

TRANSITION YEAR

2025 - 2026



Tulow Community School

To nurture the wellbeing of all so that they may grow in knowledge conscience and compassion

WHAT IS TRANSITION YEAR?

*“Transition Year is a one year school based programme between Junior and Senior Cycle . It is designed to act as a bridge between the two by facilitating the smooth transition from the more **dependant learning** of the Junior Cycle to the more **independent self-directed learning** required for the Senior Cycle”*

WHY DO TRANSITION YEAR?

- Provides students with the opportunity to develop their **individual gifts** and **strengths**.
- Promotes the **holistic development** of our students by building confidence, self-esteem, independence and maturity. It encourages both personal and social development.
- They experience a year where the emphasis is on **individual responsibility** for study and self directed work. They develop as an independent and self motivated learner.
- Provides a year free of exam pressure where the TY programme is **learning led** rather than exam led.
- They prepare for the adult world through **work experience** (*If possible*) and **workplace certification**.
- Participate in a **variety of subjects, workshops & activities**. It gives the student the opportunity to do most of the subjects available for the Leaving Certificate, thus helping them to make an informed choice.

TY Team Bonding at Castlecomer Discovery Park



TY Team Bonding at Castlecomer Discovery Park



TY Team Bonding at Castlecomer Discovery Park

Learning to recognise each others strengths while working as part of a team.

This is also evidence that the TY Pascal girl's beat the TY Pascal boy's in the tug of war! *(Press play on each of the 3 video's)*



TRANSITION YEAR PROGRAMME

The TY programme is divided into four sections that run simultaneously.

- 1. Core Subjects
- 2. Subject Sampling (TY's experience most Leaving Cert subjects.)
- 3. Transition Year Specific Modules & Workshops
- 4. Calendar of Activities & Events

TY PROGRAMME:

I. CORE SUBJECTS

- English
- Irish
- Maths
- Religion

- P.E.
- Pastoral Care
- Career Guidance

TY PROGRAMME:

2. SUBJECT SAMPLING & MODULES *(WHERE POSSIBLE)*

- **Active Schools**
- **Art** & Junk Kouture
- Business & Accounting/Enterprise
- Computer Applications
- Computer Science (Coding)
- **Construction/Woodwork**
- Design Communications Graphic (DCG)
- **Driver Theory**
- Engineering/Robotics
- History
- Geography
- Politics & Society
- **Public Speaking**
- French
- German
- Music
- **Agricultural Science** & Biology
- Chemistry
- Physics

TY's supporting Tullow C.S. Science Festival, building a Green House from plastic bottles & presenting at the 'One Good Idea' Competition



TY PROGRAMME:

3. SPECIFIC MODULES & WORKSHOPS *(IF POSSIBLE)*

- Active Schools
- Enterprise/Mini-Company
- Junk Kouture
- Gaisce & Headstrong
- School Bank & SVP
- Dave's Jungle Workshop
- Film Workshop
- Breast Cancer Awareness Talk
- CPR 4 Schools Workshop
- Drumming Workshop
- Early Drive Course: Mondello
- Garda Talk on Safer Socialising
- Work Experience
- Workplace Certification
- Law Workshop/Dublin Criminal Court
- Newspaper Reporting
- Interview Skills Workshop
- Hairdressing Workshop
- Self Defence Workshop
- Enamelling Workshop
- School Musical & others...



Saving the environment one straw at a time!

By Michael Tracey

MEET the four girls from Tullow Community School who are saving the world one straw at a time. Michelle Murray, Danah O'Brien, Megan Doyle and Ellie Byrne are transition year students who founded their mini-company 'The Last Straw' with the help of their business teacher Brian Larkin. The girls' aim is to help the environment by selling stainless steel reusable straws.

It all started in the early weeks of September, when the girls were sitting in enterprise class brainstorming ideas for a mini-company.

The environment was a topic they could not ignore, with Greta Thunberg blowing up all over the media. They wanted to help save the environment through their company.

With the environment on its last straw, the girls were determined to make an impact by effecting a simple change to everyday life. They started by approaching five local primary schools with market research. From there, the girls sourced their products and began selling them in the local primary schools, which was a great success.

The students soon realised their business could progress further, so they approached John Byrne, owner of McDonald's outlets in Carlow town, Tynwald, Wexford and two in Blanchardstown. John was very supportive of the idea and agreed to allow the girls to use his McDonald's restaurants as a platform to sell their stainless steel straws.

The girls also negotiated with Richard Quinn, manager of Supermac's Tullow, who also agreed to come on board with the selling of their straws. The girls also sold their products at several Christmas markets, including those in Carlow town and Duckett's Grove as well as the Kiltbride Eco Christmas Market.

On Monday 6 December, KCLR aired an item on 'The Last Straw'. The girls discussed their business from the beginning to the present and their plans for the future. They then talked about how far they would like their company to go. The girls are passionate about the environment and would like to continue their contribution to saving it one straw at a time into their future.

Making people more environmentally aware is very important and the girls so following their appearance on radio the four also featured on live television on Wednesday 16 January on RTE's 'News2Day' presented by Aisling Moloney.

Aisling was so kind and made the experience of being on national television so much easier for the girls.

The girls say they are extremely grateful for the opportunities to showcase their product and the experiences they have had so far.



Visiting Maloney of RTE with Tullow Community School's Ellie Byrne, Meagan Doyle, Michelle Murray and Danah O'Brien



TY Enterprise: 'The Last Straw' 2nd in National Final 2020



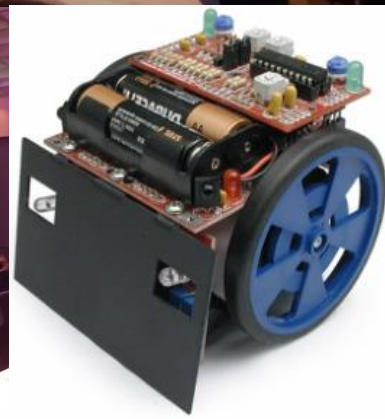
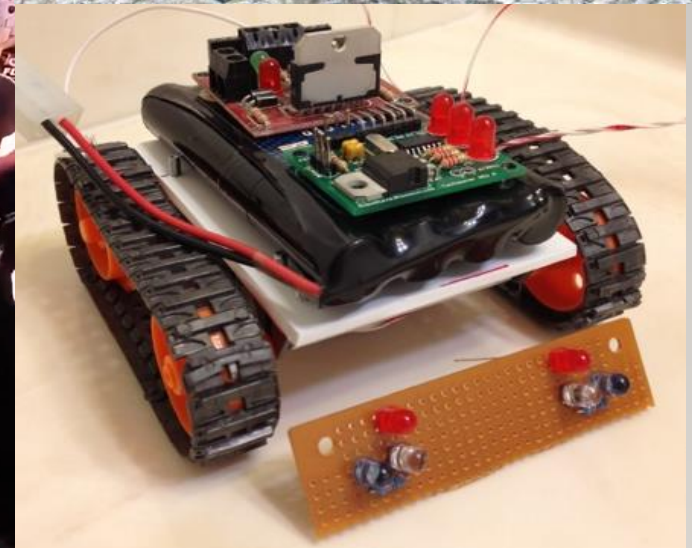
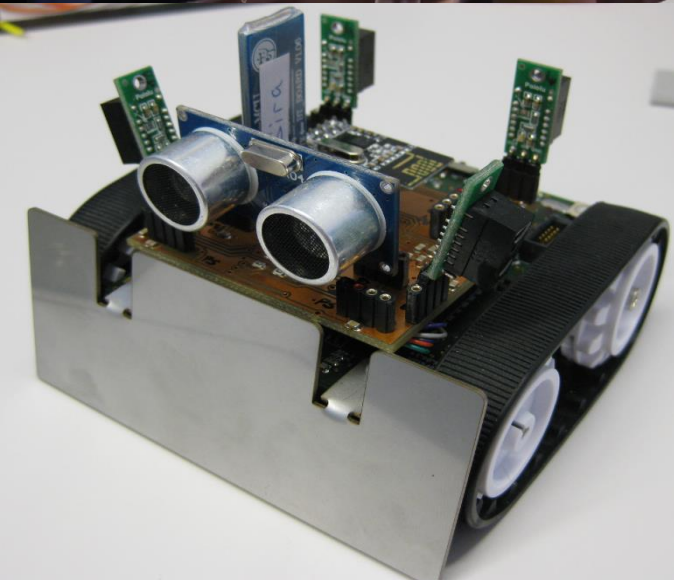


**Tullow C.S.
TY Junk Couture**





Tullow C.S.TY Robotics





GAISCE THE PRESIDENT'S AWARD

What's it all about?

It works on the basis of a personal challenge set by you. You will set the challenge and agree it with a President's Award leader. You won't be competing with other participants, as each challenge is completely individual... so the only person you will compete with is yourself...!



GAISCE THE PRESIDENT'S AWARD

One of the most valuable elements of our Transition Year programme is the challenge of the Gaisce - President's Award. It is a challenge from the President of Ireland, to you... the nation's future, to dream big and realise your potential. **It is a self-development programme for young people** which has been proven to enhance confidence and wellbeing through participation in personal, physical & community challenges.

Links to Carlingford Gaisce Trip in May.

Please see TY Handbook for more details.



TY Headstrong Team/Committee

Headstrong is a post-primary programme run by 'Cycle Against Suicide', a national mental health awareness charity. It is a positive and whole school approach that aims to:

- Support mental health education
- Reduce stigma
- Promote resilience
- Foster a sense of belonging among young people



Ms. Gray's TY 2020-2021 Headstrong Team/Committee



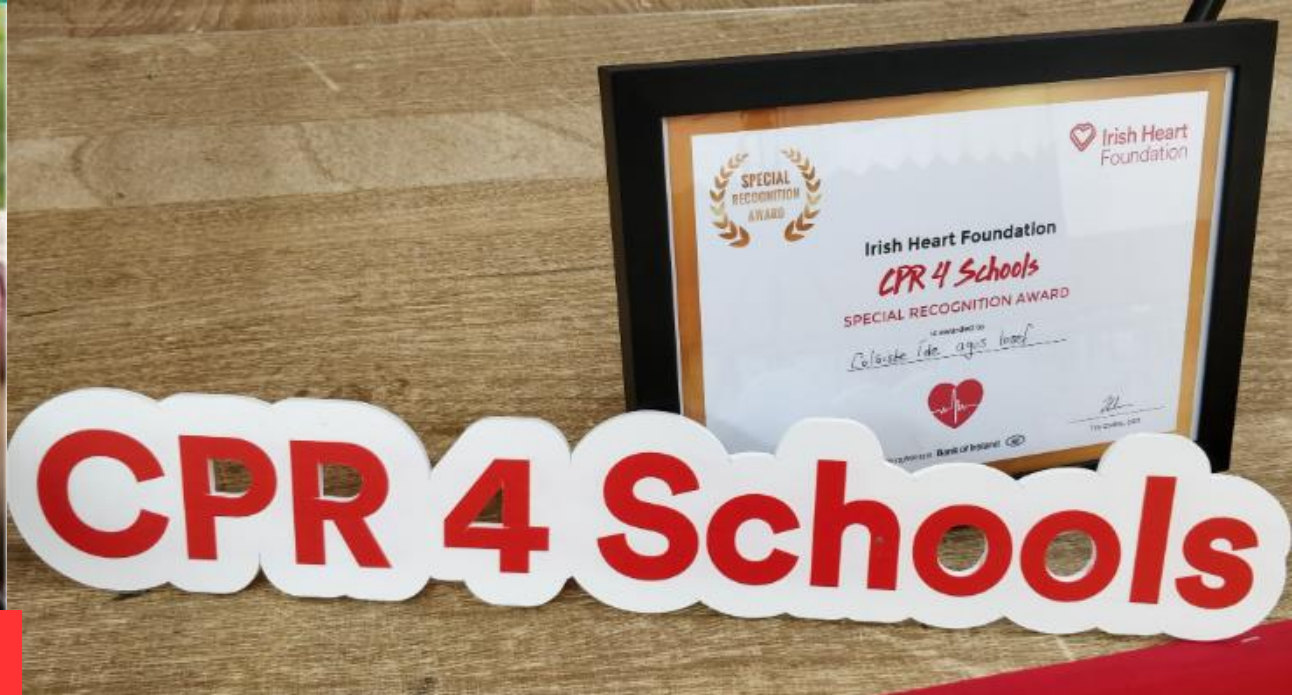
All students are encouraged to engage with the lessons and initiatives delivered by the TY Headstrong Committee as well as the charity days and the **Darkness Into Light** walk which takes place every May, a walk done in solidarity with those affected by suicide.

TY's learning fun scientific facts about wildlife.

Press play on the 3 video's



CPR WORKSHOP



RESTART A HEART
SAVE THE ONES YOU LOVE





THE MUSIC @ DRUMMING

DEFENCE FORCES WORK EXPERIENCE WEEK IN OCTOBER & MARCH



Our TY students on Work Experience/Shadowing with the Defence Forces at the Curragh Camp. Defence Forces Work Experience normally takes place for one week in October and one week in March. Interested TY students should contact your TY Coordinator Mr. Brian Larkin for a **Defence Forces Work Experience Application Form**.

GARDA WORK EXPERIENCE WEEK IN FEBRUARY



E.g., TY students have the opportunity to engage in the 5-day Garda TY Work Experience/Shadowing programme where TY students are brought in a squad car to Dublin Criminal Courts of Justice to witness Gardai giving evidence in a court case, TY students attend the Garda Training College in Templemore etc. Interested TY students should contact your TY Coordinator Mr. Brian Larkin for a **Garda Work Experience/Shadowing Application Form**.





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Efficient Compliant Safer Workplaces

Certified:

1. Manual Handling
2. Working at Heights
3. Driver Safety Awareness
4. Cardiac First Response
5. Forecourt Emergency Response
6. Child Protection & Welfare
7. GDPR for Frontline Staff
8. Food Allergen Awareness
9. Food Safety Essentials
10. Infection Control Awareness (Covid 19)
11. Hospitality Customer Care
12. Dealing with Difficult Customers
13. Retail Customer Care Awareness
14. Drug Awareness
15. Fire Safety Awareness
16. Office Health & Safety Induction
17. Office Ergonomics

Johnson & Johnson

MEDICAL DEVICES COMPANIES



Tullow Community School Online Training



Workplace Certification

Efficient Compliant
Safer Workplaces



dulann.com



TY SELF DEFENCE WORKSHOP



SELF DEFENCE
CLASSES
WORKSHOPS
FOR
TRANSITION YEAR

THE CLASSES



TY PROGRAMME:

4. CALENDAR OF ACTIVITIES & EVENTS *(IF POSSIBLE)*

- Surfing at Curracloe
- National Ploughing Championship
- Glendalough Hike/Walk
- Castlecomer Discovery Park
- Mondello Early Drive Course
- Dublin Criminal Courts of Justice
- History Tour of Collins Barracks
- Ice Skating at Dundrum on Ice
- Dundrum Christmas Shopping
- TY Christmas Table Quiz & Movie
- TY Drumming Workshop

- Kiltorcan Karting
- Geography Tour Dunmore Caves
- History Tour of Kilkenny Castle
- Paintballing Kilkenny Activity Centre
- TY Ball Ballykealey House Hotel
- Ger Carey's TY Comedy Show
- History Tour Glasnevin Cemetery
- Baltinglass Outdoor Ed Centre
- Close Encounters Self Defence
- Carlingford Adventure Centre
- Surfing in Curracloe
- TY Fun Sports Day

TY's Surfing in Curracloe



PLOUGHING CHAMPIONSHIP RATHENISKA SEPTEMBER 2025





TY Team Bonding at Castlecomer Discovery Park



MONDELLO PARK

- History, Tour of facilities & Museum of Motorsport
- Talk on road safety
- Try out Brake reaction simulator
- Min 20 minutes each Driving in Opel Corsa's



EARLY DRIVE COURSE



TY LAW EDUCATION DUBLIN CRIMINAL COURTS OF JUSTICE



TY HISTORY TOUR COLLINS BARRACKS



TY ICE SKATING

DECEMBER 2025



CHRISTMAS SHOPPING AT DUNDRUM SHOPPING CENTRE DECEMBER 2025



Christmas Table Quiz



TY CHRISTMAS MOVIE DECEMBER 2025



THE MUSIC @ DRUMMING WORKSHOP JANUARY 2026



KILTORCAN KARTING

JANUARY 2026



[Emerald Circuit Racing Round 3 - Kiltorcan Raceway \(youtube.com\)](#)



TY DUNMORE CAVES

JANUARY 2026



KILKENNY CASTLE GUIDED TOUR



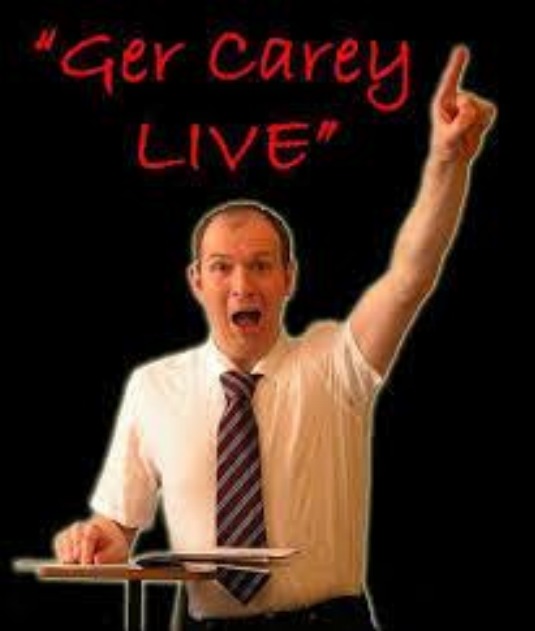




TY Ball

Ballykealey House Hotel





Bravely performed in front of
1,200 sixteen year-olds!



Ger Carey

TY COMEDY SHOW

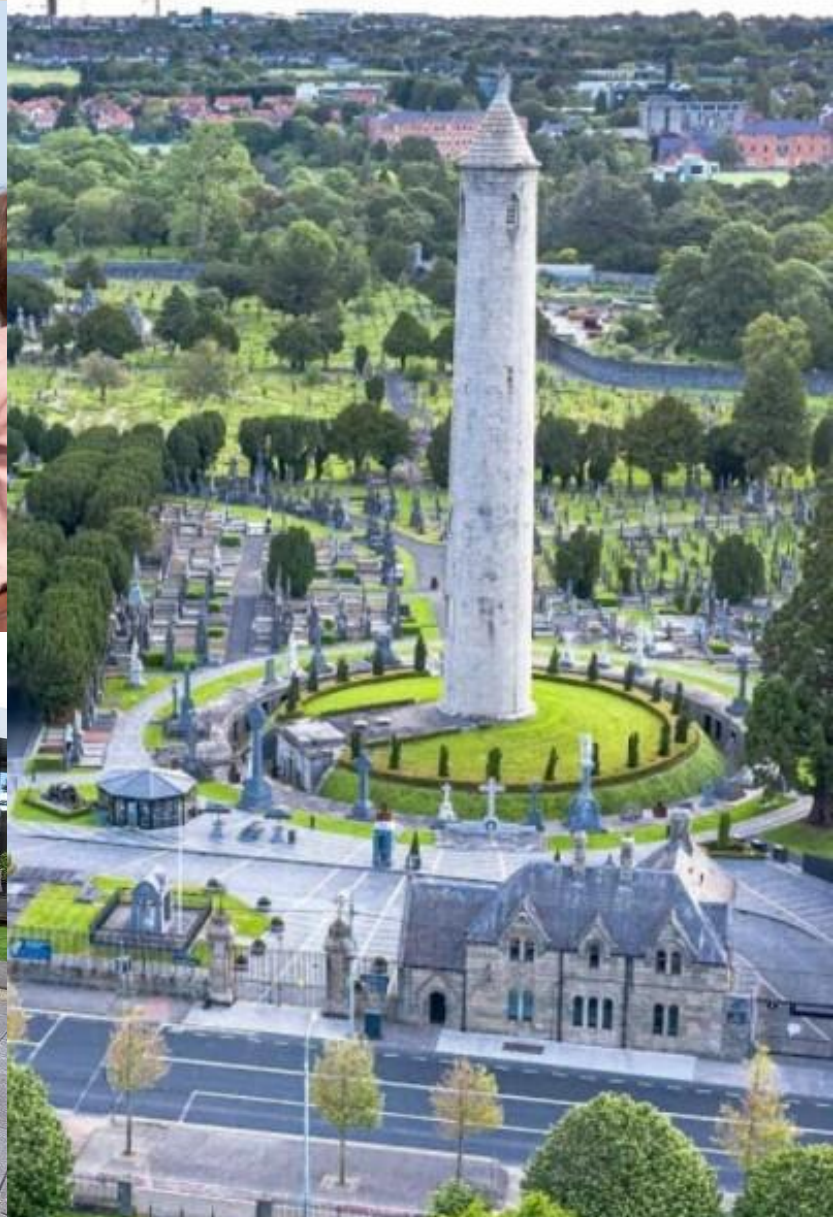
THE LIBERTY THEATRE

DUBLIN MAR 2026



TY HISTORY TOUR

GUIDED TOUR OF GLASNEVIN CEMETRY



Éamon De Valera



Countess Markievicz



Elizabeth O'Farrell



Michael Collins

BALTINGLASS OUTDOOR EDUCATION CENTRE



TY SELF DEFENCE WORKSHOP APRIL 2026



SELF DEFENCE

CLASSES
WORKSHOPS

FOR

TRANSITION YEAR

THE CLASSES



CARLINGFORD ADVENTURE CENTRE THURS TO SAT MAY 2026



TikTok
@carlingfordadventure



TikTok
@carlingfordadventure



TY Surfing in Curracloe May 2026



TY PROGRAMME:

4. CALENDAR OF EVENTS CONTINUED *(IF POSSIBLE)*

- Dublin Institute of Technology
- Waterford Institute of Technology
- Garda College
- Theatre Trip
- Glasnevin Cemetery

- 1916 Tour & Collins Barracks
- Junk Kouture Fashion Show
- Robot Competition
- Student Enterprise Competition
- The Zoo & Dublin Court

TY PROGRAMME

TEACHING METHODOLOGIES

- Student centred, active & learner-focused with the Teacher as facilitator
- Collaborative learning encouraged e.g. Group work/Pair work (if possible)
- Role-play /simulations
- Project work /Fieldwork
- Out-of-school activities
- Visiting speakers
- Practical work

TY PROGRAMME ASSESSMENT

Assessment is carried out by the subject teacher:

- Portfolio of coursework assessed
- Oral /Aural assessment
- Project work
- Self-assessment & Peer-assessment
- Skills assessment
- Written /Practical Class test

TY ACHIEVEMENTS NIGHT & TY GRADUATION

- Display of students work & Presentation of Gaisce Certificates
- Presentation of:

Transition Year Certificates of Achievement

with Distinction, Higher Merit, Merit, Achieved etc.

- Presentation of:

TY Ethos & Engagement Awards

for TY Spring, TY Summer, TY Autumn & TY Winter.

- Presentation of:

Transition Year Student of the Year

TY GRADUATION 2026

6PM TO 7:30PM IN MAY 2026



TRANSITION YEAR FEE

- TY Fee €500

Paid in instalments:

€200 Deposit paid when accepting TY place.

€300 Balance paid by the 30th May 2025.

Additional Costs:

- Ploughing €30 approx
- TY Ball €35 Ticket approx
- Carlingford Gaisce Trip €300 approx

WHAT IS EXPECTED OF A TY STUDENT

- To see TY as an opportunity to try new experiences, make new friends & learn new skills.
- To be motivated & participate fully in all activities.
- To be present for every class as per time table.
- To attend all class modules, workshops, activities & talks.
- To follow the school rules & regulations at all times.

WHY DO TRANSITION YEAR?

- The Department guidelines for Transition Year states as its mission:

"to promote the personal, social and vocational development of pupils and to prepare them for their role as autonomous, participative and responsible members of society".

- What a student gets out of TY depends hugely on the **attitude** he/she takes to it in the first place. If you are **open-minded** you are more likely to see and grasp the opportunities. It is an opportunity to try new activities, new subjects, attempt things you have never had the opportunity to do in your academic life before.
- Through this, students become **stronger in themselves**, their **confidence grows**, their ability to **work as part of a team** is developed, along with their **social and personal skills**. Transition Year is a year-long programme and your **level of engagement** is your **reward**.

HOW TO APPLY FOR TRANSITION YEAR

**COMPLETE & SUBMIT THE
TY APPLICATION FORM**



**ATTEND & COMPLETE THE
TY INTERVIEW**

