



Coláiste Chú Chulainn

# Parents & Guardians Bulletin Coláiste Chú Chulainn



2023 - 2024

Issue 1 24<sup>th</sup> September 2023

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### Nóta ón bPríomhoide / Principal’s Note

I want to thank all families and guardians for your loyal support and commitment to school and your student’s education.

We have had a very busy start to the new term. There are 880 students in our school – the greatest number ever. We have welcomed our new students and staff with efficiency and confidence.

Over the summer months, our school hosted a number of sporting and cultural events. This is part of our commitment to be part of the local community and to welcome all innovations that arise.

Last year, we worked hard to issue a Parent and Guardian Bulletin each week. This was posted on the school website and a SMS link was sent to your phone. We have listened carefully to feedback. We now plan on issuing a bulletin every 4 weeks. This means that the document will be more meaningful and will help you plan ahead. We are also emailing the bulletin – sending a SMS link to websites is a security concern in the current age of cyber awareness.

Please, read this document and always discuss school with your student.

Le Meas

*Thomas Sharkey*

Principal





## Upcoming Events and Important Dates

Date	Time	Event
Tuesday 26 <sup>th</sup> September	6pm	Seminar for 3 <sup>rd</sup> Year Parents – Study Skills for the Junior Cycle
Wednesday 27 <sup>th</sup> September	6pm	Seminar for 6 <sup>th</sup> Year Parents – Study Skills for the Leaving Certificate
Friday 29 <sup>th</sup> September		No School
Tuesday 3 <sup>rd</sup> October	6.30 pm	Open Night
Thursday 12 <sup>th</sup> October	4.15 – 6.45	Parent Teacher Meeting (3 <sup>rd</sup> Years)
Monday 16 <sup>th</sup> October	5 days	Assessment Week for All Students
Friday 27 <sup>th</sup> October	3.50 pm	School closes for 1 week break

## Extra-Curricular Activities for 2023-2024

There are many extracurricular activities in our school, and these are a huge benefit to our students, resulting in many positive relationships in school. This has enhanced learning outcomes for all our students. The list of our extracurricular activities is below:

Day	Lunchtime	After School
<b>Mon</b>	<b>CCC Pride</b> – Miss White – Double Room <b>GAA –Boys</b> – PE Hall- Mr. Byrne /Carron/McEnaney <b>Maths Club</b> – Mr. O’Donoghue - G035 <b>School Band/Choir</b> - Music Dept - G048	<b>Junior Girls Soccer</b> – Field – Miss Mulvenna/Cull <b>Fitness Suite</b> – Senior Students
<b>Tue</b>	<b>Sci Fest</b> –Mrs. Dunford/Miss Boyle – F207 <b>Table Tennis</b> – Mr. McKeever – PE Hall <b>Chess Club</b> – Mr. Sheelan – F230 <b>Wellbeing</b> – Miss Sherry – G041 <b>English &amp; Literature Society</b> – Eng. Dept – F220 <b>Irish Senior Debating Group</b> – Irish Dept - F276	<b>Senior Boys Basketball</b> - PE Hall – Mr. Slowey/Murray <b>Senior Boys Soccer</b> – Mr. Nicks – Field <b>Track &amp; Field Athletics/Cross Country</b> – Mr. Durnin.
<b>Wed</b>		<b>GAA</b> – Girls – Field – Mr. Callan/Miss Duffy <b>Boys Rugby</b> – Field – Mr. Foentjies <b>2<sup>nd</sup> &amp; 3<sup>rd</sup> Boys Soccer</b> – Field - Mr. Fearon <b>Social Club</b> - Miss Byrne/Kelly – Double Room
<b>Thur</b>	<b>Table Tennis</b> – Mr. Corrigan -PE Hall <b>Senior Volleyball</b> – Mr. Nicks – PE Hall <b>Film Club</b> – Mr. Noonan – G065 <b>Book Club</b> – Mr. Clarke - F225 <b>Games Club</b> – Ms. McCooey – G058 <b>MFL Club</b> – MFL Dept - F257 <b>School Band/Choir</b> - Music Dept - G048	<b>Senior Girls Basketball</b> - PE Hall – Miss McLoughlin/McGory <b>1<sup>st</sup> Year Soccer</b> - Mr. Rafferty/Duffy - Field
<b>Fri</b>	<b>Mindful Art</b> – Mrs. Boyle – G016 <b>Christian Club</b> - Mr. Foentjies – G072 <b>Table Tennis</b> – PE Hall - Miss Mulvenna/Cull <b>LC Maths</b> - Miss Smyth - G038	<b>Dance</b> – Miss Fee – PE Hall <b>Fitness Suite</b> – Senior Students



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### What we have been doing this past month

30 subjects and beating national averages in Coláiste Chú Chulainn

Coláiste Chú Chulainn is celebrating top grades across 30 different Leaving Certificate subjects this year.

Principal Thomas Sharkey said:

"Our students have been hitting the top grade across all 30 subjects taken in school this year. They have achieved an outstanding set of results.

90% of Coláiste Chú Chulainn students achieved Higher Level English where the national average is 72%.

73% of our students achieved Higher Level in Gaeilge against the national norm of 48%.



Our students hit the national average in Higher Level Maths.

"Our Leaving cert Applied class came out with 63% Distinctions and 37% Merits. Again, this beats the national average and proves that our students have been working hard under their teachers and parents' guidance to realise their full potential.

"This was our first set of Leaving Cert Physical Education as an exam subject and, like all subjects in our school, we achieved many H1 and H2 grades.

"We are particularly proud that many students took the Leaving Certificate exam in their heritage languages. Swedish, Finnish, Italian, Russian, Lithuanian, Mandarin and Polish all figured in our results.

Ms Maria Nic Eochaidh was Year Head to the class of 2023 and said:

"Because students received their results online, I was worried I wouldn't get to enjoy the excitement of students coming to school to receive their results. But the graduates flooded in last Friday. They wanted to celebrate their success with their teachers. The whole of government approach to training and further education is having an impact. Some students already have started in apprenticeships and training course. Others are confident of being offered the courses of their choice in the coming days.



"We wish every single graduate every happiness and success in their careers and studies."



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Coláiste Chú Chulainn Class of 2023 heading into exciting careers and studies.



Recent graduates of Coláiste Chú Chulainn convened in the local school to share stories of their new careers and studies after their Leaving Certificate results.

The school's Guidance Counsellor Ms Nichola Fitzpatrick said:

“Our students worked very hard and achieved a historic set of Leaving Certificate results. It is part of our vision to ensure that this hard work pays off in the form of career and studies pathways. So, we invited the graduates back to school to share their stories before they head off on their new adventures.

“Some students have already stated working in engineering and air conditioning apprenticeships. The local economy is already benefitting from their work. Other graduates are entering courses ranging across engineering, nursing, psychology, languages, music, economics, nursing, sports, security, and the arts. The broad range of chosen pathways is a result of our broad and balanced curriculum where students sat exams in 30 subjects.

“We were delighted to learn that nearly all students were offered their top 2 choices in the CAO system. This is down to good planning from the students and their families. It also shows the benefit of Transition Year and the Leaving Certificate Vocational Programme.

Guidance Counsellor Mr Steven Creighan said:

“Coláiste Chú Chulainn now has graduates in nearly every University and Institute of Technology in the state. Other graduates are in universities across Europe and the US. We maintain contact with them through our alumni network.

Already, past pupils have volunteered to share stories of college life. We wish them every success and welcome them back with open arms.”

Naoise Mc Keown - O Fiaich Insitute of FE (Sports, Excerise and Coaching), Kamile Audzeviciute- UCD (Law), Anneke Waynbery - UCD (Nursing)



Leah O Grady – NUI Maynooth Arts (English and History) with Mr Richard Melaniphy Deputy Melaniphy

Cheta Obiefuna - Cork (Music) , Joshua Ebele Ubaezuonu (TUD - Engineering)

Ellen Murphy - Trinity (Music and Spanish) , Sophie Bastible Diaz - Ulster University (Speech and Language) , Harry Begley - Ulster University (Psychology)

Charlie Irwin - O Fiaich Insitute of Further Education (Pre- Garda and Security Studies) with Ms Niamh O'Neill Deputy Principal







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Coláiste Chú Chulainn Girls Picking up University Credits in STEM while still in 4<sup>th</sup> Year of school.



Local school Coláiste Chú Chulainn students have started a Maynooth University course in Science, Technology, Engineering and Mathematics (STEM) while still in 4<sup>th</sup> (Transition) Year.

The 16 girls have been selected to work with their Science and Physics teacher Ms Aisling White and Maynooth University in the exciting project.

Ms White said:

“All of our students have great access to the sciences. But I am particularly proud that our girls have been recognised for their ability and have been selected to follow this university course. They will earn 5 credits at level 6, which is university standard. They will learn advanced computer science skills, coding, design thinking and generic STEM skills.

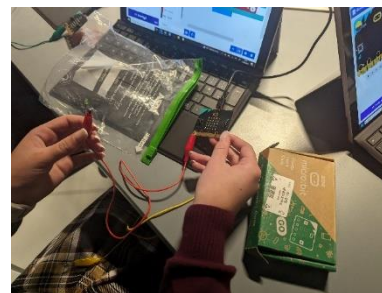
As well as the 5 university credits, our girls will also get 50 additional CAO points to enter STEM courses in a number of universities. This is a massive boost to the girls and to the future economy.

Student Josephine Fagbemi, who is undertaking the course said:

“We are having a great time on our university course. Myself and all the other girls are confident that equality in the world of STEM is coming, and we want to part of that. Ms White is one of our many role models, along with Ms McGahon, Ms McLaughlin, Ms Boyle, Ms Dunford and all our mothers and families.

“Last week we travelled to Microsoft Dream Space in Belfast. We women who are leaders in the STEM world. We heard how the glass ceiling is shattered!

“During the session, we worked with large datasets, engaged in computational thinking exercises, and engaged with mentors from STEM industries across Ireland. We also used BBC Micro:bit (programmable circuit boards) to create climate-aware detection devices, such as temperature sensors and energy saving light switches.



met

“Of course, we got an assignment and have a lot to do for our next university day in November.

Deputy Principal Ms O’Neill commented:

“Our girls refuse to accept that there any restrictions on their potential in education, society, and work. Their families and schools instil this in them. This project is a firm statement of equality and our expression of confidence in the future. The fact that 15- and 16-year-old girls are taking university level courses while still in secondary school is a clear statement that our girls are reaching and exceeding their potential.”



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## 450 Cú Chulainn Students at Higher Options and World Skills Event in the RDS



Every student in 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Year attended this annual event in the RDS. Our students know that it is important to have ambition and focus on their next venture. As a community, we want them to have successful careers, education and training. Ms Fitzpatrick from our Guidance Department managed this huge venture.



### Attendance

We pride ourselves on the excellent attendance of our students. Alan Jumbo sat his Leaving Cert in June 2023. He did not miss a day of secondary school. His Leaving Cert results were excellent, and he is heading to university to follow his dreams. Our best results are achieved by the best attenders.

In the 2021 – 2022 school year, 44 students had full attendance. In the 2022 – 2023 years, this went up to 99!



We understand that there are unavoidable events and circumstances. When your student is absent from school, you will receive a sms from the school system advising you that a note is required in the Student Journal.

### StudyClix

This exciting resource is available to all 3<sup>rd</sup> & 6<sup>th</sup> Year students. Details of registration have been shared through Year Heads / ICT tutors. This resource allows students to access past questions and revision exercises at home and without the need to buy past papers. It is part of our drive for the best results for everybody. This will increase their ability to manage their studies and also reduces financial burden on families.



### Homework

All students are given homework in every subject every day. We ask that families ensure your student has the time and space to do this important work. We also require that guardians and parents check the Student Journal every week at a minimum and be part of the student’s success.

## Advice for Parents about Cyberbullying

<https://www.webwise.ie/parents/>



THE INTERNET PRESENTS wonderful opportunities for children, from education to entertainment.

Despite the great opportunity it represents, the internet contains its fair share of safety concerns that all parents worry about. Chief amongst them is cyberbullying, which can affect any child on the internet.

The Safer Internet Day 2023 Report and Research Findings, which is available to view on Webwise, noted that 45.3% of teenagers in Ireland had witnessed some kind of mistreatment online, meaning it's more important than ever for parents and teachers to speak with children about their online activities.

As shown in the above report, cyberbullying is sadly one of the more common negative experiences children encounter online in Ireland. The effects of cyberbullying can last a long time and affect a person in many ways.

However, there are steps we can take to support children and teens online.

There's lots of helpful advice for families and schools available from Webwise. These include the Parent's Hub, which provides helpful talking points and conversation starters that can help parents to deal with conflict around technology use at home.

### What is cyberbullying?

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and smartphones.

**It's important to note that Cyberbullying can happen to anyone. It's always wrong and it should never be overlooked or ignored.**

Children may not be aware of the emotional damage cyberbullying, and all other forms of bullying can cause to the victim. Educating your children on this topic and enforcing the importance of not standing by while someone else is being bullied will help contribute to responsible internet use.



As cyberbullying takes place on the internet, we don't see the victim in front of us. You can't tell the impact cyberbullying has on a person as a result.

What parents can do to prevent cyberbullying?

Prevention is better than cure. Talk to your child about online bullying before it happens.

### 1. Early conversations

It's never too late to start conversations and teach children about safe and respectful communication. An important part of the conversation is around developing good habits around how they use technology, reviewing the settings and talking to them about making friends online.

### 2. Privacy settings and features

Privacy settings go a long way in keeping your child safe online. Your child can choose who gets to be friends with them online and stay protected from other users. Familiarise yourself with the apps they are using and go through the settings together. Ensure your child understands the safety features, such as blocking and reporting. Talk to them about who they are connecting with and avoid having profiles set to public.

### 3. Encourage positive connection and respectful communication

Encourage your child to treat others with respect online in all of their interactions. Remind them that they play a role in making the internet a friendly place for all. Open a dialogue with them about how to be a good friend on the internet, including when they witness cyberbullying taking place. If they see cyberbullying take place, let them know that they can report it to help those that are being bullied.

### 4. Asking for help

Talk to your child about the steps to take when they need help. Establishing rules around what is acceptable on the internet can help guide them in this regard. They shouldn't feel nervous or fearful to approach you if they need help, so reminding them that you support them and are willing to listen can be extremely helpful.

### 5. What to do if something goes wrong

Remind your child that they can come to you if anything upsets them online. If cyberbullying has occurred, remember to keep the messages and instances of abuse. Report the abusive parties to the moderators of







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the platform where it took place. Banning your child from using the internet or taking away their smartphone can damage trust and may make them less likely to come forward if cyberbullying occurs again.

Remain calm and don't alarm them by taking immediate action they're not comfortable with. But it should also be made clear to them that in order to help them, you may have to speak with their teachers and the parents of other children who may be involved and contact the Gardaí in serious cases.



IN GET ADVICE, PARENTS

### Dealing with Cyberbullying

What is Cyberbullying? Online bullying is something you should talk about with your child before it happens.

Ideally