



THE TY TIMES

HALLOWEEN EDITION NEWSLETTER

OCTOBER 2021 • ISSUE 1 • VOLUME 1



KATIE-GEORGE DUNLEVY, DONEGAL'S PROUD PARALYMPIAN

BY CAHIR GATINS, DARRAGH O NEILL AND JAMIE LOWTHER

On Wednesday the 15th of September, Katie-George Dunlevy the Paralympic 2 time gold medallist visited St. Catherine's. Katie kindly visited a few classes and held a short Q&A session with the very lucky 4th and 1st year pupils. This was a great honour and everyone was very excited at the chance to hold an actual gold medal.

Under the direction of Ms. Mc Crudden, pupils played the national anthem to welcome Katie and her family. Ms. Luby made a speech and introduced her to everyone.

Shay Byrne and Orla Maria Rowan presented Katie with a gift to show our appreciation. Some pupils were fortunate enough to have their photo taken with Katie. As a school, we felt very privileged and honoured to host Katie and her family.

Interview with PT Ellen Johnston

School and Local News

The Sports Update

Entertainment, weather updates and much more!



THE GARTAN TRIP- OUR FIRST STEPS

BY CAHIR GATINS, DARRAGH O NEILL AND JAMIE LOWTHER

As a Transition Year group, we were delighted to hear the good news on our first day back, we would be heading to Gartan for an adventure trip.

In preparation for the day, we read our itinerary, packed our bags and set off on Wednesday the 8th of September. It felt so surreal to be back on a coach and we were all looking forward to a school outing after such a strange year.

During the trip, our group got to take part in orienteering, kayaking and a range of other activities. A great day was had by all, and the most enjoyable aspect of the trip was trying to flip Mr. O'Donnell's kayak, to no avail!



INTERVIEW SKILLS WITH SEAN MCGEE

BY MILLY CUNNINGHAM

On Wednesday the 23rd and Thursday the 24th of September, Sean McGee came to talk to our Transition Year classes about job interview skills.

Sean talked us through answering interview questions, preparing before a job interview and gave us suggestions on how to make a good impression when meeting possible employers.

Sean taught us how to apply ourselves in stressful situations and how to use past experiences to our advantage. We as a group found this workshop informative and very enjoyable.

LEAVING CERT RESULTS

BY SENAN MC GUINNESS

On the 3rd of September 2021, Leaving Cert Students across the country received their exam results. Here in Killybegs, 28 students got their news. There was a general feeling of joy and pride within the group. For the Leaving Cert this year, students had a choice of sitting their exams or getting predictive grades. This seemed like a fair option, as the students faced a great deal of disruption to their studies during the Pandemic. We wish all the class of 2021 the best of luck in their future careers and endeavors.

A special mention has to go to student Ferdia Mc Guinness, who got the maximum of 625 points in his Leaving Cert Results. Well done Ferdia on this excellent achievement.

This really shows that hard work and dedication pays off!



A CAKE SALE TO REMEMBER

BY NICOLE MC GINTY

On Thursday the 22nd of September, a cake sale took place. This was organised by TY class 4A. You could definitely say that this was a cake sale to remember! On Thursday morning while everyone else was in class, 4A were working hard preparing and setting up for the first cake sale of the year. Each person in the class had a job to do. Some baked treats, some counted money and some advertised. When the bell rang at 11 am that Thursday morning, everyone was overjoyed to see the sweet treats waiting for them at their zones.

The cake sale was a great success and was enjoyed by everyone. Thanks to everyone who baked on the day and supported us with their generosity. A special thanks to 4A for all their efforts!



6C SPINATHON IN AID OF CANCER

BY MILLY CUNNINGHAM

On Friday the 1st of October, students in 6C held a twenty-four hour Spinathon in aid of the Irish Cancer Society. The Spinathon began at 8am on Friday and finished at 8am on Saturday morning. Pupils, teachers and school staff took turns in cycling to ensure the bicycles were active for 24 hours. Students had the choice of wearing their own clothes and contributing €2 each to the fundraiser. Centra in Ardara, Apache Pizza Killybegs, Party at Paul's Donegal Town, An Capall Mara and Supervalu in Killybegs all sponsored the event and the school raised over €3000 for the cause.



THE KILLYBEGS COMMUNITY NEWS - THE LATEST EDITIONS TO THE TOWN

BY RACHEL CHAPMAN AND SARAH MURRAY

MILIS

We spoke with Dylan Furey in Milis and he provided us with some information on the new business in town...

Milis is an ice cream parlour that not only serves ice cream but also coffee, smoothies, crepes and fruit smoothie bowls.

The business first opened its doors on the 5th June 2021 and has gone from strength to strength. The support from the community has been overwhelming. Even during the Pandemic, people had the urge for an ice-cream and a coffee!

We asked Dylan about how he came to work in Milis and he responded with 'I wanted to try something new'.

Milis hope to open outdoor seating in the near future and to welcome even more customers from near and far.



THE FLEET INN

The Fleet first opened its doors in August 2020. When the proprietors welcomed their first customers, unfortunately it was short lived, as the Pandemic hit and forced the business to close.

Now, Gavin and Lindsay have been open since the beginning of summer and they said that the community support has been tremendous. They also stated that they received a lot of support from other businesses in the town. They mentioned that often when Anderson's Boathouse is booked out they send people over to 'The Fleet'.

As the couple are not originally from Killybegs, we asked what inspired them to open a business in Ireland's Premier fishing port. Their response was that, they were always drawn to the town and thought it was so beautiful and different to where they previously resided (New York).



INTERVIEW WITH PT ELLEN JOHNSTON

BY NICOLE MC GINTY

Tell us a little about yourself.

First of all thank you for asking me to do the interview, I'm honoured. Where do I start, well my name is Ellen and I'm a current LC student here at St. Catherine's. I'm also a fully qualified PT, owner of E.J. Health & Fitness. I currently operate out of KB Fitness, doing 1-1 or small group PT alongside classes.

What inspired you to get into fitness and become a PT?

I've been into sports for as long as I can remember, I grew up playing Gaelic, Basketball and Badminton. Unfortunately a knee injury in 2019 brought that all to an end when I was dealt the blow of being told I'd never be able to play again. I'd be lying if I said it didn't affect me mentally, but I found comfort in the gym and strength in training. I began to see my mind and body change for the better but I did it in a sustainable way, none of this '6 week shred' nonsense, I wanted to help educate people while also helping them to improve their health. I started posting bits and pieces on my Instagram (@e.j.healthandfitness), people would tell me how helpful they found my posts so getting my PT qualification seemed like a no brainer. I wanted to take my negative and turn it into something positive.

How do you track fitness goals?

There's so many ways of measuring progress but one of my favourite ways is definitely progress photos because it gives you a chance to look back on how far you've come. While the scales are great, they aren't entirely accurate whereas progress photos will show things the scales can't! I also love being able to lift heavier weights in the gym, there's nothing more satisfying than hitting a PB - as you can tell from my Instagram stories. Taking body measurements can also be super effective as well as just noting simple things like how your clothes fit and your energy levels.

Being a current LC student, how do you keep a work/school balance?

This is easier said than done, and I'll be the first to admit that I struggled with this in the past, but we learn from our mistakes. People will tell you it's all work, no play, but trust me it's a recipe for disaster, you have to make time for yourself too, you're a human, not a robot! As cliché as it sounds, it's all about planning. Write down what you have on each day in terms of extra curriculums, tests and work and then set aside an hour or two each day to do something you enjoy whether it be walking, running, baking, reading, whatever, so long as it's a break from the pressure of school! For me, I either workout or go for a walk 5 times a week.

**FOLLOW ELLEN ON
INSTAGRAM FOR HEALTH
AND EXERCISE TIPS
@E.J.HEALTHANDFITNESS**



HALLOWEEN HORROR

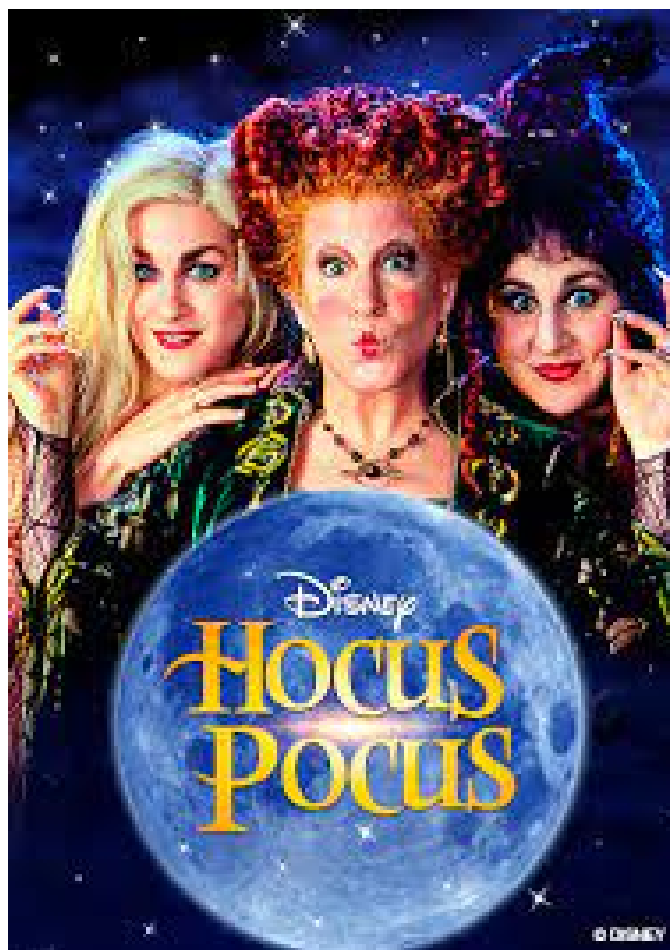
BY MILLY CUNNINGHAM, AOIFE FLEURY, KENNEDY MOORE, AYL A MC GILL, EILISH GAVIGAN AND NIAMH MLABA

Looking for some fun spooky movies to watch this Halloween? Check out our recommendations below!

- It (2017)
 - This is a retelling of Stephen King's classic horror novel. Although it is scary and creepy, it is also funny and witty. If this film leaves you wanting more, there is a sequel to this movie too, released in 2019.
- The Nightmare Before Christmas
 - And for those looking for something a little more light hearted, or those who want to get into the Christmas spirit early, 'The Nightmare Before Christmas' is a spooky stop-motion animated film perfect for a family film night.

Some more movies that are worth a watch:

- The Conjuring
- Ma
- Hocus Pocus
- Monster House
- Beetlejuice



TRANSFER OF THE YEAR

BY AARON MC GINLEY, ANDREW MULLIN AND JOSEPH MC GRORY

36 year old Cristiano Ronaldo recently transferred from Juventus FC to his old club Manchester United FC for 13 million pounds. Ronaldo has had an amazing come back, by scoring 3 goals in his first 2 games. He continues to prove that he is one of the best players to ever grace the football pitch.

He has also recently broken the record for most goals scored internationally, scoring 111 goals for Portugal. He broke the record against Republic of Ireland, where Portugal were 1-0 down and in the last 10 minutes, Ronaldo scored 2 amazing goals to win.

Recently, Ronaldo set a new Champions League appearance record against Villarreal FC. He scored a last minute winning goal.

CLIMATE CHANGE STRIKES AGAIN- THE WILDFIRE IN SPAIN

BY ABBIE DOHERTY

A wildfire that broke out on September 8th is believed to have been started intentionally. It continued to rage through mountains on the Spanish coast. The fire quickly spiralled out of control. The weather, in particular the strong winds, were a contributing factor in the spread of the fire. Emergency responders rushed to evacuate almost 1,000 people. By September 13th, the number of people evacuated had reached 3,000. Hundreds of firefighters and soldiers battled the flames. These were supported by 41 aircrafts and 25 vehicles. By this time the fire had reached 18,255 acres with no sign of slowing down.

Climate change is affecting the whole world and is a serious problem. Wildfires, just like the one above, is happening all over the world, not to mention more tsunamis, hurricanes and extreme flooding than ever before are all believed to have started from climate change.

If climate change continues at such a high rate, it will result in the following:

- Air temperature of up to 2 degrees by 2080.
- Rainfall will increase in Winter and decrease in Summer.
- Sea temperatures could rise 2 degrees by the end of the century, causing intense and aggressive storms.

Climate change is natural, it is inevitable to happen. Before it would have taken thousands of years for this level of Climate Change to happen but now people might see a change in climate in our lifetime. This means the process of this Ice age is being sped up (due to the overuse of fossil fuels etc.) so we need to really take care and make an effort to slow the process down.

WEATHER FORECAST

BY EABHA MC GUINNESS

Weather forecast for October

Average temperature; 9.6 degrees celcius

Precipitation; 124mm (94.9 inch)

Humidity; 86%

Rainy days; 13



When to see the full moon in October

On Tuesday October 19th, start looking for the for the hunters moon. It rises around the same time for several nights in a row similar to last months September Harvest moon, On October 20th, the Hunters moon be at its peak illumination around 10.57 am. At this time it will be below the horizon, so you'll have to wait until sunset to see it in the sky. This means that we will not be able to see it at it's brightest

The moon will be large as it drifts across the horizon, but it's actually not as big as it looks. This is called the "Moon Illusion". The moon is believed to have quite a prominent colour of orange, perfect for autumn

ST. CATHERINE'S HALLOWEEN ART

For our newsletter, we decided to run an Art competition. The standard was very high, with so much effort put into all of the entries. We had a really tough time choosing the winners, but after a really close vote, we would like to congratulate the following students-



**JUNIOR WINNER-
ABBIE BOYLE**



**SENIOR WINNER-
MEGAN WALKER**

Editor- Senan Mc Guinness

Co-Editor- Milly Cunningham

School News- Cahir Gatins, Jamie Lowther and Darragh O'Neill

Sport- Aaron Mc Ginley, Andrew Mullin and Joseph Mc Grory

Interviewer- Nicole Mc Ginty

Entertainment- Niamh Mlaba, Eilish Cavigan, Kennedy Moore, Ayla Mc Gill and Aoife Fleury

Weather- Abbie Doherty and Eabha Mc Guinness

Community News- Sarah Murray and Rachel Chapman

Supervisor- Ms. Murphy