

10/09/2025.

Dear Parent(s)/Guardian(s),

Good morning.

I hope your son is settling in well in Fifth Year or LCA 1 on his return to school. Please note the following:

1/ Please ensure that your son has his name written on all his property especially items of uniform.

2/Reminder to make sure your son is winter ready by purchasing a school jacket ahead of the change in weather if you haven't already done so. Available from O'Neill's website (oneills.com) or local stores.

3/Please make sure you can access VShare to monitor your son's attendance, behaviour flags etc. Any issues re access contact Mr Nolan (jnolan@wexfordcbs.ie).

4/Supervised study is also available Monday-Wednesday from 4pm-6pm and Thursday 3pm-5pm. Contact Mr Howlin if interested. Reserve a place by emailing Mr Howlin- dhowlin@wexfordcbs.ie giving your son's name, class and day(s) you wish to avail of the facility. His journal will be stamped each day to prove attendance.

5/Reminder that Fifth Year students are not allowed to use a mobile phone in class unless under the explicit instruction of a teacher. Phones will be confiscated for the duration of the day if this rule is breached. More serious sanctions will be imposed on students in repeated breach of this rule. See **Parental Advice on Appropriate Phone Use for Teenagers** and please discuss this issue with your son.

Any parent/guardian who needs to convey a message to his/her son during the school day should contact the school office.

6/Please make sure your notifications on VShare are enabled to receive email communication from the school.

7/ Free supervised study will be provided in Room 2 on Thursdays and Fridays for students from 2.45pm-3.45pm who need to wait for a bus or lift. Your son's journal will be stamped each day to prove attendance. Reserve a place by emailing Mr Howlin- dhowlin@wexfordcbs.ie

8/It is very important that your son attends every day. If you are having difficulties getting your son to attend please advise us at an early stage (Class Tutor and Assistant Year Head) as once bad habits develop they are hard to sort out. Poor attendance is closely aligned with poor academic performance. Please note that we are obliged to report any student missing more than twenty school days to TUSLA.

If your son is absent from school with your consent, please update VShare as soon as possible. If your son is absent from school for the first class in the morning or afternoon, you will receive a text message from the school to inform you of same. If you change your mobile number/address please let us know as soon as possible in order to ensure that you are receiving communications from the school. Do not share your VShare login details with your son. Please contact staff by means of your own e-mail or VShare and not through your son's account.

9/If your son needs to attend an appointment during the school day, he must be collected by a parent/guardian and notification put on VShare in advance of collection if at all possible. Please ensure that this is done accurately to reflect the exact lessons missed. Should your son need to be collected due to illness, you will be contacted by the school office. Appointments should be marked OTH and the time of collection noted.

10/If your son misses classes while representing the school for sport or any other co-curricular or extra-curricular activity it is important to note that he must catch up on notes, homework etc.

11/Your son should have all his books and stationery by now. Any queries re school books to dmarchese@wexfordcbs.ie

12/ The board of management decided last year to bring in a bus fee of €5 for all trips within the county. This €5 fee will continue this year. A charge of €10 will apply for trips outside the county this academic year to cover a part of the significant cost of transport borne by the school. The money will be collected by card on the day of the match/trip unless indicated otherwise by the team manager/trip organiser before the students leave the school. Cash will not be accepted except under extenuating circumstances.

13/The school canteen is up and running again. Full dinners are available each day. See social media for menu etc.

14/Your son should have his homework for each day noted in his school journal.

Parent(s)/Guardian(s) are asked to check the journal each week. It is important that homework is attempted to the best of your son's ability. Please see **Parental Advice for Homework/Study** sheet.

15/If you have any concerns or questions in relation to your son in school please let us know. Your query or concern should be relayed in the first instance to his Class Tutor, Assistant Year Head or Year Head. Concerns of a more serious nature should be relayed to one of the Deputy Principals or Principal.

Queries regarding SEN to the SEN Co-ordinator Ms Connell. Queries regarding counselling or careers to the Guidance Counsellor.

Fifth Year Year Head: Ms L. Argue

Fifth Year Assistant Year Head: Ms C. Connolly

Tutor classes are based on English classes.

Class Tutor: Mr E. Porter

Class Tutor: Ms M. Davey

Class Tutor: Mr P. Whitty

Class Tutor: Mr G. Purcell

Class Tutor: Mr D. Howlin

SEN: Ms Connell- mconnell@wexfordcbs.ie

Guidance: Ms C. Martin- cmartin@wexfordcbs.ie

Deputy Principal: Mr Hegarty- jhegarty@wexfordcbs.ie

Deputy Principal: Mr J. Nolan- jnolan@wexfordcbs.ie

16/Christmas Exams-Week of 24th November.

17/ Child Protection concerns or issues if any should be brought to the attention of the Designated Liaison Person (DLP) Mr McMahon- principal@wexfordcbs.ie or in the event of his unavailability the Deputy Designated Liaison (DDL) Mr Hegarty.

18/Applications for First Year 2026-27 will open on 1st October 2025.

19/Parents are advised to check the Whole School Calendar on the school website to keep up to date with the various events taking place in the school each week.

20/Thank you to those who have paid the various fees. Reminder to pay if you haven't already done so via the Payments/Fees tab on the website.

21/Please encourage your son to read and ensure he has reading material for our 'Drop and Read' periods. These dates are all listed in his journal.

22/Please note that all facial jewellery including earrings is not permitted.

23/ Reserve the date-Fifth Year/LCA Parent/Teacher Meeting 10th December 2025.

24/Junior Cycle results are due to be issued on October. Date yet to be announced. Fifth Year students receiving their results and Fifth Year students who received their results last year will have school as normal on this date. Results will be distributed during the last period of the day.

Thank you.

Yours sincerely,

Michael McMahon (Principal)

Parental Advice on appropriate phone use for teenagers:

1. Set Clear Expectations

- **Have an open conversation** about what the phone is for: staying connected, learning, hobbies, but not endless screen time.
 - Make **family rules** together (so he feels ownership), e.g.:
 - No phones at the dinner table. ◦
 - No phones in bedrooms overnight. ◦
 - Limit social media use on school nights.
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2. Manage Screen Time

- **Agree on daily limits:** Common guidance is 1–2 hours of recreational screen time on school days, more flexibility on weekends.
 - Encourage **breaks every 30–60 minutes** to reduce mindless scrolling.
 - Use phone settings or parental controls (Apple Screen Time, Google Family Link) to help.
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3. Focus on Healthy Use, Not Just Restrictions

- Talk about **what's on the screen** (gaming, TikTok, YouTube) — not just how long he's on it.
 - Encourage **active use** (messaging friends, creating content, researching hobbies) over **passive scrolling**.
 - Highlight positives: learning skills online, music, coding, sports highlights, etc.
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4. Social Media & Online Safety

- Teach him about **privacy**: no sharing personal info, location, or photos with strangers.
- Remind him that **online actions leave a footprint** (future employers, colleges).
- Talk about **peer pressure** online — boys especially can get caught up in gaming chats, group chats, or sharing content to "fit in."

5. Sleep & Wellbeing

- Phones should be **out of the bedroom overnight** — blue light and notifications disrupt sleep.
- Agree on a “**phone bedtime**” (e.g. 9:30–10:00 pm on school nights).
- Charge phones in a **shared space** (kitchen/living room).

6. Keep Communication Open

- Rather than strict surveillance, build **trust**:
 - Ask him what apps he’s into.
 - Share your own experiences (good and bad) with phones.
 - Check in on how online interactions make him feel.

7. Lead by Example

- Teens copy what they see — if parents scroll at dinner, they’ll want to as well.
- Model **healthy boundaries** (e.g. putting your phone away when talking).

8. Practical Boundaries (summary list)

-  No phones at dinner/family time.
-  No phones in bedrooms overnight.
-  Agree on time limits (school nights vs weekends).
-  Talk openly about social media pressures and risks.
-  Encourage active/creative use over passive consumption.

 The key is to **strike a balance**: too much control and he may rebel or hide his phone use; too little and he may drift into unhealthy patterns. Consistency + communication usually works best.

Parental advice on homework/study:

The fifth year of secondary school is an important year in preparation for the Leaving Certificate. Students that excel in the Leaving Certificate cultivate good homework and study habits early in fifth year. Here's some **parent-focused advice** you can use to guide a 5th Year student:

1. Create the Right Environment

- **Quiet, well-lit study space** away from TV, gaming consoles, and phone distractions.
 - Keep **supplies handy** (pens, ruler, calculator) so they don't waste time looking for things.
 - Encourage using the **school journal/diary** to stay on top of homework.
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2. Establish a Routine

- Aim for **3 to 3.5 hours of homework/study** on school nights (can be broken into 2 sessions).
 - Pick a **regular start time** after a short break/snack when they come home.
 - Build in **breaks every 30 minutes** to keep focus.
 - Make use of the weekends for study/revision
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3. Balance Homework vs. Study

- **Homework:** usually takes priority and reinforces classwork.
 - **Study:** encourage short reviews of the day's lessons or quick quizzes. This prevents last-minute cramming and builds habits. • In 5th year, "study" can mean:
 - Making summary notes.
 - Practising questions (maths/science).
 - Reading over material from class.
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4. Teach Study Skills Early

- Help them learn **active study** (summaries, mind maps, flashcards, past questions).
- Encourage **self-testing** instead of just re-reading.
- Show them how to **break tasks into smaller chunks**.

5. Limit Distractions

- Phones, social media, and gaming can derail study quickly.
- Ideally: phone left in another room until homework is done.
- If needed for research, use in “focus mode” (apps like Forest or built-in screen time limits can help).

6. Parent Role: Support, Don’t Micromanage

- Be available for help, but don’t hover — encourage independence.
- Check in: “*Show me what you’ve done*” instead of “*Did you do it?*”.
- Praise effort and consistency, not just grades.

7. Encourage Organisation

- Use a **wall planner** or timetable at home to track homework deadlines and test dates.
- Teach them to **pack their bag the night before** so mornings aren’t rushed.
- Encourage colour coding (different folders/copies for each subject).

8. Balance is Key

- Remind them schoolwork is important, but so are **sports, hobbies, and downtime**.
- Encourage **sleep (8–9 hours)**, healthy snacks, and physical activity — all of which improve learning.

Summary for Parents

-  Routine: 3–3.5 hrs study/homework most evenings.
 -  Environment: Quiet space, no phones.
 -  Skills: Teach active learning, not just reading.
 -  Support: Guide and encourage independence.
 -  Balance: School + rest + hobbies = best performance.
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