



CGS NEWS

THE OFFICIAL NEWS SHEET OF CARRICKFERGUS GRAMMAR SCHOOL



- carrickfergusgrammar.com
- twitter.com/@carrickgrammar
- facebook.com/carrickfergusgrammar

Issue 114

Save Seven Success Young Enterprise

Congratulations to our team as the judges just loved @Save7Seven at the recent Abbey centre showcase. They took three awards including the top prize of Best Company! 🙌

- 🏆 Most Innovative Product
- 📱 Best Instagram
- 🏆 Best Company

#YETradeFairs2022
 @AllstateNI @EY_Ireland
 @UlsterBizSchool

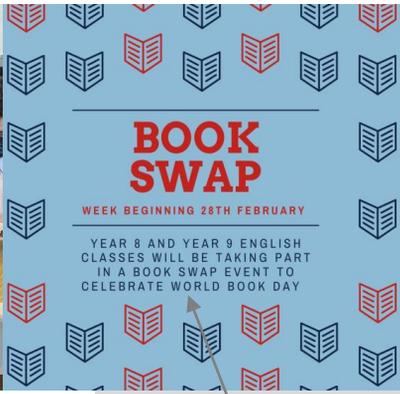


Save Seven, Carrickfergus Grammar School



English department Book Fair

A huge thank you to everyone who came along to support our annual Scholastic Book Fair. We sold over £1500 worth of books! This means that we will receive lots of 'Scholastic Rewards' to spend on books for our school. This year's total is our best yet. It is wonderful to know that CGS pupils and parents are enthusiastic about reading. Hurrah for reading! The English Department look forward to hearing about your reading adventures.



Book Swap fun for Years 8 & 9 English classes took place on World Book Day 2022.



Science Club Clubs & Societies

Great fun at the CGS Science club recently. Pupils had the challenge of protecting an egg from smashing when dropped from a great height! Only a few eggs survived, with the best design winning a chocolate egg!

Mental Health week

During mental health week, pupils were encouraged to consider how they can be proactive in looking after their own wellbeing.

In Registration time, Class Tutors looked at how to recognise and manage stress, the importance of sleep and how to use the 'Take 5 Steps to Wellbeing' to maintain good mental health. As part of Safer Internet Day pupils were encouraged to consider their use of social media and how it can impact negatively on their wellbeing.

Read more at: <https://www.childrensmentalhealthweek.org.uk>

Equestrian Winter Warm Up Schools competition

Some of our pupils took part in the 4-week long Winter Warm Up series which took place at the Meadows Equestrian Centre, in February.

They competed in various dressage and show-jumping events, despite some very wintry weather.

Congratulations to our participants Ben Foster, Katelyn Irvine and Katie Lowry on great results:

- Ben Foster achieved 5th place in the Pony Club Grassroots Test 2018 dressage event (Sunday 13th February) and a double clear in the 1m show-jumping event (Sunday 20th February),

- Katelyn Irvine had a double clear in the 90cm show-jumping event on Sunday 6th February, and

- Katie Lowry came first in the Pony Club Intermediate Test 2013 dressage event and had a double clear 70cm show-jumping event (Sunday 27th February).

Well done everyone!

Bridge Club latest Clubs & Societies

Well done to our bridge team of Alex Haggan, Alex Millar, Evan McKeown and Adam Hendry who were chosen to represent N.Ireland U20 in the recent home nations competition.

A great effort, well done guys!



Period Dignity Project



As a school community we are proud to be part of the Period Dignity Project.

Year 13 students recently spoke to each year group in order to challenge the stigma around periods, raise awareness of

the associated issues and deliver the good news that period products will be freely available in CGS for anyone who needs them.



St John Ambulance Cadet of the Year

Well done to William Somerville, a Year 12 pupil, who recently became the Commanderies Cadet of the Year for St John Ambulance, after a weekend of presentations and interviews in Nottingham. Now, as well as sitting his GCSEs in May, he is looking forward to attending a special dinner hosted by the Queen at Windsor Castle in honour of Her Majesty's charities. He is also set to attend one of the Queen's Platinum Jubilee events in June and will meet Princess Anne at a young achievers reception later this year.



William will now represent young people from Northern Ireland, Guernsey, Jersey and the Isle of Man at numerous events and ceremonial occasions during what is a big year for St John — celebrating its Year of Youth 2022 and the centenary of the cadet programme. A fantastic achievement. #proud



Made for More workshops

Having taken sessions with Years 11-14 before Christmas on Drugs & Alcohol Misuse and Dealing with Exam Pressure, 'Made for More' visited school recently to deliver workshops to Years 9 & 10 on Identity & Self-Esteem. As always their sessions were very interactive and the pupils engaged really well, looking at practical ways to improve their self-esteem and self-confidence as well as the challenges of peer pressure and the importance of positive friendships.



Dates for your diary

17th March - St. Patrick's Day - School closed.

24th March - Year 14 and all sports' teams/musical groups photographs.

8th April - Last day of term, School closes at 12 midday for pupils. 12.45-3.25pm Year 11 Parent/pupil/teacher consultations (online) with subject staff.

25th April - 12.45-3.25pm Year 9 Parent/pupil/teacher consultations (online) with subject staff.

26th April - First day of new term.

