



Volume 26 Issue 13 • Friday 11th January 2019 • www.cbsomagh.org •  @cbsomagh 

Omagh CBS Defeat St. Michaels in MacCormack Cup



Omagh CBS made it through to the final of the Mc Cormack Cup when they defeated Enniskillen 5-8 to 1-11 at Donnelly Park Trillick on Wednesday afternoon. The Fermanagh lads will look back at this one and wonder just how they managed to lose by nine points having led by five with eight minutes to go in the first half.

St. Michael's were hugely impressive in the opening quarter with Conor Love and Caolan Duffy causing all sorts of problems for the Tyrone school. The Omagh defence was in real bother for most of the opening half but a brace of goals in the twenty fourth minute turned the game on its head. Daniel Fullerton and Sean Mc Donagh both finished to the net after strong runs through the middle to put Omagh one clear with six minutes remaining in the half.

However the Enniskillen lads showed great composure to reach the break leading 1-9 to 2-5 after Conor Love found the net and Pol Mc Kelvey sent over a fine score. Points from Liam Gray and Sean Mc Donagh for Omagh meant they reached the break trailing by a single point.

Enniskillen needed to start the second half well but with Ronan Hollywood, Tom Donaghy and Anton Fox shutting up shop Omagh began to dominate the game. A brace of goals from Mark Hayes and Daniel Fullerton put the Tyrone school in pole position as they opened up a five point lead with seven minutes of the second half gone.

The Omagh defence restricted St Michael's to two points in the second half as Hayes, Mc Donagh and Fullerton began to turn the screw up front.

They can now look forward to a clash with St Pats Armagh in the final whose management team includes Mark Harte and Sean O'Kane.

Omagh CBS 5-8 St.Michael's Enniskillen 1-11

Omagh CBS: O Grimes, T Donaghy, C McBride, R Hollywood, C Colton, A Fox, R Donnelly, L McBride, A Montgomery, E Montgomery, L Gray (0-2, 1F), A McConnell, S McDonagh (2-3), D Fullerton (2-3, 1F), M Hayes (1-0). Subs: R Slevin for Fox, P McGlinn for McConnell, R Burns for Donnelly

St.Michael's Enniskillen: S McNally, L Flanagan, G Cavanagh, J Horan, C Duffy, A O'Caithain, R McHugh, B Horan, J McDade, P McKervey, M Glynn, Jellis, C Love, A Tierney, R McGovern. Subs: T Keenan for McKervey, G Quigley for O'Caithain, N McAdam for Tierney, P Rafferty for McHugh, G Treacy for McGovern

Referee: N McKenna, Monaghan

Article courtesy of TeamTalkMag.com

<http://teamtalkmag.com/2019/01/omagh-cbs-defeat-st-michaels-mc-cormack-cup/>

Year 10 Safer Together Programme

On Wednesday, 9th January, we welcomed Lisa from Women's Aid and Richard from Action Mens Network to deliver an invaluable workshop on Domestic Abuse, Consent and other sensitive issues to our Year 10 pupils.



Did you know.....?

The school Library is open at lunchtime-
12.35-1.00pm
Year 8 Friday
Year 9 Monday

West Tyrone Feis entries need to be submitted by 17th January.

Music Section Competitions in Solo Pop Song; Song from the Shows, Piano or any other instrument. Entries: £3 per solo item. If interested contact your Music teacher.

Boxing Club

Every Tuesday 3.30 — 4.30pm
In the school gym
New Members Welcome!

Guitar Lessons

Spaces are now available to start guitar lessons in school. Please see your music teacher if you are interested

SVP Christmas Appeal

A huge thank you to all our students and staff who contributed to our Food Hamper Appeal and to our Giving Tree. An amazing 60 hampers were collected by our local St.Vincent de Paul conferences and donated to families in your community. Your generosity is much appreciated.



HSC Health and Social Care

Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:

Connect

Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

Be active

Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.

Take notice

Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

Keep learning

Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

Give

Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Artwork designed in association with Belfast Strategic Partnership.

www.mindingyourhead.info

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate).

IMPORTANT NOTICE

At the moment we have a number of pupils in school who are highly sensitive to nuts in particular peanuts, exposure or ingestion of nuts can cause very serious health problems for some students therefore we would very much appreciate if pupils **refrain from bringing nuts or nut products i.e. peanut bars, sweets, into school**, and to remain diligent if any of their friends suffer from nut allergies.

If pupils are travelling on school trips, we request that they refrain from bringing any form of nut or nut products on the trip, to ensure the safety of their friends.





Christian Brothers' Grammar School OPEN DAY

Saturday, 19th January 2019
9.45 am - 12.30pm
(Principal's Address at 10.00 am)

A Cordial invitation is extended to:

Primary 7 transferring pupils & their parents
Primary 6 pupils & their parents
and to anyone who wishes to view our facilities



Kevlin Road, Omagh BT78 1LD
T: (028) 8224 3567 F: (028) 8224 0656



www.cbsomagh.org



Omagh CBS 10k/5k Run 5k Walk

T-shirts for first 100 registered 10K runners
Medals for all 5K runners & 5K walkers

**Saturday 9th
February 2019
at 11am**

www.cbsomagh.org

Breaktime Available

- Chicken/Veg Soup £1.00
- Selection of Fruit Yoghurts 50p
- Selection of Homemade Scones 45p
- Toast – White/Brown Bread 25p
- Crusty Roll 25p
- Toast with ham/cheese Topping 70p
- Pancake 45p
- Poached Egg 35p
- Pizza Bagel 80p
- Selection of Fruit 50p
- Homemade Fresh Fruit Salad 70p
- Crackers/Crackers and Cheese 45p / 80p
- Cheese triangle 40p
- Milk 45p
- Butter/Jam Portions 10p
- Selection of Drinks



Breakfast Available

- Freshly Baked Homemade Scones 45p
- Toast – White/Brown Bread 25p
- Crusty Rolls 25p
- Selection of Cereals 50p
- Homemade Pancakes 45p
- Selection of Yoghurts 50p
- Fresh Fruit 50p
- Fresh Fruit Salad 70p
- Water 45p/60p/£1.05
- Flavoured Water £1.00
- Fruice Juice £1.30
- Tea 50p/£1.00
- Milk 45p
- Butter/Jam Portions 10p

