

TOWN TATTLER

Vol 6 - Issue 9





Laura Bergin interviews Catherine Doyle

For this month's Town Tattler, Laura Bergin sits down with Catherine Doyle, President of Portlaoise LGFA, to talk about her earliest memories of the club, the players and people who inspired her, her own playing and coaching days, and a few things you might not know about her.

Laura: Catherine, tell us who you are and your role in the club.

Catherine: I'm Catherine Doyle and I'm President of Portlaoise LGFA.

Laura: What are your earliest memories of Portlaoise GAA?

Catherine: Going to matches with my dad, Peter Gavin, and watching my brothers playing.

Laura: Who were your club heroes growing up?

Catherine: There are so many. We started playing in the 1980s, so we had the pleasure of being there and being inspired by two superb football and hurling teams. Players like Atch, Curly, Colm and Gerry Brown, Pat Critchley, John Taylor, Paul and Liam Bergin, Jimmy and Joe Kennan, the Duggan brothers and all the great players of that era.

In more recent times, we had Bruno, Kevin Fitzpatrick, Brian Mulligan, Kieran Lillis, Aidan Fennelly and that superb team.

I also have to mention Billy Bergin, Laura Bergin and Margaret Conroy, who started the first ever Portlaoise ladies team. There were also club members such as Peadar Molloy, Bill Phelan, Liam Breen and Ned Murphy, who really got behind us and gave us tremendous support.

Laura: What is the best match you have been involved in or watched with Portlaoise?

Catherine: The senior ladies winning their first Senior Championship title in 2020. That was very special.

Laura: You also had the honour of captaining Portlaoise. What do you remember about that?

Catherine: I was captain when we won our Junior title in 1988, but I think I was probably too young at the time to fully appreciate what an honour it was.

Laura: You've filled quite a few different roles in the club over the years. Tell us about some of them.

Catherine: I've been Chairperson of the Ladies Club, Children's Officer, DUSA Elite Officer, Health and Wellbeing Officer and now Ladies President.

I've also been involved as a trainer and mentor with the Senior Ladies, Minor, U16 and U14 teams, as well as coaching boys' hurling and football from U6 right through to Minor.

I was also involved in bringing Gaelic4Mothers&Others to the club.

Laura: Away from the GAA, what other hobbies do you have?

Catherine: I'm involved with the LSPCA (I love dogs and all animals.), and I enjoy reading and walking.

Laura: Did you play any other sports?

Catherine: I played badminton, basketball and soccer. I'm also a Manchester United fan and go to matches often.

Laura: Favourite books?

Catherine: To Kill a Mockingbird and The Things We Cannot Say.

Laura: What kind of music do you enjoy?

Catherine: I like all kinds of music.

Laura: Favourite holiday destination?

Catherine: Lanzarote, but I'll go anywhere!

Laura: Any unusual phobias?

Catherine: I hate butter!

Laura: What are your pet hates?

Catherine: Meanness, slyness and people putting others down.

Laura: If you had to pick two personal heroes, who would they be?

Catherine: My nephews, Danny Gavin and Darren Brennan, who are both playing with Portlaoise.

Laura: Finally, you can invite any two people to dinner. Who gets an invitation?

Catherine: Roy Keane and Noel Fitzpatrick, the Supervet.



CLG PHORT LAOISE

LAOIS LGFA JUNIOR 'A' FOOTBALL CHAMPIONS - 1988

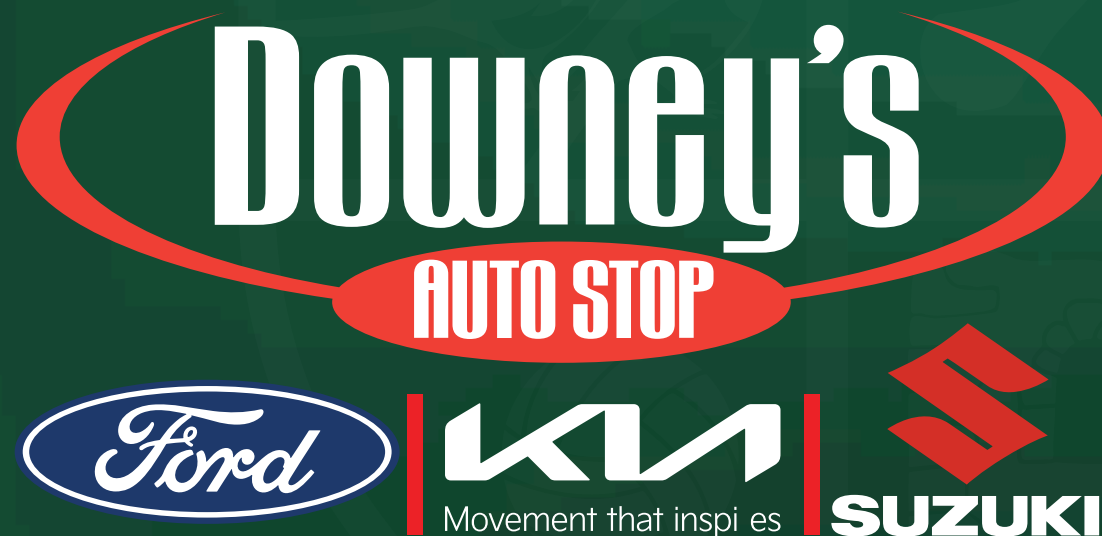
Sunday, 2nd October 1988 - St Fintan's, Mountrath



Portlaoise 1-09 v 1-00 Mountrath

Panel: Paula Kelly, Jackie Walsh, Monica O'Brien, Breda Carter, Geraldine Whelan, Noleen Duggan, Mary O'Loughlin, Cora Graham (Capt.), Kathleen Tierney, Mairead Ryan, Jacinta White, Catherine Gavin, Deidre Fennell, Angela Keogh, Ann Duggan, Lorraine Dowling, Una Fennell, Celine O'Sullivan, Marissa Martley, Margo O'Callaghan, Angela Strong;

Trainer: Kevin Farrell;



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THE CAMOGIE ASSOCIATION
An Cumann Camógaíochta

New Training Jerseys for Our U10 Girls

A massive thank you to our U10 Lead Coach, Owen Smyth, and to Southcoast Sales & Farrho Heating for their generous sponsorship of our U10 girls' new training jerseys.

The girls look absolutely brilliant in their new gear and were very proud to wear it for the first time.

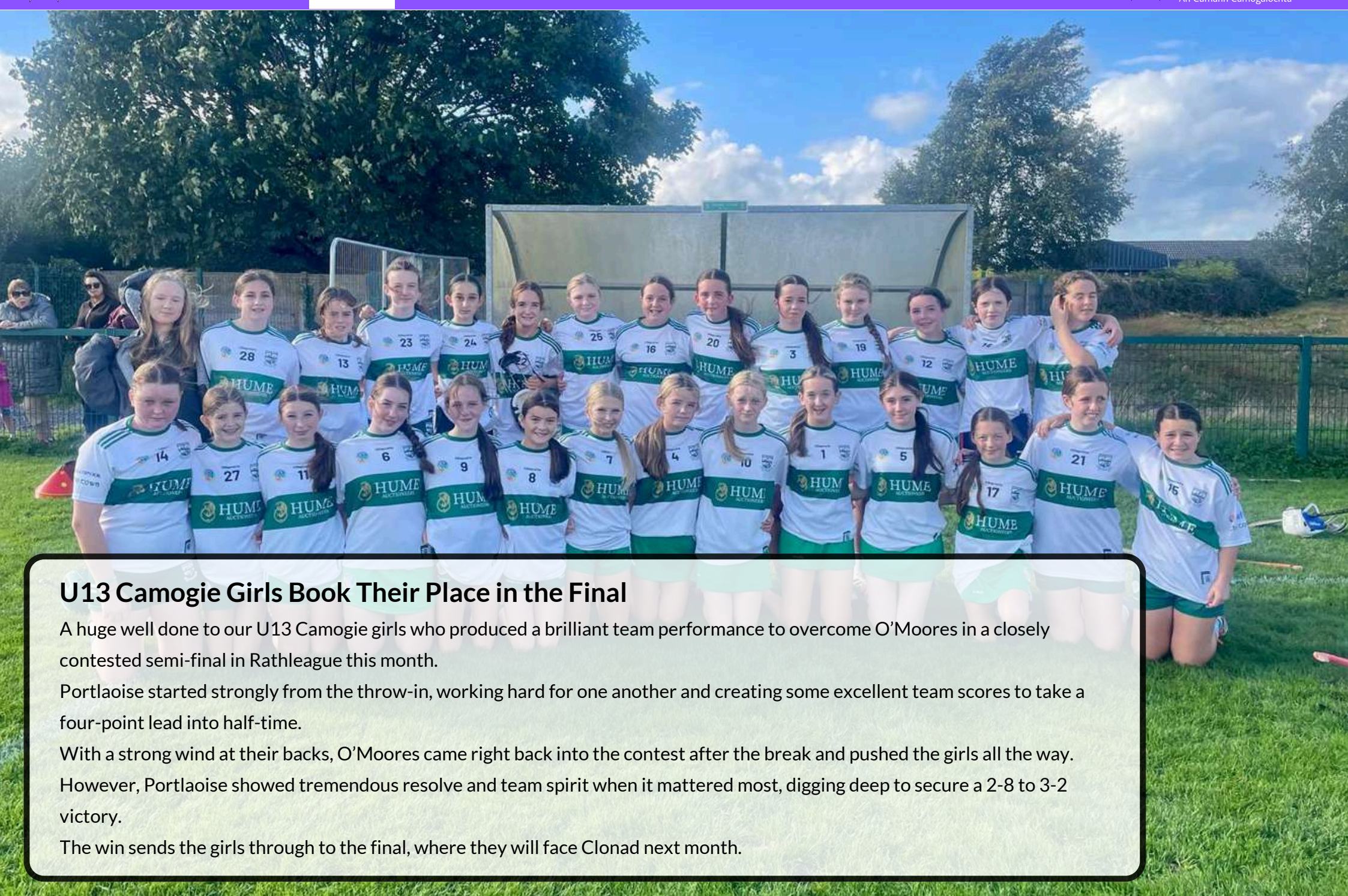
Support like this makes a real difference to our juvenile teams, and we really appreciate Southcoast Sales & Farrho Heating getting behind this fantastic group of young players.

A big thank you from everyone at Portlaoise GAA.



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THE CAMOGIE ASSOCIATION
An Cumann Camógaíochta



U13 Camogie Girls Book Their Place in the Final

A huge well done to our U13 Camogie girls who produced a brilliant team performance to overcome O'Moores in a closely contested semi-final in Rathleague this month.

Portlaoise started strongly from the throw-in, working hard for one another and creating some excellent team scores to take a four-point lead into half-time.

With a strong wind at their backs, O'Moores came right back into the contest after the break and pushed the girls all the way. However, Portlaoise showed tremendous resolve and team spirit when it mattered most, digging deep to secure a 2-8 to 3-2 victory.

The win sends the girls through to the final, where they will face Clonad next month.



U16A FOOTBALL COUNTY FINAL BOUND

A fantastic performance from our U16A girls as they overcame The Heath on a scoreline of 5-4 to 1-5 to book their place in the County Final

Played in absolutely atrocious weather conditions, the girls showed tremendous determination, skill and character, refusing to let the elements get in the way of a brilliant team performance.

From start to finish, the girls gave everything and were fully deserving of their victory.

A massive well done to all the players and management on a fantastic achievement.

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LADIES GAELIC FOOTBALL

JUNIOR GIRLS INTO THE COUNTY FINAL!

Portlaoise Juniors came out on top in the semi-final replay in Rathleague, overcoming Shanahoe on a scoreline of 3-10 to 2-7.

It was an excellent all-round team performance, with three fantastic goals coming from Anna Mulligan, Chloe Norton and Laura Nerney.

It was also brilliant to see Kara Phelan and Kara Powders make their first appearances at adult level. With so many young girls coming through, the future is certainly bright for Portlaoise!

Our Junior girls now have a County Final to look forward to next weekend against The Heath.

A huge well done to all the girls and management on a fantastic performance tonight. Best of luck in the final!



HUME
AUCTIONEERS

HOLLYBROOK



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GAA INJURY

Logging Through Foireann

As of **1 June 2025**, all players who sustain an injury while playing or training must self-report the injury through **Foireann**. This is a change from the previous system, which was managed by the **Club Injuries Officer**.

Important: It is the **responsibility** of the **injured player** to start the process on **Foireann**. For **underage players**, the **parent** or **guardian** must start the process. The **club cannot log injuries** anymore unless the player or the parent/guardian has begun the report in Foireann.

The **GAA** has published an in-depth **guide** showing how to complete this.
The guide can be found **[here](#)**.

If you are struggling to find your Foireann login details, email the Club Secretary at **secretary.portlaoise.laois@gaa.ie**

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Under 15 'A' Football Champions

Portlaoise 3-11

Stradbally Parish Gaels 2-7

Portlaoise produced a superb second-half finish to claim the Midlands Park Hotel U15 'A' Football Championship title following an excellent contest against Stradbally Parish Gaels.

The Town made a blistering start and quickly stamped their authority on the final. Ben McCormack scored a lovely point from play, while Ryan Fennell also found the target. A goal from Max Whelan helped Portlaoise race into an early 2-2 to no score advantage.

Stradbally Parish Gaels responded strongly and worked their way back into the contest, but Portlaoise continued to look dangerous whenever they moved the ball forward. A free and a fine point from Tadhg Graham kept the scoreboard moving for The Town.

The opposition's pressure eventually brought a goal and a two-pointer before the interval, cutting what had been a commanding Portlaoise advantage. Nevertheless, The Town went into the break with their noses in front at 2-4 to 1-3.

Portlaoise had an opportunity to stretch that advantage early in the second half when Fionn Delaney went close to finding the net, before Ryan Fennell landed his second point of the afternoon to move The Town five clear.

The game then entered its most difficult spell for Portlaoise. Stradbally Parish Gaels threw everything at The Town defence and eventually turned their pressure into scores, hitting a goal and two points to bring the sides level.

With the championship suddenly in the balance, Portlaoise needed a response.

And they produced one.

The crucial moment arrived when Fionn Delaney powered through the middle of the Stradbally Parish Gaels defence before unleashing a superb finish to the net. It was a massive score and immediately swung the momentum back in Portlaoise's favour.

From there, The Town took contro as Delaney was brought down as Portlaoise again

broke through the defence, with Stradbally Parish Gaels subsequently reduced to 14 players following a black card. Portlaoise made the numerical advantage count and finished the game in impressive fashion.

A pointed free was followed by further scores from Delaney, Ryan Fennell, Max Whelan and Tyler Whelan as Portlaoise relentlessly drove for home.

It was an excellent finish from a side who showed both sides of their character during the final. They produced some brilliant attacking football to establish the early lead, had to dig deep when Stradbally Parish Gaels fought their way back into the contest, and then showed tremendous composure to take control again when the championship was on the line.

The final whistle sparked the celebrations as this talented group were crowned back to back U15 'A' Football Championship winners, a fitting reward for the enormous amount of work put in by the players and management throughout the season.

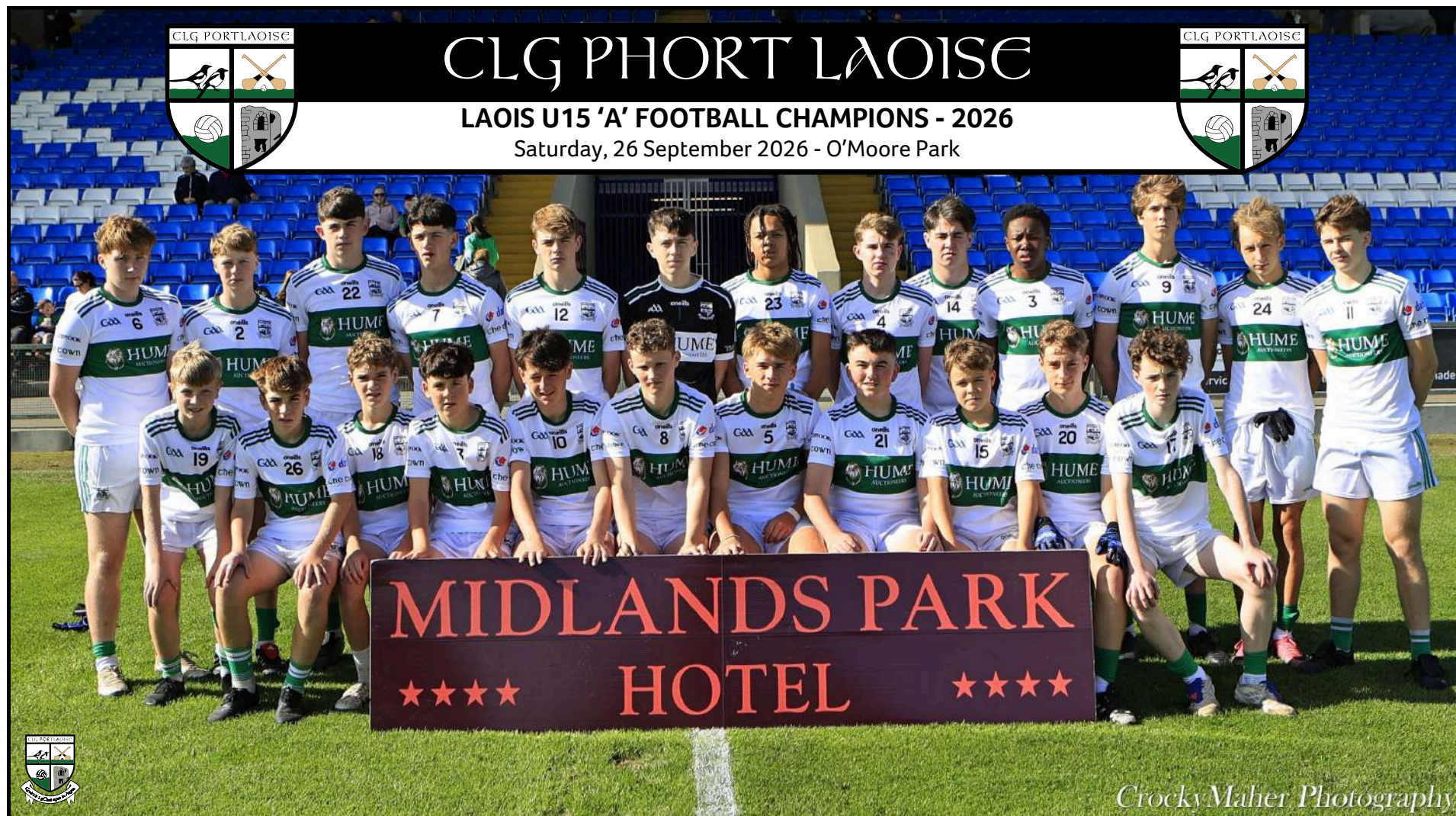
Team: Dylan Fitzpatrick; Luke Devaney, David Tiwo, Eoghan Dunne; Tadas Sirvaitis, Lee McStay, Tadhg Graham; Fionn Delaney, Conall Lalor; Tyler Whelan, Noah Finn, Max Whelan; Ben McCormack, Jack Reilly, Ryan Fennell;

Subs: Ned Fox for Tadas Savaitis, Conor O'Reilly for Ben McCormack, Mikuss Simsons for Conall Lalor, Zac Bowe for Ryan Fennell;

Scorers: Max Whelan, Tyler Whelan and Fionn Delaney (0-1 free) 1-1 each, Ryan Fennell 0-3, Ben McCormack and Tadhg Graham 0-1 each.

Panel: Zac Bowe, Tadgh Bohan, Noah Clear, Luke Devaney, Fionn Delaney (Capt.), Dylan Fitzpatrick, Ryan Fennell, Noah Finn, Ned Fox, Tadgh Graham, Conall Lalor, Oisín Larkin, Mikey McGrath, Ben McCormack, Brooklyn McCarthy, Lee McStay, Conor O'Reilly, Jack Reilly, Mikuss Simsons, Tadas Sirvaitis, David Tiwo, Tyler Whelan, Max Whelan;





Portlaoise 3-11 v 2-6 Stradbally Parish Gaels

Back (l. to r.): Lee McStay, Luke Devaney, Mikey McGrath, Tadgh Graham, Max Whelan, Dylan Fitzpatrick, Brooklyn McCarthy, Eoghan Dunne, Jack Reilly, David Tiwo, Conall Lalor, Mikuss Simsons, Noah Finn;

Front (l. to r.): Zac Bowe, Tadgh Bohan, Noah Clear, Ben McCormack, Tyler Whelan, Fionn Delaney (Capt.), Tadas Sirvaitis, Oisin Larkin, Ryan Fennell, Ned Fox, Conor O'Reilly;

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U15 'C' Shield Football Champions

Portlaoise 3-7 v St Paul's 0-11

Portlaoise closed out their season in style, claiming the U15C Shield after a fiercely contested battle where the old adage that goals win matches rang truer than ever.

Portlaoise struck the perfect start — inside the first minute Michael McGrath buried a goal, igniting the crowd and giving his side early momentum. But playing into the breeze, St Paul's gradually worked their way back into the contest. Their steady point-taking chipped away at the lead, and by half time the sides were level on 1-3 to 0-6, setting up a tense second half.

The restart belonged to St Paul's. They came out sharper, more direct, and rattled off three unanswered points to move ahead. At that stage, Portlaoise needed a spark — and they found several.

Midway through the half, Tadhg Bohan produced a massive moment. Battling through a bout of sickness, he still managed to finish clinically, firing home Portlaoise's second goal and swinging the momentum back their way.

Then came the killer blow when substitute Oisín Larkin announced himself in spectacular fashion, smashing the ball into the top corner after two outstanding points from Max de Plása, who had lifted Portlaoise with his accuracy and work rate.

Suddenly Portlaoise were in full flow, their confidence restored, their tackling sharper, their movement cleaner.

St Paul's weren't done. Awarded a penalty late on, they had a golden chance to drag themselves back into it — but Danny Kerry produced a brilliant save, tipping the ball around the post and preserving Portlaoise's lead. It was the final turning point in a game full of them.

This victory capped off a year defined by effort, resilience, and togetherness. These lads faced tough opposition throughout — including several clubs' first teams — but never dropped their heads. Week after week they showed up, worked hard, and stuck together. Finishing the season with silverware is a testament to that spirit. Captain Zac Bowe proudly receive the shield from Eamon O Connell after the game.

Huge credit goes to Mick Bowe and Brian Bohan, who guided this group to a dual double achievement — a remarkable accomplishment that reflects their commitment and the players' buy-in.

Panel: Tadhg Bohan, Zac Bowe (Capt.), Sam Breen, Finn Byrne, Noah Clear, Max de Plása, Nathan de Plása, Craig Dunne, Logan Peters Fitzpatrick, Adam Keogh, Danny Kerry, Sean Kitson, Oisín Larkin, Harry Marum, Michael McGrath, Eoin McNamara, Senan Niland, Charlie O'Brien, Tiernan O'Dwyer, Tom Priede, Fionn Trotman, Gearóid Trotman, Sam York;





CLG PHORT LAOISE

LAOIS U15 'C' FOOTBALL SHIELD CHAMPIONS - 2026

Saturday, 26 September 2026 - Rathleague



Portlaoise 3-7 v 0-11 St Pauls

Back (l. to r.): Brian Bohan (Coach), Logan Peters Fitzpatrick, Sean Kitson, Sam Breen, Fionn Trotman, Oisin Larkin, Charlie O'Brien, Sam York, Michael McGrath, Tiernan O'Dwyer, Senan Niland, Nathan de Plása, Mick Bowe (Coach);

Front (l. to r.): Tom Priede, Craig Dunne, Gearóid Trotman, Finn Byrne, Eoin McNamara, Adam Keogh, Zac Bowe (Capt.), Noah Clear, Harry Marum, Tadhg Bohan, Danny Kerry, Max de Plása;

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U15 'C' Hurling Champions

Portlaoise 4-9

Colt-Shanahoe 2-7

Portlaoise were crowned Laois U15 'C' Hurling Champions following a superb eight-point victory over a determined Colt-Shanahoe side at the Centre of Excellence, with a devastating second-half performance proving the difference in an entertaining championship final.

Goals from Logan Fitzpatrick (2), Sam York and Harry Dwyer helped the Town secure a well-deserved victory, but they were made to work hard for their success against opponents who enjoyed the better of the closing stages of the first half.

It was Portlaoise's response after the interval that ultimately decided the contest, as the Town produced an outstanding spell of attacking hurling, registering 2-3 without reply to take control of proceedings.

Portlaoise started brightly, with Harry Dwyer opening the scoring with a fine point from play. Colt-Shanahoe responded through two points from Nathan Cuddy, but the Town soon began to find their rhythm.

Adam Sythes and Sam York both found the target as Portlaoise enjoyed a strong spell of possession and began to put the Colt-Shanahoe defence under pressure.

The first major breakthrough arrived in the 17th minute when Logan Fitzpatrick finished brilliantly to the net, putting Portlaoise four points clear and giving the Town supporters plenty to cheer about.

Sam York followed up with another point as Portlaoise looked to be gaining a firm grip on the contest.

However, Colt-Shanahoe were far from finished and produced an impressive response before the interval. Malachy Kirwan struck their opening goal, with Seosamh Lalor adding a point before Shane Dunne found the net for a second time.

Nathan Cuddy added another point as Colt-Shanahoe finished the half strongly, leaving Portlaoise with plenty to think about heading into the break.

Having seen their early advantage overturned, the Town needed a response, and they delivered one in emphatic fashion.

Portlaoise emerged for the second half with renewed determination, immediately taking the game to their opponents. Harry Dwyer provided the perfect start, finding the net to bring the sides level and inject fresh momentum into the Town's challenge.

With the Portlaoise midfield and forwards beginning to impose themselves, the scores soon followed. Sam York split the posts before Noah Clear demonstrated his accuracy from placed balls with two excellent frees.

The Town were now playing with confidence and purpose, moving the ball well and putting the Colt-Shanahoe defence under sustained pressure.

Their dominance was rewarded in the 47th minute when Sam York struck a crucial third goal for Portlaoise, opening up a commanding advantage with just 13 minutes remaining.

To their credit, Colt-Shanahoe refused to surrender and responded with three unanswered points from the impressive Nathan Cuddy, keeping the pressure on Portlaoise as the game entered its closing stages.

But the Town showed tremendous composure when it mattered most.

With Colt-Shanahoe attempting to work their way back into contention, Logan Fitzpatrick stepped up once again, firing home his second goal of the contest with just two minutes remaining to put the result beyond doubt.

It was a fitting reward for an outstanding individual display from Fitzpatrick, whose two goals arrived at crucial stages and played a major part in securing the championship.

Further points from Max De Plasa and Noah Clear rounded off the scoring as Portlaoise celebrated a thoroughly deserved county title.

While the four goals will understandably grab the headlines, this was a real team performance from the Town. From the defensive work at the back to the industry around midfield and the clinical finishing up front, every player contributed to a memorable championship success.

Colt-Shanahoe deserve great credit for their performance, particularly their spirited first-

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half comeback and refusal to give up when Portlaoise established a commanding lead after the break.

For Portlaoise, however, the day belonged to a talented group of young hurlers who showed character, determination and no shortage of skill to bring another county title back to the Town.

Congratulations to the entire panel and management team on a fantastic achievement and a fitting reward for all their hard work throughout the season.

Man of the Match – Logan Fitzpatrick (Portlaoise)

There were several outstanding performances across the field, with Sam York and Noah Clear particularly influential for Portlaoise, while Nathan Cuddy and Malachy Kirwan impressed for Colt-Shanahoe.

However, the standout performer was Portlaoise's Logan Fitzpatrick, whose two brilliantly taken goals came at decisive moments in the contest.

His first helped the Town establish an early advantage, while his second put the finishing touches on the victory. Alongside his goalscoring contribution, Fitzpatrick was a constant threat in attack and repeatedly made himself available when his team needed an outlet.

A superb performance on a memorable day for the young Portlaoise forward.

Scorers

Portlaoise: Logan Fitzpatrick 2-0, Sam York 1-3, Harry Dwyer 1-1, Noah Clear 0-3 (frees), Adam Sythes 0-1, Max De Plasa 0-1.

Colt-Shanahoe: Nathan Cuddy 0-6 (three frees), Malachy Kirwan 1-0, Shane Dunne 1-0, Seosamh Lalor 0-1.

Portlaoise: Adam Keogh, Finn Byrne, Sam Breen, Rhys Cuddy; Fionan Ging, Odhran Thornton, Tom Priede; Noah Clear, Dylan Fitzpatrick; Adam Sythes, Max De Plasa, Logan Peters Fitzpatrick; Sam York, Harry O'Dwyer, Eoin McNamara.

Subs: Daniel Cushen, Tom Devaney, Kian French Glynn, Oisín Delaney Doheny, Paudie Fox, Aidan Scully, Caleb De Plasa;

Colt-Shanahoe: Ruairi O'Connor; James Lalor, Tadhg Carter, Sean Gormley; Flynn O'Keefe, Ben Fitzpatrick, Seosamh Lalor; Adam Lalor, Brian Doogue; Ryan Kirwan, Nathan Cuddy, Lakshmi Maforimbo; Malachy Kirwan, Aaron Cuddy, Shane Dunne.

Subs: Jimmy Fitzpatrick, Ollie Merriman, Oliver Hogan, Peyton Mooney.

Referee: Alan Doheny (Castletown).



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Portlaoise
club le chéile
1887

U-15 'A' Hurling Championship Final

Portlaoise came up just short against The Harps at O'Moore Park this month, going down 3-11 to 1-13 in a very exciting Midlands Park Hotel U-15 'A' Championship Final.

It wasn't a day when we fired on all cylinders, but the lads battled hard from start to finish. They recovered from two early goals, levelled the game in the second half, and victory was there for the taking right to the end.

Fionn Delaney was once again outstanding and a deserving Man of the Match. He scored 1-10, set up attack after attack and dragged the team back into the contest whenever it was needed. A brilliant display from a brilliant player. Conall Lalor, Tiernan O'Dwyer and Michael McGrath also chipped in with points.

Congratulations to The Harps on a deserved win, and well done to all our players and mentors on a great championship run.



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U8 Boys Enjoy Great Morning of Hurling in Castlecomer

Our U8 Boys travelled to Castlecomer on Saturday, 12th September for a fantastic morning of hurling.

Each team played five competitive matches throughout the morning, giving all of our young players plenty of opportunities to get involved, showcase their skills and enjoy their hurling.

It was another great experience for this enthusiastic group, with plenty of teamwork, effort and some excellent hurling on display across all five games.

A big thank you to Castlecomer for the invitation and for organising such an enjoyable day. Thanks also to all of the referees, volunteers and families whose time and support helped make the morning possible.



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Portlaoise U10s in the St.Judes Mini All-Ireland 2026

Portlaoise U10s after competing in the St.Judes Mini All-Ireland 2026. We had two teams entered into different cups.

Our lads battled hard throughout a very long day. After six consecutive games, both teams made it to respective finals but each losing narrowly in the end.

They represented the club with distinction against teams from Dublin, Cork, Offaly, Laois, Meath, Kildare, Monaghan, Carlow and Kerry.

A massive thank you to St. Jude's for organising a great day of football.

Well done to players and coaches.



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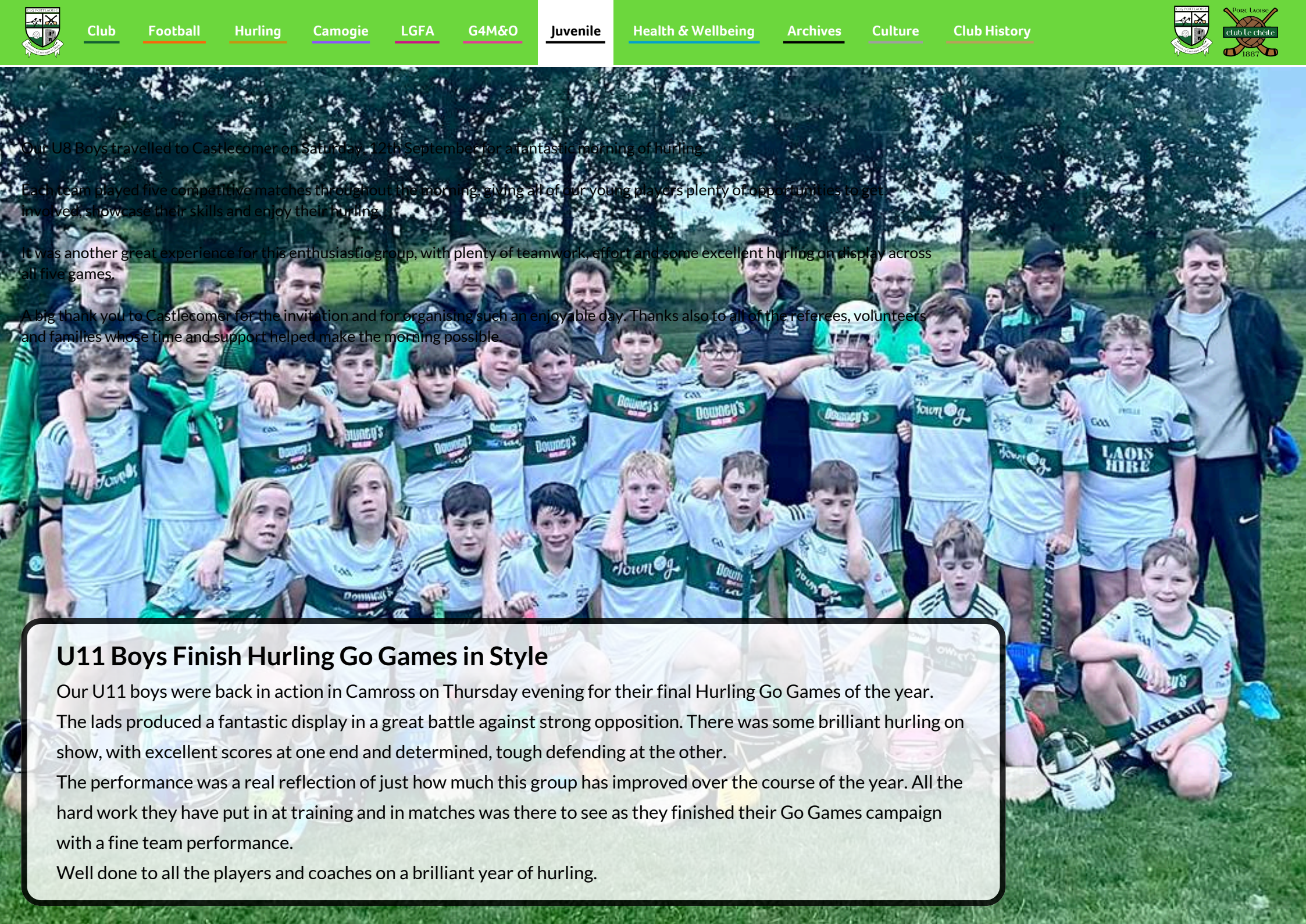
U11 Boys Finish Hurling Go Games in Style

Our U11 boys were back in action in Camross on Thursday evening for their final Hurling Go Games of the year.

The lads produced a fantastic display in a great battle against strong opposition. There was some brilliant hurling on show, with excellent scores at one end and determined, tough defending at the other.

The performance was a real reflection of just how much this group has improved over the course of the year. All the hard work they have put in at training and in matches was there to see as they finished their Go Games campaign with a fine team performance.

Well done to all the players and coaches on a brilliant year of hurling.



THIS
MONTH

A Healthy Lunchbox

HEALTHY
BODIES LEAD
TO HEALTHY
MINDS!

PACKING A NUTRITIOUS LUNCH FOR YOUR CHILD CAN MAKE A BIG DIFFERENCE IN THEIR FOCUS, ENERGY LEVELS, AND OVERALL WELL-BEING THROUGHOUT THE SCHOOL DAY. A HEALTHY SCHOOL LUNCH SHOULD INCLUDE A BALANCE OF WHOLE GRAINS, LEAN PROTEINS, FRUITS, VEGETABLES, AND DAIRY OR ALTERNATIVES TO ENSURE YOUR CHILD GETS THE NUTRIENTS THEY NEED.

HERE ARE SOME IDEAS FOR BUILDING A BALANCED, NUTRITIOUS LUNCH:

WHOLE GRAINS: SWAP OUT WHITE BREAD OR PROCESSED GRAINS FOR WHOLE WHEAT BREAD, TORTILLAS, OR WRAPS. YOU CAN ALSO TRY INCLUDING WHOLE GRAIN CRACKERS, BROWN RICE, OR QUINOA FOR VARIETY. WHOLE GRAINS PROVIDE LONGER-LASTING ENERGY, HELPING YOUR CHILD STAY FOCUSED DURING LESSONS.

LEAN PROTEINS: INCLUDE LEAN PROTEINS LIKE TURKEY, CHICKEN, OR PLANT-BASED OPTIONS SUCH AS HUMMUS, BEANS, OR TOFU. THESE HELP BUILD AND REPAIR TISSUES WHILE KEEPING HUNGER AT BAY. FOR EXAMPLE, A TURKEY AND AVOCADO SANDWICH OR HUMMUS WITH VEGGIE STICKS ARE GREAT CHOICES.

FRUITS AND VEGETABLES: COLOURFUL FRUITS AND VEGGIES NOT ONLY MAKE THE LUNCHBOX MORE APPEALING BUT ALSO PROVIDE ESSENTIAL VITAMINS AND FIBER. CARROT STICKS, CUCUMBER SLICES, OR BELL PEPPERS WITH A SIDE OF FRUIT LIKE AN APPLE, GRAPES, OR BERRIES WILL ENSURE YOUR CHILD GETS A GOOD MIX OF NUTRIENTS.

DAIRY OR ALTERNATIVES: YOGURT, CHEESE, OR DAIRY-FREE ALTERNATIVES LIKE ALMOND OR SOY MILK PRODUCTS ARE GREAT ADDITIONS. THEY PROVIDE CALCIUM AND OTHER IMPORTANT NUTRIENTS FOR GROWING BONES.

HEALTHY SNACKS: INSTEAD OF PROCESSED SNACKS HIGH IN SUGAR AND SALT, OPT FOR NUTS, SEEDS, WHOLE GRAIN CRACKERS, OR A HOMEMADE TRAIL MIX. THESE PROVIDE A SATISFYING CRUNCH WITHOUT COMPROMISING NUTRITION.

HYDRATION: ENCOURAGE HYDRATION BY INCLUDING A REUSABLE WATER BOTTLE IN THE LUNCHBOX. STAYING HYDRATED HELPS WITH CONCENTRATION AND PREVENTS FATIGUE THROUGHOUT THE DAY.

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My time in the Gaeltacht

By Zoe Cartón

Día dhuit, is mise Zoe Cartón.

Chaith mé coicís i gColáiste Acla an samhradh seo caite. Bhí mé neirbhíseach faoi dul go dtí an Gealteacht, ach nuair a bhí mé ann, bhí sceitimíní orm. Thaitin gach nóiméad de go mór liom. Bhí na múinteoirí go léir chomh deas sin.

Rinne mé go leor cairde nua. Ghlac mé páirt i neart gníomhaíochtaí uisce freisin. B'fhearr liom na spóirt uisce sa phortach agus cladíocht.

Bhí rang Gaeilge agam ar maidin agus gníomhaíocht San iarnóin. I measc na ngníomhaíochtaí bhí obair sa phortach, clár coirp, surfáil, halla balla, cladíocht, súil san abhainn, na Pontoons agus cadhcáil.

Bhí céilí againn sa tráthnóna agus bhí téamaí éagsúla i gceist, mar shampla neon, scannáin, pitseámaí, soilse tráchta, daoine cáiliúla, an trá agus go leor eile.

Tháinig feabhas mór ar mo chuid Gaeilge.

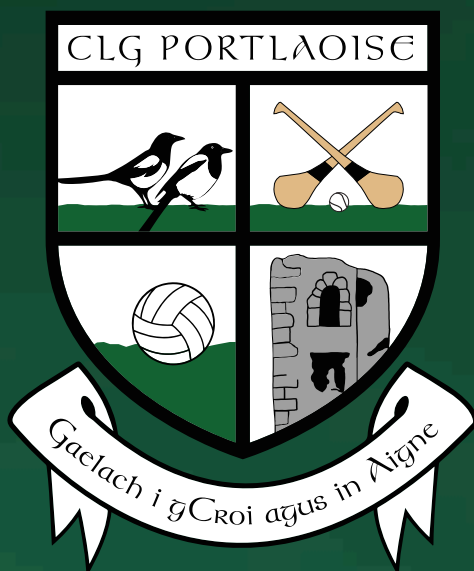
Is breá liom an Ghaeilge anois.

Go raibh míle maith agat le CLG Phort Laoise as an deontas!



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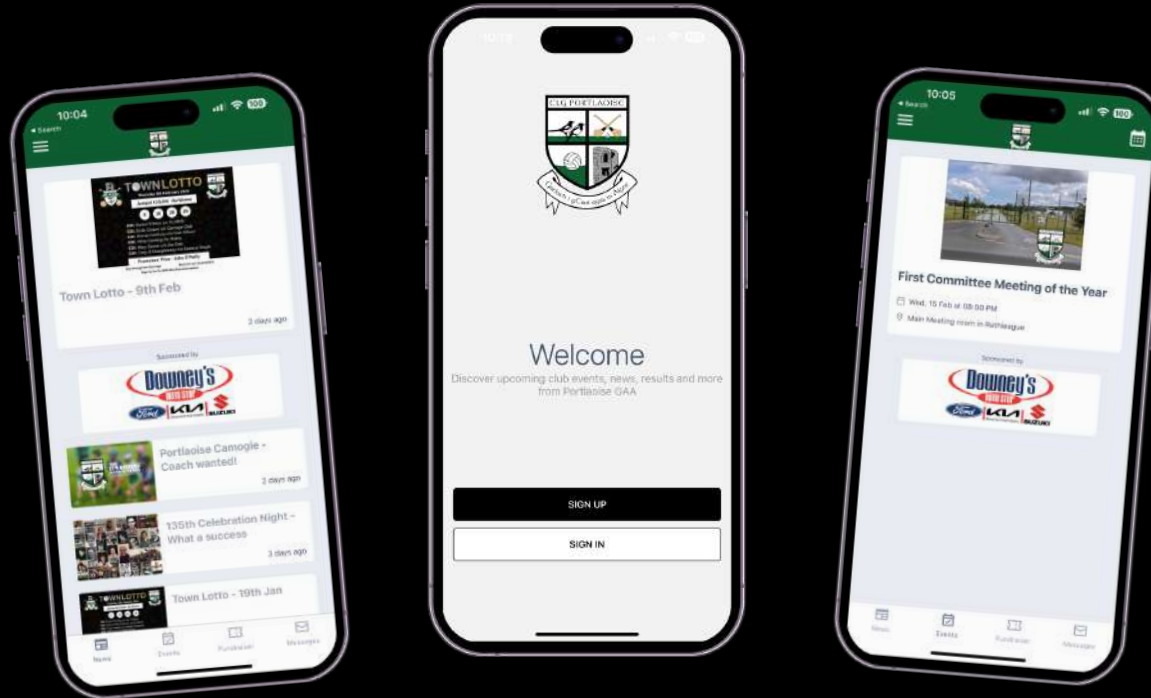


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It is greatly appreciated.**

**If you have any feedback in relation to the newsletter, or if you
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