



Coláiste Chú Chulainn

Parents & Guardians Bulletin Coláiste Chú Chulainn



Imetb
Bord Oideachais agus
Oiliúna Lú agus na Mí
Louth and Meath Education
and Training Board

2024 - 2025

Issue 1 September 2024

September 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. I want to welcome all students back to school.

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 new 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
Tuesday, 1st October	6.30-9.30	Open Night.
Friday, 4th October		School closed.
Monday, 7th October		Oide Training for teachers (No students in school).
Tuesday, 8th October	4.15-6.45	3rd Year Parent Teacher Meeting.
Thursday, 17th October	4.15-6.45	6th Year Parent Teacher Meeting.
Monday, 21st October - Friday, 25th October	All week	5th Year Work Experience Week.
Monday 28th October	All week	Mid Term Break.
Monday, 4th November		School Reopens.



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School Activities/Events

Art class visit to Basement Gallery in An Táin Arts Centre

Mr Loughran’s Art class visited the Basement Gallery on Tuesday, 27th August. The Basement Gallery curate’s over 6 exhibitions annually from both local and national artists. In addition, they also run a Visual Artist in Residence programme for emerging artists and can arrange gallery visits and artist talks. The students visited the John O’Connor Retrospective exhibition: A Retrospective celebrates the practice of Dundalk-based artist John O’Connor (1957-2022).



Steeped in emotive memories of place, John’s works are most often drawn from memories of childhood summers spent on ancestral land in Ummeryroe, Co. Sligo. John amalgamated his visual fascinations with poetic re-contextualisation of that which rooted him. John’s paintings and prints skilfully blend memory, family, place, and observation, with striking use of abstract texture and colour.

This exhibition seeks to trace the roots of his practice, bring new works to light, and celebrate the powerful breadth of his lifelong practice.



Ambassador team for 2024/2025

We are delighted to congratulate and introduce our new Ambassador team for 2024/2025 academic year. We had an extremely competitive field this year and 29 applicants from 4th and 5th year applied. There were 21 successful candidates who shone at interview. Ms McGahon (5th Year Head) and Ms Ní Chonluain (Wellbeing Coordinator) and Bean Uí Riodal (4th Year Head) interviewed all candidates on Friday 10th of



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May. Ambassadors helped out at our graduation and will be working closely with the incoming first years on the mentoring programme '*Cairdeas agus Cinealtas*' (Kindness and friendship).

Our Ambassadors will do a lot of extra work to help out throughout the year and help with the smooth running of their school.



Ambassador team 2024/2025 Back Row left to right: Eleonora Kalpina, Franciszek Chmielecki, Hely Rasandratana, Éire Markey, Jack White, Angel Barnabas, James Patrick Otocka, and Daniele Del Duca.

Middle Row left to right: Beatryce Geneza Ciurar (Beti), Alice Adeyemo, Valerie Semenyuk, Laura Amushan, Jordan Nieuwenhuys, Hannah Watters, and Emma Townsend (absent from Photo).

Front row left to right: Lorcan Garvin, Mueez Bashir, Cedric Saavedra, Eli Farrelly, and Bean Uí Riodal.

Tanagh Outdoor Education and Training Centre

4th Year students visited Tanagh Outdoor Education and Training Centre on Monday 2nd and Tuesday 3rd September. Tanagh Outdoor Education and Training Centre provides a range of water-based and land-based adventure activities that students participated in.



The Language Place

The Language Place brought 20 x 13-year-old Italian students to school. The Modern Foreign Language (MFL) department arranged for our students to participate in quiz and other activities on the 3rd of September. The Language Place also brought 30 x 16-year-old Italian students to school on the 5th of September. The MFL department also arranged our students to participate in quiz and other activities.

Leaving Cert (LC) Class of 2024

We wish to congratulate our LC Class of 2024. They were invited to the school as a catch up and to wish them good wishes for their future.

WorldSkills Ireland 2024

Our 4th and 5th Year students attended WorldSkills Ireland on the 26th of September. A Government and Industry led event, WorldSkills Ireland 2024 took place from the 25th - 27th September 2024 at the RDS. Students got to see first-hand the wealth of career options available.



The event was run concurrently with Higher Options, both events aim to raise the profile and recognition of skills and apprenticeships, preparing the talent of today for the careers of the future.

Higher Options 2024

Our 6th Year students attended Higher Options on Friday, 27th of September in the RDS. Higher Options provides a unique opportunity for students to speak with representatives from third-level institutions from Ireland, the UK, Europe and further afield. At Ireland's largest education expo our students gathered information about their third-level options and attended career talks on a wide range of topics.



5th Year Geography

5th Year Geography students attended Tanagh to do a field study as part of their Leaving Certificate Geography course on Monday, 30th September.

Entwined Futures

There was an Entwined Futures Team Building Day on Friday, 11th of September. Second-year students took part in the Team Building Day with our partner school Lagan College, Belfast. Students attended a workshop on the 19th of September, and they were introduced to the themes of identity & citizenship, identified a theme for their films and an introduction to the film making process. They also took part in a school-based research and field visit in Glasnevin Cemetery in Dublin on the 27th of September. This initiative will bring together 160 students from 8 schools across Northern Ireland and the Republic of Ireland over the coming months. Participants will work together to produce a short film.



Science, Technology, Engineering, and Mathematics (STEM)

Stem for Inclusion took place in Maynooth University on the 24th of September. The All-Ireland STEM Passport for Inclusion programme is a joint initiative by Maynooth University, Microsoft Ireland, Science Foundation Ireland and the Department of Education that addresses inequalities with access to STEM careers among secondary school students in socially disadvantaged communities. The programme's innovative approach, which combines an educational qualification (Level 6 NFQ), education supports, and mentoring from industry role models, provides a unique pathway for approximately 5,000 students to progress to 3rd level education and achieve a STEM qualification. The national roll-out of the programme (2023-2025), which is funded by Microsoft, Science Foundation Ireland, and the Department of Education, will see participants graduate from partner universities, Atlantic Technological University, Munster Technological University and Maynooth University. Thank you to Ms White and Ms Boyle for organising this.





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Level 2 Learning Programme (L2LP)

Our Level 2 Learning Programme students visited Botanic Gardens.



European Day of Languages

The annual European Day of Languages was held on the 26th of September. To celebrate this, our Modern Foreign Languages (MFL) department ran a 'Guess the Speaker' competition.

Teachers played recordings at the start of each class. There were two separate recordings to be played during each period. Students tried to identify the language being spoken and the teacher who was speaking. Students wrote their answers on the answer cards. Students submitted their answers. There were 3 winners chosen per period. Thank you to the MFL department for organising this.

Concern Debating Workshop

A group of 5th Year students attended a Concern Debating Workshop in Stormont, Belfast on Wednesday, 2nd October. Thank you to Ms Henning for organising this.

Literacy Week

There was a Wordle competition each day. There were many literacy competitions through the week.

Sports

Boys Basketball

Our U16 and U19 basketball teams played St. Mary's, Drogheda on the 12th of September and both teams won. Our U19's also played a National Cup fixture in Ballyjamesduff, Co. Cavan on the 13th of September.



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Congratulations to both teams and thank you to their coaches Mr Slowey and Mr Murray. Both teams also played O'Carolan College, Nobber at home on Tuesday, 17th of September and also played a game on the 23rd of September.

Rugby

Our U19 rugby team played their first match on the 19th of September and unfortunately lost to Bush Post Primary. Thank you to their coaches Mr Foentjies, Mr Sheelan and Mr Kerley.

Soccer

Our U17 boys played Dundalk Grammar School on the 25th of September, and they won. Thank you to their coach Mr Nicks.

Information and Courses for Parents/Guardians

Leaving Cert Languages

Need more information deciding on Leaving Cert Languages?



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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/>



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:



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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

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 | LOUTH LOCAL DEVELOPMENT | Child and Family Support Network | TÚSLA | CYPSC



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North Louth Child Family Support Network (CFSN) - Louth Parent Forum

01.10.2024



**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 1st October 2024**
10am-12pm

 **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




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 Parent forum takes place on:

Date: Tuesday 1st October 2024

Time: 10.00am – 12.00pm

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



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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.





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LMETB FREE Certificate in Supporting Children in Primary School Course

Adult Learning Service Dundalk LMETB are offering a FREE Certificate in Supporting Children in Primary School Course. This certificate is specifically for people who are interested in childcare/SNA course but are not yet ready for Level 4 or Level 5. It is also for anyone who might not yet be sure if childcare is what they would like to do. The commitment is 3 hours per week for 16 weeks and the course is Level 3 QQI.

Starting September 2024

FREE

Certificate in Supporting Children with Learning in Primary School | QQI L3

- Starting September 2024
- A great introduction to Childcare or SNA courses
- QQI Accredited
- 3hrs per week for 16 weeks
- Limited Spaces

Adult Learning Service
LMETB,
Chapel Street,
Dundalk,
Ag1EoAW

TO REGISTER

- Call: 042 935 3591
- Text: 086 059 8585
- Email: alsouth@lmetb.ie

Visit lmetb.ie | | Co-funded by the European Union | SOLAS learning works | Skillnet Ireland (Commission of Ireland)

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.

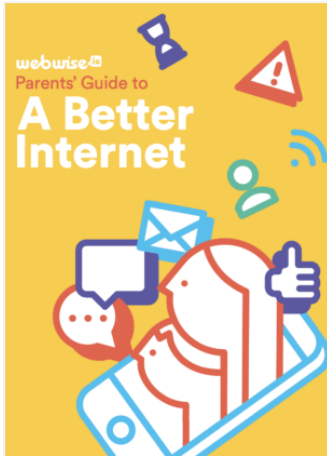
What is cyberbullying?

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.