

# 5<sup>TH</sup> / 6<sup>TH</sup> YEAR PARENTS

## WELCOME

September 29<sup>th</sup> 2020



# Management and Support team

- Principal – Ms Lorraine Mynes
- Deputy Principal – Mr Neal Martin
- 5<sup>th</sup> Year Head – Ms Kathryn Fox
- 6<sup>th</sup> Year Head – Ms Paula Kristiansen
- Guidance Counsellor – Ms Lisa O'Shaughnessy



# Everyday Reminders

- 8.50 Registration with Year Head/Prefects
- Mon, Thurs, Fri (finish 3.15) / Tues, Wed (finish 3.55)
- Notes when absent
- Appointments outside school time
- No calls / text messages from student to parent re
  - \* illness - must involve an adult in school
- Sign out – ring door bell and someone will bring your daughter out
- Comply with uniform - including P.E.
- No driving on school campus



# Covid 19

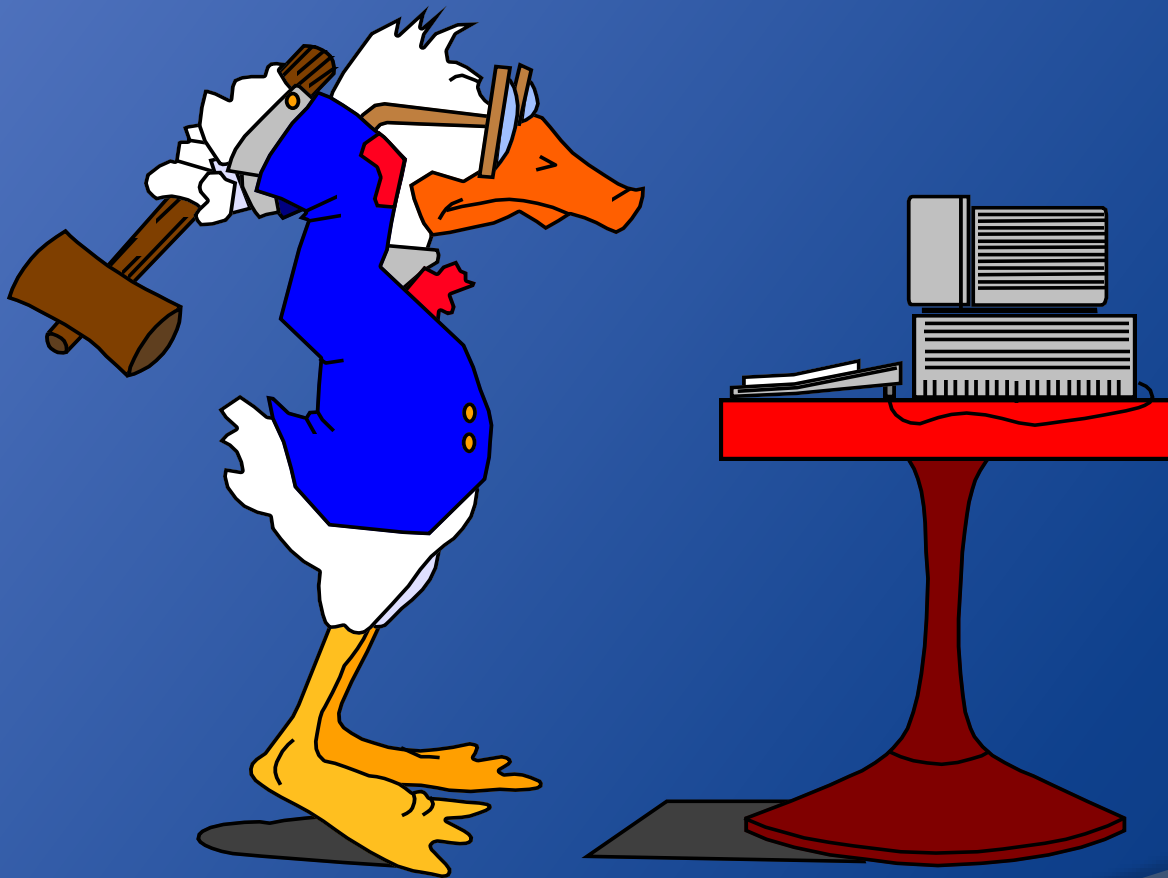
- ◉ DES Guidelines
- ◉ Year Hubs
- ◉ Masks & Social distancing
- ◉ Covid 19 - Symptoms
- ◉ Illness – err on the side of caution
- ◉ Communication

# How to survive the Leaving Cert: As a parent!

- Be positive +
- Be interested
- Be knowledgeable
- Be proactive
- Be calm: Don't stress about stress



# STRESS...!!!



# Symptoms of Stress

Stress affects our:

1. Feelings
2. Thoughts
3. Behaviour
4. Physical Bodies



# Stress: What can you do?

- Manage the environment
- Balanced diet
- Make sleep a priority
- Manage relaxation time
- Screen Time
- Encourage physical activity
- Be calm





# Organisation

- Time: students most valuable asset
- Time management
- Routine
- Study plan
- Study area
- Notes / books / copies



# Homework v Study

- ◉ Do it Well!
- ◉ Keep on top of homework
- ◉ Written / reading / oral
- ◉ Monitor
  
- ◉ Studying = learning
- ◉ Studying = testing



# What is good study?

- Study is a skill
- Active: tasks, not time
- Goal orientated
- Understand – make connections
- Variety
- Test!



# Career Planning

## How can I help?

- Have an adult discussion
- There is no such thing as the perfect course or job - important to like most of it
- There is probably more than one route to what you want to do
- Interests / Aptitudes
- Values
- Increase your knowledge



# Where to get the information

- Internet
- CAO Handbook
- College Prospectus Books, Newspapers,
- Contacts
- Open Days
- Guidance Counsellor



# Higher Education Access Route: HEAR

- 3<sup>rd</sup> level admissions scheme for students economically / socially disadvantaged
- Can compete for courses on reduced points
- Documentary evidence is required
- Detailed online application form and more information on CAO website
- <http://accesscollege.ie/hear/>

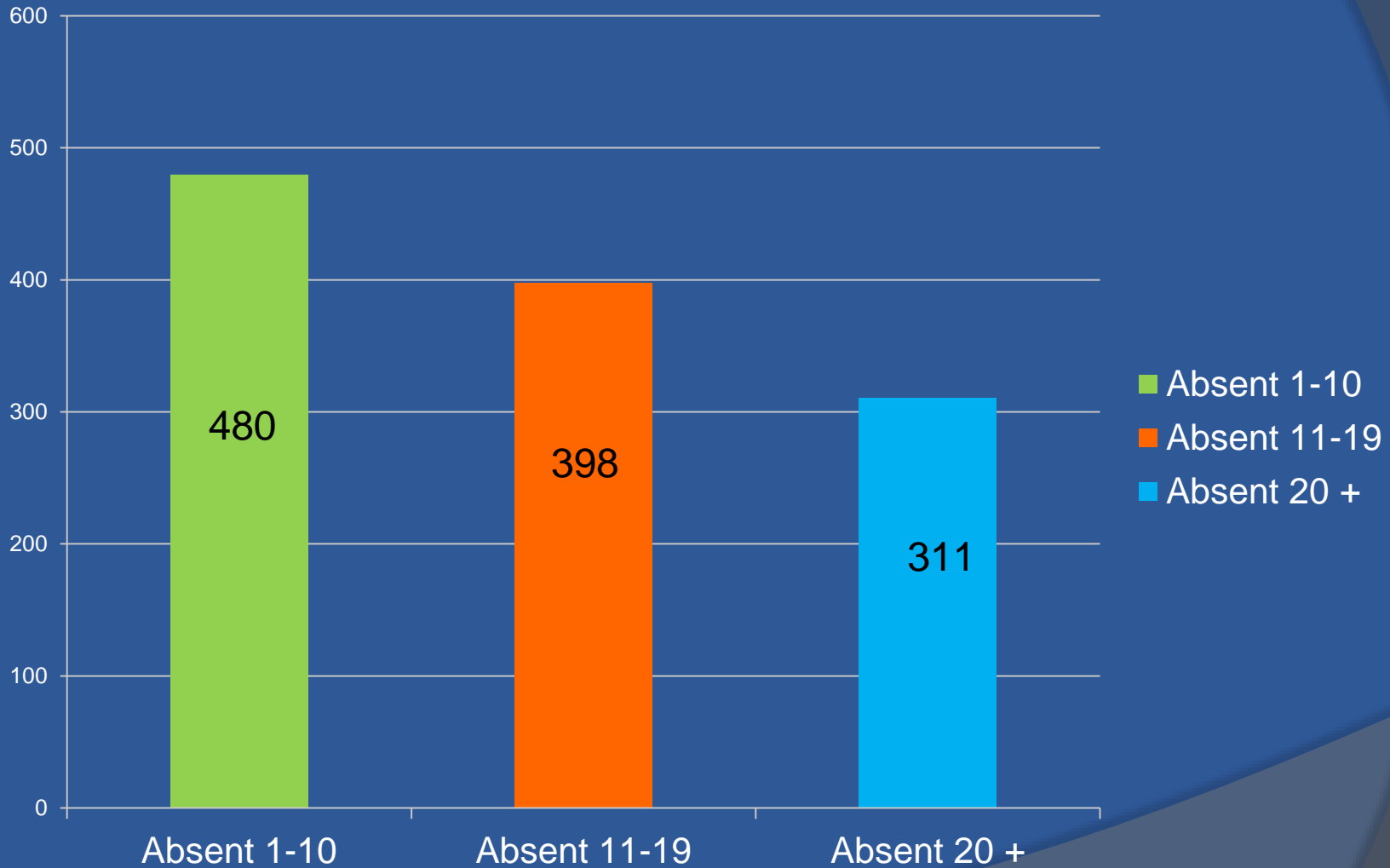


# Disability Access Route to Education: DARE

- Access route for students with disability physical/ intellectual or learning
- Can access courses on lower points
- Receive learning supports in college
- <http://accesscollege.ie/dare/>



# Absenteeism - Points %





# Leaving Certificate changes for 2021

- Project briefs issued earlier
- Deadline dates moved up
- No change to paper lengths
- Increased questions and choice
- English:

Paper 1 - unchanged

Paper 2 - Comparative: all 3 modes examined

Poetry – 1/5

# What does the school offer?

- Support
- Advice
- Guidance



# Contact

- [lisao'shaughnessy@dominicanwicklow.com](mailto:lisao'shaughnessy@dominicanwicklow.com)
- Guidance counsellor
  
- [dp@dcw.ie](mailto:dp@dcw.ie)
- Deputy Principal



# VS Ware

- School's management system – replacing E Portal
- Login on the school website
- View the student's timetable, attendance, and assessment reports. This will be expanded to include behaviour over the coming months.
- <https://support.vsware.ie/parent-profiles>
- Text message with your login details
- Parents app – coming soon



# Schoolwise

- Educational Platform
- Login using school email
- Controlled learning environment
- Contains all the students classes
- Access to notes, homework, online classes
- Communicate with teachers, other students



# Twitter

**@DCWschool**

## School Website

[www.dominicanwicklow.net](http://www.dominicanwicklow.net)



# Questions

