

Shane Casey and John McCarthy

On Tuesday, 27th November, Shane Casey and John McCarthy visited our school for a Transition Year workshop on resilience and wellbeing. Our guests were visiting from the Graffiti Theatre Company. They incorporated a piece of drama into their workshop. Casey is best known for his role as Billy Murphy in "The Young Offenders". The character is a notorious gangster, known for stealing phones.

Despite being a famous actor, we were all amazed at how down-to-earth and unassuming he was. He really came across as just another one of the lads. Fortunately, no phones were stolen!

The workshop focused on a difficult moment in Shane's life and how he struggled to overcome it. Though it happened to him in secondary school, he believes it shaped his future. Students were then called up to act out scenes following this very personal moment Shane had shared with us.

John also discussed the importance of feeling confident in oneself. He explained to us the meaning of resilience, likening it to getting back on the horse after you fall off. To help with his explanation, he used the famous Rocky Balboa quote; "It ain't about how hard you can hit. It's about how hard you can get hit and keep moving forward. That's what winning is made of!"

The workshop concluded with an exercise in which Shane and John read out a number of statements and we as individuals decided whether we agreed with them or not. Throughout the school there was a real sense of excitement as students murmured to each other, "Well lad, d'ya hear Billy Murphy's in the school".

All in all, our workshop with Shane Casey and John McCarthy was a great and memorable experience that will stand out as a highlight of the year.

John Davis