



Important Points for Parents / Guardians

This is how I can communicate and be welcomed in the school:

- I make a note in the Student Journal
- I record all absences in the Student Journal
- I can complete and online form via the school website
- I can contact the school by email via the school website
- I can request an appointment via the Student Journal or the website / email

We would like to commend all parents/guardians and students. We note and celebrate excellent behaviours. Our students have a discipline that supports their learning.

An tSeachtain Romhainn – The Week Ahead

Seachtain is a feminine noun. When preceded by the definite article (An), a feminine noun beginning with S takes a t. Seacht mean 7. So seachtain means *week*.

<https://www.focloir.ie/en/dictionary/ei/week>

Monday 30th	1st & 2nd Year Girls Basketball v Ballymakenny College. U19 Boys Basketball National Arena Tallaght. All Ireland Quarter and Semi Finals. LCA 5 General Education Task Examiner
Tuesday 31st	1st & 2nd Year Boys Basketball play Castleblayney College
Wednesday 1st	1st day of Spring. LCA 6 Vocational Education Task (Engineering)
Thursday 2nd	
Friday 3rd	LCA 2 HCT Examiner
Saturday 4th	Assessment Morning for incoming 1st Years 20 students events managing RDS Peace Proms
Sunday 5th	20 students events managing RDS Peace Proms

5th Year Work Experience

5 Aristotle & 5 Bourdieu – 20th – 24th March 2023

5 Chomsky & 5 Descartes – 27th – 31st March 2023

All 5th Year students are busy preparing for this important part of their curriculum.

Energy Efficiency

Our electricity consumption for the week 16th to 23rd of January was a 2.7% decrease on the previous week. We are committed to reducing our use and saving the planet.



Looking at our School (LAOS)

Each week we will have a section on looking at our school. This week is based on our 1st Year Survey of parents and guardians which was taken during their Parent / Teacher Meeting.

1. I receive text messages from school

[More Details](#)

[Insights](#)

Strongly Agree	88
Agree	14
Disagree	1
Strongly Disagree	1
I Don't Know	0



2. I read the weekly bulletin for parents/guardians.

[More Details](#)

[Insights](#)

Strongly Agree	58
Agree	38
Disagree	5
Strongly Disagree	2
I Don't Know	1



Dates for Your Diary

Tuesday 7th February - 3rd Year Parents Seminar - Classroom Based Assessments (CBA's), exams in June and Study Skills. There will also be information regarding subject choices for next year.

Thursday 9th February – 6th Year Parent / Teacher Meeting 4.15 – 6.30 pm.

School Uniform

Our school has a clear uniform policy. I ask that all students follow it correctly. Some items to be aware of are that the tracksuit bottoms should be navy. Only school jackets are allowed. We ask that all students wear their school jacket to school. Remember the uniform requires black shoes or black runners.

We are asking all parents that if you have spare uniforms that you could leave them in the school. We will be able to offer them to families who request support in the future.



Healthy Eating Policy

Our school's Healthy Eating Policy prohibits sugary, salty, fatty foods. Students are NOT allowed take items such as sweets, lollies, crisps, chocolate, and minerals to school. **We have asked local shops to stop selling these items to children in the mornings.**

This policy is to ensure the best health, wellbeing, concentration, and dental hygiene for our young people.



Proud of Our Heritage

Heritage and culture are important to all of us. We want to cherish the heritage of all students in our school. We now have a Culture Cabinet where we display items from across the world. If you have a souvenir from a country or region around the world, we would love if you donated it for display in our cabinet.

First and Second Year Girls Basketball

The First Year girls basketball team defeated Dundalk Grammar on a score of 30-14 and the Second Year girls basketball team also defeated Dundalk Grammar on a score of 26-14. Helen Nkechi and Carmen Rasandratana were top scores in both games.

U15 Boys Soccer

The U15 soccer team had a convincing 6-0 win over Drogheda Grammar. The U15's advance into the next round of the shield. Goals from Fahd Monney x 2, Mylka Kaloso, Maciej Dobros, Adam Sghaier and Wesley Dos Santos. Man of the match: Finn Madine.



First Year Boys Soccer

An excellent win this week against Bremore Balbriggan. We had a 6 – 3 victory. Goals from Niall Bradley Coleman (2), Nelson Akubuko (2), Cillian Hughes (1) and Tishe Abuede (1)

Girls Minor Cross Country Running

Our girls had a great run in the Phoenix Park last Friday in their first Cross Country outing.

Wellness Workshop

Suicide or Survive (SOS) Wellness event is happening on 16th February 2023 from 9:30am-4:40am in The Redeemer Family Resource Centre, Dundalk. You can book your FREE place at: <https://tinyurl.com/WWDundalk23>.

HEAR and DARE

This week the Irish Times Educational page featured an article about two nationwide schemes that set out to level out the playing field when it comes to educational disadvantage. In place since the early noughties, the two schemes are **HEAR**, which stands for the Higher Education Access Route, and **DARE**, which stands for the Disability Access Route to Education.

Imelda Byrne, head of the access centre at the University of Galway, said the Hear scheme's aim is primarily to increase the number of people who are disadvantaged socio-economically who attend third-level education. The Dare scheme recognised that somebody who had a disability could be prevented from reaching their potential throughout their lives, which could then have an impact on what they achieved in the Leaving Cert. "The Dare scheme means you can come in on your points, register with the disability supports service, and get supports once you're in there. There are also a number of reduced points places for the Dare scheme," she said.

All of our achievements are a direct result of our school's commitment to our community. We strive for Success for All. This is achieved by planning, modelling, encouraging, reflecting, and celebrating.

Our school sculpture embodies what we do – Focus, Aim, Power!

Wellness Workshop
Understanding And Taking Charge Of Your Mental Health
www.wellnessworkshop.ie
Scan QR to Register
SOS are delighted to invite you to a Wellness Workshop in The Redeemer Family Resource Centre, Dundalk, Co Louth on Thursday 16th February 2023 9.30am-4.30pm Book your FREE place here
<https://tinyurl.com/WWDundalk23>
Suicide or Survive is committed to running Wellness Workshops in every community in Ireland. These workshops, evaluated by Trinity College Dublin, aim to help you understand and take responsibility for your own mental health.
We are in a position to offer our Wellness Workshops to the community because of our funding from The National Office of Suicide Prevention.
Suicide or Survive is a member of Health Service Ireland. We are funded by the Irish health system, meaning that we adhere to the standards of transparency, accountability, and good governance and good fundraising. We comply with the Governance Code for community, voluntary and charitable organisations and Ireland's fundraising practice. Registered Charity No. 10078910. For more information: www.suicideorsurvive.ie or www.thehearanddare.ie
www.suicideorsurvive.ie
www.wellnessworkshop.ie
www.youmatter.ie
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