



@Eyrecourt\_News



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*Free Exclusive  
Eyrecourt  
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## The Eyrecourt Examiner back at ExcitED!

Last year, as you may know, the Eyrecourt Examiner were invited to the prestigious Dublin Castle to be the official media and Press for the ExcitED Conference 2015.

We were the official reporters for the conference and we got special "Access all Area" passes with our names, and wooden magnetic "Eyrecourt Examiner" badges. We all had our own "Eyrecourt Examiner Press" hi-viz vests for the day as we didn't want to get lost around the capital!

We interviewed a lot of schools and went into a lot of talks that day! We met a few celebrities like; Ciarán Cannon, Stephen Byrne and Blánaid Treacy! We also got food and refreshments at the conference (which was delicious). We had a great day and a brilliant experience! You can view all of our interviews and articles on the day on our weebly <http://eyrecourtexaminer.weebly.com/> or follow us on Twitter @Eyrecourt\_News!

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*Photos by: Lauren Davis*



## Editorial

Hi guys! This month we are back with another edition of the Eyrecourt Examiner. It is quite sad for us editors as it is our second last Eyrecourt Examiner. Anyways this months issue is packed full of articles that will help you boost up that Summer feeling!

Hope you enjoy,

The Eyrecourt Examiner Editors

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This year we have once again, been asked to attend the conference, but this time to a different event than last year. This year we will be going on the Friday, when over 200 secondary school pupils will compete and fight with their own programmed robots. We are also going to be presented at the conference with our Digital Schools Award! It was a massive achievement to get the Digital Schools Award and it's even more special to get the award presented to us at such a national event! We also recently got an e-mail from ExcitEd to ask if we had any "specific dietary requests" as they will be providing us with lunch on the day! We will be interviewing a lot of schools about their robots and asking them a few questions about their amazing creations! There will be lots of people to interview on the day so make sure you keep up to date on Twitter @Eyrecourt\_News or check out our weebly <http://eyrecourtexaminer.weebly.com/> for live updates.

by Lauren Davis



## Eyrecourt NS v Duniry

On the 13th of May, we had our 1st school match in Clonfert against Duniry. We are in the 9-a side tournament so we can play girls even though it's only a boys championship. In our group we have Clonfert, Killbeacanty, Duniry and ourselves.

The starting team was. Thomas in goals, Adam and Keith in the full back line, Cian in centre back, Jack L and Alan {Captain} in midfield, Jack R in centre forward and Ellie and Enda in the full forward line.

The match started off good for us when we got a point but then they got one back as well. We got two points each just before the halftime whistle. Alan took a shot and hit the goalkeeper and it went past the line.

At halftime the score was 1-3 to 0-2 to Eyrecourt. The 2nd half started well for us when Jack R got a goal and shortly afterwards Caoimhe and Alan got a goal each. We got 7 more points to add on to that. We then made a tactical change to put Alan in backs and put Keith up the field. He got two goals one after another. Then Duniry got two goals and 2 points but they were only consolation scores.

The final score was 6-14 to 2-4. We are playing Clonfert on Monday and Kilbeacanty on Wednesday.  
by Alan Mullery and Jack Rosney



## Ms. Kelly and Mr. Poland

These past three weeks we have had two student teachers in our classroom. Their names were Ms. Kelly and Mr. Poland. They have done their first two years in college. They have been teaching us brilliant things over the past few weeks and we are very glad to have had them for such interesting and engaging lessons! We did really interesting lessons but I think our favourite was when we made tornadoes in bottles and made lava lamps in bottles. It was really interesting to see how they worked and we had a lot of fun making them. Another great lesson, was in maths when we had to make shapes worth a certain amount of money and then bring them to the bankers in groups of five. The twist was, that the paper could not be ripped, had to be measured exactly and each group had a different amount of supplies. We had to exchange different supplies with other groups for the game to work. It was a really fun game and really got us working together! At the end of the 3rd week we made cards with our picture on them for each teacher. We all wrote a little note on the teachers cards. We also gave them a box of chocolates each.



We are really grateful that our school was chosen for their teaching practice placement and we will miss them now that they are gone.

by Lauren Davis

# Cycle Against Suicide 2016

## Cycle Against Suicide

It's ok not to feel ok and it's absolutely ok to ask for help  
#CASuicide800

April 25th-May7th 2016

Cycle Against Suicide is a two week cycle through Ireland with its aim to "Break the cycle of suicide". The number 800 is part of the hashtag because approximately 800 people a year die through suicide. Each year there is a different route and this year one of the overnight stops was in Ballinasloe. This meant that over 300 cyclists stayed in "homestays" for the night.

The people of Ballinasloe and surrounding areas were very generous in providing beds, hot meals, showers and breakfast the next morning.

On Sunday 1st May Cycle Against Suicide rolled into Ballinasloe. They spent the previous night in Carrick on Shannon. Many Ballinasloe cyclists joined them in Carrick or in the lunch stop in Roscommon and cycled with them to Ballinasloe. We could see the orange jerseys coming up the Roscommon road and crowds gathered to welcome them in. Then it was off to the Emerald Ballroom to find your lodgers for the night!

The next morning the cycle was heading to Portumna for lunch, then Birr for the Sos beag and Roscrea for the night stop. CAS stopped in schools each day and had local speakers lined up to speak about anxiety, depression and that it's ok not to feel ok. However, Monday 2nd was a bank holiday and schools were closed. But as we cycled into Portumna we could hear music and as we turned the corner there was a band on a gig rig! We parked up the bikes and were greeted by the welcome aroma of homemade soup and students circulating with plates of sandwiches, cakes, buns and treats.

Portumna pulled out all the stops for the best lunch break of the whole cycle. After two hours of eating, music, stories and dancing it was back on the bikes to Birr. We had a "sos beag" in Birr of water, fruit and energy bars and the final leg that day was to Roscrea. It was a great feeling to be part of the orange convoy entering the town and another reception of cakes awaited us in Roscrea secondary school. Off went the longtimers for another homestay and back to Ballinasloe to the day trippers! I would highly recommend Cycle Against Suicide for a most enjoyable cycle. There is such a great atmosphere, no pressure and the pace is very slow. Well done to Jim Breen and the great committee involved in organising it each year.

*by Ms. Treacy*



## Portumna Secondary School and CAS

On Monday of this week we were delighted to welcome the much publicised Cycle Against Suicide to our school. This 14 day event travels around Ireland and stops at one school each day to increase awareness of Mental Health issues.

In a lively upbeat event here a number of guest speakers combined with some student led performances to deliver an entertaining and thought provoking lunchtime experience. The day was as a huge success for which the entire school community and the greater Portumna area can take great pride. We would like to thank everyone who contributed to this unique experience: to our Students and the Student's Council, Staff and Parents we say a huge heartfelt thank you for all your efforts. While it is always dangerous to mention people individually we cannot let the opportunity pass without acknowledging the help of the following: Jenny from our canteen who went above and beyond with her efforts – providing soup for 400 people on a bank holiday was a great achievement and was but a small part of her amazing efforts. Thanks also to Ms Lohan for taking on the onerous task of food co-ordinator, leaving no stone unturned to make sure there was a huge quantity of food on the day. Sincere thanks also to Portumna Chamber members for helping turn the town orange for the weekend, the Portumna Cycling Club, who erected signs and orange bikes to welcome our visitors, Quitman International (for supplying the trailer), Tom Maloney and Lynch's who supplied materials for the bike park, Michael Burke (sound and music!) and everyone who made efforts, big and small to contribute.

The performance of "If it's not ok, it's not the end", composed and delivered so beautifully by Martha and Eric, with help from the student council was a major talking point among all present and indeed the school is still receiving many favourable comments from those present. Congratulations also to students and staff who participated in the cycle itself, many with only a minimum amount of training!! A special mention to Stephen Sullivan and John Muldoon (2nd year) who cycled not just to Roscrea, from Ballinasloe, but also back to Birr afterwards to the success of the day. And who have heard the performance on social media. – completing over 100Km on the day. Well done lads.

*by Portumna Secondary School*



**Ms. Treacy and 2FM's Colm Hayes**



## May Coding

This month's Coding article is all about Pi's, Raspberry Pi's to be specific!

According to their website, the Raspberry Pi Foundation describes their Pi as "a tiny and affordable computer that you can use to learn programming through fun, practical projects." Have you ever seen the little green square inside a computer, with complicated-looking circuits? Raspberry Pis are very like them, but they aren't complicated. If you wanted to set up a Raspberry Pi, here's a tutorial:

1. Gather up the things you'll need:

Raspberry Pi

a monitor (a computer screen)

an SD card

a phone charger

a computer keyboard

a mouse

*These last two things need to connect via USB, so you won't be able to connect ones that use only Bluetooth or an Internet connection.*

2. Connect everything except the charger. Check that everything is inserted right, and then plug in the charger. I was surprised to learn that the whole thing, a little computer, uses the same charger your phone does to work. When you plug in the charger, it should turn on, so it's

important you use this last.



If you're setting it up from scratch, you'll have to ask for help or use the Internet - this is just a tutorial on how to set up the physical part of it.

Thanks to our coderdojo, we managed to get a few of these for the school a few weeks ago.

by Lorna Kelly



## Defibrillators

### Eyrecoourt Community First Responders

We would like to make people aware of the defibrillator locations in the community

and how to access them in case of emergency.

At present there are three of these life saving devices in the community with the possibility of more being added in the future.



### **Outside Michael Hogan's garage.**

It can be accessed with the key on the side of the cabinet.

### **Clonfert Pitch in the dressing rooms.**

There is a "red box" outside the door with break glass for the key.

### **Clonfert Church.** Just inside the door on the left hand side.

At present access to this one is during Church opening hours only.

*NOTE: All three defibrillators are constantly monitored by CCTV.*

The word "AED or Defibrillator" unfortunately has become far too familiar in recent times.

For those of you that may not know what a defibrillator is here is a brief description:

*An automated external defibrillator (AED) is an electronic medical device that analyses a person's heart rhythm and, when needed, delivers a shock to sudden cardiac arrest (SCA) victims who are in a shockable heart rhythm.*

*A defibrillator can play a potentially lifesaving role. Used correctly, it can improve a person's survival chances following sudden cardiac arrest (SCA). Therefore, defibrillators need to be accessible and in good working order at all times in the event that they are needed for an emergency situation.*

*CPR stands for cardiopulmonary resuscitation and it is an easily learned skill to provide breaths and chest compressions to an unresponsive person who is not breathing.*

*Good CPR (Cardiopulmonary Resuscitation) skills alone can significantly increase a casualty's chances of survival. Because heart disease is so common in Ireland. I think learning CPR and how to use a defibrillator should be part of the curriculum in National Schools 5th and 6th class pupils at least.*

### Harsh reality:

70% of sudden cardiac arrests happen in the home/community

Many happen in front of a bystander just like you

Without immediate CPR the chance of survival slips away within minutes.

Every minute without CPR, is a loss of up to 10% survival chance

After 5 minutes with no CPR or defibrillation, a collapsed victim can have less than a 50% chance of survival.

Waiting for the ambulance to arrive can be too late.

Just 20 mins exercise a day to get the heart rate up, greatly reduces your risk of heart disease. eg: brisk walk, jogging etc.

by Paraic Loughnane

# Laurens' Healthy Tips

## Hayfever

Hey guys! So we are getting into the Summer months now and we all know what that means; Hayfever time. To help you all that have Hayfever I have put together a few little tips on how to survive these Summer months!

- Monitor the pollen count. Since pollen is one of the main causes of hay fever reactions, you should monitor the pollen count every day, especially in pollen season. You should try to stay indoors when the pollen count is at its peak. To access the pollen count, you can visit multiple online sources to track what the pollen count is every day.
- Most local television weather forecasts also include pollen counts. The reports will usually state if the pollen count is low, moderate, medium, or high. Make sure you avoid going out if the count is said to be high.
- If you are extremely sensitive and highly allergic to pollen, you may consider staying indoors even if the count is moderate.
- You can talk to your doctor about your susceptibility to pollen.
- Wear a pollen mask. If you plan on doing yard work, you should use a pollen mask, such as the NIOSH-rated n95 filter mask. This includes activities such as mowing the lawn, raking leaves, or gardening. These kinds of masks can be purchased online or at the local pharmacy.
- If a N95 mask is not available, you can use ordinary surgical mask or a handkerchief. These will not filter the air as much as the N95 mask, but will prevent some of the pollen from being inhaled and landing on your nose.
- If your allergy is severe, consider having someone else mow your lawn.
- You can also wear glasses or sunglasses to avoid getting the allergens in your eyes. Your regular glasses or sunglasses should be sufficient, but you can also purchase safety glasses in a hardware store or online.
- You should wash your bedding and covers frequently in hot water.
- You may want to reduce the amount of pillows, blankets, or stuffed animals in you or your child's room.
- Avoid pet triggers. There are many ways you can avoid pet triggers. If you know that you are allergic to a certain kind of animal, avoid getting one of those animals as a pet. If you are allergic to all pet dander, keep your pets outside instead of inside your house. If this isn't possible, try to keep them out of your bedroom so you don't have to breathe the dander in at night. You should also obtain an air purifier with HEPA filter and situate it in the areas where the pet spends most of her time.
- If you come into contact with a pet, wash your hands afterward to remove the dander.
- If possible, take out wall-to-wall carpeting because carpet holds in the pet dander. If this is not possible, vacuum often to prevent the accumulation of pet dander or fur. Many vacuum cleaners come with special attachments or filters to reduce pet fur and dander.
- You should groom and bathe your pets at least weekly to prevent excessive shedding. It is best if you let someone else bathe the animal so you do not react to all the dander and fur.
- Some dogs or cats are known to be 'hypoallergenic', which means they are less likely to cause allergies. These may be a good choice for you if you really want a pet.



by Lauren Davis



# Agriculture

## May Farming

Most cattle are in the fields, happy as Larry. Some farmers have a problem with pneumonia. All livestock should be herded very carefully. Young calves are particularly at risk. Farmers might be giving their cows a lick called Uniblock for grass tetany. They can also give them meal with cal mag in it, they can dust the pastures with cal mag dust or they can put it in the drinking troughs. Some farmers put a feeder with hay in the fields with the cows.

Spring lambs will shortly require their first worm dose. As the weather is getting warmer, the risk of maggots and fly strike will be rising. This also means the start of the shearing season. Farmers will be busy watching their sheep for maggots.

The tillage farmers will have welcomed the dry spell to get their crops sown and to catch up on their field work in their winter crops.

The silage season will shortly be kicking off and as always a very dangerous job to be done on the farm.

So remember your farm safety tips:

- Do not drive the tractor on your own in the field.
- Do not go on the loader when it is on the pit in case you fall out.
- Do not go near the harvester if it is not working.
- Be careful of moving tractors.
- Be careful that a tyre does not fall off the pit and crush you.

*by Caoimhe Kearns*



# Sport

## Banagher UTD U16

On the 19th of April, Banagher U16 soccer team played their last match in the league. If they won it they would have won the league, and if the other team won they would have clenched the title.

The starting line-up was Daniel in goals, Graham, Mikel, John and Jack in backs, James, Oran, Gearoid, Luke in midfield and Eoin in forwards. The other Oran was the only sub.

The 1st half was very close but then Gearoid made a great run down the pitch and beat the keeper. It was a great goal. It was very tight for the rest of the half but it ended 1-0 at half time.

The second half the other team (St .Aengus's) were really pushing against Banagher. Daniel pulled off a lot of good saves. The final score ended 1-0

Banagher got presented with the cup and everyone was delighted because they really deserved it.

by Alan Mullery



## Banagher UTD

On the 26th of April we had our last Banagher United match of the season. We were in last place at the start of the match but if we won we would have gone up 2 places.

The starting line-up was, Daniel in goals. The other Daniel, Nathan, Pdraig and I were in backs. Cathal, Alex, James, Carl, and the other Alex were in midfield and Sean was in forwards.

The 1st half Clara had lots of chances to take the lead but we were the 1st team to break the deadlock. After 15mins Sean scored a great goal. Our second goal came 5 minutes later with a great volley from Cathal which went over the head of the keeper.

The 1st half ended 2-0 to Banagher UTD.

The start of the 2nd half we got another 2 goals from Sean to complete his hat-trick. In the last 10 minutes we got another goal from Alex. It went right into the top corner of the net from his first touch. He just kicked the ball and it glided into the net. The last 2 minutes Clara went for a goal. It was only a consolation goal for them.

This game was redemption for the bad season we had.

3rd last is not as bad as last.

by Alan Mullery

## Eyrecourt U12 Camogie

On the 20th of April the under 12 camogie started back from last Summer. We had started back training a while before but this was our first championship match and we won that. Then we played Pearses on the 4th of May. We won it but they were very good. My Father refereed that. It was a good match. Last Friday evening we played Davitts. We lost and it wasn't fair because the referee was from Davitts and gave nothing to us. They were scoring a lot and we just couldn't score. Davitts had some very good players. In the end the score was 4-2 to 3-2.

The quarter finals will be starting on the 1st of June and hopefully we will get through to the semi final and we might even win that. The semi final might be starting on the weekend of the 12th of June.

We have been training hard all year so far with school and club and we deserve to win something in the end.

by Ellen Larkin and Ellie Gohery



## EYRECOURT EXAMINER'S SPORTS STAR OF THE MONTH! Graham Mullery!



This month we have chosen Graham Mullery as our sports star of the month. We chose him because he was the captain of the Banagher Utd U16 soccer team who won the League.

He also plays with U16

and Minors with the Eyrecourt hurling team and he is currently going to county trials for the Galway hurling U16 team. He was a past pupil from this school and also one of the typists for some of the very first editions of the Eyrecourt Examiner!



# operation transportation

Meet the leaders!



Supported by Green Schools Ireland!



Be cool by " ag siúl " to school!



So far, Eyrecourt NS has...

## Goal for June

# All about Hi-Viz!

Start tracking your Green travelling!



Walkers

## Hi-Viz Fashion

This month we're all about the HI-Viz fashion!

There are loads of different ways to be safe and reflective including Hi-Viz vests, wristbands, bag covers, and belts!

I know during the summer, most people won't want to wear big heavy Hi-Viz jackets but that's alright because there are so many other things to wear! And even your pets can have a little bit of HI-Viz fashion going on in their lives. You can get HI-Viz jackets for dogs, horses and even chickens! Yeah, I know, who would have a pet chicken?



Photo from: Ebay



But anyway, the point is there are o many different ways to wear something that's HI-Viz. You can even get HI-Viz straps for your shoes. Maybe when you're in the shop you might buy yourself a lovely HI-Viz belt or something. They are very fashionable! And remember, Be Safe, Be Seen!

by Libby Mullery

