



Cistercian
College

A Place To Grow

Prospectus



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Welcome To Cistercian College

A Message from the President

On behalf of the Board of Management, our fantastic Senior Management Team and Staff plus the wider College community, I warmly welcome you to the start of your journey of discovery with us.

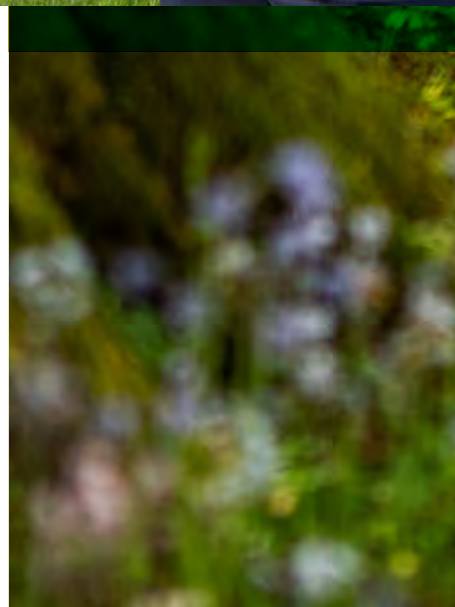
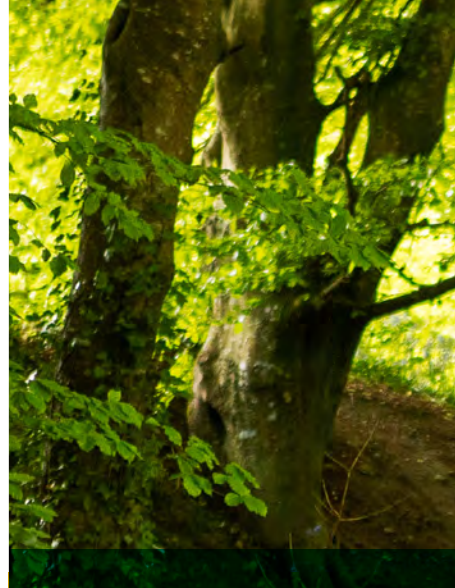
With an impressive alumnus that spans every aspect of modern business and civic life and a proud history stretching back to 1905, richly intertwined with that of the Mount Saint Joseph Abbey Community with which we share our heritage and beautiful campus, the College has a continuing and strong ethos based on the Cistercian principles of spirituality, study, hard work and recreation. As well as a long-established reputation for academic and sporting success, Cistercian College has always been about providing a unique place to grow for every student to develop to their full personal potential.

As part of our recent strategic review and investment phase in the College, we have reaffirmed our commitment to our core values of Character, Community and Respect, underpinning our 'A Place To Grow' purpose. We firmly believe that these resolute pillars of daily life at Cistercian College make our unique offering to families and their boys more relevant than ever in a competitive, pressurised and technology-led world.

Throughout this prospectus, we will be showcasing the many exciting aspects of daily life that the College offers as a top Irish secondary school. With further innovative development planned for the months and years to come, ahead of our 120 year anniversary in 2025, we look forward to seeing you and your family, when you visit in the near future, to see first hand what makes Cistercian College such a truly special and safe place to learn, play, develop and grow.'



Is mise le meas,
Gavin Clark, President





A Place To Grow



Our History

Since its foundation in 1905 as the only secondary school run by the Order of Cistercians of Strict Observance (OCSO), Cistercian College has continued to play a leading role in Irish secondary school education. Having relaunched with a new Day, 5 Day & 7 Day Boarding School offering in 2017, the College is now seeing strong growth in annual enrolments, as part of a multi-million euro campus upgrade and programme investment strategy.

Located within the grounds of Mount St. Joseph Abbey, 2.5 miles west of Roscrea town and enjoying unrivalled motorway and public transport connectivity, the College is surrounded by open wooded countryside and thirty acres of grounds and sports fields, adjoining the Abbey's farm of 360 hectares. This unspoilt, safe rural setting is a key part of the very special vision for the College in "...delivering an exceptional education, which is holistic and inclusive, developed in an environment rich in the Cistercian ethos, the Irish spirit and sense of community, where our graduates are recognised to be resilient men of moral character, with strong leadership qualities."

Our Senior Management Team

Mr. Gavin Clark, President
Mr. Gerard Grealish, Principal
Ms. Catherine Smyth, Vice Principal & TY Co-Ordinator
Mr. Felix Ross, Head of Boarding
Mr. Brendan McKeogh, Director of Sport
Mr. Séamus Hennessy, Director of Admissions
Mr. John Hanamy, Head of Finance

Our Mission

The Cistercian College community is committed to educating and developing our students to reach their potential in a Christian, caring, affirming, inclusive and supportive environment, so that they lead fulfilling lives and make a positive contribution to society.

Our Values

Character

Spirituality, resilience, self-development, confidence, leadership.



Community

Participation, diversity, environmental care, responsibility.



Respect

Loyalty, friendship, tolerance, support, individuality, care of others.



Teaching & Learning

Principal's Introduction

As part of the excellent holistic educational experience that we provide at Cistercian College, our students benefit from an extensive range of Junior & Senior Cycle subjects delivered by a talented and committed teaching staff, with small class sizes and access to the best of modern facilities. With ongoing investment in technology-led initiatives including the Group Project Room and the sensory-focussed Oratory Room, we are excited for the many ways in which Cistercian College continues to set the highest standards in innovation for teaching & learning. Myself and the Teaching & Learning staff look forward to welcoming you to see what we can offer your family as a fantastic place to learn, study and grow.



Mr. Gerard Grealish
Principal

Academic Excellence

The return on this investment and ambition can be seen in the state exam results delivered annually by our student body, with the following benchmarks reflecting our ongoing commitment to academic achievement.

In the Sunday Independent School League tables between 2009-2019 from the 700 schools nationwide, only six schools maintained a 100%+ record of sending students to third level, with Cistercian College ranked 4th of that exclusive group.

The College's rolling 5-year average, from 2015-2019, of progression to third-level was 112%, with our progression to University over the same period being 72%, one of the highest nationally.

Typically, one in three of Cistercian College achieve more than 5+ H1s (500 points in the pre-2017 system) in their Leaving Certificate each year.





A Place To **Learn Together**
A Place To **Test Knowledge**
A Place To **Work Hard**
A Place To **Build**

Supervised Study & Tutorials

A key feature in the College's strong academic offering is our supervised study, delivered 7 days a week, allowing students to work, study and learn in a dedicated collective setting. Our boarding programme also includes a comprehensive extra-curricular offering that covers music, creative and performing arts. Meanwhile, our Saturday morning tutorials are an invaluable feature of the 5 & 7 day boarding schedule, particularly for our exam year students.

TY Programme & Career Guidance

As an opportunity to develop in key areas such as personal leadership and resilience, acquiring the practical skills and interests to support lifelong achievement, the highly-regarded Cistercian College Transition Year (TY) programme remains hard to match. As a pre-cursor to the Senior Cycle, the busy, ever-evolving programme is very popular with both existing students and new Senior Cycle entrants.

The College TY programme enjoys the support of our Career Guidance Counsellor in ensuring that each student is fully supported in their exploration of potential third-level choices. Importantly, our TY students also get the opportunity to avail of career mentoring and work placement opportunities via the College's Past Pupils Union network. The importance of entrepreneurial experiences is also reflected in the TY programme, with our recent past pupil Manus Heenan winning the National Student Enterprise Award for his Abbey Bread business project in 2018.

During the COVID-19 pandemic period, the TY programme, under the guidance of Mr. Paddy Smyth & Fr. Áodhan, was instrumental in the delivery of fantastic campus improvement projects such as the Esker Way & Walled Garden. This work not only gave our TY students a wonderful sense of purpose and achievement at a difficult time but also delivered far-reaching benefits to the College, Monastery and local community.

Boarding Life

Our Philosophy

At Cistercian College, the care and support of each student is our constant focus. To achieve their potential in the classroom, on the stage and the playing pitches, each boy needs to feel that they can develop, express themselves and grow in a safe and inclusive environment. With a busy but engaging programme led by highly trained and professional house staff, the College students are given everything possible to support them. As reflected by our College Values, respect is expected of all our students and high standards of discipline are student-led via our Student Council, within the guidelines of our Code of Conduct and other key policies.

Food

The nutrition offered at Cistercian College is second-to-none, with the services of market leading caterers Sodexo retained to deliver our catering programme. Our tri-weekly cycle of menus is focused on providing a locally-sourced, balanced and healthy diet for all our students, with special dietary requirements fully catered for. Four meals are served daily – breakfast, lunch, tea and supper, with boys welcome to second helpings. A three-course lunch is the main meal of the day and there are a minimum of three hot options available daily.

Accommodation

The Junior & Senior House students currently enjoy well equipped, shared accommodation on the middle and upper floors of the main College building. Each level has access to modern toilet and shower facilities, with a recent project seeing a new eco-friendly heat-to-air heating system installed for the Senior House dormitory upgrade. Our future capital development plans include further modernisation of the accommodation housing to ensure that each student has the best possible living space to support their emotional, physical and personal growth.





A Place To **Reflect**
A Place To **Talk**
A Place To **Listen**
A Place To **Share**

Facilities

Outside of class, study and sports hours, students can enjoy a wide range of modern leisure facilities. These include extensive 3G outdoor play areas, our fully heated 25m indoor swimming pool, indoor (pool & table tennis) and outdoor (table tennis) games facilities, plus common room facilities and the College tuck shop. The College Library is a historic feature at the heart of the main building and is a key focus for future development plans. Lastly, the College campus remains very much grounded in nature, with extensive walks allowing time for mindfulness and quiet reflection.

Medical Care

The students at the College enjoy exceptional medical care when required, with a full-time nurse in residence plus access to a well-equipped and modern infirmary facility. In addition, the College is supported by a local GP practice and is within ready access of several large regional hospitals.



Sport



High-Performance Long-Term Athletic Development Programme (LTADP)

The College Sports Department, headed up by Director of Sport Mr. Brendan McKeogh, delivers this market-leading programme across the full 6-year boarding cycle. Headed up by Head of Athletic Development Ms. Annie McCarra, it aims to ensure that every student attending the College receives a balanced, individualised physical development focus that we believe will not only underpin long-term success across the team and individual sports that the College supports, but will also deliver clear lifelong wellbeing and physical resilience benefits for all College students, as part of our 'Sport for Life' holistic approach.

A Place To Challenge Yourself A Place To Practice A Place To Play A Place To Lead

Team & Individual Sports Performance

Rugby - as winners of the Leinster Schools Senior Cup in 2015 & three time finalists since 2011, the College is the 3rd highest feeder school for Irish underage internationals in the same period, with past pupils in all 4 Irish Provincial Academies, as well as a number playing pro rugby in the URC & English Premiership.

Hurling - building on our unique position as a boys boarding school offering competitive hurling, significant investment has been made in coaching (min. two sessions per week), game analysis technology and resources plus a championship level floodlight grass pitch facility.

Basketball - a key development sport with fully refurbished indoor court and league promotion secured after only two years of competitive action.

Golf - we offer an exciting High-Performance Golf Programme, with popular 'Elite' and 'Participation' pathways, headed up by our Director of Golf and PGA coach Mr. Bobby King. Our goal is to be the leading secondary school in Ireland for aspiring competitive golfers, winning an All Ireland Schools team golf title within the next 5 years.

Other Sports - a competitive offering across Soccer, Tennis, Athletics, Equestrian etc.

Sports Facilities

- 4 x Rugby Fields, 2 x Hurling Fields and 2 x floodlit 3G Hurling Alleys
- Indoor Trackman Golf Simulator & Putting Area
- 3 x 3G Tennis Courts
- 3G Multi-Games Areas
- International spec Basketball Court
- Junior & Senior Gyms
- Video Analysis Lab & GPS technology provision
- Heated Indoor Swimming Pool



Extra Curricular

Music & Creative Arts

Cistercian College is renowned for its long-standing musical and creative traditions. As part of the music programme on offer, students have the opportunity to use new state-of-the-art facilities, taking lessons on a wide range of new and used instruments available. The key events for the College Orchestra and Choir annually are the College Musical, the Christmas Carol Service in the Abbey Church and the Musica Vivit Concert which takes place in the UL Concert Hall in Limerick.

Debating & Public Speaking

Students are given the opportunity to not only take part in individual College competitions including from both individual College competitions including the prestigious Silver Medal (Junior House) and Gold Medal (Senior House) but also as part of teams that compete with great success in national competitions in English, Irish & German language debating.

A Place To
Express Myself
A Place To **Unwind**
A Place To **Relax**
A Place To **Breathe**





A Safe Place For Me and My Friends

Pastoral Care & Spirituality

Our dedicated College Chaplain delivers high quality, pastoral support, focused around wellbeing and spirituality. This includes daily interactions with students in addition to workshops, retreats and other initiatives. As part of life at Cistercian College, our students are invited to deepen their faith through the celebration of key liturgical events during the school year. As a monastic school in the Catholic tradition, it is expected that both parents and students respect the long-standing ethos of the College. Morning Prayer is celebrated daily in the College and all students including day boarders are expected to attend. The Sunday celebration of the Eucharist, whether in the College Chapel or the Abbey Church, remains a spiritual focus for the week.

Emotional Health & Resilience Programme

The programme's primary aim is to support our students in learning about and making positive choices for their health and wellbeing, now and in the future. A key enabler is delivering a supportive culture where boys being comfortable about expressing their feelings is normalised. We encourage students to reflect on thoughts, values, attitudes and feelings, with the goal of fostering the self-confidence to think and behave independently.

Our modules focus on personal development, emotion management, mindset, resilience, meditation and relaxation techniques. The state-of-the-art Oratory room, with sensory photo-biology lighting and AV system, plus our Outdoor Classroom in the Walled Garden are exceptional facilities used as part of this important programme.





Technology

We continue to invest in the technology infrastructure and facilities to make daily life and learning as enjoyable as possible at Cistercian College. Our classrooms are all digitally equipped, whilst all College students have their own email account and managed smartphone access at assigned times. Digital technology is an integral part of College life. We continually invest in our infrastructure to ensure that we have a 21st century learning environment which prepares our boys for their future lives, using digital technologies and software to enhance teaching and learning opportunities whilst also developing their digital literacy skills.

Student Leadership

Our Student Council is headed by our 6th Year representatives, the 1st, 2nd and 3rd House Captains, who are elected annually by the Senior House students. With representatives from each College Year class, the body has an important role to play in setting the leadership direction of the College and in ensuring productive and balanced collaboration between students and staff.

International Students

Approximately 15% of our students come from countries other than Ireland and all are here to enjoy a true Irish educational experience. We have a strong tradition of EU students coming from Spain, France, Italy & Germany, plus more recently from countries such as Mexico, Russia and China. While our international boarders get a fantastic exposure to Irish education and culture, our Irish students also benefit greatly in return by learning about life in other countries, with friendships forged which last a lifetime.

In addition to the work of the Admissions Department, the College has an International Liaison Officer who ensures that our International students are fully supported in their integration, plus any additional classroom support that they may require during their time at the College.

Additional Student Support

Students with additional needs are given ongoing support by fully trained staff in and outside the classroom, throughout the daily and weekly boarding programme, with the College management working closely with parents to ensure the best possible development outcomes for all students.

Community Support

Parents' Committee (PAC)

The College has an active and engaged Parents' Association (PAC), with representation from across all Year Groups. The Association's primary function is to promote and support the interests of the students in the College, in cooperation with the Board of Management (which has two PAC seats), the President, Principal, Senior Management Team, our staff and the students themselves. Through the enrolment of your son(s) at Cistercian College, you will be automatically assigned membership of the Parents' Association. Notable recent PAC projects include the Group Project Room and the refurbishment of the Recreation Hall. Meanwhile, key PAC events in the annual calendar include the Gala Ball and the Galway Races Lunch.

Rugby & Hurling Support Groups

A key community feature of the Cistercian College Sports Programme are the Rugby and Hurling Support Groups, comprising of a dedicated cohort of parent and past pupil volunteers. The Groups play a significant role in fundraising for additional programme investment including new equipment and kit, sports technology, additional facilities, new coaching resources and team building activities. The long-standing success of the College in both sports is a testament to the positive contribution made by these dedicated groups and their networking across the wider College community.

Past Pupils Union (PPU)

Your son's time spent at Cistercian College creates deep bonds of friendship and connection throughout life, with the Past Pupil's Union (PPU) playing a key role in maintaining a community which not only contributes richly to the lives of past men but also acts as a key fundraising and volunteering support to the current College management, staff and students. With a regional branch structure supported by a Central Committee, featuring a recently established Young Past Pupil's Committee, the Union is a busy and productive network, with key events including the annual Abbots Cup Golf event, Past Pupils Weekend, the Dublin Branch Dinner & Business Lunch, plus the Galway Races Lunch. Led by Secretary Ms. Katherine Donovan, the Union ensures that regular communication between past men is maintained via email newsletters, the Roscrea Review E-Zine, the Union website www.ccrunion.org and the [College Alumni LinkedIn Group](#). The PPU continues to play a significant role in the fundraising efforts of the College, whilst also providing advice and support as part of important Career Guidance and Mentoring initiatives in the College.

Notable Alumni of the College include:

Politics

Brian Cowen, Former Taoiseach

Dick Spring, Former Tánaiste

David Andrews, Former Minister for Foreign Affairs

Sport

Willie Mullins, Champion Racehorse Trainer

Fineen & Josh Wycherley, Munster Rugby & Ireland

Stephen Smith, CEO of Kitman Labs

Business

Bill O'Brien, Chairman, O'Brien Fine Foods

Mark Redmond, CEO, Irish American Chamber

Ray Hernan, CEO, Aer Rianta International

Other

Cormac Bourke, Editor, Irish Independent

Dr. Ronan Glynn, Deputy Chief Medical Officer of Ireland

Edward MacLiam, Actor (BBC Series' Holby City & Doctors)



Admissions Next Steps

Fees* for 2021–2022 (reviewed annually):

7 Day Boarding Fee: €16,200

5 Day Boarding Fee: €15,200

Day Boarding Fee (to 8pm): €7,850

Senior Cycle Only Day Boarding Fee: €11,000**

International Student Fees: On Application/Request

Add-On Fees

Saturday Option (10am-4.30pm)

€1,000 extra for both 5 Day & all Day students

Second Study Option

€1,000 extra for all Day students

(extend to Mon-Fri, 8pm-10pm)

* A deposit of €1,000 is payable on the acceptance of your College place, refundable at the completion of your son's schooling. Details of discounts for multiple siblings and the timings/methods for the payment of fees are available on request. The fees shown above do not include extra costs including such as school books, sports equipment, trips, art supplies, medical expenses, uniforms, laundry, music tuition etc.

**Where a late starter by only enrolling for Senior Cycle of 5th & 6th Years, subject to available places





Open Days & Taster Events

The College provides a busy schedule of Open Day, Open Evening and Taster Events throughout both term time and key school holiday periods. The Open Day events typically include a guided tour, meet and greet opportunities with current students and parents plus formal presentations from staff with Q&A sessions. Our Taster Events include Overnight Boarding Experiences during term time plus Residential Sports & Educational Camps during the key Easter and Summer holiday periods. The College also runs periodic Virtual Open Day events, to cater for prospective parents and students unable to visit the College in person. There is an extensive Virtual Open Day Homepage on the College website to provide additional information on what you can expect to experience within a 'live' Virtual Open Day event setting.

Pre-Apply Online

We hope that this prospectus has given you and your family a strong sense of what makes Cistercian College such a special place to grow. To make a pre-application online, please visit the College website at www.ccr.ie/a-place-to-grow. Once we have received your information, our Admissions team, led by Director of Admissions Séamus Hennessy, will be in touch to arrange an initial video call or College visit to meet with us. Should you have any further queries, please contact us on apply@ccr.ie or by calling +353 (0)505 23344.

“It has shaped me to be the man that I am today and it has given me the best group of lads that I could have asked for. I can now look forward to what lies ahead knowing that Cistercian College has given me everything that I need to succeed.”

Jack Gilligan, Past Pupil







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