C.
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PRESS.

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about it

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UPDATES CHECK
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PAGE



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I'd like to congratulate the CUS Leaving Cert and Junior Cycle students on their remarkable dedication and efforts made throughout the year. We wish the class of 2023 onward success in every aspect of their lives.

Clive G. Martin

Congratulations to Kevin Dowling, class of 2023, who has been awarded the prestigious Consilio Manuque Scholarship from Royal College of Surgeons Ireland. He received the highest combined Leaving Certificate and HPAT points nationally. Kevin, is pictured with our Principal Mr Clive Martin, during the 6th year graduation ceremony in May 2023.

Inside this Issue

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TY NEWS &
UPCOMING TRIPS

From NY Broadway to Dublin 2

**MUSIC STUDENT FROM TY ROBERT
MULLIGAN CHATS TO THE NEW
MUSIC TEACHER ABOUT HER TIME
SPENT ON BROADWAY THIS SUMMER**



Miss Ryan joined the CUS music department this year. She spent the summer working in New York as a musical director on Broadway and worked on more than 40 musicals over three months. Our new music teacher said it was an incredible experience being in the most exciting city in the world.

Miss Ryan directed “Newsies”, a musical about a strike among newspaper sellers in New York. “Curtains” was a murder mystery musical within a musical!

Her role was to bring the music to life. She worked closely with the cast and creative team to rehearse and perfect the songs. Music enhances storytelling, she says and she would spend long hours from seven in the morning until the early hours of the next day, rehearsing vocals and melodies.



Both were incredibly enjoyable and we worked with an amazing group of directors, musicians, choreographers and videographers



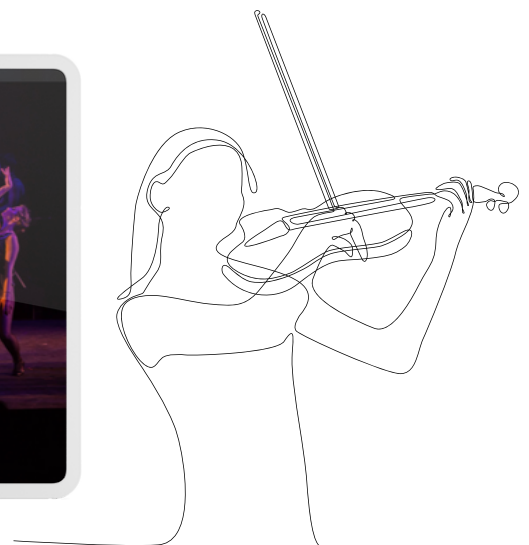


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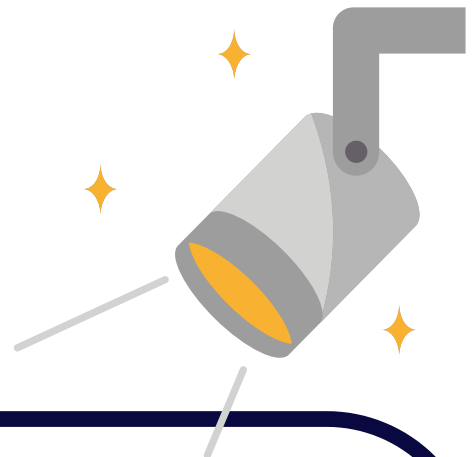
*I'm excited
about
showcasing the
musical talents
of the CUS
students &
exploring
creativity
through music*

Miss Ryan worked alongside a host of renowned Broadway directors. She was especially excited to see many well known celebrities within the industry attend her productions including the family of Lin-Manuel Miranda, who's the composer of the massive hit Broadway show, Hamilton. She also met the famous skateboarder Tony Hawk, who came to her show. Even though her hours were long and the work intense, Miss Ryan found it incredibly rewarding.

'I hope to direct musicals at CUS in the near future and bring all my experience from Broadway to the school here. Working and playing with a live orchestra has given me valuable skills and I definitely feel they will be put to use when producing a musical. I'm especially excited about showcasing the musical talents of the CUS students and exploring creativity through music.'



Making it in *Music*



Huge congratulations to Daniel Hourigan from 2nd year Letterier on his recent performance in the musical 'Les Miserables' at the Helix in Glasnevin. Daniel has been performing with the stage school since 2017 starring in Annie, Oliver, Matilda and Footloose and he said this was his favourite musical production so far. Daniel played a convict and one of the students in the ensemble. Some of the 2nd year music class went along to see the performance along with Miss Ryan, the music teacher. It was an excellent production and Daniel did the school proud.

GREHAN WINS 2023 LEINSTER U16 CLOSE CHAMPIONSHIP



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Coming down the stretch, I didn't realise I was leading the tournament

Darragh Grehan won the Leinster Amateur under 16 Close Championship at Ashbourne Golf Club at the end of the summer. He described the conditions as being tough on the day. There was 8mm of rain and high winds and despite the poor conditions he took the prize, much to his delight. He spoke with Daniel Kelly.

Coming down the stretch, I didn't realise I was leading the Tournament. The weather was deteriorating with heavy rain and gusts. The rain was so heavy on the 16th green, the referee used a backwards rake to squiggy a pathway on the line of the putt to the hole. It was impossible to make it! I refocused on 17th and hit a drive centre of the fairway. That left me a 9 iron, 140 yards to the centre of the green – no pin chasing with the rain. In fact, the golf gods smiled, and I hit a great shot to 20 feet! I just missed the birdie putt but was happy to secure the par on 17th. If I had known the Title was in my grasp on 18th tee, I'm sure my heartrate would have peaked.

In the end, I hit a solid 3 iron up the right side which just sat down in the rough. Not ideal. To finish, I hit an 8 iron which was an extra club up to compensate for the poor lie.

From my position, it looked right on target, going for the pin. With the best of fortune, it landed directly at the pin and rolled past, 15 feet. Similarly, to 17th, the birdie just slipped past, but I was very happy to take a final par and an overall 74 shots around a very tough Ashbourne course. Grehan only discovered that he, in fact, held the club house lead when the scorer verified his card. My fellow classmate Benn Cunningham showed amazing support and his knowledge of golf by calculating the variances with the remaining guys out there. He was continuously refreshing the live score page and then, Benn told me at that stage no one could catch me! Sweet victory never tasted so good as it is incredibly hard to close out a golf Tournament and win!

The night before I had a full afternoon training session with my coach and first cousin, Liam Grehan who is the Professional based in The K-Club Resort in Kildare. With Liam's guidance, I had the smash factor to win. I struck the ball so well and was delighted to lift the Trophy. It was such an achievement to win, not only for myself but for my Club, my supporters and my school, CUS Leeson Street.

Daniel Kelly chats to Lucian Neumann who won Gold at the Taekwondo World Championship in September



Lucian Neumann, a fifth year student, along with his teammates, won a gold medal in the ITF Taekwondo World Championship in September. The win was a first for Ireland. The championship went on for over 7 days in Tampere, Finland. It's the first time the prestigious event has been held in Finland.

Lucian entered three events in the championship which lasted from the 4th to the 10th of September - prearranged sparring, individual patterns and team patterns. He won gold in team patterns and Ireland came out as the second best country.

Only specially selected team members can compete from each country. It was Neumann's first competition as an official member of the national team, a spot that he earned by winning a previous competition. The 4th year student was the very first to compete in this year's competition as he was in the first draw of the first division. He describes the atmosphere in the stadium as being 'electric'.

"Everyone would be at the stadium even if they were not competing on that day, to support those who were. It was always a great atmosphere".

Taekwondo isn't part of the extra curricular activities at C.U.S although karate was available for a while. It's probably because it's niche sport, he said. And it starts slow and takes a few years of training to reach decent levels.



The Rugby World Cup in France is being enjoyed by everyone including the teachers, parents and students of CUS and Ireland's impressive performances have been a huge talking point among the boys. Enthusiasm at training and match days is at an all-time high among the students, across all years. As we continue to support our boys in green, come support your boys in red on our match days. The Junior Cup Team kicked off their rugby season with a fantastic 8-7 win against CBC Monkstown (pictured centre left).

Don't forget that tea and coffee is served at Bird Avenue on Saturday mornings during training. We look forward to seeing you there!

Rugby Fever

The school's newly formed CUS soccer team enjoyed a big win in their first game against St. Davids Greystones, in the first round of the Leinster Senior Cup competition. They won by an impressive 9-2 victory against the Wicklow team.

5th year CUS student Senan Ryan (back row, 3rd left) and the Dublin Minor Football team progressed to the Leinster final against Kildare this year. Dublin won for a second year in a row by five points.

And other sports

ERIC HAN GETS THE LOWDOWN ON JOSH CALLALY'S BIG WIN IN PORTUGAL



>>> WHEN DID YOU GET INTERESTED IN CYCLING?

I started racing when I was 12 years old. My grandad raced when he was young for a few years. My dad also raced for 10 years and represented Ireland on a few occasions. I am very competitive in sports and I loved racing straight away.

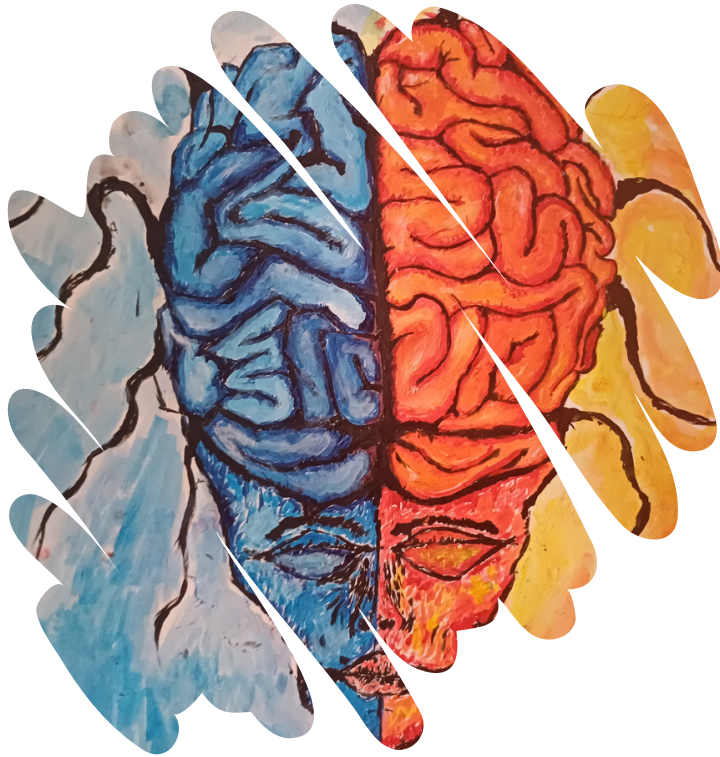


>>> WHAT KIND OF TRAINING DO YOU DO?

I train roughly 4-6 days a week for most of the year. The cycling season starts in early March and ends at the start of September. I train from Christmas until the start of March to get in shape for the racing season. I train throughout the season as well, and when it ends, I usually take a few months with little to no training to rest mentally and physically before I start my preparation for the following year. I would cycle between 250-500km a week in preparation for the season. During the season I would race usually at least once or twice a week, so training is less intense as I need to recover from the racing.

>>> WHAT WAS YOUR SCHEDULE LIKE IN THE BUILD UP TO THE BIG RACE? <<<

In the week leading up to the race I was just doing light training so that I wasn't tired on the day of the race. The race was at 12pm and it was over 30°C. I had to make sure I was well hydrated and fuelled in the days leading up and especially on the day. The race was roughly 2 hours and 30 minutes in duration. In the final 15 minutes I was still feeling great and I was in the leading group of just under 15 riders. The course was tough with nearly 2000m of elevation gain. I broke away on the final hill and won, 8 seconds ahead of the rider in second place.



Drawing The Right Side Of The Brain

Artwork by TY student Jamie Furey
of Leterrier. This is his
interpretation of the right and left
side brain

There has always been a misconception that a person cannot be creative and academically minded at the same time. The old belief system said you were either 'left-brained or right-brained', meaning one side is more dominant than the other. Left means you are analytical in your thinking and the right suggests a person to be more artistic and creative.

Of course we are neither one nor the other, as it's been widely discovered in areas of meditation, backed by neuroscience. In fact, the psychology of left brain versus right brain dominance indicates that humans have brains with overlapping yet distinct halves.

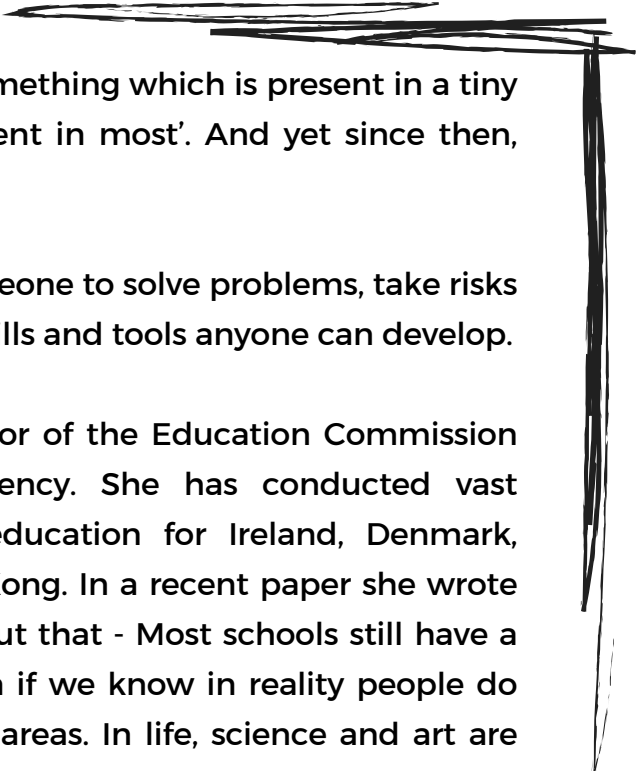
The creative part of the brain has been shown in many studies to enhance academic performance. For a person to function well in this fast paced world the right and left brain must be nourished, equally.

Creativity is connected with psychological characteristics such as openness, autonomy, playfulness and flexibility, something which modern life had shunned. But It is improving, slowly

Forty years ago an American psychologist John Nicholls said about the creative personality -



**Creativity is intelligence
having fun
~ Albert Einstein**



‘Creativity need not be regarded as something which is present in a tiny group of exceptional people but absent in most’. And yet since then, change has come about.

Creativity is a mindset that allows someone to solve problems, take risks and follow an inner passion, a set of skills and tools anyone can develop.

Professor Anne Bamford is the Director of the Education Commission and the International Research Agency. She has conducted vast research in the area of arts and education for Ireland, Denmark, Belgium, Iceland, Norway and Hong Kong. In a recent paper she wrote for the Arts in Education she points out that - Most schools still have a largely subject-based curriculum even if we know in reality people do not think or work in discrete subject areas. In life, science and art are interdependent and writing or mathematics are of little importance if not combined with creative thinking and aesthetic crafting. As knowledge continues to expand, human understanding requires the interplay of different subjects.

Extra curricular activities such as chess or debating, and sport too are critical as it gives young people the space to move away from the text books and to explore their minds and bodies differently. This constant exposure to the arts, allows for a well rounded experience that helps young people in their development over the course of adolescence.

A large, horizontal, textured orange brushstroke that serves as a background for the quote. It has irregular, painterly edges.

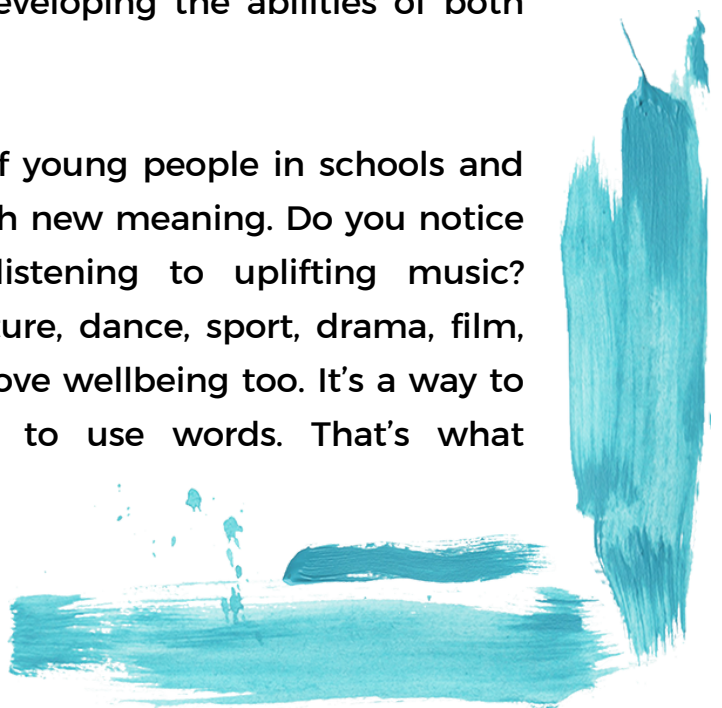
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As knowledge continues to expand, human understanding requires the interplay of different subjects.

In other words creativity can manifest in various areas of a student's life. Educators can greatly influence students' growth by identifying and nurturing their creative potential early in their academic journey.

Betty Edwards, author of *Drawing on the Right Side of the Brain*, was passionate about educating the ‘whole brains’ of children. She said that by just focusing on STEM subjects (science, technology, engineering and maths) and pushing aside the more creative subjects such as art, music and imaginative writing, students are being deprived of developing the abilities of both modes of the brain.

Looking after the mental health of young people in schools and colleges, has given creativity a fresh new meaning. Do you notice how different you feel when listening to uplifting music? Traditional craft, digital art, sculpture, dance, sport, drama, film, gardening and even cooking improve wellbeing too. It's a way to express yourself without having to use words. That's what creativity is all about.



CUS is a non stop buzz of activity. Whether it's a weekend world chess tournament or Saturday study, not forgetting the CUS open day, the school never sleeps!

1.

SEPTEMBER CHESS EVENT



Chess is the art which expresses the science of logic
Chess World Champion Mikhail Botvinnik



2.



1ST YEAR OPEN DAY

Up to 200 registered for the open day in early October. It was a great success!

3.

CUS HAMPER FUND

Every December the transition year boys put together around 200 hampers for families in need of support. The CUS Christmas hamper fund is once again in need of your generosity. We are asking parents to donate prizes for the school raffles coming up in October & November. Contact secretary@cuspa.ie



AMBER TEAM - NON UNIFORM DAY

4.



Big thanks to all the students who raised €838 for Pieta House. Two euro goes along way and the incentive to wear your own clothes to school for that one day in September meant we could help the families who've lost loved ones to suicide.



Stephen Lynam on the TY trip to Belgium

On the 29th of September, 4th, 5th and 6th year students embarked on an educational excursion to Ypres in Belgium.

The trip started before the crack of dawn on Friday, with the lads being at Dublin Airport around 4 o'clock in the morning. Though groggy, they were excited for what was ahead. That same day after arriving in Belgium, a coach brought the group to Waterloo, Napoleon's last battle.

The next morning, after breakfast, the lads enjoyed a thorough tour of Ypres' many museums and cemeteries. A special moment occurred when a 4th year student, Conn O'Riordan, found his great grandfather's grave.

On the third day, the students took a 2 hour, fun-filled coach ride to the Somme, where a jovial descendant of a WW1 veteran took them on a deep dive into the Battle of the Somme where some 500,000 men died. They then visited the monument dedicated to the missing of the Somme, men who were never seen again after the battle, though not confirmed dead. On the last night, the lads went bowling in Ypres,

On the final day, a cool activity took place where students assumed the roles of real soldiers and had to navigate through a winding forest. It was great way to end a great trip. After an expensive wait at Brussels Airport, everyone travelled back to Dublin at around 7 o'clock. Back to school the next day they went.



The 5th year Ember Team lead us into each new week with a prayer

Father, please help all students to benefit from all aspects of school life: the environment and ethos, academic learning, music, art, sport and provision for spiritual and emotional wellbeing.

As we open the new academic year Father John O’Gara, a Marist priest, welcomed all our new 1st years to the school during a special mass. He wished them a harmonious & joyful experience at Catholic University School.

The monthly revision tests are very new to our 1st years and we are so impressed with how they have handled them.

The energy of the Holy Spirit appears in many forms. Archangel Uriel is the angel for wisdom and knowledge and is great for helping in exam situations.

O Archangel Uriel, send your wisdom and illumination to me as I take these exams.



PLANS FOR TY & SUBMISSIONS WANTED!

TY

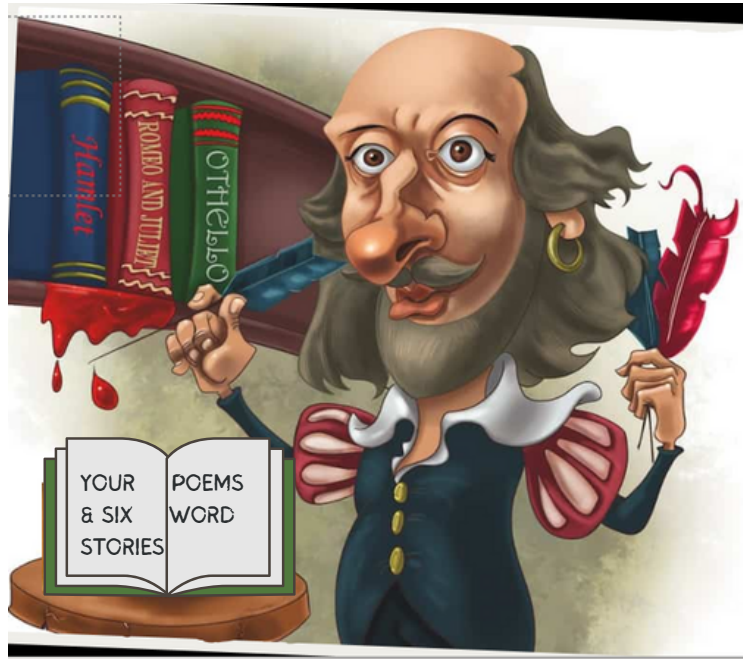
STEPHEN LYNAM GIVES A ROUNDUP OF WHAT'S COMING UP FOR THE TRANSITION YEAR STUDENTS

The first trip of the year was to Belgium at the end of September. 4th, 5th and 6th year students spent the weekend in Ypres, visiting Passchendaele, the Somme, and several other museums and graveyards. The lads had a grand old time zipping around on E-scooters and going bowling.

On the 12th of October, TY students will enjoy a day trip to GoQuest in Carrickmines. They'll have to use their brains to make their way through dozens of action-packed games in order to beat the GoQuest challenge.

The postponed trip to Kippure will now take place on the 24th of October. It will be a leisurely hike up Mt.Kippure, taking about 2 hours. At the top, the lads will be taking part in different activities like cooking their food over a fire

The ski trip this year is planned for Vermont in America in March 2024. It will be two weeks of fun in the snow, skiing down slopes. It will no doubt be the highlight of our TY year.



WATCH OUT FOR...

For our December issue we'd like to print a selection of poems written by students from 1st to 6th year. We'd suggest writing 2-3 stanzas, with or without rhyme and it can be on anything you like. You could write about nature, holidays, friendship or even a memory from your childhood. It can be a happy or sad poem and you are welcome to dedicate it to someone in your life or for a special person that has passed on.

Poetry teaches us so many things about life. To understand ourselves or to make sense of the world around us. Just like music, poetry gets us thinking deeper, the two are closely linked.

Ever written a six word story? Now's your chance. Can you tell a gripping tale in six words? Here's an example -

'Puppy for sale', chewed Jimmy Choo...

Email your poem or six word story to cmaguire@cus.ie or send to Miss Maguire on Teams.

CAKE SALE

27th October

The cake sale is run each year by the Transition Year students. The TY GAA future leaders class have been working really hard to organise prizes for the raffle on the day. Cakes and goodies are donated by all students and the money raised goes towards the CUS hamper fund at Christmas.



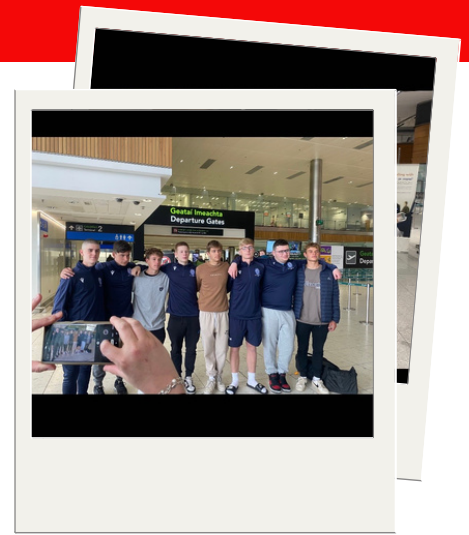
Some of the boys from TY hosted a European Languages Day at the school. It was great fun. Irish, Italian and the Chinese languages featured with some interesting interactive activities for the other students to take part in.



Our South African exchange students went out and about with their TY host students on a walking tour of Dublin last month. They were accompanied by Mr Stephen Tonge, who shared his wealth of historical knowledge as he guided them around the city. The six boys are enjoying their six week trip to Ireland.



TY



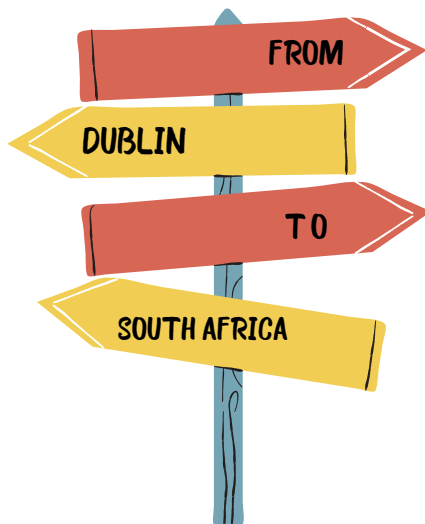
5th year student Chris Butler on his twice in a lifetime trip to South Africa

On the 17th of January 2023 Mitchell Grant, Hugo Fitzgerald and I headed off to Kearsney Collage in Durban, South Africa for a 6-week cricket exchange. I remember our parents were very nervous because it was such a big trip. But all Hugo, Mitch and I could think of was freedom and fun.

The three of us, like most students at Kearsney, boarded during the week. We stayed in Pembroke house, which is one of the schools 4 houses. The 4 houses (Pembroke, Sheffield, Finningley and Gillingham) compete against each other in various events throughout the year. During my time I was part of the Pembroke team who finished 2nd in the House Cup Cricket tournament. We had cricket training every day after school and on weekends.

Boarding at Kearsney meant I was part of a vibrant and diverse community, and the bonds formed with fellow students will undoubtedly last a lifetime. Being on campus allowed me to fully immerse myself in the school's culture and traditions, making every day a unique experience. The one school value/tradition that resonates with me the most is that of respecting your elders and it is something I took home with me.

In May I was extremely fortunate to return to South Africa for the rugby exchange to St Albans in Pretoria, Johannesburg.



I was not a boarding student at St Albans but a day-student, staying with a host family. Everett Gosling who was in CUS on exchange in April was my host for the 4-week trip.

Like Kearsney it was an early start and there was a long drive in traffic to St Albans every day. School life was also very similar to Kearsney, but not as strict. Luca, Finn, Luke, Euan, and I didn't go to many classes, but instead we practiced our rugby skills all day and then attended rugby training after school.

The highlight of the trip to Pretoria was without doubt our weekend in Sun City. Sun city was amazing, the brilliant weather, the safari, swimming pools, and the golf we played was truly amazing. I can't thank the families enough for this experience.

Unfortunately, the worst day of our trip was the day we left. This time it was a lot harder to leave as we had stayed with our families for the 3 weeks. The connection I made with the Gosling family was amazing and the goodbye was emotional, they made me feel right at home despite being so far from Dublin.



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& on
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