



Coláiste Chú Chulainn

Parents & Guardians Bulletin Coláiste Chú Chulainn



2025 - 2026

Issue 5 January 2026

January 2026

Nóta ón bPríomhoide / Principal's Note

I want to thank all families and guardians for your loyal support and commitment to school and your student's education.

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

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

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

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

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

Le Meas

Thomas Sharkey

Principal

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



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Upcoming Events and Important Dates

Date	Time	Event
Thursday, 26 th February		6 th Year Parent Teacher Meeting.

School Activities/Events

Science, Technology, Engineering, and Maths (STEM) Passport Field Trip

Our Students attended the STEM Passport field trip on the 19th and the STEM Passport for Inclusion Graduation on the 29th of January in Maynooth University. Thank you to Ms White and Mr Delaney.

Trinity Entrance Exhibition Event

The Trinity Entrance Exhibition Event took place on the 22nd of January. This event celebrates academic excellence, honouring new undergraduates who achieved the highest points in their secondary school before entering Trinity, with awards given for top scores in specific regions or schools, typically occurring in early January and recognizing students from all over Ireland and beyond for outstanding Leaving Cert results.

Regional Skills & Training Centre (RSTC)

5th Year students visited the RSTC on the 20th of January. Thank you to Bean Ní Chonluain for organising the visit.

Journalism Guest Speaker

TY Journalism students welcomed Anne Campbell to our school on the 22nd of January, Anne shared a wealth of knowledge from her career as a journalist. From local newsroom typist to front page of 'The Irish Times' and lots more besides.



Hamnet

All TY students attended Hamnet in the IMC cinema on the 27th of January. Thank you to the English Department for organising this. Hamnet by Maggie O'Farrell is a historical fiction novel that reimagines the life of William Shakespeare's family and the profound impact of the 1596 death of his 11-year-old son, Hamnet, from the plague. It focuses on the grief of his wife, Agnes (Anne Hathaway), in Stratford-upon-Avon while Shakespeare is in London, exploring how this personal tragedy potentially inspired the play, Hamlet.



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Launch of Brigids Festival County Museum

The launch of Brigids Festival in the County Museum took place on the 29th of January.

Anti-Bullying and Wellbeing Week

We had our annual anti-bullying and Wellbeing Week in school from the 5th - 9th of January. Thank you to Ms Ní Chonluain.

Every School Day Counts Week

We had our Every School Day Counts Week in January. 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. The winners of Every School Day Counts are below, and their names are as follows: Emmanuel Aramide Olokuntoye, Joseph Ward, Viktorija Klimaite, Jason Bratz, Nicole Tolbert, Musab Abdalla, Ferdia O'Brien, Naxar Zhukov, Chloe White and Nkedi Uka.



Sports

Basketball

Our U16 girls played on the 15th of January in the Basketball All-Ireland Play-offs and won. Our U19 girls played in the All-Ireland play-offs on the 22nd of January. Our 1st Year girls basketball team played on the 26th of January. Thank you to their coaches Ms McLaughlin, Ms McGory and Mr Delaney.

Our 1st and 2nd Year Boys Basketball team played St. Pat's Cavan on the 14th of January, and they also played St. Pat's Classical School, Navan on the 22nd of January. Our Thank you to their coaches Mr Farrell, Mr Corbally, and Mr Breen.

Soccer

Our U19 boys played the Quarter-Final of the league on the 6th of January against Coláiste De Lacy and also played in the Leinster Cup. Our U15's played on the 8th of January in the last 16 of the Leinster Cup against Ashbourne Community School. Thank you to their coaches Mr Fearon, Mr Breen and Mr Connolly.



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Compass and Attendance

We hope that every parent now has full use and understanding of Compass. If you have any difficulty, please contact the office on colasitecc@lmetb.ie and we can support you with the log in and instructions. Parents are required to note every absence on Compass. This data will come to the attention of the Year Head and will be recorded on our database. This also applies for late arrival to school. Please note that if a student is late for school 3 times, they are enrolled for a punctuality reflection on a Friday lunchtime. We want to instil a commitment to punctuality in all students and ask all families to have a robust routine to support them being on time in the morning.

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.

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.

Parents / Guardians seeking meetings or appointment

You will appreciate that school is a busy place with all staff fully engaged in scheduled work. Visitors to school can only be admitted by prior appointment. Please email school on colaistecc@lmetb.ie to request an appointment, detailing the reason for the request.

While we do try our best to be as open as possible to the community, we will not meet visitors who arrival without a prior appointment.

Medical Needs

Parents are reminded to email school if there is a medical condition we need to be aware of. We will then contact you if there is a need for additional information / consent documentation.

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



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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.

Punctuality / Uniform / Mobile Phones

School has clear policies and procedures around these matters. Please note that if a student is late for school 3 times, they are enrolled for a punctuality reflection on a Friday lunchtime. We want to instil a commitment to punctuality in all students and ask all families to have a robust routine to support them being on time in the morning.

Our uniform policy is available on our website. A school jacket is required. Non-school jackets are confiscated and kept safe until the end of the day. We remind all that leggings are not part of the uniform – plain navy tracksuit bottoms are required for PE, with plain black runner shoes.

Mobile phone use is absolutely banned in school. They must be switched off from entering the school gate to leaving the campus at the end of the day. Phones may be confiscated, and a parent will be required to come to school to collect it.

Healthy Eating Policy

We remind all parents/guardians that school provides a free snack at 10.50am and a free sandwich at 1.05 pm. 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.

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.



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

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.

Information and Courses for Parents/Guardians

Importance of attending school

Tusla Education Support Service (TESS) and the Department of Education have launched a national multimedia campaign to improve public awareness about the importance of attending school. The video element of the multimedia campaign is



available [HERE](#). Additionally, a Government of Ireland information webpage which collates the available advice and services for parents and guardians. The support page for parents is available at www.gov.ie/schoolattendance with helpful guidance on many issues affecting school attendance. This webpage provides direct links to TESS, the National Parents Council helpline, HSE guidance regarding illness and school attendance, NEPS (primary and post-primary) and information and resources for schools.

Additionally, the following supports are available:

- Designated webpage with supports for parents and schools at www.gov.ie/schoolattendance and in Irish at www.gov.ie/freastalscoile
- Link to our 30-second video ad (English) [here](#)
- Link to our 30-second video ad (Irish) [here](#)

Studyclix

The Studyclix resource is available to all our 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.

Student Direct Costs

School requires that a Student Direct Cost be paid on behalf of every student. This must be paid through Way2Pay and not by cash. Please contact school on colaistecc@lmetb.ie to arrange this payment if you are having difficulty with Way2Pay. The Direct Cost is required to pay for insurance, curriculum related trips and activities and the communication service too families.

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.

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.

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.



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

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

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

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

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

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

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

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

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

LMETB FREE Training Courses for Parents/Guardians

LMETB Adult Learning Service are offering the following FREE courses:

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

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

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

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

Louth Tusla Parenting

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

The key functions of this website are to:

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



The image shows a promotional graphic for the Louth Parent Hub website. At the top is the logo for 'LOUTH Parent Hub' with the website URL 'www.louthparenthub.ie'. Below the logo, it says 'Visit the Louth Parent Hub for information on the support, services and events happening in your local area'. To the right is a QR code with the text 'Scan QR Code to visit louthparenthub.ie'. Below this are three navigation cards: 'PROGRAMMES' (with a 'VIEW PROGRAMMES' button), 'LOCAL SERVICES' (with a 'FIND LOCAL SERVICES' button), and 'UPCOMING EVENTS' (with a 'WHAT'S ON' button). At the bottom, there are logos for partner organizations: 'Area Based Childhood Programme', 'LOUTH LOCAL DEVELOPMENT', 'Child and Family Support Network', 'TUSLA Child and Family Support Centre', and 'CYPSC'.

Louth Speech and Language

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



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/>



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.

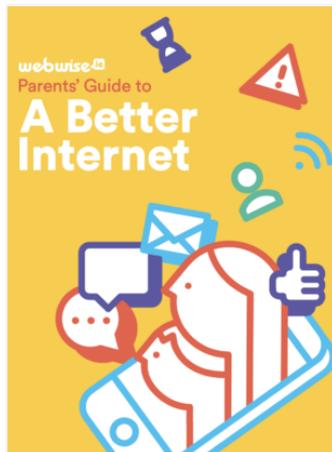
What is cyberbullying?

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