

# **Fifth Year Newsletter**

## **2017/2018**



**September 2017**

Fifth Year 2017-18

Dear Parent(s)/Guardian(s),

I would like to bring a number of important items to your attention as your son begins fifth year here in Coláiste Éamonn Rís.

### **Importance of Fifth Year**

1. Your son's work rate this year will be central to determining how well he does in his Leaving Certificate. A high work rate, a positive attitude and regular revision are vital for your son in fifth year if he is to fulfil his potential in the Leaving Certificate. **Each fifth year is expected to do at least three and a half hours study and homework every evening, with some additional time over the weekend.**

### **Parental Involvement**

2. **Research shows that parental involvement in a student's education is a key factor in influencing educational outcome ahead of IQ and socio-economic status. Don't underestimate the importance of your role.**

### **Homework Journal**

3. The homework journal is a very important communication vehicle between you as parents and your son's teachers. Please ensure that your son has his homework noted in his diary on a daily basis. This diary should be checked every evening for notes etc. from his teachers. The journal also contains an Individual Merit/Reward Chart. This will be used by teachers to affirm and reward positive behaviour. I would encourage parents to monitor their son's progress in the chart and perhaps use it to build in home based rewards for their son on reaching agreed targets.

### **School Contacts**

4. It is very important that your son settles into the new school year quickly. If you have any concerns regarding his progress, please contact the school. The fifth year group has a Year Head and Class Tutors. You should address your concerns initially to the Subject Teacher, Class Tutor or Year Head. However, if your concerns are of a more serious nature, please feel free to make an appointment to meet the Deputy Principal or principal. Queries regarding changing subjects should be addressed to the Deputy Principal.

Fifth Year Year Head: Mr J. Nolan

Fifth Year Class Tutors: Mr. Francis (Applied Maths)

Mr. Hurley (Construction Studies)

Ms. Sinnott (German)

Ms. Marchese (French)

### **Lockers**

5. Lockers have been distributed by the Parents' Council. Any fifth year requiring a locker should contact the school caretaker.

### **School Fees**

6. Many thanks to all those who have paid the lending scheme/ printing fees and the voluntary contribution. If you haven't already done so, please do so as soon as possible. This money helps to ensure that the school stays on a healthy financial footing.

### **Uniform**

7. Please ensure that your son comes to school in full uniform every day, unless you are informed otherwise. You will be informed by text in the event of a 'no uniform day'. The school jacket is part of the school uniform for fifth year students. Non uniform jackets, hoodies etc. will be confiscated.

### **Personal Property**

8. Please also ensure that all property belonging to your son has his name on it as a lot of time and energy is wasted trying to unite lost property with its owners.

### **Facial Jewellery**

9. Please note that facial jewellery is prohibited and will be confiscated.

### Parent/Guardian Contact Details

10. If you change your mobile number, please let us know as you will not be in a position to receive texts from the school. A text message will be sent home in the event of your son not presenting for morning and or afternoon classes. **If you are aware that your son is absent, write a note explaining the reason in his diary which should be presented to all his teachers on his return to school.** If he is absent without your permission, please let us know as soon as possible. Please also inform the school office if you change address.

### Attendance

11. **Full attendance at school is vital if your son's learning is to progress and he is to reach his potential. Family holidays etc. should be scheduled outside of the school calendar if at all possible.**

### Mobile Phones

12. MOBILE PHONES ARE TO BE SWITCHED OFF AND PUT AWAY AT 9.05AM. **THEY MAY ONLY BE USED DURING THE MORNING BREAK OR AT LUNCH TIME UNLESS UNDER THE EXPLICIT INSTRUCTION OF A TEACHER FOR EDUCATIONAL PURPOSES.** USE OUTSIDE THESE TIMES WILL RESULT IN THE PHONE BEING CONFISCATED AND GIVEN TO THE PRINCIPAL. PHONES WILL BE RETURNED TO THE STUDENT AT THE PRINCIPAL'S DISCRETION.

### Career Guidance

13. **Fifth Years are strongly encouraged to make guidance appointments with Ms. Barnwell at an early opportunity this academic year so as to provide a solid foundation for C.A.O. option selection in sixth year. Should parents have any queries regarding career choice or other concerns regarding their son they may contact Ms. Barnwell directly at [cbswexgc@gmail.com](mailto:cbswexgc@gmail.com). See G&C Leaflet.**

### Extra-Curricular Activities

14. There is a wide range of extracurricular activities on offer in the school. Cycling, swimming, public speaking, Gaelic football, rugby, hurling, golf, soccer, table tennis and basketball are available so I would encourage you to encourage your son to get involved.

### **Nut Allergy**

15. I would also like to draw your attention once again to the fact that a number of our students and staff have severe nut allergies. Students should not bring nuts, peanuts, peanut butter sandwiches, nut bars etc to school. It would be helpful if you had a discussion with your son on the issue and to further impress on him the importance of vigilance on this issue.

### **Literacy Campaign**

16. As part of our literacy campaign, I would like you to continue encourage your son to read. Your help, encouragement and example in this regard will be vital in maintaining or improving your son's literacy standard. Our 'Drop Everything and Read' literacy initiative continues this year so please make sure that your son has a novel in his bag coming to school.

### **Child Protection**

17. Child Protection: Any concerns on child protection or child welfare issues relating to any of our students should be reported to the Designated Liaison Person (Mr. McMahan) or in his absence the Deputy Designated Liaison Person (Mr. Hegarty).

### **Study Skills Seminar**

18. We organised a Study Skills Seminar for fifth year students on 14<sup>th</sup> September, costing students €5 per head. The seminar cost €12 per student with the balance of funding provided by the Parents' Council. Students who have not yet paid are asked to do so as soon as possible. It is important that the study tips imparted at the seminar are put to use. Has your son used any of the tips yet? Have a discussion with him on the matter. Studying smartly and effectively is critical if your son is to fulfil his potential.

### **Supervised Study**

19. Supervised study is up and running. There are places still available. Contact Mr. Howlin if you have any queries regarding this service. Those attending Supervised Study have their journals stamped each evening. No stamp=non-attendance!

### **Parents' Council**

20. The Parents' Council AGM will be held on **Tuesday 26<sup>th</sup> September @7.30pm** in Room 12. The Parents' Council would like to encourage parents to become involved with the Council and new members are welcome.

### **School Mass**

21. The school will celebrate the beginning of the new school year with Mass in Bride Street church on Tuesday 26<sup>th</sup> September @12.10pm. Parents/Guardians are welcome to attend.

### **Junior Certificate Results**

22. Congratulations and well done to all our fifth year students who sat the Junior Certificate in 2017. If any student wishes to have his exam reviewed, he should contact the Principal by Tuesday next 26<sup>th</sup> September at the latest. The cost of each subject review is €32 per subject.

### **Parent/Teacher Meeting**

23. Please note that the Fifth Year Parent/Teacher meeting is scheduled for **Tuesday 21<sup>st</sup> November 2017**.

### **Website**

24. Visit [www.wexfordcbs.ie](http://www.wexfordcbs.ie) for updates on happenings in the school. You can also visit [www.bokerboys.blogspot.com](http://www.bokerboys.blogspot.com) for latest news.

Best wishes to you and your son for the forthcoming year.

Michael McMahon (Principal)

# Guidance & Counselling Information Leaflet – 2017/2018

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*”A successful person begins with two beliefs: the future can be better than the present, and I have the power to make it so”*



Colaiste Eamonn Ris



Wexford CBS

## **HOW CAN A STUDENT CONTACT THE SCHOOL GUIDANCE COUNSELLOR?**

- Self-referral by student
- Teacher, Administrator, or staff referral
- Parent referral
- Counsellor observation
- Outside agency referral

*Students can make an appointment through the following methods;*

- Contact Ms. Barnwell directly at her office (located between the woodwork and technical graphics rooms). Simply knock on the door and request an appointment.
- If you cannot find the time to call down to the office, you can email Ms. Barnwell (all emails are strictly private) at the following address to request an appointment; [cbswexgc@gmail.com](mailto:cbswexgc@gmail.com)
- Alternatively, you may ask a teacher that you trust or your class person to make an appointment on your behalf.
- Finally, a parent can email to the above address on your behalf to request an appointment.

**Appointments last for a full class period generally. You need permission from your teacher prior to attending for your appointment. A slip with the date and time of the meeting will be provided for you.**

**Guidance at this school is made up of 3 main areas:**

1. **Educational:** Study Skills, subject choice etc.
2. **Vocational:** CAO, PLCs, Career options, College information & Open Days etc.
3. **Personal:** Issues re: Home, Health, School, Relationships etc.

**School Counsellors provide a wide-range of services, based on individual student and school needs, interests and grade levels. Services may include, but are not limited to: -**

- Mental, emotional, social, developmental and behavioural services for students & families.
- Teaching classroom guidance lessons to students – Particularly at senior level.
- Counselling students individually and/or in groups on a wide range of issues.
- Assisting students in crisis situations.
- Helping to identify individual student needs.
- Referring students and /or parents to services and agencies outside the school if necessary.
- Collaborating and coordinating with outside referral agencies.
- Participating in Team Meetings and School Planning.
- Linking students with school & community resources.
- Academic guidance & support services, including organizational, study and test-taking skills.
- Advising students on individual, school, college and career plans.
- Coordinating with colleges and universities to provide information to students.
- School crisis intervention & response services in times of tragedy.

**YOU SHOULD SEE YOUR SCHOOL GUIDANCE COUNSELLOR IF YOU HAVE CONCERNS ABOUT ANY OF THE FOLLOWING ISSUES - EITHER FOR YOURSELF OR FOR A FRIEND.....**

Alcohol / Drug Issues • Anger Issues • Anxiety / Panic attacks/ stress • Abuse • Bullying • Threats • Depression • Suicidal Thoughts/Thoughts of self-harm • Dating • Family Relationships or problems • Friendships • Intimate relationships • Bereavement / Grief • Peer Pressure • Personal Crisis • Personal Health Issues • Sexuality • Problem-solving • Pregnancy • Eating disorders • Body image • Resolving conflicts • Homework / Schoolwork / Studying issues • Tutoring • Subject selections • Career choices • Apprenticeship programmes • Bursaries / scholarships / student loans • Requirements for third level education • Money management • Universities/Colleges available after school • Finding a job/CVs/Interview Techniques

**Useful Telephone Numbers:**

**Teenline Ireland (Listening support for teens)** – Free Phone – 1800 833 634

**The Samaritans (Emotional Support for those in Distress/Despair)** – Phone: 1850 60 90 90

**1 Life (Suicide Prevention Service)** – Phone: 1800 247 100 – Text – HELP to 51444

**BeLonG To (Service for LGBT young people)** - Phone: 01 670 6223

[www.spunout.ie](http://www.spunout.ie) – Useful Website for a range of health info. For young people – Including mental health.