



CCC Parents Association Meeting 4th March 2024



Fáilte – Mol an Óige agus Tiocfaidh sí

Agenda – 4th March 2024

- Summary of February 2024 monthly meeting
 - Role of Parents Association – *New Attendees*
 - Parental Talk – Update
 - Parental Webinars - Adolescent Wellbeing/ Mental Health
 - Finance update
 - Other updates
 - 25th Plant Sale Update
 - College update – John Cronin (Principal)
 - AOB
 - Next Meeting
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Summary: February 2024 Monthly Meeting

- Update of key points from the January 2024 PA was given.
- Parental Talk to be given by Glenna Benson on Wednesday 21st February. Glenna will deliver a talk on effective communication and how we can provide our children with the support they need as they navigate their journey to adulthood. She will speak about how effective communication can enable us to gain a deeper understanding of challenging behavior, stress and anxiety.
- Paul Fallon provided an update on the annual plant sale raffle hybrid solution and how we will use iDonate as the online provider but also be able to sell physical tickets based on his previous successful experience with Castleknock GAA.
- Plan to have 1st year coffee morning on a Friday before Easter if possible.
- The Treasurer provided an update on Finances with a closing balance of €4,011.82 as at the 31/01/24. There is a further donation of €1,000 due in and a cheque to be cashed of €184.38 for our Zoon licence fee, so the expected future balance is €4,827.44.

Summary: February 2024 Monthly Meeting

- The Chair thanked everyone who volunteered to be a readers at the mock exams or future exams. 8 new parents read for students & another 5 parents volunteered but were not available this time round. Volunteers are always welcome.
- Mr Cronin's gave an update on school activities
- Communication updates from the Department of Education ongoing in relation to additional accommodation. Department has communicated a commitment to deliver. Both modular and long-term additions discussed at the monthly PA meeting.
- Enrolment process for 210 first years continues, entrance test complete and options process commencing.
- Senior Cycle options process commenced TY provisionally capped at 160 students (TBC).

Summary: February 2024 Monthly Meeting

- Wellbeing Week Monday 22nd to 26th January 2024 took place and was a great success.
- LCA National Awards 2023 – Athlone January 2024. Five of the Class of 2023 received the Fergal Quinn Award for Excellence.
- Three students from the Class of 2023 to be presented with entrance scholarships to Trinity College in March
- There was also a number of updates on the performance of the various College teams across various sports and age grades.

Summary: February 2024 Monthly Meeting

- Uniform tender working group established comprising teachers, parents & management. Meeting held on Monday 29th January and tender process is completed and report is being finalised.
 - Child Protection & Counter Bullying Policy:
 - Copies of 2024/25 Child Safeguarding Statement & Risk Assessment Documents were reviewed approved by the BOM, copies presented by the Principal to the Chair off the PA.
 - Copies of Counter Bullying review and new Counter bullying policy were also presented by the Principal to the Chair of the PA.
 - Following the theft of 3 bikes within the College the Principal would be asking the PA for support to fund an upgrade to the CCTV system in the College.
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Role of Parents Association – New Attendees

- Partnering with the school management and staff
- Arrange talks of interest for parents throughout the academic year
- Mock interviews
- Readers for inhouse exams
- Policy review for school – parental input
- Coffee mornings
- TY Pool
- Fundraising & fun – e.g. plant & uniform sales
- *More details in the Appendix below*



Parental Talk – Glenna Benson

- Held on Wednesday 21st February, good attendance with circa 70-80 parents.
- Some parents chatted with Glenna post talk to get more insights.
- Stress, anxiety and social media are just some of the challenges parents and students face in our fast-paced world.
- As parents, adults, navigating these challenges whilst finding ways to support our children and students is crucial.
- We need to be clear and direct in how we communicate, not just with our children but also with ourselves and each other.
- Glenna talked on effective communication and how we can provide our children with the support they need as they navigate their journey to adulthood.
- She also spoke on how effective communication can enable us to gain a deeper understanding of challenging behavior, stress and anxiety.
- As Glenna spoke without slides she is pulling a deck together which we will share on the College website

We will hold another talk before the end of the academic year



Parental Webinars – Adolescent Wellbeing/ Mental Health

Hau Nguyen and Michelle Conway are Masters students from the School of Psychology at University College Dublin.

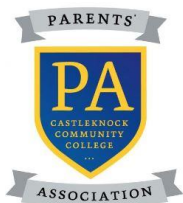
Presently, conducting research examining adolescent mental health and their intentions to seek help.

As part of this research, UCD's school of Psychology have organised a free webinar series for parents/teachers or anyone interested in adolescent mental health.

The three webinar talks will take place on the 5th, 12th and 19th of March from 7-8 pm.

They are pleased to announce that we have secured the participation of esteemed speakers, namely,

- Dr. Ciara Mahon
- Professor Eilis Hennessy
- Associate Professor Paul D'Alton



All of whom are experts in adolescent mental health. Their contribution to the event promises to be invaluable, as they bring a wealth of knowledge and experience that will undoubtedly enrich our knowledge in supporting adolescent mental health.

Parental Webinars – Adolescent Wellbeing/ Mental Health

Tuesday, March 5th 7pm-8pm: *“Body image and eating disorders: What parents need to know.”*

Dr. Ciara Mahon, Post-Doctoral Research Fellow & Lecturer of Health Psychology, School of Psychology, University College Dublin

Here is the link to register for this event:

https://ucd-ie.zoom.us/webinar/register/WN_cgsgbdlTzTrmIVj8DUfMbQA

Tuesday, March 12th 7pm-8pm: *“Positive Parenting to Support Adolescent Development.”*

Prof. Eilis Hennessy, a Developmental Psychologist from the School of Psychology University College Dublin.

Here is the link to register for this event:

https://ucd-ie.zoom.us/webinar/register/WN_YWw26Z14R8inrl1EmG2zjg

Tuesday, March 19th 7pm-8pm: *“Parenting teenagers when worry and anxiety get in the way of sleep - tips, guidance and supports.”*

Associate Professor Paul D'Alton, Clinical Psychologist, writer and broadcaster from the UCD School of Psychology and formerly Head of Psycho-oncology at St.Vincent's University Hospital.

Here is the link to register for this event:

https://ucd-ie.zoom.us/webinar/register/WN_bau3fke9Rf2QLeVEJWDuiw



Parental Webinars – Adolescent Wellbeing/ Mental Health

» WEBINAR
SERIES:
2024

Supporting
Adolescent
Mental Health





Dr Ciara Mahon

March 5th
7pm - 8.00pm

*"Body image and
eating disorders:
What parents need
to know"*

[Click Here To
Register](#)



**Prof Eilis
Hennessy**

March 12th
7pm - 8.00pm

*"Positive parenting to
support adolescent
development"*

[Click Here To
Register](#)



**Assoc. Prof Paul
D'Alton**

March 19th
7pm - 8.00pm

*"Tired but wired?
Parenting teenagers
when worry and
anxiety get in the way
of sleep - tips,
guidance and
supports"*

[Click Here To
Register](#)

Finance Update

CCC Parent Association Bank Reconciliation - March 2024

| | |
|-------------------------------------|------------------|
| Balance at the bank as at 01/2/2024 | <u>€4,011.82</u> |
|-------------------------------------|------------------|

Plus Lodgements

€0.00

Less Cheques

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|--|----------|
| Less - Cheque 500624 (€184.38) for Zoom access | -€184.38 |
|--|----------|

Less Bank Fees

| | |
|----------------------------|------------------|
| Closing Balance 29/02/2024 | <u>€3,827.44</u> |
|----------------------------|------------------|

Note:

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|-----------------------------------|-----------|
| Plus - Sponsorship lodged 1/03/24 | €1,000.00 |
|-----------------------------------|-----------|

| | |
|--|----------|
| Less - Cheque 500625 for Glenna Benson Parental Talk | -€450.00 |
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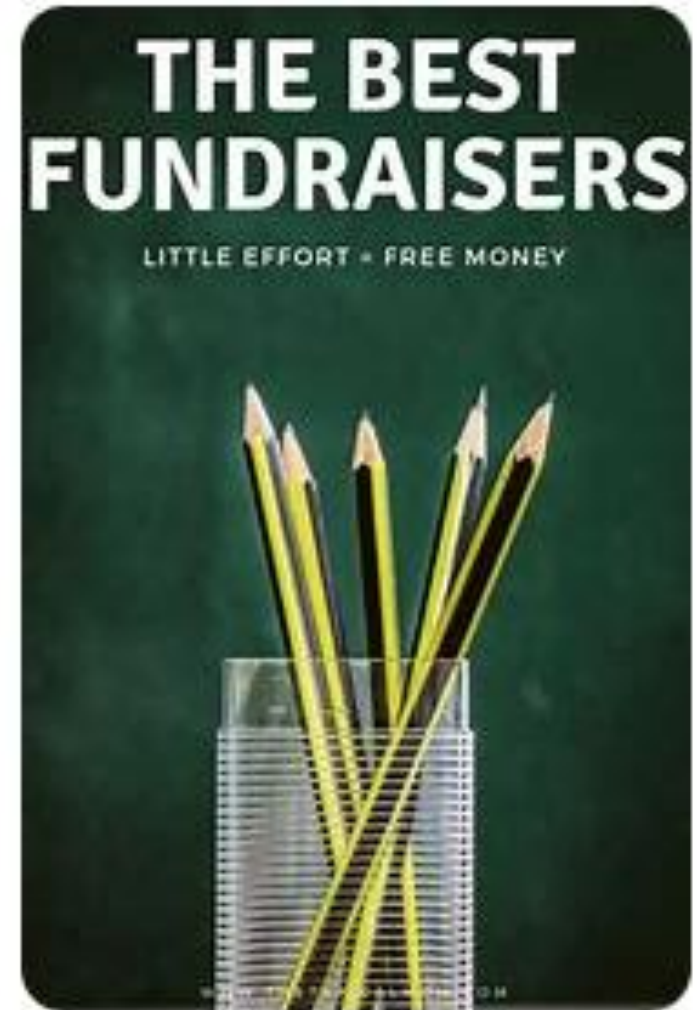
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|---|----------|
| Less - Cheque to be raised for Plant Sale Accessories to sell | -€280.00 |
|---|----------|

| | |
|--------------------------------|-------------------------|
| Expected Future Balance | <u>€4,097.44</u> |
|--------------------------------|-------------------------|



Other Updates

- Fund raising meeting – pushed out to week commencing 18th March due to availability challenges **Think Big**
- Initiatives (see Appendix)
- Coffee Morning 1st year parent will happen on a Friday probably post-Easter, going forward in October with a school event



25th Plant Sale Update



25th Plant Sale Update

- Plant Sale taking place Sat 11th & Sun 12th May
- We will increase plant volumes by 20%, this will make it the biggest event yet
- Plants are on a sale or return basis so minimum risk
- Planning underway 1st meeting of Committee held Tuesday 27th February
- For raffle we will be **seeking prizes from parents, school suppliers and local businesses**, make it attractive for pupils
- Any ideas for activities are welcome

25th Plant Sale Update



- Spread the word we **need lots of volunteers circa 130 parents**
- No experience necessary
- It's great fun and community event
- **Kick off meeting for all parents Monday 8th April (1st Monday after hols)**



College Update

John Cronin – Principal



AOB

THANK YOU PARENTS

Next Meeting Monday 8th April @ 7:30pm to discuss Plant Sale

Appendix

Timetable of PA Activities

- Request for list of activities of the PA
 - When required
 - How much time required
 - Share with other parents to support recruitment drive
 - Amend as and when required i.e. new ideas
 - Email contact for PA → *pacastleknockcc@gmail.com*

Timetable of PA Activities

| Activity | Duration of event | Time Required | Time of Year | Training | Contact |
|----------------------|--|---|---|----------|---|
| Plant Sale | Pre-Event: posters setup, delivery of flyers, buying plants, , licence from Fingal for posters, limits on cash machine etc The event: 2 days + ½ day to setup | 0-5 hours before event ½ day -> 2.5 days weekend of event | Early May | N | PA |
| Uniform Sale | Online event | A few hours + and a group in place | 3 rd week June & early September | N | Tina Gao/PA |
| Mock Interviews | 1 evening circa 2-3 hours | 2-3 hours +30 min preparation | Late October | N | Lorraine Hagerty /PA |
| Policy Reviews | A few hours 1-2 policies a year | 3-4 hours a) pre policy meet, b) policy sent out for review and c) post review meeting with recommendations | Autumn & Spring | Y | PA / John Cronin |
| Raffle | Licence from Gardai for raffle, print tickets, ask suppliers/local businesses/parents for prizes/sponsorship | 1-5 hours | Mar-May | N | PA – Karen Kearney |
| Transition Year Pool | A few hours | A few hours | Autumn & Spring | N | SC & PF |
| Readers | 2 hours per exam (3 rd and 6 th years) and depends on how many exams you do | 2 hours per exam | November, February & May | Y | PA/Sinead Morrissey Fallon/ Ms. Mairead O'Halloran (readsribecastleknockcc@gmail.com) |
| Debs Committee | | TBC | | N | Grainne Kehoe / Claire Conroy |
| Parental Talks | 2 per annum | 2-3 hours | Autumn & Spring | N | PA |

Brainstorm Session Update

Building (Long Term)

- Sound Studio
 - Stage setup
 - Video
 - Sound desk
- Outdoor classroom(s) in courtyard
- Astro pitch in Tir Na Nog / CCC
- Theatre in school
 - Stage
 - Acoustics
 - Lighting

Fund Raising (Short -> Long Term)

- Grants i.e. Astro
- Wealthy donor
- Solar panels
- Local food vendors/ Food trucks
- Govt/local authority grants for educational activities
- Lotto funding
- Fund raising consultant
- Christmas cards
- Christmas raffle
- School Lotto
- Gym / sports hall rental

Student Ideas (Medium Term)

- Musical
- Volunteer/ charitable organisation e.g. SVP
- TY activities
- Parents talk about careers

Social (Short -> Medium Term)

- Parents social
- Parent/Student breakfast
- 1st year parent meeting
- Coffee mornings by year
- What' App group for parents by class/year
- Table Quiz (fundraising)
- Class outings
- School trips
- Local history walks/explorations
- Multicultural days for all