

Fáilte



1st Year Group September 2020



1st Year 2020



COLÁISTE RÍS

INFORMATION



Our School:



- We celebrated 150 years of CBS Education on this site in 2019.
- Our first student, according to our records, came in on May 11th of 1869.



Information Pack:



- A copy of this Power Point presentation;
- Subject Option & Information Update form will follow on Monday May 11th.
- First year Induction Information from the Guidance Counsellor.

Note: We will encourage all Parents to download our school App at the start of the year. We will send instructions on this at a later date.



Information re Classes Assigned:



- 121 Sixth class students sat our Assessments Tests on February 8th.
- Our classes are called **1P, 1Q, 1R, 1S, 1T**. Each class will have 24/25 students.
- Our first year classes will be of **mixed ability** and are all equivalent.
- In 2nd year we timetable **English, Irish** and **Maths** simultaneously. In general we have Higher & Ordinary groups in 2nd and 3rd Year in these subjects.
- The students in **1R** will be offered some of their subjects **through** the medium of **Irish**.



Core Subjects:



All 1st Years will study the following subjects:

English, Irish, Maths,

Geography, History,

Business, Science,

Religious Education,

Wellbeing (which encompasses
CSPE*, SPHE*, PE, Guidance &
Computer Safety).

* CSPE – Civic, Social & Political Education; SPHE – Social, Personal & Health Education



Optional Subjects:



- In 2015 we introduced a sampler programme. We are aiming to do the same this year.
- All students will study **4** subjects from this list:
Art, Home Economics, Music, Technical Graphics, Woodwork.
- Students will study **2** of these subjects for the first 7/8 week period of the year and the other **2** for a similar period up to Christmas.
- **All** students will choose **1** language from the following list:

French, German, Spanish.



Optional Subjects: (Cont.)



- Around Christmas time students (& their parents) will choose **2 from the 4** that they have sampled **plus the language** for the remainder of the year.
- For second year we will get students (& their parents) to make further choices so that we can get them to do at least 2 of their optional subjects (if they wish to).



Our School Day:



- According to Department regulation all classes from September 2017 onwards must be at least 40 minutes long.
- To fit this in, the schools in the Dundalk area have agreed to have **9 classes on Monday, Tuesday, Thursday and Friday with 6 classes on a Wednesday.**
- School finishes at 1:00pm on a Wednesday.



Text Books:



- **Book List:**

- This will be forwarded to you in June.
- With changes for the new Junior Cycle some books may not be finalised when lists are forwarded to you.

- **Book Scheme:**

- The school gets a grant from the Department of Education which is divided equally among families of 1st and 5th Years who hold a **current Medical Card**.
- When we get the grant you will be contacted asking you to present the card.
- Last year each family with a current medical card got €100 per student in the relevant groups.



Text Books (Cont.):



- **Second Hand Books:**
 - New books are expensive.
 - For those of you who get the Book Grant it will only cover some of the books.
 - Please do what you can to source books second hand.
- **Optional Subject Books:**
 - There is no need to buy the text book for these subjects; the teachers will organise notes, photocopies etc.
 - You can buy the text books at Christmas time for the two options you are taking on after sampling.



Uniform (Boys):



- Mid Grey Trousers
- Pullover – V-Neck, Long sleeve in Mid Grey
- Tie – Blue/Silver Stripes
- Shirt – Plain White (no polo shirts)
- Flat black shoes only. (No runners/canvas shoes)
- Plain **Navy School Jacket** (no logo or emblems)
- P.E uniform available in school (Cost €60)





Uniform (Girls):



- School Skirt (**below knee length**)
- Navy Tights
- **Trousers – option.**
- Pullover – V-Neck, Long sleeve in Mid Grey
- Shirt – Plain White (no polo shirts)
- Tie – Blue/Silver Stripes
- Plain Navy School Jacket (no logo or emblems)
- Flat black or navy shoes only(No runners/canvas shoes)
- P.E uniform available from school (Cost €60)





School Rules:



- **Time-keeping:** All students should be in school (at the latest) for first bell 7 minutes before the start of class in the morning. Persistent latecomers will be detained.
- **Dental/Medical appointments during school:** Note from parent will be signed by Principal or Deputy Principal. This can be submitted through the school App.
- **Absences:** On return bring a note from parents explaining the absence. This can be submitted through the school App.
- **Uniform & Hairstyles:** Full, correct uniform must be worn.
Parents – Only School/Plain Navy Jackets may be worn.
Extreme hairstyles are not permitted.



Mobile Phones/Digital Media/Internet:



- We know that almost all students have a mobile phone.
- Phones & all Digital Media must be switched off on school property.
- Recording / broadcasting images or voices of any member of the school community is not permitted without prior permission.
- Phones, being used by students on the school property, will be confiscated and only returned to parents. We are very strong on this point.
- **Parents:** Please monitor usage/ inform yourselves/ please keep a very watchful eye.



Homework:



- Good homework should allow the student to practise the skills taught in class and reinforce the knowledge imparted.
- Parents – please check the homework diary; if nothing or little is being recorded there is a problem.
- Our policy is to text parents if homework is not done or not done well.
- Please foster a culture in your home of good homework consistently done.
- Typically a 1st year should be doing approximately 90 minutes homework five times per week; this will build up gradually over the student's secondary school life.



New Start/Many Changes:



- **Length of Day:** Definitely longer than what we are used to in Primary School.
- **Bags:** Heavier due to more subjects and many books that are for the 3 years of Junior Cycle.
- **Lockers:** All students will have an in-school locker at a cost of €20 (with €5 returnable at year end). All coded locks.
- **Organisation:** This is the important thing with bags and lockers eg Can I leave that book in my locker because I don't need it today?
- **Change of Teacher every 40 minutes:** We have teacher-based rooms; in general students move every 40 minutes.
- **Lunches:** All Junior students stay in school at lunch time. We have our canteen in school. Students can still bring a lunch and eat in the canteen or in the Assembly Hall.
- **Labelling:** Our lost property room fills up very quickly. Please put student name on everything – Books, Bags, PE bags, Jackets, lunch boxes. With a name we can get a misplaced item back to its owner.



Important Services:



- Learning Support
- Guidance Counselling
- Pastoral Care



Learning Support:



- Coordinated for us by Ms Helen McKeown.
- A number of parents have been in contact already regarding psychological reports that they have.
- If you have a report and we don't know as yet please get in contact with Ms McKeown (helen.mckeown@colaisteris.ie)
- This year we provided Learning support at Irish time & Language time for students who have an Irish exemption.



Guidance Counselling:



- Our Guidance Counsellor is Mr James McNicholas.
- Important elements to this work are:
 - Information on courses, subject options and essentials for future career choices;
 - Vocational Preparation & Personal Development;
 - A Counselling Service for our students; with the pressures & expectations of present times this is very important and students are encouraged to avail of it.
 - Liaising with students, parents, teachers & school management.



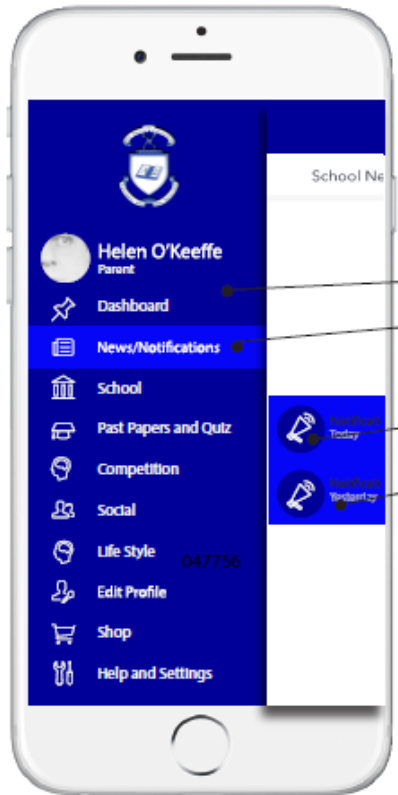
Pastoral Care Structure:



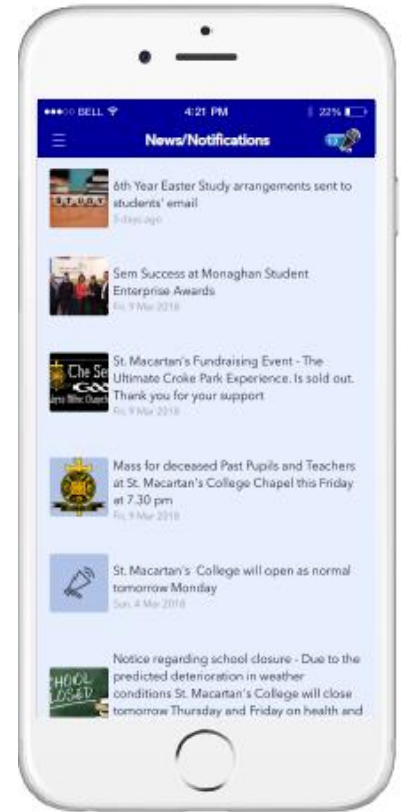
- Each class has a **form teacher** who meets the group regularly.
- Each Year Group in turn has a **Year Head**.
- The Form teachers and Year Head link in with the Guidance Counsellor, Deputy Principal and Principal.
- The school has an **open door policy** where students are welcome to approach and seek the support of very helpful people.



School App



- All of our school's communications are done through our own custom made School App.
- The App was launched in 2019, it is used for News, Messaging, Alerts, Communication with Parents, All School Notes, Medical information and lots lots more
- We will require you to get set up on our App system, we will send out information on this in the next coming weeks





School Transport:



For students who have to avail of School Transport:

- The closing date for new applications for 2019/20 was **Friday 24th April** as per text sent.
- Please google www.buseireann.ie and you can find all the regulations wrt school transport and complete the necessary **Application Form**.



Parents Committee:



- This has been a very active group in the school for the last forty to fifty years.
- Since the setting up of the current management structure in 1986 over 5 million Euro has been spent on the physical development and improvement of the school. Our parents have helped raise over 10% of that figure.
- By being involved it helps the school but it also improves your link with us and keeps you properly informed.
- In our experience better communication between school and parents results in better understanding and better education of our students.
- If able to please get involved; currently many parents help us with our school lotto on Tuesday evenings.



School Lotto:



- In recent years we haven't asked for a Voluntary Contribution but have asked our parents to promote and to support our school Lotto.
- Currently our Jackpot is above €15,000.
- Parents can subscribe by buying weekly envelopes, online through locallotto.ie or by signing a standing order.
- The impact of this fundraising is that it allows us to get extra work done when we have builders on site.
- Our most recent project was the adaptation of our Yard buildings for a second Woodwork room and (hopefully) our next project will be the resurfacing of our front yard.



Important Dates:



- Return of Subject choice Form by **Friday May 15th**. (The subject choice form will be sent to you on **Monday May 11th**)
- **June**: Book list, will be sent to you as soon as we can.
- **We cannot as yet confirm the start date for our first years. We will confirm this as soon as we can.**



Mr. Mc Nicholas

Guidance Counsellor

GIVE *yourself* TIME



Three Roles:



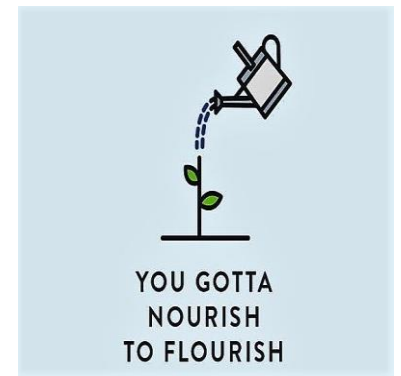
- It encompasses the three separate, but interlinked, areas of:

- 1) Personal and Social Development- Counselling and Wellbeing**
- 2) Educational Guidance- Career Classes/ Meetings**
- 3) Career/ Vocational Guidance**

How the Guidance Programme addresses:

1) Personal and Social Development

- Wellbeing Subjects (SPHE/CSPE/PE/Guidance)
- RE/RSE
- Retreats
- Year Heads
- Rice Mentors
- Student Council
- Counselling Service
- Healthy Active Week
- Guest speakers- Aware etc.
- Sport/ clubs, etc.



How Guidance Programme addresses

3) Career/ Vocational Guidance

- Third Level/PLC courses/
Apprenticeships
- CAO/UCAS
- Access Programmes (e.g. HEAR/DARE)
- Qualifax/CareersPortal Websites
- Grants and Scholarships
- Job search skills
- Interview preparation
- Work Experience
- Employment rights and duties
- Labour Market information, etc.



TWO Difficult Transitions

- Social
- Academic



Tip- Organisation is KEY!

- Put time table on fridge/ bedroom wall/ inside locker- reminders: **Monday PE gear**, **Tuesday: Home Economics Food**, **Wednesday: Art paints**
- Use the large mesh zipped pockets/ Copy in a book rule
- Look at your home journal every night- check to see if homework is complete for next day and bag is packed correctly
- ALWAYS, ALWAYS write in your subjects and homework for every lesson
- A pencil case with all the pens, rubber, sharpener and ruler
- **Routine Crucial**- breakfast, school, home, dinner, homework, study, after school club/ friends, bed, (repeat)



Homework and Study

Every student is different, but below is a rough guide to how many hours you should spend every day on homework and study combined. Remember, it takes experimentation to find out what suits you. Your study times should most of all suit your academic needs and goals:

- First year – 1.5 hours per day
- Second year – 2 hrs per day
- Third year – 2.5/3hrs per day
- Fifth year – 3-4hrs per day
- Sixth year – 3.5hrs-5hrs per day



This is just a rough guideline which should be adapted as your situation requires. Of course, the hours should be increased close to exam time to help you with extra revision or project work and each student will have different amounts of work to complete, depending on subject choices and how much preparation has been done so far.



Homework...it will have it's days! But please help and support it.



Tip- Mix It Up- Small Primary School and Larger Schools! All in the same Boat.

- Rugby
- Soccer
- Gaelic
- Choir
- Golf
- Library club
- Badminton
- Board Games with Rice Mentors
- Sports Day
- Science Week
- Wellbeing Week
- Seachtain na Gaeilge



Finding it hard to settle in?

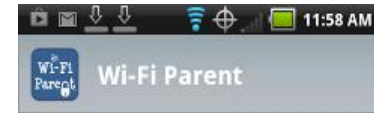
- Ask questions: How is it going?
- Who did you sit with today?
- Have you joined the rugby, soccer, gaelic, badminton, basketball?
- What lesson did you enjoy today?
- Anyone from your club in the school?
- Anyone from your street in the school?
- How about you ask someone to go to the cinema on Saturday?
- 'Just a gentle nudge, with a listening ear can be worth so much more!'



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Solution to this GROWING PROBLEM

- Cut off the WIFI at a timely hour- 8.00
- Hand in the mobile phone at a curfew hour- 7.30/8.00
- Do not let your son or daughter play games that are Certified 18
- Devices out of bedrooms- they are for sleeping in!
- Have a mature conversation with your son/ daughter dangers of social media so they learn from an adult. Once it's sent, it's sent!
- Be aware of group chats and how they may cause isolation, especially into second year
- Get your son/ daughter to join a HUMAN club- much better for self confidence and CV!
- 'He wanted a parent, a father, not just a best friend to help him grow'.
- You bought the device therefore you own the device! It is showing to be one of the most addictive items in the world today. Schools/ China/ Vogue Williams



Your device is currently restricted by Wi-Fi Parent. Please try again during unrestricted hours.

[View White List](#)

[Call 911](#)

[Admin Access](#)



Thank you for listening!



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