



THE URSU-TIMES

THE NEW BARISTAS OF BLACKROCK

Ursuline Coffee Blackrock Officially Opens



Ursuline Coffee Blackrock is officially up and running as of last Monday. The coffee trailer which is situated right outside the school's front door is run by Ms Bergin and her TY Enterprise class. The coffee trailer is a brilliant way for the transition year girls to get work experience, which shows them what it is like working in a fast paced environment such as a coffee shop and gives the girls a chance to see what running a business is like.

In transition year, students have an option to take part in a 5-week barista course in the Cork Barista School, the coffee trailer gives the girls a chance to showcase the skills that they have learned in the barista course.

FEATURING:

TEACHER
CANARDS TOO
GOOD TO BE
TRUE

URSULINE
ALUMNI AND
WHERE THEY
ARE NOW

THE FASCINATING
CAREER OF AN
ACTRESS
CLIMBING THE
RANKS

TEACHER'S
DEBS
PICTURES

... AND MUCH,
MUCH MORE!

The coffee trailer is actually a horse box that has been renovated with electricity, catering grade countertops, shelves to display products and much more. The business has a strong emphasis on local support, with Galvin's farm providing fresh milk and Cork based, Three Fools Coffee supplying the coffee. Three Fools are also providing additional training for the girls who are working as baristas in the business.

Many transition year students have taken up different roles within Ursuline Coffee Blackrock, from baristas to bakers to people working behind the scenes in the office. These office workers have been tasked with a variety of responsibilities, such as budget creation and management, product pricing and essentially the entire effective running of the business.



The coffee trailer provides all drinks you would find in any other coffee shop, as well as scrumptious treats baked by the transition year bakers with the help of Ms Bergin. At the moment the coffee trailer is open on Mondays at 5-7pm, Fridays at 5.30 - 7.30 pm and Saturdays at 8:30-11.30. If you're around at any of these times, try something from Ursuline Coffee Blackrock- you won't regret it!

SCHOOL CHRISTMAS SHOW 2023

By: Amelia Walsh

After two extremely successful years, the Ursulines is set to host another school show on the 20th and 21st December. Despite the previous show's success, we have a slight change this year. Instead of a talent show it was decided to host a Christmas themed show instead. There will be a total of seventeen acts this year, with participants spanning for first to sixth year, many returning from previous years and a few debuts.

This year, students will be taking on some big Christmas hits from artists such as Mariah Carey, Kelly Clarkson, Ed Sheeran, Michael Bublé and Lily Allen to name a few. They will be helped by a band and some musicians from around the school, similar to previous years.

All funds from ticket sales will go towards UNICEF. Originally created in the 1940s to provide relief for children affected by World War II, UNICEF, or the United Nations International Children's Fund is an organisation across 190 countries to aid the world's most disadvantaged children by providing education, healthcare, food, water, and protection. UNICEF helps translate commitment to the wellbeing of every child in every country into practical action, reaching the most vulnerable and excluded of children. UNICEF relies exclusively on charitable donations, so every euro we raise counts.

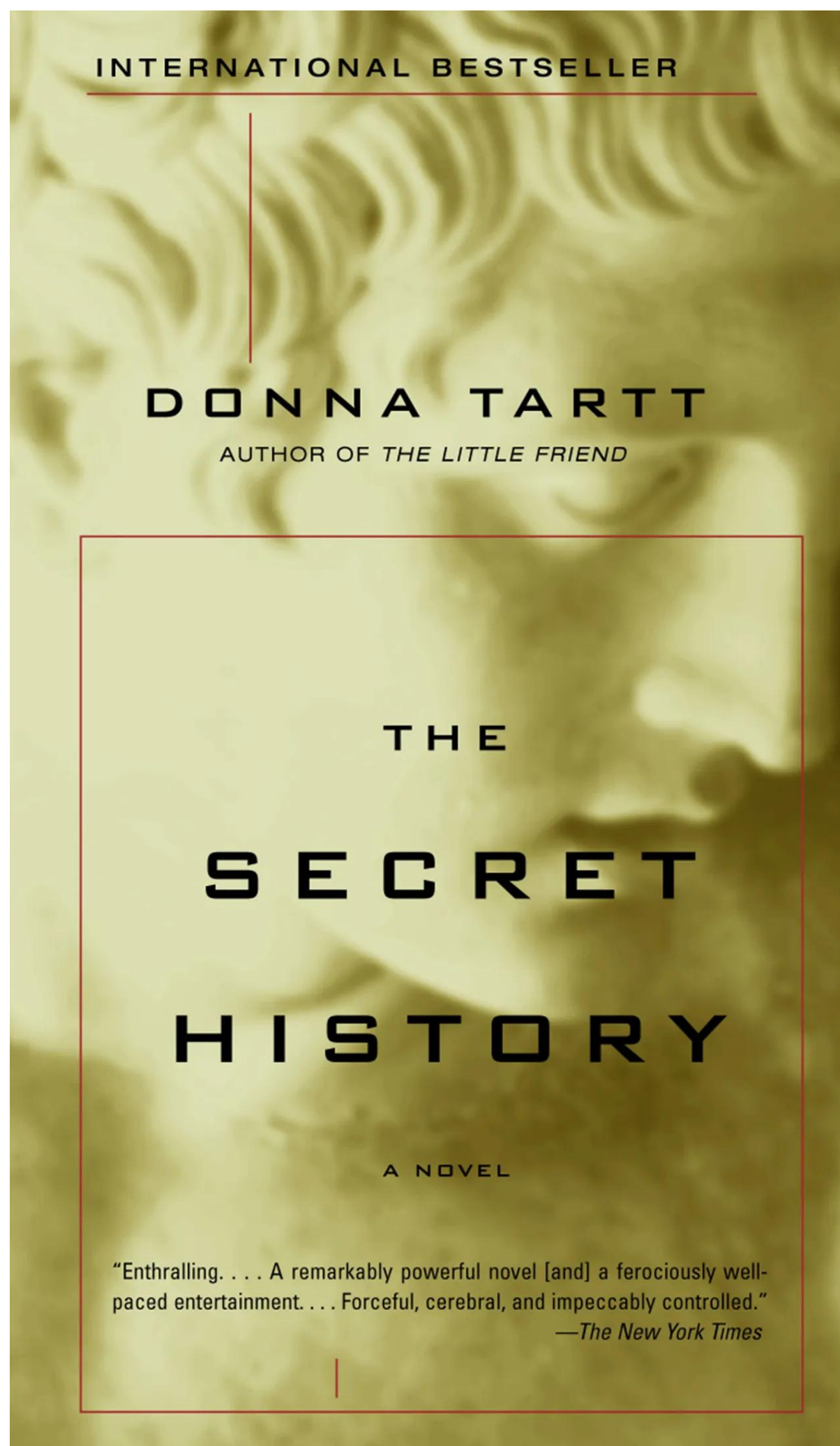
It should prove to be an evening full of entertainment and enjoyment.



MY TOP 10 BOOKS OF THIS YEAR

By: Ruby Lynch

At the beginning of this year, I set myself an outrageously ambitious Goodreads goal to complete 100 books, and the fruit of my labour will be this article detailing my favourites. However, I have a few disclaimers to make. Firstly, I would strongly advise you not to do this unless you consume literature like a black hole and have nothing else to do. I decided out of pure cockiness that after completing a measly 40 books last year, I needed redemption. Juggling my school workload, sports, and various extracurricular activities, along with a ticking time-bomb of a reading schedule was utter cruelty. Secondly, these are not recommendations. I could not go the rest of my life with the knowledge that people read these books with my wholehearted encouragement. Finally, I admit with pride that I am a harsh reviewer. I exercised the limit of my mathematical skills and found that for every 62.5 books I read, only 1 of them will be granted the ultimate title of 5 stars. My favourites were, in no particular order:



THE SECRET HISTORY BY DONNA TARTT

An extremely commendable 4 stars, *The Secret History* follows a group of pretentious New England scholars who ultimately murder their classmate under the influence of their charismatic Classics professor. Told from the unreliable narrative of their newest member Richard, it is a constantly unwinding tale of obsession which eventually descends into evil. Although a novel about friends would typically emerge with a happy ending, in this case friendship is the source of all destruction. It deviated from anything I have ever read while also encapsulating an enviable style of writing, making it deserving of its status as a “modern classic”. My sole complaint is the sheer length of the chapters. The final chapter was a devastating 156 pages long, but nevertheless its timeless prose made it easy to finish in a sitting.

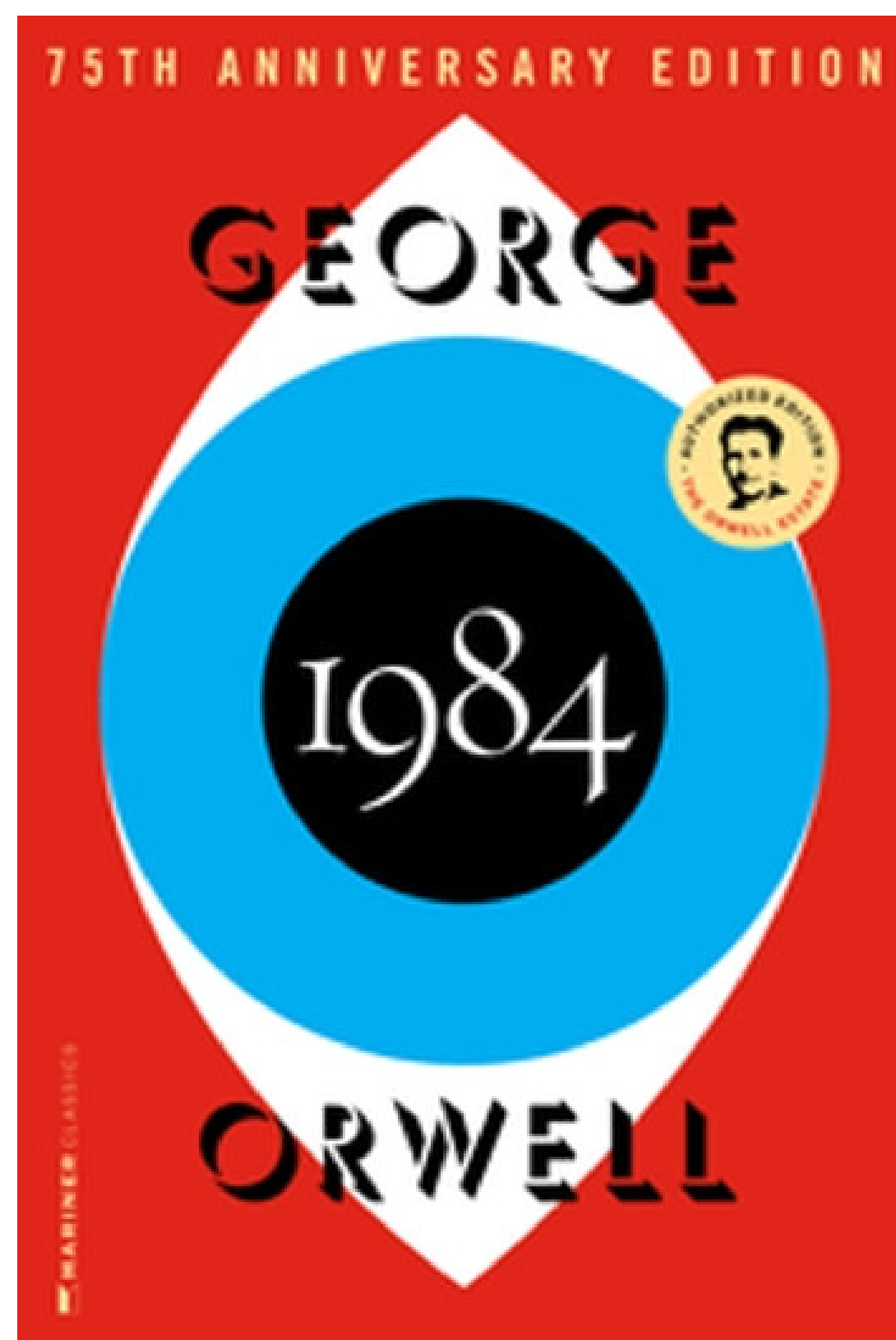


THE GREEN MILE BY STEPHEN KING

Many people would assume upon reading the author's name that this is a nail-biting horror novel, and I expected the same given the fact that I launched into it without even reading a synopsis. Unbeknownst to me, it would soon have me crying over the death of a mouse. A bit of a departure for King, *The Green Mile* follows a man wrongfully convicted of murder and sentenced to death. However, the prison guards and inmates soon discover that he is essentially a walking miracle, albeit one with a death date drawing nearer by the day. In order for me to rate a book 5 stars, I need to have some sort of physical reaction to it (e.g crying, laughing, throwing the book across the room), and this book provoked a considerable amount. While the ending left me in emotional tatters, I still could not help giggling at the name Percy Wetmore.

1984 BY GEORGE ORWELL

1984 was written as a commentary on society in 1949, entailing what Orwell expected the world would resemble in the future. As readers we can ridicule the absurdity of old-fashioned mindsets, but we cannot deny that there are eerie similarities between the dystopia depicted in this novel and our own modern world. It follows the story of Winston Smith, who finds himself caught up in the web of the corrupt totalitarian government. Modern classics will typically pursue a very thought-provoking plot or idea, and when we take into consideration the political climate of 1949, it is unsurprising that *1984* dissects the system by which the world is run.



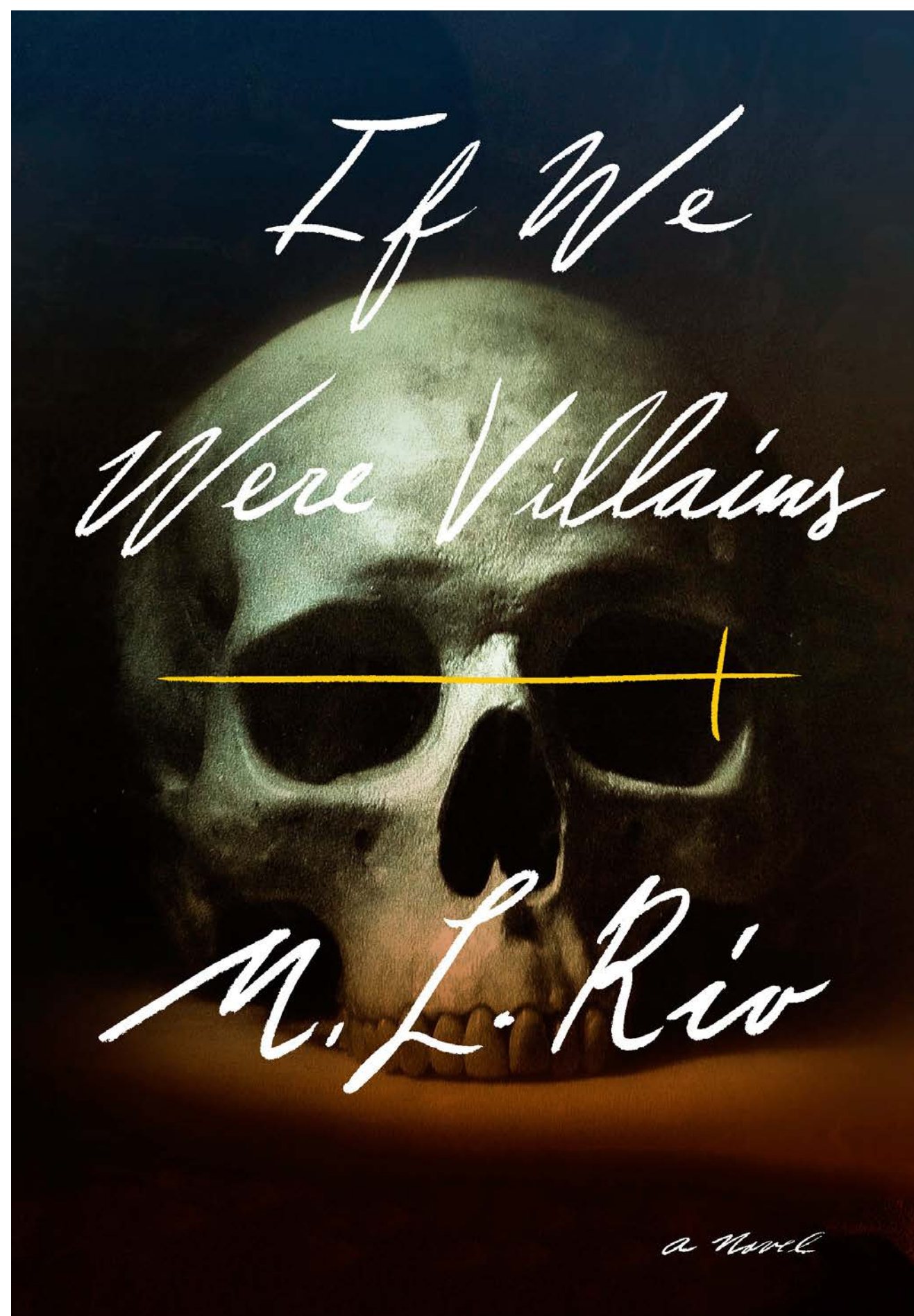
Moreover, it doesn't help that after I read this book, I coincidentally was faced with an online wave of conspiracy theories against the government. In a world where human skill is threatened by technology, people have become increasingly paranoid and the idea that modern society has been predicted by books such as this does not help. While I do not personally enjoy mass hysteria, I do enjoy being thoroughly unsettled by a book.



Did you know?

A mortality reduction of up to 20% has been observed in book readers (reading books 3.92 hours per week on average) in comparison to non-book readers. Regular reading can extend your life!

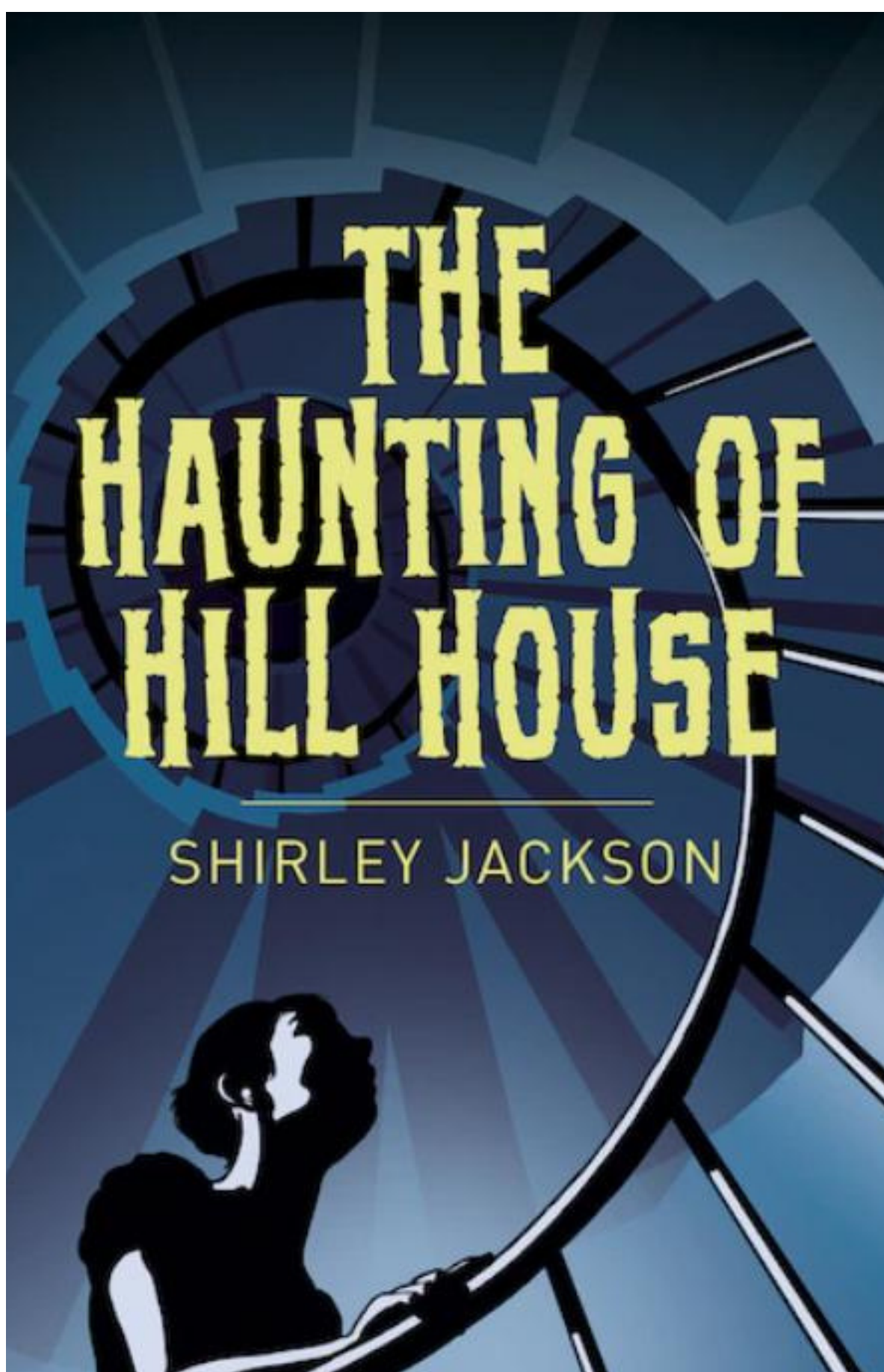
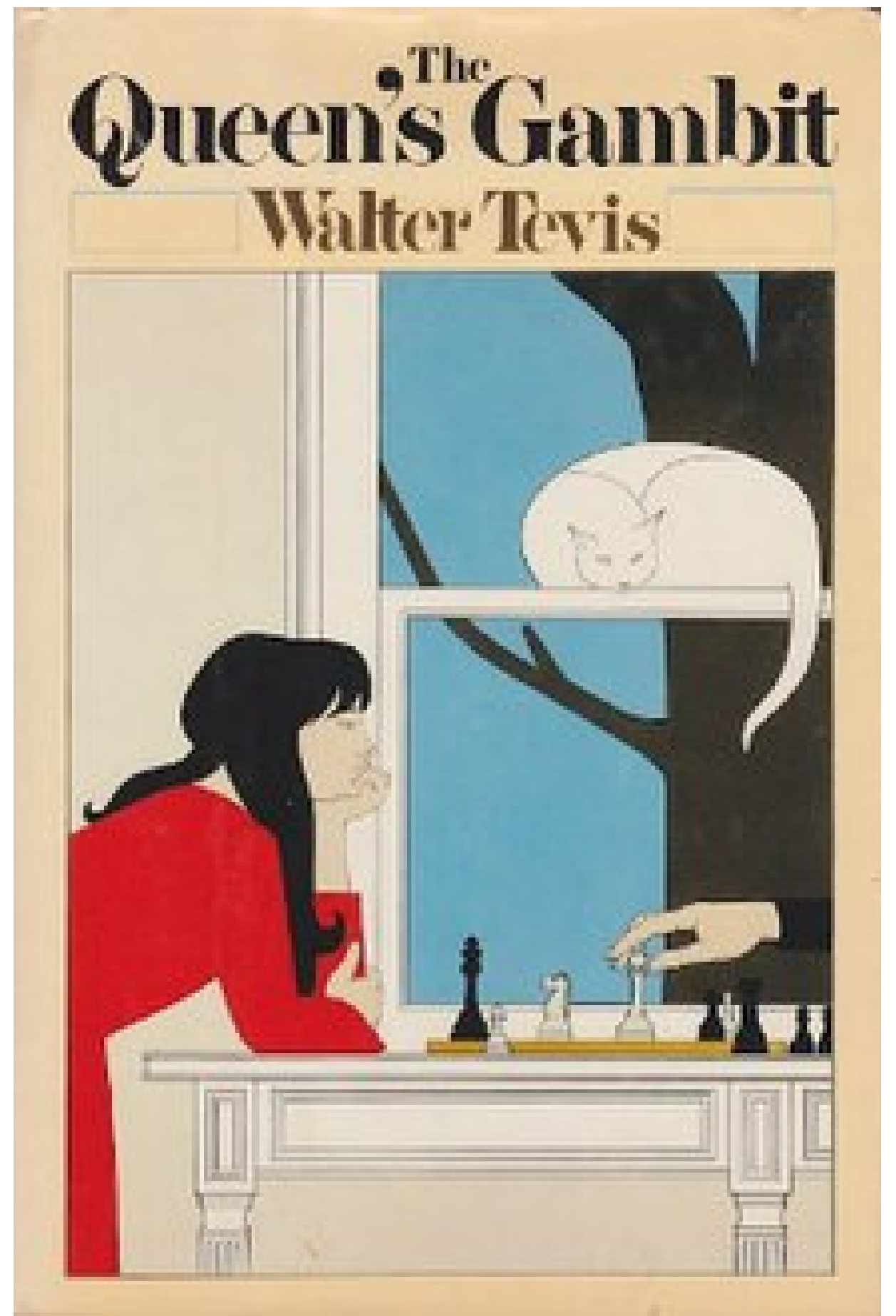
IF WE WERE VILLAINS BY M.L RIO



If We Were Villains is fundamentally a carbon copy of The Secret History, but that did not hinder its brilliance. It follows a similar line, of a group of obnoxious friends (the one glaring difference is that they study Shakespeare instead of classics) who allow the lines to blur between the tragedies they are acting in and the complicated lives they lead. Inevitably, someone ends up dead at the hands of toxic friendship. What I found interesting was that the characters this time around were actors, to whom deception is second nature. However, I would be inclined to give the upper hand to The Secret History as it was written first and simply more artistically and poetically crafted. Comparatively, I would sooner recommend If We Were Villains as it was roughly 200 pages shorter, and was not split up into enormous undertakings, but instead into conventional chapters.

THE QUEEN'S GAMBIT BY WALTER TEVIS

Although this book made me forget I was reading, I feel as though my enjoyment of it was highly conditional. Primarily, I had already watched the series and therefore found it easier to picture as I had a visual setting and characters handed to me on a platter. Moreover, chess is something I learned to play at the age of 7 and have had a deep appreciation for ever since. The novel follows a young orphan and her journey to fame due to her astonishing intellect and flair for chess. Prodigies always seem to have some degree of misfortune, thus a large portion of the novel deals with her struggles in life, but its electrifying portrayal of a game typically seen as a boring triviality for old men was intriguing.

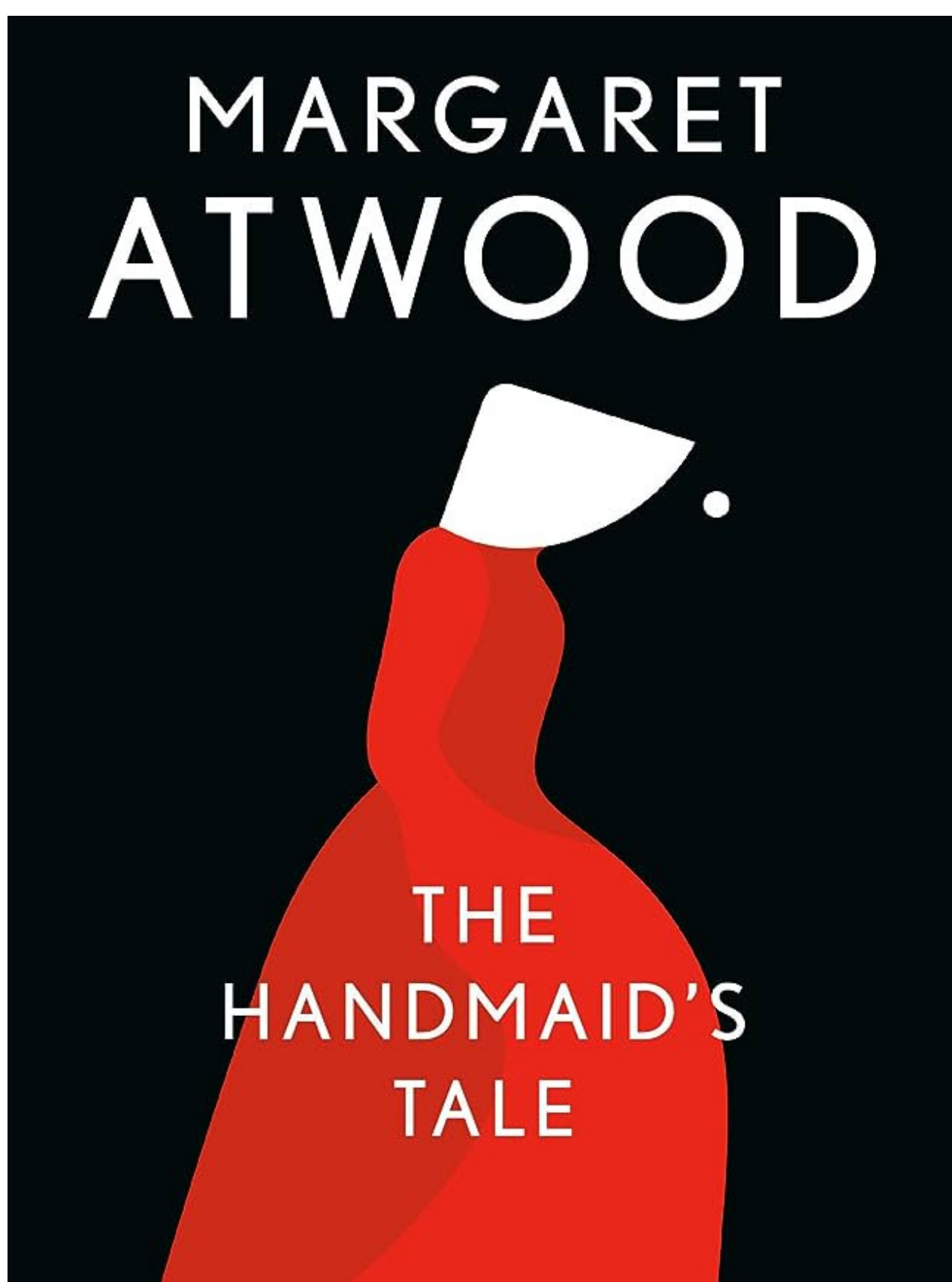
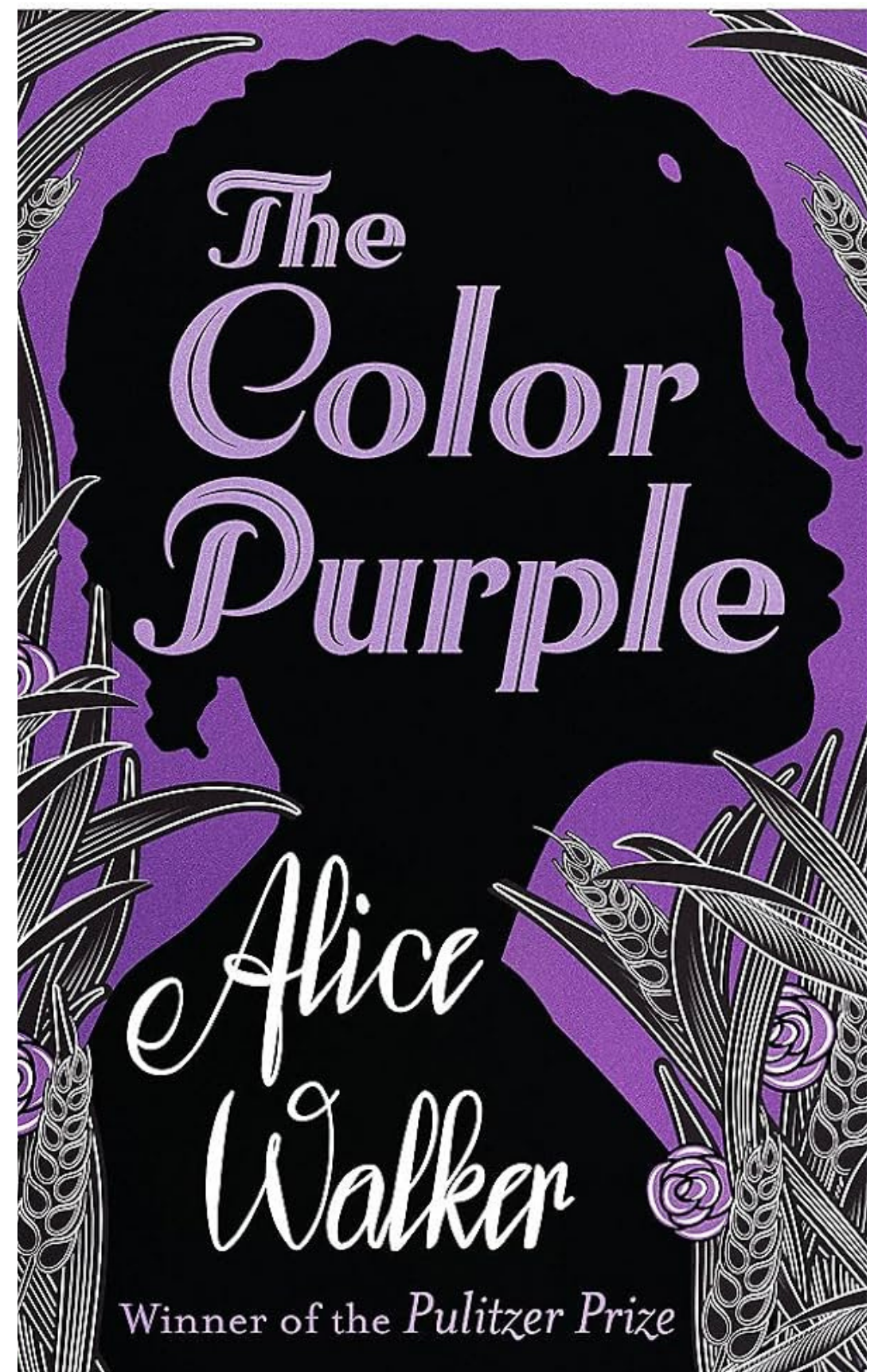


THE HAUNTING OF HILL HOUSE BY SHIRLEY JACKSON

I would consider this book the blueprint for all haunted house stories without a trace of hesitation. It follows an occult scholar looking for undeniable proof of the paranormal, accompanied by a group of companions, one of whom Hill House is looking to claim for itself. After reading this book, I started noticing some degree of similarity between its characteristics and that of every other horror movie or book. Being written in 1959 when such a genre was rarely explored, I found its description and constant tension absorbing. It also held my attention more adequately than the vast majority of modern films and books, which is an enduring testament to the fact that a book does not have to be modern and elaborate to build suspense.

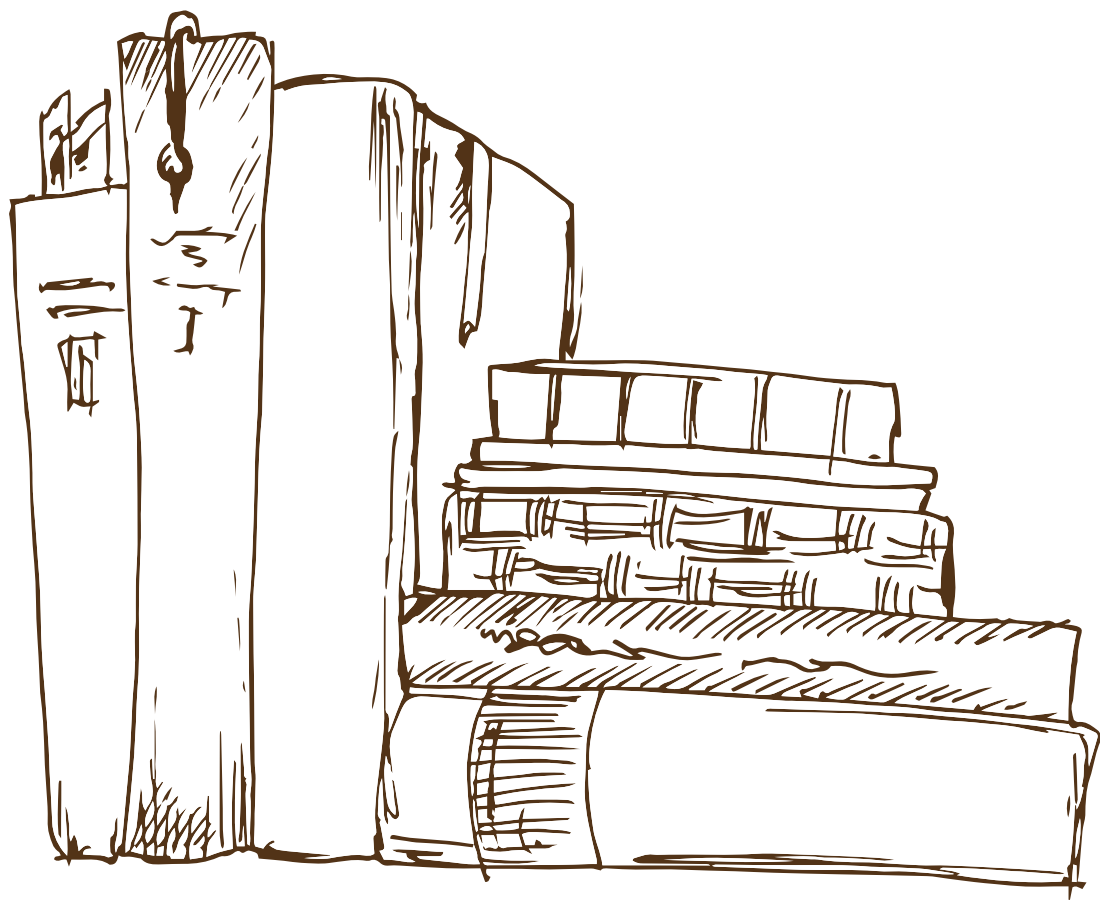
Again, I feel as though there are conditions under which I enjoyed this book. I read it during the summer exams, and usually the sheer boredom of waiting for exams to start and finish means that I will give my utmost attention to whatever book I have. However, I do also know that this book is highly acclaimed along with its film adaptation that I have yet to watch. The story is told in a series of letters spanning 20 years or so, which I found to be an enthralling format, to the point where I seldom noticed I was reading a string of correspondences. It depicts the lives of sisters Celie and Nettie who were separated as children yet sustained their connection throughout life. The book is often seen as a cultural turning point in American literature as it brought the struggles of African-American women to light, and although it is not based on a true story, the factual setting and social climate were portrayed vividly in a time where racial minorities were shockingly underrepresented in the media.

THE COLOR PURPLE BY ALICE WALKER



THE HANDMAID'S TALE BY MARGARET ATWOOD

After hearing endless praise for the series, I decided that obviously I had to read the book to make any level of judgement about it. Dystopian fiction is something I have enjoyed practically since I learned how to read, although I do have to make a conscious effort to distance myself from it occasionally. However, this book also fits into the category of speculative fiction, whereby it depicts an alternate world, but when properly analysed it is not too drastically different from our own. It follows a handmaid living in a patriarchal, white supremacist, totalitarian state known as the Republic of Gilead. It highlights the damage that can be

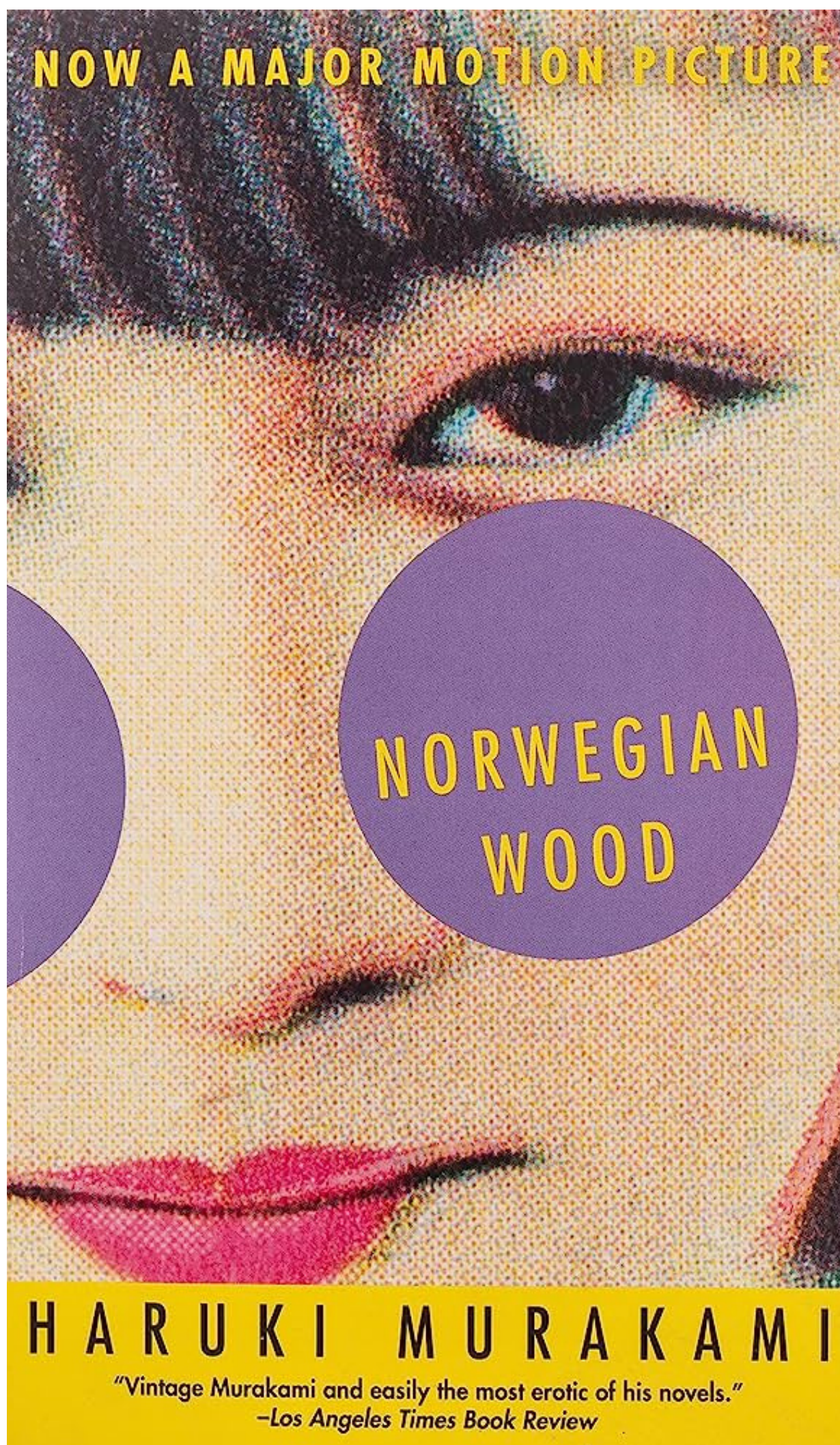


done by extremist beliefs, and also the importance of the resistance of everyday citizens in the event of such a harsh state of living. Along with dystopian fiction, books that have been banned are another favourite of mine, mainly because they do contain shreds of likeness to our world in some way or another.

Did you know?

If you read a mere 20 minutes per day, you would have read 1.8 million words in a year! Additionally, reading for as little as 6 minutes can reduce stress by 68%.

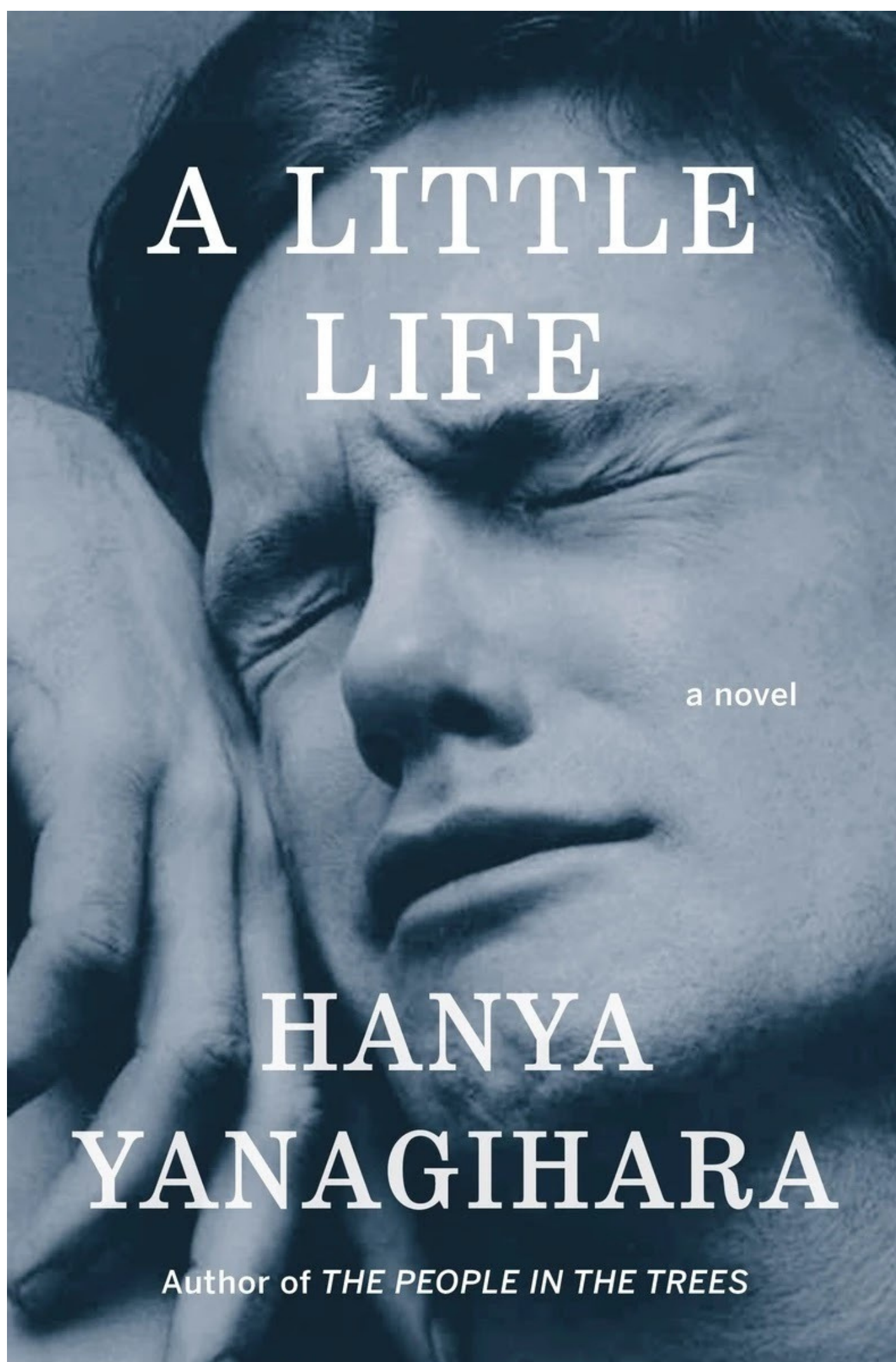
NORWEGIAN WOOD BY HARUKI MURAKAMI



Coming-of-age films and books, while unbearably cringeworthy, are one of my favourite things. This one earned Murakami a spot on my top 3 favourite misogynistic authors. The way he writes women seems to deter many people, and although I sometimes have to stare at the wall after reading something outlandish, I can look past it in the name of my own entertainment. I can only remember scraps of the actual plotline, and that may be for the best. What I enjoyed the most was the casual yet profound style that I can only ever observe in translated Japanese literature. I have a very complicated relationship with translated literature, as it depends wholly on which language it was originally written in, and also who translated it. For example, I read a Russian classic earlier this year, and personally found it to be tear-jerking and cryptic, but apparently other translators have done a better job. However, I'm convinced that I could enjoy the humour, music references, and style of Norwegian Wood under any circumstance.

A LITTLE LIFE BY HANYA YANAGIHARA

This is one of the many books I believe will become classics in the future, due to its extraordinary emotional and descriptive depth. It follows the lives and numerous tragedies of 4 classmates each trying to build a life in New York. Taking this into consideration, I also feel compelled to give you a number of warnings if you are ever going to read it. Firstly, I would highly recommend that you look up a list of content warnings, as it contains an extensive list of extremely heavy topics that all blend together to form a concoction of complete misery and discomfort. This aside, do not become discouraged by the length of it, nor the first few chapters which seem unnecessary and boring. It is mandatory that you pay attention to every detail, as later on in the book the author just stops naming the characters entirely. While it sounds odd, I just became so familiar with the characters that I no longer needed to be told whose story was being developed. Furthermore, this book is known for being possibly the most emotionally destructive book to be written in modern times, and although it didn't catch me in the right mood to cry about it, I still think about it regularly.



AOIBHE O'FLANAGAN, UPCOMING ACTRESS

By: Lily Climent-Forde



Aoibhe O'Flanagan is starring as Zoe in the movie 'The Piper', which was filmed in 2022 in Bulgaria and is coming out in January 2024.

Aoibhe originally took up drama because she had always loved acting and when her friend joined the class, she decided to as well. She has done Lamda (a drama exam) and Feis Maitiu where she performed poems and came first place. Aoibhe was in her drama school until last year before she gave it up because the workload was too much with school. When filming this movie it was during the summer so she didn't have to worry about any school work, but one of her co-stars had to have a tutor because he was still in school.

Aoibhe got this role through her agent in Dublin, who sent the job in. She does a lot of self tapes, sometimes she'll know what she is auditioning for depending on the scripts or production, but there are some that are so confidential she can't even know what she's auditioning for. When sending a self tape for a confidential role they'll give her extracts from movies already produced instead of giving her a script. However, because of the writer's strike in the summer, Aoibhe wasn't getting any roles coming in and nothing was being made, so she's only been getting more in since September.

Before this role Aoibhe auditioned for Matilda and got really far into it, having done three or four auditions and being one of the last people left. She didn't have an agent at the time so she did it with her old drama teacher and because she got really far in it, her drama teacher helped her get an agent. Not only does she now have one agent, she has two agents, one in Dublin and one she got from a co-star recommending her to an American company in LA. Aoibhe's second agent is in America so she gets bigger roles, and by having two agents she's getting a lot more opportunities.

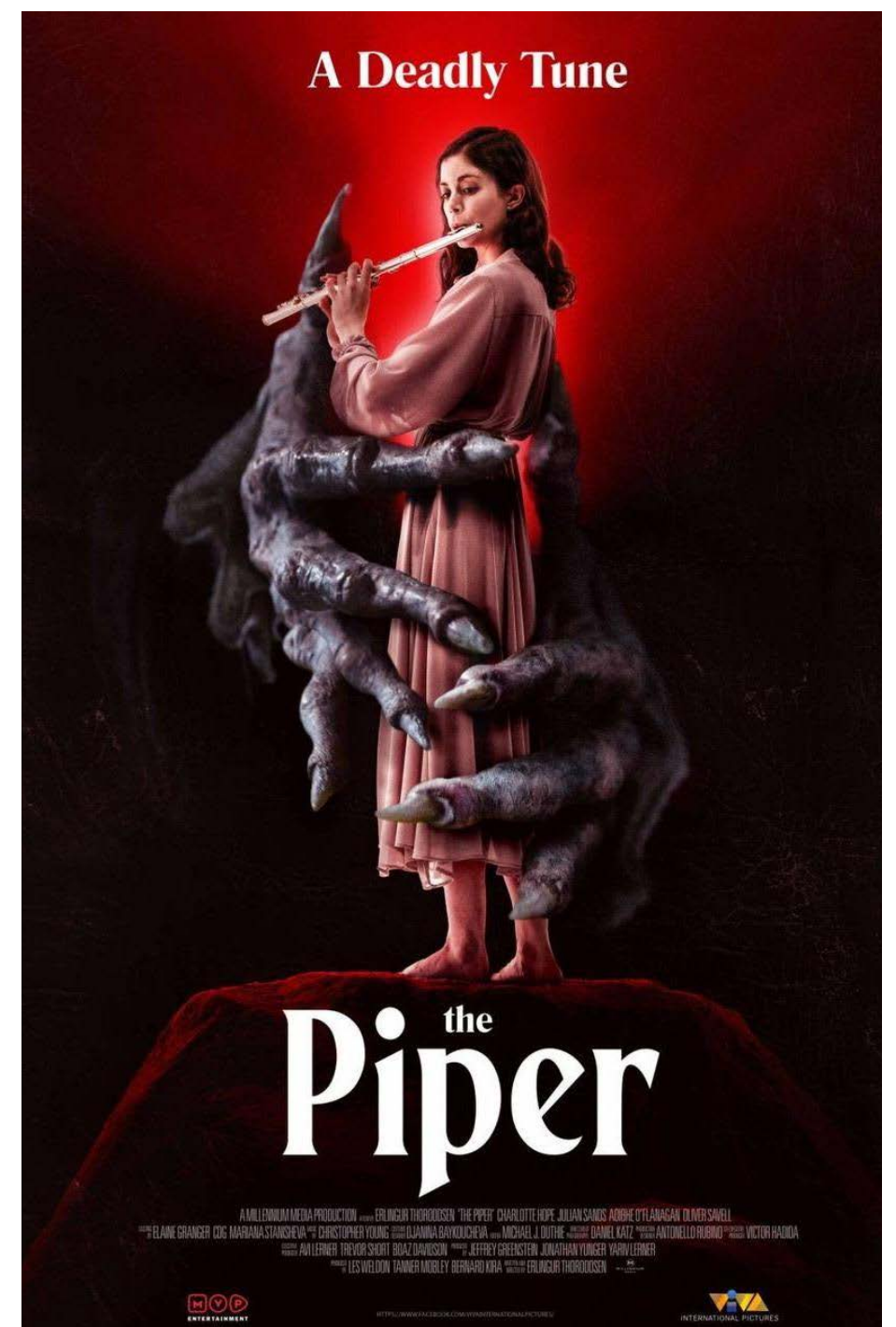
Even if she isn't filming something, Aoibhe still films self tapes which can be hard to juggle with schoolwork, especially when she has exams.

Being in school has made it easier to learn lines and she can do it much faster now because of it. It can take a while to record tapes depending on what she needs to learn. It can be one scene, two scenes, and some might not even need talking and lighting. As there is bad light and good light, Aoibhe might have to scrap an entire set of self tapes just because of the lighting. On average, it takes about one or two hours to film a singular tape with the help of her parents filming it on a phone.

When Aoibhe sends a tape in, she'll get a call if they thought she did well in a tape. It's usually a zoom call where they can talk to her about getting the part. Usually it's only one callback, but Matilda was different because of the sheer amount of people auditioning. Aoibhe herself has gotten four roles all together and two of them didn't include callbacks, but sometimes they could tell her nothing for ages before they tell her she has a callback. Most of the time she's waiting two or three weeks for a callback, but the longest she's waited is a month. This is a standard amount of waiting time for callbacks because the casting directors have to look at every single self tape that comes in, which could be hundreds.

Aoibhe had four days before she had to start shooting so the cast had dinner together in a restaurant in Bulgaria, which is where she met everyone. She also had to be fitted for hearing aids, learn some sign language, and how to do the movements of playing a recorder.

Being able to be a part of a movie production was a dream come true for Aoibhe, just being in that environment was something she had always dreamed of. For this movie, the sets were primarily in a warehouse but they also filmed in a cathedral and university. Aoibhe was only there for the filming part, which took around two months, but there are numerous things that happen after.



For example, when she needed to play the recorder in a scene she didn't actually make any sound, she just did the movements and then they put the sound of the recorder over it. She also had to go to Dublin to redo some of her lines that the mic didn't pick up, she had to watch the scene a few times and then say her line as closely as possible to the recording.

Actually deciding on what scenes are filmed depends on a number of factors, location being one. For example, if there's a scene in a bedroom and then five scenes later they're back in the bedroom, they would film every scene that's in the bedroom first and then move to the next set because they have a limited amount of time. For 'The Piper', they needed to shoot in a theatre so they had two days to film every scene they needed in that theatre. It takes hours to even film just two minutes because there's so many takes of each scene, it becomes repetitive and exhausting.

Aoibhe's average work day filming was around six or seven hours and having a double really helped for scenes where her face wouldn't really be shown, like those with only her hands or a vague appearance. For scenes that were at night, they didn't always film them at night, they just made it look like night time during the day on the set. For one scene, the actor she was with was covered in prosthetics, and at one point he had to put hands in front of her face but they reeked which made her not enjoy filming that scene.

A fond memory Aoibhe has of being in this film was when there was an orchestra for certain scenes, but in between takes they would play songs for everyone on set like Star Wars and Indiana Jones.

Something that she found really interesting about being a part of a movie production was that fake glass was actually rubber, so when filming the scene in a school bus she just got rubber thrown at her for the whole scene. She also found out that when filming a scene with multiple angles, she actually had to film the whole scene numerous times at different angles and that it wasn't just filming it once having multiple cameras at different angles. But this meant that if she did one thing in one clip, like tucking her hair behind her ear, she had to do it every single time at the exact same moment.

As well as this movie, Aoibhe has gotten roles in a TV show and two ads but unfortunately her scenes were cut in the RTÉ series 'Smother'. In one ad, she did a voiceover and the other was for Barnardo's.

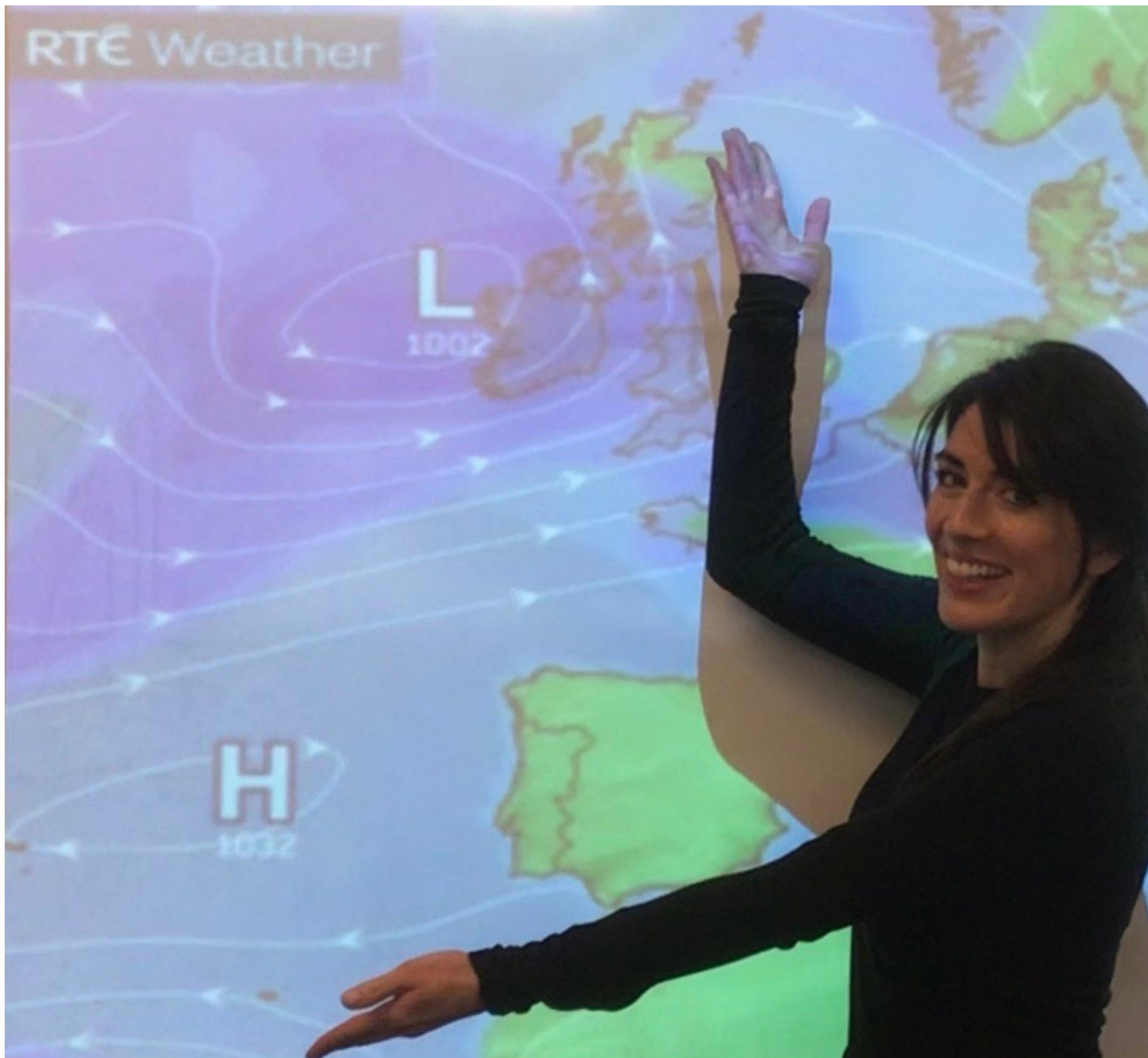
For Aoibhe, getting into character can be both difficult and easy but reading about the character, their personality, just putting herself in their shoes, and being sympathetic towards her character really helps her. Even when she's shooting a heavily emotional scene, she finds it easy to get into that mindset, but crying on the spot comes with practice. Aoibhe has two ways to help her cry on the spot: thinking of a really bad or sad experience she has gone through, or just putting herself in the shoes of the character in that situation.

BREAKING URSULINE NEWS!

...NEVER LET THE TRUTH GET IN THE WAY OF A GOOD STORY...

MS TALEGHANI TURNS INTO A WEATHER REPORTER!

By: Annet Bobby



In a surprising turn of events, Ms Taleghani, the beloved geography teacher at Ursuline College Blackrock in Cork, has taken on a new role as a weather reporter. Known for her passion for maps and her extensive knowledge of different climates, Ms Taleghani has decided to share her expertise with a wider community.

With her fascinating personality and knack for explaining complex weather patterns, Ms Taleghani quickly became

a favourite among viewers. Students and parents alike were thrilled to see their teacher deliver accurate weather forecasts with a touch of educational flair.

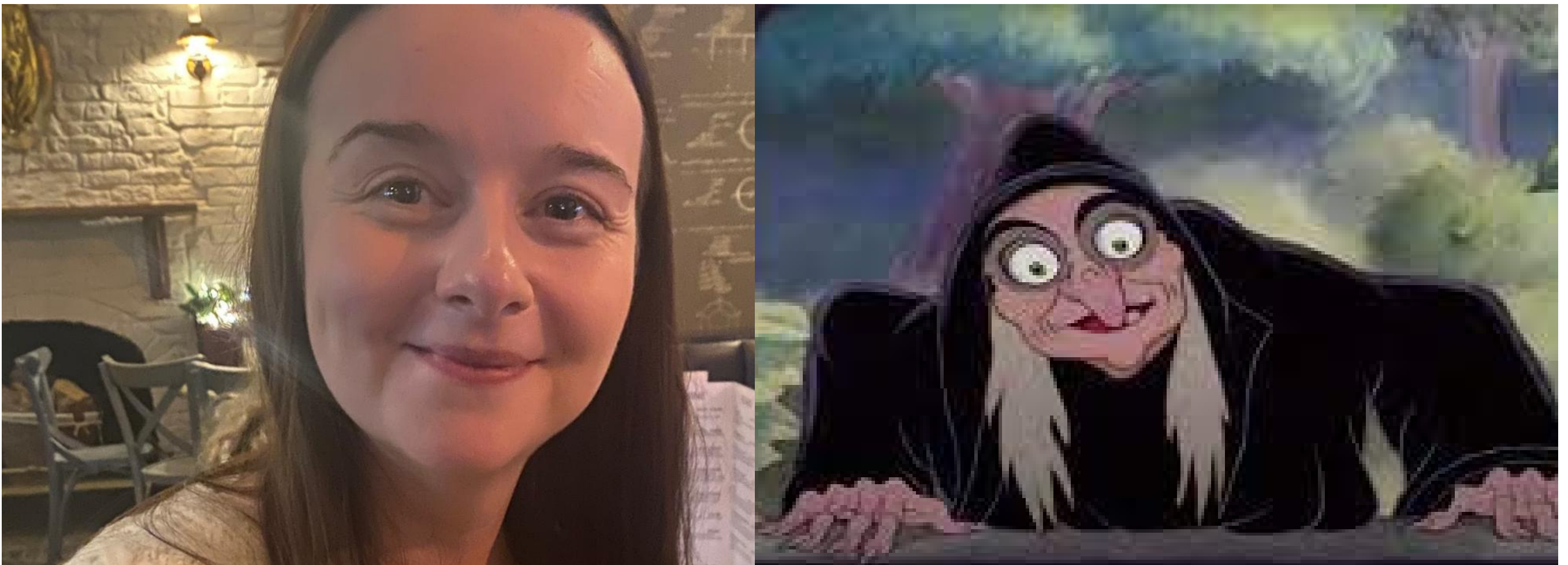
Whether it's predicting rain showers or explaining the formation of thunderstorms, Ms Taleghani's unique blend of teaching and reporting has made her stand out in the field. She even incorporates interactive quizzes into her weather segments, challenging viewers to test their knowledge of global geography.

The UCB community couldn't be prouder of their multi-talented teacher. Ms Taleghani's ability to smoothly transition from the classroom to the TV screen has inspired both students and fellow educators.

So, if you're ever in need of an engaging weather forecast combined with a geography lesson, be sure to tune in to Ms Taleghani's weather reports. You won't be disappointed!

BELOVED ENGLISH TEACHER TRANSFORMS BEYOND RECOGNITION!

By: Anya Lokugamage



Most people who were in this school last year had at least some idea of Ms Clarke: nice, friendly and a good English teacher to have. However, it all changed when she returned to school after summer. Over the break, Ms Clarke changed her name to Mrs Widger.

What does this unusual name remind you of? Many have said a mean old woman, and it seems that Ms Clarke has taken this description to heart. How? Well, her hair turned grey, her face turned wrinkly, and her wardrobe changed from being fashionable to only wearing dusty grandma clothes.

Although that is just her appearance, her personality is what really changed. Ms Clarke used to be a kind, understanding teacher to all her students, but not anymore. Ever since she became Mrs Widger, she has been reported for screaming at students for making minor spelling mistakes, yelling at people for breathing too loudly in her classes, and, worst of all, hitting students across their knuckles with her ruler if they don't use quotes in their English answers!

She especially despises first years - Mrs Widger has been reported to growl at them in the halls to scare them, and has complained multiple times about how locking kids in cupboards is now illegal. Any first year is strongly advised against trying to approach her, as this may result in injury or permanent emotional distress.

So, take this as a warning that English class will never be the same again!

NEW FACE OF IRISH FOOTBALL ANNOUNCED!

By: Ellen Chambers

Ms. Cadden, a teacher known for her love of football, has become the new head coach of Ireland's national football team, taking over from Steven Kenny. This is a big deal because she's a woman stepping into a role usually held by men. Ms. Cadden is bringing her teaching skills and a new perspective to the field.



Replacing Kenny, who had some challenges with the team, Ms. Cadden is all about teamwork, dedication, and smart playing. She wants the players to work well together while still showing off their individual strengths.

This move has gotten people excited; it's about having a different kind of leadership. This decision to choose someone from outside the usual football world is seen as a positive step, showing that anyone with the right skills and passion can take on big roles in sports.

Now, everyone is waiting to see how Ms. Cadden's coaching style will make a difference for Ireland's football team. Her appointment is not just a win for her but also a win for breaking down old traditions in football leadership. As the players follow her lead, fans are hopeful for a new and successful chapter in Irish football.

“Yass!” - Ms Cadden.

FIRST YEAR

By: Julia Collins



First year, I admit, is a big change. Nobody really tells you how big a change it is. There was only one class in each year in my primary school, and each class had a mixture of boys and girls. Now there are three classes with all girls, and not a boy in sight except for the teachers and Mr McBeth!

So what's made it easier?

There were a lot of new people to get to know and

here were a gazillion new names to remember. West Cork Secret, sports after school, and joining other activities like the newspaper club (shoutout to the newspaper club) and the school choir definitely helped.

Finding my way around the lockers and getting to the right classes takes a bit of practice at the start, but I've got the hang of that now. Getting the timing right to take home the right books has been a lifesaver.

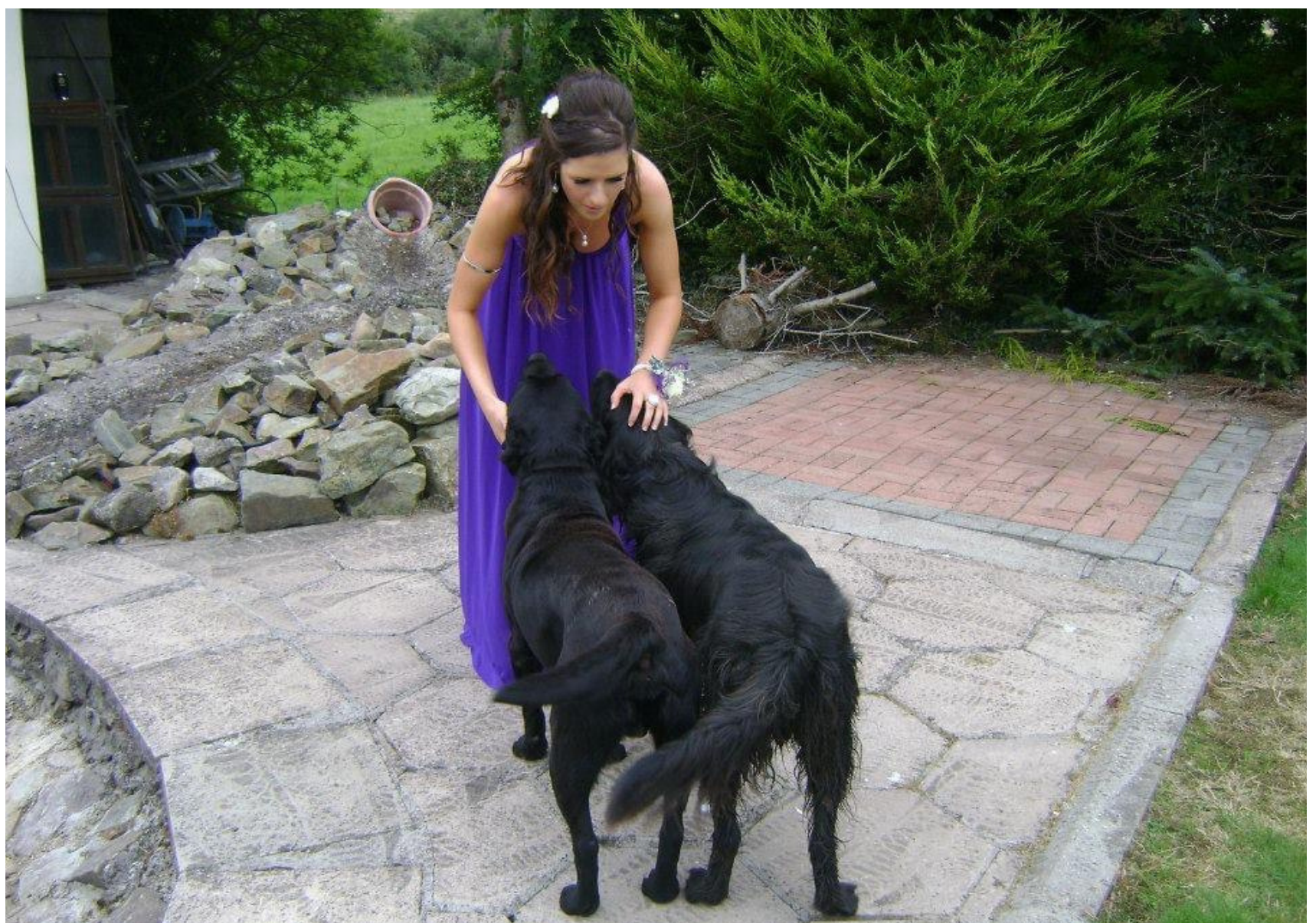
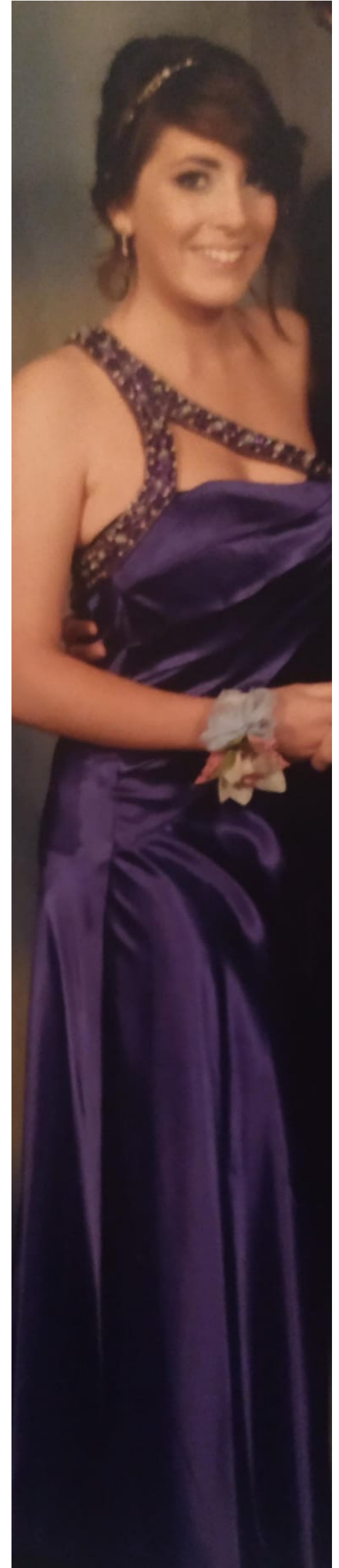
We have done some fun things in class, like playing games, doing quizzes, and voting for the first year elections which has made the first few months fly past. Lunchtime clubs are on most days and are filled with activities. I have tried the art club, the lunchtime club run by the Meitheal team, and played soccer all in 30 minutes, but not all at the same time.

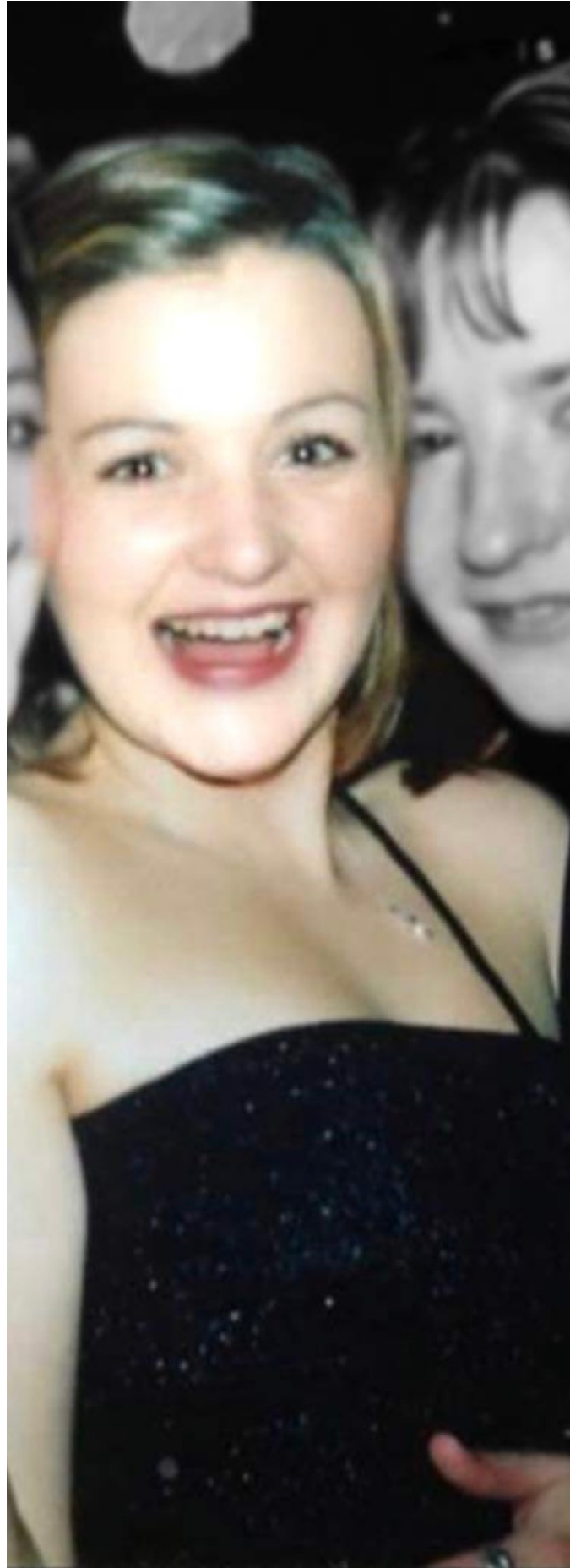
One of the things that made getting used to secondary school easier for me was the school house system. I enjoyed the competition between the houses through challenges and liked that the teachers got so involved! It was also a really good opportunity to get to know girls from other years in the school.

I really like going out on day trips too, for football matches and the newspaper club, and we are planning a retreat soon! It's a good way to get a break from the lessons.

I have to say there is a hefty amount of homework and tests, but I guess we do have to do some bit of work!

STAFF DEBS PHOTOS





- Ms Sliney**
- Ms Bergin**
- Ms Desmond**
- Ms Taleghani**
- Mr McBeth**
- Ms Hickey**
- Ms Kennedy**
- Ms Daly**
- Ms Leisk**
- Ms Horan**
- Ms Cahalane**

INTERVIEW WITH PETER MCLAUGHLIN

By: Lily Climent-Forde



What are the best and the most challenging parts of your job?

The best part is the variety, because I can do something different everyday. The part I don't like about this job is the holidays, I'd love to have the same holidays as the teachers.

What did you want to do when you were younger?

I never ever dreamt that I'd be a caretaker. I'm a carpenter by trade and I've always worked in carpentry. I was in between jobs when this came up and I came in here with the intention of staying a month, but that was twenty three years ago. My dream was to join the guards, that's what I wanted to do, but I emigrated to London and was there for fifteen years. London was the best fifteen

years of my life. I was doing mostly carpentry while I was there, I worked in the underground tunnels which I really enjoyed and the money is so much better than here.

Is there anything you admire about this school in particular?

I think the kids, in all the years I've been here there's been no problems, which is great and it makes my job easier. Whereas if it was a boys school I was in they are inclined to give more backchat, but girls are great to work with.

Is there anything you think this school does well in, anything it excels in?

I think it's dramatically improved since Mr McBeth took over, everything about

the school, there's more variety, more sport going on is one of those things. I think it's doing so much better, it's moving forward whereas before it was static for years, I think it's really doing better.

Do you have anything you like to do in your spare time?

I play golf but I'd rather be in a warm country for it. I follow soccer and I love watching the premier league in England. I played it a lot when I was younger. I also like to spend time with my family when I can. My daughter went to school here, she now works in Dubai and loves it there. I have two boys, Michael's an actor and Ross is working in Seattle.

Does the amount of projects that the school has add to the workload?

Yes, especially with the show on, I'm getting the stage ready and getting props up. Not to mention getting all the seating out but that has improved since Mr McBeth took over because he gets a lot of girls to help out, whereas before I would have been doing it all myself. Mr McBeth is fair with the amount of work I get, he knows the workload and he gets girls to help out when they can.

Has it been fun to watch the school grow in a positive way?

It's always nice to see in any jobs you're working in, you want to see it grow. I think there would be nothing worse than a job that stays static from one year to the next, never going up or down. I'd prefer to be working for a company that's doing well. I feel more part of it then when it's going well. It's nice to see it going in the right direction.



LOOKING AFTER OUR PLANET AT UCB

By: Mia O'Regan

Humans use about 1.2 million plastic bottles per minute- only 9% of this is recycled! That's why at Ursuline College Blackrock, we use reusable water bottles and provide water fountains to refill them. This is just one of many things we do to help our planet.

I spoke to Ms O' Connor, the first year sustainability teacher, about sustainability in and around our school.

What is your favourite thing we do in our school for sustainability?

I have two favourite things we do: the sustainability class for first years, and the biodiversity initiatives around the school. I love the sustainability classes because I love to explore interesting topics around sustainability. Such as geodomes, sustainable agriculture and climate action. I also love our horticulture classes.



What is the most important?

The most important thing is how we integrate sustainability throughout the school. I love walking into a classroom and seeing that every student has a reusable water bottle. It is great how all the year groups know about the sustainability projects happening around the school.

In your opinion what could the school improve on doing?

I think we need to further improve our single use plastic, especially with fizzy drinks. I've seen a lot of Lucozade and energise bottles around the school. Also, these drinks are not good for brain function.

How could we raise awareness about climate change?

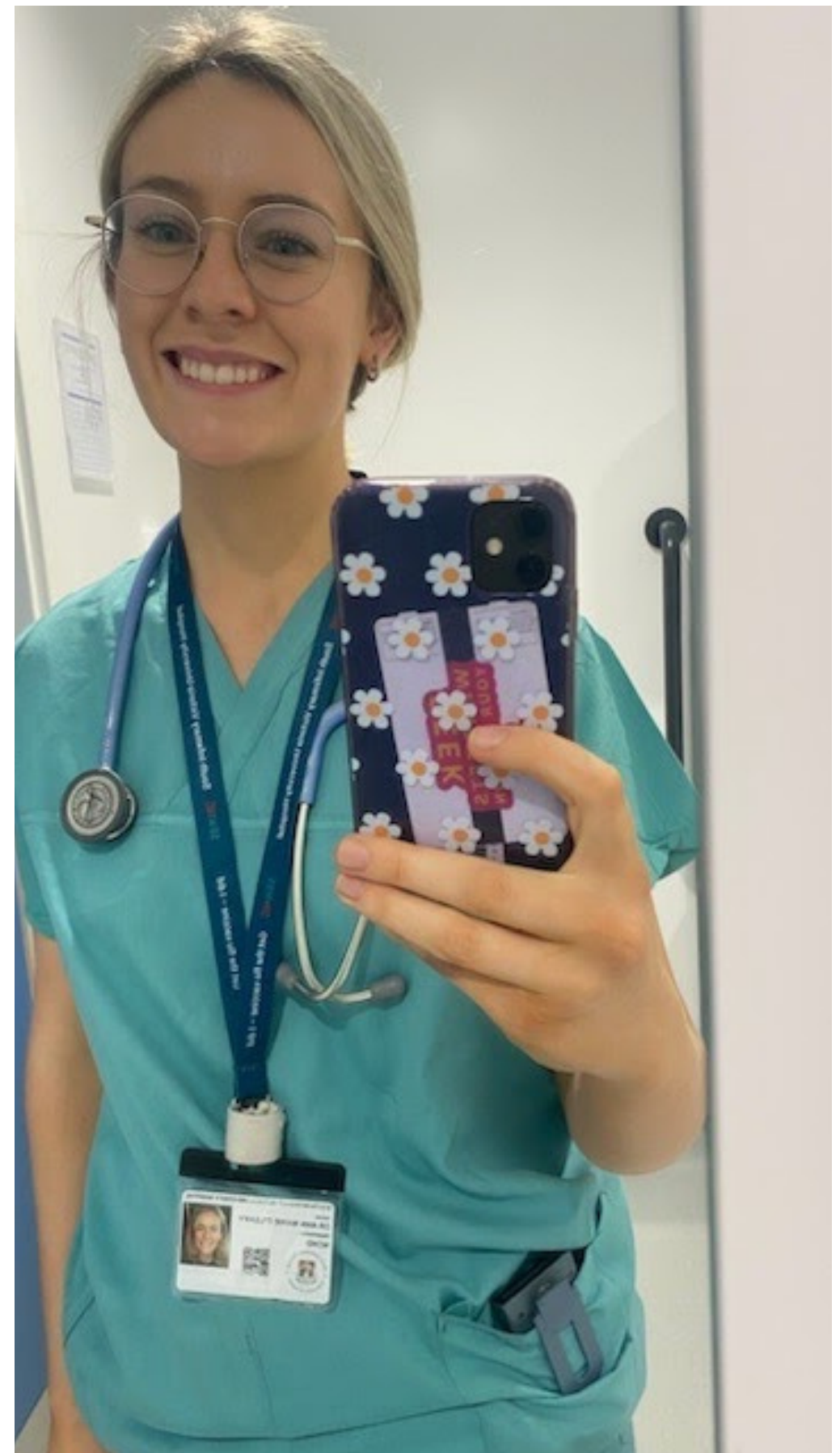
As individuals, we can share what we learn about climate change and what we do to combat it. Switch to reusable water bottles and cutlery, and buy second hand. As a school we can share the great work we are doing around the place, encourage other schools to do similar projects, and to get involved in Eco-Unesco and similar projects.

AN URSULINE FOR LIFE - THE URSULINE ALUMNI SECTION

Interview with past pupil Ann-Marie O’Leary who studied medicine at UCC and is currently completing her intern year in the Ophthalmology Unit at the South Infirmary.

What was your overall Ursuline experience like?

I think back on my times in the Ursulines fondly. I remember that I genuinely looked forward to going to school. Assembly allowed a chance to chat with friends and set us up nicely for a day of classes. Lunch breaks were always fun. I often think I would love to go back to school for an hour to have another lunch with my friends. I always felt like I belonged in the Ursulines and I sensed that this was the case for everyone. Ms. Goggin’s strong values influenced how I see the world today. She taught us patience, kindness and encouraged us to make an effort to understand the point of view of others. I felt ready (although a bit nervous) for the next step when I graduated from the Ursulines. Some of my greatest memories are from my time in school.



What did you get involved with during your time at school?

I had the opportunity to go on trips to Shanghai and Kenya when I was in the Ursulines. Both were amazing experiences. The Shanghai trip was organised as part of the Chinese module we did in TY in partnership with UCC. We spent 3 weeks in Shanghai University attending Chinese language classes and also had the chance to go on trips to nearby towns and cities.

The following year, a group of 4 students along with Ms. Goggin and Mrs. Murphy went to Kenya. We visited our Ursuline sister school, St. Columba’s in Kitui and spent some time in Nairobi. It was an eye opening experience that had a profound impact on me. I was also part of the Ursuline student council during 6th year, which was a fantastic learning experience.

I always enjoyed sports in the Ursulines. I loved playing tennis and hockey

after school. The facilities are second to none. Music is another central part of life in Ursulines. Ms. O'Callaghan (Mrs. Sliney now) was a wonderful music teacher and was very generous with her time when it came to conducting the choir in preparation for school events.

What has your post school life been like, what have you done, places you've been to etc.

After I left school I went to UCC. I recently graduated from medicine and I am now working as a doctor in the Ophthalmology unit at the South Infirmary as part of my intern year. Prior to working in the South Infirmary I worked in the Department of Neurosurgery in CUH. Both rotations have been thoroughly enjoyable so far and confirmed that I have certainly found myself in a job that suits me. I have been very lucky with lots of opportunities for travel during my time in college. I went to Boston during the summer of 2022 to complete an elective in Ophthalmology. I was lucky enough that my visa was sponsored by Harvard Medical School and Boston Children's Hospital where I had the privilege of experiencing cutting edge eye surgery and new research. This was a truly amazing opportunity.

I formed some great friendships in college that I think will last a lifetime. Although I have met lots of new people along the way I still meet up with my friends from school. I have the Ursulines to thank for giving me an excellent base from which to go forward.

What are your plans for the future?

Going forward, I plan to continue working as a doctor and complete my intern year. After that, I'm hoping to travel and work in Australia for a year before coming home to Ireland to specialise.

How did school life prepare you for college and beyond?

I learned to value the opinions of those around me. It also taught me that there is no way around hard work only to go through it. It's something that has to be done. As I mentioned above, I learned to always try my best to understand the opinions and feelings of others which is a central part of my day to day job now.

Who was your favourite teacher and why?

All the teachers I had in the Ursulines were genuinely wonderful. However, Ms. O'Dea really worked hard to get the best out of us and made every class interesting. I always looked forward to her classes. Ms. McInerney was also a wonderful teacher and nurtured my interest in languages and showed great kindness to her students.

Do you have a favourite school memory?

The students vs teachers hockey match was always a fun day. Seeing the teachers get involved was great craic. Honestly though, my favourite memories are from normal school days where my friends and I would have a laugh over lunch and in class from time to time.

What advice would you give to your younger Ursuline colleagues?

Enjoy your time in the Ursulines. You are lucky to attend such a wonderful school with amazing facilities and great staff. Get involved in plenty and be open to being friends with everyone. Don't be afraid to speak up in class and be active in your learning. This is the best way to make the information stick (and is probably something I could have been better at myself). I would also say that attendance is very important. Consistently showing up every day will always pay off.



What advice would you have for a secondary school student looking to follow the same career path as you?

For anyone looking to pursue a career in medicine I have a few pieces of advice. The first is that you really need to have an interest in people and be willing to listen well and hear what they have to say. The second thing almost goes without saying but you need to be ready to work. Thirdly, don't be discouraged if you don't succeed on the first try, take some time and give yourself another chance.

The Ursulines is such a close community and Ursulines girls past and present will always share a bond simply because they are Ursulines.

SPECIAL THANKS TO THE TEAM BEHIND ISSUE #3



Writers (Left to Right): Mia O'Regan, Julia Collins, Anya Lokugamage, Ruby Lynch, Melissa Oldham, Annet Bobby, Amelia Walsh, Lily Climent-Forde

Missing from Photo: Ellen Chambers and Emma Dudley

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If, for any reason, you would like to express your opinion to the Ursu-Times, you may email loweisadora19@urscorkb.com

SPORTS SECTION



The senior football team's recent comprehensive win over Coláiste Daibheid.



The senior soccer team's win against St Aloysius College progresses them to the semi-final of the Munster Cup.



UCB girls take rock climbing to new heights!

URSULINES BLOW THE COMPETITION OUT OF THE WATER AT ROWING CHAMPIONSHIP

By: Melissa Oldham

On Saturday the 25th of November, the school rowing team went with Ms O'Mahony and Mr Keohane to the Provinces Indoor Rowing Championship in the University of Limerick. There were twenty-six girls competing. This shows a massive growth in both the team and the level of competitive rowing within the school, as back in 2019 only four girls competed from a team of about fifteen.

The girls won multiple awards at the championships.. Chloe Liggett won 1st place in the women's J16 500m for the third year in a row in her age category. The 2nd year team; Kasey Cronin, Ciara O'Brien, Virag Szatmari and Andie Kennedy, won 1st place in their relay and the 1st year relay team; Alannah Mulvhill, Lucy Hannon, Sophie Liggett and Sarah McGuire, came 2nd in theirs. Andie Kennedy came 6th and Virag Szatmari came 7th in the women's J13 500m, competing against 130 other girls. Kasey Cronin came 7th in the women's J14 500m against 57 other girls.

The rowing team also won the Munster School Blitz in March earlier this year and are aiming to continue their winning streak again next year. The girls also have an on-water competition coming up in April. We wish them the best of luck, but looking at what they have achieved so far, they won't need it!

