

CGS NEWS

THE OFFICIAL NEWSLETTER OF CARRICKFERGUS

GRAMMAR SCHOOL

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2024 Families First School of the Year for the Northern Region



Duke of Edinburgh

Gold Expedition news

Congratulations to eight CGS pupils, along with four GB girls from Antrim, who headed to the Lake District to complete their Gold Duke of Edinburgh's Award expedition. They started near Keswick and navigated their way to Buttermere on Day 1. Day 2 began with a challenging hike around Fleetwith Pike to Honister Slate Mine, before continuing to Derwent Water and finishing at Castlerigg. On Day 3, they tackled the Old Coach Road and the Dodds, before completing their expedition along Ullswater on Day 4. This is a challenging route, and they took on the challenge with great determination, resilience and perseverance.

A fantastic achievement — well done!



We were delighted to welcome back one of our former pupils, Dr Tom McGowan, to speak with some of our current pupils who are interested in pursuing a career in medicine. It was useful to hear about Tom's journey into medicine and to gain an insight into life as a doctor. Our pupils really appreciated the opportunity to ask questions and hear first-hand about the challenges, rewards and experiences of studying and working in the medical profession.

Thank you for giving your time, Tom.

Careers latest News



Charity latest at CGS

Congratulations to the Patterson family, who took part in Tour de 4 2026, the cycling event launched by Sir Chris Hoy after his Stage 4 cancer diagnosis. It brings people living with Stage 4 cancer together with their friends, families and supporters. Every pound goes to charities supporting people affected by Stage 4 cancer, helping provide vital support and care. Due to close family circumstances, they chose to support a brain tumour charity.

Thank you to everyone who has donated or shared this so far. *If you'd like to help keep the momentum going, please visit the GoFundMe page through the shared link and consider making a donation.*

<https://gofund.me/18c873276>



CGS ALUMNI ROLE MODELS

SOPHIE CROOKS

CGS 2010 - 2017

WHERE IS SHE NOW?

Lecturer in Adult Nursing at
Queens University Belfast.

TIME AT CGS:

FAVOURITE SUBJECTS: Technology & A-Level Home
Economics

FAVOURITE MEMORY: 2013 Ski trip to Italy



CAREER PATHWAY:

SIXTH FORM CHOICES

I studied Health & Social Care, Home Economics and biology for A Level

HIGHER EDUCATION

BSc Adult Nursing - Queens University Belfast

MSc Advanced Professional Practice - Queens University Belfast

PhD - Queens University Belfast

DAY IN THE LIFE OF A LECTURER

My role involves educating and supporting student nurses throughout their nursing journey. I design and deliver lectures, seminars, and practical skills training. This covers a wide range of subjects including professionalism, communication, leadership, and essential clinical skills such as blood pressure measurement, wound care, oxygen therapy, and venepuncture.

I also provide specialist teaching in areas such as care of the older adult and anaesthetic nursing.

My responsibilities include facilitating learning, assessing student progress, developing evidence-based teaching materials, providing academic and pastoral support, and helping students develop the knowledge, skills, and professional values required for safe and effective nursing practice.

Alongside teaching student nurses, I also work as a Registered Nurse in theatres and recovery. This involves helping anaesthetists care for patients before and during surgery, assisting surgeons during operations, and looking after patients as they wake up afterwards.

I work across a range of surgical specialties, including neurosurgery, emergency surgery, vascular surgery, orthopaedics, urology, and plastic surgery. Working clinically helps me bring real-life experience into my teaching and gives students an insight into what nursing is like in practice.

CAREER HIGHLIGHT

Completing my PhD in Parkinson's disease research

WORDS OF WISDOM

You don't need to have your whole future planned out. Focus on taking the next step and stay open to new opportunities, you might end up in a career you never imagined, doing something you genuinely love. Trust me, things always work out, even if you can't see how at the time!

Think a career in Adult Nursing or Academic Research could be for you? Find out more about them here:

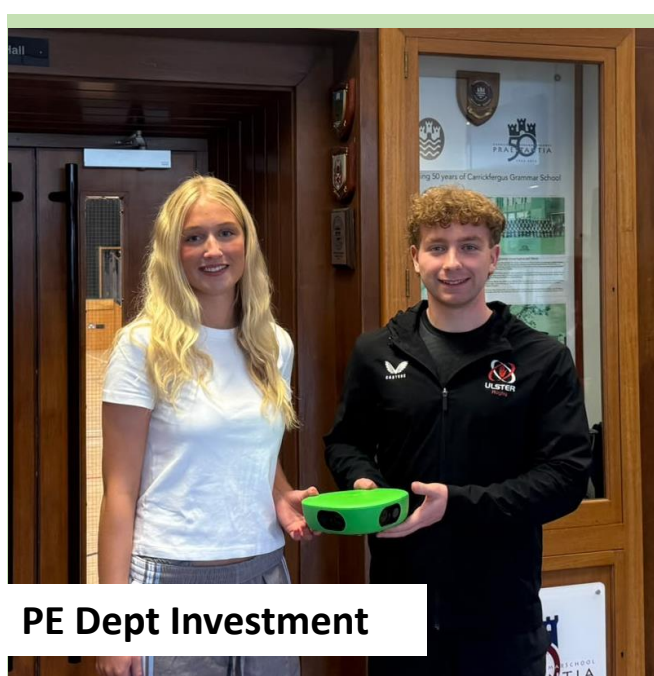
<https://www.prospects.ac.uk/job-profiles/adult-nurse/>

<https://www.prospects.ac.uk/job-profiles/academic-researcher/>



Irish Dance success

Congratulations to our Year 9 pupil Kyra Stevenson, who attended the recent CRDM Edinburgh Championships. Kyra, who dances with the Jordan Academy of Irish Dance, placed 3rd overall on the podium. She has now qualified for World Championships! *Well done, Kyra!*



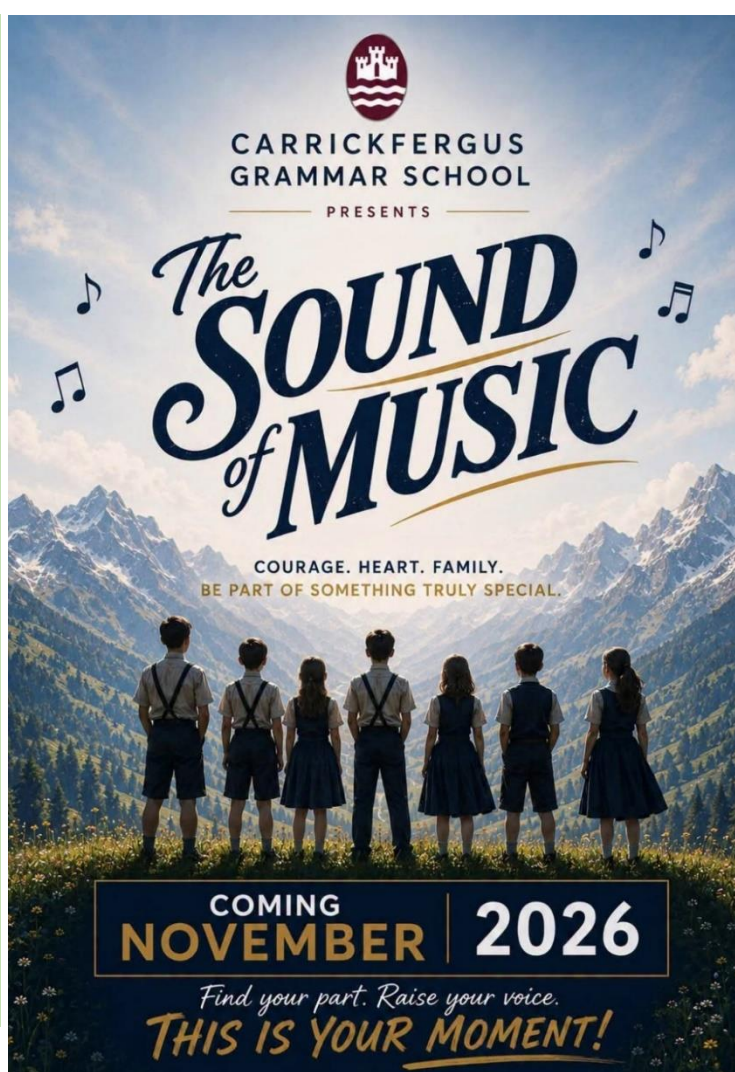
PE Dept Investment

We were delighted to welcome Beth and Alex back to present us with our brand-new @veotechnologies camera! The VEO camera will be a brilliant addition to our sports programme, allowing pupils of all ages to use video analysis to review their performances, identify areas for improvement and learn from watching themselves play. We're excited to see how it can help develop our pupils and enhance school sport across the board! Thank you, Beth and Alex!



Youth Group success

Nadia Mackiewicz was recently awarded an OCN NI level 2 in Mental Health Awareness for young people. She took part in professional training in February to April as part of the Northern Ireland Youth Forum group. It is a GCSE equivalent qualification, and Nadia will now be able to lead assemblies and focus groups based on mental health awareness for young people. Well done, Nadia!



A FUN NIGHT OUT FOR A GREAT CAUSE

Support Our School

QUIZ NIGHT

TEST YOUR KNOWLEDGE
SUPPORT OUR SCHOOL

SATURDAY 17TH OCTOBER

LOCATION Carrickfergus Cricket Club	EVENT SPONSOR Carrickfergus Cricket Club	HOSTED BY Bill 'The Thrill' of DejaVu Promotions	TEAMS OF 6	£5 PER PERSON
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DOORS **7.30PM**

QUIZ STARTS **8.00PM**

PRIZES FOR WINNERS

RAFFLE ON THE NIGHT

Everyone Welcome!



MEDALLION XV RESULT



69 - 12



CARRICKFERGUS GS
 MASON GOULD X 4
 TOM FERRIS X 3
 OLIVER TESTER X 2 & 7 CONV
 CHARLIE BARNETT X 1
 JOSIAH CROMIE X 1

BELFAST HIGH SCHOOL

Congratulations to the Medallion Squad which defeated Belfast High School this week, at Irwin Park. Mason G. led the way with four well-taken tries. Captain Tom F. grabbed a hat-trick while top points scorer Oliver T. chipped in with two tries and seven conversions. Charlie B. and Josiah C. completed the scoring in a superb team performance.

The boys will travel to Hollywood on Saturday to play in a round robin with Bangor Grammar and Sullivan Upper.

Good luck, boys!



RYA NI Schools' Cup

Congratulations to the CGS Sailing Team of Lucy M., Lucy W., Calum P. and Aoife P. which took part in the RYA NI Schools' Cup. Calum P. and Lucy W. both took third place. *We are so proud of them all.*



Dates for your diary

- Tuesday 29th September - Year 8 Parental Info evening 7pm.
- Thursday 1st October – Year 14 History Dublin Trip.
- Thursday 1st October – Prize Distribution Evening 7pm.
- Saturday 3rd October – QUB Open Day.
- Monday 5th October – Music / Sport Prize Distribution 2pm.