



PRESSING MATTERS



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L-R: Claire Thornton, Laura Daly, Saoirse Kelly and Nichola O'Donoghue

PENS AND NEEDLES: HAVE WE LET OZEMPIC GO TOO FAR?

Ozempic, or more so known as “The Skinny Jab,” has become a societal phenomenon and has taken social media by storm. Today, I want to have a closer look and not just discard it as a miracle weight loss method.

Originally, Ozempic would be prescribed to people diagnosed with type two diabetes. It would make your body produce more incretins, or hormones, and help your body produce more insulin when needed. There was a shortage of this drug that caused a lot of people to have no access to a medication they genuinely needed, but it was resolved in December 2024.

But was the resupply the problem? All the way back in 2021, the ‘miracle drug’ was mentioned in a segment on a show called “The Dr. Oz Show.” titled “Could a Diabetes Drug Cure Obesity?” Based on the name, it seemed to have a genuine intent to find a cure to a severe problem that is currently ravaging America today, young, and old. But this brief moment on TV was only the starting wave of a tsunami to hit social media.

When Ozempic hit TikTok, it became the eye of this raging storm. It has been hash tagged over 350 million times on the platform. Recently, the diabetic medication has started to be prescribed "off-label" in order to help people lose weight. A-listers in Hollywood are now paying \$/€1,500 a month for the promise of losing a few pounds, and its crazed popularity on social media has driven demand so high that there have been shortages worldwide and not just Ireland.

Although celebrities may be the root of this, people still like to assume that any celebrity who does lose weight is immediately on the drug. This can destroy body image for a lot of stars, and especially ones who've had trouble with people nit-picking their bodies before. TV star Khloe Kardashian spoke up when someone jumped to assume she was on the drug after she appeared on TV, looking like she'd lost weight. She replied to them with "Let's not discredit my years of working out. I get up 5 days a week at 6am to train. Please stop with your assumptions. I guess new year still means mean people." According to the people's magazine. But this goes both ways. The prevalence of Ozempic on social media holds concerns for young people once again with focusing too much on their bodies. The current beauty standards are essentially impossible, and adding a magic drug that just drops your pounds to the mixing bowl, is just a recipe for disaster.

So, what is its effect in Ireland? There is always praise for something that can help people lose their unwanted pounds quickly, but what about the tragedies that have stemmed from this ‘quick fix’ drug? According to the Irish Mirror, A 66-year-old woman in Cork died of total organ failure after she developed profound electrolyte abnormalities on a background of severe vomiting whilst taking Ozempic for weight loss.

According to the Irish Examiner, a woman ‘Woke up screaming from how constipated she was. The pain being unbearable.’ So, are the maelstrom of side effects worth the sunshine after the rain? Some people say yes. The same woman reports her experience was horrible and she ‘can’t eat like she used to’ but it has elevated her confidence, and she started feeling comfortable in her own skin again.

There have also been reports of people “growing” their own Ozempic at home. There are countless documents and articles, throwing DIY recipes at you. But what's worse, there's unqualified and under-equipped people selling this little concoction they whipped up themselves. This could cause unbelievable side effects, both short and long lasting.

In conclusion, I personally do not think Ozempic is a bad thing, but according to TechReport, in 2023, Ozempic achieved sales of \$13.9 billion, making it the fourth best-selling drug worldwide. The sheer thought of how quickly this drug took over the entire world, makes me wonder what will come with it next. The constant worry of shortage shouldn't be a problem for the people who just take it to lose a few pounds, but for the people who really need it. People who have been prescribed it and not the people who hand over a pretty penny to get it without a doctor's note. I believe that Ozempic needs to be policed more and have a stricter handout, but you cannot keep your eye on everything. But policing also goes for celebrities too, as they are the root of this drug fanaticism. But the probability of this really happening is low, but we can still try.

International Women's Day

“Women are given many days to celebrate women; Little Christmas and Mother's Day to name a few.”

“There's no international men's day - so why is there need for a women's day?”

These are just some of the conversation points that mar the build up to the 8th of March. And the answer is simple. Glaringly simple. Women are celebrated on International Women's Day as it represents when women were finally given the right to vote; something that women campaigned tirelessly for many years and a feat that men never had to endure. So in response to the need for an International Women's Day - the answer is yes, yes there is!

In Pres we celebrated the day by joining as a whole school community in the hall where we were inspired by our peers, friends and women in various fields of work. Students from our school took to the stage and performed poems that they had written, read personal essays that they dedicated to women who inspired them and shared their talents in song and music. We also witnessed two sixth year students, Nichola O Donoghue and Saoirse Kelly, interview two women; Laura Daly and Claire Thornton; two women who are excelling every day in their chosen areas. These interviews reminded us all of the importance of never giving up, that we can achieve our dreams even when it seems impossible and that sometimes we have to fail, to reroute and start again. It was a truly beautiful day and makes us see that International Women's Day must be an annual celebration because we deserve it.



Jessica Enright - 5th Year - A Piece for my mom



Olive Cantilon - Harpest



Emily Ashley - Her piece entitled 'Betty'



L-R: Principal Katherina Broderick, Taylor Lynch, Claire Thornton, Laura Daly, Nichola O Donoghue and Saoirse Kelly.

WOMEN'S DAY

A WOMAN THAT INSPIRES ME - EMMA LONG



When thinking of women who inspire me the first person who comes to mind is always my nan, Hannah. A kind hearted woman who strived to be the best version of herself; a true figure of greatness to me.

Undoubtably, she shaped the person I am today. My nan had nine children including Bridget, Mary, Phil, Helen, Noreen, Dora, John, Mike and Ger.

Unfortunately when my mother was nine years old her father Tom died of a sudden heart attack, leaving my nan with the huge responsibility and immense pressure of taking care of nine children on her own.

To say she raised her kids to the best of her ability and loved and cared for all of her children from the minute they were born and as they got older is an understatement. She gave them everything; a safe and loving home, and everything she could physically afford. She acted as mom and dad, and she never complained.

In my nan's later years she was diagnosed with breast cancer. But this would not define her. Continuous trips in and out of Kerry General Hospital, surgeries often followed by radiation treatment, yet she always remained positive and strong. Even when she was diagnosed with Dementia. I remember the time she was discharged from hospital after beating cancer - a day I'll never forget. She went about her day as normal sat in her chair in the kitchen and turned on Telly Bingo and as the kind woman she was, she went off baking scones for her next door neighbour Buds as she called him.

But sadly her health continued to deteriorate and she was sent back into hospital. My nan would always remind me "Your health is your wealth" and to always be kind to everyone. My nan died in August 2020 after a tough couple years but she died with bravery and grace. As we mark International Women's Day we celebrate the wonderful women we have encountered in our lives. Not all heroes wear capes, mine wore cozy feet slippers, a cardigan, pinafore dress and always had a smile on her face.

WITHOUT YOU- TAYLOR LYNCH

Staring at the glass reflecting your eyes, thoughts
and smile.

My every move mirrored.

Memories play the role of a rose bush.

Flowers piled up in the worst ways.

Brown stains of tea, unwashable circles.

Old, worn football boots,

with two different coloured laces.

Who chose my path?

A decade old, told by those, you choose your
own...

Mine, ruined by a room with a low hum.

Forced into a world, without the security,

Of the only person I needed.

Who put the mirror between me and
you?

Who am I supposed to talk to?

What am I supposed to do?

When there's no you.

I must go back to normal,

To a house, not a home, all alone,

Cause you're no longer there.

I must keep my shoulders high,

wear your smile,

And continue my life without you.



Reviving the Irish Language

MEET THE GAEILGE TEACHER WHO IS DRIVING THE REVIVAL OF THE IRISH LANGUAGE IN PRESENTATION SECONDARY SCHOOL LISTOWEL

Interview by molly linnane and keira o connor

1. Can you tell us about your experience growing up in the Gaeltacht in Dingle and how it influenced your understanding and love of the Irish language?

One thing is that the Irish language and the Irish culture was just a constant in my childhood, so whether that would be my neighbours that would have evenings in their house where they literally would have twenty chairs in their kitchen in a circle, and then they would have all these neighbours coming down. For a lot of people in West Kerry, there was this tradition called Bothántaíocht. Bothán literally means shed, but we don't mean going from shed to shed, it should probably be called tíocht, but it means telling stories, singing songs, sharing music, anything like that. In the last few years, I have definitely seen an increase in that, not really 100% if there is any one reason for that other than our society is going towards more individuality and pride in our heritage. A sense of self, so to say, seeing as we are gone very globalised and we see a lot of people consuming the same media and our culture has almost become the differentiating factor.

For me gaelann has always been very important. A lot of my family are gaelgóirí, but other parts have no Irish; they're from Castlegregory which was one of the first places in the Dingle Peninsula to lose their Irish language. Like, you see in West Kerry, in Dingle town especially, the town has pretty much become an English- only speaking area because of the tourism, but there are towns around Dingle that still use Irish,

But you do see that Irish is almost considered an elitist language, which is funny because it once was the language of no opportunity, so things have changed a lot.

I also think media and the government are making Irish a lot more accessible, for example, you can change your méarclár (keyboard) to Irish and it will really help bring on your reading and spelling, same with tiktok, which has a translating option. You'd be amazed by what you could learn just by listening to these videos!

You also have a lot of these people who would've been afraid to speak Irish in public, but these videos are giving them the chance to plan out what they want to say and take their time speaking the language.

There also has been a change in government policy, where by 2033, 20% of state positions have to be filled by people who are fluent in the Irish language. So that means, when you're calling Revenue, you can do your taxes as gaeilge.

2. What challenges did you face as a young person in a Gaeltacht area in terms of language acquisition, and how did those experiences shape your teaching methods today?

People do tend to wonder about gaelcoláistí and gaeilscoileanna being disadvantaged because they won't be able to understand one language, but it's actually the complete opposite. It completely opened my mind to so many other ways to describe things, like there are so many words that don't exist in both languages. So it probably made me more articulate as I have to explain what I mean when I want to describe something in the other language. Having both languages also helped me with learning foreign languages because both English and Irish have such different structures and grammar rules. I could see cross- over with French, for example, in french, when le is put in front of a vowel, it becomes l', same thing with Irish where Do can become D'.



Above: Jean NÍ Fhearghail graduating from The National University of Ireland, Galway.

3. Do you ever struggle with speaking English constantly?

No, what I struggle with though is swapping between the two, so sometimes I will be up at the top of class and I will be like "oh, d'ya know like, when you're meeting someone on the road and.." and I am met with blank stares *laughter*. But it's not struggling with speaking English, it's just sometimes struggling to remember certain words and phrases, and I think that's just pure bilinguality really!



Above: Coláiste Íde, Dingle, County Kerry

Reviving the Irish Language

MEET THE GAEILGE TEACHER WHO IS DRIVING THE REVIVAL OF THE IRISH LANGUAGE IN PRESENTATION SECONDARY SCHOOL LISTOWEL

Interview by Molly Linnane and Keira O Connor

4. How do you incorporate elements of Irish culture and traditions into your teaching, especially for students who might not be familiar with the Gaeltacht way of life?

For me, I really love the Blas and cannúint, and we have lovely cannúint here. Caighdeán is what we write, so you have to learn the Caighdeán because that is how language grows, having one standardised language. So take Spain, they have thousands of different languages and dialects but they need one for the official documents and governmental information, because that is how a language exists. But i think it is really important to teach the Caighdeán, for example instead of saying Gaeilge, you would say Gaelann, or bhíos instead of bhí me. Its what gives that native sound to the language.

In terms of incorporating the Irish culture, I suppose it’s about getting exposure for my students, like bringing in Timmy to do set dancing last week, I am bringing the fifth years to Coláiste Íde next week so that they can be involved in the culture.

5. In your opinion, what are the most effective ways to engage students with the Irish language, especially those who are more familiar with English?

I think anything that revolves around their own life people get interested in. So I think people love the Béal Triail if they love speaking, as they can speak about something that they are comfortable or interested in. Same thing with the CBAs, I think they are really good for developing the language, like I had girls doing their presentations on getting ready for a football game, and ‘spend the day with me’. Even since then, they have an extra cúpla focail from what they have learnt through the CBAs.

6. As someone who grew up in a Gaeltacht, what advice would you give to students who are just beginning their journey with the Irish language?

So these students come into the school with varying levels of Irish from their primary school, like a student coming from a gaeltacht is going to be better at speaking the language than someone coming out a school with a teacher that doesn’t place much emphasis on Irish. I attended a course about languages during the summer and I remember somebody saying “ the way babies learn to speak is by listening first”, you can apply the same thing for writing. So what I will say is students who are trying to learn, it is really important to listen to people speaking the language.

Is there anything you would like to say as gaeilge to finish our interview?

Bíonn thuas seál agus thíos seál ach ní bhíonn in aon rud ach seál.

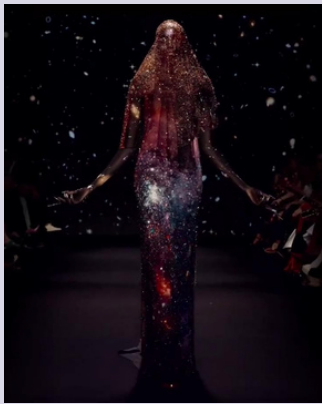


OUR DESIGN OUR SCHOOL

The Art Department was invited to work on our Creative School’s Initiative where students worked on creating a collaborative art piece that is now being used nationally by the Arts Council for Creative Month to advertise the worthwhile initiative that encourages creativity on a whole school level. The piece is on exhibit at the Tralee Library; please make sure to drop in and have a look.

RECYCLED RUNWAY

Junk Couture



I N S P I R E D

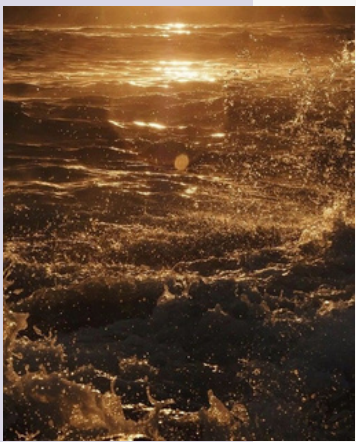
ON THE LEFT: ROYAL JESTIQUE BY MOLLY LINNANE

Made from Insulation, curtains, tablecloths, computer pieces and a loofah, “Royal Jestique” hit the Helix in Dublin for the regional finals on the 6th of march 2025. inspired by jester culture, the outfit was up against 79 other pieces from the 6 regions. The event kicked off at 6:30 that evening, but each competitor had been in the building by 11 o clock that morning, working to perfect their outfit and apply any make up. The runway lasted 3 hours, with each competitor given 45 seconds on stage to display their creation with a song of their choice playing in the background.

ON THE RIGHT: WAVE OF CHANGE

BY MEDB CULHANE, CAOIMHE BARRY
AND MICHELLE O CALLAGHAN

Made from seashells, old netting and leftover fabrics, “Wave of Change” was crafted from hand in one month, from the 31st of December to the 31st of January. The piece is a symbol of change for our current way of life, which is highly unsustainable at the moment. The piece aims to advocate for recycling culture and sustainability, and eradicate global warming.



Raining Cats and Dogs

On the 11th of February I interviewed Lisa Thornton, about her experience facing the flooding devastation caused by Storm Bert late last year.

By Emilie Keane Stack

How has your life been affected after?

We had to move house and move to a new area; it affected me but effected my daughter more.

Were you prepared for the flood?

No because we had no warning.

Do you think there could have been more action taken to prevent the flood?

Yes, it flooded in Abbeyfeale early that morning so they could have alerted us.

Can you tell me about the day that it happened?

I was at work and a customer informed me she couldn't drive down the road to make the appointment and that there was supposed to be flooding in the area and when I rang my aunt the water was starting to come in and within 9 minutes our two houses were under water, we had no time to save anything. I nearly lost my dog Ollie, he was out the back he was drowning when my uncle swam over to him after they were able to save their own dogs and put them up in the attic my aunt did and then she had to be rescued by boat as well and everything after, there was 7 feet of water in my backyard.

How did you feel when it was happening?

I was in shock, I wasn't the only house though my aunt as well and everyone down the road, it was surreal.

What happened in the days following?

It's all a bit of a blur, I was living in emergency accommodation, trying to get a few belongings and go to work.

Do you think there could have been more help given to people effected by the flood?

There was some for emergency accommodation, a lot were told to leave after a few days only, if they can house other people they can house us, everyone had to fend for themselves and get somewhere to rent.

How did it affect your finances?

Because I had nowhere to cook, me and my daughter had to eat out all the time, we were in emergency accommodation for nearly 3 weeks and we had to eat out, it was costing between 30-50 euro each to have lunch and dinner, that was a lot of money on top of not working.

Were you given any help with food?

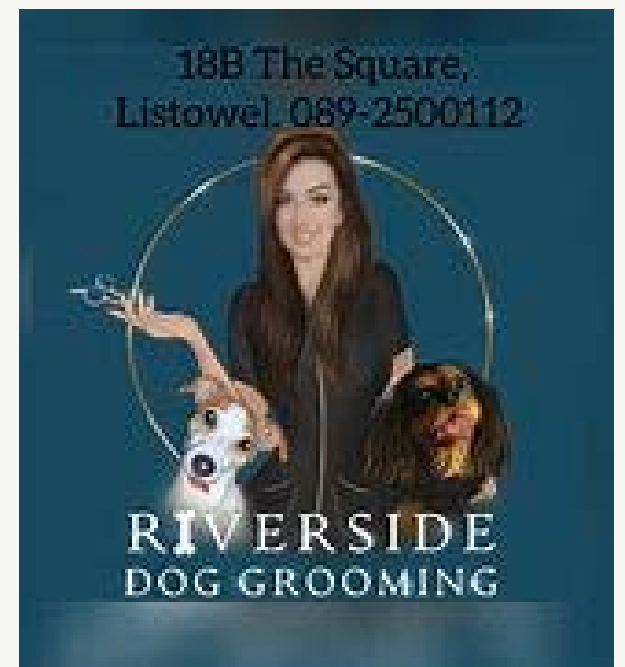
All we got was 500 euro, each family got in or around that depending how big they were and that was it but 500 didn't go far because you had to buy basic things for yourself like shoes, so 500 euro didn't go far.

As a local business owner how did the flood effect your work?

Because I worked by myself, I had no one to cover so I had to shut the salon which made things very expensive and all my bills still had to be payed and it was just on the door of Christmas and I had to buy all my daughters Christmas presents again, so it was just a bit of a disaster.



Above: Effects of storm Bert in Listowel Town.



Above: Lisa Thornton's Dog Grooming Business in Listowel

Raining Cats and Dogs

Were you still in emergency accommodation by Christmas?

No, we got a place exactly a week before Christmas, I had the Christmas tree thrown in a corner literally just decorated for the child and a load of boxes around it because I had to go to work, that's how I spent Christmas day, but it was fine at least we were in a house.

If you had been notified in time about the flooding, what would you have done differently?

I would've been able to save a lot of my stuff from my house and valuable things, I had things I had just bought like a tumble drier 4 weeks old, Christmas presents, my laptop, my iPad, all my Jewellery, everything was covered in a brown sludge, I lost a couple of TVs, I would've been able to save them, not having to buy them all again.

How were you informed about the flooding?

A neighbour was due to bring their dog into me and they couldn't come in that road by Finuge by the bridge which is where the bank burst and then a neighbour of mine was trying to keep water out of her house so when I rang my aunt she got up to check and the water started gushing in, that was it, it was up and done in 9 minutes, and it kept rising then till it was 7 feet in my back garden, when I went out to her I could see my furniture floating around inside the house, I couldn't swim so there was no point going in everything was under water anyway and then when I went in the next day everything was covered in this brown sludge, you couldn't save anything it was just gone.

iWish

An inside into being a women in a STEM career

What is iWish?

I Wish is an award winning not for profit initiative inspiring young women to pursue careers for STEM

The Strength and wisdom of Mairead McGuinness

A speech that inspired me during the I Wish conference was Mairead McGuinness her career in being an Eu commissioner and former Vice president of the European parliament. In her speech she talked about being a women in a mostly man environment. In her career she had many challenges but again she prevailed and had a very successful career which I admire very much. I look up to her ability to break the standards of being a women in a STEM career .

Our Journey

On the 6th of February our students travelled up to the RDS in Dublin to experience the I Wish conference. When we arrived at Heuston Station we were welcomed by the I Wish team they escorted us to the buses and we where brought to the RDS. Empowering women gave speaks about their careers in Stem. This event was put together very well and it sure inspired us girls to think about a future in STEM. We where given the chance to win prizes such as Just Eat vouchers and Eason's voucher. There was also stalls outside the speech centre where we could talk to employee's from companies such as Google and Amazon.



Students Molly Walsh and Katelyn Moloney after winning prizes at I Wish

SCHOOL MUSICAL- MOANA

PRESENTATION
SECONDARY
SCHOOL
LISTOWEL
KICKED OFF
THEIR SCHOOL
MUSICAL ON
THE 6TH OF
MARCH 2025



“IMPRESSIVE
TALENT FOR
SUCH YOUNG
PERFORMERS”
- SCHOOL
MUSICAL IS A
HIT!

SEEN ABOVE- MOANA CAST



PICTURED ABOVE- NIAMH KELLY (LEFT) AND MOLLY WALSH (RIGHT)

The 6th of March marked “go time” for Presentation Secondary School Listowel’s Moana cast. Spanning two days and six action-packed shows, the school’s yearly musical was performed for local schools as well as the general public. But what was shown throughout those two days were only the product of weeks and weeks of hard work behind the scenes.

The grand idea for a school musical was brought up in Mid-November, when Brian Carr, a local stage school instructor decided he would try his hand at the rural school’s talented students.

Auditions were held with multiple stages, where ability and stage presence were identified, and each student was picked regardless of if the student had previous experience in drama or not.

Practice was scheduled every Friday for two tireless hours, where hours and hours of hard work and dedication were poured in, by students and teachers alike.

Roles were split between students, with our cast having two main characters, two villains and rotations of up to three for all side characters. Students rotated roles every show to allow an equal division of time onstage.

“We couldn’t have done it without Brian. In fact, we couldn’t have even imagined the idea of it being possible without him” said Molly Walsh, a TY student and actress for the main role Moana.

The musical was all inclusive, and was available to all years. Not only did the musical offer main cast roles, but you were also given the opportunity to be a dancer, situated just outside the dancers in a circle. Finally, all first years were allocated the job of ‘the ensemble’, where they provided backing vocals for the main cast to cement the magical experience the cast aimed to produce particularly for primary school students.

To say the musical was a success is a raging understatement; it was a breathtaking, transformative experience that left the audience in awe, and created life long memories for all involved. Here's to next year's musical—may the costumes be just as fashionable and the choreography just as chaotic!"



WHAT GOES ON IN PRIFMA

On the 5th of February, I, Evita, interviewed a new business in town, called Prifma. I was honoured to interview the owner and received some truly inspiring responses from her.



Questions

- 1. When did you open this business?
- 2. What inspired you to start this business?
- 3. What is the meaning behind the name ‘Prifma’?
- 4. Do you plan on expanding your business?
- 5. What was the biggest challenge you faced while setting up your business?
- 6. Did you have any support while setting up this business?
- 7. Where do you see your business in 5 years?
- 8. What does a typical day look like for you?
- 9. What advice would you give to young entrepreneurs starting a new business?



Evita with Prifma founder

Responses

- 1.“It was around the 11th of July 2024”.
- 2.“Life events” ,From previous experience I have worked in various areas and this lets say has brought a lot of those talents together”.
- 3.“Prifma is an obscure Latin word for a prism. A prism for me it lets the light in, it sees things differently, it brings joy and its also new beginnings more importantly”.
- 4. “Yes, watch the space in the next couple of months”.
- 5. “I think I enjoyed it all. No I didn’t find any challenge”.
- 6.“Absolutely, now in relation to support, family was huge, my mother, my daughter, my son. I would’ve been lost without them. It was motivation, it was also being physically in here my mother doing the work and also a better way of putting it, encouragement”.
- 7.“Definitely there will be two of these shops and that’s gonna be in the short future. At least three”.
- 8.“There can’t be a typical day in Prifma because I think I would get very bored. So in saying that when you want a business like this you are wearing lots of different hats, so what I mean by that is, first of all what people see is the customer service, your dealing with people, that’s extremely important. What I always say in here it doesn’t matter who walks in that door they all have to be treated equally and with respect. Customer has to be number one. Number two is suppliers. I deal with a lot of different suppliers coming from Europe, a lot of Irish suppliers. The merchandising is about where you place the product and there’s an aspect of it. You have to watch your bills. There are basic things like you have to keep the shop clean, tidy and presentable”
- 9. “Trust your gut, go for it. Because it’s like this, everybody has an opinion and that’s ok, you can sit and you can listen to all of these opinions and the secret is to take what you need and trust yourself”.



TO BE OR NOT TO BE

Transition Year (also called TY) is an optional one-year programme between Junior Cycle and Senior Cycle. The question of whether it should be mandatory is a thought-provoking one, and there are arguments both for and against this opinion.

IS TRANSITION YEAR WORTHWHILE?

Pros

- **Subject choice guide:** Transition Year allows students to explore different subjects and activities, giving them a guide when deciding on Leaving Cert subjects.
- **Career guidance:** Workshops in TY help you explore different career options. Work experience is a fantastic opportunity for students to gain insight into careers of interest. They can network with professionals. It also helps them develop practical and communication skills.
- **Build confidence:** Transition Year offers students the opportunity to develop their communication, presenting, leadership and teamwork skills, which all contribute to building confidence. It gives students the chance to step out of their comfort zone through a variety of activities and trips.
- **Personal growth:** TY encourage students to become more independent and social. It affords them with the chance to mature as people. It helps them develop independence.
- **New opportunities:** Transition Year provides students with the opportunity to try out things you wouldn't normally e.g. work experience, outdoor activities like kayaking, career workshops and project work.
- **Friendships:** TY is the opportunity to form stronger friendships. It brings students from different classes together through extracurricular activities. Many of these are team-based, so they help students bond with each other.
- **Stress reduction:** TY provides people with a break from the intense pressure of exams. It focuses more on self-growth, which helps students reduce stress.

Cons

- **Cost:** A large payment is usually required at the beginning of the school year. This covers fees for activities and trips. If there is a foreign trip planned as part of TY, it will often be an additional cost. This can be a financial burden for families.
- **Pressure on school's resources:** Extra projects, workshops, or events can place a higher demand on school facilities and space. More teachers may be needed to supervise students. Schools must cover the costs of some activities as well.
- **Lack of academic focus:** Some students fear that they will lose sight of their academic goals in a year that is often more student led. Some students may find it challenging to adjust back to the difficulties of the Leaving Cert.
- **Lack of structure:** Transition Year students have a flexible schedule, which can lead to some feeling lost or unmotivated.. Some prefer sticking to a routine that allows them to stay organised.
- **Boredom:** Some students may find the activities or subjects offered to be uninteresting if it doesn't align with their interests. Boredom can also come from a lack of upcoming activities. This can make students feel disengaged and unmotivated.



Transition Year Class 2024/25

THE INVISIBLE STRING THEORY

The invisible string theory is the notion that your person is esoterically attached to you already through an invisible metaphorical string.

This belief is based on beliefs in fate, spirituality and destiny. It can be a poetic way of thinking about the paths we take and how they seem to align with purpose or meaning, even when we don't always understand it. This theory can offer comfort that certain relationships or events are meant to be which can be reassuring in times of struggle.

The concept of the invisible string theory was popularized by an author called Patrice Karst when she released a children's book called 'The Invisible String'. Patrice Karst came up with the idea for this book when her son was experiencing a lot of separation anxiety at school. She started telling him about their invisible string that would connect them all day long. Once he heard that she believed in this string his separation anxiety disappeared.

'People who love each other are always connected by a very special string made of love. Even though you can't see it with your eyes, you can feel it deep in your heart and know that you are always connected to the ones you love'. The theory of the Invisible String can be used whether two people are separated for years, months, weeks, day or in Patrice and her son's theory hours you will always find your way back to your person. This theory can happen to everyone whether it's with a lifelong friend, a romantic partner or even someone who teaches us a lesson in life.

It brings more of a sense of purpose and meaning to these relationships when they happen unexpectedly. It reminds us that we may not always be able to control how some relationships unfold but there's something deeper happening guiding us towards the people we are meant to connect with.

In the end, whether we believe in the Invisible String Theory or not, it can serve as a beautiful reminder of how deeply interconnected our lives can be and how the choices, we make can plan out in way we might not always see.



PINK TAX



Men and women often buy similar day-to-day products. But research shows the products targeted and advertised to women are sometimes more expensive than comparable products marketed to men. This is referred to as pink tax.

Gender based price products are relevant in several sectors, but one of the most visible is personal care products. These include, for example, soaps, moisturisers, razor blades and deodorants that are marketed specifically to either women or men. For example, women pay 35 per cent more than men for body wash. Women also pay 10 per cent more for deodorant, 59 per cent more for facial moisturiser, and 78 per cent more for razors and the only main difference is the packaging, which is typically pink or pastel coloured, and the branding, which targets women.

Women tend to spend more on products and services due to pink tax, which can lead to ongoing financial strain. This is furthered by the fact that the products containing evidence of pink tax are often essential items, so it's not as if the consumers can just decide to limit the amount they buy if they don't agree with pink tax. This extra cost may seem small on a per-product basis, but it adds up over time. When you consider the wide variety of impacted by the pink tax, from cosmetics to clothing the financial difference can be considerable.

The practice of charging women more for products and services marketed towards them, has not been as widely discussed or addressed as in other countries like the US or UK. While consumer advocacy groups such as Consumer Protection Ireland have raised concerns about gender-based pricing in general, there has not been a focused campaign specifically targeting the pink tax and trying to have fair costs for all products. Ireland does not have specific laws to do with the pink tax, although EU consumer protection laws prohibit unfair pricing practices. The issue has not yet led to significant legal or policy changes in Ireland, though it is part of wider EU efforts toward gender equality. While businesses in Ireland have embraced more gender-neutral products and marketing, mostly seen in children's clothing, the pink tax remains an under-discussed issue in Ireland. This conversation is likely to grow as global awareness increases and calls for pricing fairness to rise. In conclusion, the pink tax is not just about higher prices, it reflects deeper issues in society related to gender roles also. When products aimed at women are priced higher than similar ones for men, it sends the message that women's items are more premium or luxurious even though they may be the same in quality and function. This practice not only impacts women's finances but also keeps old stereotypes on going about what women should be paying for everyday goods. To address the pink tax, it's important to raise awareness. Many people don't realize they're paying extra just because of how products are marketed. Companies that keep charging higher prices for gendered products risk losing customers who are looking for fair and equal pricing. Eliminating the pink tax could bring bigger changes in the way businesses approach pricing. It might encourage companies to focus on the real value of their products rather than adding extra costs based on gender. It could also lead to designs and marketing strategies that are more inclusive, without relying on outdated ideas about what's for men and what's for women, but instead what will be suitable for everyone.



ARE WE NEAR THE END

PEACE NOT WAR

LET'S UNITE FOR THE WORLD

**Tension's of the world have risen are we looking at
the future of war**

WAR IS NOT A TALE OF HEROISM.

IT IS A HARSH REALITY WHERE LIVES ARE
SHATTERED, FUTURES ARE STOLEN AND
HUMANITY IS TESTED TO ITS CORE

BY MOLLY WALSH

As the famous philosopher Albert Einstein once said, “Peace cannot be kept by force; it can only be achieved by understanding.”

This powerful statement highlights the fundamental truth that war is not a solution, but a failure to seek understanding. War is often romanticized as a battle where heroism shines through the darkness, but in reality, it is the complete opposite. It is not a tale of heroism, but one of destruction, loss, and irreversible damage. And yet, it seems like the governments of our world are still yet to grasp that fact.

With all the wars and rising tensions between countries like Russia and Ukraine, or Israel and Palestine, it is hard not to feel like World War 3 could be on the horizon. Unsettling is the only word to describe the global conflicts that are escalating as each day passes, and each new headline about military buildups or territorial disputes only adds to the anxiety.

Countries seem more divided than ever, and it feels like we're teetering on the edge of something bigger. As someone who cares deeply about peace, I can't help but wonder if we're headed down a dangerous path. It's not just the politics that worry me; it's the human toll—the lives that are at risk. It's easy to feel powerless when we're watching things unfold from afar, but the reality is that the choices made today could shape our future in ways we can't fully grasp.

War is not a tale of heroism, and yet that is often the story we are told. The media, history books, and movies all glorify the idea of war as an arena where heroes emerge—individuals who rise above the chaos, triumphing over evil forces and becoming symbols of courage. But this portrayal ignores the true, painful cost of war. War is not about glory or honor; it's about suffering. It's about communities destroyed, families torn apart, and countless lives lost. The human cost of conflict cannot be romanticized, no matter how heroic the individual stories may seem.

Each time we glorify war as a place for heroes, we overlook the true victims: the civilians caught in the crossfire, the children whose lives are ruined before they even begin, the families who are left to mourn the loss of their loved ones. War is not a tale of heroism; it is a tale of grief and destruction. The emotional and psychological scars of war extend far beyond the battlefield, affecting everyone who is touched by its violence. The toll is not only measured in lives lost but in the damage done to societies, cultures, and generations.

We need to remind ourselves that war is not a tale of heroism, but a tragedy. Each war is a failure of diplomacy, a breakdown of communication, a refusal to seek peaceful solutions. The decisions made by leaders to escalate conflicts instead of negotiating peace result in irreversible damage. These decisions shape the future of entire nations and can leave lasting scars on the global community. Heroism may emerge in the stories of individuals, but it is not found in the devastation that war leaves in its wake.

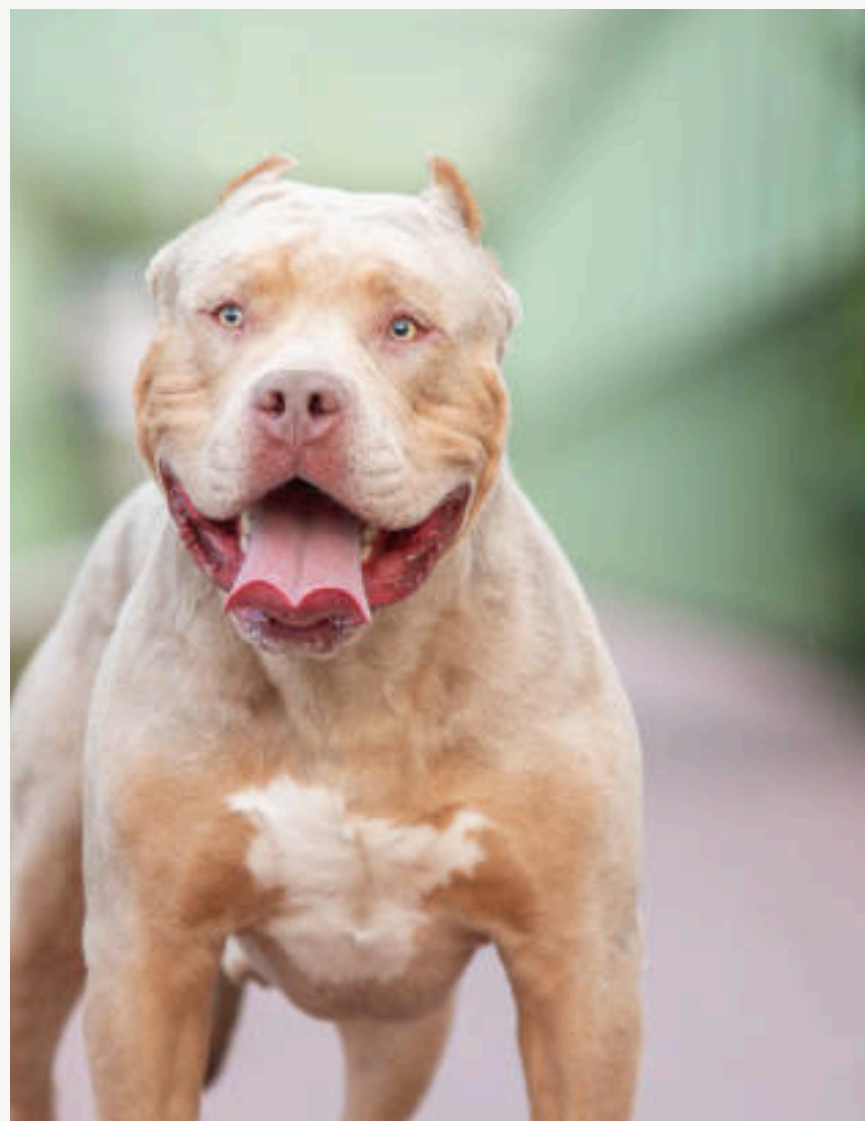
Instead of glorifying war, we must shift our focus to building a world where dialogue, understanding, and compromise replace violence and bloodshed. War is not a tale of heroism, but a reminder of what we stand to lose if we do not prioritize peace. The future is not written in the triumphs of soldiers but in the choices of those who choose to stand for peace, justice, and the well-being of all people.

War is not a tale of heroism, and if we are to avoid the horrors that history has shown us time and again, we must embrace a new narrative—one where peace and cooperation are the true markers of strength. The world does not need more heroes on the battlefield; it needs more peacemakers who will stand together and work towards a future free from war.

LIFE ON A LEASH

IRELAND BANS XL BULLIES IN A BID FOR A SAFER COMMUNITY

XL Bully's and why are they being banned? An XL bully is a type of American bully breed that are larger in size compared to the standard American bully. From February 1st, 2025, it will be illegal to own an XL bully without a 'Certificate of Exemption'. If you already own an XL bully, you must get a certificate of exemption before February 1st, 2025. Having this certificate means you can keep your XL bully at your address until the end of their natural life. This is the first time a type of dog is being banned in Ireland, and it is being done as a public safety measure. XL Bully have been involved in several horrific attacks on people in recent years. supporters of the ban argue that it is a necessary step to enhance public safety, especially following reports of attacks involving these dogs. They believe that certain breeds, including the XL Bully, have the potential for aggression that can lead to serious injuries. The perception that these dogs are inherently dangerous has fuelled calls for stricter regulations and outright bans.



However, opponents of the ban contend that the focus should be on responsible ownership rather than breed-specific legislation. They argue that any dog, regardless of its breed, can exhibit aggressive behaviour if not properly trained and socialized. Many advocates emphasize the importance of understanding canine behaviour and the role of the owner in shaping a dog's temperament. Instead of banning specific breeds, they suggest implementing educational programs for dog owners and stricter penalties for those who fail to control their pets. This approach could address the root of the problem without unfairly stigmatizing certain breeds.

Ultimately, the XL Bully ban raises important questions about how society balances public safety with animal rights. While it is crucial to ensure the safety of communities, it is equally important to recognize that responsible ownership and proper training play vital roles in preventing dog-related incidents. A more nuanced approach that focuses on education and accountability may lead to better outcomes for both people and dogs in Ireland.

SMALL WINGS TAKING FLIGHT; UNRAVELLING THE BUTTERFLY EFFECT

According to the Oxford Dictionary, “The Butterfly Effect” is the phenomenon whereby a minute localised change in a complex system can have large effects elsewhere. This fascinates me as it evokes a sense of wonder and forced me to look at my own life and think about the interconnected-ness of our world but why do I find it so puzzling?

Growing up, I loved to play Jenga. When playing it recently, I realised the similarities between the classic, block game and the phenomenon that is the butterfly effect. Think of it this way, you make the decision to take away a certain block and everything can be fine but another block, a special block, if removed causes everything to fall apart. The reality is, in life, you never know which decision you make or “what block” can change your future. Can one insignificant action have a significant outcome?

The idea was first coined by a meteorologist named Edward Lorenz in the 1950s, He was searching for a way of predicting weather and was conducting experiments with various numbers. He did an experiment with a condition of “0.506127”, six significant numbers. He tried again with 3 numbers as the previous result was, in his eyes, “a little overkill.” 0.506. The numbers that changed it all. Lorenz left the room simply to get a cup of coffee and returned to something drastically different to the original. He discovered that merely a 0.03% difference in values had huge long term implications. Now, to a fifteen-year-old like me, this may seem insignificant. I mean, its just a weather model, right? Wrong. Lorenz opened the doors to a new way of viewing the world around us. When he discussed his findings, it had a significant impact on the way people understood scientific predictions. Up until this point, science had used linear, deterministic models that assumed that it was easy to trace the path between a cause, A and an effect, B. There was a generally held belief that scientists need not worry about minute details external to what was being studied, because it would have no impact on the relationship between A and B. The butterfly effect demonstrated that causes and effects do not have a purely linear relationship. This discovery changed science.

Everything you do, no matter how big or small, will have an influence on the future. Every day, you breathe and when you exhale, you breathe out carbon dioxide. This carbon dioxide, through the help of plants and photosynthesis, creates more oxygen that people hundreds of years from now may breathe. The things you do today will ripple throughout time, meaning, in a way, you can live forever, immortalised through your choices and actions. So, the next time a something big occurs in your life. just think, it didn’t happen by accident. Every choice you have made has led you to this moment. The idea is a reminder that all that we do is merely one decision away from a completely different life.

The butterfly effect also serves as a beacon of hope and a blanket of comfort to those who feel unimportant. It forces people to realise that although they may think they do not matter, they can make a big impact on not just the lives of others but on the world in unlimited ways. The concept conveys that we should never take anybody existence for granted because things are never the same without them. It should be viewed as the reason to always be good. Your act of kindness can affect someone’s life in a way that you mightn’t even realise.

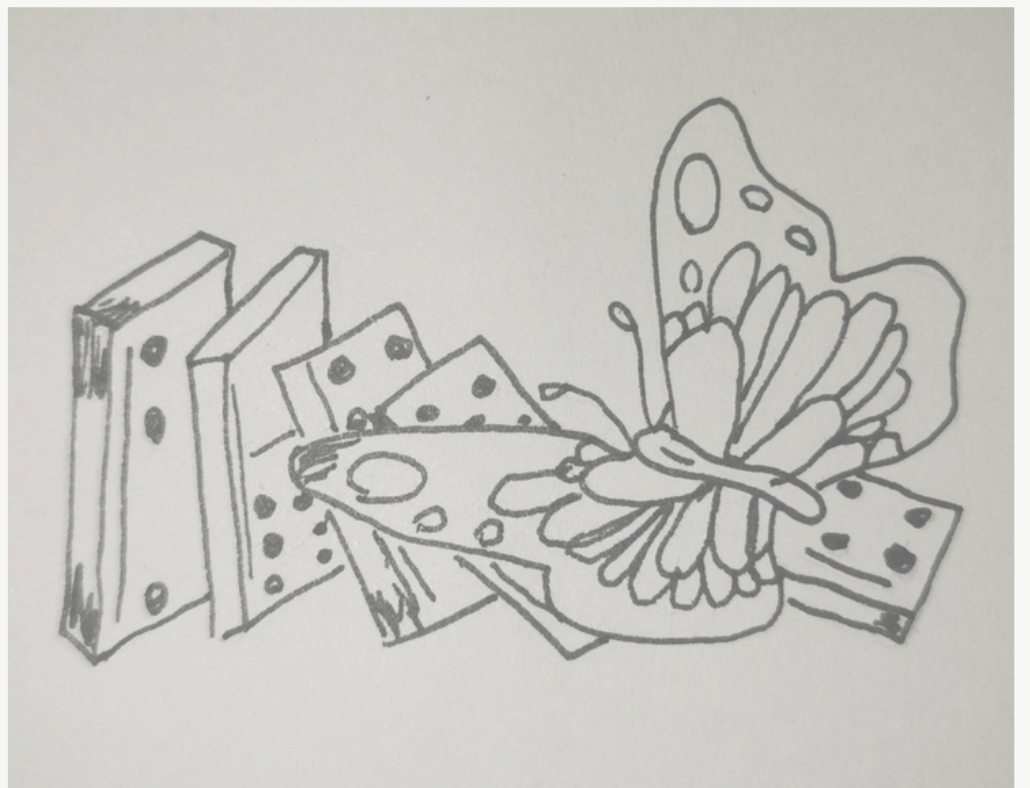


Illustration by Emilie Keane Stack

THE THRILL OF COURSING



Pictured: Grace Foley
with her dog Ruby

Coursing is an exciting sport with a rich tradition that should be continued. A lot of people view coursing in a negative light, but I am convinced that this view should be changed. Coursing is a national sport in Ireland and has been around since the 19th century. Traditionally, coursing is where two muzzled greyhounds, one in a red collar and one in a white collar, hunt a hare. The course lasts about twenty seconds, and the hare is given a head start of at least seventy-five metres before the greyhounds are released. The aim of the course is to see which greyhound turns the hare first. The coursing season begins in October and finishes in February with the National Coursing Meeting in Clonmel, which is the equivalent to the All-Ireland final in GAA. The meeting is organised and run by the Irish Coursing Club (ICC), an organisation responsible for the regulation of coursing. The ICC was set up in 1916 and oversees the one hundred and eight coursing clubs in Ireland.

Although coursing is regarded by many as cruel and barbaric to hares and dogs, this is far from the truth. Firstly, coursing would not exist without the hare, and it is in the best interest of coursing clubs to look after the hare and to sustain its population. Hares are kept in a safe environment and are dosed for parasites and diseases like coccidiosis. Any hare that is pregnant, sick, young or injured does not partake in coursing. Hares are also given trial runs in the coursing field to know where to go during the official course. This is important as it gives the hare the best chance to escape. A vet and a representative of the National Parks and Wildlife Services (NPWS) are also present at every coursing meeting. Many people believe it is unfair on innocent and defenceless hares to run against greyhounds. However, hares are one of the most successful prey species in the world. They are bred to deal with the chase. Hares are often chased in the wild by foxes and other species, so coursing is not alien to them. The hare has been around since the Ice Age and is considered endemic to Ireland. A study was carried out by Quercus on hare populations near coursing club preserves. They reported that there was eighteen times more hares in areas where coursing clubs exist. Therefore, coursing clubs are crucial to the survival of the hare.

Another negative aimed at coursing is that the greyhounds are forced to run. However, this is not the case. Greyhounds are made for the chase. If a greyhound does not want to run, it will not run. I have attended many coursing meetings, and the dogs are eager to go when the hare is in sight, proving that this statement is incorrect.

Coursing brings lots of benefits to rural society and is a positive economic contributor to the Irish economy. It contributes €100 million to the economy every year. This is important as coursing does not receive any social benefit from the government. Coursing is also an outlet for people (particularly the elderly) that may suffer from isolation over the winter period and is good for their mental health. It is an outdoor sport, where the young and old can mix, where it is common to see a child, parent and grand- parent all involved in the greyhound's preparation. From my own experience, coursing is a positive. From a very young age I have been brought up with greyhounds. We have always had greyhounds around the house, and it is a big tradition in my family. My grandfather had greyhounds, my father has greyhounds, and I plan on having greyhounds and racing them myself in the future. Coursing is a massive tradition in Ireland and will continue to be for years. I have also attended many coursing meetings, both locally and nationally and I have seen firsthand what it is like. It is something I thoroughly enjoy, and I always look forward to the coursing season every year.

Coursing is not negative in any way and many of the people that say it is, have never actually attended a meeting before. Assumptions are often made about coursing and spread online through articles and social media, presenting coursing in a bad light and immediately turning people against it. I would ask those people to attend a coursing meeting for themselves and see what it is like because it is not what it is deemed to be. It is often said, "Don't judge a book by its cover 'til you've read the book. You can't judge coursing until you have experienced it."

OVERSEAS AID AND WOMEN

16/03

RESPECT, RESPOND, REVOLT

2025

EQUALITY

Another such example includes the critique of the International Monetary Fund, which was revealed to be imposing strict measures that had a disproportionately negative impact on women, according to the 2003 “Gender, Development, and Globalization: Economics as if All People Mattered” document. A 2019 report by the International Center for Research on Women stated that up to 60% of developing countries still do not have adequate legal frameworks or effective implementation mechanisms for combating violence against women. If the international aid given could only emphasize gender balance as part of its terms, these women’s lives wouldn’t be so miserable.



Inequality is not just motivated by the work overseas aid programs have done that disregards women, but also what the organisations have not done. The lack of addressing violence against women, including physical, domestic, mental, and sexual, indirectly spurs these acts, as men are taught not to correct their ways and are given a ‘free pass.’ Lack of responsibility and behaviour- correction only fosters willful ignorance, after all. The United Nations Educational, Scientific, and Cultural Organization estimates that 129 million girls are out of school worldwide.⁷ Limited access to education and skills training perpetuates economic inequality, with women missing out on job opportunities and economic independence. It is disgraceful that these foreign aid policies are yet to effectively address these 129 million young girls who have no access to education. For a country to succeed and push its limits to achieve maximum efficiency, it is essential that the country has an educated population.

The lack of recognition surrounding the role of a woman in a country through these overseas aid schemes can also often affect the economical standard of the country. 51% of a country’s population is female, imagine what that population could do given the right education and job opportunities?

It is no coincidence that out of the ten countries with the least equality, 6 of them are also in the bottom ten countries in terms of GDP.

Alternatively, aid organizations and governments set ambitious targets for gender equality but fail to meet them due to insufficient funding, poor implementation, or lack of political will. What if you were one of those young girls promised a better future, only to be let down because an overseas aid program could not keep their word?

Ultimately, overseas aid has immense power to change the inequality levels in these developed countries, with 135 countries being supplied with this aid, according to the OECD 2021 “Development Co-operation Report 2021: Shaping a Just Digital Transformation”.¹⁰ Having foreign aid target education, healthcare and equal opportunity is needed for our society to march forward and eliminate gender-based discrimination once and for all. Aid that aims to help a country stand on its own two feet instead of relying on the donor country is the only way to make a difference in these developing countries. By accepting women as part of their ultimate goal of a better society, these countries will finally be able to step into a new chapter.

However, things will never change if we don’t make them, and the first step to achieve success is awareness. As mother Theresa once said: “I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” We, as a united and robust society, need to project our voices for those who cannot, so that one day, they may become the voices that change the world. This essay is my choice of action in the name of a better, fairer society, and so I ask you: What is yours?

On the 19th of September 1893, New Zealand governor, Lord Glasgow signed the very first Electoral Act that accommodated women into law, making New Zealand an equal and free land. And yet, 131 years later, gender inequality is still interwoven within society. Despite decades of international aid efforts, women in many parts of the world still face systemic barriers to education, health care, political participation, and economic independence. My name is Molly Linnane, and I am writing this article to address the ever-urgent fact that overseas aid needs radical reform to tackle the denial of women’s rights and gender equality globally, as these issues are deeply intertwined with poverty, human rights, and social development.

Overseas aid plays a crucial role in the survival and development of many countries, from war-torn regions like Syria and Afghanistan to famine-stricken nations such as Sudan and Mali. In theory, overseas aid aims to provide indiscriminate assistance, yet too often, it creates and supports patterns of inequality in recipient countries, particularly affecting the rights and opportunities of women.

As a woman myself, my passion for gender equality is a massive part of my identity. I wish to represent the voices of women all over the world, especially those unfortunate enough to be born into a country who restrains their rights. I remember being nine years old, gazing at the TV watching Emma Watson’s United Nations speech on gender equality; I was inspired by her courage; the powerful demeanour she exuded across the world, and her impactful words :” I think it is right that socially I am afforded the same respect as men”.

I was fortunate enough to be born into the developed, equal society of Ireland, now allowing me to profess my desire to fight for countries that are not capable of doing so, and it is my honour to shine a light on the mistreatment caused by the current overseas aid campaigns upon women.

According to the Organisation for Economic Co-operation and Development (OECD), only 2% of all Official Development Assistance in 2021 went toward programs specifically designed to advance gender equality.

Many aid models today, led by international organisations and governments, do not include the voice of women in their scheme, and it has been this way for years.

One substantial example includes the highly regarded World Bank, in which inequality was highlighted in overseas aid programs prioritizing male-headed enterprises and neglecting women’s roles in agriculture, education, and health; exposed by a document named “The World Bank and Gender Inequality: A Critical Review of Development Policy and Practice.”

Micheal Martin

Controversial Laughter

A closer look at his response to
Ireland's Housing Crisis and
immigration in the white house



On the 12th of March 2025 Micheal Martin the newly elected Taoiseach of Ireland visited the White House to converse with President Trump. This meeting did not go to plan and it rather upset the Irish population. An Irish interviewer asked President Trump “**How can the state build tens of thousands of houses at speed?**”

Trump responded “**They have a housing crisis because they’re doing so well they can’t produce houses fast enough! That’s a good problem not a bad one.**”

Micheal Martin went on to say that this was a great answer and laughed. This caused great anger in Ireland; laughing at a housing crisis is inexcusable. Micheal Martin continues to ignore the suffering in Ireland, more people are becoming homeless and more of our youth are leaving the country to work abroad because of the cost to rent or buy a house in Ireland. The fact that this is a laughig matter seems crazy to me. People are stating that Ireland have an immigration problem but do we? Ireland has an emigration problem. People are leaving in their thousands every year to go to Australia or the UAE as the cost of living in Ireland is astronomically high. People leave to work, save and return to Ireland with deposits for houses that are rising daily. Along with this, Ireland continues to become one of the richest countries in the world, Ireland having the eleventh highest Gross National Income (GNI) in the EU27 in 2022, while quality of life is going down in towns and cities. Ireland is no longer the land of hope and freedom that we were promised in 1916. Instead I fear that we have returned to the famous song ‘Isle of Hope’ - are we “an isle of hunger...isle of pain” once again?

So, Mr Martin, Is it really that funny?

SOB SISTER

QUESTIONS | ADVICE | ANSWERS

With Lucy Prendergast

Weekly Segment

Dear Sob Sister,
I’m starting to feel like I don’t quite fit in at school. I try to be myself, but it seems like I don’t have much in common with anyone else. I want to make friends, but it’s hard when I feel like I’m always on the outside. What should I do?

Anonymouse

Hi Anonymouse,
I completely understand, it must be so hard to understand why things just won’t fall into place. It’s tough, but remember, you don’t have to change to fit in. Try joining clubs or activities that match your interests—often, you’ll find like-minded people there. Friendships take time, so don’t be discouraged if it doesn’t happen right away.
Reach out to others and be yourself. Genuine connections come when you stop trying to fit a mold and just let relationships grow naturally. The right friends will appreciate you for who you are! - Sob Sister

Hi PlainJane,
You are not alone in feeling this way—many people struggle with body image, especially with the pressures from social media. Remember, what you see online isn’t the full picture. Focus on what makes you feel strong, healthy, and happy rather than comparing yourself to others. Start embracing your uniqueness. Confidence comes from within, and learning to appreciate your body for what it can do is key. Surround yourself with people who lift you up, and practice self-love daily.
-Sob Sister

Dear Sob Sister,
I’m having a hard time with my body image lately. I don’t feel good about how I look, and it’s affecting my confidence. I see so many people online who seem perfect, and it makes me feel like I’m not good enough. What should I do?
PlainJane

SOB SISTER

QUESTIONS

ADVICE

ANSWERS

With Lucy Prendergast

Weekly Segment

Dear Sob Sister,

I’m really struggling right now, and I don’t know who to turn to. My home life is incredibly stressful and there’s constant arguing between my parents, and it feels like the whole house is always filled with tension. On top of that, I’m trying to keep up with school, but it’s getting harder to focus when things are so chaotic at home. I’m falling behind, and I feel like I’m failing at everything. I’m exhausted from trying to juggle it all, and I don’t know how to cope with it anymore. How can I manage my stress and find a way to balance everything without losing myself?

TryingToManage.

Hi TryingToManage,

I can’t imagine how heavy everything must feel right now. It’s so tough when home is filled with tension, and trying to keep up with school on top of that is exhausting. But please know, you're not failing. You’re doing the best you can in a situation that’s beyond your control, and that’s enough.

It might help to take small moments for yourself, even if it’s just a few minutes to breathe, step away, or do something you enjoy. It’s okay to not have everything together all the time.

Consider talking to someone you trust, whether a friend, counsellor, or teacher. You don’t have to carry this alone. When it comes to school, break it down into small tasks. just one thing at a time. Teachers often understand when life is tough and may offer support. You are allowed to ask for help.

Take it day by day, and remember that your well-being matters most. You are not failing—you’re surviving in difficult circumstances, and that takes strength. You’ve got this, even if it doesn’t always feel that way.

-Sob Sister

TO GET A FEATURE IN NEXT WEEKS ISSUE, PLEASE CONTACT SOBSISTER@PRESLISTOWEL.IE

Last-Minute Easter Recipes

Easter is around the corner and you have no time to bake or cook? Family and friends are already waiting in front of the door? No problem! Here are some easy and quick Easter recipes for last minute:

Easter Starters:

Carrot Hummus is a colourful dip made out of chickpeas and roasted carrots. It’s easy do make and you don’t need a lot of ingredients.

Easter Main Dishes:

A Spring Vegetable Quiche sounds fancy but is quick to make. It’s a simple egg-based savoury pie with vegetables and cheese.

Easter Desserts:

Chocolate Easter Nest are easy to make out of melted chocolate mixed with cereal and mini eggs.



HAVIN' A BALL!

TY Students have their TY Ball

The unforgettable night was organised by a group of students, each picked to represent their school. From our school, we had Niamh Moloney, Michelle O Callaghan, Anne Browne and Molly Walsh.



Five schools from North Kerry had a joined TY Ball in the Ballyroe Hotel on the 18th of February. The hotel supplied starters, dinners and desserts for all, and the night was one to remember, filled with flashing lights and booming music!





PÓIGÍN

MEET THE ENTERPRISE-WINNING TEAM AND THEIR CREATION!



ABOUT PÓIGÍN

Poigin (meaning “little kiss” in Irish) is a newly developed beauty brand created by four of our school’s innovative and inspiring TY students- Michelle O Callaghan, Maeve Cuddigan, Roisin Corridan and Emilie Brown. Poigin embraces natural, locally sourced ingredients and sustainability. The lip care set supplies you with a lip scrub, a lip oil and a lip mask; perfect for keeping your lips smooth and healthy. Glamour on the go!

INGREDIENTS

Poigin is an organic, naturally and ethically sourced product, made with local ingredients.

- Coconut oil
- Honey
- Bees wax
- Sugar
- Red food dye
- Olive oil
- Aloe Vera

SUCCESSES

- On the 14th of March 2025, the Poigin group travelled to the Kerry Enterprise finals, where they presented their idea to judges in a “dragon’s den” style. They were against 12 other groups, where they fought valiantly to present their idea in the most clear and captivating way, earning their success and the title of Best Overall School Award and the Duais na Gaeilge award.
- On the 17th of March, 3 days after being crowned, póigín’s team were given an offer to have their product sold in Horan’s Healthstores, nationally. Go on girls!

Pres Passion

Well done to our junior girls soccer teams who took part in the Kerry schools finals blitz at Mounthalk Park Tralee. Sixteen teams from eight schools around Kerry took to the field to showcase their talented soccer skills; giving women to podium to show their greatness.

The girls performed to their full ability with loads of hard working goals scored. Team 1 representing Pres Listowel fought hard in their games scoring goals in the forwards and having a strong defence line in the backs for every minute and therefore qualified for the B final where they tried their hardest but got unlucky in the second half with a final score of 1-0 to their strong competitors Pres Tralee.

Team 2 playing for Pres Listowel recorded two victories against strong opponents who didn't make it easy for our girls; keeping both games level until last minute in both games but our girls skills pulled through and they were able to bring back a win to their proud school in Listowel.



Pres Listowel student takes on Pres Tralee

Camogie's Calling



Teacher Niall Bolton joined by Siobhan O'Donoghue and our school camogie team

The Development Office of Kerry Camogie offered Presentation Listowel sponsorship to start Camogie in the school. Training was provided for a school coach and the school was also furnished with helmets and hurleys. On Friday January 31st, Siobhan O'Donoghue, Development Officer Kerry Camogie presented the school with a brand new set of camogie jerseys. The jerseys were designed by pupils in the school and were the winning entry in Kerry Camogie's 'Design a Jersey' competition. The school was delighted to be announced the winners of it at the Camàn 4 fun post-primary schools' blitz in October. The jerseys will proudly be worn by the girls in our first ever school camogie team which started in October.

Detention Dunk-Off: Teachers vs. Students

During lunch on the 16th of March, the students faced off against their teachers in a wild game of basketball, and let's just say, it was more "school's out" than "teacher's pet" in this showdown. With the teachers struggling to keep up, it was student Sine Fogarty who really made them feel the heat, sinking basket after basket like she was born with a basketball in her hand. By the final buzzer, the students had secured victory, proving once and for all that when it comes to hoops, the only thing the teachers should be grading is their own jump shots.



Irish Triumph at Cheltenham; winning all seven races on final day



Exhilaration filled the stands of Cheltenham as Irish horse Inothewayurthinking romped home past the hot favourite Galopin Des Champs taking first place in the gold cup for Limerick owner JP McManus.

It was heartache for the owners of the Willie Mullins-trained favourite, who was attempting to win the race for the third time in a row. However, Kildare jockey Mark Walsh steered home his trusty steed taking victory for trainer Gavin Cromwell, "I'm dancing inside. It's unbelievable. He's home-bred too, which makes it extra-special. Gavin Cromwell is a genius," Walsh said of the Meath trainer.

THE FINAL WHISTLE

SPORT

PHOTOGRAPHY



PHOTO

JOURNALISM



CLASSIFIEDS

Presentation Listowel Caretaker
Redmond looking for part-time table
and chair mover.

REQUIREMENTS:
Fully functioning back

PLEASE CONTACT: Bridie in the School office.

Vice Principal Ms. Linnane looking
for full-time uniform checker. Script
will be provided.

REQUIREMENTS:
Must have loud voice

PLEASE CONTACT: Vice Principal Mrs. Linnane.

Ms. O'Loughlin looking for a stress
management team over this
newspaper

REQUIREMENTS:
**Must be able to handle
insults**

PLEASE CONTACT: Principal Katherine Broderick

IN NEXT WEEKS ISSUE

Mr. O' Mahony tries to get advice from Miss
McAuliffe but a "magician never reveals their
secrets".