

2nd Year Academic Awards

Well done to our 2nd Years who were rewarded for the Academic Performance and their contribution to the life of the school in the year to date.



Shane Power – National Junior Men Pole Vault Champion





Congrats to Shane Power, Kiltown, The Rower on winning the National Junior Men Pole Vault championship on Sunday Jan 28th in the AIT International Arena in Athlone. In recent weeks Shane was a guest in both the Munster U19 & Munster junior men championships where he won both pole vault competitions.

Shane has added this junior men National title to his U18

National title, Leinster junior men & U18 titles he won last year

Shane is now solely concentrating on pole vaulting and it is paying off. Well done Shane. Wonderful achievement!

6th Year Awards

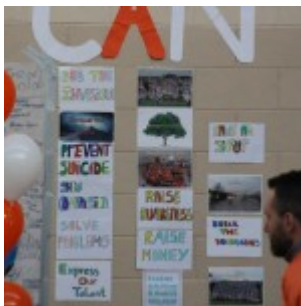
Well done to our 6th Years who were rewarded for the Academic Performance and their contribution to the life of the school in the year to date.



@CASuicide & Jim Breen Visit







Last Friday, January 22nd, saw Jim Breen from Cycle Against Suicide welcomed to the Good Counsel College to raise awareness about depression. He spoke to third, transition, fifth and sixth years in a packed sports hall and delivered his message that together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland. Jim Breen first came to prominence on RTE's Secret Millionaire when he

realised something had to be done in Ireland to help those battling depression.

His visit was in anticipation of the actual Cycle Against Suicide's visit to Good Counsel on the fifth of May this year. Good Counsel is an anchor school for the cycle and will host the hundreds of participants on that day. Last year the school became an ambassador school for Cycle Against Suicide after holding it's own Spin-off and fundraisers. A large number of students participated in the cycle then, raising more than three thousand euros for the charity. The school is delighted to step up it's involvement this year in order to raise awareness. This is the largest event of its kind in Ireland. It is envisioned that a large cohort of students will travel with the cycle in May, helping to raise awareness in the school, town and county as a result.

Learnstorm

GET INVOLVED!

<http://goodcounselcollege.ie/wp-content/uploads/2016/01/How-LearnStorm-Works.mp4>

As part of our ongoing numeracy initiatives in the school, first and second year students in Good Counsel College have

the opportunity to take part in a Maths challenge, run by Learnstorm Ireland. From January 29th to April 1st, students can master maths skills to earn points and recognition for themselves and their school. LearnStorm gives every student a way to succeed, no matter their level. Students work independently in school or at home, building up their own confidence, while at the same time earning points for the school.

Each activity has a series of questions, along with helpful hints and video tutorials. There are numerous different topics to practice and tasks will be set each week also. Students or parents can set up accounts at khanacademy.org. If students are under 13 years of age they must have a parent's email address. When you have your account set up, you can register to Good Counsel College, using the code **7YUJXA**, in the Coach section or click on the coach name **sharon.murphy**. Once the challenge is completed, students can still use the website as a revision or study aid.

Cycle Against Suicide
Congress at the RDS



The aim of the Student Leaders' Congress is to promote positive mental health, help-seeking behaviour in young people, and the Cycle Against Suicide message that ***'It's ok not to feel ok, and it's absolutely ok to ask for help'***.

The Congress brings together young adults and teachers from all over the island of Ireland in an inspiring and energetic forum comprising celebrity speakers, live entertainment, discussion and much more.

Very much a student-led event, a large portion of the day involves students: discussing projects they have engaged with, providing entertainment, conducting peer interviews and interacting with a range of mental health organisations exhibiting on the day.

The theme of this year's Congress is **'Together We Can.'**

Students enjoying themselves at the Cycle Against Suicide Congress in the RDS today January 14th.



The Cycle Against Suicide community is determined to let people in every corner of the island of Ireland know that; it's OK not to feel OK and it's absolutely OK to ask for help. **Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland.**

<http://www.cycleagainstsuiticide.com>