

**Transition Year
2017/2018
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 Transition Year here in Coláiste Éamonn Rís.

Student 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.

Homework

2. **Each transition year student is expected to do at least one hour at homework and study every evening, with some additional time over the weekend.**

School Contacts

3. 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, 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.

Transition Year Year Head: **Mr Howlin**

Parents' Council

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

Fees

5. Many thanks to all those who have paid the Transition Year fee of €400. This money helps to cover the cost of T.Y. trips, tuition fees, bus hire etc.

Uniform

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

Attendance

7. **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. Thank you for your co-operation in ensuring full attendance for the LeisureMax trip on 14th September, the day after the Junior Certificate results were released. **I would ask parents to continue to take a zero tolerance approach to excuses of tiredness etc. from their sons.**

No Excuses

8. All T.Y. students are expected to attend all the workshops and trips organised as part of T.Y. T.Y. students are expected to step outside their own comfort zones. If cost is an issue, please let us know well in advance of the trip/workshop. **Any student unable to travel on a trip outside school is expected to attend school unless advised otherwise by Mr Howlin or Mrs Breen.**

Mobile Phones

9. 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.

Personal Property

10. 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

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

Parent/Guardian Contact Details

12. 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.

Nut Allergy

13. 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.

Literacy Campaign

14. As part of our literacy campaign, I would like you to encourage your son to read. Your help, encouragement and example in this regard are vitally important in maintaining or improving your son's literacy standard.

Child Protection

15. 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).

Junior Certificate Results

16. Congratulations and well done to all our Transition Year students on their Junior Certificate results. If any student wishes to have his exam reviewed, he should contact the Principal by Tuesday next 26th September at the latest. The cost of each subject review is €32. We will be holding a Junior Certificate Awards Night later in the year.

T.Y. Open Evening

17. Please note that the Transition Year Open Evening is scheduled for Monday 28th May @ 7pm-10pm. This will give students the opportunity to showcase their year's efforts and give parents an opportunity to meet with the Transition Year teachers.

Website

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

Career Guidance and Counselling

19. Transition Years are strongly encouraged to make guidance appointments with Ms. Barnwell at an early opportunity this academic year in order to make informed decisions on subject choices in advance of fifth year. Should parents have any queries regarding career or subject choices or other concerns regarding their son they may contact Ms. Barnwell directly at cbswexgc@gmail.com. The conversation around subject choices should begin now at home if it hasn't already commenced. See G&C Leaflet

Extra-Curricular Activities

20. 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.

School Mass

21. 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. Parent(s)/Guardian(s) are welcome to attend.

Best wishes to you and your son for the forthcoming 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