



TY NEWSLETTER

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SEPTEMBER & OCTOBER NEWS

Glendalough 2021

On the 8th of September, Garbally ty students arrived at the school grounds at 7 a.m. accompanied by 4 staff members ahead of our trip to Glendalough, Co. Wicklow. We stopped in Applegreen at around 9:30 and



got a lovely break with a tasty breakfast. We showed up to the great Glendalough park at 11 p.m. We hiked 14KM and we were 286.39 meters in the air around the stunning scenery of the Glendalough nature reserve. The view from the top looking over the lakes was astonishing. After a tiring but rewarding hike we ventured down to the lake and took a group photo.



Men's Grooming day

On the 15th of September Garbally TY students took part in a grooming day consisting of Fitness with Declan Murray, Barbering with Paddy Doak, Adam Sheanon and Brian Feeney and skincare with Fauve. All 3 entertained the 3 groups for 2 hours on each activity. Over the day TY students rotated between the activities and got to learn different things about looking after ourselves and keep good hygiene and wellbeing . Some lucky students even got a haircut off the 3 barbers for free.



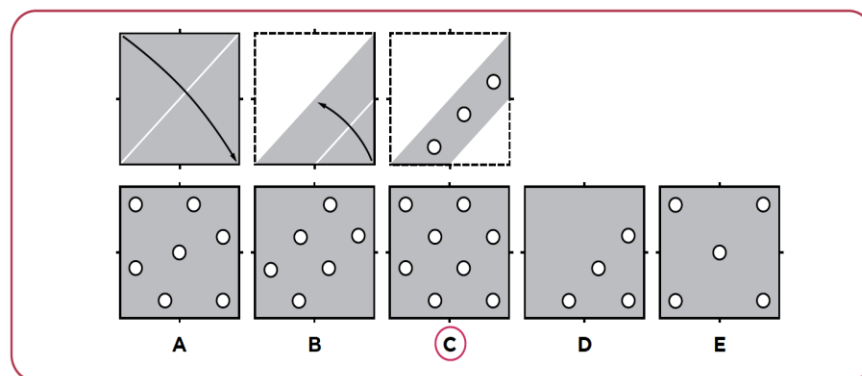
Work Experience

On the 6th of October TY 1 and TY 2 set upon their first day of work experience with their chosen places. They work every day from 850am to 345pm. Garbally students are working in hospitality, the leisure industry, medical

technology, agriculture, the legal profession, veterinary practice, pharmacy's and trades amongst others.

CAT 4 Testing

On the 29th of October all TY students took part in a CAT4 testing. The CAT 4 test is a test where we find out more about our problem solving abilities. The test consisted of verbal,, non verbal, spatial and numerical reasoning.. The test was 2 hours long with a break between the 4 different parts of the test. While the first 33 student were testing the other 33 students went with Mrs. Broderick to learn about how to write CV'S and cover letters. She also taught us how to prepare properly for an interview and what employers would look for in a employee. It was an interesting seminar.



Culinary Course with Seán Mulry

On the 13th of October chef Seán Mulry came to Garbally to talk to TY 3 about how to cook healthily and affordably. He demonstrated 3 different meals which were both delicious and nutritious. We prepared



porridge which contained

apples and cinnamon.

After that, we made healthy breakfast bars

which had oats, seeds, dried cranberries, and raisins. They tasted very good. Then we moved on to the dinner meal. We made a healthy chili. It had Cajun spice, sweet potatoes, red peppers, chili peppers, chopped tomatoes, brown sugar, vegetable stock and rapeseed oil. The whole class really enjoyed the day and thought it was very educational. Food for thought!

Healthy and Safety Day

On the 13th of October, TY3 took part in a health and safety module. This module was designed to show us all

of the dangers in all types of everyday workplaces, and our rights and responsibilities as employers and employees. We began the day with Ms. Broderick. She gave us our book about health and safety. Throughout the first block, we learned about the safety regulations & precautions and the rules put in place in all workplaces, to keep everybody safe. We learned that it is particularly important that every employee must know how to wear and use their PPE correctly.



After the small break, local Garda, David Dulley came into us to talk about online safety. Garda David educated us in the area of personal responsibility when using social media. He showed us how to protect ourselves online. He outlined new legislation recently brought into the Statute Books to protect people against

trolls and strangers online. Garda David's talk was very interesting. For the last block, Mr. Carr picked up from where we left off before the small break. In this block we learned about how to do things correctly without injuring yourself, and we also learned that the most common injuries in the workplace are back injuries. Overall, this was quite an interesting day.

Bodhrán Making

On the 3rd of November, Michael Vignols came into us to show us how to make and play the bodhrán. The first thing that we did was move the helped Michael bring in all the materials we needed for the day. We moved the tables and chairs into a circle so that Michael was in the center, and we were given the materials and tools.



We began the bodhrán making by giving Michael our bodhrán to drill a hole on each side, so that we could push the two sticks through, for holding it. We fitted the two sticks into the bodhrán and then sanded it down to make it smooth. After the bodhrán was sanded, the next step was to soak the goat skin in water to make it soft and stretchy. To make the skin as effective as possible, you have to pull down each side of the skin which stretches it out. Then we used a hammer and nails to hold the skin in place, the whole way around the bodhrán. When the nails are in, we left the bodhráns in a box with a heater and a fan to make the skin ready to use. At the end of the day, Michael showed us how to play the bodhrán and how to hold the stick when you play it.

