



P R E S T I M E S

MIDTERM EDITION



Issue 2 | October 2025

Editor's

NOTE



Well done to everyone on making it to midterm after a full and exciting month at Presentation Secondary School, Listowel! We are the second TY class who are running the newsletter this month, having swapped with the other class who is now doing a spooky Halloween podcast! We hope you enjoy this Midterm edition of the Pres Times!

-TY 4A Class

For this edition of the Pres Times, we aim to showcase the many amazing opportunities we have while attending Presentation Secondary School Listowel. In this edition, We will include the many events which happened in our school including many different fundraisers, our open night, Maths Week, and many others!

Lastly I would like to wish everyone a great midterm!



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SCHOOL NEWS



Welcoming Sam Maguire

"I felt quite nervous and anxious the week leading up to it. but at the same time, I had a sense of excitement and relief, because once I revise them the junior will finally be over and put behind me."

"In my opinion the Junior Cert was much more than just grades as it was our first time sitting proper state exams and a big milestone. Looking back, I'm proud of the effort I put in over the course of the 3 years and in the end it all paid off."

"If I was to redo the junior cert I would have studied more, as I know I am capable of getting better results. One thing I would've changed is I would have studied in the library as I find it is easier to concentrate there."

JUNIOR CERT RESULTS



A LONG WAIT & A BIG RELIEF!



"After we got our pictures taken I went to the social area with my friends. We all opened our envelopes together and I was so happy when I saw I had passed everything. We were all so happy as all our work had paid off."

Our current TY & 5th year students got their Junior Cert results back on the 8th of October. It's great to feel the relief after finally getting my results back, I was happy and so relieved.

Our Junior Certificate exams started on the 4th of June and went on until the 13th of June. Then, we had the long wait until the 8th of October when we got our results.

All who wrote the exams were called to the canteen, and after a short speech from Ms Broderick, we were each called up individually in alphabetical order to receive the envelope containing our results. Using all our self-control, we all went outside for pictures before ripping in to the envelopes to see how we had done.

Well done to all our girls for completing such an achievement - while your exam results don't define you, your commitment and determination to doing your best absolutely do. Onwards and upwards to the Leaving Cert!

"When Ms Broderick called my name and handed me an envelope with a warm smile, I froze. I was so scared to look inside, but I reminded myself that all the late night study sessions, all the worry and stress and hard work will not have been for nothing. I knew that if I worked hard, I could do it, and I did! I was shocked by some of my results! I am so proud of myself for getting what I did, and I'm proud that even though I struggled, I never gave up."

OPEN NIGHT

2025



"Presentation Secondary School, Listowel continues to stand out as a place where every student's potential is encouraged and celebrated."

Presentation Secondary School Listowel opened its doors on the 16th of October for its annual open night, inviting families and future students to explore everything the school has to offer. The corridors were full of excitement as visitors toured the many classrooms. Each room had something different to offer, giving guests a real sense of the wide variety of learning experiences available at Pres Listowel.

The science lab buzzed with activity as students carried out experiments, while the geography room displayed detailed projects on world climates and map skills.

In the Art room, colourful sketches and paintings were shown to show off the students creative side. The Home Economics room gave a warm welcome too, with students offering samples of freshly baked treats.

The music room was another lively stop, filled with the sound of students performing songs and instruments pieces that captured everyone's attention.

In the computer room, visitors saw examples of coding projects, digital design and typing skills that prepare students for the modern world.

The TY room was particularly abuzz, with multiple stations where visitors could get a taster and ask questions about the various workshops, trips, and initiatives our TYs take part in each year.

The evening was more than just a tour - it was a chance to see the strong sense of community that defines Presentation Secondary School, Listowel. Teachers spoke with pride about their subjects, students shared their experiences and parents got a real feel for the school's friendly and supportive atmosphere, with a balance of academic excellence and extracurricular opportunities, it was clear that Pres Listowel provides an environment where students can grow, learn and thrive.

The night ended on a high note, leaving visitors impressed by the school's energy, enthusiasm and dedication.



TY Students ready to welcome visitors and tell them about their experience running the school newsletter

School News:

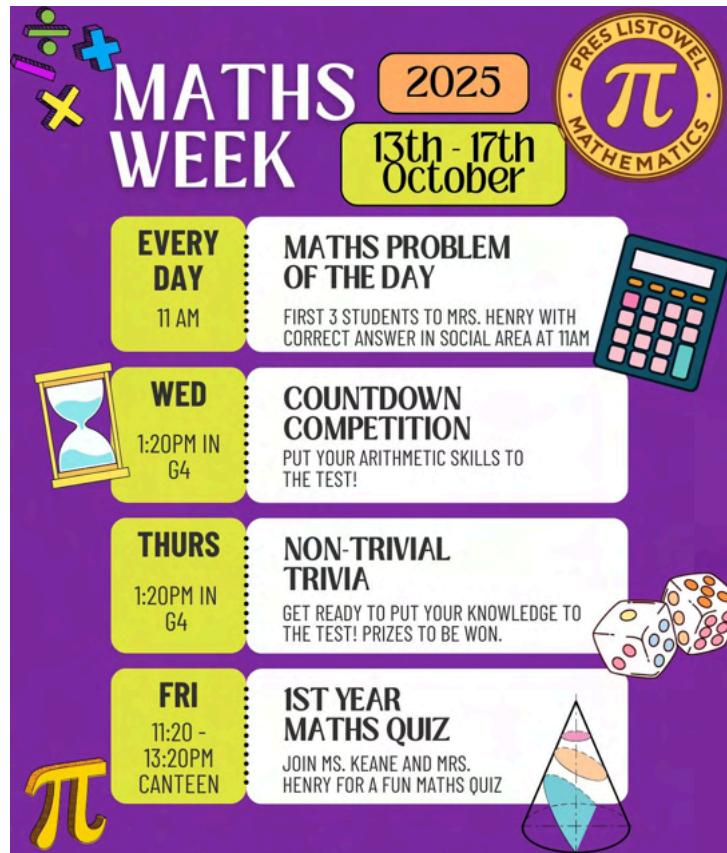
MATHS WEEK

A week of challenges & fun

Maths week ran at Presentation Secondary Listowel from the 13th to the 17th of October. Maths week Ireland is a nationwide festival for all ages, celebrating the wonder of mathematics in our everyday lives. It is an all-island initiative promoting positive attitudes towards maths and highlighting the importance of maths in our everyday lives. This year is the 20th anniversary of its start.

This week in school, a variety of activities took place. Every day at 11am break, there was a 'maths problem of the day' competition in the social area, where the first team who solved the problem won a prize.

Students from all years enjoyed participating in these activities throughout maths week.



As part of Math Week, we also welcomed past pupil Katie Hilliard who talked to the 5th and 6th year students about her career as an actuary and climate investment specialist, working in these fields for over 10 years after studying maths and agricultural science. 5th and 6th year students enjoyed this talk about the potential careers available from a maths qualification, especially coming from a past pupil of the school who has been in their shoes.

Young Historian Award 2025

The Kerry Young Historian Award is an annual competition open to all Kerry secondary schools and young people from Kerry between the ages of 12 and 19 who are keen to explore their local history, archaeology and heritage.

The purpose of the award is to encourage participants to research and write about a local history topic in a personal, interesting and critical way with a special focus on some of Kerry's untold stories. The award aims to encourage and produce the historians of the future as well as engaging young people in local history, archaeology and heritage.

Lucy Griffin, a third-year student at Presentation Listowel, has received the prestigious award for her research project on Latchford's Mill at Islandganniv.

Her win was announced on Wednesday evening at Kerry County Museum during the annual awards ceremony which is hosted by the Kerry Archaeological and Historical Society, Kerry County Museum, Kerry County Council, the Tralee Education Support Centre and the Kerry branch of the History Teachers' Association.

As well as being the overall winner of the competition this year, Lucy was the winner from the Junior Category of entrants, the first such win in the history of the competition, which is a major achievement!



A few questions we had for Lucy:

What was your project about?

L: It's about Latchford's mill which was a flower mill in Listowel.

Did the project take you long?

L: I did it for my history CBA. Afterwards, I spent another 2 weeks polishing it up for the competition.

How did you feel when you won?

L: I was very shocked and surprised and very happy!

Why did you pick this idea for your project?

L: I picked this project because my grandad would always tell me stories about the mill and my family was there, so I found it very interesting and relevant to me.

BT YOUNG SCIENTIST

NEW



WHAT IS BT YOUNG SCIENTIST

The BT Young Scientist and Technology Exhibition is an annual science competition for secondary school students in Ireland, held every January since 1965 at the Royal Dublin Society. It showcases original research projects, with around 500 projects selected from thousands of submissions.

THE BAR IS HIGH

The winners of the 2025 BT Young Scientist and Technology Exhibition were sisters Ciara, Saoirse, and Laoise Murphy from Kerry, for their medical assistance app called "Aid Care Treat" (ACT). The app is designed to improve emergency healthcare responses by providing vital information to emergency services



Our 2026 Qualifiers

YOUNG SCIENTIST 2026

This year we are delighted to announce we have 3 projects that have qualified for Young Scientist Exhibition 2026. Congratulations on this fantastic achievement girls, we look forward to sharing more information with you all on their projects in the coming weeks.



Architecture Kerry Exhibition

On Wednesday, the 8th of October, we had the official launch of beautiful artworks created by several of our Art & History students in St John's Theatre. The artwork was created at school during a series of workshops with Natalie Deegan from Artlab in Tralee. The students learned to make plaster casts using clay molds while taking inspiration from the work of Pat McAuliffe, a plasterer especially known for his work on 'The Maid of Erin'. The students also took inspiration from his use of Art Nouveau, Byzantine, Celtic freestyle motifs throughout his work.



I spoke to some of the students involved to hear about their experiences:

Faye Murphy & Ria O'Connell created a piece together for the exhibition. They took inspiration from the iconic symbol of the claddagh ring, basing their design around it.

Faye: It was really fun, and it was really interesting to find out more about the town.
Ria: It was a really enjoyable experience and really interesting to find out about that type of art and designs.

Sophie: It was really fun and showed me a lot of different art techniques and it showed me how to make the sculptures. It was really nice to see all the sculptures and how they came together.

Sophie Leahy created her piece inspired by Listowel Bridge, an iconic recognizable piece of history in the town.

Aideen Carey created a sculpture of two fish jumping from water. This inspiration came from the beautiful River Feale that flows through Listowel. Fish are known as a symbol of knowledge in Irish mythology. Two fish may represent balance in wisdom or the sharing of knowledge between two people or forces.

Aideen: It was fun as it showed me a lot of different art techniques and it showed me how to make the sculptures.



Tie Day FRIDAY!

On October 10th Presentation Secondary School Listowel took part in Tie Day Friday in support of Kerry Mental Health.

Tie day Friday is a fundraising event organized by Kerry Mental Health Association to support mental health services. The aim is to support the mental health and befriending activities of the Kerry Mental Health Association.

On the day, everyone wears a tie - any tie - and posts pictures on social media with the #TieDayFriday and donates to the cause.

We all still wore our school uniform, but it was fun to add some colour with a crazy tie. Some of our TY friends raised their grandad's collection and outfitted half their class!

In 2024, Tie Day Friday raised 13k euro for Kerry Mental Health Association. While the numbers are still out for this year, we are so happy we took part!



An Interview with Ms Ni Eimhin

We spoke with our new Irish and Home Economics teacher, Ms Ni Eimhin, to get to know her a bit better. Did you know all these facts about her?



01

Where Are You From?

Lios Póil

02

What is your Favourite Part of Teaching Home-Ec and Irish?

I love the contrast between Gaeilge and Home Economics — one celebrates our language and culture, the other builds creativity and real-life skills. It's the perfect balance!

03

Why did You Decide to Teach Secondary School?

I chose to teach at secondary level because it's such a key time for students to discover their interests and develop life skills. Teaching Gaeilge allows me to promote pride in our culture and language, while Home Economics gives students practical skills they'll carry with them for years to come.

04

Do You Play Any Sports or Instruments?

I can play the accordion, although I haven't played in a few years! I don't play team sports anymore, but I enjoy going to the gym.

05

Is There Anything Students Would be Surprised to Learn About You?

I'm a farmer and have my Green Cert!

06

Do You Like to Travel? Any Stories?

I love to travel, though I've never strayed too far from home. I've visited parts of the U.S., including Boston, New York, Los Angeles, San Francisco, Las Vegas, and Orlando, as well as countries in Europe like Spain, Portugal, and Italy.

07

What Kind of Music do You Like?

I'm a big fan of Zach Bryan, Kingfisher, Amble, and Coldplay, but I also love traditional ballads and a good sing-song!

A big THANK YOU to Ms Ni Eimhin for sitting down to answer all our questions!



PRESENTATION SECONDARY SCHOOL LISTOWEL PROUDLY PRESENTS

I HAVE A DREAM!

THE MUSICAL

A TRIBUTE TO MAMMA MIA AND THE MUSIC OF ABBA

DIRECTED BY
BRIAN CARR

CHOREOGRAPHED BY
RÓISÍN MORIARTY



THU 22 AND FRI 23
JANUARY 2026

10AM AND 12PM (SCHOOL SHOWS)
7.30PM (PUBLIC SHOWS)

AT PRESENTATION SECONDARY SCHOOL, LISTOWEL

TICKETS AVAILABLE AT WWW.PRESENTATIONSECONDARYLISTOWEL.IE

TY UPDATES



Gaisce Trip to Dingle

Gaisce Trip



GAISCE
THE PRESIDENT'S
AWARD

WHAT IS GAISCE?



Gaisce is a national youth award and personal development program for young people - a direct challenge from the president to dream big and fulfil their potential. It requires participants to undertake activities that fulfil certain requirements in Personal Skill, Community Involvement, Physical Recreation and Adventure Journeys .

On the 6th and 7th of October, our TY group, and a few 5th years who were unable to make the trip last year, went to Dingle to complete a 2-day walk. Over the 2 days, we walked 30km in order to earn the bronze reward!

DAY 1

We caught the bus from Listowel to Dingle and stayed overnight at the Rainbow Hostel. We dropped off our stuff before starting the walk in to Dingle town. We continued with a scenic section down by the beach - the views were lovely, and we stopped by a castle and a little house to have something to eat.

Later, we went into town again for lunch and supplies before heading back to the hostel. It was up to us to organise ourselves into rooms, before getting changed and cooking dinner. My group cooked pizza chips and nuggets. We finally got a much-needed time to relax, and even got to roast marshmallows before bed.



DAY 2



On day 2 we woke up had breakfast. Our group had pancakes with nutella and rice cakes. We then headed off. Unfortunately the weather wasn't too good and it was raining for most of the day.

We started off by walking into Dingle town to get some food for the bus. We then walked back out, packed our stuff, and headed for the bus. The bus then dropped us off to Ilios Pól to do an hour-and-a-half walk. The walk was mainly uphill, but we enjoyed it!

We then headed back to the bus, and headed home. We all had an amazing time on the trip and I would definitely go back again!

JUNK KOUTURE

PROMOTING SUSTAINABILITY & CREATIVITY

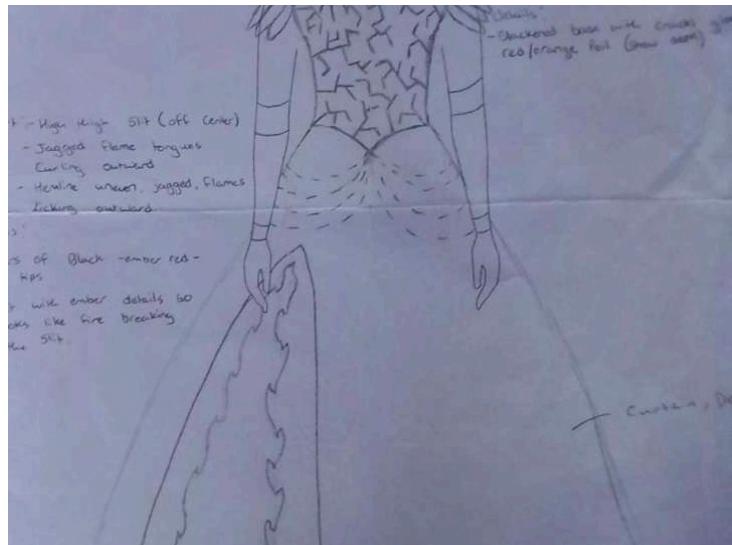
J

unk Kouture was founded in Ireland by Donegal native Troy Armour. It has grown into an international movement with thousands of young designers employing creativity, ingenuity, and engineering to create fashion designs that challenge and critique the human pollution causing the climate crisis.

With an average of around 4,500 students taking part in the programme each year, Junk Kouture has become the largest youth sustainable education event in Ireland in just 10 years. Junk Kouture started in 2010 with 200 entrants. Junk Kouture currently operates in six countries (Ireland, United Kingdom, United States, France, Italy, United Arab Emirates).



Pres student Molly Linanne succeeded in reaching the Regional Finals in Dublin in March 2025. We hope to follow her lead!



This is our design for Junk Kouture 2026

For those who elected it as a choice subject, we have a TY Subject slot dedicated to working weekly on the Junk Kouture project. I am partaking in Junk Kouture 2026 with my friends Caoimhe and Scarlette. Our design is based on a phoenix, where the whole idea is that when the phoenix dies, it bursts into flames, and it is re born from the ashes.

We felt like this was a strong idea because the phoenix represents the circle of life, and Junk Kouture aims to create a better planet and encourages sustainability. We were drawn to this idea as we saw the wildfires that were happening in LA in January 2025 due to climate change. We saw how devastating these wildfires were especially those who lost family members, friends, and neighbours. People also lost their homes with approximately 12,000 homes destroyed or affected by these fires.

Dublin submissions are due 7th to 21st January 2026, so keep your eyes out for Presentation Listowel entries from our TY class!

STEM PASSPORT

Our TY students are currently taking part in the STEM passport for inclusion programme in Killorglin. This programme aims to empower young women across Ireland by ensuring their voices are heard and that they have equal access to STEM opportunities. Research shows that girls are often underrepresented in STEM fields. The STEM passport helps to tackle this by building key skills, reducing inequality and encouraging participation from all backgrounds.

On September 17th, students attended their first STEM lab day. They were warmly welcomed and introduced to the programme through fun icebreakers and computational thinking challenges,

which got everyone's brains working hard before moving onto exploring data.

After the lunch break, students were split into groups and met with mentors from STEM careers over call who will continue to connect with them throughout their programme. They shared about their career, how they found their passion from STEM and much more.

Next, students were introduced to the micro Bit which is a small piece of tech used to code electronics. They used it to code different tasks e.g. lighting up LED's, making sounds and even detecting noise level decimals. This hands-on activity was both educational and fun.

Overall, it was a fantastic and engaging experience that gave students a real insight into the world of STEM.



PERSONAL SAFETY

WORKSHOP



On Friday, October 24th, TY's took part in and completed the Personal safety workshop with Senior instructor, Alex Walsh.

The workshop was split into 2 segments: Self-defense and a personal safety and respect talk.

For the first 2 hours, Alex spoke to us about some very difficult but important topics around our safety as young women. He also educated us on dangers we can prepare for in the world we are growing up in today.

For the last hour, Alex taught us a few self-defense moves we could use to protect ourselves in case of an attack.

this workshop was very fun and beneficial. We all enjoyed it very much and would like to thank Alex Walsh for visiting us and providing us with this fantastic workshop!





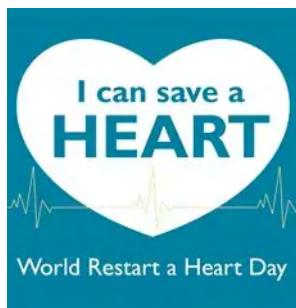
BREAST CANCER AWARENESS

FUNDRAISER

This October was Breast Cancer Awareness month. This was a cause we felt strongly about so myself, Saoirse Purcell, Niamh Kelly, and Elsie Buckley decided to do a fundraiser to raise money for the Irish Cancer Society on Wednesday the 22nd of October. We held a bakesale in the school's social area and a 'Counts for

Courage' sweet jar where the winner who guessed closest to the correct number of sweets in the jar got to keep the contents. We also sold Breast Cancer awareness pins. In total, we raised over 800 euro. Thank you to everyone who donated and took part in this worthy cause.

RESTART A HEART DAY



Restart a Heart Day is on October 16 each year. The day aims to educate the public about the importance of CPR - Cardio

Pulmonary Resuscitation, and how it can save lives during cardiac emergencies (This is when a person's heart stops). CPR can double or even triple the chances of survival for a person experiencing cardiac arrest.

CPR also prevents brain damage -. Without blood flow, brain damage can occur within just four to six minutes.

This day encourages individuals to learn CPR and familiarise themselves with the use of AEDs (automated external defibrillators).

What do I do in an emergency CPR situation?

- 1 Check that the area is safe and that you are not putting yourself in danger by helping.
- 2 GET MEDICAL HELP! call 999 or 112. Better yet if a friend can do it while you...
- 3 Check their ABCs:
AIRWAY: Tilt the head back while they're lying on their back. Look in their mouth and throat to see if there is anything choking them.
BREATHE: are they breathing?
CIRCULATION: Check for a pulse.

If there is no pulse and they are not breathing, start CPR and wait for help.



How do I perform CPR?

Follow this link to a really good tutorial on chest compressions (manual CPR)

Did You Know?

Chest compressions should be done at 100 - 120 BPM, so sing a song like Staying Alive, Another One Bites the Dust, or Can't Stop This Feeling! to stay on beat.



Work Experience



The staff at the pharmacy were really welcoming – they showed me around and taught me a lot. Firstly, they taught me about how the drugs are organised (alphabetically), and they told me where the specific types of medications, diabetic associated things, sachets, refrigerated items and liquid medicines were kept.

I was able to help out a lot as well. I had to divide the medicines from global pharmaceutical companies like Uniphar into their designated areas. I also helped with sorting out prescriptions for patients. I had to be careful and make sure I'd given the right dosage as well as reading and fulfilling any other requirements. I also learned about the government schemes for pharmaceuticals.



Starting in early October, the TYs started going out into the community to do work experience. We had to complete a 7-hour work day every Tuesday (including a 1-hour break). I did my work experience at the local Chemco Pharmacy in Listowel.



Overall I really enjoyed my work experience at the pharmacy. I really liked working with medicines, and it was a comfortable environment – I really appreciated all the help and advice I got from my manager Michelle and all the other staff.

– Gia Ajay

Work Experience



Through the TY Media Programme, I was able to spend my work experience at Radio Kerry in Tralee. Myself and 13 other students from around Kerry spent the 13th to the 17th of October in studio learning the ropes and putting together a broadcast.

I thoroughly enjoyed work experience it was so much fun and I genuinely learned so much. On the first day the group had an opportunity to meet the head of office Fiona Stack and lots of the radio presenters that I would've listened to growing up which was so surreal. We also got to go into one of the studios and record our voices and edit them and hear them on play back which was a bit weird at first but we got the swing of eventually.



On Tuesday we had a media literacy class which was so informative and I learned so much about the behind-the-scenes of radio and documentaries. We also began planning our show for Saturday and what guests we would want on.

I think Wednesday was my favourite day as we went out on the streets of Tralee and interviewed the public by asking them a few short simple questions connected to the topics we would be talking about on the show on Saturday. These short interviews are called 'Vox Pops' and were so much fun as we got to hear loads of different people's opinions and we got to use the microphones which was so cool.

On Thursday and Friday we did more Vox Pops and did a few in studio and over the phone interviews in preparation for the show on Saturday. This was one of the best parts of the week because we had all become very good friends by then and we were just enjoying the last few days. On Saturday we all came in super early because we were all just so excited for the show. The show started at 9 and we waited in the studio beside the live studio for our segments to come on.



It was really cool to see the show we had planned for the whole week finally be put in motion. There was a big glass soundproof window between each studio so we could watch everyone do their segments.

Then in what felt like minutes it was 10 o'clock and it was my turn to go into the studio. Two other girls and I interviewed a local band which was pretty cool and they played a piece of music and it was all live which was a bit nerve wrecking but was actually class. Before I knew it was all over and we got our certificates!

It was one of the best weeks ever. I had so much fun and I learned more than I ever could've imagined. If you're in third year and planning on doing TY and think you might want a career in media, I would totally advise to apply for work experience in Radio Kerry because I genuinely had the best time ever and made some good friends.

I knew I wanted a career in television but radio never seemed like an option for a career but it absolutely is now. I'm very grateful for this opportunity because it means I have my foot in the door of Irish radio and media.

- Niamh Kelly

TY & 1st Year Mentorship



At the start of the school year, the new First Year students were matched with a TY mentor to watch out for them and help them acclimatise to senior school. This month, we took a day to check-in with our mentees. The mentoring day was fun and enjoyable from start to finish!

The aim of this day was to continue building connections and teamwork, and check in on how the first years are settling in. All the First Years were welcomed by their TY mentors and had one-on-one chats in the cafeteria. Later everyone divided into smaller groups for a spooky game of Ghost Busters!

two mentors stood in the middle of the circles explaining the rules and handing out the deck of cards revealing the players role in the game. The mentees and mentors gathered in two circles, taking on the secret roles as villagers, ghost busters, and ghosts. The room buzzed with laughter as the students tried defending themselves, making accusations, and uncover who was the ghost.

The game turned out to be a perfect icebreaker that allowed first years to relax and interact with their mentors in a fun way. Both groups showed great teamwork and participation and even the quieter students found themselves joining in. By the end everyone was leaving with smiles on their faces. And TYs are already looking forward to the next mentoring activity.



SPORT REPORT



U14 and U16 Kerry Players receiving their awards

PRES SPORT

OCTOBER
EDITION

FOOTBALL

MONDAY THE 29TH OF SEPTEMBER OUR JUNIOR U16.5 FOOTBALL TEAM PLAYED KENMARE IN FARRANFORE. THE GIRLS PLAYED LOVELY FOOTBALL WITH SOME GREAT SCORES BUT UNLUCKILY LOST IN THE END BY TWO POINTS.

TUESDAY THE 14TH OF OCTOBER OUR MINOR U14.5 FOOTBALL TEAM PLAYED TARBERT, THE GIRLS SHOWED GREAT DETERMINATION AND FOUGHT UNTIL THE END BUT ENDED UP LOSING THE MATCH.

WEDNESDAY THE 15TH OF OCTOBER OUR JUNIOR U16.5 FOOTBALL TEAM PLAYED MILLTOWN IN FRANK SHEEHY PARK. IT WAS A CLOSELY CONTESTED GAME WITH SOME EXCELLENT FOOTBALL SHOWN FROM BOTH TEAMS. THE GIRLS WERE DOWN 5 POINTS AT HALF TIME WITH A SCORE LINE OF 1-9 TO 1-4, BUT OUR GIRLS KEPT PUSHING BUT UNLUCKILY ENDED UP LOSING IN THE END BY 7 POINTS ENDING ON A SCORE LINE OF 2-14 TO 2-7.



SOCCER

OCTOBER
2025

REPORT

On the 20th of October 2025, our Junior soccer team took part in a blitz in Killorglin.

We had two teams competing. Team one which consisted of TY's and Third years, and Team two which consisted of Second years. Each team got to play three games everyone got lots of playing time.

Our girls played great soccer showing great skill and determination the whole way throughout the blitz and enjoyed it. We seen some great passes, dribbling and scores from the girls!

SCORES

TEAM 1:

1st match

Pres listowel VS isk

0-3

2nd match

Pres listowel VS Castleisland

1-1 (with a score from laura dalto)

3rd match

Pres listowel VS gcc

0-2

TEAM 2:

1st match

Pres listowel VS isk

1-3 (with a score from ella galvin)

2nd match

Pres listowel VS Castleisland

0-2

3rd match

Pres listowel VS gcc

0-0



BASKETBALL

Well done to our u16 and u19 basketball teams in their second matches of the season against Gaelcholaiste Chiarraí. The u16s started strong and it was neck and neck until the end when our girls pulled ahead for the win with a final score of 24 to 31. Our u19s played a fantastic game. We put up a very good fight and fought hard till the end, but unfortunately GCC pulled ahead for the win.



LIFESTYLE



Home Economics Halloween Cookies & Decor Display

SPiRiTs, SUGAR, ANd SPELls

A LITTLE MORE MAGICAL, A LITTLE MORE MISCHIEVOUS. THE AIR IS FILLED WITH WHISPERS OF SPIRITS, THE STREETS ARE DUSTED WITH SUGAR, AND EVERY SHADOW SEEMS TO HOLD A SPELL. HALLOWEEN ISN'T JUST A DAY, IT'S A SEASON, A MOOD, A CULTURAL MOMENT WHERE NOSTALGIA, CREATIVITY AND A TOUCH OF SUPERNATURAL COLLIDE. HALLOWEEN HAS TRANSFORMED INTO A CELEBRATION THAT'S EQUAL PARTS EERIE, INDULGENT AND ENCHANTING!

the spooky origins of Halloween

HALLOWEEN IS AMONG THE OLDEST TRADITIONS IN THE WORLD AS IT TOUCHES ON AN ESSENTIAL ELEMENT OF THE HUMAN CONDITION: THE RELATIONSHIP BETWEEN THE LIVING AND THE DEAD. THE OBSERVANCE EVOLVED FROM ANCIENT RITUALS MARKING THE TRANSITION FROM SUMMER TO WINTER, THEREBY ASSOCIATING IT WITH TRANSFORMATION, WHICH IS STILL A CENTRAL THEME OF THE HOLIDAY.

TO PROTECT THEMSELVES AND SCARE OFF HARMFUL SPIRITS, THE CELTS LIT LARGE BONFIRES AND DARKENED THEIR FACES WITH THE ASHES FROM THE BONFIRE WHICH LATER DEVELOPED INTO WEARING MASKS, AS WELL AS WEARING COSTUMES, OFTEN MADE OF ANIMAL HIDES. PEOPLE ALSO TOLD STORIES AND MADE OFFERINGS OF FOOD.

HALLOWEEN BEGAN OVER 2,000 YEARS AGO IN ANCIENT IRELAND, WHERE THE CELTIC PEOPLE CELEBRATED A FESTIVAL CALLED SAMHAIN. IT MARKED THE END OF THE HARVEST AND THE BEGINNING OF WINTER, A TIME THEY BELIEVED THE BOUNDARY BETWEEN THE LIVING AND THE DEAD BECAME THIN, ALLOWING SPIRITS TO CROSS INTO THE WORLD OF THE LIVING.

WHEN CHRISTIANITY SPREAD TO THE REGION, THE CHURCH CREATED ALL SAINTS' DAY ON NOVEMBER 1ST. THE NIGHT BEFORE BECAME KNOWN AS ALL HALLOWS' EVE, WHICH LATER TURNED INTO HALLOWEEN. HALLOWEEN SLOWLY CHANGED THROUGH THE YEARS. IT BECAME A MORE PLAYFUL HOLIDAY WITH COSTUMES, PUMPKIN CARVING, AND TRICK-OR-TREATING – BLENDING OLD CELTIC CUSTOMS WITH MODERN FUN.

The Sweet Side of Spooky Season: Top Halloween Candies Ranked

A BIG PART OF THE HALLOWEEN TRADITION IS TRICK-OR-TREATING. HERE ARE IRELANDS TOP FIVE FAVOURITE SWEETS. WHAT'S YOUR FAVOURITE SPOOKY TREAT?

1. TAYTOS
2. DRUMSTICKS
3. CADBURY
4. HARIBO
5. MALTEASERS



SPiNnUS, SUGAR, AND SPELLS

RIP-tastic recipes

IF THIS SPOOKY SEASON YOU'RE FEELING LIKE BREWING UP SOME DELICIOUS POTIONS HERE ARE SOME IDEAS!

INGREDIENTS:

HOT DOGS

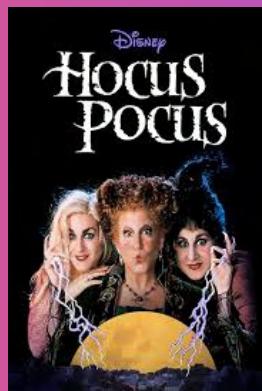
PUFF PASTRY

- PREHEAT THE OVEN TO 180 DEGREES C
- OPEN YOUR PUFF PASTRY PACKAGE AND UNROLL THE DOUGH. PRESS ON THE PERFORATIONS TO SEAL THEM TOGETHER.
- CUT THE DOUGH INTO 1/4 INCH STRIPS.
- WRAP THE PIECES OF DOUGH AROUND EACH HOT DOG CREATING BANDAGES BY STRETCHING THE DOUGH SLIGHTLY AND LETTING IT OVERLAP AND CRISS-CROSS. YOU DON'T COMPLETELY COVER THE HOT DOG, LEAVE GAPS SO IT LOOKS LIKE A MUMMY PEAKING OUT FROM ITS BANDAGES.
- PLACE EACH WRAPPED HOT DOG ON A BAKING SHEET AND THEN BAKE FOR 10-12 MINUTES OR UNTIL THE DOUGH IS GOLDEN BROWN AND HOT DOGS ARE WARMED THROUGH.
- REMOVE FROM THE OVEN AND PLACE A SMALL DOT OF KETCHUP OR MUSTARD ON THE BACK OF YOUR CANDY EYES AND ADD 2 TO EACH MUMMY DOG.



Monstrous movies!

IF YOU'RE STUCK ON WHAT TO WATCH THIS SPOOKY SEASON, CHECK OUR LIST OUT!



1. HOCUS POCUS
2. CASPER
3. THE NIGHT BEFORE CHRISTMAS
4. SCARY MOVIE
5. CORPSE BRIDE
6. CORALINE
7. MONSTER HOUSE
8. THE WITCHES
9. GHOSTBUSTERS
10. THE ADDAMS FAMILY
11. SCREAM

joke of the day

WHAT DOES A BANSHEE WEAR DURING SUMMER TO PROTECT THEM FROM THE SUN?..... SUN-SCREAM!





Ways to relax this Halloween break

- Rest – Sleep in
- Go for a walk
- watch a movie or binge a series you've been wanting to watch
- Start a new hobby
- Read a book
- Bake or cooking
- At home Pilates



Ghost marshmallow brownies

- 230 g Butter
- 400 g Dark Chocolate
- 30 g Dark Chocolate , for the eyes
- 4 medium Eggs
- 1 tbsp Instant Coffee
- 24 large Marshmallows , white
- 130 g Plain Flour
- 1 pinch Salt
- 200 g Sugar
- 2 tsp Vanilla Essence
- 100 g White Chocolate

Method

1. Preheat fan oven to 170°C. Melt the butter and chocolate (microwave in 30 second intervals). Beat eggs, sugar and vanilla and combine with the chocolate mixture.
2. Fold in flour and instant coffee, pour into a buttered and lined 9x13 inch baking tray.
3. Bake at 170°C for 25 minutes, if it's still really wobbly, stick it back in for another 5 minutes until the top is shiny and cracked.
4. Let cool completely before cutting. For the ghosts, put a white marshmallow on top of each slice of brownie.
5. Drizzle white chocolate on top of the marshmallow allowing it to drip down onto the brownie. Draw the eyes and mouth using melted dark chocolate

