

Welcome to the Student Pack!!!

Welcome to the Student Pack! This is a survival guide full of tips and tricks to help navigate your way through the start of first year. We were all once first year students here in Castleknock. This guide is advice from us, complete with useful tips that we have picked up along the way throughout our years in our school.

Locker organization

- Every student in this school uses their locker regularly throughout the day. Here are our most useful locker tips:
- Folders are a fantastic way to organize your books and copies into various subject groups. Reducing time spent at locker.
- Use a keychain that you can attach to your person.
- Try to go to your locker at the start of break/lunch to avoid rushing or being late at the end of break.
- It is useful to tape a copy of your timetable to the inside of your locker door.



Extracurricular Advice

Rugby Checklist

- Make sure to bring your blazer for away matches.
- LABEL EVERYTHING!!!
- Ensure that you have your books and copies in your bag before heading to your final class. This means you can go straight to training after the bell rings.
- Bring an extra piece of lunch on training days and also make sure to refill your water bottle.
- Always have your gum shield with you at training.
- Make sure that your uniform, bags and bottles are labelled.
- Before leaving the changing rooms always check your bag to make sure you have everything.



List of Teachers in charge of co-curricular activities;

Events- Mr. Murphy

Rugby - Director of rugby: Mr. Flavin

First Year head of rugby: Mr. Barnes

Athletics- Mr. Little, (starts later in the school year).

Badminton- Brian Kearney, application forms found at reception.

Basketball- Mr. Palfy

Chess- Ms. Cooper

Cricket- Brian O' Rourke

Junior Debating- Ms. Nic Giolla Mhicil, Ms. Brea

Table Tennis- Finn Essex

Tennis- Brian Kearney, application forms found at reception.

Book Club- Ms. Cooper

Film Club- Ms. Cooper

Comic Club- Ms. Cooper



Healthy Habits !!!

Building healthy habits in school is extremely important. It is important that you are feeling good in order to get the best out of school. Below are some healthy habits that we have developed over the years;

- Getting at least 8-10 hours of sleep every night is extremely important. A good night's rest is proven to improve brain performance, mood and overall health.
 - Prepare for school the night before! Organize your books and folders, Uniform and make sure you have your locker key!
 - A balanced diet is essential! Getting good food into your lunchbox can boost your energy levels and improve your day.
 - Mental health is extremely important in our school. Any student who is feeling down should talk to someone, whether that be a classmate, a member of the Ember team, a Teacher, a Tutor or a Prefect. It is vital that everybody knows it's ok not to be ok.
 - Try Everything! There is a variety of different sports and clubs here at the college. Try them all!
 - Prepare your bags and books the night before.
 - Make sure that your books are pushed in properly to your locker! Doing so can help you make more room in your locker for your lunch or books.
 - Balancing school and life outside school can be tough but is necessary to maintain a positive lifestyle. Make sure to work hard but also to enjoy your social life and activities outside school.
- Physical activity and a healthy lifestyle are encouraged in our school. Being active is extremely important after a long day. It is recommended that most people your age should get at least one hour of physical activity daily.

Get in touch with us

If you ever need to talk to a member of the Ember team, you can always come up to us in the halls. We all have badges on our school jumpers that you can use to identify us.

If you can't manage to spot us during the day, you can always send us a private message on teams. Here is a list of the six members of the Ember team.

Ryan Clancy
Liam Dillon
Daniel Jordan
Cathal Geraghty
Séamus MacCanna
Cameron Casey



**ST. VINCENT'S
CASTLEKNOCK COLLEGE**

School Quiz

1. What year was our school founded?

- a) 2000
- b) 1835
- c) 1932

How many rugby pitches are there in our school?

- a) 13
- b) 11
- c) 9

How many times has Castleknock College won the senior cup?

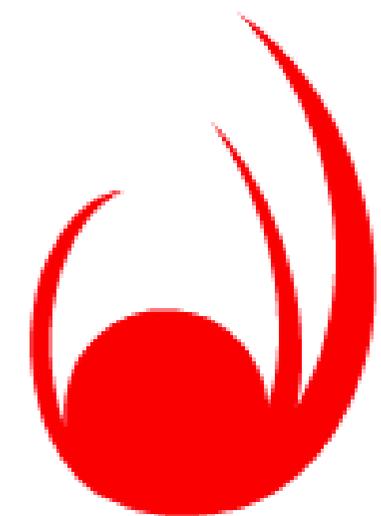
- a) 8
- b) 0
- c) 5

When did Castleknock College stop taking borders?

- a) 1988
- b) 2012
- c) 2006

What former Ireland rugby player attended Castleknock College?

- a) Rob Kearney
- b) Devin Toner
- c) Johnny Sexton



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Student

Pack

Ember Team 2022