



Coláiste Chú Chulainn

Parents & Guardians Bulletin Coláiste Chú Chulainn



2025 - 2026

Issue 1 September 2025

September 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	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, 9th October	4:15-6:45	2 nd Year Parent Teacher Meeting.

School Activities/Events

Tanagh Outdoor Education and Training Centre

TY students visited Tanagh Outdoor Education and Training Centre on Monday 25th and Tuesday 26th August. Tanagh Outdoor Education and Training Centre provides a range of water-based and land-based adventure activities that students participated in.



WorldSkills Ireland 2025

Our 4th and 5th Year students attended WorldSkills Ireland on the 18th of September. A Government and Industry led event, WorldSkills Ireland 2025 took place from the 17th - 19th September 2025 at the RDS. Students got to see first-hand the wealth of career options available. The event was run concurrently with Higher Options, both events aim to raise the profile and recognition of skills and apprenticeships, preparing the talent of today for the careers of the future.

Higher Options 2025

Our 6th Year students attended Higher Options on Friday, 19th of September in the RDS. Higher Options provides a unique opportunity for students to speak with representatives from third-level institutions from Ireland, the UK, Europe and further afield. At Ireland's largest education expo our students gathered information about their third-level options and attended career talks on a wide range of topics.



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Study Skills

All 3rd and 6th Year students received training in study skills course delivered by Sinéad McDonnell over three weeks. Our exam years have their exam papers, evening study, Studyclix, and study skills delivered.



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Sports

Boys Rugby

Our U19 boys played Ardee Community School in the league on the 10th of September. They played well but unfortunately lost. Thank you to their coach Mr Foentjies.

Basketball

Our U16 and U19 boys basketball team played away on the 15th of September to St Pat's in Cavan and played St Pat's in Armagh on the 22nd of September. Our U19's played St Malachy's, Belfast away on the 25th of September. Our U16 and U19 boys played also on the 30th of September. Thank you to their coach Mr Corbally.

Girls Junior GAA

Our Junior girls played Coláiste Rís on the 16th of September and our senior girls played on the 23rd of September. Thank you to their coach Ms Cull.

Senior Volleyball

Our Senior Volleyball team competed in their first competitive fixture against St Patrician High School in Carrickmacross on the 25th of September.





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Information and Courses for Parents/Guardians

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.

After-School Study

We offer an after-school study programme. This provides a quiet and structured environment for our 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.

“Supporting Your Child’s Transition to Third Level” Information Evening Wednesday 5th November on DkIT Campus

There is an information talk for parents / guardians of senior cycle students on **“Supporting Your Child’s Transition to Third Level”**. The information provided at this event is comprehensive, relevant to all third level colleges and assumes that the listener is new to the system (whether because your child is the first in family to apply to third level and/or because the family is a relative newcomer to this State – in other words, this is an event where all questions are welcome.)

Talk for Parents / Guardians on: “Supporting Your Child’s Transition to Third Level” 6pm to 7.30pm, Wednesday 5th November 2025.

Venue: Muirhevna Building, DkIT Campus.

Information on:

- **Financial Supports (Fees / Grants, SUSI, etc.)**
- **Routes into 3rd Level – further education (PLC), HEAR and DARE schemes.**



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- **Building Block approach to 3rd Level study – level 5, 6, 7, 8.**
- **Questions & Answers!**

Light refreshments on arrival.

All Welcome.



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.

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.

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



Neart



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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](#).

Vaping Products & Psychoactive Substances: What You Should Know as a Parent

This is an important note from the HSE National Social Inclusion Office, who run a series of webinars aimed at informing parents, guardians, and carers about the dangers and trends associated with new and emerging drugs in the Irish market. As part of their Parents Matter series, they would greatly appreciate our support in sharing details of an upcoming webinar with our network of parents, teachers, support workers and all who may find the topic of the webinar of use or interest.

Webinar Title: Vaping Products & Psychoactive Substances: What You Should Know as a Parent

Date: Tuesday, 7th October

Time: 11:30am – 13:00pm

Registration Link: https://zoom.us/webinar/register/WN_AFEddt9URiWlel1oOOs0pw#/registration

This free online event will focus on HHC, a new psychoactive substance chemically related to cannabis, which was recently controlled after being widely available in shops and online. The webinar is designed to support parents concerned about vaping and emerging drug trends among young people.

Key Topics Include:

- Emerging drug trends and what parents need to know
- The role of parents in guiding healthy decision-making
- Risks associated with cannabis-related substances, including HHC
- Prevention strategies and practical steps for families
- Support services available locally

We believe this session will be of great value to families in our community.

Thank you for helping us spread the word and support parents in navigating this important issue. More information on our work and past webinars can be found here: <https://www.drugs.ie/parents/>

Warm Regards,

Project Lead & Support to National Clinical Lead, HSE Addiction Services

Oifig Náisiúnta don Chuimsiú Sóisialta, Rannóg Cúram Príomhúil, Feidhmeannacht na Seirbhíse Sláinte, Lána an Mhuilinn, Baile Phámar, D20 KH63.

HSE National Social Inclusion Office, Health Service Executive, Mill Lane, Palmerstown, D20 HY57

<http://www.hsesocialinclusion.ie> | www.drugs.ie | [@HSE_SI](https://twitter.com/HSE_SI) | [@drugsdotie](https://www.instagram.com/drugsdotie)



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



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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

PROGRAMMES
Discover a range of parenting and family related training programmes happening within Louth under the support of the Louth ABC Programme.
[VIEW PROGRAMMES](#)

LOCAL SERVICES
Our aim was to provide Families with the most up to date information available to them, and a way to find and contact the required services.
[FIND LOCAL SERVICES](#)

UPCOMING EVENTS
WHAT'S ON
View our live calendar of events, on which you can register your interest and contact the provider directly.
[WHAT'S ON](#)

Area Based Childhood Programme | LOUTH LOCAL DEVELOPMENT | Child and Family Support Network | TÚSLA | 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

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

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.

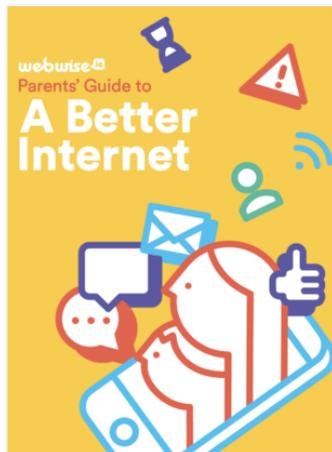
What is cyberbullying?

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

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 absences in Compass for every absence. 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.
- 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.

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.



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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 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 1.10pm. 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.**



Coláiste Chú Chulainn

Parents & Guardians Bulletin Coláiste Chú Chulainn



2025 - 2026

Issue 1 September 2025

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.

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.