

1st Year Newsletter

2017/2018



September

Dear Parent(s)/Guardian(s),

I would like to bring a number of important items to your attention as your son sets out on his journey through secondary school with us.

School Contacts

1. It is very important that your son settles into the school quickly and that his early experiences here are positive. If you have any concerns regarding his progress, please contact the school. Each first year class has a Class Tutor. The first year group also has a Year Head. You should address your concerns initially to the Subject Teacher, Class Person 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.

First Year Year Head: **Mrs Turner**

Class Tutors:

Bernini: **Ms B. Roche**
Picasso: **Mr. S. McMahon**
Monet: **Ms. R. Ivers**
Rembrandt: **Mr. P. Whitty**

Homework Journal

2. 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 journal should be checked every evening for notes etc. from his teachers. **Each first year is expected to do at least one and a half hours of homework and study every evening, with some additional time over the weekend.** You are expected to sign the diary on a weekly basis. 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 an agreed target.

Personal Property

3. School jackets are an intrinsic part of the school uniform. Please ensure that your son has written his name on the jacket. Please also ensure that all property (books, bags etc.) belonging to your son has his name on it. This will facilitate reuniting lost property with the rightful owner in the event of items being misplaced.

Uniform

4. 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'. Non uniform jackets, hoodies etc. will be confiscated.

Facial Jewellery

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

Personal Contact Details

6. 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 he is absent without your permission, please contact the school. **If your son is absent with your permission, please write a note in his journal explaining the reason. His journal should be presented to all his teachers on his return to school.** Please also let us know if you change address.

Mobile Phones

7. 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.

Staying In

8. As you are aware, First Year students are not allowed to leave the school premises during the school day unless signed out and collected by a parent/guardian or accompanied by a teacher. Each class group has been assigned a classroom for lunch.

Extra-Curricular Activities

9. 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 your son to get involved in one or more of these activities.

Nut Allergy

10. I would also like to draw your attention 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 matter and to further impress on him the importance of vigilance on this issue.

Information Evenings

11. **We will be holding information meetings for parents of First Years on the following dates and times in the school:**

Bernini /Picasso: **Tuesday 3rd October 2017 @7.30pm in GP Room**

Monet/Rembrandt: **Tuesday 10th October 2017 @ 7.30pm in GP Room**

You are invited to attend to discuss how your son is settling in, raise issues of concern etc. The meetings will last one hour approximately.

Voluntary Contribution

12. Thank you to those who paid the **Voluntary Contribution**. Any parent who has not yet paid and wishes to do so may drop the money into the school office. This money helps to ensure that the school can pay the electricity, phone and water bills etc.

School Lockers

13. Lockers have been distributed by the Parents' Council. Any First Year who wishes to rent a locker should contact the school caretaker if he hasn't already got a locker.

Literacy and Numeracy Campaigns

14. As part of our literacy campaign, I would ask you to continue to encourage your son to read. Your support and example in this regard are vitally important. We have a number of initiatives in the school promoting literacy including 'Drop Everything and Read' and 'Book in the Bag'. For these initiatives to be successful programme it's very important that your son brings a novel to school every day.

Parents' Council

15. The Parents' Council would like to encourage parents to become involved with the Council and new members are welcome. The Parents' Council AGM is scheduled for **Tuesday 26th September @ 7.30pm** in R.12.

School Mass

16. The school will celebrate the beginning of the new school year with Mass in Bride Street church on Tuesday 26th September @12.10pm. The celebrant will be Father James Cullen, our school chaplain. Parents/Guardians are welcome to attend.

Child Protection

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

Attendance

18. 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.

School Redevelopment

19. The date for the official handover of the new facilities has yet to be finalised. However, indications are that it will be sometime in early to mid-November. Health & Safety is still of the utmost importance. Students have been given clear instructions not to enter the restricted areas under any circumstances and to be extremely careful entering and leaving the campus on foot due to the sharing of vehicular and pedestrian access. Parents are asked to park off site when visiting the school due to the paucity of parking facilities on site.

First Year School Tour

20. Preparations are well under way for the tour to Poland from 4th-7th February 2018. The tour was oversubscribed so a waiting list is in place. Further information or queries about the tour should be directed to Mr. Francis.

Parent/Teacher Meeting

21. **Please note that the First Year Parent/Teacher meeting is scheduled for Monday 29th January 2018.**

Guidance & Counselling Information Leaflet – 2017/2018

"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
- 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.
1. 3. **Personal:** Issues re: Home, Health, School, Relationships etc.

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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 – Useful Website for a range of health info. For young people – Including mental health.

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

Michael McMahon (Principal)