



Coláiste Chú Chulainn

# Parents & Guardians Bulletin Coláiste Chú Chulainn



2024 - 2025

Issue 3 November 2024

## November 2024

### 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	<a href="http://www.colaiстеcc.ie">www.colaiстеcc.ie</a>
<a href="mailto:colaistecc@lmetb.ie">colaistecc@lmetb.ie</a>	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 2nd December		No school.
Monday 9th December – Friday 20th December		3 <sup>rd</sup> Year Mocks.
Monday 23rd December - Friday 3rd January		Holidays.
Monday 27th January – February 7th February.		6 <sup>th</sup> Year Mocks.

### School Activities/Events

#### Excellent Attendance Certificates

Over 230 students received excellent attendance certificates. The importance of school attendance helps our students to achieve positive educational outcomes. Attendance is the core to success in school.



1<sup>st</sup> Year students with their excellent attendance certificates



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**2<sup>nd</sup> Year Students with their excellent attendance certificates**



**3<sup>rd</sup> Year students with their excellent attendance Certificates**



**4th Year students with their excellent attendance certificates**

### Debating Team

Congratulations to our debating team who defeated Royal School Cavan in their Concern debate. They debated in the third round on the 18<sup>th</sup> of November and are into the next round.

### 3rd Year Debating

Mr Fearon and Ms Nic Eochaidh's 3rd Year English students worked on their debating skills. The controversial motion was "Secondary school students should be allowed to use smart phones freely during the school day" and the opposition won!





### 5th Year Art trip

Our 5th Year Art students visited Newgrange on the 5<sup>th</sup> of November. Thank you to Mr Farrell for organising this.

### Student Enterprise Programme

Francis Verling working on behalf of the Student Enterprise Awards presented the second enterprise workshop on the 11<sup>th</sup> of November to our 4th Year students on getting their business ideas up and running. Thank you to Mr Curran for organising this.

### Erasmus

A number of our students attended a meeting about the Erasmus programme. Erasmus+ is the EU's programme to support education, training, youth, and sport in Europe. It has an estimated budget of €26.2 billion. This is nearly double the funding compared to its predecessor programme (2014-2020).

The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life.

It supports priorities and activities set out in the European Education Area, Digital Education Action Plan, and the European Skills Agenda. The programme also

- supports the European Pillar of Social Rights
- implements the EU Youth Strategy 2019-2027
- develops the European dimension in sport

## Women's Aid Workshop

Our students attended talks by Women's Aid on Friday 8<sup>th</sup> of November. This has been designed specifically for young people so that they will have a better understanding of what a healthy relationship looks like. They should also be able to recognise what a red flag might be or what could be a potentially abusive relationship. This workshop breaks down this myth and looks at the many other forms of abuse. This is done in a way which young people can understand and relate to. This programme has been delivered to schools & youth groups by Women's Aid Dundalk for approximately 10 years now. It is regularly updated to remain as current to young people and their needs. Students thoroughly enjoyed these workshops, and the feedback was very positive. Thank you to Ms Ni Chonluain for organising this.

## Architect Showcase Event - Architects In Schools programme

Our 4th Years attended an Architect Showcase Event on the 18<sup>th</sup> of November in the school. This was organised by the Art Department. The Architects in Schools programme runs from September to May each academic year, with the main workshop activity taking place between October and March. The workshop schedule is agreed locally between the assigned architect and each individual school. Thank you to Ms Thornton for organising this.

## Science, technology, engineering, and mathematics (STEM) Inclusion

On the 19<sup>th</sup> of November our 4th Year students attended their third and final Lab Day in Microsoft Dream Space in Belfast for the STEM Passport for Inclusion project. During their final session they worked in groups to present a finished product related to their chosen Sustainable Development Goal. Working as a team, students were able to divide up their jobs for coding, creating a presentation and creating a sample product. All students got up to present their final product to the group attending Lab Day 3 and all did a wonderful job. Now all students are working hard on their final assignment - a college essay presenting their finished code to be presented and graded by lecturers in Maynooth University! Good luck to all students working on this essay over Christmas. Thank you to Ms White for organising this.







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## Stand Up Awareness and Anti-Bullying Week

Our Anti Bullying Week began on the 4<sup>th</sup> of November. 4th year students participated in workshops titled 'Loves me, Loves me Not' delivered by Women's Aid. There will be additional workshops organised this month.

L2L/SPHE classes engaged in activities regarding anti-bullying and diversity week focusing on the theme 'Choose Respect'. The 'Ban the Bully Box' with students was discussed and there was a focus on students knowing where to go about alleged bullying (outlined in anti-bullying policy pages. 8 and 9. Ambassadors helped to raise awareness of anti-bullying week by putting up the posters around the school.

### Peer mentor Training

45 students including 4th years and ambassadors engaged in 2 hours of peer mentor training last week. Students learned how to be active listeners and how to engage positively with first year students as role models and mentors this year. This is the first time for the programme to be introduced to the school, and students are very excited to be involved in this! These mentors will be great supports to our first years. Thank you to Ms Ní Chonluain for organising this.





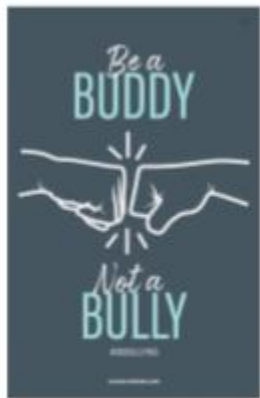
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### Arts Week Update

Our students fully immersed themselves in a wide range of artistic and musical experiences. Here are some key highlights:

- Our 6th-year art students visited the historical landscape of Brú na Bóinne where they explored Ireland's ancient history and the rich heritage of the remarkable Newgrange and Knowth sites.
- Junior and Senior students participated in a screen-printing workshop led by local artist and Creative Spark manager Grainne Murphy. Not only did our students discover the fantastic facilities and opportunities available at Creative Spark, but they also learned the art of printmaking by producing beautiful Dundalk - themed prints - some of which can be found on display around the school.
- Our students embraced the Japanese art of paper folding by creating a colourful array of origami cranes and foxes. Their work is assembled to make up a piece of hanging sculpture that is displayed in the school.
- Our incredibly talented musicians hosted a fantastic variety concert which showcased the diverse musical skills that thrive within our school community.
- Coláiste Chú Chulainn's Favourite Painting - Our students have spoken and have selected *A Convent Garden, Brittany* by William John Leech as Coláiste Chú Chulainn's favourite painting.
- There was an Art and Music Treasure Trail competition.
- There was also a Spelling On The Stave competition. Thank you to the Art and Music Departments for organising this.



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### College Awareness Week 2024

As part of our College Awareness activities, we had our annual Careers & College Fair which took place on the 13<sup>th</sup> of November from 9am to 1pm. It was again a great success. We had a number of Higher Education Universities/Colleges from both side of the border in attendance on the day. We had representatives from Technological University Dublin (TUD), Maynooth, Ulster University (UU), University of Galway, DKIT, SOLAS Apprenticeships, Dublin City University (DCU), along with our local PLC Colleges. The students really enjoyed it, and we had multiple comments from our visitors regarding how well presented, organised and ambitious our students are.

This was a busy event as all senior cycle students got the opportunity to attend at their allocated time.

Teachers engaged in conversations with students during their class time around their subject and the different careers it connects to and encouraged their students to ask questions and to do some research on their preferences on the following websites:

[www.careersportal.ie](http://www.careersportal.ie), [www.cao.ie](http://www.cao.ie) , [www.ucas.co.uk](http://www.ucas.co.uk)

We would like to thank Eli Farrelly and Makayla O Grady for their creativity in writing a song for College Awareness! A special thank you to Mr. Noonan and Ms. Murphy for their help with the creation of the video. Thank you to the Guidance Department for organising this.





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## Sports

### Boys Basketball

Our U16 team played Lagan College on the 7<sup>th</sup> of November, and they won. We had a home game in the North East Semi Final against Ashbourne Community College on the 18<sup>th</sup> of November and they won. Thank you to their coaches Mr Slowey and Mr Murray.



### Boys Soccer

Our U15's played Donabate on the 8<sup>th</sup> of November and our U17's played Coláiste na HInse. Both teams won. Our U19's played on the 12<sup>th</sup> of November. Our U15 and U19 Soccer teams played Beaufort College on Thursday, 21<sup>st</sup> of November and both teams won. They also played on the 25<sup>th</sup> of November. Thank you to their coaches Mr Nicks, Mr Rafferty, Mr Breen, and Mr Fearon.

### Girls Basketball

Our U16 and U19's played on the 11<sup>th</sup> of November and the 19<sup>th</sup> of November and played well in both games. They also played on the 27<sup>th</sup> of November and played well. Thank you to their coaches Ms McLaughlin and Ms McGory.



## 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.



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## Parents Visit to Dáil Éireann

A group of parents Visited Dáil Éireann on the 8<sup>th</sup> of November. Thank you to Senator John McGahon. It was the last tour of the 33rd Dáil as it was dissolved for the general election. The parents gained increased knowledge of Dáil Eireann which has the power to pass law, nominate or remove The Taoiseach. Parents engaged with public administration and the workings of the national government. The parents learned about how our Parliament works and its history and buildings. Parents discovered the origins and role of the Oireachtas, what it does and how Members are elected. They also explored the buildings to find out how to arrange a visit to the Oireachtas. Parents also learned about the history of democracy and got to meet new people on the day of the visit.



## Visit to Technological University Dublin (TU Dublin) in Grangegorman Campus

We are organising a parents/guardians tour in February to the Technological University Dublin (TU Dublin) on the Grangegorman campus. Date in February is to be confirmed but will be a Wednesday or Friday morning from 10.00-12.00. Bus will be leaving from the school at 8:45 and will be returning at approximately 2:00. If you are interested, please contact Mr Cumiskey on 086-1287719 as places are limited for the tour.

## 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](mailto: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](https://www.louthparenthub.ie/)" 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](https://www.louthparenthub.ie)

**PROGRAMMES**  
Discover a range of parenting and family related training programmes happening across Louth under the support of the Louth Local Development Board.

**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.

**UPCOMING EVENTS**  
View our live calendar of events, on which you can register your interest and contact the provider directly.

VIEW PROGRAMMES | FIND LOCAL SERVICES | WHAT'S ON

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



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### 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



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- Tobacco & Alcohol
- 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](https://parenting24seven.com)

## 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.

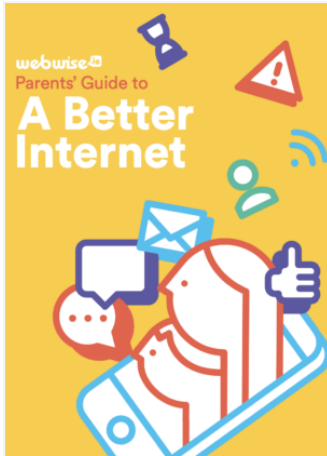
What is cyberbullying?

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.



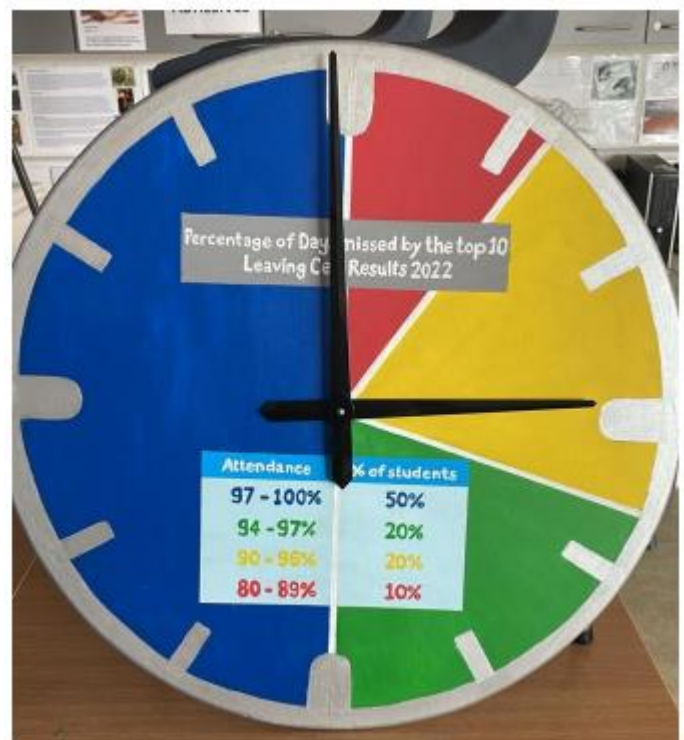
### Top 10 attenders in Leaving Certificate

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.







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## 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@imetb.ie](mailto:colaistecc@imetb.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



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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.