

Sixth Year 2017-18 NEWSLETTER



September 2017

Dear Parent(s)/Guardian(s),

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

School Journal

1. 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. **Each sixth year is expected to do at least three and a half hours study every evening, with some additional time over the weekend.**

School Contacts

2. 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. 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.

Sixth Year Year Head: Mrs. Scallan

Sixth Year Class Tutors: Ms. J. Donlon (Biology)

Mr. B. Brosnan (Construction Studies)

Ms. Mac Donald (Religion)

Mrs M. Codd (Business)

Lockers

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

Supervised Study

4. Supervised study for the first term is now under way and places are still available. Contact Mr. Howlin if you have any queries regarding this service. Students that attend Supervised Study will have their journals stamped each evening to signify attendance on that evening. No stamp=non-attendance!!

Leaving Certificate Mock Exams

5. The Leaving Certificate Mock Exams will begin on Friday 2nd February 2018 ahead of the February Mid-term break. While the Department of Education and Skills waive Leaving Certificate fees for medical card holders, the school will have to collect mock exam fees from all students to cover Mock Exams costs. The Leaving Certificate Mock Exam fee in 2016-2017 was €110. The fees will be collected in late January 2018.

Uniform

6. Please ensure that your son comes to school in full uniform every day, unless you are informed otherwise. Non uniform jackets, hoodies etc. will be confiscated. You will be informed by text in the event of a 'no uniform day'.

Lost Property

7. 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.

Parent/Guardian Contact Details

8. If you change your mobile number, please let us know or otherwise 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.

Non-Attendance

- 9. If your son is absent from school with your permission, please write a note explaining the reason in his diary. The diary 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.**

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 about this matter with your son and to further impress on him the importance of vigilance on this issue.

Child Protection

11. 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 McMahon) or in his absence the Deputy Designated Liaison Person (Mr Hegarty).

Careers Day

12. Ms. Barnwell arranged for sixth year students to attend the Careers Day in the R.D.S. in Dublin on Wednesday 13th September.

Career Guidance

- 13. Sixth year students 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. Should parents have any queries regarding career choice or other concerns regarding their son they may contact Ms. Barnwell directly at cbswexgc@gmail.com. It is vitally important the conversation around the CAO etc. starts now if it hasn't already! See G&C Leaflet.**

Parents' Council

14. The Parents' Council AGM will be held on **Tuesday 26th September @ 7.30pm in Room 12**. All parents are welcome to attend.

School Mass

15. The school will celebrate the beginning of the new school year with Mass in Bride Street church on **Tuesday 26th September @12.10pm**. The Mass will be celebrated by Fr. James Cullen, our school chaplain.

School Contributions

16. 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.

Attendance

17. 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

18. 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.

Facial Jewellery

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

Literacy Campaign

20. As part of our literacy campaign, I would ask you to continue encouraging your son to read. 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.

Website

21. Visit www.wexfordcbs.ie for updates on happenings in the school. You can also visit www.bokerboys.blogspot.com for latest news.

Parent/Teacher Meeting

22. Please note that the Sixth Year Parent/Teacher Meeting is scheduled for Monday 6th November @4.30pm-6.45pm. **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. We are expecting a 100% turn-out of parents at this year's sixth year parent-teacher meeting**

Academic Monitoring/Mentoring

23. Mrs. Scallan and I will be meeting with sixth year students on an individual basis to discuss their academic progress to date, well-being and plans for the future in the forthcoming weeks.

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

Michael McMahon (Principal)

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