

5th Year Academic Awards

Well done to our 5th Years who were rewarded for the Academic Performance and their contribution to the life of the school in the year to date.



1st Year Academic Awards

Well done to our 1st Years who were rewarded for the Academic Performance and their contribution to the life of the school in the year to date.



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.