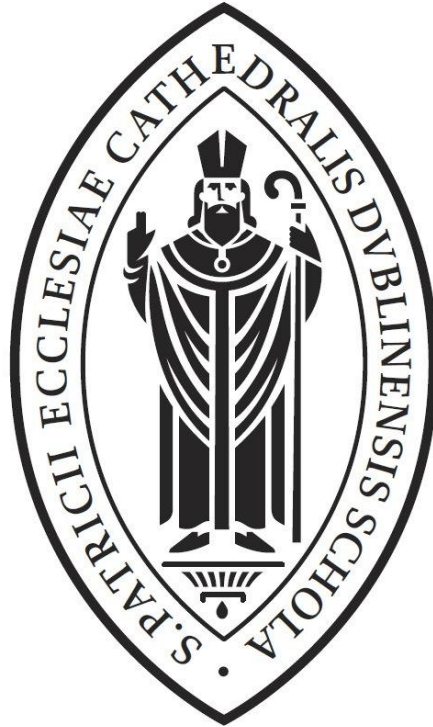


St. Patrick's Cathedral Grammar School



Extra-Curricular Activities

Information Booklet

2022 ~ 2023

## **Book-club, Drama, Debating**

### **Name of Activity: Book Club**

Details: Read and discuss books. Some books will be suggested and read by all for discussion but all literary discussion is welcome. List of books on school website.

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year

Time and Venue: Alternate Tuesdays, 1:15pm (lunchtime), Library

Contact: Ms. Cullen

### **Name of Activity: Drama Club**

Details: Students will have the opportunity to explore their creative and dramatic talents through a range of different activities from role plays to improvisation and short scenes. Students will also be given the opportunity to take part in local speech and drama competitions and certificates throughout the year.

Open to: Students from 1<sup>st</sup> - 4<sup>th</sup> year (Transition Year)

Time and Venue: Monday, 4-4:45pm, in Hall 1

Contact: Ms. McMahon and Ms. McFadden

### **Name of Activity: Junior Debating**

Details: Debate practice for debating competitions - particularly the Concern series of debates.

Open to: Students from 2<sup>nd</sup> - 3<sup>rd</sup> year

Time and Venue: Thursday, 1:15pm (lunchtime) Library

Contact: Ms. Cullen, Ms. McFadden and Ms. O'Neill

### **Name of Activity: Senior Debating**

Details: Practice for debating competitions - entry into Mace, Leinster Schools and Concern competition.

Open to: Students from 4<sup>th</sup> - 6<sup>th</sup> year

Time and Venue: Alternate Mondays, 1:15pm (lunchtime), Library

Contact: Ms. Cullen and Ms. McFadden

## **Board game Club, Fundraising Club, Gaisce, Green-schools**

### **Name of Activity: Board game club**

Details: At Board game club, we play board games for 1-2 hours after school on a Wednesday. Students play games of strategy in teams like Settlers of Catan, Risk, Scotland Yard, Dune, 30 seconds and chess. Students can suggest and bring in any board games they wish to play.

Open to: Students from 1<sup>st</sup>- 3<sup>rd</sup> year

Time and Venue: Wednesdays, 12:15pm - 2pm

Contact: Mr. Lynch

### **Name of activity: Fundraising club**

Details: The Fundraising club is open to all year groups. It meets on Fridays at 1:15pm in room 6. It aims to organize one charity event every 4-6 weeks. Events include bake sales, jumper days and the Hope Christmas shoebox appeal.

Open to: Students form 1<sup>st</sup>-6<sup>th</sup> year

Time and venue: Friday, Room 6, 1:15pm

Contact: Ms. McCormack

### **Name of activity: Gaisce**

Details: Gaisce – The President’s Award is a self-development programme for young people aged 14 -25 which has been proven to enhance confidence and wellbeing through participation in personal, physical and community challenges.

Open to: All 4<sup>th</sup> year (Transition Year) students and any students from 5<sup>th</sup> year who have completed the bronze and wish to go for the silver medal.

Time/venue: Participants will take part in a Gaisce challenge in April.

Contact: Ms. Sweeney

### **Name of activity: Green-schools**

Details: Promoting long term, whole-school action for the environment. Green-Schools is a student led- programme with involvement from the wider community. The Grammar School has achieved two green flags- the first for litter and Waster and the second glad for Energy. Green Schools is aiming for a third flag in 2022-23.

Open to: All 4<sup>th</sup> year (Transition Year) students.

Time/venue: TBC.

Contact: Mr. Brady

## **Music**

### **Choir**

Details: The School Choir (Soprano, Alto, Tenor or Bass) perform at all school events-cathedral services, assemblies, carol services and compete at competitions nationwide.

Open to: Students from 2<sup>nd</sup>- 6<sup>th</sup> year who can sing.

Time and Venue: Wednesday, 12:15-1:15pm, Music Room & School Hall

Contact: Ms. Balfe, Ms. Lyons

### **Chamber Orchestra**

Details: The School Orchestra perform at school events such as the carol service, assemblies and carol services. The orchestra also performs at local competitions.

Open to: All students from 1<sup>st</sup> - 6<sup>th</sup> year who play a woodwind, brass, percussion or string instrument.

Time and Venue: Tuesday, 1:15-1:45pm (lunchtime), Music room

Contact: Ms. Balfe

### **String Orchestra**

Details: The String Orchestra was established in 2020 for students starting off their string playing to perform with other string instrumentalists in the school. The String Orchestra have performed at the carol service and many more events are planned also.

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year who play a string instrument.

Time and Venue: Tuesday, 10:45-11:15am (registration/break-time), Music room

Contact: Ms. Balfe, Mr. O' Breachain

### **Instrumental and Vocal Lessons**

Details: We are proud to offer vocal lessons and lessons on a wide variety of instruments (Flute, Clarinet, Saxophone, Piano, Violin, Viola, Cello and Double Bass). Lessons are taught by external music teachers during school hours, on a weekly rotational basis to avoid minimal disruption to academic work. There are approximately 22-24 lessons in the year. The rate per half hour lesson is €22 and is invoiced termly to the parent/guardian directly. We have a small number of woodwind and strings instruments available to rent for a nominal fee.

Open to: All students from 1<sup>st</sup>- 6<sup>th</sup> year. You are never too young or old to start music lessons!

Time and Venue: Monday-Friday, Hewson room/Mews

Contact: Ms. Balfe (Co-ordinator)

## **Sports**

### **Name of Activity: Volleyball**

Details: Volleyball strengthens upper body, arms, shoulders and lower legs. In addition, volleyball improves hand-eye coordination, reflexes and balance. Last but not least, volleyball teaches teamwork and communication and is a great social activity

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year

Time and Venue: Thursdays after school

Contact: Mr. Whyte and Ms. Burke

### **Name of Activity: Athletics**

Details: From November until April-Track and Field training happens to build up skills/teamwork and techniques around pacing/hurdles and track running. Competitions run in January and March in Santry and DCU.

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year

Time and Venue: Irishtown- depart school at 1:30pm, arrive back at 4:45pm

Contact: Ms. Harrington, Mr. Doyle, Ms. Tyrell and Mr. Lawless.

### **Name of Activity: School Football**

Details: Football is available for all years (boys) and for senior (U20) and intermediate (U17) girls. We participate in the Leinster league and 'B' cup competitions. We also enter the inner-city league for boys after Christmas. This is a competition for the small inner-city schools.

We have been very competitive in this competition in recent years.

Open to: All boys. Senior and intermediate girls.

Time and Venue: Wednesdays, 12:30pm - 1:45pm

Contact: Mr. Brady, Mr. Lawless, Mr. Whyte, Mr. Doyle, Mr. Lynch.

### **Name of Activity: Girls basketball**

Details: U19/16 Girls basketball competition runs from September - November. Playing against a number of other schools in the Dublin region, while 1st and 2nd year girls competition runs from January-March.

Open to: Girls basketball is open to all girls from 1<sup>st</sup> year – 6<sup>th</sup> year.

Time/venue: Wednesday, 1:30pm-2:30pm, Outdoor Court.

Contact: Ms. Sweeney

### **Name of Activity: Boys Basketball**

Details: Boys Basketball is for students from 2<sup>nd</sup> - 6<sup>th</sup> year with two teams, U/16 and U/19. After Christmas 1<sup>st</sup> year boys will get an opportunity to play in the Junior league.

Open to: Boys from 2<sup>nd</sup> - 6<sup>th</sup> year and 1<sup>st</sup> year boys after Christmas.

Time/Venue: Mondays, 4pm - 5pm, School Yard

Contact: Ms. Tyrrell

## **Student Leadership**

### **Name of Activity: Student Council**

Details: The Student Council consists of two representatives from each class group who are nominated by their peers and are voted for by secret election. The Student Council meet weekly to discuss and address concerns voiced among the student body on how to improve school life. They are consulted on policy changes or reviews, organise fundraising events and student activities in school.

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year who are nominated by their peers and are voted by secret election.

Time and Venue: Monday, 10:45-11:05am (break-time/registration), Music room

Contact: Ms. Balfe

### **Name of Activity: Amber Flag Committee**

Details: The Pieta Amber Flag initiative enables schools and youth groups across the country to raise awareness of the stigmas which exist in their environments, and the stressors on the mental and emotional wellbeing of those within them. To be awarded the Pieta Amber Flag, applicant groups must host a mental health awareness event, a fundraiser, and a mental health initiative. The programme encourages teamwork and student contributions and works with school guidance counsellors to include a peer-support element. Amber Flag committee members meet every week to discuss ideas and projects that could be promoted among the student body.

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year

Time and Venue: Wednesday, 11.00am (after Assembly)

Contact: Ms. Burke

### **Name of Activity: Anti-bullying Team**

Details: Transition Year students register with DCU and PDST to become involved with anti-bullying measures and actions within the school while building up leadership and collaborative skills.

Open to: 4<sup>th</sup> Year/ Transition Year students

Time and Venue: Meetings take place once a month, Ms. Harrington's office and in February they attend online training with DCU and visit the congress to discuss their trainings.

Contact: Ms. Harrington

### **Name of Activity: Cycle Against Suicide**

Details: This committee complete three actions between September - March to claim the prestigious award and attend the student congress and Cycle Against Suicide day in RDS.

Open to: Students from 1<sup>st</sup> - 6<sup>th</sup> year.

Time and Venue: Wednesday, 11.00am (after Assembly), once a month, Room 5.

Contact: Ms. Harrington

### **Name of Activity: Mentoring**

Details: Mentors are Senior Cycle students who provide support/guidance/motivation and problem solving to all new 1<sup>st</sup> year students while building up their leadership skills and problem solving and teamwork skills.

Open to: All students from 4<sup>th</sup> years (Transition Year) to apply in March before commencing training and selected 5<sup>th</sup> year students commence their role with the incoming 1<sup>st</sup> years at the CAT Test (April) and Induction day (August).

Time and Venue: Meet in Room 5 every second week on Wednesday mornings at 08.30am  
after their rota meetings with their assigned students on a Monday and Tuesday  
Contact: Ms. Harrington