



THE CLOUNAGH CHRONICLE



INSIDE ISSUE N^o3



Enrichment Day 2025



Revision Tips



Coach's Corner!

Year 8 Induction Day Hits the Mark

In September, Year 8 students enjoyed an action-packed Induction Day, organized by Year 8 Heads of Year, Miss Calvert and Miss Gass. The day was filled with activities designed to build teamwork, confidence, and plenty of fun.

Staff in Clounagh understand the need for students to build relationships and to settle in as quickly as they can. Miss Gass explained, 'Starting Clounagh can be a very nerve-racking experience for some. There is lots of information thrown at Year 8s. I just love to have a day where it is more relaxed and you can make friends and build a very important team relationship.'

Students tested their skills in archery and penalty shootouts,

worked together during team-building games, and went head-to-head in a thrilling tug of war. The inflatables were a huge hit, adding laughter and energy to the day.

More than ever, Induction Days like this are important to help support students from all our feeder schools.

Miss Calvert explained, 'This year there was a lot of students from smaller primary schools and because of this they did not know anyone in their class. Our Induction Day helped everyone to make friendships outside of the classroom and settle in to life at Clounagh!'

More on page 2...

SCHOOL LIFE

Building Connections and Confidence: Inside Induction Day 2025!

The event gave new Year 8 students the perfect chance to bond with classmates and staff while challenging themselves in new ways.

Year 8 Pupil, Alex, declared, 'I thought the day was incredibly fun and my favourite part was definitely all the sports activities!'

Year 8 pupil, Leon, also

declared, 'It was so fun! The team building really helped me find some new friends to look out for in the corridors.'

Thanks to the efforts of Miss Calvert, Miss Gass, and HealthyKidz, the day was a fantastic start to the year—proving that learning and teamwork can be just as exciting outside the classroom.



Battle of the Classrooms: Who Will Take the Crown?

From cozy classrooms to high-tech labs and creative corners, every space in our school has its own charm. But which one truly stands out?

Students have spoken! After a wave of votes and plenty of school spirit, it's time to reveal which space has earned the title of Best Room in the School...

With an overwhelming number of votes... Room 40 is our winner!

Followed by Room 5, Technology and Room 7.



LITERARY LENS

Inside the Classroom: Why Teachers Love Group Work

Ever wondered why your teachers insist on putting you in groups? We dug a little deeper to find out why teachers use group work.

Teachers say group work isn't just a way to fill the lesson plan—it's a tool to build essential skills. By working together, students learn to communicate clearly, share ideas, and solve problems as a team. According to staff, it also encourages active participation, pushing quieter students to contribute and confident students to listen.



But it's not all about soft skills. Group tasks can help students tackle challenging topics, as peers often explain concepts in ways that make more sense than textbooks alone. Teachers also use it to spot misunderstandings early, so no one falls behind.

In our recent Enrichment Day, we interviewed Mrs Irwin, Literacy Coordinator for her thoughts. She helped explain, 'Firstly, when you work in a group, it improves your communication skills, particularly for young people who spend a lot of time isolated behind a screen.'

She continued, 'Probably the most underrated skill is our active listening when we are working in a team, it is not just about us, it is not the "I" it is the "we" and you have to actively listen in order to learn from others!'

So next time you groan at a group project, remember: it's more than busywork. Behind the teamwork is a carefully planned strategy to prepare you for both school and life beyond the classroom.



Tasty Success!

Nothing brings people together like freshly baked muffins! On Enrichment Day, students whipped up delicious banana and chocolate muffins — a perfect blend of comfort and sweetness to brighten everyone's day.

275g self-rising flour
1 tsp baking soda
2 bananas
125g caster sugar
50g chocolate chips

1 egg
50ml milk
75ml oil

1. Preheat oven to 180°C.
2. Weigh out all dry ingredients and place into mixing bowl.
3. Peel and mash bananas with fork on a plate.
4. Weigh out all wet ingredients and place in second bowl, whisk together.
5. Combine wet with dry ingredients and add chocolate chips. Mix gently.
6. Place muffin cases into bun tray & spoon mixture evenly into cases.
7. Bake for 15 -20 minutes until well risen and golden brown. Place on a cooling rack.



SCHOOL LIFE

Clounagh's Fashion Week 2025! Who Wore It Best?

Last month, students cast their votes in a poll to decide who deserves the title of Most Fashionable Teacher.

After a close contest, two teachers stood out and claimed the top spots.

For the male category, Mr. Emerson impressed students with his sharp sense of style. Known for his crisp shirts, perfectly matched shoes, and excellent lab coat, he has become the go-to example of classroom chic.

Mr Emerson was followed closely in votes by Mr Carville, Mr Lennon and Mr Elliott.

In the female category, Mrs Walls took the crown. Students praised her ability to mix elegance with creativity, whether it's through her stylish accessories, modern outfits, or the effortless way she makes professional attire look runway-ready!

Runners up were Mrs McClelland, Mrs Gilchrist and Mrs Black.

The poll was lighthearted, but it highlighted something more important—fashion isn't just about clothes, it's about expressing personality.

Congratulations to our most fashionable teachers of the year!



A Day of Discovery: Enrichment Day Number 3!

October's Enrichment Day once again transformed our school into a hub of exploration, as students set aside their normal timetables to dive into new skills and experiences.

Clounagh students enjoyed a vibrant and engaging Enrichment Day packed with creativity, collaboration, and fun! From the Book Club and Journalism Club—busy crafting this issue of The Clounagh Chronicle—to the lively debates in Traitors Debate Club, the imagination on display in Jewellery Making, and the curiosity sparked in STEM Experiments, students truly shone across every activity.

The day offered something for everyone, with highlights including Board Games, an Egyptian Escape Room, Retro Gaming, Green Screen projects, Hair Tutorials, CPR Training, Multisports, and Baking.

Despite the threat of rain, nothing could dampen the enthusiasm of students and staff. Everyone got involved and made the most of each opportunity to learn, create, and connect.

Events like these remind us that learning extends far beyond the classroom—and that at Clounagh, there's always something new to discover!



SCHOOL LIFE



Hair at No.5: Tips, Tricks, and Talent

Enrichment Day at Clounagh took a stylish turn with the popular Hair at No.5 session!

Led by Mrs. Walls and Mrs. Gilchrist, the session saw a flurry of activity as students eagerly tried out new hairstyles and techniques.

The fun didn't stop with students—staff got involved too! Mr. Farr, Mrs. Vennard, and several others joined in, while Vice Principal, Mrs. Patterson, even jumped in to style some hair herself, adding an extra spark to the session.



SCHOOL LIFE

Meet the Dynamic Duo Behind the Scenes!

Behind every smooth-running school, there are staff members who keep things ticking—and at our school, two of them do it as a team, both at work and at home!

We sat down with Mrs Farr, Science Technician, and Mr Farr, Building Supervisor, a married couple who play key roles in keeping the science labs running and the school building in top shape.



Mr Farr:

Q: What does a typical day look like for you?

A: Opening up first thing in the morning, cleaning up, making repairs, doing tuck shop and locking up the school at the end of the day.



Q: What are some of the biggest challenges you face in your role?

A: I would say financial restraints and getting work done as budgets are tight at the minute.

Q: How has the school changed since you started working here?

A: There have been 3 extensions added, such as the Technology corridor, the Art room and the music corridor. Also ICT has been greatly improved.

Q: If you could have any superpower to help with your job, what would it be?

A: The ability to see into the future so I can see what's going to happen before it's going to happen.

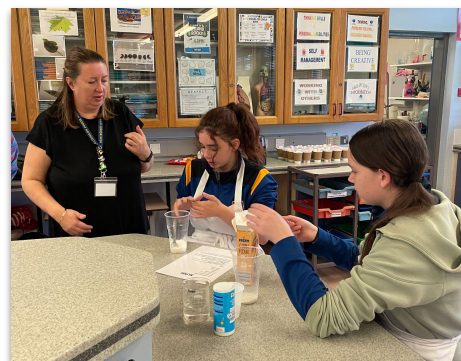
Mrs Farr:

Q: Can you describe what a typical day as a science technician looks like?

A: Extremely busy, always up and down the corridors because I have two classes up stairs and two downstairs. Everyday's different but it's always busy.

Q: What's the most complex or interesting experiment you've helped set up?

A: We did a marshmallow experiment with a really dangerous salt chemical that explodes when you put water in it.



Q: What do students or teachers often not realise about your job?

A: All the prep behind it and all the clean up like the heart dissections, I have to prepare the hearts and then when everyone is finished I have to go and clean up after everybody.

Q: What did you do before you were a Science Technician in Clounagh?

A: I was a swimming instructor and I still am, so I did that for about three years. I also taught a few people in school as well!

Q: Have you ever had a science experiment go wrong — and how did you handle it?

A: None, because I'm such a good science technician and always well prepped!

From science experiments to maintenance missions, these two prove that teamwork truly starts at home—and carries into the workplace.

SCHOOL LIFE

From Notes to Knowledge: Flashcards in Action

As exams approach, finding effective ways to revise is more important than ever. One popular method that students and staff are raving about is using flashcards.

Often students question teachers about why exams are so important. Mrs Patterson, Curriculum Vice Principal, explained, 'Exams are important because it gives us a measure of what's been learnt. It allows young people to show themselves in the best light and look and see how they are going to progress. It has to be a way we assess, you get a result and then we move on from there.'

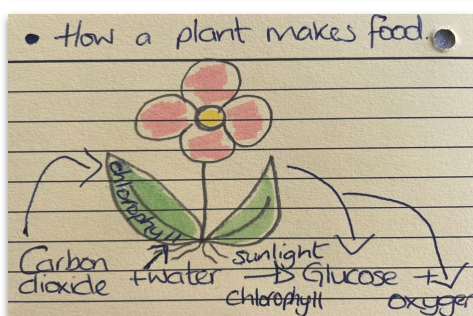
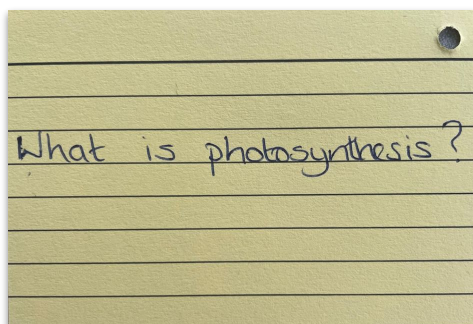


Mrs Patterson also mentioned the biggest mistakes students make in revision are 'Re-reading or highlighting, cramming, not taking anything in and going over what they already know instead of the difficult material.'

To help students with their revision, in September, Mrs Bridge led workshops on how to use Flashcards as a revision technique. Flashcards are small cards used to help you remember information. On one side, you write a question or

a keyword, on the other side you write the answer. They are a quick, hands on way to test your memory and to get key information into your head.

Many students find flashcards helpful because they turn revision into an interactive and active learning process. You can shuffle them, quiz yourself, or even test a friend, making study time more engaging. For example:



Mrs Bridge reported, 'Flashcards make revision really active, so that instead of just reading notes you quiz yourself and this helps your brain to remember things for longer. They are also great for spotting what you know well and what you need to work on. We even use the Traffic Light system in Clounagh so it's clear which information you know well and which you need to work on.'

In conclusion, flashcards are a simple yet powerful tool for revision. By promoting active recall and spaced repetition, they help students retain information



more effectively and boost confidence ahead of exams.

Whether used for vocabulary, formulas, or key concepts, incorporating flashcards into your study routine can transform learning from a passive task into an engaging, interactive preparation not only more efficient but also more rewarding.



SCHOOL LIFE

Teachers Turn Up the Volume: What's on Their Playlists?

Time for our teacher's Desert Island Discs! Ever wondered what's playing on your teachers' playlists? Here's a little insight...

Miss Gass

'My favourite song, it's kind of an old song so you might not know it, it's by Stevie Wonder and it's called **As**.'

Mrs McClelland

'My favourite song would have to be my first dance song as I've now been married for three years and the song was played at our wedding by Paramore and it is **You are the Only Exception** and I love it because it has sentimental value.'

Miss Calvert

'**Best Day of My Life** by American Authors and **Back To You** by Bryan Adams. Those are my two favourites of all time.'

Mrs Black

'**Joyride** by Roxette is my favourite song as it reminds me of my time at Junior High School. Whenever I hear it, it brings back happy memories of friends and fun moments, and the carefree atmosphere at that time in my life.'

Mrs Liggett

'I listen to lots of Christian worship music. My favourite right now is Charity Gale. She has a song called **Because of Jesus** as it is all about what God has done for us.'

Mr Elliott

'My favourite composer is someone called Johann Sebastian Bach and my favourite work of his is **Mass in B Minor** and it lasts about two hours long and to me it is

an amazing collection of the his compositional technique. I would take it to my Desert Island Discs!'

Mrs Bled

'My favourite song is **The Dance** by Garth Brooks. It's another lovey-dovey song!'

Mrs Gilchrist

'**Messy** by Olivia Dean because I love her music as it is very genuine and a mood boost on my way to school.'

Mrs Bridge

'I really love music at the moment and because I went to see him last summer, mine is an album called **Dear Life** by someone who you won't know, called David Gray. I love him because he's very chilled and helps me relax after a long day.'

Gourd-geous Creations Steal the Show!

Our annual Pumpkin Carving Competition lit up the halls again this October! Students showcased their creativity, turning ordinary pumpkins into extraordinary works of art.

After much deliberation (and a few jump scares), the judges finally agreed on this year's winners:

Year 8: Bethany H

Year 9: Eva S

Year 10: Rosie M

LSC: Maisy W

Staff: Miss Hendron

A huge thank you to everyone who took part — your imagination and effort made this year's event the best yet! We can't wait to see what you carve up next year!



SCHOOL LIFE

Leading the Way: Meet Our New Head Boy and Head Girl

We are excited to introduce Mary Jane D and James S, our new Head Girl and Head Boy! During Enrichment Day, we got the opportunity to find out a little bit more about them!

Head Boy, James S:

Q: Why did you want to be Head Boy?

A: I wanted to lead by example and be a positive role model to other students.

Q: What's a fun fact about you?

A: I am colour blind.

Q: Which teacher would you swap places with for a day?

A: Either one of the Mr Grahams, I would just love being involved with sports everyday.

Q: What do you love most about our school?

A: Clounagh is a caring community that believes

everyone matters and the staff are all great as well.

Q: If you could bring one thing into school everyday without judgement what would you bring?

A: I would have to say I would bring my slippers or my dressing gown!

Head Girl, Mary Jane D:

Q: Why did you want to be Head Girl?

A: What motivated me to run for head girl was to make a positive impact on the school and make the school the best that it can be.

Q: What do you love most about our school?

A: I love music and playing the trombone in the orchestra and singing in the choir.

Q: What advice would you give to younger students who want to take on leadership roles?

A: The advice I would give to younger students is to just do it

and don't care what other people have to say.

Q: What's a fun fact about you?

A: I shook the King's hand and met Harry Styles at Slane Castle.

Q: Does pineapple belong on pizza yes or no?

A: No, it does not belong on pizza!

Congratulations to our new leaders—we can't wait to see the positive impact they'll have on our school!



Top students Celebrate with Sweet Treats!

Congratulations to the top students in each form class, who were rewarded this week with an extended break filled with muffins, donuts, hot chocolate, and more, ran by Senior Prefects and the Pastoral Team.

Teachers give out Achievement Points for lots of different reasons including helping staff, high levels of effort, great participation and more!

This special treat recognised students who have gone above and beyond in their effort, attitude, and achievements in the first half term. Well done to all who earned their spot — your hard work truly deserves to be celebrated!



SCHOOL LIFE

Read This! Our Staff and Librarian's Go-To Books



Looking for your next great read? Our school librarian, Mrs Beggs, along with several staff members, shared their top book recommendations to inspire students to dive into something new.

Staff choices ranged widely—some recommended thought-provoking novels, while others suggested fast-paced adventures or inspiring nonfiction. The variety of titles shows that there's truly something for every type of reader.

Mrs Beggs:
'I love books like *The Boy in the Striped Pyjamas* and *Goodnight Mr Tom*. I like these books because they have a historical background like World War 2. Also, *The Age of Innocence* by Eddith Worton. It's a book about American society.'

Miss Gass:
'*The Boy, the Mole, the Fox and the Horse*. It's a children's book but I think it's very, very important for adults to read it too because it shows us all how important it is to be kind to everyone, be brave and be gentle with ourselves.'

Mrs Bled:
'*Jane Eyre* by Charlotte Bronte. I like it (and you're not going to like this answer) because it is a love story, it's romantic, and it has a happy ending...and I like happy endings!'

Miss Black:
'*Flowers in the Attic* by Virginia Andrews. It's the first in a series of books, and it's about four children who are locked in an attic by their grandmother...'

Mrs McClelland:
'*Little Women*' because it's about girls and I absolutely love it. They're all sisters and all have different paths in life.'

Miss Calvert:
'*The Harry Potter* series is my favourite series but my all time favourite is *The Goblet Of Fire*, because I really love the idea of the school games and challenges. Also finding out who the school champion is mainly because I am competitive.'

Mrs Vennard:
'I love *The Book Thief* and *Orphan Monster Spy*. They are both about growing up during wars and how young people manage challenges. I also love *Pride and Prejudice* and always come back to read it!'

Students are encouraged to check out these recommendations in the library or explore them online.

Whether you enjoy mystery, fantasy, history, or real-life stories, the staff's book list is a reminder that reading can open doors to new ideas and adventures.

SPORTS NEWS

Coach's Corner: Guiding Students On and Off The Pitch

In this issue of Coach's Corner, we're highlighting Mrs Sutton, our girls' P.E. teacher, hockey coach, Pastoral Senior Teacher and more!

Growing up in a sporty family, it was perhaps inevitable that Mrs Sutton would develop a passion for sports. With a father working at a leisure centre, she was introduced to swimming at a young age, setting the stage for a lifelong involvement in sport.

'When it comes to participating in sports personally, swimming takes the top spot. It's very relaxing,' explained Mrs Sutton in our recent interview.



With many years of playing experience, she now shares her knowledge and love of the game with students, bringing energy and enthusiasm to every training session.

For Mrs Sutton, coaching is about more than just technique—it's about watching people grow.

She loves seeing students improve their skills, have fun, and form friendships along the way.

A typical day for Mrs Sutton is a balancing act between pastoral responsibilities, teaching P.E., and coaching in the afternoons. During school hours, she can be found between the Pastoral Hub, overseeing P.E., and organising sports fixtures, all while supporting students with pastoral concerns.

Beyond the regular school timetable, Mrs Sutton plays a key role in organising house competitions, leading the ski trip, and coordinating Sports Day.

These events, which bring the whole school community together, are highlights of the year and showcase her dedication to creating opportunities for students to engage, compete, and celebrate their achievements.



This enthusiasm extends beyond the school walls; outside of work, she swims competitively for South Lakes Masters and coaches under-11 hockey at Lurgan Ladies.



WELL BEING CORNER



A Splash of Gratitude!

This issue's wellbeing corner invites you to relax and get creative with our Thanksgiving-themed colouring!

While colouring, take a moment to reflect on gratitude—at this time of year, families in the U.S. come together to give thanks for what they have and share a festive meal.

What do you have to be thankful for?

A School-Wide Effort: Students Power the Latest Chronicle

The newest issue of The Clounagh Chronicle is a true team effort, with over 70 students contributing their skills in writing, interviewing, and photography. From planning feature articles to capturing stunning images, our students have brought a wide range of talents together.

Students took the lead in interviewing staff and peers. Meanwhile, budding photographers worked to capture the perfect shots.

Thank you to every student and staff member who contributed to this issue of The Clounagh Chronicle!

