

Ardgillan Newsletter

In this issue...

- An interview with Ardgillan's very own football star: Emily Whelan
- A Guide to the 2021 Formula 1 Season by Isaac McGrath Long
- Ms. O'Toole's top 5 songs
- and so much more!

An introduction by Alex Finnegan talking about the Fifth and Sixth year's Motivation and Wellbeing Day

On the 22nd of February, we the Fifth and Sixth year students had a motivation and well being day. To kick it off we had three guest speakers, Elysha Brennan, Brian Deeny and Ronan Michael. Elysha told us about her journey through the leaving certificate not once, but twice. Elysha also explained to us how she entered and won the Rose Of Tralee. Brian told us all about how he managed to become a professional rugby player with Leinster Rugby. Finally, Ronan told us all about his rugby career after he left the school. Throughout the morning we asked each of them various questions such as, 'How do you remain positive at your lowest ?and 'If you had any advice to give to yourself when you were doing your leaving cert, what would it be?' Overall the morning was very inspirational and was also a positive boost into starting the second half of this term.

After we spoke to Elysha, Brian and Ronan, we then completed a well being course on how we can optimise our day. In the course to optimize our day, we were given many different pieces of advice in how we could do so. Such as:

- Making sure we get enough sleep
- Drinking enough water
- Exercising regularly
- Hot and Cold therapy
- Making sure we eat the right foods
- Retaining a good posture
- Not wasting too much time on technology
- Meditation
- Ending the day with a routine

I would recommend everyone to try and introduce some of these tips into their daily lifestyle in an effort to make the most out of each day.



Short Story Competition Winner

Something Lost

Written by Anonymous

The bright warm sunlight forced me to squint my eyes as I woke. The distinct taste of staleness plagued my breath after my sleep. I glanced at my phone, only forty more minutes on this dreary bus ride from Massachusetts to Connecticut. Once again I routinely checked my backpack for the map my Grandfather had given to me. The parchment bleached by decades of sunlight. I couldn't believe I was actually chasing the bounty of Caesar that my family had been searching for for seven generations. These riches were said to have been valued more than the vast collection of Queen Elizabeth.

I jumped off the bus and instantly fixed my baseball cap onto my head to hide my face. I headed up main street then ripped off my radiant red bomber jacket and immediately forced it into my backpack. I doubled back and spun my cap around to throw off the men that had been following me from Massachusetts. As I turned, I felt it. A rough cold hand on the back of my neck. I tried to run but my arms were restrained now too. I should have been more precautious. I was filled with dread and panic, I had come so far and now these gruelling mafioso were not only going to steal the bounty but also my life....



Student Submissions

Free yourself of standards and expectations

By Malvina Kepczyk

You can write for hours on hours manifesting everything you hope you could be. Repeating affirmations such as "I'm beautiful" while staring blankly at yourself in the mirror or praying one day you could be like the models you see online or on T.V with their lives so put together. But in reality, no one has a perfect life everyone goes through difficult times it's just these models and actors you've been comparing yourself to have a team of people who do their makeup, hair, pick their outfits, edit their photos and make sure everything looks flawless. So why would you compare your life to celebrities that have a management teams to make their lives seem perfect and to look pleasing to the audience?

As generations pass different beauty standards are set making boys and girls believe that if you want to be beautiful and worthy you have to remember to follow beauty standards and fit into the expectations of society. The models and celebrities I just mentioned will follow the new beauty standards influencing others to do the same but I'm here to tell you, you don't need to have the "ideal" personality or body! You don't have to look like models on Instagram to be considered beautiful. Beauty expectations change so frequently that if you truly try to adjust your life every time a new standard is shown you would never be happy with who you are.

Beauty standards are becoming more diverse by day so don't lose heart we are all rejecting the idea of "one" acceptable body type and "one" acceptable personality. Stay true to yourself and don't be afraid to start over again. This time you're not starting from scratch you're starting from experience and knowledge of the beauty that being yourself will follow. Break down the barriers and free yourself from standards and expectations stop listening to society telling you to change this and change that. Be free. Be yourself.

Paper Roses

made by Jessica Moore



Features & Columns

a little bit about... **ENGLISH**

By Marcela Mahon Mas

English allows for creativity, more so than any other subject. It allows your imagination to run wild with the limitless amount of ideas and scenarios one can come up with.

Reading and writing can serve as an effective escape from reality, whilst also feeding into your imagination and helping to expand your vocabulary, making it extremely beneficial for all!

Study Tip: When answering a question in English, be sure to actually answer the question. As tempting as it may be to stray, stick to the point in hand, in order to avoid losing marks!

Tips for keeping well over lockdown...

Maintain a routine!

Maintaining a routine while in lockdown is key for keeping well. It will allow you to stay motivated and organised, and will help you to stay on top of things. You will ultimately feel much better with a routine in place.



A Guide to the 2021 Formula 1 Season

By Isaac McGrath Long

With the new season of formula 1 right around the corner I thought what a better way of looking forward to a potentially historic season in the world's most famous motorsport. There are records that could be broken, historic names back in the sport, possibly some goodbyes and new air regulations coming to the cars in 2022. This year is set to be one of the most memorable seasons in Formula 1's 7-decade history. For this I will only talk about a few topics as this could last forever so I will just focus mainly on the big stories for this year.

Where better to start with than the world champion Lewis Hamilton. Hamilton will have a few goals in mind for this season. To become the first driver to reach 100 pole positions and 100 races wins. With him being 3 poles and 6 wins off 100 it seems it's almost more likely than not that he will hit triple digits in both categories. But more importantly than both those records, Hamilton will be going for the biggest record of all. Currently Hamilton is tied with Michael Schumacher for the most world titles with both having 7 world titles. Hamilton can overtake him this year and put trophy number 8 up on his mantel piece which I am sure that is all on his mind right now. With him still in the mighty Mercedes it will be a shock to almost everyone if he does not win his 8th world championship and whether he goes for even more and try to add maybe 1 or 2 more titles will truly depend on if he wants to.

In 2020 the team who had most people shocked or confused was Ferrari. The prancing horse took about 100 steps backwards last year with the SF1000 being not as good as the 2019 car. It came mainly due to a lack of engine performance. After a FIA investigation into the Ferrari engine [which many teams believed had a second illegal fuel pump] the FIA didn't release any info publicly on the engine but did say something to Ferrari, the prancing horse changed their engine, and it was a thousand times worse showing that the FIA did discover something wrong with the engine and told them to change it. The Ferrari engine went from the best engine on the grid to the worst with all Ferrari powered teams [Ferrari, Haas and Alfa Romeo] slowing down. Ferrari changed their driver pairing for this year as well. They basically fired 4-time world champion Sebastian Vettel who left for the newly named Aston Martin F1 team and replaced him with the high-flying Carlos Sainz who put in some of the best performances at McLaren. They also kept the highly rated Charles Leclerc who is seen as a future world champion. Hopefully, Ferrari can get on top of the engine troubles to return to the top of the field as F1 is not the same with them as a midfield team.

Features & Columns

Max Verstappen is often considered the best driver on the grid. The 23-year-old is still with Red Bull. Verstappen and Red Bull have one goal in mind, to win both the drivers and constructors' championship. For Verstappen to do win the championship Red Bull must give him a car that can go all the way not just third of the way. Honda will be exiting F1 this year and Red Bull just recently bought the Honda engine department which means they will be in full control of the whole engine project and when new engines regulations come into play in 2025, will Red Bull be able to keep up the pressure? The constructors are a different story. Since Daniel Ricciardo left for Renault in 2018, Red Bull have not had success with their second driver.

Both Pierre Gasly and Alexander Albon underperformed in the Red Bull and for the 2021 season they have gone with someone who has no history with Red Bull, Sergio Perez. Perez was often considered the best midfield driver on the grid but never given the right car to fight for the world championship. Now got his chance to prove himself. Hopefully, he can now show the world what he is made of and help Red Bull with their fight for the constructors championship.

In 2022 we get the biggest aero regulations in the sports history. The goal of the regulations is to create better racing on the track. In 2017 F1 made the cars faster by giving them more downforce and making them wider thus made them almost 3 maybe 4 seconds faster. However, F1 didn't think of one consequence. It became very difficult to overtake. When one car was behind another car, the car behind would suffer from something called dirty air. This dirty car would cause the car behind to lose up to 50% of its downforce and make it hard to stay behind the car especially at tracks with many fast corners. Next year regulations regarding the aero on the car are trying to reduce the dirty air coming off the car in front. The numbers from the official data say that instead of 50% loss in downforce, the car behind will only lose 5-10% of its downforce allowing the cars to stay closer together and create more overtaking. We will have to wait and see the true results but from the official FIA testing these numbers should come to fruition.

These are the major stories that will be of most topics in the F1 world. There are a lot more stories that I wanted to talk about like McLaren getting not only Daniel Ricciardo but also Mercedes engines setting them up for a fantastic 2021 season which will hopefully set them up for the future, Aston Martin back on the grid for the first time since the 60s, Japan back on the grid with Yuki Tsunoda driving for Alpha Tauri, Fernando Alonso back on the grid after 2-year absences driving with the newly named Alpine, Valtteri Bottas and George Russell both fighting for one of the 2022 Mercedes seat, Kimi Raikkonen retiring and the Schumacher name back in F1 with Michael Schumacher's son Mick Schumacher racing with Haas F1 team. This F1 season is set to be one for the history books and hopefully will be the perfect Segway into the new regulations for 2022.

Cúinne Gaeilge

scíofa ag Emily Cathcart

Pride Month is celebrated in Meitheamh (June) every year, but it's never too early to brush up on all the related terminology - as Gaeilge. You may be surprised to learn that there is an Irish translation for all of the LADTA+ (LGBTQ+) terms you could ever need. Whether you identify as Leispiach (lesbian) Aerach (gay) Déghnéasach (bisexual) Trasinsneach (transgender) Aiteach (queer) something else, or as a Comhghuaillí (ally) be sure to check out 'An Foclóir Aiteach' (the queer dictionary) at <https://usi.ie/focloir-aiteach/>

Riddle

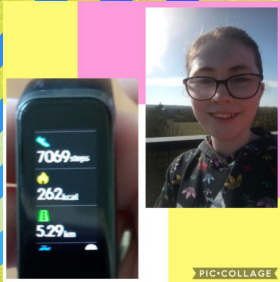
By Chloe Styles

**I speak without a mouth and
hear without ears. I have no
body, but I come alive with
wind. What am I?**

School News & More

3k Walk/Run Selfies

Students sent in selfies after their walks/runs as part of their running programs in P.E.



Engineering Week

During engineering week students took part in the daily challenges put up on the Instagram and some sixth year students gave us some insight into the subject!



On a different note...

Ms. O'Toole shares her top 5 songs and what exactly about those songs allow for them to make it into her Top 5 Hit List.

When asked about her music taste she had the following to say: "My friends often describe me as a 'Tweenie Bopper' when it comes to my taste in music- I love feel good upbeat songs. This week I have been listening to a playlist on Spotify called Cheesy Hits"

Take a look below for her Top 5:

1. What about us- The Saturday's.

My ultimate girl band. I was so devastated when they called it quits in 2014.

2. Love Song- Sara Bareilles

Old school tune that I will regularly sing at the top of my lungs in the car

3. Back where I Belong - Otto knows feat. Avicii

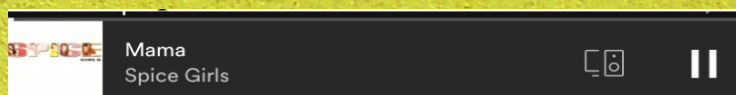
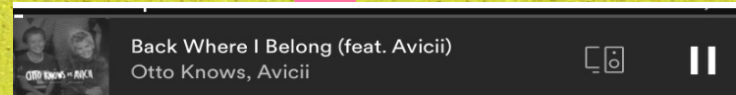
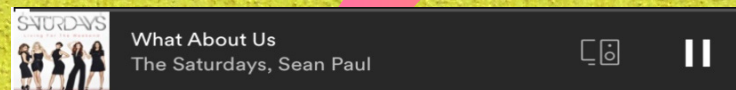
This song has a Thailand/ summer abroad feeling, I cannot wait until we are allowed to travel again. This song is always on my Holiday playlist.

4. C'est la vie- B*Witched

The first concert my dad ever brought me to was a B*Witched concert in 'The Point', now known as the 3arena. This song also reminds me of Ms. Crossans wedding in May of 2019- Myself, Ms. Delaney, Ms. Sheahan and NOT Mr. McBrearty threw some shapes on that dance floor

5. Mama- Spice Girls

I went to the Spice Girls Concert in Croke Park with my sister in 2019- We rang my mother and serenaded her over the phone....she was really impressed with our screeching singing! This was the last concert I attended before covid took over.



Special Interview

Tackling Opponents, Gender Inequality in Sports and The Leaving Cert: Emily Whelan

Interview by Yoma Dodo

In this edition of the Ardgillan Student Council Newsletter, we peek into the life of one of the college's brightest talents, and rising sports stars, 18-year-old Emily Whelan. Whelan began playing as a Forward for Shelbourne Ladies Football Club in August 2018, before being called to play for the Irish National Senior Women's team; at just 16 years of age. She has gone on to play in various parts of the world, converse with and play against some of the world's greatest ladies football players. Most notably Emily was branded the best of the best in November 2018 and was awarded the very first 'Continental Tires Women's Under 17 National League Player of the Year' award. We here at Ardgillan are proud to call her our own.



Y: Hi Emily, first, I'd just like to know how you've been doing over the course of the lockdown, especially with the recent return to school?

E: I've been doing good, I've been really happy to come back to school, getting to see everybody, to see my friends, my teachers and interacting with everyone in person. It's been relieving because it was so much harder to communicate over screen. It's really boosted my mental health, being able to see my friends. It was a struggle having to stay home and not see anyone. So, it's sort of coming back to normality a little bit.

Y: I definitely would have to agree with you there Emily. Now, we know you've played Gaelic football and you play soccer/football now, where would you say your interest and love for sports came from?

E: I was brought up in a very sporty family. My mam used to run in America, my dad used to play rugby, my sister used to play Gaelic and my brother used to play football and Gaelic. I think I took a liking to sport because of them. I wanted to do it because they did it, I don't think I would like sport as much if it weren't for them. I love it for myself now though; because of how competitive it is, especially as a competitive person myself. I'm also fortunate enough to meet new people and travel to different countries.

Y: It's interesting that you consider yourself a competitive person as, many of us know you received the Under 17 Player of the Year award within one year of playing at Shelbourne FC at 16 years old. This could be considered the beginning of your sporting career. Did you notice a change in the way people behaved towards you after this moment?

E: I would like to think no one's behaviour changed towards me and everyone treated me the same. I don't think one award defines you. I'd rather show what I can do on the pitch every time. I believe to progress and achieve more things you need to be treated like everyone else. I do think I earned a lot of trust from my manager and my teammates, however. I hope I set an example of how hard work pays off. It was an amazing achievement, and I wasn't expecting it at all, I'm extremely grateful. I'm honestly just trying my best!

Y: I'm sure you've been anticipating this one, but we know you've played for the Republic of Ireland's U17 National Team and now the National Senior team. How did you feel when you were first approached to play for the Senior Team?

E: I was very surprised. I was playing for the U17 team at the time and the manager of the team also manages the Senior team. We were playing a friendly game against the Czech Republic down in Waterford and he called me in for a meeting where he asked me to move up to the senior team and just experience it. I had no words. I was thrilled. I was just excited to experience playing with professional top-class players of the country. I'm just happy he trusted me at such a young age -16- I couldn't believe he thought I was ready.

Special Interview

Y: You seem to have made so many memories already at such a young age. Can you tell me about your favourite experience so far as an amateur player?

E: That's a tough question. I think all my trips away have been amazing. One of my favourites though, would have to be my debut against Poland. It was my first senior call up and I was really looking forward to it. I thought I played well for the time I was on; it was such a great experience. I also loved when I went to America for the UEFA Womens Euros, although I didn't play the match, I got to meet Alex Morgan, Megan Rapinoe, some of the best footballers in the world. It was just an amazing feeling to even be considered to play against the world champions. I'm so lucky to have all these memories at a young age.

Y: Wow that's brilliant! Time for some quick-fire questions. Question 1, where would be your dream place to play at?

E: I would love to play in England for a really big team, like Manchester United or Manchester City. Or even just to play with people I've looked up to my whole life. That would be amazing.

Y: Good Answer! Question 2, if you could never play Forward again what position would you choose to play and why?

E: I'd probably play in midfield, right-back or left-back (wing-back). Simply because I love running and playing in those positions, I'd be running all day and wouldn't have to reserve my energy. I'd still be able to get in front of the goal.

Y: Time for some deeper questions. How is it juggling the pressures of being a student and being an amateur athlete at the same time?

E: It always has been difficult to do both. Luckily, when I was going away, I was able to bring my iPad with all the books in it, rather than the individual textbooks, which made it easier. I definitely think that the school and the teachers have helped enormously. They've been so supportive of me playing football. They've always helped me with work I've missed, working away or have been so understanding if I needed an extra few days to catch up on the work. If it wasn't for the school, I'd struggle a lot more. Also, the team were very understanding of my studies. If I needed to study, they'd set aside a room in the hotel and set study time for me to do so. Although it has been hard, I'm extremely fortunate and thankful to have the support system that I do have around me currently.

Y: That's exactly the type of teamwork that Ardgillan stands upon. Now, what would you say are the highs and lows of being a woman in sports?

E: I truly believe there are many highs and many lows. I think within the past 10 years it has developed a lot, and in the next 10 years it will develop even further. We've achieved a lot for example receiving equal pay on international teams. I believe the women's game is thriving, there are more people recognising the game for what it is. Many people go to see men's teams and usually there wouldn't be that much watching the women's teams. It's quite unfortunate because it is at such a high level and such good quality. However, since the world cup we can see more people have taken an interest to it, which is great. We've been getting more support, which is what we've always been fighting for. Equality. It's quite relieving that this is now happening after a long wait. So many people have worked behind the scenes for years for this. We're approaching being seen as equal. It's a step in the right direction. I'm grateful for all the people who want to see women's football be a great success just like men's football.

Y: It truly has been amazing to see the increasing recognition of women in sports. To conclude, do you have any advice for those- especially young girls- looking to pursue a professional career in sports?

E: I would say to always work hard, never give up, always look to learn and not for recognition. Always be ready to take on new things. Listen to the right people around you too. That's very important. Don't listen to anyone telling you you're not good enough or making fun of your dreams. If you can believe you'll achieve it, you will! If you put in the hard work or effort, you'll get where you want to be. Just go for it and never look back.

Y: Thank you so much Emily for taking the time out of your busy day, to give us a small insight on what it's like to live your life and be in your world. We at Ardgillan wish you the best of luck in wherever life takes you in the future.

E: No problem, I really enjoyed this. Thanks so much for taking the time out to talk to me.

Bonus Content



Snaps from Seachtain na Gaeilge



Flag Day 2021

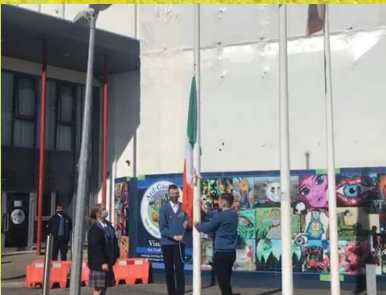
On Tuesday the 16th of March we held a flag ceremony for the Meagher Foundation outside our school. James Kimmage started us off as master of ceremonies, followed by Conor Gaffney who informed us of the adventurous life of Tomas Francis Meagher, and how he created the tricolour that we use today. Meagher, accompanied by O'Neill, researched the French Revolution and returned to Ireland in 1848 with the tricolour we all know and love today.

Afterwards, Shauna read the poem 'Comrades' by Eva Gore-Booth, who was Countess Markievicz's sister.

Finally, Stefan and Jenna raised the tricolour accompanied by Amhrán na bhFiann.

Senior members of the student council and sixth year History students, along with their teachers, attended this ceremony. The ceremony also paid tribute to the centenary year since the end of the War of Independence.

-Written by Alex Finnegan



**Editor of this Issue:
Marcela Mahon Mas**

Send your submissions, comments or suggestions to
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With thanks to all students and teachers for their submissions, to the student council and to Ms. Byrne and Mr. Doyle!