

08/09/2025.

Dear Parent(s)/Guardian(s),

Good afternoon.

I hope your son is settling in well to our school and has enjoyed his first few days with us.

Please note the following:

1/We've had a number of queries from parents (First Year) as to why their sons are required to bring in the hard copies of text books when the e-copy has been uploaded on their devices. First Year students should not have to bring texts to school if this has been done.

Some teachers may want students to bring in the hard copy of workbooks and that is ok.

Any parent experiencing difficulties in uploading e-copy of a book or has any issue regarding the student device should contact Mr Davey (fdavey@wexfordcbs.ie). Please ensure that your son has his device fully charged each evening in preparedness for the following school day.

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

3/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.

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

5/Reminder that First Year students are not allowed to use a mobile phone on the school premises. Phones will be confiscated for the duration of the day if this occurs. More serious sanctions will be imposed on students in repeated breach of this rule. Any parent/guardian who needs to convey a message to his/her son during the school day should contact the school office. See **Parental Advice on Appropriate Phone Use for Teenagers** and please discuss this issue with your son.

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

7/ Free supervised study will be provided in Room 5 on Thursdays and Fridays for students from 2.45pm-3.45pm who need to wait for a bus or lift. 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.

8/Supervised study is also available Monday-Wednesday from 4pm-6pm and Thursday 3pm-5pm. €120 is the cost for Term 1. Contact Mr Howlin if interested.

9/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 VSWare 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 VSWare login details with your son. Punctuality is also very important. Please ensure your son arrives on school on time. Poor timekeeping is disruptive to teaching and learning and is often avoidable with proper planning to beat heavy traffic or road works.

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

11/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.

12/Your son should have all his books and stationery by the end of this week. Any queries re school books to dmarchese@wexfordcbs.ie or mbaker@wexfordcbs.ie.

13/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.

14/The school canteen is up and running again. Full dinners are available each day. See the school's social media for menu.

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

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

16/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 Counsellors. Queries re changing subjects to Mr Nolan (Deputy Principal). Please use VSMail to contact the appropriate member of staff for your query.

First Year Year Head: Ms Ivers

First Year Assistant Year Head: Ms Roche

Dóchas Class Tutor: Mr M. Kehoe

Misneach Class Tutor: Mr Walsh

Neart Class Tutor: Mr Davey

Spiorad Class Tutor: Mrs Hayes

SEN: Ms Connell- mconnell@wexfordcbs.ie

Guidance: Ms L. Goff- lgoff@wexfordcbs.ie or Ms Martin- cmartin@wexfordcbs.ie

Deputy Principal: Mr Hegarty- jhegarty@wexfordcbs.ie

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

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/Date for your diary-Meeting for Parents of First Year 2025-26 in the school's G.P. Room @7.30pm.

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

20/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.

21/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.

Thank you.

Yours sincerely,

Michael McMahon

Principal

Parental advice on homework/study:

The first year of secondary school is a big transition, and setting up good homework and study habits early really helps. Here's some **parent-focused advice** you can use to guide a 1st 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 **1 to 1.5 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.
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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 1st 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**.
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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).
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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.
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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).
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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.
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Summary for Parents

-  Routine: 1–1.5 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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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.