

# Mid-Term Break Newsletter

## October 2021



**“A graduate from CCC is recognised as a young person who possesses a strong moral purpose and holds the courage of their convictions. Graduates will be equipped with the life skills to understand their own well-being so that they can manage their emotional, mental, spiritual and physical needs.”**

Dear Parent(s)/Guardian(s)

As we approach the end of a very busy first term, we want to take this opportunity to congratulate your sons and daughters on successfully navigating their way through the past nine weeks in what continue to be uncertain and challenging times. We would like to pay particular tribute to our First Year students who have made a very assured transition from Primary to Secondary School. We would also like to update you on developments in the College over the course of this term and to advise you of upcoming events in the term to come.

### Additional Accommodation

The College has taken possession of the additional modular accommodation at the rear of the College. The additional space will provide the College with 2 Science Rooms and 4 Classrooms. In the coming weeks our students will be transferring over to the facility. We hope that this will allow us to free up the New Sports Hall and that the PE teachers will once again be able to host their classes indoors for the first time in eighteen months.

### Covid 19 Updates

We have yet to receive any further details from the Department of Education in relation to Covid 19 updates and how the latest government announcements (Tuesday 19th October) will impact on schools in the coming months. As soon as we receive clarification, we will post details on our website.

### Parents Associations

The Parents Association meet on the first Monday of each month and continue to support the College in a variety of ways. This year the Association will lend its support to a review of the College’s Policy on Substance Abuse. It will also play a part in a review of the College’s Child Protection Risk Assessment. The Association has commenced plans for the hosting of Mock Interviews for our LC2 students. All parents are very welcome to join the Parents Association. The next meetings of the Parents Association will take place on Monday 1<sup>st</sup> November & Monday 6<sup>th</sup> December at 8.00p.m. During Covid times these meetings were held through Zoom. For access to these meetings contact the Parents Association at [pacastleknockcc@gmail.com](mailto:pacastleknockcc@gmail.com)

## Communicating with Parents

Since our return in August we have hosted a series of online meetings for parents through our MS Teams platform. Over the last six weeks we have met with the parents of First, Third, Sixth, LCA2 & Transition Year Parents. We will be hosting an online meeting for parents of Second Years on Thursday 11<sup>th</sup> November at 7.00p.m. See note below. Finally, we will host a meeting for the parents of Fifth Years in the new year which will focus on study skills and the first steps in the CAO process.

## Meeting for Parents of Second Year (Ms Teams) Thursday 11th November

We are delighted on this occasion to welcome Fiona Forman M.Sc. who is an author, speaker, facilitator, and trainer in the area of Well-being and Positive Psychology. Having spent many years in the teaching profession, she is passionate about placing well-being at the heart of school life and has witnessed first-hand the great benefits of empowering young people, teachers, and parents/guardians to understand, value and enhance their own mental health. Fiona holds an M.Sc. in Applied Positive Psychology, the science of well-being, from the University of East London.

She is the co-author of the very successful mental health programme for primary school children, “Weaving Well-Being” and the programme “Wired for Well-Being” that was facilitated in a smaller group setting here in the College when this year group were in First Year. We are delighted to be part of a pilot programme with Fiona.

Fiona is a regular media contributor on the topics of Well-Being and Positive Psychology and loves sharing her practical experience, insights and expertise with others. Fiona is also the mother of two young adults, which has deepened her awareness of the necessity to equip young people with the support and skills they need to develop resilience and to thrive and flourish in life. We look forward to Fiona’s presentation on 11<sup>th</sup> November.

## CAO Talk for LC2 Parents

Ms Eileen Crowley will be hosting a CAO Information Session on MS Teams on Monday 22<sup>nd</sup> November at 7.00p.m. The meeting will focus on the steps to completing the CAO Form with additional information on the DARE & Hear Scheme. We will send an invitation to parents in advance of the meeting via the students’ MS Teams platform.

## Extra-Curricular Update

It is with great pleasure that we are able to announce the return of the CCC Extra-Curricular Programme. Many members of staff have kindly volunteered to give their time to various sporting and other cultural activities, which is greatly appreciated.

- Up and running already are girls and boys Gaelic football, Hurling and Camogie. Mr. Dempsey, Mr. Boyle, Mr. Barry, Ms. Meehan and Ms. Daly are involved with all of the above, along with several other teachers.
- Training is also underway for the U19 and U16 Girls and Boys Basketball Leagues which will commence after the Mid-Term break.

- Trials for First and Second year basketball teams have also taken place. Those selected will represent the college in the Dublin leagues after Christmas.
- Coaches involved with the basketball teams include Ms. Cotter and Mr. Gerve.
- A number of Soccer teams have been selected and are currently training for their respective leagues. At the moment, we have Boys U19 and U17 and girls U19. Managers include Mr. Collins, Mr. Brennan and Ms. Woolmington.
- Mr. Davey is currently organising Cross Country Running for First and Second Years. A limited number of students from Second Year will be allowed to participate in Orienteering later in the term.
- Mr. Harper and Mr. Breathnach have commenced training sessions with the College's rugby teams.
- Zumba classes are also scheduled to commence after the Mid Term break. The College is also delighted to pilot Ultimate Frisbee with First and Second Years in November.
- The stage is also set for The Drama Club with Ms. Bermingham to make a welcome return after the Mid-Term break.

### The School Uniform & Arrangements for the Colder Winter Months

Due to Covid-19 pandemic, ventilation advice from the DES & HSE must be strictly adhered to as this is one of the key measures to keep the spread of the virus under control. Consequently, classroom windows and doors must remain open for ventilation and there are concerns that students and staff may have trouble staying warm. The heating system is timed to be on from 7a.m. – 9a.m. and 12.00noon to 1.30p.m. each afternoon.

Firstly, it is recommended that students should wear layers under their uniform, proper socks, tights etc. to help themselves keep warm. Appropriate thermal wear is readily available.

- All students should wear their full school uniform each day coming to and going home from school which includes the outdoor jacket for all students and blazer for senior students. A new CCC gilet is also now available from our Uniform Supplier Grants of Manor Street. Please note that the outdoor jacket should be worn, not the school hoodie.



- All students are permitted to wear their tracksuits into school only on the day they are timetabled for P.E. or Leisure & Recreation Studies. The school tracksuit items are as follows:

- ✓ School hoodie
- ✓ Navy tracksuit crested trousers
- ✓ White crested polo shirt

Strictly no leggings or shorts will be permitted to be worn instead of the tracksuit trousers.

- Students may bring their hoodie to school in their schoolbags and wear it over their jumper in the classroom if they are cold. However, the hoodie should not be worn coming to or going home from school unless P.E. or Leisure & Recreation Studies are timetabled for that day. The outdoor jacket should be worn.
- Students are also reminded that they are not permitted to wear runners or trainers. Only black shoes are allowed as per the College uniform policy.

## Use of Mobile Phones

Students are reminded that they are forbidden to use their mobile phones during the school day, which commences from the moment they enter the school building. Ideally phones should be powered off when students enter the school premises and should only be used with the express permission of a teacher during the school day. Students are allowed to use their phones at lunchtime and at the end of the school day. However, students are reminded that they must use their phones in line with the College's Acceptable Usage Policy, as outlined in the Student Journal. Failure to comply with these protocols may result in your son/daughter's phone being confiscated and other sanctions may also apply if the phone has been used inappropriately.

## A Timely Reminder.....

We wish to remind parents/guardians at this time of year about the dangers our young people can encounter in the digital space of social media, smart phone technology and internet usage. Wayne Denner, an expert in this area, is closely connected to our College and has made presentations to our students, staff, and parents. Young people are at risk from violent content online whether it is gaming, film etc. He motivates young people to protect themselves from danger online, take control of technology and take the opportunities it affords to create a positive footprint.

Wayne Denner's website is [www.waynedenner.com](http://www.waynedenner.com) and we encourage parents/guardians to log on for regular updates on latest developments, awareness of violent content, online safety tips when gaming, fake apps masquerading as well-known games etc.

Another valuable reference resource is [www.webwise.ie](http://www.webwise.ie) that provides information, advice and tools for parents/guardians to support their sons/daughters' online lives.

## Attendance & Punctuality

Parents are requested to email their son/daughter's tutor if they are absent from school. A full list of the tutors email addresses is available from the College's website. Students are allowed to enter the building from 8.20am in the morning. Students should be in attendance in the College by 8.45am in the morning and 1.15pm in the afternoon. Students who are late to school should report to Ms. O'Neill at the reception area to get a late stamp. Students who are repeatedly late may be suspended from the College

## L.C.A. News

### Year 1 Rang Becket

- The students have settled into the programme and are working very hard in all subject areas to complete their required Key Assignments.
- They successfully ran the 1st Year Soccer Tournament on Wednesday 13<sup>th</sup> October. This tournament is the activity required for their General Education Task, a component of the Programme and it will be followed up with them:
  - 1) Completing the Task Booklet and
  - 2) Presenting for the Interview

### Year 2 Rang Flynn

- The students are working very hard to complete all due Key Assignments and their commitment to the programme is to be commended.
- They are currently working on the required 2 Tasks for this Session, namely,
  - 1) The Practical Achievement Task (Night class) and
  - 2) The Vocational Education Task (via I.C.T.)
    - On their return to the college the students will work on completing the Task Booklets and Preparing for their interviews

### Work Experience

- A reminder that the students in both L.C.A. Year 1 and Year 2 will be on Work Experience as follows:

Week 1 Monday 1<sup>st</sup> November ---- Friday 5<sup>th</sup> November

Week 2 Monday 8<sup>th</sup> November ----Friday 12<sup>th</sup> November

## The November House Exams

House Exams for all Year Groups will run from Friday 26<sup>th</sup> November until Friday 3<sup>rd</sup> December. A more detailed exam timetable will be distributed to students in early November. Results will be available on VSWare prior the Christmas holidays. We wish students well as they study, revise and prepare for these important exams.

## 'AsIAM' Autism Friendly Schools Project

CCC is delighted to participate in the 'AsIAM Autism Friendly Schools Project'. The aim of this project is to reaffirm good practice and support those wishing to foster a culture of inclusion of autistic students in their schools.



## Illegal Parking at the front of the College

Lastly, we once again appeal to parents not to park on the College grounds or on the slip roads leading into the College and in neighbouring housing developments. This issue has now been reported to the road safety section of Fingal County Council, who have advised that they intend to deploy traffic wardens in the area to issue tickets to those who are parked illegally. Those who park illegally pose a serious health and safety risk to pedestrians and cyclists entering and leaving the College grounds and significantly increase the risk of accident.

## Dates for Your Diary

- 1<sup>st</sup> November: College Reopens After the Mid-Term Break
- 2<sup>nd</sup> & 3<sup>rd</sup> November: First Year Tutor Photographs being taken
- 9<sup>th</sup> November 4.15-6.15pm: LC1 & LCA1 Parent Teacher Meeting
- 11<sup>th</sup> November: Information Evening for Second Year Parents
- 16<sup>th</sup> November 4.15-6.15pm: First Year Group 1 Parent Teacher Meeting
- 22<sup>nd</sup> November: CAO Talk for Parents of LC2 Students
- 23<sup>rd</sup> November: First Year Group 2 Parent Teacher Meeting
- 26<sup>th</sup> November – 3<sup>rd</sup> December: November House Exams
- 6<sup>th</sup> December: College closed
- 23<sup>rd</sup> December – 5<sup>th</sup> January: Christmas Holidays

*'Wishing our all staff, students and their families a very safe, relaxing and well-deserved Mid-Term Break'*



*A selection of some of the Pumpkin carving artwork from students in Ms. Brady's Art Classes.*

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