

Communicative

An online production



SUMMER EDITION 2020 ISSUE 58
NEWSLETTER OF OUR LADY AND ST PATRICK'S COLLEGE, KNOCK



IMPORTANT DATES

Please note all dates are subject to change.

Year 13 Induction Day
Friday 21 August 2020

Year 12/14 Induction Day
Monday 24 August 2020

Years 8,10 and 11
Tuesday 1 September 2020

Years 8 and 9
Wednesday 2 September 2020

School for all groups
Thursday 3 September 2020

Summer 2020 Exam Results

In accordance new JCQ procedures, exam results will NOT be posted to arrive on Results Day.

Results can be collected from the College after 9am on the morning of:

GCE (AS/A2) Thursday 13th August

GCSE Thursday 20th August

Unfortunately, the College is unable to issue Telephone Results or Email Results.

Please see our College website for more details.



OUR LADY AND ST. PATRICK'S COLLEGE, KNOCK
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College Twitter Accounts

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General

@OLSPCKCareers
Careers

@OlspscD
Drama

@OlspscG
Geography

@HeOlspsc
HE Department

@OLSPCKLanguages
Languages

@OLSPC
Sports

@OlspscU
UN Young Ambassador

**TRÓCAIRE
LENTEN
CAMPAIGN**

Many thanks to all who contributed and worked so hard to raise the tremendous sum of:

£5782



Front cover designed by Aodhan Kelly. Art and Design students in Years 8, 9 and 10 were asked to look up the work of Loui Jover as one of their assignments. Jover takes images of famous people and breaks them apart, before adding in shapes, collage elements, text and other patterns. Pupils were asked to use Jover's process to create an unusual fragmented portrait of someone in their family. Some of our family members look a little different but fabulous all the same! Wonderful work and creativity. Well done Year 8, 9 and 10! Mrs Murray





I also look forward to seeing the final contents of Knock Under Lockdown - An Anthology which will reflect our experiences during this period. It is strange to think that we are living through a time which History students will undoubtedly study in the future.

Dear Students, Parents and Staff,

It is my sincere hope that this will be the only time that I write for Communiqué in the midst of a global pandemic. In my free time, I occasionally dip into American television series which, in the most dramatic episodes, focus on a threat to an entire city. They usually show a hero investigator saving the day, conveniently accompanied by a scientist who just happens to have an effective antibody, and everyone is safe by the end of a 60-minute episode. As we began 2020, at no stage did I ever imagine that the world would be in lockdown and that our College community would be separated so abruptly from each other, and for such a long period of time. Today, however, I wish to focus on some of the positives of lockdown since our students and staff embarked on remote learning on 23rd March 2020.

First and foremost, I commend our dedicated students and talented staff, both teaching and non-teaching, for their commitment and positive, 'can do' attitude over the past three months. Adapting to remote learning on a digital platform has been exceptionally demanding with new skills being learnt every day. Students and staff rose to the challenge practically overnight to ensure that learning continued seamlessly from home. Our students exhibited tremendous resilience and independence in their learning and I know I speak for all the staff when I say that we are exceptionally proud of the students of Knock. Staff volunteers also ensured that the College remained open every day to support our key worker parents, mindful of our Mission Statement to be 'of service to others' as they, in turn, served our communities with such dignity and courage.

Secondly, the creativity and innovation in our College community were perhaps the most unexpected positives of this enforced isolation. This ranged from a Virtual Choir technically arranged by Elroy Parackal in Year 8 and a Virtual Sports Day which was, I am told, the most competitive one to date. Our Head Team set aside any stage fright and valiantly performed a remote Head Team dance to raise €3,737 for Trócaire. I also look forward to seeing the final contents of Knock Under Lockdown - An Anthology which will reflect our experiences during this period. It is strange to think that we are living through a time which History students will undoubtedly study in the future.

Finally, as we wait patiently for school life to return to normality, I am reminded of the words of St Teresa of Avila: "All things pass. God does not change. Patience achieves everything." The College is exceptionally quiet and our students are very much missed. With patience, therefore, I look forward to welcoming everyone back to Knock in the new academic year.

My very best wishes to you, your families and your friends for a healthy, refreshing summer break.

Deborah McLaughlin

Miss Deborah McLaughlin
Principal

The Principal's Address



Miss McLaughlin with Francesca Wilson who was awarded the 2019 Hans Sloane and Sloane McClay Awards



Duke of Edinburgh Training

Password Advice

If users need to reset their password from outside school, and they know their previous password, this can be done via the following link: <https://services.c2kni.net/ums/>

Users will be asked to provide their account information and security verification as per the screenshot below.

The new password will have a lifecycle of 120 days.

If you forget your C2K password:

If a pupil's password expires and they don't remember their password, in the first instance they should contact a technician or teacher in their school. They will be able to reset the pupil's password for them.

In circumstances where they are unable to contact their school, please ask a parent or guardian to email resetmypassword@c2kni.org.uk and provide the following information:

- Student First Name and Surname
- Student Date of Birth
- Student Username
- Name of School
- School Address

When EA staff make contact, the parent/guardian will be asked to provide some other details to verify the pupil's identity: The member of C2k staff will check the details provided against the records held in the school and once verified, will reset the pupil's password.





Extending Learning Beyond the Classroom



Note: As part of a planning process for the new academic year parents have been asked to feedback on device access and to comment on any challenges experienced by students in the context of remote learning –see email sent by Ms G.McCarthy, June 16, 2020.

OLSPCK staff and students deserve HUGE credit for the incredible efforts they have made to learn new IT skills in a very short space of time, with very little warning or chance for preparation.

I would imagine that most students hadn't even heard of Microsoft Teams before March of this year and, by the end of this academic year, we will have used it on a daily basis for almost 4 months.

Teachers and students have been using Microsoft Teams, and other O365 apps to allow the successful continuation of teaching and learning for all classes.

Well done all staff and students!



Reminder: With more time being spent online, it is more important that students know how to stay safe online. Download the Safer Schools App NOW, available from the App Store and Google Play.

SAFER SCHOOLS

**The Department of Education
Northern Ireland Safer Schools App**
Supporting parents and carers to keep the children in their care safer online.

Educate • Empower • Protect

Parents / Carers - Primary

Download the Safer Schools App for free today and log in using the QR code

Parents / Carers - Secondary

www.oursaferschools.co.uk/ni



Washington D.C February 2020

Ms Mc Girr.

In February 2020, 14 students from year 12-14 departed on the long journey to Washington D.C. We had four fantastic days in this city taking in all the History and culture. With very little sleep and a lot of walking, we made sure to fit in as much as possible. From the White House on one end of Pennsylvania Avenue to the Capitol on the other and everything else in between. We embraced the American cuisine to the max in restaurants like Hard Rock Café and indulged in waffles for breakfast every morning. The highlight of the trip for us all was the historical and political tours by the best tour guide in town, John. Our feet were extremely sore at the end of the day but its true what they say, Washington D.C is best seen on foot. With all the different Smithsonian museums, the White House, sightings of President Trump, Arlington Cemetery, War memorials, Lincoln memorial, Georgetown, Capitol Hill to name a few, we had the most memorable time and one that I personally will never forget. The 14 students on the trip were a credit to the College and on numerous occasions, comments were passed to myself, Ms Collins and Mr Boyle about how well-mannered and mature our students were. I cannot wait to organise another international trip and hopefully in the not too distant future.



Finland - 2020

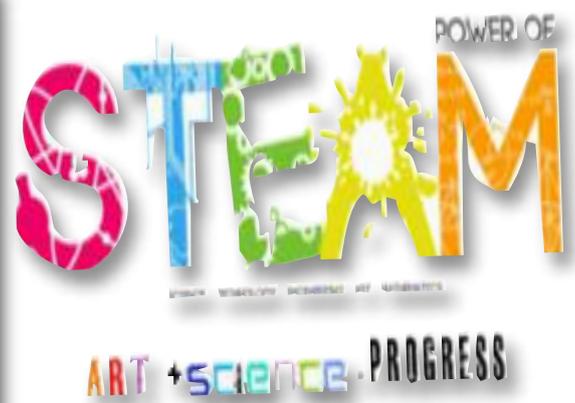




NEUROIMMUNOLOGY



A big thank you to Marie Dittmer (PDRF) and Katie Moyne (PhD student) from Queens University Belfast who gave a presentation to Year 14 Biology students on neuroimmunology and the role of T cells in CNS remyelination. A great presentation and insight into the world of research.



Great excitement for our Year 8 students who were up close and personal with the weird and wonderful animals from around the World. Many thanks to Mantella, environmental education service for the great wildlife talk and the Interactive Animal Encounters!

All Year 9 students took part in the annual STEAM quiz, an absolutely amazing morning infusing the Science, Maths, Art and Technology departments. The lucky winners were awarded Easter eggs. A big thank you to our Senior students who helped run the event checking answers, tallying the marks and distributing prizes. #teamknock



Artworks Recreated with Household Items by Creative Geniuses

Get creative with items on hand!

The Art department issued a playful task through the daily challenges sent out by Ms McCarthy. The challenge was to re-create a famous piece art using objects lying around home. The challenge was inspired by the Rijksmuseum in Amsterdam and a brilliant Instagram account called Between Art and Quarantine. We've been delighted by countless creative interpretations of iconic artworks.



The students re-created Jeff Koons using balloons, restaged Jacques-Louis David with a fleece blanket and duct tape, and made costumes out of towels, pillows, scarves, shower caps, coffee filters, bubble wrap, and—of course—toilet paper and toilet rolls.

A warm thank you to all of you who sent in their photos; they've been a bright spot for us during this tough time, and we hope for you as well.



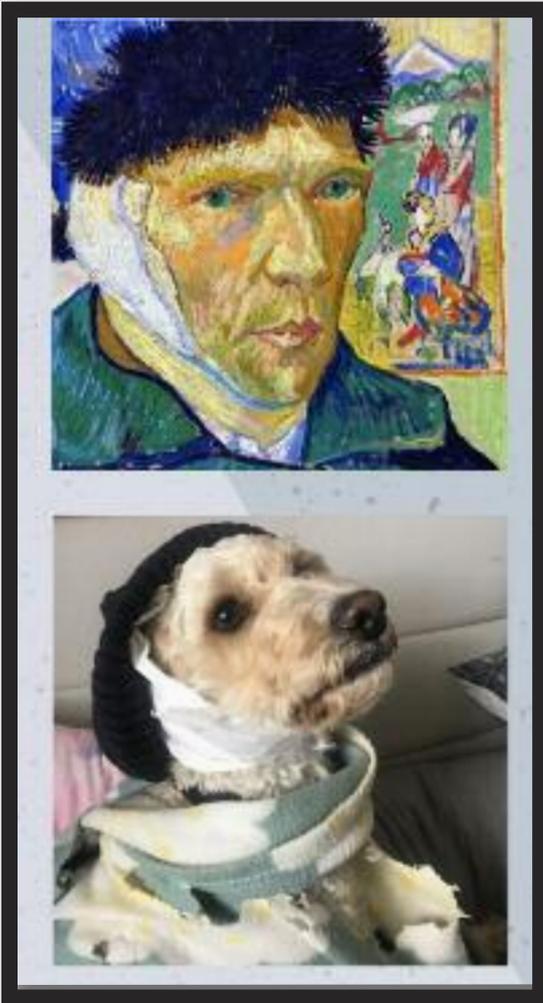
Below, a roundup of just a few of the ingenious and hilarious re-creations of art from famous works of art. If you haven't done the challenge yet, we hope they provide some inspiration for your own creation!

Mrs Murray











A Fond Farewell.....



Mr Seán Hyland (College Bursar)

Most of our students, past and present, will be unaware of the influence that Sean has had on their lives in his role as College Bursar for the last 22 years. They may have seen him supervising Junior football games on the 3G pitch or passed him in the corridor on their way to class, perhaps not even knowing who he was. The Head Boy and Girl Team will certainly be more familiar with him through their trips to the Bursar's Office to negotiate the annual order of 'Leavers Hoodies'. To put it simply, Sean is responsible for the College's finances, a role which impacts greatly on students and staff alike. He played a key role in the development of our College buildings and surrounding grounds, and it is a legacy that will be enjoyed by future generations of staff and students. Whether it's employing a new teacher or cleaner, converting a classroom into a computer room or hiring a bus to travel to a sports fixture, Sean will be at the heart of the decision-making. It is perhaps something that we have taken for granted, but Miss McLaughlin and three of our former Principals, along with our Governors,

have always been able to sleep well knowing that the College budget was in Sean's safe hands. He 'always' gets value for money and having listened to him negotiating over the cost of hand sanitiser, you can only but feel sympathy for the poor individual on the other end of the phone!

However, you will be glad to know that on a personal level Sean is a big-hearted, generous individual, who always puts the interests of our students above those of any other group. The maintenance of a high quality learning environment for students was consistently Sean's top priority, and he ensured that our finances were well deployed in often challenging economic circumstances. He has a great sense of humour, coupled with a 'can do' attitude, which is a good combination when you are grappling with difficult issues.

Outside of work and family, football has always been Sean's enduring passion. Unfortunately, he is an Evertonian and his long suffering has been exacerbated by the success of the 'other team' in the city. He claims to be a talented two-footed footballer, and there may be some truth to that, though nobody can really remember! Many of you will have noticed that irrespective of what is happening in the world, the College never closes on Fridays until 7.00pm. I can now reveal that the sole reason for this is to accommodate Sean and his 'legends of the game' five-a-side football matches in our Sports Hall. As a precursor to this weekly event, and ever the professional, Sean often calls upon a reluctant Mr McCormick to engage in an impromptu warm-up game outside his office! In a former life Sean was also a guitarist in a rock band and he enjoys nothing better than attending a Foo Fighters' concert, where perhaps he can reminisce about how different working life could have been!

We will miss Sean as he escapes full-time work but know that some of us will still see him, every Friday, at those five-a-side football matches. We wish him good health and happiness in his retirement and hope that he will enjoy his new-found freedom with more regular trips to Ballycastle, in the company of his wife Yvonne and children Kristina and Ciaran.

Paul McCormick (Vice Principal)

Tara O'Connor (Finance and Examinations Manager)



Video Conference with the Minister for Education

On Tuesday 26th May I got the opportunity to join a zoom press conference with Peter Weir and seven other students from schools across the country. The press conference was chaired by BBC political reporter Jayne McCormack. We asked Mr Weir questions on a range of issues such as exams, mental health, transport and Covid-19's impact on our education. Although many of the issues still had to be resolved, it was a great opportunity to find out more about what we can expect in the year to come.

Olivia Knight



Year 8 Innovative Design Work

During the period of Lockdown and remote learning, the Technology and Design Department set a series of Tasks, one being a Design and Make challenge. Students had to design and make a prototype/model that solves a problem they have encountered in a living/learning/working space. Conor Quinn Moran produced a very innovative design which answered a real world, pertinent, current issue – personal protection equipment. Well done, Conor, for your resourcefulness and design flair

Mr H Austin



Cooking our way through the crisis



Whilst the lockdown has been difficult for us all to adjust to, it has provided us with the opportunity and time to rediscover many skills and develop a new appreciation for home cooked food. Strong bread flour, yeast and baking powder seemed to be like gold dust and if you were lucky enough to have these precious commodities at home, baking was most likely to be on your agenda during the lockdown.

As some of us were craving the usual weekend takeaway, we had to adapt, and many people realised that home cooked foods were healthier, cheaper and tastier than shop bought alternatives. People also began to realise how enjoyable the process of cooking can be, and the sense of personal achievement gained by creating meals from scratch. Social media was flooded with different variations of banana bread or how to create your own starter culture for Sourdough. Baking was uniting people across the internet who were proudly

displaying their baking skills and the students of Knock were no exception. The Home Economics Department in Knock was delighted to see how our students used some of their time during the lockdown to enhance and develop their practical skills. Students were very keen to demonstrate how they made some challenging recipes ranging from scones, yeast breads, cakes to savoury dishes such as homemade fish and chips, pizzas and curry. The lockdown has reignited a passion for home cooked food and locally sourced produce and we hope to continue building on this with students on their return to the College. As the lockdown eases, we want students to remember the positive cooking experiences that they had during their time at home and continue trying new recipes and developing their skills. We look forward to welcoming all our Home Economics students back to the Department in the new academic year.



A fond farewell.....

Dr James McAuley

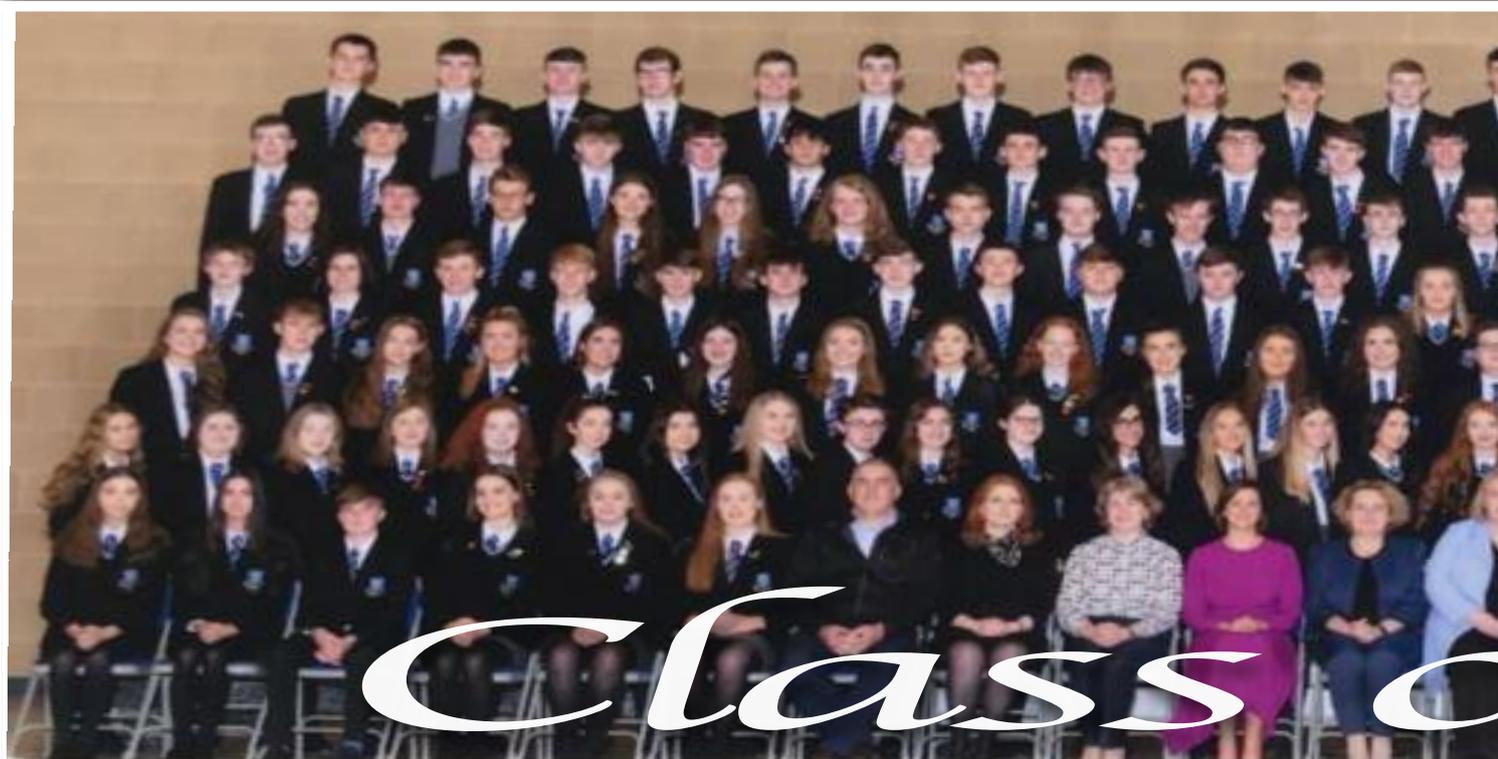
The Mathematics Department are bidding farewell and sending our very best wishes to Dr McAuley as he takes up a new teaching position in August 2020.

Since his appointment in 2009, Dr McAuley has been steadfast in his effective delivery of Mathematics. His students have benefitted from his thorough subject knowledge and his passion for learning. It is within Junior Mathematics that Dr McAuley leaves a lasting impact. Since taking up this area of responsibility in 2015, he has been instrumental in revising our resources to ensure our students not only develop skills but also apply them to problems.

As our colleague, we will miss his attention to detail, his ICT shortcuts and his discussion in our decision making.

The moments that will form a lasting memory are the lunchtimes when students from our St Vincent de Paul Society meet in 1Ma2. Dr McAuley's commitment, encouragement and enthusiasm have shown our students how people from all walks of life can make a difference in the lives of people in need.

We extend our thanks, congratulations and happiness to Dr McAuley and his family as he departs and hope that our paths cross again soon.



Back row (L-R)- Josh Gray, Paul Bradley, Patrick Broderick, David Toner, Connor Morgan, Rory Curley, Matthew Clayton, Connor Mackey, Christopher Hannawin, Jacob McDonnell, Jack Rylands, Joshua McGreevy, Owen McDermott, Jude Lynam, Jack Murphy, Patrick Magee, Ciaran McMullan, Liam Hogan, Conall O'Hare, Louis Orr, Patrick Rafferty, Patrick Devlin, Patrick McKay, Rory Smith, Hamill
Cara McCoy, Cian McDonnell, Konrad Majewski, Maria McCann, Hollie Clague, Kiera Hanson, Christopher G Magee, Nathan O'Keeffe, Roan McGeough, Oliver Corrigan, Paul McCloskey, Jack M
Matthew Carville, Aoife Bell, Ronan McElroy, Eoin Brown, Tiernan Byrne, Matthew McGuigan, Ronan Agnew, Patrick Doran, Thomas Carson, Luke Naylor, Jack McCoy, Aoibhinn Brentnall, Niamh
Anna Clarke, Sean Smith, Claire Wightman, Aine Gormley, Ella Wilson, Aoife Weir, Faye Purdy, Cara Dorman, Orla McGinnity, Sarah Jennings, Anna Fox, Katie McConnell, Christopher B Magee,
Eva McStay, Clodagh Walsh, Lauren Campbell, Colleen Healy, Kate Greene, Lucy Kearney, Molly Naish, Hollie McHugh, Padraig Shearer, Sarah Leonard, Sally McGee, Amani Alabbasi, Abigail L
Saorla White, Catherine Doherty, Daisy Dynan, Niamh Dawson, Meghan Ennis, Emma Savage, Anna Clifford
Anya Farley, Riley Napier, James Hamill, Orna Kelly, Hannah Toner, Fionnuala Murtagh, (Mr Murray, Ms Fitzgerald, Mrs O'Hare, Mrs McCarry, Ms McCarthy, Miss McLaughlin, Mr McCormick, Mrs



Teresa Fullan

The Business Studies Department wish a fond farewell to our esteemed colleague and friend, Teresa Fullan. Teresa joined the College in 2001, initially as an Economics and Business Studies teacher. She is a talented teacher with a plethora of skills and over the years was also able to provide assistance to both the History and Mathematics Departments.

Our Department benefitted greatly from Teresa's leadership, as Head of Department, between 2007 and 2010. She was a wise and thoughtful influencer, who led the team to achieve great success at GCSE and GCE levels. She produced wonderful resources and contributed fully to the Department, which was pivotal to the results of the most recent Kirkland Rowell survey where Business Studies was awarded the 'gold standard' by both parents and students.

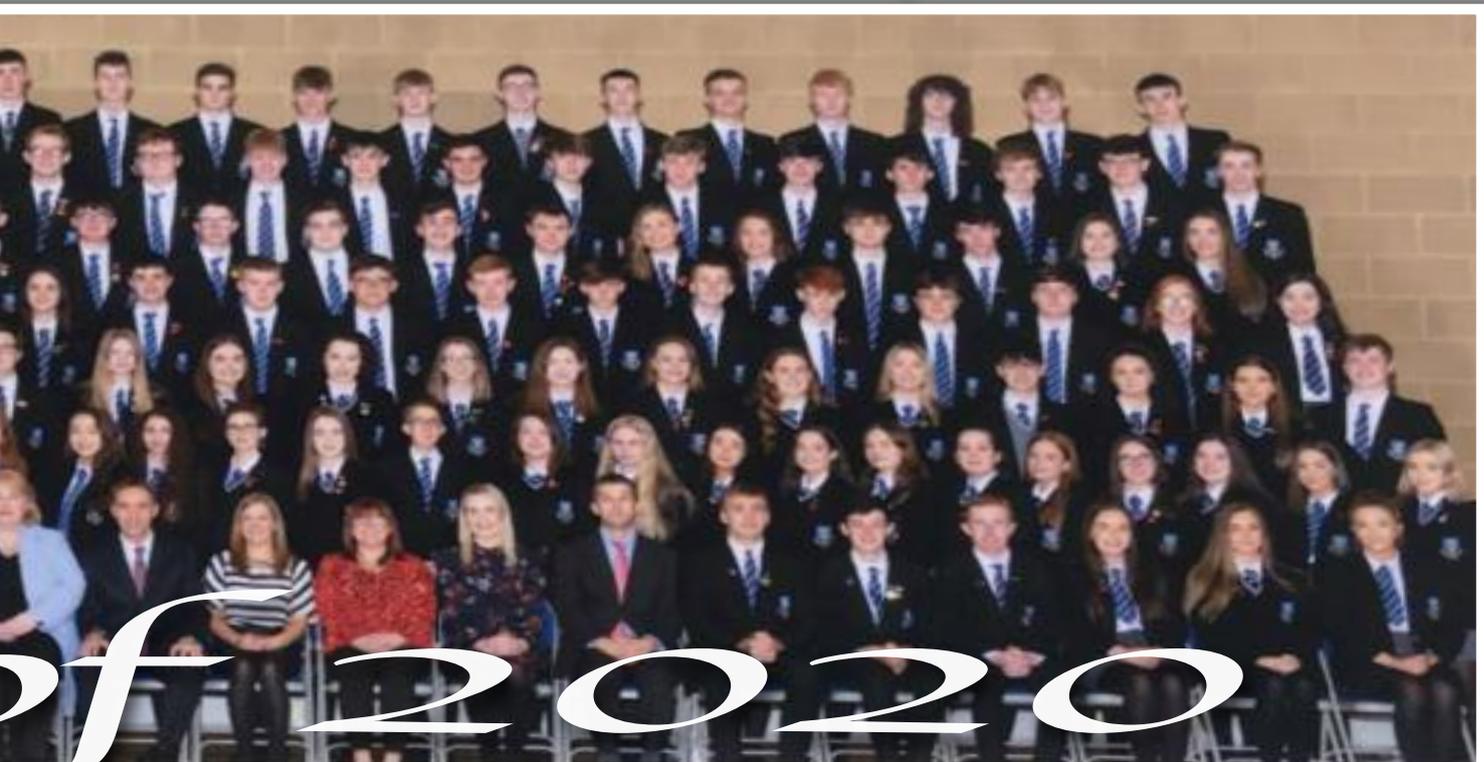
Teresa has taught countless pupils over the years. Her students admired her contagious passion for business. She was a fountain of knowledge and with her calm and caring disposition, Teresa provided every student with a never-ending love for the subject. We have many entrepreneurs who would insist that their drive for success was ignited in their GCSE or GCE class with Ms Carney/ Mrs Fullan.

Teresa was also a tutor for fourteen years bringing two lucky groups through the College. It is without a doubt that she was their role model, offering support to each and every one of her students.

As Business Studies teachers we promote: the entrepreneurial spirit of risk taking; seamless management of change and the benefits of making informed choices, all of which Teresa has demonstrated, at this crossroads in her life, by choosing to devote her time to supporting and developing her own family business and to caring for her own precious family.

Finally, we thank Teresa for all her everlasting contributions to our Department and we wish the Fullan family and family business – health, happiness and prosperity both now and in the future.

From all your friends in the Business Studies Department



James McKenna, Finley McGrath, Conor Slevin, Callum McCabe, Liam Kerr, Gavin Kearney, Ethan McDonald, Joshua Knight, Peter Walsh, Luka Maxwell, Sean Hughes, Jamie Davidson, Jamie McConville, Joseph McGrath, James Humphries, James McNamee, Kian Anderson, Peter Megarity, Oliver Heneghan, Jack McKinnell, Thomas McDevitt, Shane

McGoldrick, Fionn McArdle, Luke Butterfield, Eoin McGeown, Leo McMahon, Conor Doherty, Sinead Lavery, Orlagh Blaney, Shay Campbell, Joseph Tunney, Maeve Crosbie, Molly Dorrian, Matthew O'Leary, Adam Killough, Matthew Thompson, Eoin Haigney, Ben Tweedy, Tiarnan Duffy, Conall McGettigan, Conlaith Sweeney, Lorcan McGuirk, Anna McKee, Erin Rogan, Lauren Herley, Aisling O'Hare, Erin Nelson, Aine Devlin, Ciara Janes, Beth Brennan, Clíodhna Kane, Laura Foy, Ryan Black, Louise O'Dowd, Eve Elliott, Mel Lavery, Molly Lyons, Jodie Ward, Katie McCaughey, Laura McGurk, Laura McWilliams, Elise Blythin, Aine McCreanor, Toby Demeuldre, Ellie Diamond, Ellie Shaw, Elen Magee, Carla Dynan,

McCausland, Mrs Wilson, Mrs Morgan, Mr McGrath, Oran O'Neill, Eoin McGleenon, Oran O'Connor, Katie Edgar, Amy Radcliffe, Jessica Matchett



 **THAN**

A big thank you to all key and frontline staff who help keep us all safe. Some of you, of whom we owe you and your colleagues such an enormous debt, please do not forget your bravery and contributions to our school. Your families and loved ones stay safe. Thank you to all the pupils who made a difference during this time.





THANK YOU 

Health workers, who helped and continue to help us through this course, are past pupils of OLSPCK. We owe an immense debt of gratitude and will never forget you through this time. We hope all of you and your families are well. Here are just a few of our past pupils who helped during the Covid 19 pandemic.





PTA Update



As we come to the end of the school year, we wish to thank all the parents and teachers who continue to support the PTA fundraising events. The PTA programme for 2019/2020 got off to a great start in October with the Ladies' Lunch in Belvoir Golf Club which was a sellout! Over 130 parents and friends of the College enjoyed a leisurely lunch followed by a fashion show presented by the Barn Owl Boutique, Saintfield, and raised over £2200. Sadly, our fundraising efforts came to an abrupt halt in the spring term due to the Coronavirus crisis. The Family 5K Fun Run & Walk at Let's Go Hydro scheduled to take place at the end of March had to be postponed at the last minute and the Spring Draw planned for April was cancelled. However, we are optimistic that both fundraisers will take place during the next academic year. Furthermore, 'OLSPCK Does Strictly', which promised to be the social and fundraising event of the year, will not take place in November 2020 as originally planned, but hopefully will take place in November 2021, so keep dancing!

PTA continues to support College Life

In 2019/2020 the PTA approved funding of over £ 8000 for projects such as:

- 'Laugh in the Face of Exams' workshops for all Year 12 and Year 14 students by Ben Best from 'Tree of Knowledge'
- Irish News - Young Readers' Project
- Down and Connor Folk Group workshops
- 30 Atlases for the Geography Department
- Equipment for 'Engages All' Intergenerational Project with Kirk House
- 12 new colorimeters for the Biology Department
- Equipment for new Technology & Design Lunch Club
- Servicing of sewing machines and purchase of textiles for the Art department
- A camcorder for the Drama department to record GCSE and A Level performances
- Book stands for the English department

Recycling

Through our recycling initiatives we aim to help the environment and demonstrate social responsibility.



Uniforms

We now have an extensive stock of uniform which is overseen by senior teacher, Ms Michaela Collins. Many items are new or nearly new and all donations ("any reasonable offer") go to PTA funds. If you are interested, please enquire at Reception.

Mobile Phones

The mobile phone initiative was introduced this year by the PTA and managed by the Justice Group, whose members are passionate about environmental issues. Donating old phones which are no longer used, means the precious metals inside the phones are salvaged and the money raised goes to PTA funds. We hope this will be an annual collection.



Get Involved in the PTA

Come along to our events as this is a great opportunity to meet new people and to raise funds to enhance the educational experience of the students. We always welcome new PTA Committee members or volunteers to help with tickets sales or donating prizes. If you are interested, please email us at knockpta@gmail.com.

PTA Events 2020/2021

Keep up to date with future events through the College website and the OLSPCK PTA Facebook page.

OLSPCK PTA



NUMΣR4CY

Mrs C O'Callaghan

UKMT Competition Success

Congratulations to the many students who gained Gold, Silver and Bronze certificates in the Senior and Intermediate Maths Challenges this year. A special word of congratulations must go to the following students:



Christopher Hannawin Best in Year 14
 Adam Magee Best in Year 13
 Zoe Reilly Best in Year 12

Due to Zoe's high score in the Intermediate challenge she also qualified for the prestigious Intermediate Kangaroo Competition. Unfortunately, due to Covid – 19 restrictions, this competition did not go ahead.

Junior Team Challenge



Congratulations to Aimee Hassard 9¹, Veronica McDonnell 10⁴, Bryan Shiju 10³ and Ben Teggart 9⁴, who represented the College at the UKMT Junior Team Challenge in St Malachy's College, Belfast on 6th March.

Junior Challenge

The Junior Challenge moved online this year due to school closure. Twenty Year 8 and 9 students sat the exam on Tuesday 16th June and their results will be available mid-July.

Financial Capability

During lockdown, Year 8 students were learning about Finance as part of their Maths lessons. They investigated different types of credit and debit cards and the differences between these cards. Here are some of the posters they produced.



World Pi Day



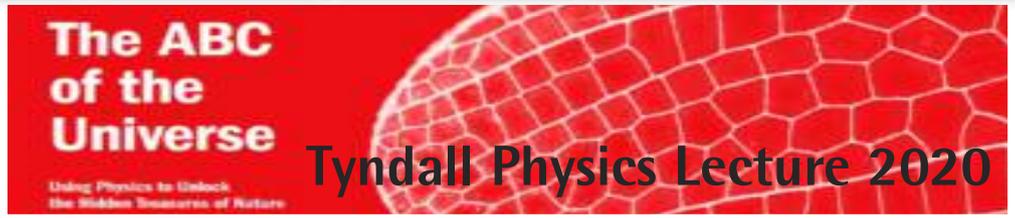
To celebrate World Pi Day on 14th March and to promote Numeracy across the curriculum, the Art department worked with Year 8 students to create 'Pi Skylines'.



WILD, WACKY AND CREATIVE

Mrs Murray

Year 8, 9 and 10 Art and Design students were asked to complete 30 drawings using a variety of materials on a small piece of paper measuring 5cm x 5cm. They were asked to be as wild, wacky and as creative as they wanted. As well as being as detailed and accurate as possible. Here are the results and I think you will agree lockdown has produced some brilliant artists!



On Wednesday 5th February 2019, Year 13 Physics pupils

attended the annual Tyndall lecture on The ABC of the Universe - Using Physics to Unlock the Hidden Treasures of Nature, at Queen's University Belfast.

The 2020 Tyndall lecture was an invitation to view the universe based on a model with just three particles and four forces, and it was most certainly a large, attentive audience in attendance.

The speaker, Dr. Liz Conlon, holds an honours degree in Physics and a PhD in Astrophysics from Queen's University Belfast. She spent years researching the Sun and hot, blue stars and specialised in a rare group of pre-planetary nebula stars.

In 1996 Liz developed a Schools' Internet Centre at the Armagh Planetarium allowing school pupils to carry out research on real observational data from large international telescopes. In 2014 she helped to set up the very successful NI Science Festival, which has become one of the largest science festivals in Europe. Liz has supported physics throughout Ireland as an Education and Outreach Advisor to the Institute of Physics in Ireland and is now a freelance Physics communicator.

The talk introduced the audience to the Physics 'language'



of the Universe using 3 letters (tiny particles - Electrons, Up quarks, Down quarks) and four rules (force fields - the Strong Nuclear, Electromagnetic, Weak Nuclear, Gravity - known as the Standard Model. Dr Conlon explained each force in everyday terms and pupils had the opportunity to interact and find how improbable the actual collisions that happen at CERN are.

Physicists have the privilege to delve deeply into nature and, from the observations of those complexities, derive a simplicity

that humans can utilise to make their lives better and easier. Each pupil used diffraction glasses to investigate a white light source, observing all the wavelengths of light that the human retina is sensitive to, this same technique is used in large telescopes looking to the edge of the Universe. We examined the role of gravity, holding the Solar System together, and how gravitational waves, first observed in 2015, as ripples in spacetime, provide a new way of 'seeing' the Universe.

Physics research leads to advances across Medicine, Biology, Chemistry, Materials Science, Computer Science, Environmental Science and much more. Liz led us through many of those doorways, making us all think about the impact Physics has on the development of different technologies. Feedback was very positive and pupils thoroughly enjoyed the experience.

Miss Duffy



SKI TRIP 2020 - Italy



From Knock to NASA – Physics takes you there!!

After finishing his A levels here in the College in 2010, Sean Mulholland studied Physical Natural Sciences at Queens' College, Cambridge. Having completed his MSci, he started a DPhil in Atomic and Laser Physics with the University of Oxford and National Physical Laboratory (NPL). His DPhil project was based on developing a compact atomic clock that would be used for GPS-free navigation. Sean was then employed by NPL, and continued his research in atomic clocks and applications. As the UK's National Measurement Institute, NPL develops and maintains the national primary measurement standards. From new antibiotics for tackling resistance, and more effective cancer treatments, to dealing with un-hackable quantum communications and superfast 5G, all of these technological advances must be built on a foundation of reliable measurement to succeed.

In 2019, Sean won a competitive NASA Postdoctoral Fellowship to work on his proposal for a miniature space optical atomic clock, and is now based in the Quantum Technologies group at the NASA Jet Propulsion Laboratory in Pasadena, California. His research group is running the



Cold Atom Laboratory on the ISS.

He continues to keep in touch with Ms Duffy and the Physics department and has returned to enthuse Physics pupils and keeps us up to date with his latest endeavours.

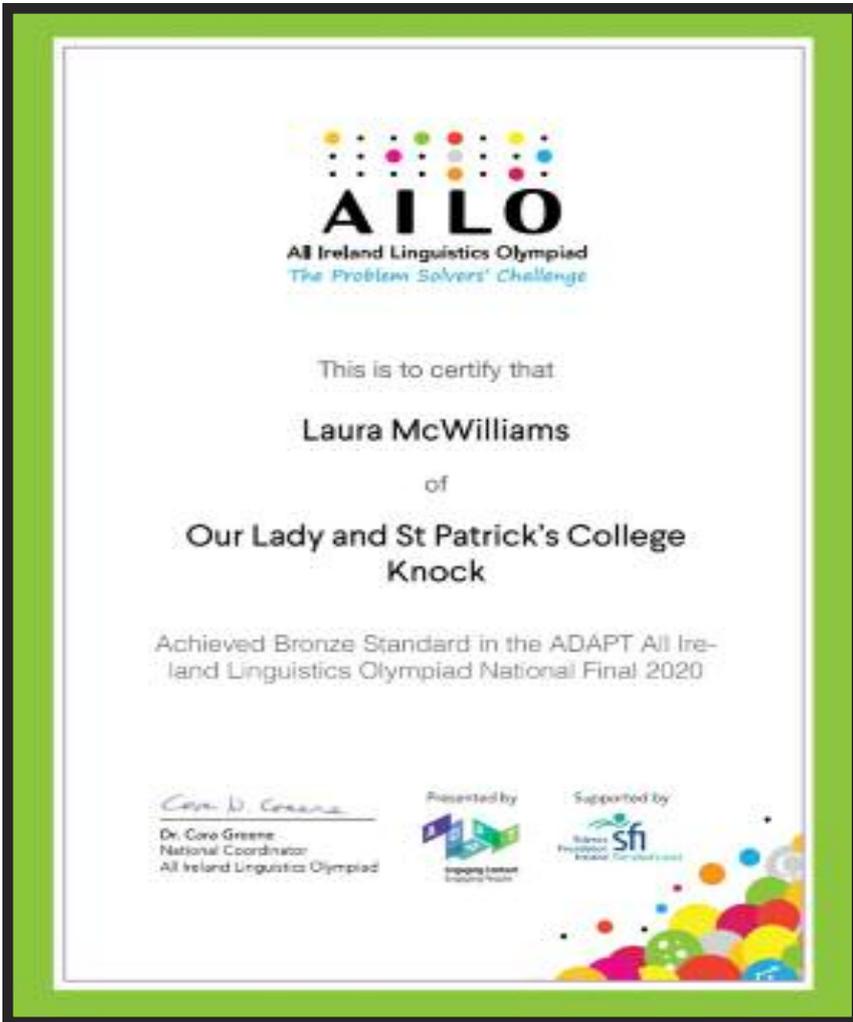
We wish Sean every success in his career and congratulations on his recent wedding.

ALUMNI - SEAN MULHOLLAND



Linguistic Olympiad Success

MRS S CAUGHEY



Congratulations to Laura McWilliams (Year 14 Spanish student) who participated in the All-Ireland Linguistics Olympiad Final and was awarded Bronze Standard! It has been a great year for Laura as she also participated in the NI Spanish debates and was awarded Best Speaker in her debate. ¡Laura, estamos muy orgullosos de ti!



Spanish Debating Success

In February a group of 4 Spanish A2 students took part in the QUB NI Spanish debates at Queen's University Belfast. The participating students were Callum McCabe (Team Captain), Orla McGinnity, Laura McWilliams and Elen Magee (reserve). We were opposing the motion that the older generation do not understand the younger generation with Campbell College arguing for the motion. We were delighted to win our individual debate as well as being crowned 'Runners-Up' coming a close 2nd to Omagh Academy. Special mention goes to Laura McWilliams who was awarded 'Best Speaker' in our debate. We are so immensely proud of these students for their dedication to preparing and practising for the debates and also for representing the College so magnificently! ¡Enhorabuena equipo español!

Sra Caughey y Sra Clarke





Prayer, Meditation and Reflection During 'Lockdown'

Mrs Rainey

On Week 5 of 'Lockdown' some of our KS3 classes were given an assignment on Prayer: Meditation. The purpose of this activity was to develop their spirituality, help them become more mindful and be able to articulate their joys and concerns. They were given a link to the Quodvultdeus website where they would find a meditation for each day. <https://pray-as-you-go.org/player/prayer/2020-05-05>

1. Listen to the meditation for at least two days this week and make a list of the themes. They are around 10 minutes long each.
2. Choose your own theme.
3. Put your theme as a title and write your own prayer/reflection.
4. Add appropriate images
5. Try to enjoy this activity. Approach it in a calm way and you will get more from it. If you can, wordprocess your meditation so you can put an image as a background, or if you are able to, you can create a recording of your reading it.

Some of the children recorded their reflection and it was great to hear their voices. Here are some of the prayers and reflections they composed. They offer an insight into the joys and concerns of our children during lockdown.

Having Faith in Jesus

Dear God,
 I pray that even if I lose faith in you,
 that you will guide me back to you
 I pray that you will help us,
 and walk us through
 these hard times,
 Please help keep everyone safe
 And healthy during these strange times
 I pray for all the people
 Risking their lives to save others
 I pray that eventually life
 will go back to normal
 Amen

Trust

Today we pray, in these troubling times, about trust and the importance of trusting in God. We need to trust our community and not give up. Proverbs 3:5-6
 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Who do you trust in your life? Who trusts in you? What can you do to become more trustworthy and live more like Jesus?

Love

Love means everything to everyone. Love is a feeling of warmth, compassion and knowing you're being loved. Jesus taught us what love is and what it means through his miracles and stories. He taught us that love is caring about others, no matter if you are related or it is a stranger. He takes us to the small, dark, quiet place that lets us think and reflect on ourselves and lets us speak to God. We reflect by thinking of the small things we could do to make a big difference for others around us.

Protection

Dear God,
 Help me through lockdown and help me with my studies. Protect me and everyone from the awful virus travelling around the world. Protect my granny in isolation. Protect those who are ill in hospital and protect the NHS as they continue to save our lives.
 Protect all front line workers including those working in supermarkets and those working in care homes and their families during this pandemic. Amen



CÚINNÉ NA GAELIGE SAMHRAIDH 2020

MR Kane

'Is ait an mac an saol' roughly translates as 'Life is strange' and we certainly are all feeling the truth of the proverb in these times. As I write this article, almost 100 students from our College should be packing their bags to begin their course at Coláiste Bhríde, Rann na Feirste in the Donegal Gaeltacht. Unfortunately, this year is the first year since the founding of Coláiste Bhríde in 1926 that courses will not take place. This has been a real disappointment for many of our young people, but hopefully, next year they will have another opportunity.

Eoin Ó Ceallaigh of Year 12 reciting 'Faoiseamh a Gheobhadsa' by Máirtín Ó Direáin

As part of our Seachtain na Gaeilge celebrations, we created a little piece of history in early March. For the first time in its more than one hundred years history, Feis Bhéal Feirste was hosted in the East of the city. We had visitors from eight other Béal Feirste schools taking part in music, poetry and speaking competitions. We were delighted to welcome students and adjudicators and were fortunate that the event happened a week before lockdown. Míle buíochas to all involved, especially to the students who took part and the Feis team on their first visit to Cnoc Cholmcille.

OLSPCK and a little piece of history



FEIS BHÉAL FEIRSTE PARTICIPANTS FROM OLSPCK





AWARD WINNING OLSPCK STUDENT ILLUSTRATES THE ENVIRONMENTAL COST OF GLOBAL WARMING

Greta Thunberg from Sweden is probably the first name that comes to mind when people think about young environmentalists. However, OLSPCK has Adrian Escartin who threw his name into this ring when he entered his climate aware project into the highly prestigious national finals of the Big Bang Competition. Adrian competed as a finalist for the coveted titles of GSK UK Young Engineer of the Year and GSK UK Young Scientist in March 2020 with the chance to share in the £20,000 of amazing prizes.

The project has allowed Adrian to couple his engineering and technology skills with his passion to help protect and inform people about the environment. He has managed to do this by creating a highly visual demonstration of how the Polar ice caps have retracted in the last 40 years and also enables the user to extrapolate the most likely outcome for the ice caps fifty years into the future. The project is fully interactive and uses new technology in an energy saving way to powerfully illustrate the environmental cost of global warming in an innovative and original way. This eye catching visualisation of the adverse effects of man's behaviour on the ice caps was not lost on all who viewed the project at the Sentinus Young Innovators which took place as part of the Big Bang Fair in Northern Ireland at Ulster University Jordanstown where it received positive feedback and drew praise from the judges. Greta would definitely approve!

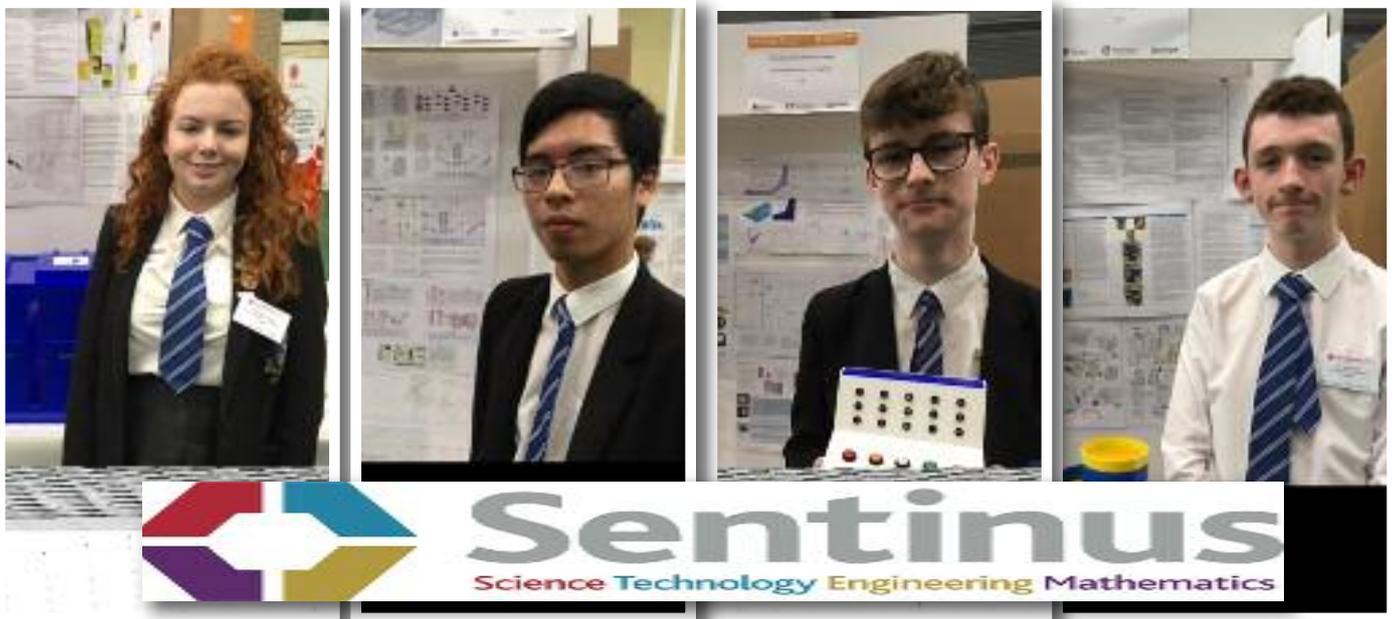
The event is an integral part of the UK wide Big Bang programme where 12 projects are selected to represent Northern Ireland.

Adrian is one of four students from the college who competed in the N. Ireland/Ireland finals for the Sentinus Big Bang competition. Mr Austin who teaches Adrian Technology and Design said, "The initial regional event was held at the Ulster University where a selection process in a range of competitions involving over two thousand applications across Ireland took place. Four of our students (Kate Greene, Mark Hennessy, Jack McGoldrick and Adrian Escartin) had stands at this regional final, an achievement in itself.

GCSE Technology & Design student Adrian Escartin's project, Explaining Environmental damage to the Arctic Ice Caps was selected for the national finals in 2020. Adrian is the first student from Our Lady & St Patrick's College to be selected for this two day event in Birmingham."

Due to lockdown the event took place online with Adrian and the other finalists presenting their projects in video format. Unfortunately, Adrian did not win although the judges were blown away by his enthusiasm and standard of work!

Mr Austin and the Technology Dept are very proud of Adrian





Basketball

Mr P McGaharan



Our Year 9 Boys team went undefeated all year!

2019-2020 proved to be another fantastic year of basketball at OLSPCK. Our new Year 8 boys and girls entered the school with amazing enthusiasm and their improvement was exceptional as they trained hard every week. The opportunity to compete in The Ulster's was cut short due to school closures, but I look forward to working with both teams, as they enter the All Ireland leagues next year.

Our Year 9 boys had an incredible year, as they went undefeated, beating many reputable schools in the Northern Ireland league such as Aquinas, Rathmore and Lagan. Having topped the group, the boys were favourites to win the NI title, but the final was unable to be played due to school closures. I know this will be further motivation for them all to continue working for redemption next year.

Equally, our Year 9 girls showed a remarkable improvement in their game as they continued to work very hard in training and in their respective clubs. Having beaten many of the better teams in the North, this team's opportunity to progress in All Ireland was also cut short due to school closures. I look forward to getting back on the court with this fantastic team.



Our Year 9 and 10 Girls – an amazing season!

The U16 boys and girls performed exceptionally well and they competed before Christmas, allowing all fixtures to be fulfilled. Both teams reached the All Ireland playoff stages but were edged out in the final games which would have earned a quarter final stage. However, this is an amazing learning experience for both teams and one which will benefit them massively going into next season.



U16 Girls team who made it to the All-Ireland Playoffs.



U16 Boys team who made it to the All-Ireland Playoffs.

Finally, the most impressive achievement of the year was our U19 boys who managed to get to the semi-final of the All Ireland competition. This team had ups and downs as we dealt with injuries, illness and other obstacles. However, with the help of Darren O'Neill, the boys were able to come together and train exceptionally hard for the All Ireland run. Unfortunately, we met a very strong St Eunan's Letterkenny team in the Semi Final who went on to win the entire competition with ease. I have coached in many games but the heart and grit that our boys showed in this game was inspiring and memorable. I'd like to thank each and every one of them for their dedication and commitment to school basketball. Many of these players are moving on next year as they finish their secondary school education and we will miss them massively. However, we have a very talented bunch of boys coming up through the U16 teams and I look forward to getting back on the court and chasing that elusive All Ireland title again.





ATHLETICS

Cross Country

Mr P McGaharan

A proud #teamknock tradition of talented athletes continued this year, as many of our pupils featured in the Ulster Cross Country championships and several earned a highly coveted place in the All Ireland championships.

First and foremost, I'd like to thank our students for their exceptional dedication and hard work to running and Athletics. It takes an incredible amount of discipline and perseverance to engage in the gruelling outdoor training, especially throughout the cold and dreary winter months.

A huge thank you must go to Miss Dunlop and Mrs O'Brien for their contribution to school training on Wednesday mornings and Friday afternoons. To have such dedicated and enthusiastic staff giving up their own time to help develop our young runners is greatly appreciated.

The initial competitive stage of cross country running takes place in the District Championships, where our Mini Girls (Year 8s) made quite an impression. To qualify as an individual, you must finish in the top 15 place within your district. For the first time ever, five of our girls finished in the top 15 and this secured not only individual qualification, but allowed our team of girls to win the overall team event!

Led by amazing individual efforts of Isa McCarron (1st place), Aodhain Birt (4th place), Cara McDermott (5th place), Ellie Rose Coyle (11th place) and Katie Quinn (13th place), our girls won the team event by an impressive



Isa McCarron – Winner of Ulster Championships



Girls at the Start Line – Isa, Aodhain and Cara

16 points, which paved the way for the Ulster Championships - an event covered by the BBC!

The girls entered the competition as one of the favourites, with other formidable opponents such as Victoria College and Sullivan Upper. However, an exceptional race by Isa McCarron earned her a convincing first place finish and drove the team to a first place finish. Having been to many cross country competitions, it is often a place where raw emotion and physical exhaustion is palpable, especially at the end of the race. However, as I stood at the finish line, it appeared that Isa almost floated to the finish line with ease and grace. As she was greeted by BBC reporters and a TV camera, Isa was able to compose herself immediately and articulated herself incredibly well, and was even able to squeeze in her own approval of the fashion design of the Ulster Cross Country jumpers that were on sale that day. We are exceptionally proud of all the Year 8 girls who

competed and we look forward to seeing what they can do next year, with a real chance of reaching an All-Ireland Championship.

Particular mention must go to our very talented sportsman and runner, Sam Doyle as our only Year 8 boy who qualified for the Ulster Championships.

Year 9 boys team
Colm Mc Kee (number 9)
qualified for All Ireland
Championships



Senior Boys who came 4th in All Irelands

Our Year 9 boys were well represented as they finished second in the team event at Districts and performed very well in a competitive Ulster Championships. Special mention must go to Colm McKee, who finished 9th in Ulster and this earned him a place to compete at the All Ireland level, where he represented the school with class. Louisa Young must also be recognised for her brilliant performance at Districts and the only Year 9 girl to qualify for the Ulster Championships.

Another Congratulations to a fantastic Year 10 runner, Erin McDermott, who qualified as an individual for the Ulster championships also. At the Intermediate level, we have several talented runners that have been working very hard over the last number of years. Maeve Haigney and Aoife Dunlop of year 11, are recognised for their exceptional dedication to running and this is evident in their excellent individual performances at Districts and Ulster's. These two girls are not only very talented, but epitomise the values of the #teamknock community as they always conduct themselves with great etiquette, sportsmanship and respect. It is a pleasure to have them as part of the Athletics group and I have no doubt they will continue their level of excellence next year. Finally, I am very proud of the continued

commitment of our group of Senior boys – Ryan Miskelly, Paul Carty, Lorcan McGurk, Oliver Corrigan, Matthew Carville and Matthew Clayton. These 6 boys have been a force to be reckoned with throughout the cross country world and have continued to feature in the top 5 at Ulsters and All Irelands for consecutive years. Finishing second as a team in the Ulsters, the team represented Knock in the All Irelands, where they achieved 4th place. To qualify for the All Ireland championships is an amazing achievement... but to finish in the top 4 is truly remarkable and this is a testament to the countless hours of hard work and training the boys have endured. We will certainly miss the services of Oliver and both Matthews next year as they venture onto new paths. However, I am truly excited to see how the others do as they enter in their final year. Keep up the great work, boys.



Camogie

Miss C McGourty

The academic year 2019-20 was a mixed year for our camogie teams. The year started off as usual with the school's Junior team (year 12s) competing in the Ulster A championship. In the first game of the league stages the team travelled to St Mary's, Magherafelt. We had a great start however were not able to hang on and lost by 2 points on the day. We then travelled to St Patrick's Maghera knowing that a win was important to allow us to stay in the competition. In what ended up being a high scoring game we came out on the right side of the result and from there we recorded two further wins against St Patrick's, Keady and St Louis', Ballymena. In our final group stage a very strong Cross and Passion team beat us on our home pitch. With these results we made it through the group stages

with a semi-final against St. Patrick's, Maghera. This was again a very tough game but the OLSPCK girls fought hard for the win. This was to be a repeat of the previous year's Ulster A final against Cross and Passion. The game was played under floodlights in Bellaghy and once again our opponents were too strong, coming away victorious. However, every single player that night never gave up. They worked to win every ball and take any score they could and were a credit to the school. A thank you must also go to all the parents who attended the games.

Our senior team this year were unfortunate. They narrowly lost their two league games against St Killian's, Garron Tower, and St Patrick's, Dungannon. In both games OLSPCK took the lead. However, with players missing due

ULSTER COLLEGE ALLSTARS



Anna McKee Year 14

Dual Star – Ulster Schools LGFA & Camogie All Star 2019-20

Miss C McGourty

Club – Bredagh Camogie position – Midfield LGFA position – Full Forward

Over the past 7 years Anna has played a starring role on both the school's Camogie and Girls Gaelic teams. In her early years at school each team OLSPCK played against, the opposition's coaches at the end of the game would say – "Who is that wee red haired girls? She is an absolute cracker player!". However, by the time Anna had reached third year instead of asking who she was, the opposition were planning their game around stopping Anna because they already knew how dangerous she was.

Anna is the first ever dual All Star in the College but we were not one bit surprised when she was awarded each All Star. She has a bubbly infectious personality and is always supportive to everyone she meets and in her sporting life she always brings this to the field as she respects all team mates and opponents. Anna is never boastful about her ability to be the match winner and makes everyone on her team feel equal. Some of my favourite memories of Anna in school sport are her performance in the Ulster Junior B final against St Killian's Garron Tower, where her work rate and desire to win helped us win our first Junior B competition. In Gaelic Football it was her player of the match performance in that same year in the Ulster Senior B LGFA final against St Mary's Magherafelt.

Anna has been an exceptional role model for all pupils in the College. We will miss her greatly on the OLSPCK school teams but will follow her sporting career closely and predict that she will excel. Congratulations Anna!



James Clarke Year 12

Ulster Schools GAA Hurling All Star

Miss C McGourty

Club – Ballycran Playing position – Corner Forward

It is not very often a boy of James' age receives an Ulster Schools All-star but this really does go to show how talented a player James is. When playing any sport James is a winner and will do anything to help his team get over the line.

What makes James' award even stranger is that he really doesn't know what position he wants to play in. For the school team this year we probably had more defenders than forwards so James played in attack. However, for his club Ballycran he played most of last year's u16 season staring in the full back role. For James it doesn't really matter what position, it's the playing that is important. James is very quick and tough and regardless of his opponent he has the attitude that in each match he is going to get the better of them.

James was also awarded a Queens Future Hurling Star this year – a new initiative for year 12 hurlers. We are delighted that James is on our teams and in the future when he is playing we know we have a good chance of winning. Congratulations James!



Tara Monan Year 12

Ulster Schools Camogie All Star

Miss C McGourty

Club – Ballygalget Playing position – Half Back

From the minute I first watched Tara Monan play camogie for the OLSPCK Junior team in 2017 I knew she would at some stage win an Ulster Schools Camogie All Star. No matter what game you play in Tara will be a star. She has all the skill and ability in the world but it is her work rate that makes her exceptional. Tara is never happy with her performances even when she scores 4 points from half back but this is another one of her greatest strength, as she uses it to make sure she plays better in the next game.

Tara often plays up in older teams and is regarded by her team mates, opposition and other coaches as one of the best players at her age in Ulster. This award shows that not only is she one of the best at her age but also at the age grade above her.

On the field of play Tara is strong, quick and tenacious and when playing against her you know it's going to be a battle. Tara has a bright future in camogie ahead of her and I look forward to seeing how it progresses, and dread the day that I have to play against her. Well done Tara



to injury etc we were unable to hold on in either game. Knowing the potential this group had it was of course disappointing to us all, especially knowing that St Patrick's, Dungannon, the Ulster champions progressed to win an All-Ireland title. I would like to thank all of the upper 6th students who are now leaving the College, for their efforts over the last 7 years to school camogie. One of my best school camogie moments still remains to be the night they won their Ulster Junior B final in 2017. Well done girls, I will follow your camogie careers at both club and county level. However, if I could give you one piece of advice, if your University team has a camogie team make sure you go and join. You will meet fantastic friends for life through camogie and sport.

On a final note unfortunately the Under 14 and Year 8 camogie

teams did not have the opportunity to complete their competitions. I look forward to seeing all these pupils back out at training in the new academic year.



ULSTER COLLEGE ALLSTARS

Sean Hughes Year 14
Ulster Schools GAA Hurling All Star

Miss C McGourty

Club – Bredagh **Playing Position – Corner Forward**

Sean comes from a family that have many great hurlers including his dad and brothers. At times having a family that are steeped in GAA traditions means it is hard to be recognised as the individual player that you are. However, Sean Hughes has certainly over the past few years made a name for himself. He was an integral part of the Bredagh U18 team who won their very first Down Minor Championship in 2018. In school he has won almost every accolade possible with players of the year and various Ulster titles. He is an exceptional talent.

What makes Sean an excellent hurler is his quiet determination. He is not happy unless he is the best, and often criticises himself when he thinks he can be better. Sean is strong, quick and lethal in front of goal. It was his accuracy from both frees and play this year in the Casement cup final that help push the OLSPCK boys to achieve their win. In doing so Sean was awarded the Player of the Match award.

Although quiet in nature Sean is an excellent leader on the field of play and we will never forget his humbling speech as he captained the school team to Kirk cup victory in 2017-18. Sean good luck for your future studies, make sure you play some hurling and of course football at University and we look forward to supporting you in the Red and Black in the future. Well-deserved award Sean!



Beth Coulter Year 12
Ulster Schools Camogie All Star

Miss C McGourty

Club – Ballygalget **Playing position – Corner forward**

Beth is one of the most skilful camogie players I have met. There is nothing I have not seen her being able to do. Her first touch is excellent, she is accurate and although she is not the tallest player on the pitch she has a Tommy Walsh like ability to out jump her opponent and catch the ball. Beth also has a very strong mental attitude that no one is going to get the better of her which leads to a never give up attitude.

Beth has also represented Europe and Ireland in Golf, however, Beth would never let her team mates down. She has often been known to go to afterschool camogie training and then straight to the gym to do her golf specific S&C training. Beth tries to make sure she can fit in her school camogie around her Golf, competing this year in the Ulster Junior A final and then travelling straight to Dublin to catch a flight to Spain for a week long Golf training session over mid-term.

Like Tara, Beth is now eligible to play senior camogie for her club Ballygalget, however selfishly I hope on those days she has plenty of important golf tournaments so I am not chasing after her! Well done Beth!



Eoin Pucci Year 12
Queens Hurling Future Star

Miss C McGourty

Club – Ballygalget **Playing position – Midfield**

2019-20 was the first year that Queens introduced their Future star hurling awards for Year 12 hurlers. Eoin was one of the first names that came to mind when we heard of these. There is never a day goes by in school when Eoin doesn't come down to the PE department to see if there is a match or training session that he can take part in.

Eoin was one of the members of the Casement cup winning team in which he scored a magnificent point in the first half against the breeze from wing half back. Although still in year 12 he was a vital part of the team who at all times show 100% commitment to everything he does.

Eoin is a very stylish hurler, but is not afraid to get into the tough tackles. He is very deserving of this award and I hope in the years to come he will win more team and individual prizes for the school. Well done Eoin.





NETBALL SUMMARY

By Miss Black

NETBALL

I have been extremely delighted to start a full netball season this year. I have always been aware of how great the sporting ability is within the College and of the long history of netball successes. It has been no surprise to witness the amazing talent within the College. The pupils who have been involved in extra-curricular netball this year have displayed a committed and competitive ethos. The 2019/20 netball season has been another busy and successful one for the College. It had been unfortunately interrupted with the with coronavirus outbreak. However, I am very optimistic for a successful future of all the netball teams within the College.



Senior players who are leaving us this year; Beth Brennan, Orna Kelly, Amy Raddcliffe and Maria McCann.

round robin, the Intermediates we were fortunate to have achieved enough points to secure a place in the NI Premier League Final. After an extremely invigorating NI Premier League final, the Intermediates came out victorious against Rathmore! This was definitely their best performance of the year and they should be extremely proud of themselves. I am looking forward to overcoming even more challenges next year as the team progress to Senior level.



The Senior team also grew in strength as the year progressed. They had a fantastic first match against Aquinas where they secured a very exciting one goal win! This year however, they had an unfortunate league campaign and were narrowly beaten in the Ni Premier League final by Methody. Aquinas finally had the superior lead in the Cup semi-final and so our Seniors were unfortunately unable to defend their Northern Ireland Cup title. The girls, however, showed great composure, skill and maturity throughout the tightly contested games and I would like to give particular mention to the four Senior players who are leaving us this year; Beth Brennan, Orna Kelly, Amy Raddcliffe and Maria McCann.

This year there have also been a very enthusiastic group of Year 8 netballers. With over 45 pupils having attended these sessions it will be a difficult job to select the minor teams for next season. Due to the coronavirus, the group of year 8 and 9 pupils were unfortunately not able to attend the annual Rockport tournament. However, their motivation, talent and commitment that they have displayed in afterschool's training this year proves that this is a very strong group of netballers. The future of our schools' netball looks bright with this group coming through.

Finally, I would like to congratulate Mrs Lawlor on the birth of her baby boy. We are all delighted for her! She has been a terrific role model for all of our pupils and I have no doubt that they will also be thrilled to welcome her back later on in the netball season.

Minor team NI Premier League Champions



The Minor A team had a great year and finished their season winning the NI Premier League, finally beating St. Paul's. They have made outstanding progress this year and have shown how commitment and teamwork can lead to overcoming difficulties. A promising future for this squad! The Minor B team and had a very difficult section to compete in this year, however, all the Year 9s displayed a terrific attitude and dedication to netball training throughout the year. They should be extremely proud of themselves and have been a fantastic representation of the College.

Junior team NI Premier League Champions



The Junior A team had an outstanding year, finishing their season winning the NI Premier League. They had more challenging competition in the cup, where they had a narrow win over Lumen Christie. This led them into the Cup semi-final, and after a very close match, our Juniors managed to secure a three goal lead win! Unfortunately, due to the coronavirus, they were unable to play their Cup final. However, once the school sport is running again, I have no doubt that this exceptionally talented squad will finally be able to showcase how capable they are.

The Intermediate team had a very difficult league campaign this year against all very strong netball teams including Rathmore, Methody and Sacred Heart Newry. In a tightly contested

Intermediate team NI Premier League Champions





Congratulations Mr McGaharan on winning a Blackboard award. Just recognition for all the work you do for our pupils.



Congratulations Mr McGaharan

Girls' Gaelic

Mr Kane

PEIL NA MBAN GIRLS GAELIC FOOTBALL

So near, and yet so far! Our pursuit of a full nine county Ulster A provincial title continues! Although we have won two Year 8 A grade Ulster titles (2016 and 2018), Donegal, Cavan and Monaghan schools do not take part in Year 8 competitions (because their girls aren't at secondary school at that age).



In November, our U16 girls lost agonisingly in the A semi-final to a last-minute goal, going down to Our Lady's, Castleblayney on a 3-4 to 2-5 scoreline. We had had excellent group wins over St. Catherine's, Armagh (the 2019 All Ireland A champions), Dean Maguirc, Carrickmore and St. Ciaran's, Ballygawley. We will look forward to renewing acquaintances with the Monaghan girls next year- the two squads are very evenly matched.

Perhaps even more frustrating than our narrow loss at U16 (Year 12) was the ending of this year's U14 (Year 10) competition due to the pandemic. Clearly, public health is far more important than a sporting competition, but we will always wonder just how far this group would have gone. After superb wins against St. Catherine's, Armagh (who had beaten St. Patrick's, Dungannon, by 19 points) and St. Ciaran's, Ballgawley, we had effectively already qualified for the Semi-Final.

Our Year 8 girls took part in a great new initiative at Coláiste Feirste and both 10-a -side teams were very impressive performers. Unfortunately, their end of year competition was denied them by the virus, but the future is very bright indeed!

Mr. Kane, Miss Mc.Gourty and Miss Black would like to thank and congratulate all our players whose hard work have made us the County Down and Belfast area's top school for Peil na mBan (Girls Gaelic Football). Our superb feeder clubs and the parents who bring and collect their girls to after school training and games make our work with the girls a pleasure!

Boys' Gaelic

Mr. Shields

Gaelic at Knock

It was another extremely busy year for the boys Gaelic teams at OLSPCK. Over forty year 8 boys got their first taste of Gaelic in the school and for some of them it was their first time ever playing the sport. Gaelfast organised a number of different tournaments over the year against other local schools and there were some great individual and team performances displayed. This year group definitely has a bright future ahead in the blue and black jersey!

The Year 9 team were very unlucky after their competition was postponed due to the ongoing pandemic just after they qualified for the shield final. During the competition they had some great wins over local rivals Aquinas and against St. Louis Ballymena which came in the semi-final. New rules brought in this year meant that up to 30 boys got a run out in each game which was brilliant due to the large numbers that were out training every week.

Our Year 10 were entered into the Loch an Luir cup and they showed great progress and development throughout the competition. After some narrow defeats in a difficult group the team were drawn against Loreto Milford in the shields quarter final. In an end-to-end game OLSPCK came out on top with

a 4-11 to 3-10 victory. The team was then beaten by a strong Loreto Coleraine team who went on to win the shield.

The Year 11 team also had their competition postponed after reaching the 'Treanor Cup' shield semi-final. After being drawn in a tough group they only managed one win in a very entertaining game against St Marys CBS. Throughout the group the performances of Emmet Rogers were noted by Ulster colleges and he was awarded Ulster Colleges 'Player of the month' for February which is a phenomenal individual achievement.

In their last year playing as whole year group, our year 12 boys had an extremely unlucky season. In their semi-final, after leading for the whole game, the boys were defeated by St. Patrick's, Cavan due to a cruel last minute penalty. The highlight of the year came at the Down blitz. The team played some excellent football throughout the whole tournament winning every game on the way to the final. Unfortunately, in the final they were narrowly beaten by a strong Red High team. A number of Year 12s played a part in the Senior Teams run to the McLarnon final and it will be great to see more players join the panel next year.



Senior Football

The Senior boys had an impressive year which culminated in reaching the NI Schools Cup Final, the blue riband competition of schools football. They would not get the chance to play the match due to the Coronavirus outbreak. However, trophies are not the only measure of success and they style of football and the manner of the performances put in by team were nothing short of award winning.

With a highly demanding Gaelic Football schedule the Football team trained smarter, limiting pitch sessions and making use of the top class technology available in the college to do video and white board sessions.

The team employed an aggressive front foot style of defending lead by centre forward Conor Harkins press which set the tone

for the rest of the team led superbly by captain Shay Campbell.

The season finished with a gutsy 2-1 semi final win at Moyola Park over Holy Cross, playing the last 15 minutes of the game with 10 men after centre back James Turkington was harshly sent off following a dubious call by the linesman.

At U17 level, the Year 13 players bolstered by a few Year 12s won their translink cup section on finals day again beating Holy Cross with Conor Harkin scoring a hattrick. This victory was all the more impressive as NI International James Clarke was missing as he was on international duty.

For the Year 14 boys, and possibly the Year 13 boys with the coronavirus outbreak, this was their last dance, but what a song to pick.

Mr N McGaughey



The team before the NI Cup Semi Final



The Year 14 girl's soccer team reached the semi final of the prestigious schools cup only for Covid 19 to halt proceedings. Anna McKee was on fire scoring a hat trick in the 1/4 final. The girls played as a team and utilised all the strengths they had. Hannah Toner captain has been immense for the girls soccer over the 7 years. The girls on the soccer team are involved in the Netball, basketball, Camogie, and girls Gaelic team. A special group of girls.

Mr F Wilson



RUGBY



Rugby squad schools cup

A lookback at seven glorious years playing Rugby at OLSPCK

When I joined the College in 2013, I was nervous that there might be few opportunities for me to play my favourite sport, Rugby, during my seven years at Knock. Fortunately, as it turned out, my fears were unfounded. I continued to play club rugby, having started played for Cooke RFC before until making the 'big move' to Malone RFC after P7, for the past seven years while also playing for the school. Other OLSPCK players have also managed to pursue their love of the game through local clubs like Instonians, Civil Service, Cooke and Ards, despite none of those clubs being a match for Malone RFC, the mighty 'Red Sox' of the Cregagh Road! From our first year at school we were able to enjoy the game through PE lessons, after school sessions and exciting matches. It would be fair to say that without the help of Ulster branch coaches, Mr Wilson, the PE department, parent coaches and the Knock leadership team, we would not have been able to play so much rugby during our time at the College. It would also be true to say that without the willingness of players to 'give it a go', we would not have succeeded in forming teams that have battled in competitions from Year 8 to Year 14. A special thing that players at Knock have is both the ability and the opportunity to play numerous games, which can help our performance in each sport. Personally, I immersed myself in basketball, Gaelic football and rugby, playing for clubs and in representative teams as well as for the College. I was even asked to help the soccer team, once or twice.

As a school we have been fortunate to have had players who were selected to play rugby at provincial level. Thomas McDevitt and I both played for the U18 Ulster Clubs team at interprovincial tournaments, and Finn Rogers also has experience of Ulster Development Squads.

With the continued help of coaches like Sam McBurney (local hero), David X, Neil 'Popcorn' Alcorn and Noel Brown, we became inspired to gel as a school rugby squad. Making use of a range of 'transferable skills' from other sports, we competed at junior school blitzes and friendly matches. Then in senior school, led by fellow Malone RFC man Ruairi 'Spud' McDonnell, we played in the Ulster High Schools Cup in 2017. We reached the semi-final, beating local rivals Aquinas along the way. Our mascot and coach Cormac 'Cheeso' McCrory looked on with delight. This past year, we became the first Catholic school in history to compete in the full Ulster Schools Cup Competition. We managed to beat Antrim Grammar, Carrickfergus Grammar and Wellington Grammar Schools in a successful run through to the knock out stages. Coached by Noel Brown and Mr Wilson, with the help of parents, Jim Hughes and Chris Rogers, we eventually reached the semi-final of the Ulster Trophy. This is a testament to the hard work of our players and coaches.

It was a privilege to have captained such a great team this year. A big thank you goes to all those involved in coaching, to Mr Mullan and Miss McLaughlin for encouraging the development of rugby in the College and to the PTA for the kit. Thank you to all parents who give us regular support. We wish the emerging OLSPCK Rugby prospects all the best for the future.

Year 14 Oran O'Neill



Year 8 Rugby Squad who played in the Schools Rugby NI blitz in Magherafelt (2019). The boys loved the games despite the cold weather.



Year 9 Rugby Squad (2019 - 2020)



Maclarnon Cup Finalists

Knock into first ever MacLarnon Cup final



Congratulations to Year 11 student, Emmet Rogers who was nominated for the accolade of Ulster Schools, Player of the Year. Having won player of the month he was put forward to the final of the player of the year, well done.



OLSPCK are through to their first ever Danske Bank MacLarnon Cup after a thrilling semi-final with St Paul's Bessbrook.

Joe Tunney posted OLSPCK's opening point on the end of a flowing move a minute later before Bessbrook moved 0-5 to 0-2 ahead after just eight minutes. However, gradually OLSPCK punched holes at the other end hitting the next four scores to take the lead for the first time with a Conlaith Sweeney point in the 19th minute.

Although two points from Finn Collins and another from Conlaith Sweeney pushed OLSPCK three ahead near the break, St Paul's hit back and it was all square at the change of ends.

Two early frees from Paul Bradley again edged OLSPCK ahead on the re-start, but with both sets of defenders closing down the runners, scores were not coming with the same frequency as in the opening half.

James McKenna stroked over a 45 for OLSPCK and sub Emmet Rogers added another point. But a further two points from St Paul's brought the sides level in the 53rd minute.

The winner came three minutes later from a Bradley free. There were a couple of half chances for St Paul's after it, but OLSPCK survived to book what would've been a St Patrick's day showdown with St Pius X Magherafelt.

All further matches including the final were postponed due to Covid-19. We now look forward to a date in the future when we will play as finalists.



Year 9 Hurling Team



Casement Cup Win

IOMÁNAÍOCHT HURLING NEWS 2020

In the 2017-18 academic year the OLSPCK Year 12 hurlers won the Kirk cup and when the 2019-20 season began, we knew we had a special group of players that had the potential to win the Casement Cup. The competition as usual started off in a league basis with our opposition being Rathmore Grammar School, St Patrick's, Downpatrick and St Colman's, Newry. In the early stages of the competition St Colman's, Newry were unable to field and this left the OLSPCK boys with two away matches. Both games were must win games as this would allow us to qualify straight for the semi-final. The boys did not disappoint.

From September the boys trained extremely hard however, just before the competition began we lost our Goal Keeper Tiarnan Davis through injury. Jarleth McCollum with no real goal keeping experience stepped in and proved to be an excellent find! In Rathmore, we took an early lead and continued to rack up the scores leading at half time 0-12 to -0-3. In the second half we must have been playing into the scoring goals as the boys ended with a superb total of 2-24 to 0-6.

Our second league match was very high scoring from both teams, however it was Red high that took the early lead. The team felt that they just didn't get started and with two points down at half time they were disappointed with their performance. In a slight change of positions Sean Hughes moved into the full forward line causing Red high all sorts of problems. We were soon back on level terms and in the last 10 minutes edged ahead to a 4-23 to 3-15 victory, meaning we qualified straight for the semi-finals.

Due to the draw our opponents in the semi-final was again Red

High. Fortunately, we came through the game as winners with James Clarke scoring three second half goals, and were now to meet St Patrick's, Armagh.

Over their seven years in school hurling this team met St. Patrick's, Armagh on numerous occasions and we knew they were to be tough opposition. The game was played on 18th December in the Dub Arena. On inspection the pitch was in excellent condition for hurling but just as the warm ups started so did the torrential rain. In the first half the OLSPCK boys played against the wind and in a great battle the score line at half time was 1-5 to 1-4 to the Armagh school with all to play for.

In the second half we came out strong, with Darragh Kelly and the rest of the back line putting St Patrick's Armagh under massive pressure. Finn Collins and Liam Hogan worked constantly in midfield supplying excellent ball in to the forward line. Up front Sean Hughes and James Clarke kept the score line ticking over and when Ciaran McMullan pointed from half way the OLSPCK boys had begun to dominate. The score line ended 1-11 to 1-6 with OLSPCK victorious. Captain Oran O'Connor spoke extremely well as he received the Casement Cup on behalf of the school.

Unfortunately, in the All Ireland stage of the competition we came up against a very strong Boyne CS from Trim and our season for the year ended. A massive thank you to all the parents and pupils who came to support the boys in the Dub. The school would like to thank all the boys who will now move on and wish them all the best in their future sporting and academic careers.

Miss C McGourty



Casement Cup Champions

