

# PROSPECTUS

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PAX







*A Benedictine Ethos insists on the acceptance of every element within the person and the acceptance of each member of the community.*



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# A WORD FROM THE PRESIDENT

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Thank you for your interest in Glenstal Abbey School. We believe in education on a human scale and an individual level. We offer our students a Christian environment in which to grow together and seek to foster independent, critical and imaginative thinking that will help guide them through life. We believe that we have a deep understanding of boys' education, underpinned and informed by the values of the 1,500-year-old Benedictine tradition in which we stand and our unwavering commitment to personal care and attention. It is an understanding that we are very eager to share and I hope that this prospectus will provide a window for you to see and learn about what we do here and why.

Glenstal is a beautiful place. We are lucky to be located in such a stunning and peaceful oasis. Complementing these physical surroundings, inside the school we strive to provide an environment where each student has the opportunity to discover his truest self and grow into an independent, confident, and resilient young man. Our purpose is to help reveal and nurture each boy's unique genius while supporting and upholding an excellent level of academic performance.

Because our school is so closely associated with the adjoining monastery, community is profoundly important for us. Our student body includes boys who belong to the Catholic Church and other Christian traditions, as well as some who adhere to other faiths or have no religious affiliation at all. Despite that variety, the school is a single community. We want our students to see it as such and to know Glenstal as a home away from home and an extended family where lifelong friendships are fostered and treasured.

I hope that the pages that follow give you a good sense of our school community. I hope too that this prospectus will prompt you to contact us and to visit in person, to explore our campus and meet our staff, and to see first-hand where truly transformative education takes place.



Fr Martin Browne OSB  
President



*We can only grow and fulfil our destiny as human beings by developing the interconnectedness between mind, body and spirit.*

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ABBOT BRENDAN COFFEY OSB



## GLENSTAL ABBEY

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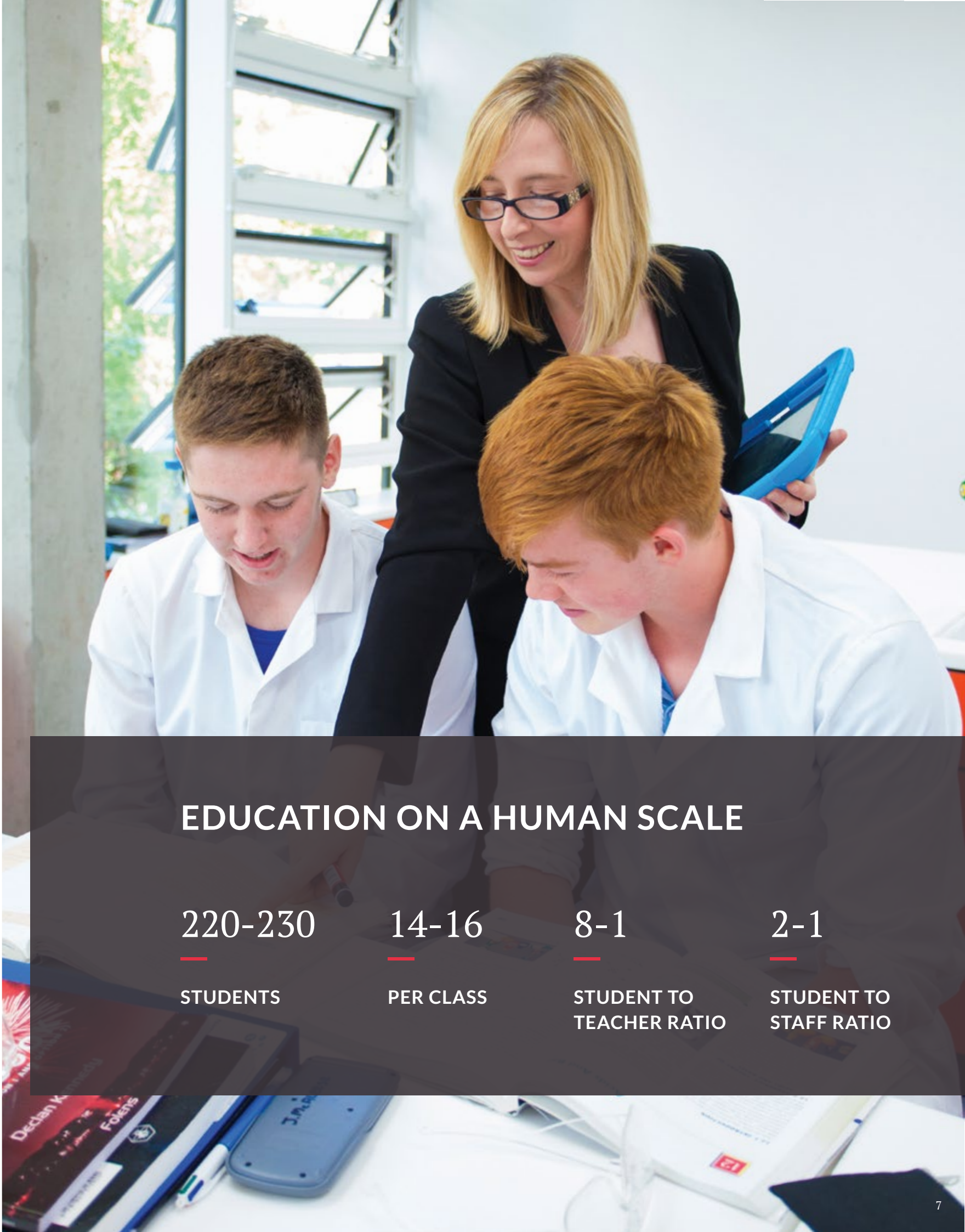
Founded in 1927 by monks from Maredsous Abbey in Belgium, Glenstal Abbey is a house of God and home to a community of over thirty Benedictine monks. It is an environment that is culturally and academically vibrant, a place which enriches both resident and visitor alike. Dedication to learning has been central to the Benedictine way of life for over 1,500 years. In Glenstal, this is expressed through the Abbey School and the Monastery's *Studium*, a centre of Benedictine monastic learning. Our tradition is built on the four cornerstones of **prayer, education, work, and welcome**. It is uniquely situated in a historic estate of 500 acres of parkland, lakes and woodland, and is comprised of a monastery, school, guesthouse and dairy farm.



# GLENSTAL ABBEY SCHOOL

Glenstal Abbey School is an independent secondary seven-day boarding school for boys. The school has approximately 220 students with small class sizes of 14-16 per class, highlighting the importance we place on individual care and attention and the relational aspect of learning. We strive to provide education on a human scale. We believe that our community offers students the freedom to grow spiritually and creatively and to develop a love of learning. While the school's ethos is Benedictine and Catholic, Glenstal welcomes students of all faiths and none. As a community, we take justifiable pride in the academic excellence of the school and the outstanding pastoral care provided to all our students.

Our academic programme offers a wide range of subjects, drawn from the humanities, physical and natural sciences and business, and we encourage each boy to achieve his full potential. Our academic staff is comprised of a unique combination of monks and lay teachers, providing diverse and eclectic perspectives in their respective fields. Outside of the classroom, Glenstal really comes to life. Whether competing for the Munster rugby cup, singing in our award-winning renowned choir, or pausing to reflect during a stroll through the spectacular grounds of the Glenstal demesne, there is much to do and enjoy.



## EDUCATION ON A HUMAN SCALE

220-230

STUDENTS

14-16

PER CLASS

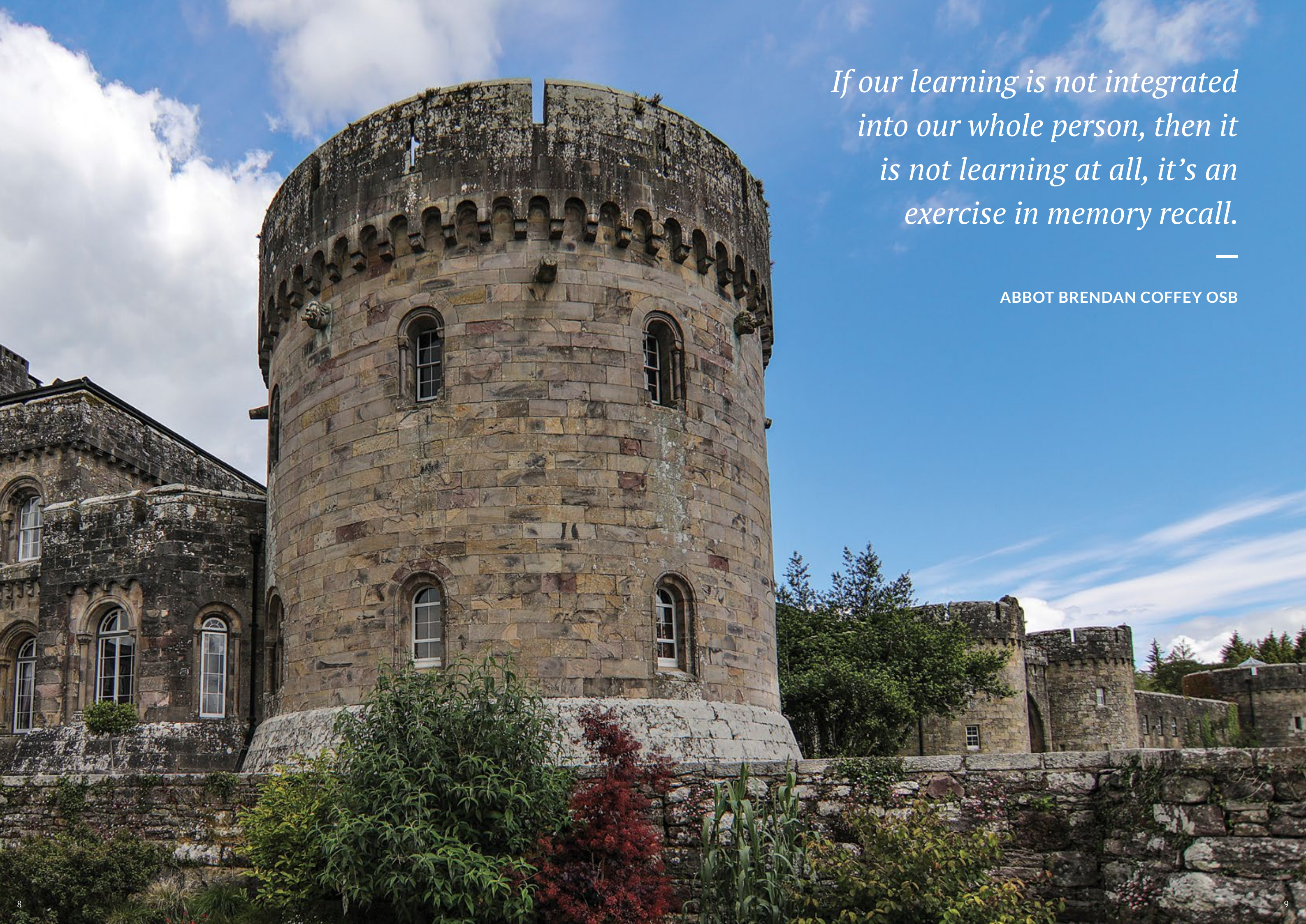
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STUDENT TO  
TEACHER RATIO

2-1

STUDENT TO  
STAFF RATIO



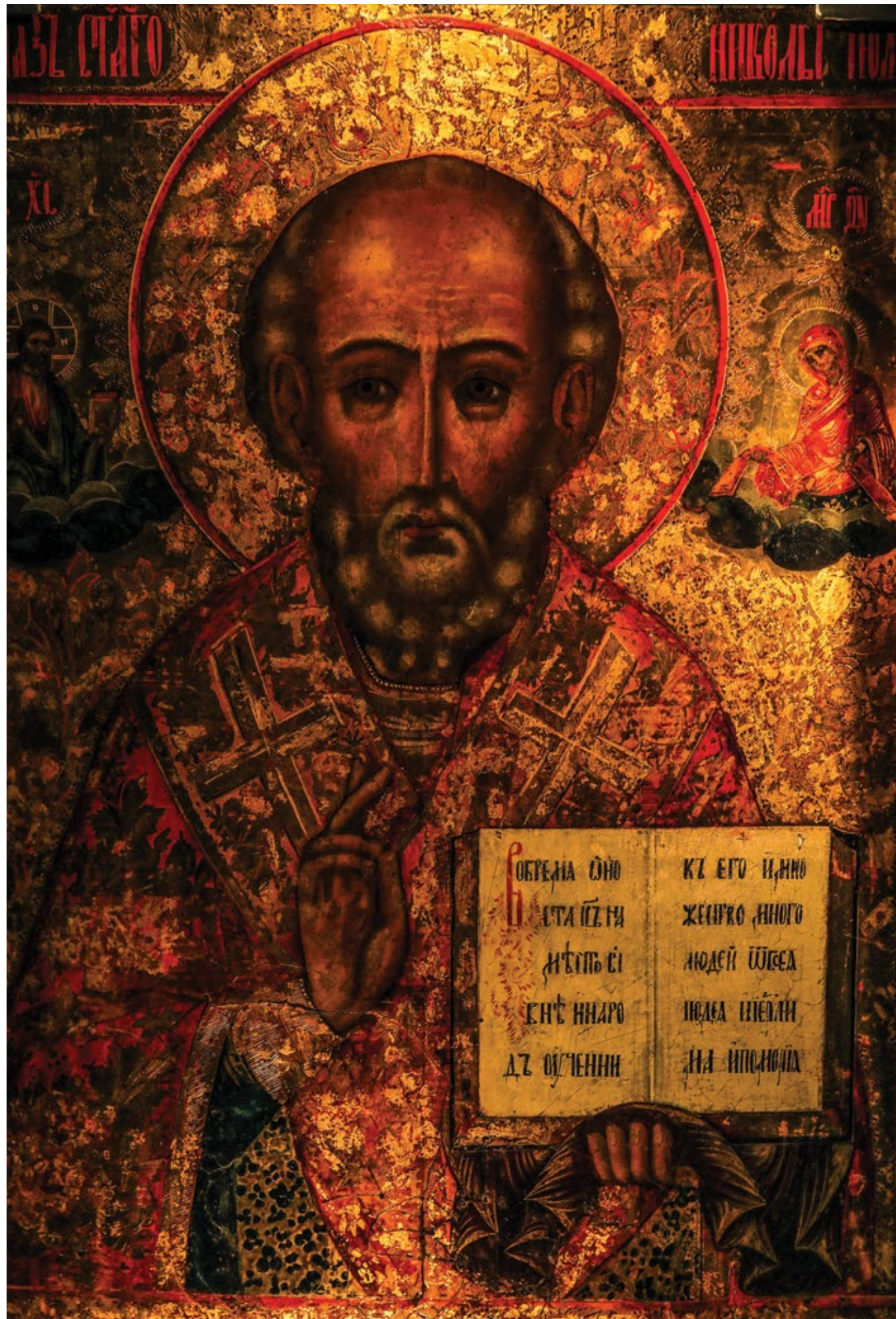


*If our learning is not integrated  
into our whole person, then it  
is not learning at all, it's an  
exercise in memory recall.*

---

ABBOT BRENDAN COFFEY OSB





## OUR BENEDICTINE TRADITION

*Balance, proportion and harmony*

Our community strives to live according to the Rule of St Benedict, which addresses some of the most basic questions we all face in life: How do we grow and fulfil our destiny as human beings? How do we relate to those around us, those with whom we live, those with whom we share this earth? How do we relate to God? This is the wisdom of both the ancient and the contemporary world.

Balance, proportion and harmony are central and underpin everything. Perhaps it's unrealistic today to approach the world like the great masters of the Renaissance, being skilled in every field and placing art and science on the same level. Today there is just too much to be known; but what are we losing if we do not?

Are not all the elements of our make-up God-given and worthy of equal respect? Where is the interconnectedness between mind, body and spirit today? If our learning is not integrated into our whole person, then it is not learning at all, it's an exercise in memory recall. A Benedictine Ethos insists on the acceptance of every element within the person and the acceptance of each member of the community. It sees each activity of the day as valuable and significant in its own right and does not encourage extremism, over-activity or workaholism. We are essentially rhythmic creatures and life needs rhythm and balance if it is to be consistently good and not drain from us the possibility of being or becoming whole in ourselves.

Abbot Brendan Coffey OSB





# EDUCATION ON A HUMAN SCALE

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*Personalised, balanced, and relational  
education*

Our educational philosophy is centred around the provision of personalised education for each student on an individual level. Our staff and teacher to student ratios and our class sizes are unrivalled in Ireland. When small class sizes and relational teaching are combined in a boarding environment, students participate fully in their own success but also in that of their peers to create a reciprocally beneficial learning environment. This is when truly transformational education takes place.







*Small class sizes,  
relational teaching  
and boarding  
combine to produce  
a transformational  
learning experience for  
our students.*

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## *A Transformational Learning Experience*

### **SMALL CLASS SIZES**

Not every student learns at the same pace or in the same way. Some students may struggle to keep pace with the rest of their class, while others need added or more challenging assignments and stimulation; each student is unique. In large classes, these students often refrain from asking for the help they need. We provide encouragement and support to guide our students throughout the learning process. Small class sizes give the teachers and students space and time for an individual approach. This supports students' creativity, curiosity, critical thinking and understanding of what they are studying.

### **RELATIONAL TEACHING STYLE**

For a boy to discover and reach his true potential and grow into a happy and confident young man, we believe education should occur on a human scale and an individual level. Teachers and staff engage with each student to understand his strengths, needs and specific learning style. Teachers get to know their students personally so that they can build healthy and collaborative relationships with them.







## A BALANCED EDUCATION

*The Interconnectedness of Mind, Body and Spirit*

To reach your potential and discover your truest self it is vital to develop balance, proportion and harmony between Mind, Body and Spirit. Achieving this builds stronger mental and physical resilience and cultivates a broader range of interests and competencies, all of which will prepare students to do well in college and thrive in their future careers.



*Mind | Academic activities*

## THE CULTIVATION OF INTELLECT

When we refer to the Mind, we speak of the cultivation of intellectual capacity, which goes far beyond academic attainment alone. While achieving good grades is necessary to access third level education and pursue specific careers, grades are only one piece of the puzzle. Through small class sizes (14-16), dedicated pastoral staff and unparalleled student-teacher ratios (8:1), we engage with our students in a personalised and relational way. At Glenstal Abbey School, we foster curiosity, creativity and critical thinking, leading to a life-long love of learning and growth.



*Spirit | Cultural and Spiritual activities*

## BROADENING THE MIND AND FUELLING IMAGINATION AND CREATIVITY

At Glenstal Abbey, we encourage all of our visitors and the students in our school to nourish their spirits in the broadest possible sense. The presence of a vibrant community of monks on the same campus, seeking God through prayer, work and study, gives our school a unique atmosphere and rhythm. Confident of our Catholic and Benedictine tradition, we encourage our students to explore and deepen their own faith, whatever that may be, while also learning about other traditions, world religions and philosophies. We encourage all our students to actively engage in art, music, choir, drama, theatre and in exchanges and tours to many different global destinations. Artistic, cultural and spiritual activities facilitate deeper intercultural understanding and lay the groundwork to help our students think critically, act creatively and imagine in a global and connected way for a rapidly changing world.



*Body | Sports and physical activities*

## BUILDING MENTAL AND PHYSICAL RESILIENCE

Developing mental and physical resilience is a crucial skill that young boys require in today's dynamic and demanding world. Navigating and negotiating his way through the teenage years is one of the most challenging and transformative experiences for a young boy as he develops into a young man. Sports and physical activities underscore values like discipline, responsibility, self-confidence and accountability.







# LIFE AT GLENSTAL

## *An Immersive Educational Experience*

Glenstal Abbey provides its students with a very different kind of secondary school experience. The school is nestled in the countryside among 500 acres of parkland, woodland, lakes, rivers and waterfalls. Glenstal is secluded yet very accessible. Only twenty minutes from Limerick City, thirty minutes from Shannon International Airport, and two hours from Dublin Airport by motorway.

## *International Students*

We have students from Ireland and overseas: Austria, England, Isle of Man, France, Germany, Spain, Switzerland, Bermuda, USA, Australia, Hong Kong, Saudi Arabia, Singapore, United Arab Emirates and Mozambique. More than 70% of our current students are seven-day boarders. Glenstal is a home away from home for each boy, whether from a few miles away or a thousand.

Boarding fosters a vibrant community spirit in the school and helps the boys grow in self-confidence and independence. The 24-hour nature of school life means that members of staff are always on hand to offer support and advice, whether in academic or other areas, and a culture of mentoring and guidance exists and is fostered among students.

2-1

STUDENT TO  
STAFF RATIO







## BOARDING LIFE

### *The Benefits of Boarding*

In our experience, the predominant reason parents choose boarding for their sons is to provide them with an immersive educational experience which stimulates and supports their development across all three pillars of Mind, Body and Spirit.



### BOARDING PROVIDES A COMMUNITY ENVIRONMENT AND SUPPORT NETWORK LIKE NO OTHER:

- Promotes independence, tolerance, co-operation, and an understanding of how to live with others to develop the art of compromise
- Provides a rich social and cultural experience
- Supports students throughout the highs and lows of their academic, social and emotional development
- Fosters lifelong friendships

### BOARDING NURTURES BOYS' UNIQUE TALENTS AND POTENTIAL:

- Unrivalled teaching, support and pastoral staff ratios (one adult to every two students) provide a dedicated and caring environment in which students can realise their full potential
- Boys' unique talents are identified and nurtured inside and outside the classroom
- Living in a community of education and growth develops students' commitment to their success and that of their fellow students
- Boarding allows for fuller use of the students' waking hours, not just for study but for reflection, creativity and imagination





### **A HOME FROM HOME**

The forging of lifelong friendships is one of the most enduring benefits that Glenstal Old Boys speak of when asked about their time here. They speak warmly of the brotherhood between classmates and enduring relationships cultivated between their families and the monks, teachers and pastoral staff. We proudly say that Glenstal is for life, not just the school years.





### **IN LOCO PARENTIS**

Secondary school is a step change from primary - physically, socially and psychologically. At Glenstal, we're acutely aware of this and work tirelessly to ensure every new student finds his feet and stride. From the Teachers, Tutors, and Housemasters to our Matron, Nurses and Chaplains, we have dedicated staff to help each boy navigate his way and feel comfortable in his new surroundings. With one staff member to every two boys, not only is each boy's name known, he is understood and cared for as part of an extended family.

### **HOUSEMASTERS**

For their first five years in the school, boys live in dormitories, while in their sixth and final year they usually have a room of their own. This balance in accommodation fosters friendship among the students and enables our staff to

provide age-appropriate pastoral support to the students. A Housemaster and an Assistant Housemaster supervise each house. The Housemasters are mainly concerned with students' pastoral care and have responsibility for supervision and maintaining discipline outside of class time.

### **GUIDANCE & PASTORAL CARE**

Career Guidance and Counselling are at the heart of our Pastoral Care system at Glenstal Abbey School. Our Guidance Counsellors have a caring and supportive role in the school, where students can get advice and support about a range of issues. From relationships to study skills and family difficulties to college and careers advice and information, the Guidance Counsellors are on hand to meet with students in a confidential environment where they can be cared for and supported throughout their time

in the school. Counselling helps pupils explore their thoughts and feelings, and the choices open to them. It gives care and support to pupils learning to cope with the many aspects of growing up and school and home life. We endeavour to offer a comprehensive guidance and counselling service to all our students. The Guidance Counsellors liaise with Class Teachers, Learning Support Teachers, School Chaplains, Subject Teachers, Deputy Principal and Principal. They also have regular contact with parents, psychologists, employers, colleges, social services, counsellors and the Department of Education.

### **EVENING STUDY**

An essential part of the boys' day outside the classroom is evening Study. There are two study periods on each school day. The

aim of supervised study is to encourage students to work independently and develop into active learners while providing enough structure to make that happen.

### **RELIGIOUS TRADITION**

On Sundays, the school community joins the monastic community for the highpoint of the Christian week, the Sunday Eucharist at 10.00 am. We make considerable effort to ensure that the boys are fully involved in the celebration of the Mass, through participation in the choir, as readers, servers and ushers. Coming together in this way is an important expression of the school's community life. Parents and other family members are warmly welcome to attend too, if and when they can, and coffee and cake are served in the school after Mass.





## FOOD

We also understand the importance that food and mealtimes play within the boys' day, not only for nourishment but also as an opportunity to chat and share ideas and stories with their fellow students. With this in mind, meal times in the school refectory are social occasions that enable the boys and staff to communicate freely in a warm and comfortable atmosphere.

We also cater for the varied extra-curricular activities that are such an integral element of student life in Glenstal Abbey School, providing appropriate food and beverages for visiting teams, parent gatherings and special events like the annual Leaving Dinner.



## WEEKEND PROGRAMME

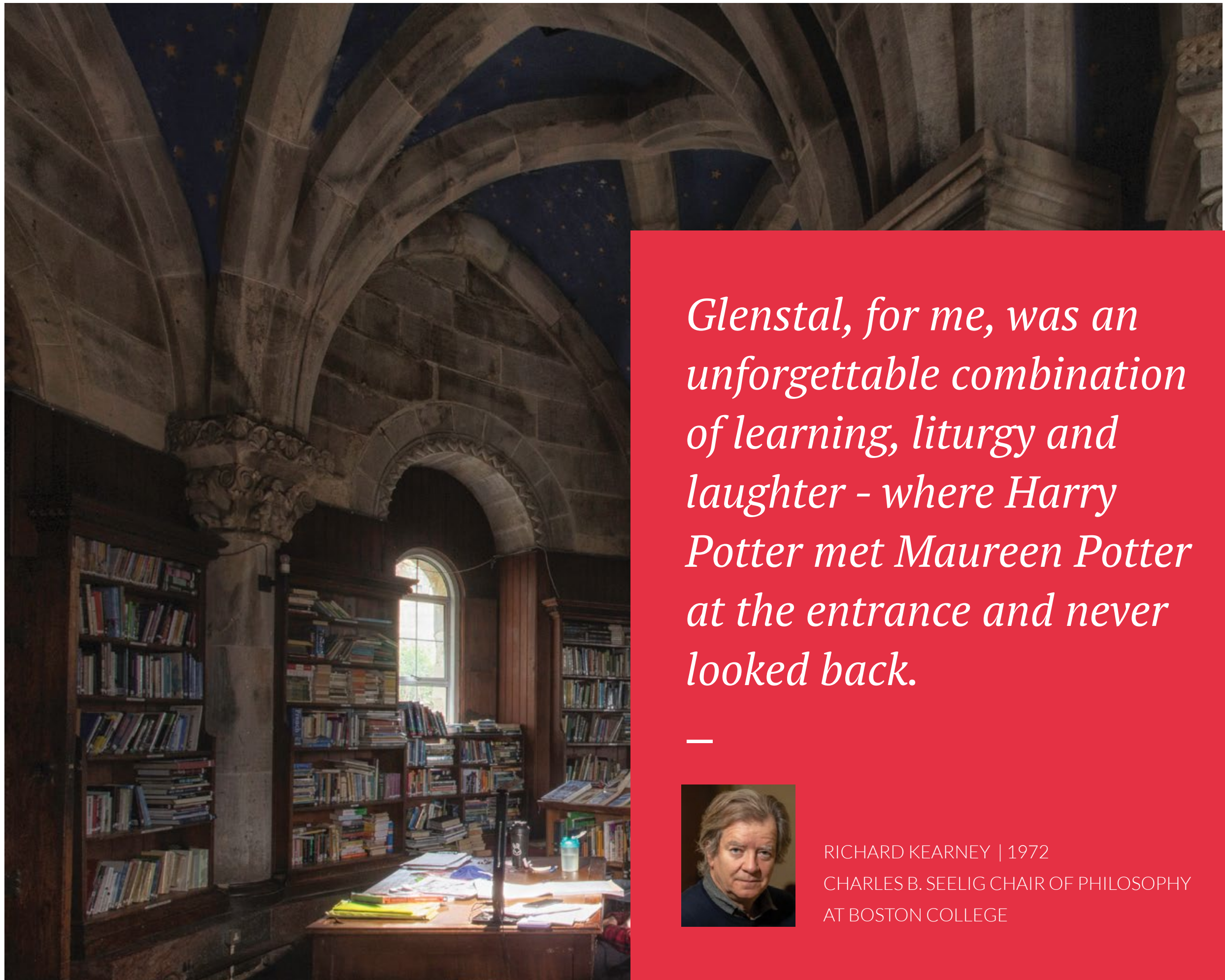
During term, there is a variety of weekend activities. Examples of Saturday afternoon activities and cultural outings include:

- Paintballing
- Provincial and International Rugby fixtures
- Historic Tours such as King John's and Bunratty Castles and the Burren
- Thomond Park Museum, Home of Munster Rugby
- Surfing
- Swimming
- Mountain Biking
- Outdoor activity centres: kayaking, rock climbing and team building
- Bowling
- Cinema trips

On Sundays, boarders can sign out for lunch with family and friends who may be visiting. Boarders are also encouraged to prepare for the week ahead and use the recreational facilities available at the school, including table tennis, pool tables, Sports Hall, tennis courts, Common Rooms and Library. There is also a pitch and putt course adjacent to the school, which students may attend in groups. In-house competitions are also organised regularly on Sundays for all students.







*Glenstal, for me, was an unforgettable combination of learning, liturgy and laughter - where Harry Potter met Maureen Potter at the entrance and never looked back.*

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RICHARD KEARNEY | 1972  
CHARLES B. SEELIG CHAIR OF PHILOSOPHY  
AT BOSTON COLLEGE



**RICH IN HISTORY,  
NATURE, ART AND  
SPIRITUALITY**

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*Glenstal is uniquely situated in a historic estate of 500 acres of parkland, lakes, and woodland and is comprised of a monastery, school, guesthouse and dairy farm.*

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*The main building is a Norman Revivalist castle. It faces south and commands an unbroken view of some thirty miles towards the Galtee Mountains.*

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*Dedication to learning has been central to the Benedictine way of life for over fifteen hundred years. In Glenstal, this is expressed through the Abbey School and the Monastery's Studium, a centre of Benedictine monastic learning.*

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*In the crypt of our church is a chapel with Orthodox icons, designed by architect Jeremy Williams. It is a unique sacred space reminding us that monasticism has its roots in the Christian East.*

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*The history of the library at Glenstal is, not surprisingly, intimately bound up with the history of the monastic community and reflects the strivings of that community at various stages of its development. The current library was opened in 2001 and houses what is one of the largest private libraries in Ireland.*

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*Glenstal's Italianate walled and terraced garden was laid out between 1679 and 1681.*

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## A PERSONAL APPROACH TO EDUCATION

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*At Glenstal, we tackle teaching and the curriculum differently*

We place a high priority on individual attention, coupled with a special emphasis on communication with parents. There is a programme of regular reporting and staff are available to consult with parents on request. In addition, we hold 1:1 parent-teacher meetings for every year group each year.



# SUBJECTS OFFERED IN GLENSTAL\*

## JUNIOR CYCLE

Irish	Latin
English	Music
Mathematics	Religious Education
Business Studies	Science
Classics	Visual Art
Civic, Social & Political Education	
French	NON EXAM
Geography	Wellbeing
German	Physical Education
History	Social, Personal & Health Education

## SENIOR CYCLE

Irish	German
English	History
Mathematics	Latin
Accounting	Music
Applied Mathematics	Physics
Art	Religious Education
Biology	
Business	NON EXAM
Chemistry	Guidance
Classical Studies	Physical Education
Economics	Religious Education
French	Social, Personal & Health Education
Geography	

*\*It is not always possible to provide all subjects in a given year.*

## CURRICULUM

The school aims to help all students achieve their fullest potential in academic and co-curricular fields at each stage of their development. In our teaching, we aim to help, stimulate and challenge each student, and this aim is supported by careful monitoring and regular reporting. The curriculum provided is balanced, broad and diverse.

The Junior Cycle and Leaving Certificate curricula of the Irish Department of Education are followed. All students complete their Junior Cycle experience with exams at the end of 3rd Year. Because of its importance for boys' maturity and the many opportunities it provides, Transition Year is compulsory in 4th Year. All students sit the Leaving Certificate at the end of 6th Year. All subjects are normally taught at Higher level, with the exception of Irish and Mathematics, where there are both Higher and Ordinary level classes.

Each year group is normally divided into two or three for academic purposes, giving us base classes of approximately 14 to 16 students. The academic progress of each class group is monitored by a Tutor. Many classes in the Senior Cycle are considerably smaller than the average size.

Our examination results are excellent across a wide ability range. The overwhelming majority of our students go on to study at university in Ireland, the UK, Europe, the USA and Asia.







# OUR DIVERSE GRADUATE DESTINATIONS 2014 – 2020

Our examination results are excellent across a wide ability range. The overwhelming majority of our students go on to study at university in Ireland, Europe, US and Asia.

**IRELAND**

Trinity College Dublin (24%)  
University College Dublin (23%)  
Dublin City Univeristy (9%)  
Technological University Dublin  
Pulse College Windmill Lane  
Kildalton  
University College Cork (7%)  
Cork Institute of Technology  
Limerick Institute of Technology  
Mary Immaculate College  
University of Limerick (8%)  
Shannon College of Hotel  
Management

NUI Maynooth

NUI Galway (5%)  
Galway-Mayo Institute of  
Technology

**UNITED KINGDOM**

Oxford  
King’s College  
Imperial  
University of London  
Case Business School  
London School of Economics  
University of Sussex  
University of Portsmouth

University of Sunderland  
Durham University  
University of St. Andrews  
University of Glasgow  
University of Edinburgh

**EUROPE**

Université de Bretagne Occidentale  
École Supérieure de Journalisme de  
Lille  
ESSEC Business School  
Universiteit Gent  
Delfte University  
University of Tilburg

Maastricht University  
University of Groningen  
Deutsche Sporthochschule Köln  
Zeppelin University  
EBS Business School  
Universität Liechtenstein  
Technische Universitat Wien  
Università Bocconi  
Les Roches Hospitality School  
Ecole Hosteliere de Lausanne  
University of Madrid  
University of Valencia

**USA**

Berkeley  
Berklee College of Music  
Boston College  
Harvard Business School  
New York University  
Stanford Law School  
University of Houston  
University of California, Santa  
Barbara

**AMERICAS**

Tecnológico de Monterrey  
Universidade de São Paulo

**ASIA PACIFIC**

Hong Kong University  
Sun Yat-Sen University – Taiwan  
Korea Aerospace University  
Keio University, Tokyo



*Glenstal taught me to question, to work out for myself what deserves value, respect, love or aid. When I left the physical estate, 'Glenstal' came with me and continues to guide me through the peaks and valleys of life.*

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BASIL GEOGHEGAN | 1986  
INVESTMENT BANKER  
AND EVEREST SUMMITEER







# TRANSITION YEAR

Transition Year is an integral and compulsory part of a Glenstal education and provides a wide range of interesting, formative and experiential opportunities. During the year, classroom study is complemented and enhanced by a wide variety of workshops, tours, short courses and projects, often led by guest tutors. These activities offer valuable opportunities for active learning and teamwork.

At Glenstal, we aim to make Transition Year one during which boys, staff and parents work together to enable many varied and new experiences of learning and real wonder to take place, in which valuable skills for life and living are discovered and absorbed, and the experience of transition to senior cycle becomes one of transformation. The programme varies from year to year. Along with classroom learning, activities include:

- ‘Active learning’ including activities such as adventure weekends, leadership training, retreat and visits to cultural and artistic events
- Achieving certification in activities such as First Aid and Driver Theory
- Social Awareness programme, in order to engage students’ empathy
- Work Experience to explore future careers
- Focus on teaching Leaving Certificate modules in the core subjects, using innovative and interdisciplinary modes of teaching, as recommended by the Department of Education
- Foreign Exchange and language development programmes





## MODULES AND EVENTS

### CAMINO DE SANTIAGO

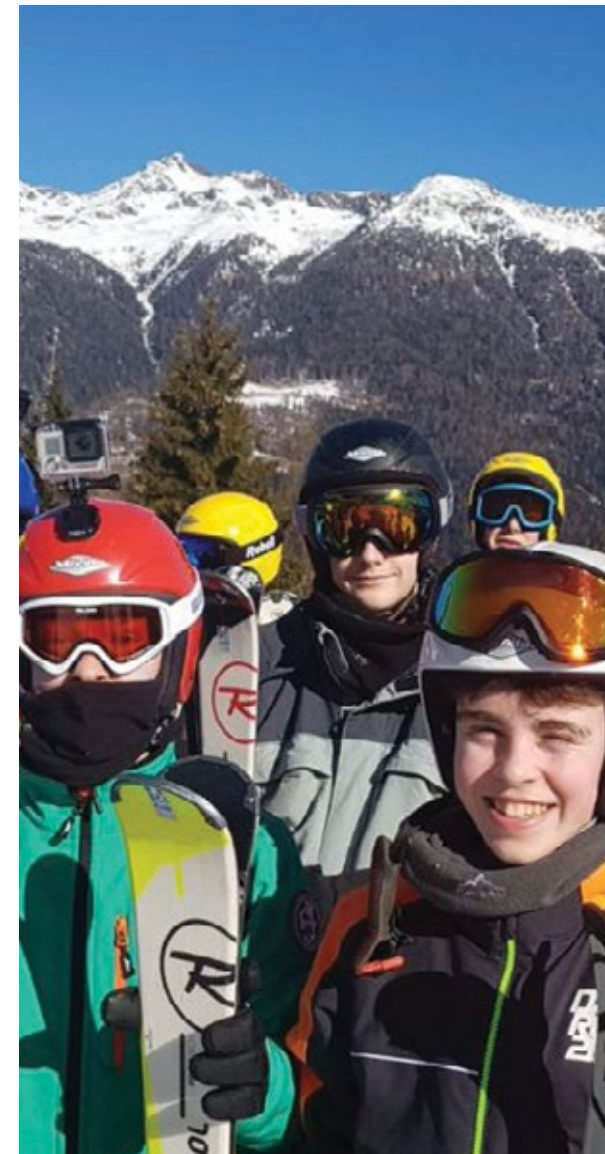
A key event in the first weeks of the Transition Year Programme is a one-week walking pilgrimage along the Camino de Santiago in Spain. Among many other benefits, this pilgrimage provides a valuable chance for students to build strong bonds with one another, and for new arrivals to integrate into the group.

### WORK EXPERIENCE

Students are required to engage in three weeks of work experience in nearby businesses. This challenges students to take initiative and develop responsibility outside the school environment and to sample potential career options.

### FOREIGN LANGUAGE IMMERSION

Students of German or French will spend six weeks in one of our partner schools in Germany, Austria or France to experience a total language immersion. Students have found this to be hugely beneficial to the development of their fluency and cultural awareness. This programme operates as an exchange, with the Glenstal students hosting their exchange partners in Ireland in their turn. International students - particularly those who come for the one-year language immersion programme - will spend the final term studying for and obtaining a Cambridge Certification in English.



### SHORT COURSES AND WORKSHOPS

Once the students are back in Glenstal, one day each week is devoted to short courses and workshops. Among the activities in which students will participate are:

- Interview and Presentation Skills
- Legal Studies Programme
- Music Technology Workshop
- Coding
- Road Safety Workshop
- Etiquette Classes
- Poetry Workshop
- First Aid Course
- Cookery Course
- Sports mentoring in local primary/special schools

Most of these activities are delivered on the Glenstal campus, but some involve travel to external destinations.



## LEARNING SUPPORT

Glenstal Abbey School has a well-equipped and active Learning Support Department. Advances in psychology and educational theory have taught us that not all children have the same learning styles and that students' talents and intelligence are harnessed in different ways. The Learning Support Department's goal is to help students develop and improve their learning capacity and rate. During Learning Support periods, the aim is to teach each student strategies and skills to benefit more fully from their regular subject classes. Support teachers coordinate their efforts with teachers of core subjects.

There is extensive cooperation with the entry assessment team, tutoring, and guidance teams. Students who require support are followed closely by their tutor and support teacher. The Learning Support Department empowers students to learn and develop to their full potential.



*The aim is to teach each student strategies and skills to learn and apply his knowledge for himself.*

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## ACADEMIC FACILITIES

We believe that up-to-date facilities are integral to helping students reach their true potential. We strive to provide whatever our students need. Our academic facilities include:

- Bright, modern classrooms, overlooking the abbey gardens and woodlands
- Dedicated Physics, Chemistry and Biology laboratories
- Music room and practice spaces
- Teaching and learning spaces are fully equipped with data projectors and state of the art IT equipment
- Dedicated resource rooms for junior and senior boys
- Our beautiful Castle library - a magical place to retreat into the world of the imagination
- Computer room with school network accounts for all students

## SCHOLARSHIPS

*Nurturing those with exceptional academic, musical or sports talent.*

This programme grants awards based on merit and need each year to boys possessing exceptional musical, academic, or athletic talent. We provide the platform, support and encouragement to help them achieve their full potential.

Applications for academic and music scholarships are open to new applicants for 1st through 5th Year. Sports scholarships are open to new applicants wishing to join in Transition Year (4th). Applicants must have completed a minimum of three years and currently be enrolled in the Irish Education system.







*Sports | Our Sports Philosophy*

## A HOLISTIC APPROACH TO SPORTS AND LEISURE

Extra-Curricular activities are an integral and enjoyable element of student life in Glenstal. They foster an environment of inclusion, excellence and participation by all and build life skills to realise each student's talents. Our combination of facilities and qualified coaches creates an environment for sustained involvement and excellence. The Sport and ECA programme aims to unlock each student's potential by providing a range of opportunities and experiences.

Sport is an essential part of a student's development, and each boy must be involved in some form of physical activity. We are mindful that every child is different, so we strive to provide a wide range of activities to find something he will enjoy. We believe it is important to challenge each student to reach his full potential and remain healthy and resilient for life's challenges.

### OUTDOOR SPORTS FACILITIES

- *Four Rugby pitches*
- *Eight Tennis Courts*
- *4G all-weather pitch adjacent to the school grounds*
- *400m running track*



### INDOOR SPORTS HALL FACILITIES

- *Full size Basketball court*
- *Four training Basketball half-court areas with nets*
- *Three Badminton courts*
- *Five-a-side Soccer area*
- *Fencing training area*
- *Weights Room with multi-gym, free weights area, and four weight apparatus cages*
- *Aerobic Room, complete with aerobikes, Concept-2 rowing machines, resistance bike and an Ergo-Ski resistance machine*





# SPORTS AVAILABLE

At Glenstal, we hope that each child will find a sport to suit him. The school prides itself on its outstanding provision for games. There are regular fixtures with other schools for all age groups in the major team games.

- Rugby\* is the school's main team sport
- Cross Country and Athletics coaching
- Fencing\*
- Golf
- Tennis for both beginner and advanced players
- Swimming in the University of Limerick's 50 metre pool
- Rowing in partnership with Castleconnell Boat Club
- Badminton
- Basketball
- GAA: Hurling & Gaelic Football
- Soccer
- Rock Climbing
- Volleyball

\*Compulsory for 1st years, to engender team building and inclusion

In addition, on certain days in the week, especially Tuesdays and Thursdays, those not involved in tennis or rugby gym training are assigned to a Housemaster to keep them active. These activities take the form of a 5 km run or walk, circuits in the Gym, Pitch and Putt, Yoga and Taekwondo.





*Glenstal is more than a school, it's a community in which I grew to be the person I am today.*

---

BEN HEALY | 2018

CAPTAIN, MUNSTER SCHOOLS RUGBY SENIOR CUP

WINNING TEAM 2018

MUNSTER RUGBY

PLAYER, IRELAND U20S SIX NATIONS, TRIPLE CROWN AND

GRAND SLAM WINNING TEAM 2019







*Art & Culture*

## ART & MUSIC ARE ROOTED IN THE HERITAGE OF GLENSTAL

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The first school in Glenstal was an Artistic Crafts School. The arts have continued to have a privileged place in Glenstal to this day.





## ART, DRAMA & MUSIC

### Art

The art department aspires – through the curriculum and after school Art Society – to develop curiosity, sensitivity, and visual literacy, so as to enable students to observe and perceive the world with increased awareness. In addition to fine motor skills, art is a wonderful way to nurture a student’s critical thinking, creativity and problem-solving..

### Drama

Research shows that drama has a positive impact on a student’s physical, emotional, social and cognitive development. All students are encouraged to participate in the annual musical and students in our junior year groups take part in an annual play. Every student is encouraged to pursue an interest in some aspect of these productions, whether it be acting, set design, stage management or lighting and sound.

### Music

Glenstal offers our students the opportunity to realise their full musical potential in terms of creativity, enjoyment, performance and appreciation. Music is offered as a curricular subject to both Junior and Leaving Certificate students and incorporates listening, performing and composing through a wide and varied syllabus. Students who wish to take lessons in specific instruments can avail themselves of individual tuition after class hours. Over 85% of our students take lessons across a variety of instruments such as piano, drums, guitar and voice. Instrumental teachers cover a variety of genres ranging from classical to jazz and traditional Irish music. Students are encouraged to take exams (Royal Irish Academy of Music) in their chosen instruments either in November or May.



## ARTS, MUSIC & DRAMA FACILITIES

- Theatre, complete with stage and lighting
- One large Music classroom
- Five Music Teaching Rooms
- Two Music Practice Rooms







*Life needs  
rhythm and  
balance if it is to  
be consistently  
good and not  
drain from us  
the possibility  
of being or  
becoming whole  
in ourselves.*

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ABBOT BRENDAN COFFEY OSB



# ADMISSIONS

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Choosing the right school is clearly a very important decision in the life of every family. The decision for a child to attend Glenstal Abbey School requires a good deal of thought by parents, students and school alike.

The process of discerning whether Glenstal offers the right fit for a student requires dialogue between parents, school and students. In order to achieve this goal, we have a multi-phase process to help each of us to discern the suitability of Glenstal Abbey School for each boy and his family.

You are welcome to come and visit us and meet with our Headmaster, staff and students. We will be delighted to show you around and give you a sense and feel of what life is like for a student at Glenstal.

Alternatively, you may commence the enrolment process by completing the registration form online.

*Our admissions team is available to discuss any aspect of your son's education at Glenstal. Call **+353 61 621044** or email [admissions@glenstal.com](mailto:admissions@glenstal.com)*





# FEES 2020-21

## ANNUAL DOMESTIC FEES

*Day Boarding*

Includes: Tuition, Evening Study, Lunch and Supper and 10 overnight stays annually

€11,550

*Full Boarding*

Includes: Tuition and Boarding

€19,300

## ANNUAL INTERNATIONAL FEES

*European Union Residents*

Includes: Tuition, Boarding, School Books & Stationery, Bed Linen and Laundry Service

€20,300

*Non-European Union Residents*

Includes: Tuition, Boarding, School Books & Stationery, Bed Linen and Laundry Service

€23,800

*Please Note: A 10% discount applies to subsequent brothers.*

Our main entry points are First Year and Senior Cycle. Admission to other years may also be possible depending on the availability of places. The staff in our Admissions Office are always happy to talk to you about the admissions process and clarify any points you may have.

Glenstal Abbey School is part of a Benedictine monastery, proud of its deep roots in the monastic and Christian tradition. We are happy to welcome students from a wide variety of backgrounds and faiths to share our life here.





*Munster Schools  
Rugby Senior Cup  
Winning Team 2018*





PAX





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