

April 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	<a href="http://www.colaistecc.ie">www.colaistecc.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 12th May – Thursday, 15th of May	8:50-3:50	1st, 2nd, 4th and 5th Year Exams.
Friday, 30th May		Holidays.



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## School Activities/Events

### Newry Feis - Lá 1

Iago Lopez Merino and Alice Adeyemo won the Violin Duet competition with a rendition of Mama Mia. Iago won first place and Alice second place in the Leonard Gibney Memorial Prize.



### Galway University

Galway University presented to our 6<sup>th</sup> year students on Monday, 7<sup>th</sup> April. Thank you to Mr Creghan for organising this.



### Geography Field Study

Our 5<sup>th</sup> Year students attended a Geography Field Study on Wednesday, 9<sup>th</sup> of April. Thank you to Mr Callan for organising this.



### Erasmus programme

Coláiste Chú Chulainn Students and Staff went on the Erasmus Trip to Cherbourg on the 22nd of April 2025 to the 29th of April. They put in a very busy Erasmus programme in France. It was not a normal commercial trip, and this meant a lot of additional planning and thought was required. The learning in this project is the value in ensuring specific learning in each activity. It was a trip for learning. Thank you to Ms Rasandratana, Ms James, In Ní Thomhnair and Mr Noonan for organising the trip.



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### 4th Year Barista Course

4th Year students participate in a barista training course in the school given by Dublin Barista School. This was a 90-minute training course. Dublin Barista School is operating since 2011, they have a highly experienced team of trainers that came to our school. They provided all equipment and materials needed that give your student a unique experience.



During this very practical experience, your student learned via their commercial espresso machines the hands-on skills needed to work in the hospitality sector.

Thank you to Ms Nic Eochaidh for organising this event for our students.

### Concern Debate

Our students took part in a Concern Debate in Trinity College. Thank you to Ms Henning for organising this.

### Geography Trip

There was a Geography trip organised on the 9th of April for our 5<sup>th</sup> Years.

## Every School Day Counts Week

Our Every School Day Counts week was on from the 31st of March to the 4th of April. There are 166 school days in the year. All of our teachers take the roll call in each class, our Year Head's, our Deputy Principals, and our Principal Mr Sharkey monitors and checks students attendance on a daily basis, so it is important that your student is in school every day to take part in school life and events and to do well in their classes and in their exams. Parents/Guardians also have access to the Compass App which allows parents/guardians to check their student's attendance every day. A link was sent to all parents/guardians email to access the Compass App.



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 were two random prizes every day for students who were in 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 a poster, and an English poetry competition entitled: 'Every School Day Counts'. The picture shows some of the winners during the week.



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### Attendance Certificates

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





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## Sports

### Senior Rugby

Our Senior Boys Rugby team competed in a blitz on the 2nd of April. They also played on the 8th of April. Thank you to their coaches Mr Foentjies, Mr Sheelan, Mr Corbally and Mr Kerley.



### Boys Soccer

Our U15 boys won their Shield Semi Final and are now into the Final. Thank you to their coach Mr Fearon.

### Athletics

Students participated in the North Leinster Track and Field Championships and did very well. Thank you to their coach Mr Durnin.

## 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.

### After-School Study

We offer an after-school study programme. This provides a quiet and structured environment for students to focus on their homework and to study.

After-school study in Coláiste Chú Chulainn fosters good study habits and time management skills that benefit students in the long run.

Working in a group setting encourages collaboration and peer learning while the environment also caters for individual, quiet study. After-school study keeps our students engaged in productive activities, reducing distractions.

The after-school study facility creates a supportive learning environment that helps students succeed. We invite students to participate, and we look forward to assisting an increased number of students who wish to participate.

After School Study takes place on Monday, Tuesday and Thursday from 4:00pm-5:30pm. If interested, please contact the school office on 042-9354553.

## Ceramics Course

### Join Our Parents & Guardians Ceramics Class at Coláiste Chú Chulainn!

Are you looking for a creative outlet? Have you ever wanted to try your hand at ceramics? Now is your chance! Coláiste Chú Chulainn is delighted to offer an **8-week ceramics class** exclusively for parents and guardians.

**When?** Every Wednesday, starting **March 19<sup>th</sup>, 2025**

There are 2 sessions available.

**Session Times:**

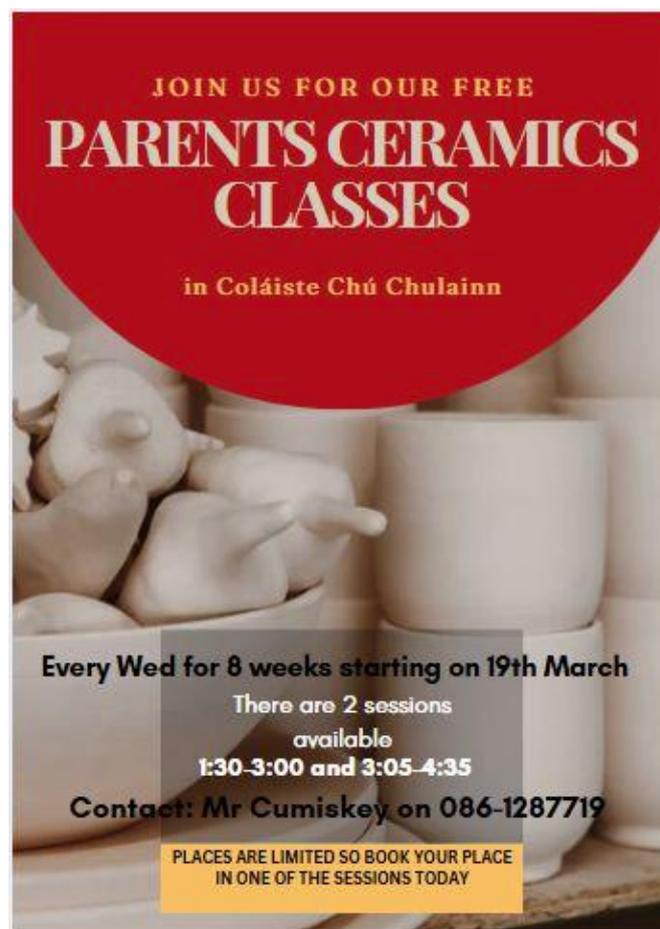
– **1:30 – 3:00 PM**

– **3:05 – 4:35 PM**

Whether you're a complete beginner or have some experience, this class will guide you through the basics of ceramics in a relaxed and enjoyable environment. You'll get hands-on experience with clay, learn different techniques, and create your own unique pieces to take home!

There are still places available for the course, so don't miss out! Secure your spot today by contacting **Mr. Cumiskey at 0861287719**.

Come along, get creative, and have fun - **we can't wait to see you there!**



JOIN US FOR OUR FREE  
**PARENTS CERAMICS  
CLASSES**  
in Coláiste Chú Chulainn

Every Wed for 8 weeks starting on 19th March  
There are 2 sessions  
available  
**1:30-3:00 and 3:05-4:35**  
Contact: Mr Cumiskey on 086-1287719

PLACES ARE LIMITED SO BOOK YOUR PLACE  
IN ONE OF THE SESSIONS TODAY



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State

### Examinations Commission

The timetables for the 2025 Leaving Certificate, Leaving Certificate Applied and Junior Cycle examinations have been published on [www.examinations.ie](http://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.



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## LEAVING CERTIFICATE 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.

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

## 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
<b>WEDNESDAY 4</b>	9.45 – 11.45	English & Communication
	2.00 – 4.00	Social Education
<b>THURSDAY 5</b>	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
<b>FRIDAY 6</b>	9.30 – 11.30	Mathematical Applications
	2.00 – 3.30	Hotel Catering & Tourism
<b>MONDAY 9</b>	9.30 – 11.00	Engineering
	2.00 – 3.30	Child Care / Community Care
<b>TUESDAY 10</b>	9.30 – 11.00	Graphics & Construction Studies
	11.30 – 1.00	Hair & Beauty
	2.30 – 4.00	Office Administration & Customer Care
<b>WEDNESDAY 11</b>	9.30 – 11.00	Agriculture / Horticulture
	2.00 – 4.00	Technology
<b>THURSDAY 12</b>	9.30 – 11.00	Active Leisure Studies
	2.00 – 3.30	Craft & Design



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/>



## Supporting Parents Initiative

The [Department of Children, Equality, Disability, Integration and Youth](#) (DCEDIY) have developed a **Supporting Parents Initiative** which brings together trusted, high quality resources in one place, to help parents and guardians to navigate their parenting journey. The page may be of interest to parents/guardians. The page is continuously updated as new resources become available locally and nationally. The page can be accessed [HERE](#).

## Parentline Supports for Parent in Non-Violent Resistance Programme



Parentline offers a Non-Violent Resistance Programme (NVR) to support parents with information and guidance on how they can both prevent and respond to the controlling behaviours of their children. Child to parent violence can be physical violence but it also includes verbal abuse, emotional abuse, manipulation, intimidation and any other coercive and controlling behaviours.

### Why would a parent need NVR support?

Sometimes parents or carers are afraid of their own child because of the abusive and violent behaviour directed towards them. NVR aims to end certain patterns of behaviour and repair the damaged relationship between the parent and the child. It supports parents to change the ways in which they deal with violent, aggressive and controlling behaviours. Parents are supported in developing skills to deescalate the abusive behaviour. Parents learn to increase their positive presence in their child's life. It helps parents to understand that it is the behaviour that is the problem and not the child.

### How is NVR delivered by Parentline?

The NVR programme requires the commitment of taking a one hour a week phone call from a highly trained, experienced Parentline volunteer. This is done in a confidential manner. The programme can last

from anywhere between 4 and 8 weeks depending on how well and quickly it is implemented. It is usually offered to parents of children aged from 12 years to 17 years. Parentline is open Monday to Thursday from 10:00am to 9:00pm and Fridays from 10:00am to 7:00pm. Call 01 873 3500.

## Resources for Parents/Guardians

The link below from the government has training webinars, guidelines for parents on online safety and bullying. It also has links to the National Parents Council.

<https://www.gov.ie/en/publication/74cc1-resources-for-parents/#cyberbullying-and-online-safety>

## National Parents Council Launch Podcast

The National Parents Council (NPC) has launched a podcast which brings together experts, educators, and student representatives to discuss key issues in education that impact parents and children across Ireland. The latest episode focuses on Senior Cycle Redevelopment, featuring insightful discussions with:

- ✓ Esther Doyle (Department of Education) - Understanding the vision behind the Senior Cycle changes.
- ✓ Dr Colman Noctor - Supporting your child's mental health and managing stress during the Senior Cycle ✓ Jack McGinn (President, ISSU) - A student perspective on the reforms and what they mean for learning and wellbeing.
- ✓ Arlene Forster (CEO, NCCA) - How curriculum and assessment reforms will shape the future of education.

The podcast is available on the platforms below:

Amazon, Apple Podcasts and Spotify.

## Louth Parent Forum in Dundalk

Please find below **invitation for parents** to the next Louth Parent Forum to be held in Dundalk.



The poster features a blue and white color scheme with decorative dotted patterns. At the top, it displays the 'Area Based Childhood Programme' logo. The main heading reads 'INVITATION FOR ALL PARENTS IN COUNTY LOUTH'. The text explains the goal of improving services and invites parents to share their views. It provides the date (Wednesday 2nd April 2025, 10.30am-12pm) and the venue (Louth Local Development Office, Training room, Park Street, Dundalk). Contact information for Christina Ryan is listed, along with the note that light refreshments are provided. Logos for Louth Local Development and TUSLA are at the bottom.

Area Based Childhood Programme

## INVITATION FOR ALL PARENTS IN 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.

 Wednesday 2nd April 2025  
10.30am-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](mailto:christina.ryan@lldc.ie)  
0872598149

Light refreshments provided

 **LOUTH LOCAL DEVELOPMENT**  
Support Communities, Families, Education & the Environment

 **TUSLA**  
An Oideachais agus Oiliúna na Mí agus na Mí  
Child and Family Agency

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 2<sup>nd</sup> April 2025

**Time:** 10.30am - 12.00pm

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

For further information or to confirm their attendance, parents can contact Christina Ryan, Louth ABC Programme.

**Email:** [christina.ryan@lldc.ie](mailto:christina.ryan@lldc.ie)



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Phone: [087 2598149](tel:0872598149)

### Neart

The new **Neart** programme, which is a partnership between Jigsaw, the National Centre for Youth Mental Health and the National Educational Psychological Service/Department of Education. Within this partnership Jigsaw will provide learning opportunities for students that promote mental health and wellbeing as well as mental health webinars and e-Learning courses for parents. Their work will complement the supports already available in schools that include: the provision of guidance counselling, the work of the National Educational Psychological Service (NEPS), as well as the existing wellbeing programmes and initiatives including the Student Support Team structure.



Parents can register for the supports and webinars provided by Jigsaw for parents and guardians, please scan the QR code. The flyer below also has links to the resources.

**Neart**

**Jigsaw’s mental health supports for parents/guardians**

Neart is a partnership between Jigsaw, the National Centre for Youth Mental Health and the National Educational Psychological Service/Department of Education.

Jigsaw provides mental health webinars, podcasts and other resources for parents/guardians.

Scan the QR code below to register for our monthly newsletter or visit [www.jigsaw.ie/neart](http://www.jigsaw.ie/neart)

**Neart**

## 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)

## 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.



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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.

### 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 \(louthparenthub.ie\)](#)

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 shows the Louth Parent Hub website with three main sections:
 

- 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, there are logos for partner organizations: Area Based Childhood Programme, LOUTH LOCAL DEVELOPMENT (Louth Local Development Board), Child and Family Support Network, TÚSLA (The National Development and Social Agency in English's Child and Family Support), and CYPSC (Child and Adolescent Mental Health Services).



Coláiste Chú Chulainn

## 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 April/May 2025

Healthy Louth have designed a bi-monthly newsletter please find the link to the 14th edition below:

[Healthy Louth Newsletter April/May 2025](#)

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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### 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.ie)

### Barnardos Online Safety Webinar for Parents

Barnardos trainers deliver live webinars to parents about online safety with a short Question & Answer session. 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](https://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?

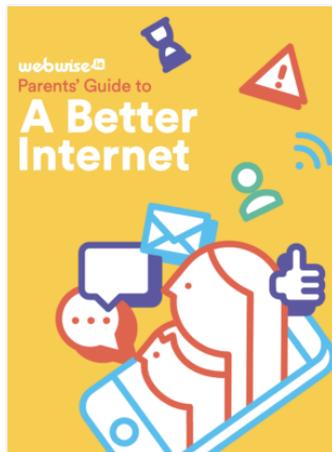
Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and smartphones.

**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@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



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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.