



Coláiste Chú Chulainn

# Parents & Guardians Bulletin Coláiste Chú Chulainn



2024 - 2025

Issue 2 October 2024

## October 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
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Home School Liaison Mr Cumiskey	086 1287719



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### Upcoming Events and Important Dates

Date	Time	Event
Monday 28th October	All week	Mid Term Break.
Monday, 4th November		School Reopens.



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## School Activities/Events

### Politics Conference

Our 5<sup>th</sup> and 6<sup>th</sup> Year Politics and Society students attended a politics conference in Castleblayney on the 1<sup>st</sup> of October. The conference was entitled 'Ireland's place in Europe.' Thank you to Mr Corbally for organising this.



### Debating

Our debating team debated in Stormont, Belfast on the 2<sup>nd</sup> of October and also took part in their first Concern debate on the 8<sup>th</sup> of October. Thank you to Ms Henning for organising this.



### Junior Cycle 2024

Our students received their Junior Cycle results on Wednesday, 9<sup>th</sup> of October. We are so proud of them all and congratulations in doing well in their exams.



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### Entwined Futures

Our 2nd Year Entwined Futures students attended their second workshop on the 10<sup>th</sup> of October. During the second Entwined Futures workshop, our students partnered with students from Lagan College, Belfast. Together, they crafted a script for their short film and compiled detailed lists of props and costumes. This preparation sets the stage for their upcoming residential in Share Village, Fermanagh, where they will film their creations later this month. They also took part in the Entwined Futures on the 21<sup>st</sup> and 22<sup>nd</sup> of October. They were in Fermanagh making a short movie.

Thank you to Mr Noonan for organising this.







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## Berlin Trip

4th and 5th Year students travelled to Berlin from the 14<sup>th</sup> - 17<sup>th</sup> of October. Thank you to Ms Masterson for organising this.



## RTÉ Upfront with Katie Hannon

A group of senior economics students and teachers travelled to the RTÉ studios to attend Upfront on Monday 14<sup>th</sup> of October at 8:00pm. Journalist Katie Hannon hosts a live audience-centred current affairs programme where the public come face to face with those whose decisions impact directly on all our lives.





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### Student Enterprise

All 4th Year students had a meeting with Francis Verling a mentor from the Student Enterprise Programme on Thursday, 10<sup>th</sup> October. The Student Enterprise Programme is an enterprise education programme run by the Network of Local Enterprise Office of Ireland (LEOs). It is Ireland's largest and most successful student enterprise programme with over 28,000 students taking part each year. It runs from September to May each year. Students get to set up their own business and do everything a real-life entrepreneur would do from coming up with the business idea to marketing and writing a business plan. Thank you to Mr Curran and the business department for organising this.



### iRun

Mr McCabe is organising iRun. He had 70 students and Kate O'Connor, heptathlete, on a 2km walk for lunch. This is a weekly event. Thank you to Mr McCabe for organising this.



### 5th Year Leaving Certificate Vocational Programme (LCVP)

All 5th Years students attended work experience for a week from the 21<sup>st</sup> of October. This is part of their LCVP Portfolio item to do work experience and write a report based on their experience. The portfolio items are worth 60% and the theory exam is worth 40%.

### 6th Year Art Trip

Our 6th Year Art students visited Brún na Bóinne on the 22<sup>nd</sup> of October. The Brú na Bóinne Visitor Centre is the starting point for all visits to the monuments of the UNESCO World Heritage Site at Brú na Bóinne, notably the passage graves of Newgrange and Knowth. It is located eight kilometres west of Drogheda in County Meath.

### Space Week 2024

This Space Week, we had loads of activities going on around the school! On Monday there was "Crack the Code" where students solved puzzles to find the secret space code! Tuesday was the Space Week treasure hunt, with students running around the school seeking out the space facts on classroom doors.



On Wednesday, students submitted their Space Poems, with some excellent submissions. Thursday was the classic "Alien Escape" that runs each year during Space Week, where students had to track down some Alien Escapees hidden around the school. All participants had a great time, and all winners received prizes.

### Every School Day Counts Week

The 'Every School Day Counts' week aims to highlight the importance of school attendance with regard to achieving positive educational outcomes for students. As we all know, attendance is the core to success in school. There are 166 school days in the year. During the 'Every School Day Counts' week there were random prizes every day for students who attended school called 'If You're Not In You Can't Win'. An announcement was made each day announcing the winners of the competition. There was also a poster and an English poetry competition entitled: 'Every School Day Counts'. Below is a picture of some of the winners:







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### Arts Week

Arts week helped our students to get creative. This took place in all subjects our students are studying as this included a creative activity in their lesson(s). Examples included in English: Imaginative Halloween writing, in P.E.: Movement and in history: creating a comic strip of a particular period/event.

There was the launch of the Creative Space Bulletin Board. Students were encouraged to post things that represented their creativity on the bulletin board throughout the week. There was the Whole School Origami Artwork. As part of Creative School Programme, the students came up with an idea to make a piece of art for the school based on the rainbow colours. All SPHE and 5th Year Rec. PE classes made a small origami fox/crane, and then they assembled this to make up an overall piece of hanging sculpture.

Other activities included 'Spelling on the Stave'. Students had to crack the code on the music stave. Students submitted their guess beneath the stave. There was 'Art Movements'. Students stepped into the world of Impressionism and the Renaissance. 'Irish Music Spotlight', students discovered their new favourite band/musical artist when exploring Ireland's rich and diverse music scene.



## Sports

### Boys Basketball

Our U19 basketball team played on the 2<sup>nd</sup> of October and the 8<sup>th</sup> of October and our U16s played Sligo Grammar in the Basketball National Cup. Both teams won. Our U16 and U19 team also played Beaufort College on the 10<sup>th</sup> of October and played St Mary's on the 17<sup>th</sup> of October. They won both games. They also played on the 23<sup>rd</sup> of October. Thank you to their coaches Mr Slowey and Mr Murray.



### Girls GAA

Our U19 girls played their first match against St Marys on the 3<sup>rd</sup> of October. The girls put in a great effort but unfortunately were beaten. They also played on the 22<sup>nd</sup> of October. Thank you to their coaches Mr Callan and Ms Cull.

### Boys Rugby

Our U19 rugby team played a rugby blitz on the 1<sup>st</sup> of October and performed well. They also played games on the 8<sup>th</sup> of October and 10<sup>th</sup> of October. The team performed well in all their matches. Thank you to their coaches Mr Foentjies, Mr Sheelan and Mr Kerley.

### Boys Soccer

Our U17 boys played on the 2<sup>nd</sup> of October. Our First Years played Dundalk Grammar on the 3<sup>rd</sup> of October. Our U15s played on the 10<sup>th</sup> of October against Malahide Community School in the cup. Our U19s played Boyne Community School, Trim on the 24<sup>th</sup> of October. Thank you to their coaches Mr Nicks, Mr Rafferty, and Mr Breen.



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### Girls Basketball

Our U16 and U19 girls played on the 8<sup>th</sup> of October and also on the 21<sup>st</sup> of October. They played Castleblayney College and won both games. They won their group unbeaten and are now in the quarter finals. Thank you to their coaches Ms McGory and Ms McLaughlin.



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## Information and Courses for Parents/Guardians

### 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/>



### North Louth Parent Forum

**Area Based Childhood Programme**

## INVITATION FOR ALL PARENTS OF COUNTY LOUTH

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.

**Tuesday 12th November 2024**  
10am-11.30am

Louth Local Development Office, Training room, Park Street, Dundalk

**For more information or to confirm your attendance please contact:**  
**Christina Ryan**  
christina.ryan@lldc.ie  
0872598149

Light refreshments provided

**LOUTH LOCAL DEVELOPMENT** **TUSLA**

Invitation for parents to the November North Louth 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.





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**The North Louth Parent forum takes place on:**

**Date:** Tuesday 12<sup>th</sup> November 2024

**Time:** 10.00am - 11.30am

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

### 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.



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### 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.

### 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.



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- 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

The screenshot displays the Louth Parent Hub website with three main content areas:
 

- PROGRAMMES:** Discover a range of parenting and family related training programmes happening within Louth under the support of the Louth ABC Programme. Includes a 'VIEW PROGRAMMES' button.
- 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. Includes a 'FIND LOCAL SERVICES' button.
- WHAT'S ON:** View our live calendar of events, on which you can register your interest and contact the provider directly. Includes a 'WHAT'S ON' button.

 At the bottom, logos for partner organizations are shown: Area Based Childhood Programme, LOUTH LOCAL DEVELOPMENT (Supporting Communities, Families, Business and Enterprise), Child and Family Support Network, TÚSLA (An tSeirbhís Leasúcháin agus Social Support na nGairleán), and CYPSC (Child and Adolescent Mental Health Services).



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### Healthy Louth Newsletter Sept/Oct 2024

Healthy Louth have designed a bi-monthly newsletter please find the link to the 11th edition below:

[Healthy Louth Newsletter Sept/Oct 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
- Older People
- Workplace Wellbeing





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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.



## 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.

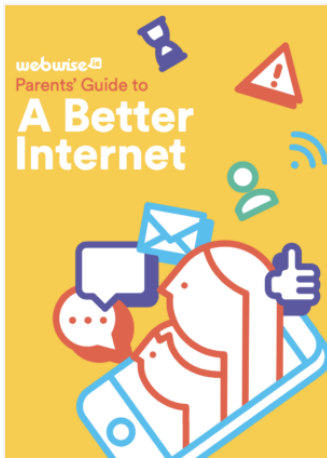
What is cyberbullying?

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.

### 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.

### 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 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.

## 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.