

January 2025

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.

Our vision is Success For All. These bulletins give us a chance to celebrate and take stock of all the work that we are doing.

Our school is at the heart of the community. Sporting, cultural, youth, support services all make use of our school throughout the year. This is because Coláiste Chú Chulainn is a thriving school in a thriving town and has great ambitions. It is important that the ambitions of families are part of everything that we do in school.

In this bulletin, you will see that we work hard to achieve academic success and also emphasis a Zero Tolerance approach to bullying, cyber-bullying.

A resource for parents in Louth has been launched on <https://www.louthparenthub.ie/> It is a great website, and I strongly recommend you review it.

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

Le Meas

Thomas Sharkey

Principal

Contacting School	
Note in the Student Journal	www.colaistecc.ie
colaistecc@lmetb.ie	042 9354553
Twitter @ColChuChulainn	Parent Teacher Meetings
Home School Liaison Mr Cumiskey	086 1287719



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Upcoming Events and Important Dates

Date	Time	Event
Monday 27th January – February 7th February.		6 th Year Mocks.
Thursday 6th February	4:15-6:45	4 th and 5 th Year Parent Teacher Meeting.
Tuesday 11th February	4:15-6:15	6 th Year Parent Teacher Meeting.
Thursday 27th February	4:15-6:15	3 rd Year Parent Teacher Meeting.

School Activities/Events

6th Year Information Session

There was a Dundalk Institute of Technology (DkIT) information session for our 6th Years. There was a Technological University Dublin (TUD) information session for our 6th Years on the 20th of January. Thank you to Mr Creighan for organising this.



Health Service Executive (HSE)

The HSE Public Health Nurse made a presentation on the dangers of vaping to our 2nd and 3rd Year students. Thank you to Ms Ní Chonluain for organising this.

Science, technology, engineering, and mathematics (STEM)

The STEM Passport for Inclusion students had their final assignment on Monday, 13th January - a college style essay. They were working hard over Christmas learning how to do Harvard referencing and how to stick to a tight word count. Thanks to Ms White for organising this,





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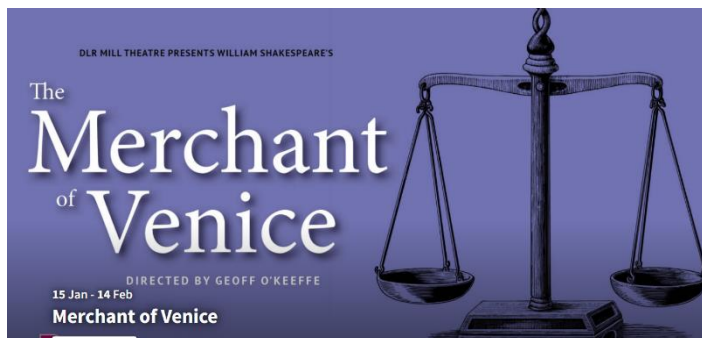


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Merchant of Venice

All 3rd Years attended the Merchant of Venice on the 15th of January in the dlr Mill Theatre, Dundrum Town Centre as part of their English curriculum. Thank you to the English department for organising this.



Creative Spark Upcycling Fashion Programme (Art)

The Creative Spark Upcycling Fashion Programme took place on the 23rd of January.

Second Year World of Work Programme

Second Year business students visited Boots Pharmacy on Tuesday, 28th January as part of their World of Work Programme. Thank you to Mr Carron for organising this.

Science, Technology, Engineering, and Mathematics (STEM)

On Thursday 30th of January, the 16 students who participated in the STEM Passport for Inclusion programme during their Transition Year (2023-2024) graduated from Maynooth University with a Level 6 Degree in 21st Century Digital Skills. The STEM Passport programme aims to encourage young people to engage with STEM learning and careers, and the students had to attend laboratory days in Microsoft Dream Space in Belfast and work on college level assignments throughout their Transition Year.

Their incredible achievement was outlined by Professor Katriona O'Sullivan of Maynooth University, co-founder of the programme, who congratulated all students on their tremendous achievement. Coláiste Chú Chulainn was also awarded the Outstanding School Engagement award for the level of passion, skill and expertise demonstrated





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by the students, who presented their work last year at the British Embassy.

Entwined Futures

The recent Entwined Futures showcase at Belfast City Hall celebrated the achievements of students from Coláiste Chú Chulainn as part of the eight schools who participated in the project. The event featured the premiere of two films created by our students, exploring the 1916 Rising and the 1918 Spanish Flu through the themes of citizenship, identity, and sovereignty. These films not only highlighted the students' hard work and creativity but also connected historical events with contemporary relevance.

A special congratulations is also due to both Aoife Dowdall and Mohid Majeed who delivered outstanding speeches, sharing insights into their participation in the project. The event was attended by notable guest speakers, including Micky Murray Lord Mayor of Belfast, Lawrence Sims from the Irish Department of Foreign Affairs and Ian Jeffers CEO of Co-operation Ireland.





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Science Week

We had our Science week from the 6th - 10th January. Students were encouraged to get involved in a variety of activities including: the Junior and Senior Cycle Science Quiz, the Daily Riddle, and the Treasure Hunt.



<p>Science Quiz</p> <p>Tuesday Big lunch – Starts 13:20 (Please be on time!)</p> <p>Junior Cycle Quiz – Room - IT 265 Senior Cycle Quiz – Room - IT 218</p>	<p>Daily Riddle</p> <p>Every day in the canteen.</p> <p>Please write your answer on a piece of paper and give it to your science teacher before the end of the day!</p>	<p>Science – Treasure Hunt</p> <p>There is a treasure hunt running this week. More details to follow.</p> <p>We encourage all students to take part!</p>
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Sports

Boys Basketball - U16 All-Ireland B Cup Final

Our U16 team played in the All-Ireland B Cup Final on Wednesday, 22nd January against Salesian College Limerick. Salesian College, Limerick managed to hold off a dogged Coláiste Chú Chulainn down the stretch to earn a 52-47 victory and, with it, the 2024/25 All-Ireland Under 16B Boys Schools Cup in the National Basketball Arena on Wednesday.

After putting together, a late third-quarter surge, the Limerick side managed to stave off their tenacious opponents in the fourth to secure a memorable win.



This game proved a real tug-of-war from the outset, Salesian edging the opening quarter 14-11 as Fred Klimas and Luke Moore each served up four points, while Seb Kedzior and Geoffrey O'Donnell both drained attempts from beyond the arc.

Still, Coláiste Chú Chulainn remained very much on their heels thanks in no small measure to Miguel López Rio who accounted for eight of their first-quarter tally.

The Dundalk side tightened up defensively in the second quarter, restricting their opponents to seven points, as they worked their way back on to level terms at 21 points apiece by the half-time break.

Indeed, it was a strong finish to the second quarter by Chú Chulainn, Christos Kostopoulos and Rio executing on the inside before the latter drained a huge three with 17 seconds to go to tie it up.

It remained tit-for-tat throughout much of the third, with Mohammed Sene hitting an excellent mid-range jump shot but Salesian did manage to eke out a little breathing room thanks to an eight-point run that included buckets from Klimas and game MVP, Miguel Azzopardi.

Trailing by nine points heading into final quarter, Coláiste Chú Chulainn reduced their arrears with a three from Gracea Sono only to see Azzopardi respond in kind for Salesian.

But the Dundalk side continued to prove a real threat, Rio and the captain, Joseph Osagie landing buckets to leave just two points between the teams with 1.10 left.

Yet, just when it looked like they might buckle, Salesian chalked up crucial scores in the closing minute from Azzopardi and Luke Moore to put them just out of reach as Chú Chulainn could not execute offensively.



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It has been an incredible journey for Chú Chulainn U-16s all year as they played excellent defence and displayed brilliant discipline only recording 1 foul in the 1st half.

After losing an All-Ireland 2nd year quarter final last year the team continued to train throughout the summer months and their hard work has paid off as they are continuing to develop as a team.

Quarter Scores: Quarter 1: 11-14, Quarter 2: 21-21, Quarter 3: 31-40, Quarter 4: 47-52

Coláiste Chú Chulainn:

Joshua Osaghae, Miguel Lopez Rio, Joseph Osagie (captain), Japhet Awotundun, Mohammed Sene, Kofi Jackson, Oluwatishe Abuede, Nelson Akubuko, Emmanuel Okpere, Jason Lupu, Gracea Sono, Christos Kostopoulos, Naho Mudzimu,

Top Scorers: Christos Kostopoulos (18), Miguel Lopez Rio (16), Joseph Osagie (6) Gracea Sono Mohammed Sene (2).

Head Coaches: Kelvin Slowey Aaron Murray

Salesian Secondary College:

Seb Kedzior, Fred Klimas (captain), Max Miller, Cian Dillon, Luke Moore, Geoffry O'Donnell, Miguel Azzopardi, Eoin Kavanagh, Evan Arthur, Callum Pepperell.

Top Scorers: Fred Klimas (20), Miguel Azzopardi (14), Seb Kedzior (7).

Head Coach: Michael Brosnan

Thank you to their coaches Mr Slowey and Mr Murray.



U19's into the All-Ireland Final

On Friday 31st our U19s returned to Tallaght to take on Dublin Champions Mount Temple in the All-Ireland Semi Final and won. They came back from 5 points down with 30 seconds to go in the game to level it and then won by 6 points in overtime.



They also played on the 7th of January in Mullingar in an U19 playoff tournament against St Joseph's Secondary School, Rochfortbridge. The team played up to the high standing they have been training for. They were in school over Christmas and are often here at weekends and late into the evenings. Their strong wins did not bring arrogance - they played as true sportsmen and overcame some frustrated opposition.

Our 1st and 2nd Years played on the 16th and 17th of January. The 2nd Years won but unfortunately the 1st Years lost. Thank you to their coaches Mr Murray and Mr Corbally.



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Boys Soccer

Our U15 team played Drogheda Grammar School in the North East Leinster Quarter-Final on the 10th of January. They had a great game, but with a disappointing result. They also played on the 29th of January. Thank you to their coaches Mr Nicks, Mr Rafferty, Mr Breen, and Mr Fearon.

Girls Basketball

Our 1st and 2nd Year Basketball Girls played on the 13th of January against Bush Post Primary School. They also played on the 28th of January. Thank you to their coaches Ms Rasandratana, Ms McGory, and Ms McLaughlin.

Boys GAA

Our U16 team played on the 7th of January in the Flood Cup. Thank you to their coach Mr Carron for organising this.

Cross Country

There was a cross-country event on Friday, 24th of January.



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Information and Courses for Parents/Guardians

Student Information Management System - Compass

We have a new information management system in our school, Compass. You should have received an email to the email address you supplied to school. That email gives you your username and one-time password. When you log in, you will have to change the password. If you have more than 1 student, your log in detail will give you access to all of your student records.

Once logged in, you will see the following details on your student:

1. Profile (Attendance, Schedule / Timetable).
2. Academic Reports.

This new system means that we will no longer post reports to you in hard copy. We will switch on an Events utility on Compass. This means that you will receive a notification if your student is nominated to attend on a trip or play in a match. You will then have to confirm your consent to the student participating. If you do not confirm consent, the student may not travel or play in the event.

Compass also notifies you if your student is absent and will request a written note in the Student Journal to explain the absence.

Studyclix

The Studyclix resource is available to all 3rd and 6th 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.



State Examinations Commission

The timetables for the 2025 Leaving Certificate, Leaving Certificate Applied and Junior Cycle examinations have been published on www.examinations.ie. Copies of the timetables are below.

The suite of timetables can be accessed under the Examinations 2025 Banner on the home page.



Each candidate should note carefully the dates and hours, as fixed on this official timetable, for the examinations in the subjects in which he/she intends to present himself/herself. The Commission will not be responsible for any errors which may occur in the reproduction of this timetable by outside agencies. Candidates are required to be in attendance at least half an hour before the examination begins in the subject in which they first present themselves.

JUNE	SUBJECT	TIME
H = Higher Level O = Ordinary Level F = Foundation Level		
WEDNESDAY 4	English, Paper 1 - H & O	9.30 – 12.30
	Home Economics, Scientific and Social - H & O	2.00 – 4.30
THURSDAY 5	Engineering - O	9.30 – 12.00
	Engineering - H	9.30 – 12.30
FRIDAY 6	English, Paper 2 - H & O	2.00 – 5.20
	Geography - H & O	9.30 – 12.20
MONDAY 9	Mathematics, Paper 1 - H & O	2.00 – 4.30
	Mathematics, Paper 2 - F	2.00 – 4.30
MONDAY 9	Mathematics, Paper 2 - H & O	9.30 – 12.00
	Irish Paper 1 - H (incl aural)	2.00 – 4.20
TUESDAY 10	Irish Paper 1 - O (incl aural)	2.00 – 3.50
	Irish - F (incl aural)	2.00 – 4.20
TUESDAY 10	Irish, Paper 2 - O	9.30 – 11.50
	Irish, Paper 2 - H	9.30 – 12.35
WEDNESDAY 11	Biology - H & O	2.00 – 5.00
	French - H & O - Written	9.30 – 12.00
WEDNESDAY 11	French - Aural	12.10 – 12.50
	History - H & O	2.00 – 4.50
THURSDAY 12	Business - O	9.30 – 12.00
	Business - H	9.30 – 12.30
FRIDAY 13	Art, Visual Studies - H & O	2.00 – 4.30
	German - H & O - Written	9.30 – 12.00
FRIDAY 13	German - Aural	12.10 – 12.50
	Construction Studies - O	2.00 – 4.30
MONDAY 16	Construction Studies - H	2.00 – 5.00
	Polish, Lithuanian, Portuguese and Mandarin Chinese - H&O - Written	9.30 – 12.00
MONDAY 16	Polish, Lithuanian, Portuguese and Mandarin Chinese - Aural	12.10 – 12.50
	Hebrew Studies, Ancient Greek and Non Curricular Languages (see Note 2)	9.30 – 12.30
TUESDAY 17	Agricultural Science - H & O	2.00 – 4.30
	Spanish - H & O - Written	9.30 – 12.00
TUESDAY 17	Spanish - Aural	12.10 – 12.50
	Chemistry - H & O	2.00 – 5.00
WEDNESDAY 18	Physics - H & O	9.30 – 12.30
	Physics and Chemistry - H & O	9.30 – 12.30
THURSDAY 19	Accounting - H & O	2.00 – 5.00
	Design and Communication Graphics - H & O	9.30 – 12.30
FRIDAY 20	Music - Listening (Core) - H & O	1.30 – 3.00
	Music Composing - H & O	3.15 – 4.45
FRIDAY 20	Music - Listening (Elective) - H	5.00 – 5.45
	Economics - H & O	9.30 – 12.00
MONDAY 23	Physical Education - H & O	2.00 – 4.30
	Italian - H & O - Written	9.30 – 12.00
MONDAY 23	Italian - Aural	12.10 – 12.50
	Russian - H & O - Written	9.30 – 12.00
MONDAY 23	Russian - Aural	12.10 – 12.50
	Classical Studies - H & O	2.00 – 4.30
TUESDAY 24	Latin - H & O	2.00 – 5.00
	Technology - O	2.00 – 4.00
TUESDAY 24	Technology - H	2.00 – 4.30
	Japanese - H & O - Written	9.30 – 12.00
TUESDAY 24	Japanese - Aural	12.10 – 12.50
	Politics & Society - H & O	9.30 – 12.00
TUESDAY 24	Arabic - H & O	9.30 – 12.30
	Religious Education - O	2.00 – 4.00
TUESDAY 24	Religious Education - H	2.00 – 4.30
	Applied Mathematics - H & O	2.00 – 4.30

Notes



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Leaving Certificate Applied Examination

Timetable 2025

WRITTEN TIMETABLE 2025

Each candidate should note carefully the dates and hours, as fixed on this official timetable, for the examinations in the subjects in which he/she intends to present himself/herself. The Commission will not be responsible for any errors which may occur in the reproduction of this timetable by outside agencies. Candidates are required to be in attendance at least half an hour before the examination begins in the subject in which they first present themselves.

JUNE	TIME	SUBJECT
WEDNESDAY 4	9.45 – 11.45	English & Communication
	2.00 – 4.00	Social Education
THURSDAY 5	9.30 – 10.30	Gaeilge Chumarsáideach
	9.30 – 12.30	Sign Language (see Note 1)
	2.00 – 4.30	Sign Language (see Note 1)
	2.00 – 3.00	French / German / Spanish / Italian
FRIDAY 6	9.30 – 11.30	Mathematical Applications
	2.00 – 3.30	Hotel Catering & Tourism
MONDAY 9	9.30 – 11.00	Engineering
	2.00 – 3.30	Child Care / Community Care
TUESDAY 10	9.30 – 11.00	Graphics & Construction Studies
	11.30 – 1.00	Hair & Beauty
	2.30 – 4.00	Office Administration & Customer Care
WEDNESDAY 11	9.30 – 11.00	Agriculture / Horticulture
	2.00 – 4.00	Technology
THURSDAY 12	9.30 – 11.00	Active Leisure Studies
	2.00 – 3.30	Craft & Design



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Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CYCLE EXAMINATION TIMETABLE 2025

Each candidate should note carefully the dates and hours, as fixed on this official timetable, for the examinations in the subjects in which he/she intends to present himself/herself. The Commission will not be responsible for any errors which may occur in the reproduction of this timetable by outside agencies. Candidates are required to be in attendance at least half an hour before the examination begins in the subject in which they first present themselves.
The start time for all Junior Cycle afternoon examinations is 1.30p.m.

JUNE	SUBJECT		TIME
	H = Higher Level O = Ordinary Level C = Common Level		
WEDNESDAY 4	English	- H & O	9.30 – 11.30
	Religious Education	- Common Level	1.30 – 3.30
THURSDAY 5	Irish T1	- H & O (incl aural)	9.30 – 11.30
	Irish T2	- H & O (incl aural)	9.30 – 11.30
	Geography	- Common Level	1.30 – 3.30
FRIDAY 6	History	- Common Level	9.30 – 11.30
	Mathematics	- H & O	1.30 – 3.30
MONDAY 9	Science	- Common Level	9.30 – 11.30
	Business Studies	- Common Level	1.30 – 3.30
TUESDAY 10	Graphics	- Common Level	9.30 – 11.30
	Italian (incl aural)	- Common Level	9.30 – 11.30
	French (incl aural)	- Common Level	1.30 – 3.30
WEDNESDAY 11	Home Economics	- Common Level	9.30 – 11.00
	Spanish (incl aural)	- Common Level	1.30 – 3.30
THURSDAY 12	German (incl aural)	- Common Level	9.30 – 11.30
	Wood Technology	- Common Level	1.30 – 3.00
FRIDAY 13	Jewish Studies	- Common Level	9.30 – 11.30
	Music	- Common Level	9.30 – 11.00
	Engineering	- Common Level	1.30 – 3.00
	Classics	- Common Level	1.30 – 3.30
MONDAY 16	Applied Technology	- Common Level	9.30 – 11.00

Leaving Cert Languages

Need more information deciding on Leaving Cert Languages?

Are you a student or parent who would like to know more about studying **Chinese, Lithuanian, Polish** or **Portuguese** for the Leaving Certificate?

Languages Connect is organising a series of online information sessions to help students and parents become familiar with the new Leaving Cert curriculum and also learn about language classes available for students and funded by the Department of Education. This is the link to the information sessions:

<https://languagesconnect.ie/leaving-cert-information-sessions/>



Get Ireland Active

Get Ireland Active has launched a new interactive map which would be a wonderful resource to share with parents. The map will guide the user to explore thousands of opportunities, from casual to competitive, and find those that suit their family best. The Get Ireland Active map aims to help users to take control of their own activity journey. All in one place, explore countless trails, clubs, facilities, and public places across the country. You can access the map [HERE](#).

FREE QQI Level 5 modules in Childcare

LMETB hope to commence FREE QQI Level 5 modules in Childcare (now called Early Childhood Learning & Care) part-time, through their Back To Education Initiative (**BTEI**).

BTEI classes are eligible to those who meet any of the criteria below:

- Have less than upper second level education (Leaving Certificate) **OR**
- Have a medical card or are the dependent of a medical card holder **OR**
- Are in receipt of a social welfare payment (e.g. Jobseeker Allowance/ Benefit. One Parent Family Payment, Cares Allowance, Disability Allowance, etc.)

For those seeking asylum, they must have their work permit before being eligible.

For further details you can contact: LMETB FET Campus, Chapel St, Dundalk, Co. Louth, A91 XV08

Contact: Claire O Boyle

Tel: 086 068 9542

Email: bteilouth@lmetb.ie



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Empowering Further Education and Training (FET) Learners to Drive Climate Action: New Module Launch

Solas has a groundbreaking module aimed at equipping every Further Education and Training (FET) learner with the essential green skills and sustainability awareness needed to become catalysts for change on climate action.

This newly developed module, a vital component of the Government/Solas's commitment to environmental responsibility, offers learners the opportunity to delve into various user research topics and methods, ensuring a comprehensive understanding of the pressing climate challenges we face. Throughout the course, learners will explore practical ways to reduce their carbon footprint through the 'Reduce your Use' program, hosted on the user-friendly eCollege platform. Participants will gain valuable insights and knowledge, enabling them to make informed decisions that positively impact our environment.

Learners can sign up for the 'Reduce your Use' course on eCollege

<https://www.ecollege.ie/fetch/?sfcw-courseid=403961>

Upon completion of the course, learners will receive a certificate of completion, highlighting their dedication to sustainable practices. To ensure accurate tracking of learners' progress, tutors are kindly requested to save a copy of these certificates and submit the details of learners who have successfully completed the course through the convenient. [Tracking Form](#).

This innovative module not only empowers FET learners but also underscores the Government/Solas's commitment to fostering a greener future. By equipping individuals with the necessary skills and knowledge, we can collectively address climate change and create a more sustainable society.

This module is a vital component of the Government/Solas's pledge to equip every FET learner with the green skills and sustainability awareness necessary to act as real agents of change on climate action.

LMETB FREE Training Courses for Parents/Guardians

LMETB Adult Learning Service are offering the following FREE courses:

ESOL Courses (English for Speakers of Other Languages) - this course is for 4 hours per week for 12 weeks.

Computers/iPad/Smartphone Courses - this course is for 2 hours per week for 12 weeks.

Intensive Literacy and Numeracy Courses for Adults - this course is for 6 hours per week for 14 weeks and is QQI accredited.

To register for any of these courses call or text 086-0598585.



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Louth Tusla Parenting

Louth Tusla Parenting have developed an online pivotal point of information for parents in Louth. The "**Louth Parent Hub**" website which is <https://www.louthparenthub.ie/>. Parents can access parenting programmes at the following link: [Programmes \(louthparenthub.ie\)](https://www.louthparenthub.ie/programmes)

The key functions of this website are to:

1. **Inform** parents what Services are in their own locality, through providing a categorised "**Directory of Services**" that is easy to navigate and geo-mapped to provide results in closer to their own location.
2. **Help** Parents identify what "**Programmes/Supports**" are available in their area and link them with a local provider who they can contact directly through the website.
3. **Provide** Parents with up-to-date information on programmes and events happening in their area, using a "**Calendar of Events**" that can be populated by services who sign up to join the Louth Parent Hub. There is a QR code to the Louth Parent Hub below:



Visit the
Louth Parent Hub
for information on the
support, services and
events happening in
your local area



Scan QR Code to visit
louthparenthub.ie

PROGRAMMES
Discover a range of parenting and family related training programmes happening within Louth under the support of the Louth ABC Programme.
[VIEW PROGRAMMES](#)

LOCAL SERVICES
Our aim was to provide families with the most up to date information available to them, and a way to find and contact the required services.
[FIND LOCAL SERVICES](#)

WHAT'S ON
View our live calendar of events, on which you can register your interest and contact the provider directly.
[WHAT'S ON](#)

Area Based Childhood Programme | LOUTH LOCAL DEVELOPMENT | Child and Family Support Network | TUSLA | CYPSC

Louth Speech and Language

The Louth Speech and Language team are now on social media. You can follow the team for Speech and Language advice and tips.



Healthy Louth Newsletter Autumn/Winter 2024

Healthy Louth have designed a bi-monthly newsletter please find the link to the 12th edition below:

[Healthy Louth Newsletter Autumn/Winter 2024](#)

The Healthy Louth Newsletter will signpost to various health and wellbeing information / programmes and events happening across Louth each month. The content of the newsletter incorporates Healthy Ireland themes including:

- Mental Health
- Nutrition
- Physical Activity
- Sexual Health
- Spaces & Places for Health and Wellbeing
- Tobacco & Alcohol



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- Older People
- Workplace Wellbeing

Parenting24seven

Parenting24seven is part of the Supporting Parenting project in Prevention Partnership and Family Support service within Tusla. You can choose your child’s age range or look through their different articles. The link to the website is as follows: parenting24seven

Invitation to Parent Forum

The purpose of the parent forum is for parents to come together, meet other parents, share their views and opinions to improve services and implement change in their area.

The North Louth Parent forum takes place on:

Date: Wednesday 5th February 2025

Time: 10.30am - 12.00pm

Venue: Training Room, Louth Local Development Office, Park Street, Dundalk, Co. Louth

The poster features a blue and white color scheme with decorative wave patterns at the top and bottom. At the top center is the 'Area Based Childhood Programme' logo, which includes a stylized 'ABC' in colorful letters. Below this, the main title 'INVITATION FOR ALL PARENTS OF COUNTY LOUTH' is written in large, bold, blue capital letters. The body text explains the purpose of the forum: 'We would like to improve services for all parents and implement change in your area. If you are interested in working together with other parents towards improvements then we would like to invite you to come along, meet other parents, share your views and opinions and consider joining a parenting forum.' Below the text are three icons: a calendar icon for the date 'Wednesday 5th February 2025 10.30am-12pm', a location pin icon for the venue 'Louth Local Development Office, Training room, Park Street, Dundalk', and a contact icon for 'Christina Ryan christina.ryan@lldc.ie 0872598149'. At the bottom, it says 'Light refreshments provided' and includes logos for 'LOUTH LOCAL DEVELOPMENT' and 'TUSLA'.



Coláiste Chú Chulainn

Barnardos Online Safety Webinar for Parents

Barnardos trainers deliver live webinars to parents about online safety with a short Q&A after. These 45-minute webinars are free to register. There are generally two webinars a month. See below to register your place on an upcoming webinar, and download [this flyer](#) for more information. The link to the website is: <https://www.barnardos.ie/learning-development/training/online-safety-programme/for-parents/>



Barnardos Online Safety Programme

Online safety Webinar for Parents

Duration: 45 minutes
Group size: Up to 100
Costs: Free

Overview

Barnardos online safety webinars for parents are based on current research and best practice to promote online safety for children. We believe that open communication between children and adults and regular conversations about a child's online use are key to helping children stay safe online. We do not scare or sensationalise, our objective is that parents leave our webinar feeling empowered and have practical tips that will help their family stay safer and be happier on the internet.

Our workshop is suitable for parents with children of all ages and it is held live, on Zoom with an experience Barnardos trainer.

Topics covered are:

- How to talk to your child about online safety
- Parental controls
- Helpful websites
- Cyberbullying and how to help your child
- How to encourage digital wellbeing
- Sexting
- Strategies gaming and screen time

Learning outcomes

Parents will be able to:

- Outline the key risks for children with being online
- Implement practical solutions and tips to help their children stay safe online
- Reflect on how they might help their children if they were cyberbullied/cyberbullying
- Recognise ways to interact with their child's online world and day to day experiences
- Identify helpful websites and research and signpost them to others

You can register for the next available parent webinar on our website at www.barnardos.ie/osp

Advice for Parents about Cyberbullying



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

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

Despite the terrific 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 is 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.

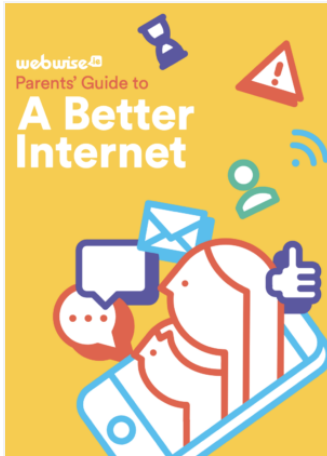
What is cyberbullying?

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

It is important to note that Cyberbullying can happen to anyone. It is 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 do not see the victim in front of us. You cannot 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 is never too late to start conversations and instruct 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 should not 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 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 do not alarm them by taking immediate action they are 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

School Notices

Attendance

- Attendance is the first step to academic success.
- There are **166 school days** in the year and every one of them is important.
- Attendance is an important life skill that will help your child both now and in their future.
- It will benefit a student's well-being, education, and career.
- Improved literacy and numeracy skills, even among those students who are struggling in school.
- Students who frequently attend school feel more connected to their community and develop strong social skills and friendships.
- Fahd Monney on the right continues to represent his family and town with Dundalk FC. He has full attendance in school.



Top 10 attenders in Leaving Certificate

Our top 10 attenders in the Leaving Certificate had over 80% attendance. Our top 5 students had over 90% attendance.

This shows the importance of school attendance with regard to achieving positive educational outcomes for our students. As we know, attendance is the core to success in school.

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.



Parents / Guardians can help make Every School Day Count

- Establish a good routine in the mornings and evenings so your child is prepared for the school day ahead.
- Be organised. Make sure they have everything ready from the night before.
- Have their coats and bags at the door.
- Have their lunch made.
- Have their uniform/PE uniform ready.

Communication with School

Our school is very busy. We remind all families of the communications procedure we have in place:

1. Student Journal should be signed by guardians every week.
2. Guardians should note communication in the Student Journal and record absences / late arrivals in the front cover.
3. Guardians should email colaistecc@lmetb.ie to request an appointment if required.
4. All students who have medical appointments, must be collected, and signed out in person by a guardian.

Homework and Study

Coláiste Chú Chulainn has an ambition for all students to excel in their academic endeavours. This means that we give homework, revision, and study tasks each day to all our students. Students should record this in their student Journal and should be busy with school work each evening. 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.

The government and Department of Education now provide free copy books and materials to all 1st, 2nd, and 3rd Years. This will roll out to all senior students next year. This means that all students must have all their work neat, tidy and in the correct copies. We suggest that guardians read your student's work on a regular basis and discuss what they are learning.

As a school, we appreciate your support for our work and your student's progress.

Student Absences

All student absences from school need to be recorded in the inside cover of the school journal. This is the best way for school and family to record absences. It means that you and the Year Head can account for all days missed.

Punctuality (Beat the Bell)

Students are expected to be punctual each morning. It is important for your student to understand the importance of being in school on time and to go to each class on time. Your student is expected to be in



Coláiste Chú Chulainn

Parents & Guardians Bulletin Coláiste Chú Chulainn



2024 - 2025

Issue 5 January 2025

the school by 8:45. Missing a few minutes each day at the start of the school day or during the school day can add up to many hours lost over the year.

Good punctuality means:

- You show respect for the person you are meeting.
- You respect yourself enough to keep your word.
- You prove that you can be trustworthy.
- You are appreciated for being on time.
- You are regarded as a dependable person.
- You are seen as a professional.
- You build a powerful reputation for your character.
- You attract more opportunities for your character.
- You eliminate stress from your life by removing the anxiety of being late.
- You do the right thing and feel good about it.

Medical Certificates/Hospital Appointments

If your student(s) attend a doctor or hospital appointment, we need your student to bring in the medical certificate/hospital appointment to their Year Head who will then put this in their student file. This will explain their reason for their absence in school.

Healthy Eating Policy

We remind all parents/guardians that school provides a free snack at 10.50am and a free sandwich at 1.10pm. All students should bring an empty bottle as we have filtered water towers for them to drink fresh water.

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. It is not acceptable for students to bring unhealthy foods to school. We instruct students and you teach your children to avoid lollipops, packets of biscuits and crisps. So, together, we will ensure they do not have them in school.

Mobile Phone Usage in School

The government and Department of Education is concerned about the use of mobile phones in school. We share this concern. Our policy is clear - that all student phones must be switched off throughout the school day. If a student is found to breach this rule, we confiscate the phone and require an adult to come to school to collect the phone from school. We appreciate everybody's support in this matter.



Vapes and E-Cigarettes

Vapes, cigarettes and e-cigarettes are prohibited in schools in Ireland. It is illegal to sell these products to young people. We take a dim view of vaping in our school and remind all guardians that a student who is found to be vaping, in possession of a vape, or involved with assisting others to be involved in vaping will be suspended.

We ask that all guardians discuss the dangers of vaping and smoking with your students.

Uniform Policy

All students know about the Uniform Policy. It is on page 7 of their journal. Please ensure full uniform at all times. Note the rule on facial piercings please. 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.

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.