based in the Balor Arts Centre, Ballybofey, visited our school. The primary aim of the organisation is to use the Arts as a service to positively impact individuals and their communities. The Group performed the play 'Round Tuit' for children from 1st and 2nd class. This performance was followed by a workshop facilitated by the actors.

Joe O'Donnell from the Down to Earth Theatre Company wrote 'Round Tuit'. Its aim is to make children more aware of environmental issues, both local and worldwide, and to help educate them in the importance of topics such as recycling, the reuse of materials, waste reduction and energy conservation.

The children thoroughly enjoyed this entertaining and educational performance. Important environmental issues were addressed in a fun and energetic way. The children were enthralled by the colourful display and were fully engaged by the actors. Participation in the workshop helped to reinforce what was learned during the performance in a fun and interactive way.

On behalf of the teachers and the boys who attended the performance and participated in the workshop, I would like to commend the facilitators and thank the Balor DCA for bringing this colourful and educational display to our school.

Mrs McGinley

## Madagascar 2 | Film Review

One day I went to the cinema and I saw Madagascar 2 with my class. Madagascar was so funny I was laughing my head off. My favourite bit was when the old lad hit the lion. Alex the lion was also funny when he acted like a baby with his fufu whenever Alex, Marty, Gloria and Melmie were children. I thought that was cool.

Morgan Patton 3rd Class

## Confirmation March 7th 2009

The Confirmation ceremony was held in St. Eunan's Cathedral at 11.a.m. on March 7th. There were two sixth classes taught by Miss Kavanagh and Mr. Crossan.

Preparation for the ceremony began after Christmas with the Confirmation scrapbook. This is a project completed by all the candidates and it contains their mini autobiography and many pages about the ceremony of Confirmation and important prayers.

The next step was the Ceremony of Light which involves the parents of the candidates handing over Baptismal candles to their sons, signifying that the boys are now

taking up the light of Christ by themselves.

The Confirmation ceremony was celebrated by Bishop Philip Boyce and the music was provided by the choir from Scoil Cholmcille. All the preparation by the teachers paid off as the boys knew exactly what to do and say and the choir were simply breathtaking. Afterwards, the boys went off with their parents to celebrate in the various restaurants and hotels around the town.



## Discovering The Titanic

*By Montaser Ismail, Aged 9, Ms McClafferty's Third Class*



In December we started to discuss the history and story of the great ocean liner Titanic. We began a play called The Ship of Dreams in January and everyone got a part. I was a Captain named Edward Smith. My officers were Jordan who was Andrews and Ronan was Murdoch. It was fun. I learned all my lines. I had to give orders. We had to wear captain's outfit and hats in the play and the girls were wearing dresses. Ronan Duffy had an old bell that was from The Titanic, it had Titanic 1912 written on it. We used it in the play. Andy also had a heart of the ocean necklace which he gave to Ryan. They were called Mr and Mrs Yates.

We also began a history project. We wrote down all the history that we learned about this huge ship. We researched some stuff on the computer and we printed pictures. We made posters, paintings and pictures of the ship. Some boys made models of the Titanic. They were good. We watched films of the Titanic to get ideas to put in our project and play.

We practised our play up in the hall in February. We did the play for other classes in March. It took over two months to make the play really good. We did maths on the Titanic and we learned songs and we wrote a lot of stories. We sang the Celine Dion song "My heart will go on" in the play.



# First Holy Communion



Ms Duffy's Holy Communion class at Scoil Cholmcille National School with Principal Mr Paraig Cannon and SNA Mrs Ryan.

Back L-R: Ms C. Duffy, Mrs J. Ryan S.N.A., Brandon McGinley, Shay Mitchell, Andrew O'Connor, Adeolu Ogunleye, Deji Bashar, Reece Quill, Shane Boyle, Gabriel Aduaka, Mr. P. Cannon.  
 Middle L-R: Seamus Boyce, Ian Bagasala, Ryan Gallagher, Odhran Donnelly, Seamus O'Donnell, Edward Grant, Clinton Ilupeju, Eoghan McShane, Gavin Johnston, Christopher McDonagh.  
 Front L-R: Kacper Klos, Brendan Horgan, Christopher Coleman, Conor McKinney, Ben Walsh, Michael Nwadike, Aaron Calpin, Martin Soar, Jakub Pawlowski.



Ms Roddy's Holy Communion class at Scoil Cholmcille National School with Principal Mr Paraig Cannon and SNA Mrs Toner.

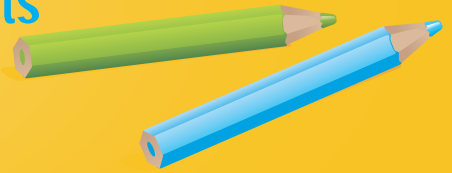
Back L-R: Ms Roddy, Kyle Quigley, Luke McCay, Adam Doherty, Aaron Boakye, Martin Eakin, Moses Boakye, Ryan Lawson.  
 Middle L-R: Mrs Margaret Toner S.N.A., Conor O'Donnell, Dylan Owens, Dan Boyle, Philip Dodoo, Carey Laverty, Ethan Canny, Cal Devenney, Adam Kardos, Sean McCrossan, Leon McEwen.  
 Front L-R: Anthony McGlynn, Ryan Scanlon, Nicholas McLaughlin, Filip Blazejczak, Mateusz Morys, Saul Miller, P. J. Dorrian, Michael Gallagher.

On the 23rd May Ms. Roddy's and Ms. Duffy's class received their first Holy Communion. It was a special day for all the boys and their families. Fr. Kemmy had come to the school to speak to the boys lots of times. The children looked forward to his visits and listening to his stories. The boys prepared for this special sacrament by learning their prayers and hymns. It was a lovely occasion and the boys did themselves proud. The choir sang beautiful hymns and they were helped by Mrs. Daly, Mrs. Donaghy and Mr. Breslin. On the Monday after our Communion we went to Arena 7 for our tour. We went bowling, made some photo frames in the arts and crafts area and played in Wayne's World. We all had a lovely lunch and a great day's fun.

*Ms. Duffy's and Ms. Roddy's class*



# Mrs McMackens Junior Infants *Art Display*



Lee Boyce



Ciarán McGrath



Zak Breen



Marcus O'Donnell



David Korytkowski and Jack Whoriskey



Jamie Kelly



Dean Kelly and Daithi Doherty



Marvin



Daithi

## Images Art Exhibition in Scoil Cholmcille

On May 20th Scoil Cholmcille hosted an art exhibition facilitated by 'Images'. Every pupil in the school had an opportunity to produce a piece of artwork. The bright colourful pictures displayed on stands in attractive real wood frames provided a lovely backdrop for the whole school community to come together. Parents were invited to purchase their child's signed and dated exhibit as a memento of the child's time in school. A wide range of artistic skills and techniques were displayed e.g. drawing, painting, printing, waxing, marbling, collage, mosaics etc. Pupils

had the opportunity to view and appreciate the work of their peers. The children took great pride in what they produced and parents were delighted with the event. The organisation of the event by 'Images' was superb.

Ms. McGinley





# The Titanic Disaster

By Zach Gorman. Age: Nine  
Class: Ms Mc Clafferty's Third Class.



The Titanic was the biggest steamship in the world at the time. The Titanic was built in the Harland and Wolff shipyards in Belfast City.

They built it for the White star line company.

The White star line was a very large company.

They owned lots of ships that sailed into the Atlantic Ocean.

The also owned the Olympic.

The Titanic was like a five star floating hotel. In first class they had a swimming pool, library, a gym and a tennis court. They had also a grand staircase in first class right beside the dining room. People met there before and after dinner. The first class dining room was very fancy while second and third classes were not so fancy. The capacity was great for one ship. Over 2,200 passengers and crew were aboard.

At this rate they could fill over ten thousand mini rowing boats. But if the ship sunk they couldn't even save half the passengers because Mr Ismay reduced the amount of lifeboats on board Titanic to make her look better. They didn't know at the time that this would end in disaster.

Titanic set sail on her maiden voyage on the 10th of April 1912 from Southampton in England and also stopped off at Cobh Co Cork. Cobh was then known as Queenstown. The Titanic was said to be unsinkable!

She was known to some as The Queen of the Ocean.

Tragically on 14th April 1912 The Titanic hit an iceberg. Water rushed in and five watertight containers became flooded. There was no hope now. The Titanic declared an emergency but there were no nearby ships. At 2.20am on the 15th of April 1912 the mighty Titanic rose up and split in two and fell beneath the Atlantic waves. She was gone forever. 1522 people died in the bitter cold water. 706 survived. Four hours later The Carpathia

saved those on the lifeboats. It is said that the California was nearer to The Titanic that night but their radio had been turned off as the marconi message operators on Titanic had given out to them the night before for too many ice warnings coming in and disrupting telegrams they were sending.

The Titanic was discovered in 1985 by Robert Bullard north east of Newfoundland. The wreck still lies beneath the North Atlantic Ocean. People have visited the wreck since it was found. If you go down now all the bodies will be rotted away but all their property could still be there like their money, their dolls, paintings and beds. Some people in third class just lay in bed as the water rose in their rooms. First class passengers were treated the best. They shouldn't have had more rights to live than the poor people in third class. I think first and second class passengers didn't care about third class. If you were in third class you would have wished that you were in first class. More women and children died in 3rd class compared to first. Most Irish people were in third class.

Some pieces of the Titanic can be found in museums all over the world today. I think there's some of its parts in Dublin and Belfast. I even heard that some of the grand staircase has survived as it was made of metal, so it didn't rot away. The bell of the lookouts was found somewhere just under the crow's nest. The funnels were nowhere to be seen because when she was sinking the funnels fell off. The ship had split.

Now she lies beneath all the other ships that sail that very spot where she sank. Some people went to see the Titanic in a submarine but failed to see the biggest ocean liner in the world. Others discovered the wreck.

## Book Fair 2008

Another very successful Book Fair was held from Monday 1st of December to Friday December 5th. Pupils,

teachers and parents all

became wrapped up in

reading. A wide range of books was available, fiction, non-fiction, craft and activity books, character and film based

books as well as leabhair as Gaeilge. The volunteers from

Miss Kavanagh's organised quiet times for each class to

explore the books during the day and the school hall

became a lively hub of book-talk and book sales. At the end

of a very busy week our school had earned free books for

our library to the value of 1200 euro.



## Fr. Kemmy Our School Chaplain



David Orr, Gavin Cox, Stephen Hamilton, Noah Sanni, David O' Donnell, Shay Doherty, Karl Graham, Patrick Curran, Fr. Kemmy, Hugh Mc Closkey, Conor Quill, Adrian Michalowski, Karol Bauer, Anthony Porter, Shaun Kelly, Conor Kelly, Cameron Lee Downey.

## Celebrity Corner

### Philip Deignan



Philip Deignan pictured here with Seán McFadden and Jordan McGinley is now a famous international cyclist. Philip is a past pupil of Scoil Cholmcille. Seán is also a super cyclist and is also a past pupil of our school. I am training hard to be as good as them.

Jordan McGinley

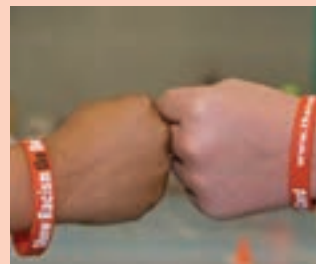
### Tommy McCafferty



Tommy McCafferty is a World Champion Kick Boxer. He is a past pupil of Scoil Cholmcille. Tommy visited us during Anti-Bullying week. He told us his story. We enjoyed his visit and learned a lot from Tommy McCafferty. Tommy is pictured here with Keith Boyle, Christopher Brogan, Paul O'Brien and our caretaker Peter Kelly.

Ryan McCrossan

## SHOW RACISM THE RED CARD



Mr. Kavanagh brought us to an event in the Aura Leisure Centre called 'Show Racism the Red Card'. We learned that racism is treating others as inferior because of their skin colour or religious beliefs. We watched a Dvd on racism and how it hurts peoples feelings. We listened to the story of a Shelbourne soccer player in Dublin and how he was the subject of racial taunts from the crowd.

We learned that we have to stand up and speak out against people who are being

racist in our society. Afterwards we got to play Gaelic and soccer with the coaches. We also received a free goodies bag!! We had a great day. Thank you Mr. Kavanagh and Remember, STOP RACISM NOW!!





# International Food Tasting Day 2008



The healthy eating committee organised a healthy eating week from the 2nd – 6th. of March. A variety of events took place during the week. There was a fruit and breads tasting day where the children got the opportunity to taste lots of different kinds of fruit and breads. This event was sponsored by local businesses. We are very grateful to Dunnes Stores, Tesco, Gormley's Centra, Bakersville, O'Hehir's Bakery, Sean Doherty (fruit merchant), and the Value Centre for all their generous contributions.

The children also enjoyed a puppet show presented by Kid's Party which encouraged the children (in a funny enjoyable manner) to eat healthy food and take more exercise. The show was sponsored by the Parents Association, to whom we are indebted for their continued support.

On Friday the hall was filled with the aroma of foods from Poland and Nigeria. Monica, from Poland, talked about Polish foods and fruit juices. She gave the children all sorts of breads with delicious toppings, to taste and a variety of juices to drink. Three ladies from Nigeria, Mrs. Hassan, Mrs. Sunni and Mrs. Boakye gave a colourful and enlightening presentation on Nigerian foods. The children really enjoyed the experience of tasting these foods.

Master Kavanagh kindly gave a talk to each class on the importance of sport and of daily exercise in our lives. Each class participated in an art competition on healthy eating and the winners were presented with prizes which were kindly sponsored by Tommy Keys & Sons to whom we are extremely grateful.

The Healthy Eating Committee would like to thank everyone who sponsored the events, who helped in any way and all those who participated in the weeks events and for making the week such a success.



The week renewed for the whole school community, the importance of being active and eating and drinking foods which are most beneficial to our bodies.

## THE HEALTHY EATING COMMITTEE

Class;	1st	Matthew Noonan, Timmy Akinyimika, Jack McFeely, Hobey Mauricio.
	2nd	E.J. Jeronomo, Oran Donnelly, Michael Gallagher, Martin Eakin
	3rd	Umar Adeyoola, Oisin Purdy, Montesar Ismail, Ryan McKeever, Nigil Duncan, Ronan Downey.
	4th	Adam Dowling, Ryan Mc. Crossan, Mark Irwin, George Akpoybo.
	5th	Eoin O Kane, Mogtaba Abdelbogi, Padraig McAleer, Rafal Mirek, Dylan Whoriskey, Seamus Gibson.
	6th	Aaron O Connell, Stefan Cullen, Ciaran Kenny, J.V. Rodriguez.



# "We Are What We Eat"



During healthy eating week each class was given a basket of fruit to share. The fruit was delicious. Here are pictures of the boys from Mrs Mulrain's Junior Infants Class enjoying their fruit.

## Opting for Fibre and Fitness in Scoil Cholmcille, Letterkenny.

Encouraging children to eat healthy food, take more exercise and get the right amount of sleep is a challenge facing most parents at various stages of their growing children's lives. To embed good eating and health style practices, the boys in Scoil Cholmcille Letterkenny, have just participated in an action packed Healthy Eating Week as part of an activity programme that runs until Easter 2010.

"Dr Moody" from the Kids Party puppet show, gave good advice about how to "keep colds away" to senior infants, first and second classes. All children had the opportunity to taste a variety of delicious breads and fruits, generously sponsored by O'Hehir's Bakery, Tesco, Gormleys Centra, Tommy Keys & Sons, Bakersville, Sean Doherty Fruit, Value Centre, Asda, Doherty's Centra Mountain Top, and Spar Glencar.

Mrs Anne Mc Ateer, HSE, and "Fibre Man" emphasised the importance of healthy diet for growing children and young bones. The week culminated in our boys tasting delicious foods from Poland and Africa, prepared and demonstrated by parents of our international community. The school has also employed two expert coaches to develop agility, balance and coordination skills for all the boys, four days per week until Easter 2010. In an age where obesity and passive recreation activities threaten the fitness of our young generation, we hope that every boy leaves the school watchful of what they eat and educated in the need to exercise the body and yet have fun.

Mrs. Grant.





# Snapshot of some classes in May 2009



**Front row left to right:** Zak Wasson, Connor Gehrke, David, Michael Connors, Dean Kelly, Jerrod Appiah Kubi.

**Middle row left to right:** Patrick O'Leary, Abdul Quarioo, Paul Brogan, Jackie Jackson, Earl Castillo, Jamie Kelly.

**Back row left to right:** Daithi Doherty, Vivik Narayan, Ciaran Mc Grath, Joseph Aidoo, Gerard Casey & Marcus O'Donnell and Mrs McMacken.



David Aleliunas, James Bright Abankwah, Glenn Boateng, Davin Crawford, Conor Mc Morrow, David Boakye, Odhran Galvin, Ms. Cullen, Dainéal Mc Shane, Ahmed Elmusharaf, David Doggett, Michael Sanni, Brandon Friel, Cory Mc Carron, Theo Wasson, John Mc Ginley, Leonad Acheampong, Andrew Foy, Eiad Mohammed, Sean Antazo, Patsy Mongan, Oisín Donnelly, Jeffrey Mc Crea.



**Back row left to right:** Nathan Bonner, Talha Altaf, Curtis Sweeney, Adam Yisau, Prince Amporsah, Tobias Bagasala, Fouad Basher.

**Middle row left to right:** Leon Doherty, Patryk Dabek, Peter Kelly, Paul McGreevy, Filip Rzymiski, Martin McConigley.

**Front row left to right:** Michael Kelly, Dylan Coyle, Gerard Ward, Ahmed Yousef, Brian Friel with Mrs Mulraine.