

The Taz

For the students, by the students



Meet the student

In this issue we interview 6th year student *Holly Mulhern*, an SHS artist who has amassed a significant instagram following by showcasing her creative talents!

Sporting Stars

Keep up to date with all of our sporting stars, as our reporters bring us the latest news. From camogie to karate, football to swimming, we cover the results of all our students endeavours.



1

FESTIVE BAKING

Try out our gingerbread recipe and embrace the festive season

2

2018 IN A NUTSHELL

Let's take a look at some of the greatest and most significant events of 2018

3

MOVIE TIME

Check out our favourite movies and series to binge watch over Christmas



Study Tips

Make the most of the Christmas holidays by incorporating these tips into your study routine.



Christmas Story

The winner of our 2nd year creative writing competition showcases her festive story.



An áit is fearr

Find the perfect coláiste for you with our student Gaeltacht reviews

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Have you got a little creative spark that needs to be channelled into something every now and again? We want to give an opportunity of expression to every girl in this school. Write an article, take a photo, make a crossword, send us a maths pun. Anything at all, we're an open door and want to hear from you! We can't recognise your wonderful achievements if we don't know about them either, so if you've got a quietly outstanding friend, tell us about them! Email: newspaper@shstullamore.ie

A MESSAGE FROM THE EDITORS

Dear reader,

Welcome to the very first edition of The Taz, a platform for the students' voice in the SHS!

We are the Editorial Committee, a group of 5th and 6th year students who've been chatting about this since September! But why have we undertaken this labour of love?

We want to recognise and congratulate students on their achievements and efforts. There are over 602 girls in this school and every single one of us have a little genius living inside us. The talent is unbelievable. There are karate champions and music protégées walking, unassuming in our corridors.

As a body of students, we achieve an awful, awful lot. We think we could be little bit louder about how amazing we are; about how incredible the people beside us are!

We want to help to foster engagement and connectedness within our school community. With the huge potential for connection that technology gives us, what better place to start than with this very E-mag.

We hope that, maybe, by sharing a little bit of oneself (through an article, a photo, a quote); by seeing a little bit of someone else (through their short story, or drawing, or poem), we can be a little bit more connected, a little bit more engaged, a little bit more aware.

The articles contained in this newspaper are meant as doorways, points of access. A conversation starter. They're like the open ended questions you get in Christmas Crackers sometimes. 'What's your favourite Christmas song?' (Fairytale of New York, all day long by the way!).

'What would you write about, if you were asked to compose an article for The Taz?'

If we could sum up our aims into one, most important point?

We want to better the world, better ourselves, better school life; and have a bit of craic doing it!

Taz, our venerable mascot, is best known for speech consisting of grunts, growls and rasps. We, the students, can be little bit more eloquent; and we can be just as loud.

Yours with love,

The Editorial Committee



Thanks
to Mr. Mc Fadden
for making this
magazine a
reality!



Camogie

Hunt for Leinster Title

The Senior Camogie team coached by Ms Egan and Mr Mahony have reached a Leinster semi-final for the first time in five years. We played three tough matches beating Loretto of Mullingar and Mountrath at home and losing to a strong Castlecomer side away in Kilkenny. The quarter final will take place after Christmas. We now train on Saturday mornings in preparation for the upcoming game.



By Louise Savage



1st Year Blitz

On the 14th of November the 1st years took part in a blitz in Banagher winning all four of their games while also having an enjoyable day out.

UNESCO recognition for hurling and camogie

Hurling and camogie have been added to UNESCO's list of protected cultural activities around the world. Hurling, among the oldest and fastest field sports in the world is, an example of intangible cultural heritage. This means the Government commits to keeping the game alive, respecting it and promoting it. This will help the profile of the game overseas. The only other Irish activity on the list is Uileann Piping, so this is a significant achievement for lovers of the small ball!

By Louise Savage

Athletics

Well done to our 1st and 2nd year Athletics team who performed very well at the Diversity Games in Athlone I.T. We came away with four silver medals and two bronze medals in the individual races. Also our Minor relay team finished 2nd and our Junior relay team 3rd.



Junior Stars

The Junior championship is also underway and they have played two games, one ending in a draw and another in a loss. The girls will be looking to win the next match. They train on Mondays on the school pitch along with the 1st and 2nd year team who are yet to start their championship which will commence after Christmas

By Rachel Fogarty

Football

The Senior and Junior football team train every Wednesday evening in Dr Kelly's Field or on the school pitch. Ms Egan and Mr Dunne train the Seniors who have so far won one game away to Portarlington and have lost to Naas which was also away. The Seniors are unfortunately out of the championship now but still have one match to play.

Ms Egan and Mr McFadden train the Junior team who have had one game in which they defeated Heywood in Heywood's home ground. They have a further two matches to play against Mountmellick and Portlaoise in which they will be hoping to continue their winning streak!

By Abbie Harte, TY

Basketball

Unfortunately the season is over for both senior and cadette basketball teams, however both teams fought hard throughout the season. The cadette team reached the Midlands semi final, unfortunately being pipped at the post in a tough game against Portarlington. We can't wait to see how both teams will perform next season. The 1st and 2nd year teams have begun training and we will keep you updated as their season commences.

By Leah Spollen, 6th year



Karolina Askuntowicz

6th year student Karolina has competed in 3 international Karate competitions this year: The Budapest Open and The Irish Open in September, and The Belgium Open in November. Karolina placed 1st at the Irish open in the junior -59kg category and 2nd in the Belgium open in the senior -55kg category. Karolina has been on the Irish national team for the past 2 years! Dedication and hard work truly does pay off!!

Rugby



SHS Junior and Senior rugby teams travelled to Carlow RFC on the 27th of September to take part in the Leinster 7's blitz. The Seniors unfortunately lost their first game but came back fighting and beat Kilkenny with an incredible score difference of 40-10. The team then played a challenging match against rugby-driven school Wilson's Hospital but with the determination of Niamh Hickey and Niamh Conroy, they won the match. The final match was against Newbridge College. Katie Hanlon (captain) led the team throughout the match. After a tie, unfortunately the girls did not take top position. However we can't wait to see what the rugby team has in store for next year.

By Saoirse Quinn, 5th year

Swimming Sisters

Congratulations to Katie Condon who placed 6th in the Leinster Finals over the weekend, and to her younger sister Sarah, who came 7th in her age group in the Irish short course competition. They both achieved a new personal best! Well done girls!

Local sports star profile:

Name: Gráinne Walsh

Age: 23

Job: full time athlete (boxer)

Weight: 69kg (welterweight)

World ranking: top 20 (17th)

Achievements:

- 2017 & 2018 Irish Elite Champion
- 2017 European Union Bronze Medalist
- qualified for 2019 European Games



Life of a sports star.

This year has been so busy for me and the Irish team. 2018 was set out to be a year for development and preparation for 2019 (Olympic qualifiers) and 2020 (Olympic games). I started this year with my first competition in February. I won my second Irish Elite title, which secured my place on the team for the year. This was a really proud moment for me as it was on RTE 2 too. In March we went to America for three dual fights, vs team U.S.A. This was for more experience and it was great to get the opportunity to go there to fight.

“Being positive is a key thing I try to live by every single day”.

Next we went to Sheffield, UK for a training camp with team GB and Belarus. This was preparation for the European championships, which we went to in June. They were held in Sofia, Bulgaria. I was beaten by a Russian who went on to win a silver medal. My next fight was in September in Romania. It was a multinational tournament called the “Golden Belt”. I won gold at this which was also a proud moment for me. World Championships were held in Sheffield again.

Then we went to Berlin for a camp with USA, Great Britain, Germany, Wales and Sweden. We flew to new Delhi for the World Championships in November. This was an amazing experience we were representing our country at the highest level (after the olympics). Our team finished 6th out of 73 countries.

What next..?

I am starting preparation for the Irish Elite Championships in February.

Next year is a big year as we have European Games in

Belarus in June,

and world championships in Siberia in

October, which is an Olympic qualifier. My

goal for the next year and a half is to qualify for the 2020 Olympics in Tokyo.



Advice for any young sports people..?

Advice I would give young people is always train hard and do what's best for you in your sport and try not to let people influence you to do the wrong thing. Be your own person and never, ever give up on your dreams. Anyone can achieve anything they want with the right mindset and attitude.

Being positive is a key thing I try to live by every single day.

By Aoibhín Walsh, 6th Year





Gaeltacht reviews

Colaiste na bhFiann 4/5

Gaoth Dóbhair, Dún na nGall
Bhain mé an taitneamh as mo chuid ama i nGaoth Dobhair. Bhí an trá go hálainn, bhí an bia blasta, bhuail mé le cairde nua agus d'fhoghlaim mé a lán Gaeilge. Rachainn ar ais.

~ Eimear Cullen, 3ú bhliain

Colaiste Chamuis 5/5

Má tá tú ag lorg cúrsa Gaeltachta in a cuirtear béim cothrom ar Gaeilge, oideachas agus spraoi, is í Colaiste Chamuis i gCo. Na Gaillimhe an áit is fearr sa tír. Bíonn múinteoirí Gaeilge den chéad scoth ag múniú ann agus déanann an fhoireann a ndícheall chun do chuid Gaeilge a fheabhsú. Déanfaidh tú cairde don saoil ann agus is taithí iontach é. Ní dhéanfaidh tú dearmad go deo air.

~Éabha Fulton, 6ú Bhliain

Colaiste Lurgain 5/5

Indreabhán, co. na Gaillimhe
Colaiste samhraidh den chéad scoth.
Rinneamar a lán cairde nua ó gach cearn den tír. Bhí an craic go hiontach ann go háirithe ag “Féile C” agus “Limeachtaí Eile”... téigh go YouTube agus féach ar na físeáin cheoil go léir ó TGLuragain. Mholaimid duit dul ann cinnte.

~ Emma Beatty agus Clodagh Spollen, darú bhliain.



Beidh Gaeilge 24 ar súil againn anseo i Scoil an Chroí Ró Naofa ar an gCeadaoin an 19ú lá de mhí Nollag. Ar an lá seo beidh seans ag na daltaí agus ag na múinteoirí an dúshlán a thabhairt dóibh féin chun lá iomlán a chaitheamh ag labhairt Gaeilge, ní hamháin ar scoil ach gach áit a théann siad.

Eagraíonn an coiste Gaeilge, in éineacht le na múinteoirí Gaeilge an lá seo gach bliain sa scoil. Bíonn sé an-rathúil ar fad agus



taitneamhach freisin. Tá thart ar céad dalta ag glacadh páirte i mbliana.

Is imeacht urraithe é Gaeilge 24. Faigheann gach duine a ghlacann páirt t-léine speisialta Gaeilge 24, banda láimhe agus leabhar frásaí an-áisiúil.

Is deis iontach é seo chun snas a chur ar do chuid Gaeilge agus chun an Ghaeilge a chur chun cinn sa scoil agus sa cheantar. Dúshlán mór a bheidh ann ach ar ndóigh beidh sé an spraoiúl ar fad. Má tá fonn ort páirt a ghlacadh téigh i dteagmháil le ball den choiste nó de roinn na Gaeilge sa scoil. Bígí linn!

Le Maria Guinan, 6th year

Cúpla Focal

Is teanga ársa í an Ghaeilge. Téann stair na teanga siar go dtí an ceathrú haois agus níos faide, creid nó ná creid. Tá ár dteanga dúchais seo lán le focail iontach-uaithúil nach féidir aistriú go díreach go Béarla. Ar míamharaí an tsaol ní chloistear iad rómhinic anseo sa Tulach Mhór. Seo cúpla focal Gaeilge neamhchoitianta a thaitníonn go mór mór liom. Bainigí triail astu!

Clagarnach - an fuaim a chruthaíonn báisteach trom ar díon

Bladar - caint seafóideach

Codraisc - bailiúchán de rudaí gan mhaith

Liúdramán - Duine uafásach leisciúil a dhéanann faic

Amainiris - an lá i ndiaidh an lae i ndiaidh amárach

Dán na Nollag

le 1W

Creid nó ná Creid, an mhí seo ... an Nollaig.

Smaoiním ar an mbia, ar na mbronntanais
Sceitimíní ar na bpáistí.

Sneachta ar an talamh, sioc ag glioscarnach
Ré mór ag lonradh, ar gach crann lom
Réaltáí geala sa spéir.

Crann Nollag sa seomra suí, gach páiste ina luí,

Maisiúcháin ildaite ag fanacht, Daidí na Nollaig, ina shuí ar an tolg.

Ag ligint a scíth, roimh bhreacadh an lae
Oíche chiúin, oíche mhic dé.

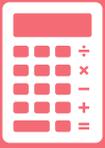
Mo Chéad Téarma sa Mhéanscoil

Le Rang 1Z

Ar mo chéad lá, bhí mé an-neirbhíseach. Chuir mé m'éide scoile nua orm agus mo bhróga nua. Fuair mé síob go scoil agus nuair a chuaigh mé isteach, bhuail mé leis an bpríomhoide agus Mr. McFadden. Fuaireamar ár dtaibléidí agus bhuaileamar lenár rang nua. Bhí na cailíní go léir go deas agus cairdiúil. 1Z an t-ainm a chur ar ár rang. Fuaireamar ár gclár-ama. Sa chéad téarma bhaineamar triail as ábhair scoile nua, mar shampla: ealaín, tíos, staidéar gnó agus Gearmáinis. Tar éis an Nollaig, beimid ag déanamh eolaíocht, tíreolaíocht, stair, ceol agus Francis.

Tá méanscoil an-difriúil ó bhunscoil. Tosaíonn scoil ag ceathrú chun a naoi agus críochnaíonn sé ag leathuair tar éis a trí. Dé hAoine, críochnaímid ag a haon a chlog. Tá an-chuid níos mó daltaí sa mhéanscoil ná sa bhunscoil. Tá ceithre saotharlann, leabharlann, siopa, halla bia, seomra ceoil, seomra cruinniú agus cistin. I mbliana, tá taisceadáin againn. Mar thoradh, caithimid a bheith níos eagraithe agus ár leabhair a thógáil linn don rang.

Taitníonn mo scoil nua go mór liom agus is aoibhinn liom mo chairde nua anseo. Táim ag tnúth leis an chéad téarma eile.



5 Top Study Tips

1. Use exam papers

The best way to revise and reinforce information is to do past exam papers. It is vital that you relate every chapter to past questions in order to gain a rounded and thorough understanding of a topic. Not only will you improve your exam technique, but by using the marking scheme you will focus on the information that will get you the marks. Highlight any questions that you're struggling with, and revisit them over the course of the year.

2. Don't waste time making notes

There are so many valuable resources out there, be it online or in bookshops. You will find that they summarise succinctly the information you need, and will save you time rewriting pages of information. Instead, apply the knowledge to exam questions. It's better to apply the knowledge in a question format than writing without any real purpose or structure.

3. Learn from your mistakes

It's important to revisit and thoroughly examine mistakes from class tests. Christmas is the perfect time to pinpoint and work on your weaknesses, and find out how you can improve in these areas.

Top tip!

Leave a list or a set of flash cards with short definitions in the car. In the mornings, pick one or two to learn. By the end of the month you will have learned a considerable amount of information without spending a significant amount of time "formally" studying.

Are you struggling to concentrate at home? Why not try out after-school study from 4-6 every day after school!

4. Plan ahead

There is a lot of time between now and June, so it's never too late to start. Begin by making a realistic, general plan for the next 2 months, and a more focussed, specific plan weekly. Spending hours making an unrealistic plan will only deflate and discourage you. Make a plan that you can follow and execute.

5. Take a break

There's a lot of pressure on students to obtain certain marks, but your health always comes first! Make sure to take time out from study and relax. This is entirely individual, so find what works for you. Remember that there's more to life than school, it's all about finding a balance.

Revision Course

Dublin School of Grinds are offering 6 hours of free tuition over the Christmas break.

Available for 1st to 6th years in a wide range of subjects.

Check out dublinacademy.ie to book your place.



By Ciara J Coughlan, 6th year



2018 - a recap



2018 may be coming to an end and we unfortunately can't rewind the clock now, yet the events and trends of 2018 have made it undoubtedly a memorable year for all. In Ireland we've seen changes being made through referendums, a presidential election and internationally a variety of madness has ensued on the pop culture scene.

January started off with a pop culture bang! The Tide Pod challenge became a popular trend and a popular concern. Tide Pods posts the centre of social media until the internet collectively matured. The years many new pop culture trends got crazier as the year went on, with 'Baby Shark' becoming the theme song, if you will, for the internet. This year saw the exponential growth of 'Fortnite' captivating many gamers, almost becoming an extreme sport due to over 3 million avid players gained this year, for good or bad. As much as the increase in screen time was not appreciated by many, the awkward dance moves and funny Halloween costumes give Fortnite upper hand over any game on the market.

This year kick-started a major revolution amongst the younger generations. It all started with American teenager's protests for gun control after the Florida School Shooting in February. It led to a turn-out of an estimated 200,000 in Washington

D.C. These powerful demonstrations spread to Ireland this year as marches were



held with regard to the Belfast Rape Crisis earlier in the year. These marches have filtered throughout our society this year and people's voices seem to be growing more empowered and confident as time goes on.

We also got the chance to watch beloved Prince Harry marry actress Meghan Markle in May of this year. Nearly 18 million people globally tuned in to see the newest Royal couple say 'I



do'. In October Meghan actually announced her pregnancy giving us another Royal event to look forward to in 2019!

This year also gave us major sporting moments! With the 2018 FIFA World Cup in Russia, 2018 Winter Olympics and the 2018 Six Nations. To the disappointment of many, Ireland did not qualify for the World Cup yet we got the chance to cheer on our British neighbours who nearly brought football home until the Croatians disrupted their path. Croatia lost to France in the final on July 15th. The Winter Olympics held in South Korea stirred major controversy over relations between South and North Korea as well as security measures. This caused an international



nervousness which was solved by talks between the South and North leaders with a result of a unified women's ice hockey team and the unified Korean flag to be held at the opening ceremony. This was a milestone during North Korea's missile crisis. Lastly, the Irish rugby team turned out very successful with their Grand Slam win also earning them the 'Triple Crown' title as they have won the Grand Slam 3 times. The Irish rugby teams successes didn't stop there as in November to start off their 2019 season. This is the second time ever Ireland have beaten the All Blacks.

2018 has been an eventful year, with this article tipping the iceberg. We've had many great music, film, and television releases as well as social media trends that bombarded our screens. With the addition of monumental moments nationally and internationally. It has also given us many more events and opportunities to look forward to into the coming year.

By Jasmin Strothard and Lucy Buckley, 5th year

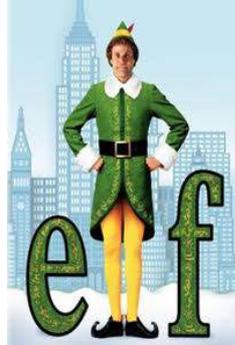


Christmas



Top 10 movies to watch over Christmas

1. Home Alone
2. Elf
3. Love Actually
4. The Holiday



5. Christmas with the Coopers
6. The Polar Express
7. The Santa Clause
8. Christmas with the Kranks

Dublin wild lights exhibition

"The Dublin zoo wild lights exhibition is a great place to visit over the Christmas break. It's a great day out especially if you have younger brother and sisters and really gets you in the festive spirit".

Nicole, 6th year



Christmas Carol Controversy

In late 2018, two broadcasters on Ireland's RTE2fm pop music station caused controversy by asking for the word "faggot" to be bleeped from broadcasts of "Fairytale of New York". As the debate gained momentum, Shane McGowan of the Pogues issued a statement to say that the word was included because it was fitting for the character, saying that she is not supposed to be a nice person. Should the word be censored, or are we all just getting a bit too sensitive?

The 1944 Christmas tune "Baby, It's Cold Outside" has been banned by radio stations for its lyrics that some say are inappropriate in the wake of the #MeToo movement.

Those against the song say it promotes date rape, describing a man pressuring a woman to stay despite her adamantly telling him "no, no, no." But supporters argue that context is important, and when the song was written 70 years ago, it had a different meaning.

Is this an untouchable Christmas classic, or an out-dated relic that needs to be put in the trash bin of history?

Top 10 series to binge watch over Christmas

1. Suits
2. Friends
3. Stranger Things
4. Gossip Girl
5. The Haunting of Hill House
6. Black Mirror
7. Gilmore Girls
8. Orange is the New Black
9. Power
10. 13 Reasons Why



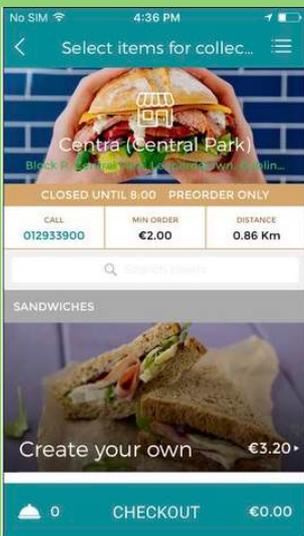
Beat the Queue

We all know how difficult it can be to find the time to prepare lunches for school.



Our school has been working with Centra to make hot and cold lunches available to the students. All you have to do is download the Beat The Queue app, where you can pre-order your lunch for the next day. Choose from an array of

healthy, filling lunches made fresh in store, and collect from the dining hall at 1:30. We hope to see a bigger menu introduced in the new year, with even more options to get us through the school year! Get €2 off your first order if you order from the app!



Gingerbread Cookies for Santa

What You Need:

- 250g/8oz Cream Plain Flour
- 75g/3oz Butter, softened 75g
- 3oz Light Muscovado Sugar
- ½ teaspoon Bread Soda
- 50g/2oz Golden Syrup
- 1 Egg Yolk
- ½ teaspoon Ground Cinnamon
- ½ teaspoon Ground Ginger

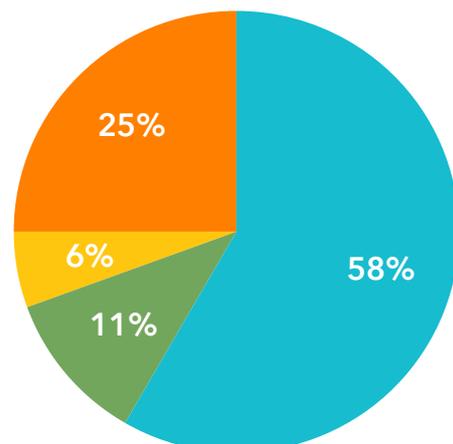
Method:

1. Preheat oven to 180°C/350°F/Gas 4. Cream butter and sugar together until light and fluffy.
2. Add bread soda, golden syrup and egg yolk and stir well.
3. Sift the flour and spices into the bowl and mix with a wooden spoon until well combined.
4. Shape into a ball and knead lightly on a work surface until smooth. Wrap and chill for about 30 minutes before using. If dough is too dry, add milk.
5. Thinly roll out dough and use gingerbread cutters to cut out shapes. Place on lightly greased baking sheets, leaving a space between each.
6. Bake for about 10-12 minutes until slightly risen and golden in colour. Transfer to a wire tray to cool.
7. When completely cool, decorate as desired.

- Home Ec Department

We interviewed our 6th Years to find out their favourite Christmas Sweets. What's yours?

● Celebrations ● Quality Street ● Roses ● Heroes





Ben and Jerrys Fight Back

Ice-cream has officially become political. Legendary Ben and Jerry's new limited-edition flavour sends a clear message, "We don't like Trump".



Filled with fudge chunks, pecans, walnuts, chocolate covered almonds and liberal views, "Pecan Resist" (get it?) aims to show the company's support for all those fighting for a fair and equal America, in this turbulent time for the country. Ben and Jerrys, have seen their fair share of American presidents. However, they find the country's current leader questionable, to say the least. They realise how detrimental Trump's personal views, on topics such as climate change, racial and social justice and gender equality, could be to the nation. This ice-cream company is determined to show their resistance, in whatever way possible.

Under the lid of every "Pecan Resist", there's a strong message, "Together we can build a more just and equitable tomorrow. We can peacefully resist the Trump administration's regressive and discriminatory policies and build a future that values inclusion, equality and justice for people of colour, women, the LGBTQ+ community, refugees and immigrants."

Every pint of "Pecan Resist" bought gives back to four major organisations that are working on the front lines of the peaceful resistance, building a world that supports their values. "Colour of Change" campaigns to end practices that unfairly hold black people back and champions solutions that move everyone forward. "Honour the Earth" works on issues of climate change, renewable energy, and environmental justice with indigenous communities. "Neta" is a new media platform, led by people of colour, along the Texas-Mexico border. Lastly, "Women's March" aims to bring more powerful women into positions of power in America. So far, these organisations have received \$25,000, all from the proceeds made by "Pecan Resist".

This ice cream not only sends a message to President Trump, but also to the wider world. America is resisting. It might not be the entire country, it might not cause the collapse of a government, and it might be only a pint of ice-cream, but it shows the unrest of a divided nation. And unrest can grow, and may even lead to the fall of a president. To ice cream!

By Hannah O Rourke and Caoimhe Spollen
5th year

What do YOU think?

We asked our staff and students their opinions on Donald Trump!

"He's very good at manipulating his audience" ~ Mr Dunne

"There's something wrong when you have such a high staff turnover" ~ Ms. Baggot

"He's completely self-centred" ~ Kayleigh Power

"I think he was voted in by people who were uneducated" ~ Caoimhe Spollen

"If you get me started I won't stop" ~ Munachi Soribe

"Unpublishable" ~ Matt

"I don't like him. He's racist as well" ~ Chloe O'Brien

"He wears too much fake tan; he's orange!" ~ Hannah Frasier and Megan Maxwell

Learn something about....Brexit

Ever since the Brexit referendum, when 51.9% of the British people voted to leave the European Union, there has been an incessant stream of debate, updates and commentary on how the process has proceeded. Here's the breakdown of what it all really means:

The Prime Minister at the time of the referendum, David Cameron, resigned immediately after the result. It was the first time that a national referendum result had gone against the preferred option of the UK government.

Why did the UK government call the referendum in the first place, if they didn't want to leave?

The conservatives made a promise in their 2015 general election campaign that should they win a parliamentary majority, they would hold an 'in/out' EU referendum to give a definitive answer to Eurosceptics.

What has happened since?

Theresa May, herself having campaigned for a 'remain' vote, succeeded Cameron as prime minister after none of the conservative 'leave' campaigners stepped up to look for the role.

Article 50 of the Treaty of Lisbon gives any EU member state the right to quit unilaterally (one country can quit the EU, without the agreement of the others) and outlines the procedure for doing so. The UK triggered this article in March 2017. It gives the leaving country two years to negotiate an

exit deal, which means that the UK will leave the EU on the 29th of March 2019 as currently planned. When the UK triggered Article 50, it was thought that once in motion it couldn't be stopped except by unanimous consent of all member states, however the European Court of Justice has only last week ruled that Article 50 can be revoked unilaterally (Britain can stop the Brexit process without consent from the 27 other EU member states if they wish).

Theresa May called a general election which was held in June 2017. The governing Conservative Party remained the single largest party in the House of Commons, but lost its majority resulting in the formation of a minority government with a confidence and supply arrangement with the Democratic Unionist Party (DUP) of Northern Ireland. This meant that May not only needed her own party on board with future decisions, but was depending on the DUP for a majority. Future options would have to meet both parties' interests.

The "backstop" agreement reached between the EU and the UK in December 2017 stated that, in the absence of another solution for the border, Northern Ireland would effectively remain within the EU customs union.

This agreement will ensure that there is no hard border on the island of Ireland and that the Good Friday Agreement (and peace in Northern Ireland) is not jeopardised (yay!). However, Northern Irish Unionists are opposed to the North being treated any differently from the rest of the UK, and May is under a lot of pressure to ensure this doesn't happen.

What's Happening Now?

Despite much adversity and a recent movement for a vote of no confidence in her leadership, Theresa May somehow remains in No. 10 Downing Street and is currently working to persuade parliament to accept the deal she and her team have negotiated with the EU.

The EU have agreed and signed off on the deal, the next play is that of the British parliament.

As this article goes to print, it is very unlikely that May will succeed. The future is uncertain.

By Muireann Carton, 6th year

Did you know?

The two highest IQ scores ever recorded in history belong to women.

Up until 1974, women couldn't own their own credit card!

Up until 1918, women were denied the right to vote.

Possible options

The deal is passed by UK parliament and Brexit will come into effect in March 2019, with the Irish backstop coming into effect until such time as other trade agreements which include a frictionless border are up and running. The UK delays Article 50 and holds another Brexit referendum. This option is seen by some as the only sensible course, as the British public would be more informed for this vote. (There is also an ongoing investigation following evidence of Russian interference in the initial referendum.) However, the other argument questions this route as undermining democracy.

A 'no deal' Brexit comes into effect. The UK leaves without a withdrawal agreement being signed, there will be no transition period and the UK crashes out of the EU next March, with all current trading and regulatory links with the EU ending immediately as it departs. This could be chaotic and carry a considerable risk for Ireland as well as for the UK itself.

Deal renegotiation. The House of Commons fails to pass May's deal and so negotiations on another deal start all over again. However, the EU have said that there is 'no room whatsoever for renegotiation' but that the best the British Prime Minister can hope for is to 'clarify' aspects of her Brexit deal.



Agony Aunt



In this issue we answer all your questions, from boy trouble to dealing with school related stress.

Dear Agony Aunt,

I worry a lot about school and tests. This year maths and Irish are hard and I worry that I won't do well in those subjects. Also, this year I didn't choose art and I really wish I could but I was worried that it would be too much work and homework. Sometimes I don't sleep at night worrying about school and I wish this could change,

Thanks Agony Aunt



School stress is a burden we can all relate to. Tests can be particularly daunting. Its clear that you want to do your best which is great. Don't presume you wont do well in any

subjects, a positive attitude is the key to success! I know its cliché to say but you can truly only do your best. Keeping up with homework, trying your best at tests and getting good rest will help you at school, stress will not. Taking breaks from school life to do things you enjoy can help minimise stress. Perhaps art could be an outlet for you? Seeing as its something you enjoy and wish you could be doing. Sleep plays such a vital role in how you get on in school, so missing out on your rest may make school tougher on you. If stress is causing you to lose sleep, it could be worth mentioning it to a parent or teacher!

Yours truly, Agony Aunt

Dear Agony Aunt,

I like a boy who likes me too, but he lives far away. What do you think I should do?

Long distance relationships are definitely possible, but they have to be between two people who really want to make it work, have the means of both keeping in contact with each other (social media should make this possible...), and meeting up at least every now and again! You don't want to be in a relationship with someone you *never* see...

If you think he's worth it, then I'd definitely say give it a chance. It might take more effort but there's no way you'll regret it if he's genuinely a gem. The worst thing that can happen is that it won't work out; and then at least you won't be bumping into him on the street of Tullamore every second day!

Remember you're young and you shouldn't have to give all of your time to a long distance relationship; but if he makes you happy, then go for it. Make the balance work for you.

Yours Truly, Agony Aunt

Dear Agony Aunt,

I don't know how to balance school work and extra curricular activities. Sport is



something I love. I have sports five or six days a week including a match. I can be gone off all day for a match. With project work, and CBAs coming up, and only having six weeks to make my home ec. craft project... I don't want to be missing sports as it's where I go to have a break from everything. What do I do?

Sport can be a brilliant break from school, just make sure its not the other way around with school being more like the break from all the sports you're doing! Nothing clears your head and gives you as much energy as sport does. If you want to balance school and extra curricular activities you need organisation, and a lot of it! Planning your time in order to incorporate sport, causes you to be more productive in the time that you do have. All this being said, we all have our limits and there are only 24 hours in a day! If your sport is negatively effecting your school work and this cant be mended by organisation and catch up, then its decision time and you prioritise what is best for both your school work and best for you.

Yours Truly, Agony Aunt



Dear Agony Aunt,
When I was talking to my friends yesterday, I noticed one of them was sadder than usual and whenever I say anything they get mad and ignore me. I'm trying my best to help as I know what they've been through and I know what it's like, but I feel like the more I help, the more they'll push me away. What should I do?



This is a difficult situation. I don't know what your friend has been through, but people deal with things in different ways. A person's sense of right and wrong in a situation is unique to them and the best anyone around them can do is support them as best you can.

Sometimes this means giving them space; sometimes it means getting through the initial resistance and either telling them what they need to hear, or listening to what they need to say. Think of Mrs. Doyle from Father Ted offering a cup of tea; 'Go on, go on, go on, ya will ya will' she says to visitors who really don't want the cuppa; 'Alright Father, I won't force you' she says as a visiting priest admits he would like one after all. Try not to be like Mrs Doyle.

The best thing to do with a friend can be to take them at face value; that way they learn that if they need something they need only say it, and that if they want space, they need only say that. Try to build up these kind of honest straight-up relationships in your life; they are much less stressful.

My golden piece of advice on this one is the old cliché that honesty is the best policy; if you think you really can help your friend then say it to them, if your friend does indeed 'push you away' then don't worry because it'll be their loss and you'll have done your best anyway! Be as supportive as you can, but hold a sense of yourself and try to keep things in your life in perspective. Remember you can't look after someone else if you don't look after yourself; and that everyone has to deal with things in their own way and in their own time.

Yours truly
Agony Aunt

Dear Agony Aunt,
I really liked this lad and we were texting but he had a girlfriend. Now he is saying he still likes me. What will I do? ... (and RC is on Friday)

Texting you, telling you he likes you, all the while still having a girlfriend? It sounds like this boy doesn't know what he wants! He's not being fair to either of you two girls involved.

Don't waste a minute of your night worrying about him. My advice is go to RC and enjoy the night with your friends instead!
Yours Truly, Agony Aunt



Our Agony Aunt responds to your worries and concerns...

Have you have a problem you don't know how to solve, a question you need an answer for?

Write to us.

Our agony aunt will respond to anything from friendship and relationship advice to fake tan queries! A problem shared is a problem halved



Fast Fashion - Clothing to Die For

I'M DREAMING OF A GREEN CHRISTMAS

The clothes we wear are often a visual representation of our personalities. They are a means of expressing ourselves and communicating with complete strangers. When we dress ourselves, we choose clothes that we feel both comfortable and confident in, and we select fabrics that flatter our body shape. However, when it comes down to buying clothes, only one thing truly matters; the price.

90% of consumers will only purchase something based on its price. Not the quality. Not how much they like it, or how good it looks on them. But the numbers on the tag. We opt for quantity over quality, yet we never seem to have anything to wear?

Fast fashion is to blame. The spring/summer and autumn/winter fashion seasons have transformed into 52 seasons of ever changing trends. Clothes have become accessible at the click of a button, stores and websites have year-round sales and discounts, and the price of clothing has shifted to suit smaller budgets. Despite the increased availability and affordability of clothing, we have less to wear than ever before

Two reasons:

1. The quality of the clothes we wear has drastically reduced. Companies are sacrificing the standard of the materials used in order to produce low cost goods for maximum profits. The clothes we wear are mostly synthetic fabrics covered in chemicals that are not only polluting the environment, but harmful to our bodies. With recent revelations about the increasing issue of global warming headlining the newspapers, we must realise the impact our clothes have on the environment. The apparel industry is the second most polluting industry in the world, with large chain factories burning fossil fuels, and leaking chemical waste into our seas.

2. Working conditions and wages of third world factory workers are compromised in order to maintain or further decrease the cost price for consumers. These developing-world suppliers would never refuse an order, due to the competitive nature of the trade. Suppliers manage this uncertainty and demand for flexibility by forcing workers to work long hours up to 18 hours a day. Workers receive inadequate pay, but must persist with the job as most have families to support. Factory fires and collapsed buildings have resulted in the death of thousands of workers.

It is often difficult to determine the ethicality and sustainability of a brand, with poor visibility beyond illusive marketing campaigns. However, many brands are becoming more transparent with consumers, and have issued goals in terms of fair trade and the environment. By supporting brands who are breaking the cycle, and promoting a moral and sensible trade, we are pressuring other brands to follow suit.

No t-shirt costs €5. The real cost of a €5 t-shirt lies in the low wages, dangerous working conditions and misery brought on by immense pressure from brands to churn out clothing for the lowest cost. 'Fast fashion' desperately needs to reinvent itself. Let's remove our blinkers and stop pretending to be oblivious to the rights of other people. Let's take a small step towards a greener, more inclusive future. And let's demand a change. Suppliers always give us what we want. We want more than this!
By Ciara J Coughlan, 6th year

Want to learn more? Check out "The True Cost" documentary on Netflix.



Refuse plastic bags when Christmas shopping

Grow your own Christmas tree for next year & recycle your Christmas tree



Use brown paper for wrapping presents as wrapping paper cannot be recycled

Shop from ethical, sustainable brands for Christmas presents





Holly Mulhern

Today we talk art with Holly Mulhern, artist and body painter who has wowed the internet with her creative talent. We managed to catch her for a few moments to talk to us about the genius behind the art. Make sure to follow Holly on her instagram @hollz_mulhern



Q. So, first question... What got you interested in art to begin with?

I've always been interested in art in general since I was really young, and I started becoming interested in body art through Halloween about three or four years ago.

Q. Where do you find your inspiration?

I kind of find inspiration in a lot of different things. My main inspiration is music, especially for paintings and drawings. For body painting I'm

inspired by different artists, drag, films, anything and everything really.

Q. We're particularly aware of your mastery of body painting but have also seen your drawing and visual arts with other media. What is your favourite medium and why?



My favourite medium switches a lot, right now its watercolours because I just think they look really delicate and pretty.



Q. You're currently preparing for your leaving cert, but what's the plan after school? Do you intend to pursue art as a career?

I'm not sure on what the plan is for after school yet, I think I'm going to either study film production or do a portfolio to hopefully go into art afterwards.

6th Year Art Trip

The 6th year art class travelled to the National Gallery of Ireland and the National Museum on the 14th of December. We learned about Jack B. Yeats and analysed his work. We learned artistic terminology to use in the History and Appreciation of Art exam, and also got the opportunity to view paintings and find out more about the artists. In the museum we were able to view their studied historical artifacts such as the Gold Ribbon Torc and Lunulae.

By Emily Dowling, 6th Year





Sun, Songs and A&E



This year the choir started off with an amazing trip to Wales. After weeks of rehearsing, the senior choir set sail for Llandudno. The choir spent three fantastic days

away where they visited Old Trafford stadium and Anfield stadium. They enjoyed a Beatles tour around Liverpool and a lot of shopping. The senior choir competed in the North Wales Choral Festival where they came first and celebrated with an evening at the theatre in Manchester at the well known musical Matilda. Unfortunately Dearbhla got in a bit of a fight with the vending machine, and managed to almost take her hand off in the process! Thankfully she was not seriously injured! Overall we thoroughly enjoyed the trip, and will look back on it as one of our fondest choir memories!



~ Leah Spollen, 6th year

Music Exams for Many

Congratulations to all students who had classical music exams this winter. The SHS had candidates playing a wide variety of instruments in Royal Irish Academy and London College of Music Exams with musicians right up to grade eight level.

Fun Fact

Ireland is the only country in the world that has an instrument as their national symbol

More success for the Senior Choir...

The Senior choir have had a busy first term, travelling to the North Wales Choral festival at the beginning of November and taking part in two competitions in the Sligo International Choral Festival later in the month. Led by the ever impeccable Ms McCarthy, conductor, accompanied by the wonderful pianist Loretta Mackalaite, the choir marched straight to victory in the Youth Choirs section. They sang “Fly Singing Bird” by Elgar, “The Ships of Arcady” by Michael Head, and even did a little dancing to “Puttin’ on the Ritz”. The choir travels to Sligo annually for the schools choir competitions and this year was no exception to their tradition of success at the festival. Adding the challenging piece ‘Anahorish’ to their repertoire, the girls scooped first prize in their first competition but were pipped by an impressive Presentation Secondary School, Kilkenny outfit in their second competition. The choir look forward to more competition after the Christmas break; their sights set on Cork, Wesley and, of course, Feis Cheoil.



By Muireann Carton, 6th year

Choir and Orchestra Winter Concert

A real treat for the packed dining hall, the choir and orchestra’s annual winter concert went down a bomb once again this year. Together with the orchestra, the senior and junior choirs provided a fabulous night of entertainment with soloists and chamber groups also stepping up to add to the interest and enjoyment of the occasion.



Creative Writing Competition

For our first issue, we decided to challenge students to write a creative Christmas story. We were overwhelmed with the response, and enjoyed reading every single story! Congratulations to our winner Sharona Kelly, with her story **"The Christmas that gave a Gut Feeling"**. Be sure to enter next issues competition.

I relied on my gut. It was my trusted advisor, like that of an emperor. It was behind the curtain pulling the strings, while I just stated it's case. People would come to me with their dilemmas and I was the mere messenger, the one who could be 'taken care of', should I have stepped out of line. Well, Christmas was no exception, no matter how many bedside prayers I prayed.

I woke up that day, my Mam said in a 'right mood'. Little did she or any of the rest of my family know what would become of that night. Little did I know either. We spent the whole Christmas Eve like it was an errand list with a deadline. Lunch, home, mass and back to our house for further endure hours of cooking, cleaning, and decorating. If we weren't covered in red and humming 'Jingle Bells' under our breath, it would have been like any other Sunday. Any other boring, lazy Sunday. So, I continued to bed, in my bedroom, the only room that didn't let everyone know just how excited we were for the day coming. It was my peace of mind. I fell asleep quicker than a patient under anaesthesia, but I woke up like I had just blinked. Eyes closed, blink, eyes opened. I checked the time; 2.23 AM. My four year old of a brother wouldn't have been crying us all awake for another three hours usually, so like any other advocate for sleep I shut my eyes, desperately trying to climb back into the dream I had, but my fingers kept slipping, one by one. Then, like a piece of the sky falling, a loud thud hit the roof. It was quick, but too loud for a wind vane that underestimated it's power. I told myself that 'curiosity killed the cat', but quickly discovered that curiosity has killed the cats opportunity to get back to sleep and so I hopped out of bed, like a bunny being coaxed by a carrot.

The house was still, it was like a painting that I had walked into. No tick of the clock or the usual drowsy snore, it was like the house was frozen in time. That's when I checked the clock, hoping an hour hadn't passed by already. I must have checked every clock in the house but every single one said the same time, 2.23 AM. I felt my heart racing, I dashed up the stairs but suddenly felt the weight of my feet dragging me down. How could it be? I legged it down the stairs barely touching even 2 steps before getting to the bathroom to throw up the last

of the home baked cookies my poor mother put way too much work into. Then I heard it. The same thud from before, the same loud, flat thud. Like when you fall out of bed and every part of you hits the cold ground at the same time.

This time however, it came from just outside the yard, which I took as whatever it was had finally preyed victim to the wind and followed in tow of the poor wind vane. I glanced out the window, and what I saw confirmed I was officially loosing my mind. Four men all dressed in red suits were standing in the foot deep snow outside, yet they managed to stand on top like they were floating just above so not to dampen their shoes. I knew the whole 'stranger danger' situation applied it's self here, but I felt the unwilling need to go out, especially when I decided they were looking at me through the walls of my home. I went out, with no shoes or coat yet I couldn't feel a single snowflake. They looked serious, grave, like they were coming to tell me my grandmother died. They just stood still, produced an envelope from his suit and handed it to me. I glanced down at the address; 21 Workshop Drive, Santa's Grove, North Pole. I laughed and looked up to hand it back only to see that they were gone. They were gone with no where to go. I opened the letter which read that I had been very 'naughty' that

year, an audacious accusation I thought, and that I would be receiving coal. Buckets and buckets of coal. Holding the answer to why my gut felt on fire, I retreated back into the house, which had found its life again. The usual tick-tock of multiple clocks. The washing machine finishing its load and to top it off, the wail of a four year old. I glanced at the time 2.24 AM
By Sharona Kelly, 2nd year



Events

6th year Grad Fundraiser

When - 26th of December

Where - Hugh Lynches

Who- 5th and 6th year students

Tickets are available for €5 from the reps or on the door for €10.



Junk Kouture Fashion Show

Make sure to come along to our Junk Kouture Fashion show on the 17th January in St Mary's youth center. The transition year students will be show casing their designs that they have been working hard on all year.

Christmas Jumper Rollerdisco

Want to get in the Christmas spirit? When- Friday 28th December Cost: €10 Location -The Rink at D12 Long Mile Road, Dublin

School Cross Country

School cross country races are starting back in January where 6th year Danielle Donegan will be among our athletes aiming to make it to all Ireland's with the hope of a top 6 ranking at those.

Contact Ms McEnhill for athletics enquiries: n.mcenhill@shstullamore.ie

Student Council

As the SHS student council 2018 we have worked very hard as a team launching new initiatives which we feel can improve the day to day school lives of each student in the SHS community. These include awareness to more inclusive views of ones sexuality, new sanitary towel baskets in the toilets and encouraging students to speak out through promoting mental health services and counselling services available to them. In the new year, we are launching 'Ted Talks' in which students will talk to other students about their specialist interests and insights, encouraging the inputs & views of all students involved.

In other news : the water fountain is in the building ! Soon to be installed by the downstairs Chemistry lab!

Any inputs or ideas would be greatly appreciated. Please mention them to your year student council representatives, pop them into the suggestion box outside the office or direct message our Instagram: [shsstudentcouncil2018](https://www.instagram.com/shsstudentcouncil2018) in which you will receive regular updates of our work with reminders of important dates & events!

Emma Pyke, Student Council PRO

"Thanks to all who helped out at our annual Halloween Party!"

