

Positivity

By Ellie Smith and Niamh MacDonald

Mental health is the level of psychological well-being. Everyone throughout our lives has suffered with mental health at some point, and that's okay. The World Health Organisation defines positive mental health as a “state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, and can work productively”.

It is normal and natural to feel low at times. Positive mental health is about reaching our potential and feeling like we always have the chance to give everything our best shot.

Our school tries its best to promote positive mental health, from raising funds for mental health charities to painting positive messages on the bathroom stall doors, mental health is a big part of our school community. Helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health.

In fact, it is often said that kindness is linked to happiness —at both psychological and spiritual levels. Kindness promotes empathy and compassion. When we practice acts of kindness, it releases positivity, something everyone needs in their life. The amazing thing about kindness is that it is contagious and is something we should all want to pass on and spread to as many others as often as we can.

“You don’t have to be positive all the time, it’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having these feelings doesn’t make you a “negative person”. It makes you human.” - Lori Deschene

Recently, the students in the art department in transition year have been painting the school bathrooms with different positive quotes! Students have given up their time in class to work hard on the bathrooms and although they are not finished, they are making a big difference!



Students can see these quotes anytime they walk in, and we hope that they can make even the smallest positive impact on the students! We hope to promote kindness and positivity throughout our school.

Thank you and well done to Ms. Webster and the TY Art department who put all their time and effort into painting the bathrooms!

“Positivity Always Wins. Always”

-Gary Vaynerchuk

A Whole lot of Happiness in Heywood

An Interview with Ms Reddington
Conducted by Kevin Ryan

What date was mental health week last year?

Health & Happiness week was held for the first time in Heywood on the **28th of January 2019**

What events took place in health and happiness week last year?

We hosted workshops and speakers, such as Jigsaw, the Shona project, Shoutout and Ray Langan. Breakfast club in the mornings, a bake sale, healthy food in the staff room, advice on study and stress management. Anti-stress bags were distributed to the student body along with lots of other small little activities/gifts.

Do you enjoy organising mental health week?

I do! I love planning all the different events and hearing from students who really enjoyed the workshops/talks and got a lot from them. It can be tricky to organise several activities on one day ensuring it all runs smoothly and all attending enjoys them.

Why do you think the activities that take place during this week benefit people's mental health?

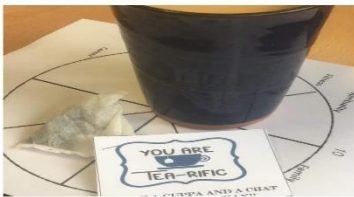
The speakers that came to the school are so open, honest and happy to discuss their struggles with the students. They spoke about their personal issues and how they overcame them. I think it was very inspiring for students to experience such bravery. Advice was also given on the several different ways to mind your mental health such as the services available, tips, healthy eating, activities etc. I also hope all the little treats, decoration and music helped to make the week a little brighter too.

Why do you think it is important to run health and happiness week?

It is so important to have the opportunity to discuss our mental health. For students and teachers to meet people who can advise us and reassure us all that everyone struggles and there are things we can do to help. It is part of life and as important as our physical health. I hope this week will be a step to help normalise speaking about your mental health and educating us all on how to take care of it too.

Do you think health and happiness week is a success here in Heywood?

I do, I think last year went well and I hope this year will be a great success and enjoyed by all!



Health & Happiness week 18th - 22nd Nov



This year's Health & Happiness week was a fun filled week. All students attended at least one talk on a variety of topics, such as nutrition, taking care of your mental health, wellness, how we treat ourselves and each other while respecting and encouraging difference and diversity, Zumba and primal movement classes, as well as talks by Elma Walsh and Derek Mc Grath.

Students were also treated to lunchtime activities such as; free sweets, music in the canteen, pop up cinema, meditation, sports challenges, smoothies, bake sales, a tea party for the 6th years and healthiest lunch competition for 1st years.

The staff were not forgotten about and were treated to break time fruit platters, fresh smoothies, a health lunch spread, raffle and evening exercise classes.

Thank you to the Health and Happiness committee, the Amber Flag, Future Foods and the Future Leaders for all their hard work planning and running the week.

The Great Staff Bake Off

During Health and Happiness week this year teachers took part in a staff bake off. A delectable, colourful and mouth-watering array of cupcakes were entered from a number of staff who took part. Standards were high and judging was tough. Thankfully, here at Heywood we could call on the unquestionable judging skills of Mr Dunphy, Ms McNamara and Ms Swayne.

- 1st Place: Ms O'Malley and Mr Delaney
2nd Place: Ms Claire Brennan
3rd Place: Ms Guest



McCarthy Cup 2019

Written by Ben Whelan

On November 6th 2019, Heywood CS welcomed Tipperary hurlers Barry Heffernan and Jason Forde. The two senior hurlers brought with them the Liam McCarthy Cup, much to the displeasure of the Kilkenny staff.

At the age of 19, Heffernan started his professional hurling career. He was born in Nenagh, Tipperary and currently attends the University of Limerick. At a young age, Heffernan joined Nenagh Éire Óg hurling club and played in all grades at juvenile and underage levels before eventually joining the club's top adult team.

Jason Forde started his professional career at the age of 20. Like Heffernan, Forde was also born in Nenagh, Tipperary and is currently working as a secondary school teacher following his graduation from the University of Limerick. During his early years, Forde joined the Silvermines hurling club and played at juvenile and underage levels before eventually joining the club's top adult team in the Tipperary Intermediate Championship. In the 2016 All-Ireland final he scored 2 points, and he scored 8 points in the 2019 All-Ireland, winning him his second All-Ireland medal.



Both players stayed at the school for almost two hours, during which time they posed for photos and answered questions on a range of topics. They discussed how they train in the weeks leading up to big games and how a positive mental attitude is required in order to succeed at the highest level. They referenced how strong leadership, in the form of their coach Liam Sheedy, is vital to the team and how it reinforces their own self-discipline in areas such as rest and diet.

Mr Bowe, a staunch Tipperary man, was delighted to welcome these representatives of the Tipperary team to the school, having endured many years of dominance from Kilkenny. He echoed the theme of discipline and preparation, and how it can be applied to not only sport, but to other aspects of life. The Junior and Senior teams of Hurling, Camogie and Football were especially delighted to get the opportunity to hear about the type of commitment given by top players. No doubt it gave them food for thought for their own preparation and training.



Both Barry and Jason thanked the school for the invitation and looked forward to following the school's teams progress in the future. Many thanks also to Ms O'Brien for organising the visit.

SCIFEST written by Halle Dobbyn

The transition year students took part in a competition called Sci-Fest on the 22nd of January 2020. They got into groups of three and came up with a science experiment that was presented for judging. All the students took part and made a poster each, describing what their experiment is about, and a booklet containing more in-depth information. Each group was judged by four judges, Sheila Porter (Founder and CEO of scifest@schools), Declan Finlayson (PDST), Brendan O’Gorman (former Science / Biology teacher) and Brid Murphy (Glanbia). The judges had to decide what projects would win and it was very hard for them to judge because the projects were of a high standard. On the day first and second year students were given the opportunity to view the projects and put questions to the groups.

Heywood Sci-Fest Best Project:

TITLE: Do preferences bias our own choices?
STUDENTS: Jack Bergin, Jade Donnelly and Ciaran Mason
CLASS: 4A
TEACHER: A O Suilleabhain

Sci-Fest Best Project:

TITLE: The real environmental cost to our planet of fast fashion?
STUDENTS: Jennifer Holland, Orla McDonagh
CLASS: 4A
TEACHER: A O Suilleabhain

Heywood C.S. Highly Commended Certificates:

TITLE: Does prolonged exposure to UV light affect the health of your nails?
STUDENTS: Leanne Gleeson, Kate Connolly, Daisy Thomas
CLASS: 4A
TEACHER: A O Suilleabhain

TITLE: Do teens feel that their gender stereotypes affect their mental health?
STUDENTS: Clodagh Mulhall, Niamh Gregory, Niamh MacDonald
CLASS: 4C
TEACHER: H. Browne

Heywood C.S. Best Project Display:

TITLE: Does sound effect heart rate level?
STUDENTS: Sophie Dineen, Andrea Robinson, Muireann O Keffe
CLASS: 4B
TEACHER: J. Byrne

Heywood C.S. Best Individual Communicator

STUDENT: Molly Hickey 4C



The Chocolate Garden of Ireland

From 16th - 18th of December, groups of TY students went to "The Chocolate Garden of Ireland" chocolate factory in Tullow, Co. Carlow. Our group was shown a video on the process of chocolate making - from the harvesting of cocoa beans, to the shaping and moulding of chocolate bars. On the day everyone was given a piece of chocolate as part of a taste-test. The tour guide handed-out milk chocolate, white chocolate, dark chocolate and, something that surprised me, pink chocolate. This new flavour of chocolate, for me anyways, tasted like berries, and it was hard to tell if I enjoyed it or not.

We were shown a video from Nationwide, where the owners of the chocolate factory were interviewed about their business. They

spoke about how the business has developed, as well as how it has affected their lives.

After the video ended, we were allowed to make our own chocolate using a mould. We could choose a star or a snowman. Instructions were given to us on how to paint the areas with white chocolate using a paintbrush. When we were finished painting milk chocolate was poured into one half of the mould, after which we shook the chocolate-filled contents to remove any air-bubbles, before turning the mould around to spread the chocolate around evenly on both halves.

Honestly, I found the day to be very interesting, yet fun at the same time. It was a great learning experience, and I would highly recommend a visit to The Chocolate Garden of Ireland. **(Ben Whelan 4D)**

Transition Year induction day **Written by Halle Dobbyn**

The Transition Year induction day is a day where all of the transition year students go on a trip at the start of the year to bond with each other and make new friends. This year the transition year students went to Bay Sports. Bay Sports is Ireland's largest waterpark at the Hodson Bay, Athlone. Activities included Kayaking, Rafting, Paddle Boarding and of course the inflatable water park on the lake.



Heywood's Annual Prefect Vs Teachers Match

(Coverage written by Ruth Carroll, Orlaith Condron, Hannah Miller)

Another staggering amount has been generously raised by our school for charities. This year's Prefect vs teachers match raised a staggering €1,500 for Laois Down Syndrome and Saint Vincent de Paul. Cheques were presented to representatives of each organisation at the Annual Carol Service on the 13th December. The matches were organised by the Sixth Year Prefects. This year the teachers were undefeated in both matches, with the female teachers holding on to their title for the 10th year in a row. Ms Bennett was given a red card by Heywood's longest serving referee Mr Dunphy.

Female Teachers (6) Vs Female Prefects (0)



2019 Junk Kouture

An interview with three Regional Finalists;

Tara Brophy, Emily Mulhall & Brid Doheny

1. What was your inspiration for making the dress?

We wanted to inspire girls to love their bodies and be happy with the way they look, to highlight the message of anti-body shaming, as we feel it is a major issue in today's society.

2. How did you source your materials?

"We asked all of the girls and female teachers in Heywood to donate any old, unused bras that they had lying around. We needed A LOT of bras because the dress is made entirely out of them! We used the straps for the top, the cups for the skirt and the wires for the headpiece."

3. How long did it take to make the dress?

6 months. We started in September and added the finishing touches in February.

4. What was the most difficult part about making the dress?

Emily – "Working with the hot glue guns definitely! I will never forget the hot glue gun blisters".
Brid – "Making the top was really hard and took up a lot of time".
Tara – "Getting the time to make it!"



5. Did you work well as a team?

"Yes, we made all the decisions as a group and put in a lot of time, effort and hard work!"

6. Was it worth it?

Emily – "Yes, the hard work paid off and it brought us closer as friends, it's a memory we will keep forever."
Brid – "It was the highlight of T.Y. I would really recommend it!"
Tara – "It was a great experience, we learnt a lot of things like how to work well and communicate as a team."

7. How did you feel when you got through to the Regional Final?

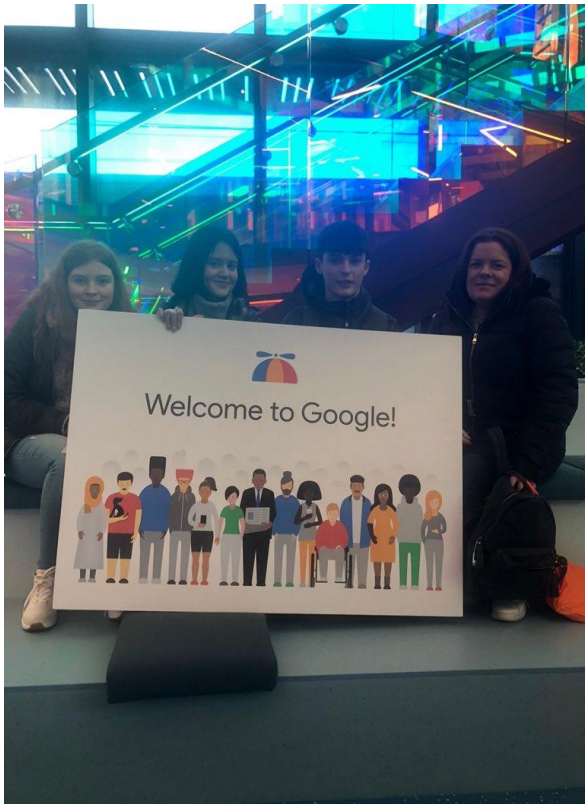
Emily – "Delighted all the glue gun burns paid off!"
Brid – "I can't think of any big words but I was really happy!"
Tara – "Ready to burst with happiness and I was delighted to get out of even more classes!"

8. If you could do it all again, would you do anything differently? What would you change?

Emily – "I would definitely start sooner!"
Brid – "Use my time more wisely"
Tara – "Start working on the dress sooner, not waste as much time

(Interview conducted by Rachel Foley)

SID Ambassador Day



On the 15th of January, Transition Year Students Molly Hickey, Charlotte Hogan and Sam Quinn travelled to Google Headquarters with Ms Reddington to participate in the Safer Internet Ambassador (SID) training day. The reason they attended this event was to learn how such a campaign could run in our school to celebrate Internet Safety during the month of February. They participated in many different activities throughout the day. The activities all focused on cyber bullying. Students had the opportunity to connect with many people from across Ireland and over 100 ambassadors who attended this event. A youth panel, consisting of people the same age as our students, acted as mentors on the day. Towards the end of the day, they made posters to show why cyberbullying is wrong, and to show what knowledge they had gained from the day. Both the students and Ms. Reddington agreed that they had gained lots of knowledge about Internet Safety.

Following on from this day, they came up with many ideas for a school-based campaign, which was held on the 26th of February. A very successful campaign that saw First Years engaging in a day of workshops. Each First Year class was split into groups of five and then spent 10 minutes completing a workshop based on Internet safety. After 10 minutes they switched to a different workshop about internet safety. Students experienced five workshops on the day. The theme of the day was **'don't be mean behind the screen, take ctrl'**. Workshops included Poster Making, Ice Breakers, Walking Debates, Talking about Influencers and Questionnaires. At the end of the day every first year was given sweets and a wristband. Overall the day went really well for the SID Ambassadors! Well done to the TY's for organising such an event.

(Article written by Kevin Ryan)



HEYWOOD TIMES

★ *'Glynn on Fire' – say local* ★ *onlookers*

TEACHERS 2-0 STUDENTS

Most of Heywood C.S. were very surprised leaving the gym on Friday after Mr. Glynn's performance.

He scored his teams 2nd goal in a 2-0 win and followed it with a memorable celebration that none of us will forget in a hurry.

We didn't think much of him when he came on thinking he was Messi in his Argentina jersey, but he sort of proved us wrong.

However, Mr. Dunphy's dodgy refereeing helped the teachers.

The lads who lost 2-0 to the teachers....



No doubt about whom Mr. Dunphy wanted to win....



Mr. Broderick scored the first goal for the lads....



The male teachers who beat the students 2-0....



Heywood's Green School's Committee

Written by Ella Nolan



Ella Nolan (Missing from Photo), Emma Smith, Anna McWey, Charlotte Hogan, Rachel Foley, Sam Quinn, Ben McDonald, Shaun Fitzpatrick, Alan McWey, Sean Ward.

The function of the Green Schools Committee is to make Heywood Community School a more eco friendly environment. Through recycling and a great effort to reduce waste management this can be achieved. Over a three week period we collected a staggering 650 plastic bottles. Every second day we go litter picking around the school. We have put up many posters around the school in a hope to strengthen awareness of our campaign.

Heywood Community School Awards Night 2019

And the award goes to.....

Brigidine Award

Maeve Weston

The Brigidine Perpetual Trophy for outstanding contribution to public Speaking and Debating.

Presentation Perpetual Awards for Artistic Creativity

Paddy Brennan

This Award is given to a 6th year student who has demonstrated creative talent in the Arts – whether in the visual or performing arts, creative writing, and originality of approach in crafts, Graphics, Construction or Engineering Work.

The Salesian Award for Outstanding Leadership

Arianna Mezzapelle

The Salesian Leadership Award is given to a 6th year's student who in the opinion of the staff has all the hallmarks of leadership, initiative, and strength of character, influence, hard work and diligence.

Laois V.E.C. Award

PJ Moore

This Award is given to a student who has shown particular talent in the area of craft and workmanship.

Misneach Award

Adam O Shaughnessy

This Award is for Courage in the face of Adversity.

Bank of Ireland Student of the Year – Michael Bergin

BT YOUNG SCIENTIST

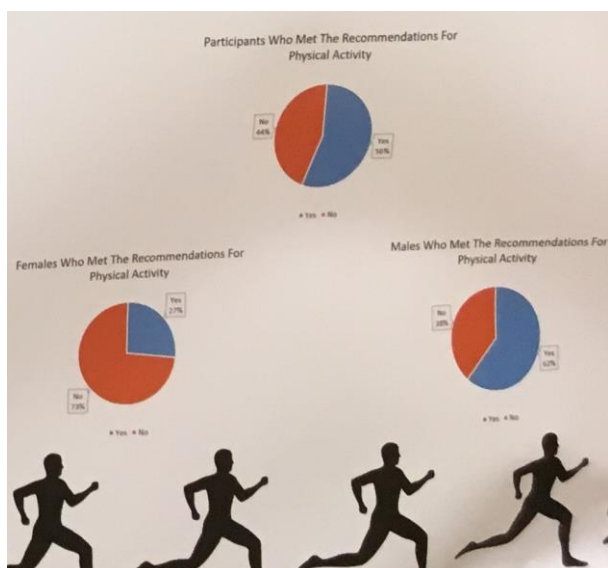
By Kevin Ryan and Orla McDonagh



BT Young Scientist and Technology exhibition took place on the 8th of January through to the 11th of January 2020 at the RDS Dublin. Congratulations to 5th Yr. student Evan Hogg on winning 1st place in the Social and Behavioural Sciences category.

This is not Evan's first win at the exhibition, he was awarded 3rd place in 2019. Evan carried out research on a topic of interest to him, chronic illnesses. He decided to design a project, which investigated 'what influencers make us more likely to participate in physical activity'. In 2014 88% of deaths in Ireland were attributed to chronic illnesses. Many people suffer from depression. Exercise is a major prevention of Chronic Illness.

Evan found some fascinating results as he took on this project. 73% of girls did not meet the recommendations for physical activity while 38% of boys did not meet the recommendations for physical activity.



Motivation is the biggest influencer regarding achieving the recommended levels of physical activity. The more active your parents are the more likely you are to meet the recommendations. Particular focus should be placed on trying to increase parents' physical activity levels and young people's motivation levels. Teenage girls should be provided with more opportunities that provide a broader range of less traditional physical activities.

THE RESULTS ARE IN

Scoreboard recorded by Ella Nolan

Junior Ladies Football	
HCS 9 - 13	Tullamore Scared Heart 3 - 7
HCS 9 - 16	Mountmellick CS 4 - 7
HCS 7 - 13	Gallen CS, Ferbane 2 - 2
Quarter Final	
HCS 1 - 9	Colaiste Bhride, Carnew 3 - 12

Senior Ladies Football	
HCS 6 - 9	Bagnalstown 2 - 4
HCS 3 - 7	Ferbane GFC 6 - 14
HCS 4 - 6	Presentation Secondary School Kildare 4 - 10



Singing in the Choir

A Trip to Rome by Cona Wilkie

The Choir's trip to Rome was by far one of the best experiences of my life, it was amazing!!

We weren't too impressed with early mornings and never ending rehearsals, but when we think about those things we lose sight of what we enjoyed – the tours, the food, the bus journeys, the singsongs, the pool, the soccer matches, the actual performances and the friendships that began on the trip. I love being able to say 'I performed in St Peter's Basilica with my choir'. One thing I will never, ever do again in my life is wear that uniform, (that cursed uniform in Roman weather, in a chapel, which has a dome, altar and the windows, don't open!!!! By far the highlight of the Rome trip for me was the boys against the girls soccer match with Mr Dunphy, who I have deemed man of the match.



Our First Performance in St Peter's Basilica

Once we got off the bus, we had a long walk into the basilica. It may not have been a long walk as such but between the heat, the uniforms and the crowd, it seemed endless... We entered the Basilica through the back skipping the lines and leaving the large crowd behind us. We all felt like VIPS. We had some time before mass started and decided to take a walk around and go to the gift shop, things like that. After a while we met our organist and were put into our seats for the performance. It was very hot... We were fanning ourselves with choir sheets and drinking loads of water. At one stage Mr. Malone asked me if I was ok as he thought I was going to faint. Mass began and we sang. We sang our hearts out. It was an amazing experience for all of us. Mass was completely in Italian... we didn't understand a word. We all fed off the atmosphere and it was great. After the mass we had many tourists (mainly American) coming up and talking to us saying we were great.



Our Concert

Our concert was great. It was kind of nerve wrecking in a weird way. I personally never feel nervous when we perform in school or even at the carol service that we did in Ballinakill church later last year, I think the nerves were something to do with the fact we had travelled over two and a half thousand kilometres to put on a good concert. We performed in the chapel of "the Irish College". They have a beautiful mosaic dome, which depicts the saints important to Ireland. There were two small windows in that dome, which did not open... we were all sweltering, but we powered through. The acoustics in that room were unbelievable. After the performance, the locals who came to see us congratulated us. Later that evening we went to dinner and we were all on top of the world.



Student quotes:

Bronagh Clooney described St. Peters as the most memorable part of the trip.

Oisin Bailey said that performing in St. Peters was his favourite part of the trip.

A 3rd year said 'Yes because I got to visit places like the basilica which was a fantastic opportunity' when asked if they thought the trip was beneficial to them.

A 6th year said 'Touring Rome and experiencing its culture and religion, especially when singing in St. Peter's' when asked what was their favourite thing about the trip.

Heywood Basketball Results

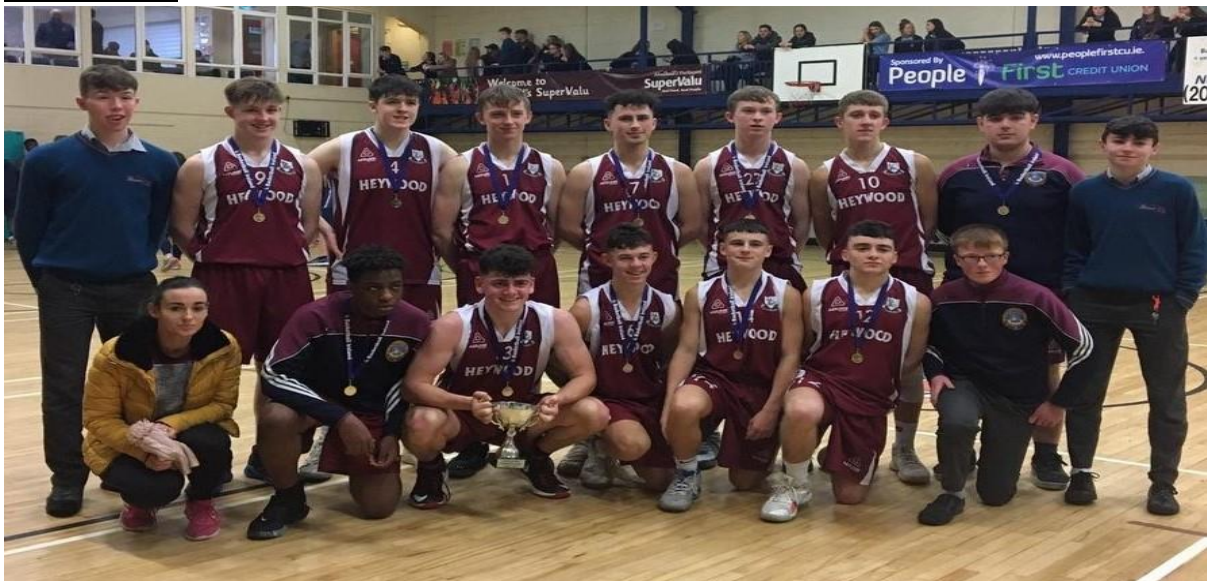
Heywood CS have had a very successful year of basketball this year with the Senior Boys reaching the All-Ireland Quarter Finals in the National Basketball Arena and the Cadet Girls reaching the All-Ireland playoffs in Wexford this. The Junior Girls teams, coached by Ms. McCarthy, Orla Dunne, Hannah Miller and Laura Justin (TY) were enjoying a successful season before the announcement of cancelling all basketball games by Basketball Ireland.

Cadet Girls



The U16 girls had a brilliant start to their season by winning all of their matches up until their Midlands Final where they played St Leos and sadly lost by a basket. However, they did qualify for the All-Ireland playoffs, hosted by Presentation Wexford, in Wexford Town. The Girls unfortunately lost by a single point to Presentation Wexford and just missed out on a place in the All-Ireland Quarter Final. One of their highlights of the season was their game against Athy College. Mr. Bowe coached the cadet girls this year. Thanks to Mr. Bowe and the girls for all their hard work during the season.

Cadet Boys



The Heywood U16 Cadet Boys' basketball team played Confey College, Leixlip, on the 7/10/19. The boys started well with scoring the opening 4 points. Unfortunately, they lost out 41-33 to a strong Confey College. They lost all of their games this season to Naas CBS, Knockbeg College. Thanks to Ms. Holmes and the boys for all their hard work this season.

Senior Girls



The U19 girls had an excellent season winning all their matches up until their Midlands Quarter final against Killina, where they lost 60-15. They played a great game against Athy College in October when they won 61-10. Thanks to Mr. Bowe for coaching the girls and thanks to the girls for all their hard work this season

Senior Boys



The U19 Boys Basketball team have had a victorious season so far. They won all of their games against Confey College, Naas CBS, and Knockbeg College. They went straight through to the Midlands Semi-Final where they faced Confey College again. They won 65-44 in this match, which brought them to the Midlands Final, played in St Mary's Hall, Portlaoise. They faced Coláiste Lorcáin in this game. It was a very intense game with the lads ultimately winning 47-35 in the end. They then moved into the All-Ireland Playoff stages, which were held in Heywood on 19th January 2020. There was a great turn out of support for the boys as they faced Thurles CBS and St. Declan's, Dublin. They won both games, which brought them through to the All-Ireland Quarter Finals in the National Basketball Arena, Tallaght on 29th January. The boys faced St. Patrick's Armagh where they unfortunately lost out by 6 points.

1st Year Girls



The first year girl's team were enjoying a very successful season before the cancellation of school and club matches by Basketball Ireland. They started their season well with a very exciting and intense win over Ard Scoil Na Tríonóide. The score was 30-29 in the end. They finished their season with an impressive win against Presentation Carlow and they were due to compete in the Midlands Quarter Finals. Thanks to Ms. McCarthy, Hannah Miller and Orla Dunne for coaching the girls this year. Well done to the girls for all their hard work this season.

1st Year Boys



The 1st year boys had a good season and played well but were unfortunate not to go any further. They played a great game against the CBS Naas on the 30 January 2020 where they won by one basket. It was an exciting game to watch and they fought hard until the very end. Thanks to Ms. O'Connor and Ben McDonald for training the boys this season. Well done to all the boys for their hard work.

2nd Year Boys



The 2nd Year boys started their season off well with a defeat over CBS Naas. However, they were unfortunate not to win a place in the Midlands Quarter Finals after a very intense and unfortunate loss to Presentation Carlow. The boys worked very hard until the final buzzer and didn't give up. Thanks to Ms. O'Connor, Ben McDonald and Conor McWey for coaching the boys this. Well done to all the boys for their hard work this season.

2nd Year Girls

The 2nd year girls were also having a very successful season before the cancellations, starting with an incredible 82-point win over Ard Scoil Na Trionóide on 23rd January 2020. They finished their season with an equally impressive 63-21 win over Presentation Carlow. The girls were due to compete in the Midlands Quarter Final. Thanks to Ms. O'Connor and Laura Justin for coaching the girls this year. Well done to the girls for all their hard work.

TY/5th Year Girls Tournament

This year Heywood's U18 girl's team took part in a tournament that took place in Mountmellick. The girls played three games that day, one against the host team, and two against two Scoil Críost Rí teams. They won all three games and won out the tournament. This was the first time Heywood has competed in this. The girls started their tournament with a 1-point win over Mountmellick. Thanks to Mr. Bowe and all the girls for their hard work this season.

Camogie Results

Scoreboard recorded by Ella Nolan

Junior Team	
Heywood 2 – 7	Scoil Chriost Ri 2 -3
Senior Team	
Heywood 3 – 9	Rathdowney 2 – 5
Heywood 2 -2	Rathdowney 5 – 8

Senior Football Win (5th & 6th Yr. Boys)



The senior footballers started out a very competitive season with a two point win over Rathangan in a South Leinster Quarter final away game. They then went on to play a **semi-final** game on home ground against Cross-and-Passion Kilcullen, this time winning by 5 points.

The South Leinster final was played in Carlow against a very good Tullow Community School team, winning by just one point.

Next up was the **Leinster Semi-Final** against North Leinster champions Ballymahon VS. The match was played in Mullingar and Heywood continued their winning streak with a 6-point victory. Heywood then faced the monumental challenge of playing St Colmcilles CS in the **Leinster final**. Unfortunately, their winning streak ended, the game was level with two minutes to go but regretfully they conceded two goals.

Coaches: Mr Byrne, Mr Gorman, Mr Kerr
Heywood's Holy Trinity



Captain Danny Brennan lifting
the South Leinster Trophy



U14 football (1st and 2nd years)

- The first year footballers have played two group games winning both games beating a school from Carlow by two points and a school from Dublin.
- They were beaten in the South Leinster Final by Wexford CBS

U16/Junior football (3rd and 4th years)

- The U16 footballers kicked off the season playing three group games, the first game was a practice match against Colaiste Iosagain, Portarlinton that they won well. They then went on to play Portlaoise CBS twice in challenge games both home and away fixtures.
- Unfortunately, they suffered a loss in an away game to Rathangan from Kildare, losing by 10 points.
- Next up was a home game against Presentation Carlow and a win by 17 points for the lads.
- Finally, they beat Pipers Hill from Naas by 1 point in a close game.
- They were now through to a **South Leinster Quarter Final** which was played on the 17th of January against Mountrath and they won by ten points.
- Carnew from Wicklow were next up for the Heywood boys in the **South Leinster Semi-final**. Heywood won by 9 points, new goal keeper Brian Duggan took to the field this time out as Liam Kehoe was injured
- Unfortunately, Rathangan beat them by 5 points in the **South Leinster Final**.
- Coach : Mr Byrne, Mr Gorman, Mr Kerr

Athletics Interviews by Rachel Foley

Name: Faye Mc Evoy

What age did you take up the sport of athletics and why? I think I was around seven when I started going up to the Tuesday night training sessions with the Ballyroan Athletics Club and I really enjoyed it so it was a good way of getting some exercise

What is your favourite training workout?
I like doing 300m reps around the gardens in Heywood

Tell me about your least favourite workout.
The time trials we do at training are tough so I would say that would be one of my least favourites

What is your favourite race/ athletics meet?
The all Irelands school cross country in Santry there is a great atmosphere there



What is your most cherished or proudest moment in athletics? This year I was delighted to win a silver medal in both the Leinster 1500 and 800 indoor track. Unfortunately, because of covid-19 I was unable to run the all Irelands. I was also delighted to finish 18th in the all-Ireland schools cross country

What was your worst injury- and how did you overcome it? Around the time of the all Irelands, I had a strained hip flexor so I had to take a couple days rest and got some physio

What piece of advice would you give to an aspiring athlete? Keep training and working hard but most of all just enjoy it

What is your next running goal? (Whenever normality returns!) Next year when cross-country comes around I would like to qualify onto the schools Irish running team and run in the SIAB's

Name: Niamh Tunney

What age did you take up the sport of athletics and why? I was 13. I didn't want to do athletics but my dad said I needed to do a sport in school and athletics was the only one I hadn't tried.

What is your favourite training workout? My favourite workout is four by 400, 600 and 800m race pace.

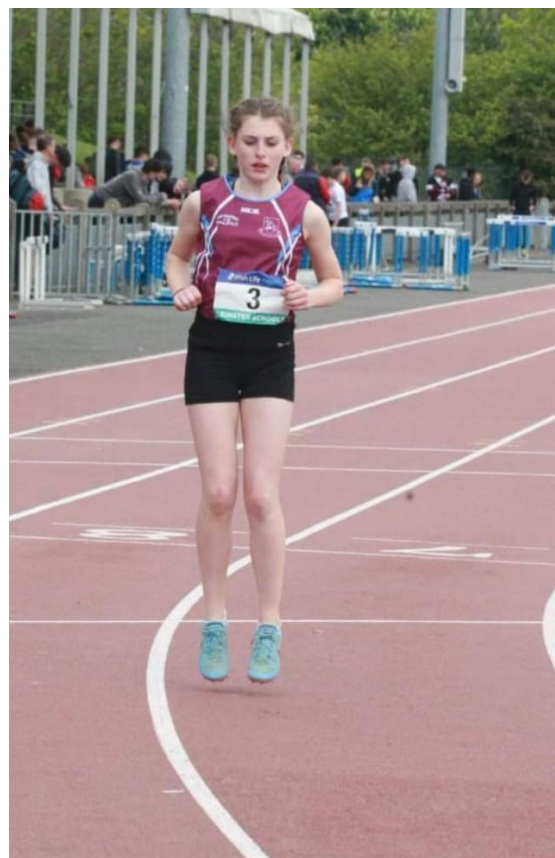
What is your least favourite? I don't like long runs because I get bored and I have no one else running with me.

What is your favourite race/ athletics meet? I really like indoor track meets with the club but my favourite are school races such as South Leinster track because everyone is there and we have fun.

What is your proudest/most cherished moment in athletics? My proudest moment was winning the bronze medal in the 800 and 1500 at Leinster indoors in February because I had worked hard over the winter and it payed off that weekend.

What was your worst injury and how did you overcome it? I haven't really had a bad injury but I have had shin splints and knee issues. I took two weeks off and iced my legs twice a day for a month.

What piece of advice would you give to an aspiring athlete? I would say put the effort in and you will get a lot back, the more you train the better you will become.



What is your next running goal? My next running goal is All Irelands Track (if it's on at all) or probably cross-country in winter.

ATHLETICS XC RESULTS 19/20: (Results recorded by Breda McDonald)

Heywood had a very successful Cross-country season, with all athletes getting stuck into the cold, mucky conditions and running their best for their team and school.

Results are as follows:

Three county league: The girls Intermediate and Senior teams won the overall trophy. The lad's intermediate team retained their trophy for the second year in a row!

Heywood won best overall school in the **Inaugural St Conleths Community College 3 County relay race.**

The Laois Schools Cross Country - 15th of January 2020.

- Minor Girls: Aoife Gorman finished 3rd, Clodagh Gee 4th and Alex Smith 6th.
The girl's team supported by Laura Kavanagh, Roisin Hogan and Alex Charlton won the gold team medals!
- Minor Boys: Michael Lacey 5th place.
- Junior Girls: Heywood had a clean sweep at the top 3 medals: 1st the ever improving Niamh Tunney, 2nd Ciara Bowe, 3rd Lucy Brennan and new comer Laragh Wilkinson finished 5th ! Great running by these girls, who also won the team gold medals!
- Junior Boys: Sam Farrell was the first in for Heywood finishing in 5th place.
- Intermediate Girls: Heywood almost had the top three medals again, with Faye McEvoy winning the race, Caoimhe Moore 2nd and Abby Lalor just off 3rd place finishing in 4th position. Anna Keane finished in 6th. The girls won the gold team medals!
- Intermediate Boys: Evan Hogg finished 3rd, Jack Mc Mahon finished in 5th place.
- Senior Girls: Heywood again won the gold team medals, with Niamh Mc Donald winning the race, Sarah Delaney finishing 3rd in her last Laois secondary schools race! Jennifer Holland finished 4th and Mairead Sinnott (also in 6th year) finished 5th.



This winning attitude of all the Heywood athletes continued throughout the season with 12 athletes qualifying out of the South Leinster Championships (held in Carlow hurling pitches) to run at the prestigious **Leinster Schools Cross Country event**. Niamh Tunney started the South Leinster winning streak by winning the silver individual medal out of a field of over 100 junior girls. Faye finished 4th in the intermediate girl's race, leading her team (Caoimhe Moore, Abby Lalor, Anna Keane and Eleanor Holland) to bronze team medals and a ticket to the Leinsters. Evan finished in 7th place in the highly competitive Inter boys race. Niamh McDonald was the first of the senior girls team that involved Sarah Delaney, Olivia Carroll, Jennifer Holland and Mairead Sinnott. The girls won the silver team medals!

The **Leinster Cross Country** was held in Santry and Heywood had two athletes qualifying to run the All Ireland Schools event. Again, the top 12 from each race and top three teams qualified. Niamh Tunney ran an excellent race in her first Leinster competition and finished 12th position. Faye McEvoy also finished in 12th place in the intermediate girls 3500m!

Both girls had a good experience running in the All Ireland Schools cross-country held in Santry, in March of this year. With the experience standing to Faye, she ran a strong race to finish 18th overall, an excellent position, which is a testament to all the training she has put in over the years. Niamh also had a good run in her first national race; this can only be improved on for next year! Both girls will be in the one age group next year - the Intermediate girls and it looks like they will have a very strong team! Watch this space!



To all the Heywood athletes during this hard time: keep the training going, get out for a run as often as you can. Keep the body strong and you will surprise yourself for when we return to the schools athletics competition.