

## November 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.colaiстеcc.ie">www.colaiстеcc.ie</a>
<a href="mailto:colaistecc@lmetb.ie">colaistecc@lmetb.ie</a>	042 9354553
Twitter @ColChuChulainn	Parent Teacher Meetings
Home School Liaison Mr Cumiskey	086 1287719



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### Upcoming Events and Important Dates

Date	Time	Event
1 <sup>st</sup> December 2025		No school.
2 <sup>nd</sup> December – 10 <sup>th</sup> December		3 <sup>rd</sup> Year Mocks.
5 <sup>th</sup> December 2025		No school.
20 <sup>th</sup> December 2025 – 4 <sup>th</sup> January 2026		Holidays.



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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](mailto: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](mailto: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.

### School Activities/Events

#### 6th Year Biology Field Trip

Our 6th Year Biology students attended an ecology trip as part of their Leaving Certificate Biology coursework. Thank you to the Biology Department for organising this, Mr Breen, Ms Boyle and Mr Durmin.

#### TY Enterprise Visits

Our TY Enterprise students visited businesses on the 13<sup>th</sup> of November. Thank you to Mr Curran and the Business Department.

#### Excellent Attendance

Over 200 students received excellent attendance certificates for September and October 2025. Below is a picture of a selection of our students with their excellent attendance certificates.





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## Architect Showcase Event - Architects In Schools Programme

Our TY students attended an Architects In Schools Programme which took place on the 10<sup>th</sup> of November. This was organised by the Art Department. The Architects in Schools Programme runs from September to May each academic year, with the main workshop activity taking place between October and March. The workshop schedule is agreed locally between the assigned architect and each individual school. Thank you to Ms Thornton for organising this.

## TY Visit to Dublin City University (DCU)

Our TY students visited DCU on the 14<sup>th</sup> of November. This event was organised by the Guidance Department. TY students got a tour of the campus, and they got to see the courses that are offered by DCU.

## Music Trip to the National Concert Hall (NCH)

There was a music trip for our 5<sup>th</sup> and 6<sup>th</sup> Year Music students to the National Concert Hall on the 25<sup>th</sup> of November. Thank you to Ms Murphy and Ms Ní Channan. Music in the Classroom: Leaving Certificate. NCH Artist-in-Residence, Jessie Grimes, and the National Symphony Orchestra Ireland presented an overview of Berlioz: *Symphonie fantastique*, Movement 2: 'Un bal' and Movement 4: 'March Au Supplice: March to the Scaffold'. It Highlighted key themes and sections and was presented with musical illustrations, it concluded with a full orchestral performance presented by NCH.

## Performance and Creative Arts (PCR) TY trip to Mac Anna Theatre in Dundalk Institute of Technology (DkIT)

On Wednesday, 27<sup>th</sup> of November, our TY students attended the performance of 'Twelfth Night' given by the Bachelor of Arts Theatre and Film Practice team in DkIT. They welcomed prospective students to participate in sessions like 'Making Shakespeare Fun' and shooting film demos with second-year Theatre and Film Practice students.

## College Awareness Week 2025

As part of our College Awareness activities, we had our annual Careers and College Fair which took place on the 19<sup>th</sup> of November from 9am to 1pm. It was again a great success. We had a number of Higher Education Universities/Colleges in attendance on the day. We had representatives from Technological University Dublin (TUD), Maynooth, Ulster University (UU), University of Galway, DkIT, SOLAS Apprenticeships, Dublin City University (DCU), along with our local PLC Colleges. The students really enjoyed it, and we had multiple comments from our visitors regarding how well presented, organised and ambitious our students are. This was a busy event as all senior cycle students got the opportunity to attend at their allocated time. Teachers engaged in conversations with students during their class time around



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their subject and the different careers it connects to and encouraged their students to ask questions and to do some research on their preferences on the following websites: [www.careersportal.ie](http://www.careersportal.ie), [www.cao.ie](http://www.cao.ie), [www.ucas.co.uk](http://www.ucas.co.uk). Parents/guardians also attended the Careers Fair. Thank you to the Guidance Department for organising this.



DAY	EVENT
Friday 14 <sup>th</sup> Nov	All 4 <sup>th</sup> yrs attend DCU Open Day
Monday 17 <sup>th</sup> Nov	1 <sup>st</sup> and 2 <sup>nd</sup> yr Bingo at 1.15 in the library
Tuesday 18 <sup>th</sup> Nov	HEAR and DARE Schools Webinar for 6 <sup>th</sup> yrs 10.30-11.30  3 <sup>rd</sup> yr career choices poster competition
Wednesday 19 <sup>th</sup> Nov	Career Fair in the triple room 9-1 Year groups will have an assigned time
Thursday 20 <sup>th</sup> Nov	6 <sup>th</sup> yr Info evening for students, parents and guardians 6-7pm
Friday 21 <sup>st</sup> Nov	Drop in careers clinic for 5 <sup>th</sup> and 6 <sup>th</sup> yrs in room 221 (Ms. Ní Chonluain's office)

- Daily Announcements
- Prizes for participation and all competitions!

### Junior Cycle Mocks Exams December 2025

#### Notice to 3rd Year Students, Parents & Guardians

Mock exams are a vital part of our preparation for the Junior Cycle Exams. This timetable sets out when the exam will take place. It is expected that all students are in a consistent and full schedule of study and revision. We expect 2.5 – 3 hours academic work each evening, including homework, study, and revision. All 3rd Year students have their exam papers, a significant resource for their study.

The Junior Cycle Mocks Exams timetable is below:



<b>Mon 1<sup>st</sup> Dec</b>	<b>School Closed</b>		
	8.50 – 10.50	11.05 – 1.05	1.40 – 3.40
Tues 2 <sup>nd</sup> Dec	History	Religion	Mathematics
Weds 3 <sup>rd</sup> Dec	Geography	Home Ec 11.30 – 1pm	
Thurs 4 <sup>th</sup> Dec	English	Business	Science
<b>Fri 5<sup>th</sup> Dec</b>	<b>School Closed</b>		
Mon 8 <sup>th</sup>	Gaeilge	Engineering 11.30 – 1	French & German
Tues 9 <sup>th</sup>	Spanish	Wood Tech 11.30 – 1	Tech Graphics
Weds 10 <sup>th</sup>	Music	Mop Up day for missed Exams	
<b>Thurs 11<sup>th</sup></b>	<b>Classes Resume for All 3<sup>rd</sup> Years</b>		

Rules:

1. All students must be present in school for the full school day.
2. Study rooms will be open for the periods you do not have an exam.
3. State Examination Commission Rules regarding mobile phone use, cheating, bathroom breaks, will apply.

## Sports

### Basketball

Our U19s and U16s boys basketball team played Our Lady’s, Castleblayney on the 3<sup>rd</sup> of November. Thank you to their coaches Mr Farrell, Mr Corbally, and Mr Breen. Our U16 girls basketball team played on the 11<sup>th</sup> and 24<sup>th</sup> of November against St. Louis. Thank you to their coaches Ms McLaughlin and Ms McGory.

### Soccer

Our first-year boys played a league match in Oriel Park on the 4<sup>th</sup> of November, and they also played on the 6<sup>th</sup> of November which they unfortunately lost. They also played a cup match against Oatlands College on the 6<sup>th</sup> of November.

Our U15’s played Balbriggan on the 18<sup>th</sup>, 20<sup>th</sup> and 25<sup>th</sup> of November.

Our U17’s played on the 10<sup>th</sup> of November against Ballymakenny, and they won. They also played on the 17<sup>th</sup> of November.

Our U19 boys played Scoil Uí Mhuirí on the 3<sup>rd</sup> of November, 13<sup>th</sup> of November against Coláiste Rís which they won. Thank you to their coaches Ms Cull, Mr Fearon and Mr Breen.



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## Girls GAA

Our Junior Girls played on the 20<sup>th</sup> of October against Scoil Uí Mhuirí, Dunleer. Thank you to Ms Cull.

## 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 and schools is available at [www.gov.ie/schoolattendance](http://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](http://www.gov.ie/schoolattendance) and in Irish at [www.gov.ie/freastalscoile](http://www.gov.ie/freastalscoile)
- Link to our 30-second video ad (English) [here](#)
- Link to our 30-second video ad (Irish) [here](#)
- Posters that can be downloaded and printed or used online [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](mailto: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.



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### 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.





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### 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.

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 banner for the Louth Parent Hub website. At the top, it features the Louth Parent Hub logo with the website URL [www.louthparenthub.ie](http://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 of this text is a QR code with the instruction "Scan QR Code to visit louthparenthub.ie". Below the main text 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 of the banner, there are logos for partner organizations: Area Based Childhood, LOUTH LOCAL DEVELOPMENT, Child and Family Support Network, TUSLA, 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.

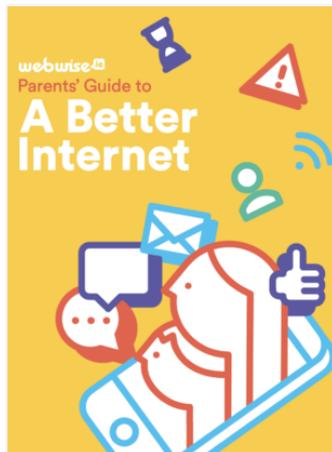
What is cyberbullying?

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