



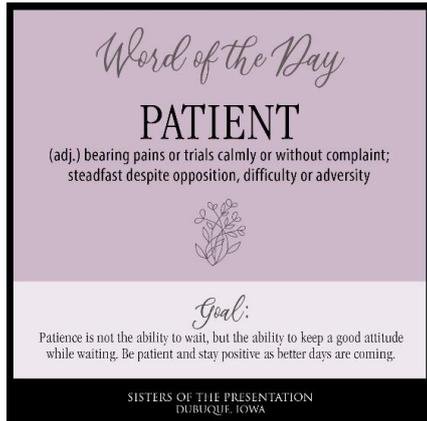
# Coláiste Bríde Newsletter

Ed. 1 March 19<sup>th</sup> 2020

Dear Students and Parents,

Thank you all for your fantastic co-operation last week as the school closed very suddenly as announced by the government. It was so heartening to witness all the lovely interactions between students, staff and parents. The travel cases arriving to bring books home certainly made me smile, it showed great creativity and foresight. Well done everyone.

As our new reality of safe-distancing, hand-washing and online teaching and learning settles in, please know that we in Coláiste Bríde, will continue to do our best for your daughter. As students, parents and teachers settle into new routines we shall all be learning together. Fortunately as you can see by reading our recent Whole School Evaluation (WSE) report our school systems are strong and robust, with care and compassion central to what we do. As well as continuing to provide for your daughter's education, we shall focus on wellbeing, physical activity, positive mental health and coping strategies.



I wish to take this opportunity to thank all those among our parent body who are helping on the frontline, be they in healthcare or other important services to the country. The Taoiseach in his address to the country asked that students be aware that this is a very stressful time for parents too. I ask that all of our CB girls show leadership, show responsibility, help with doing jobs for the elderly, help at home and BE KIND. All of this costs nothing but the payback is huge and

good for wellbeing. (Ladies I said this on the intercom in school last week – what action have you taken?) As Presentation People, as followers of Nano Nagle we believe in “Deeds not Words”, we take action, we do things to help.

I encourage all parents and students to download the Twitter App and follow @colaistebride to access all the excellent advice and resources that we share for the whole school community. It is our plan to publish a regular newsletter for students and parents, to keep in touch. Our website shall also be updated as required.

As I finish I am reminded of the prayer:

God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can and the Wisdom to know the difference.

Marie-Thérèse Kilmartin

Principal



*To our fellow sixth years,*



*We hope you and your families are all doing well, this crazy time for us all and we know it can be very overwhelming and difficult to adjust to, but just try to take it day by day. Try and look for the silver lining in this situation and use it to the best of your ability, start now. We all have a purpose in life to do bigger and better things. During these days our main tip is to take care of yourself and others, physically and mentally, don't forget to take a break from studying and social media, go for a walk, listen to some music, meditate, this is so important right now more than ever. Remember we are all in this together and let's continue to work alongside one another and with our teachers. Don't forget to check up on one another via text or call. Be kind, be positive and stay safe. #havecourage&bekind*

*-Your Head Girls.*

It's not social distancing, it's social solidarity

## A Students view...

You're not withdrawing in fear, you're withdrawing as a way of standing with friends, loved ones & strangers who can't protect themselves without your help. Even though we're feeling cooped up in our houses, we shouldn't feel demotivated or depressed because there is a light at the end of the tunnel, and as long as we all stand in solidarity with each other we can and we will get through this time.

It's been hard having to adjust to a new routine so hastily & without much notice. But it's important to remember that we students are all in the same boat and we are supporting each other so long as we practice social distancing.

Thinking back to Wellbeing week, during this time it's especially important to remember to keep the many themes of Wellbeing week, such as making connections & self care, running in your daily routine. Keep in touch with your family, your friends, your neighbours. If you're feeling lonely, video call your friends.

Remember to keep on top of your school work & if you're feeling overwhelmed, take a break, don't work yourself too hard. You could use this time to start studying for your end of year exams, developing a new skill, rereading your favourite book series, trying a new recipe, watching a new film, or doing a home work out. It's a scary time with many uncertainties for everyone. Keep in mind, that many people have family members & loved ones working on the front lines and also loved ones who are currently ill & perhaps at high-risk. Let's keep them in our prayers.

 @colaistebride

We are aiming to promote one Podcast each week to help you navigate our new reality...

## This weeks podcast...Headspace

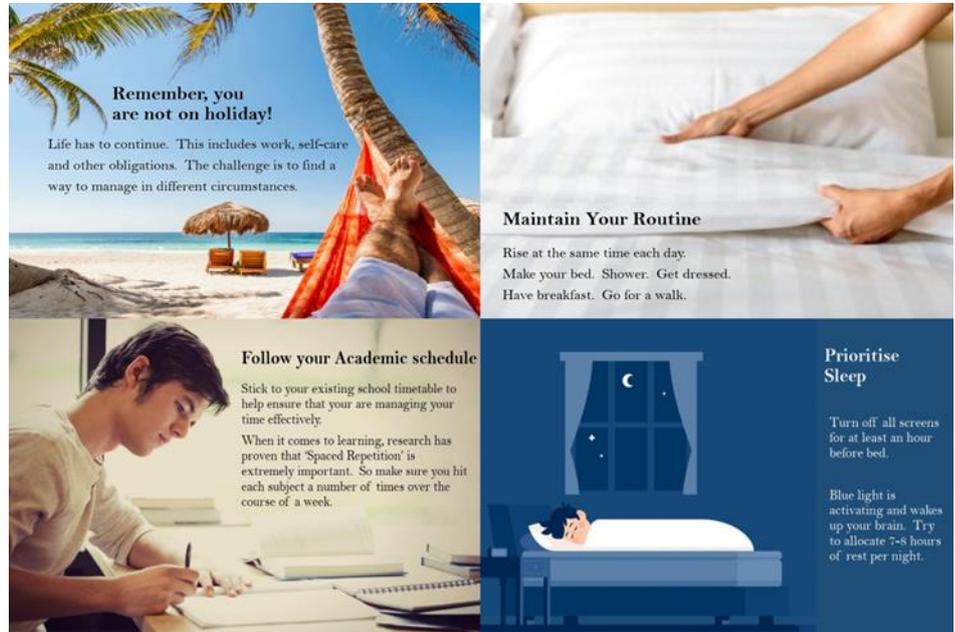
<https://www.headspace.com/meditation/kids>

This Headspace app has meditations and relaxation tip. For a full list of podcasts worth trying see our website



@colaistebride  
@Inclusion\_YSL  
@AsFBride

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**Remember, you are not on holiday!**  
Life has to continue. This includes work, self-care and other obligations. The challenge is to find a way to manage in different circumstances.

**Maintain Your Routine**  
Rise at the same time each day.  
Make your bed. Shower. Get dressed.  
Have breakfast. Go for a walk.

**Follow your Academic schedule**  
Stick to your existing school timetable to help ensure that you are managing your time effectively.  
When it comes to learning, research has proven that 'Spaced Repetition' is extremely important. So make sure you hit each subject a number of times over the course of a week.

**Prioritise Sleep**  
Turn off all screens for at least an hour before bed.  
Blue light is activating and wakes up your brain. Try to allocate 7-8 hours of rest per night.

## Your guide to good netiquette



Don't post nasty or rude messages on other people's social media.



Are you sure what you're sharing is true? It could be fake news...



Think of other people's feelings before uploading anything about them.



If it all gets a bit too much, take a break from being online. It's okay to log out.



Humour doesn't always translate well online. What you think is funny might actually be offensive.

@parentzone



## Keep Active!!!

It's so important to stay active during our time at home. On the odd day that the Irish weather might not cooperate, try this link to get you started on some home fitness:

<https://www.youtube.com/watch?v=UItWltVZZmE>



@ASFBride

## SEN Support

The SEN team will be available for direct support/consultation work with students and parents during the following times:

C. Comerford:	10 to 12 Mon – Fri	ccomerford@colaistebride.com
C. Doyle:	12 to 2 Mon - Wed	doylec@colaistebride.com
S. Slattery:	8.30 to 10.30 Mon - Fri	sslattery@colaistebride.com

Trouble accessing your email & work set? Please email your tutor!

 Trouble logging in? Email mkelly@colaistebride.com

# Whole School Evaluation (WSE) Report March 2020

We are very proud to release to students and parents of Coláiste Bríde our recently published Whole School Evaluation (WSE) report. It praises the “exemplary behaviour” of students, the “exceptional volunteerism of the staff”, the “outstanding SEN team”, the “dedication of our middle leaders” and the excellence in leadership and management. It was an amazing achievement to get such positive feedback from the Inspectors but it reflects the tremendous work, the high standards and expectations that are lived on a daily basis. Well done to everyone!

May I take this opportunity to thank every person who played a role in gaining this excellent report, which is at the top of the Inspection continuum. From the students who were in all the classes visited, all 2<sup>nd</sup> and 5<sup>th</sup> Year parents and students who completed questionnaires about the school, the 10 students who met the Inspectors in a formal meeting, the members of the Parents’ Council who also had a scheduled meeting, all the staff, members of the Board of Management who are volunteers supporting the school and my colleagues on the Senior Leadership Team – aka the 3 Deputy Principals.

This report was published as schools were shut so we have had no time to praise the students for their huge contribution, not only once is exemplary behaviour mentioned but twice, showing how impressed the Inspectors were and they visit lots of schools who do not get such words to describe the student behaviour. So ladies, a big ‘Bualadh Bos’ from me. You rose to the challenge as I knew you could and would. I am so proud of you and for you! Well done! #proud #exemplary

Please take the time to read this report for yourselves, it is a public document. All school inspection reports can be seen on the Department of Education and Skills website. Here is the link to ours:

[https://www.education.ie/en/Publications/Inspection-Reports-Publications/Whole-School-Evaluation-Reports-List/60122D\\_WSEMLLPP\\_13363\\_20200109.pdf](https://www.education.ie/en/Publications/Inspection-Reports-Publications/Whole-School-Evaluation-Reports-List/60122D_WSEMLLPP_13363_20200109.pdf)

Marie-Thérèse Kilmartin

Principal

## SIMPLE, SLOW, STEADY



@mariettk

## Advice for Teachers & Students

**Coronavirus COVID-19** Public Health Advice

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

**All people are advised to:**

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [hse.ie](http://hse.ie) OR phone HSE Live 1850 24 1850

**How to Prevent**

- Stop** shaking hands or hugging when saying hello or greeting other people.
- Distance** yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.
- Wash** your hands well and often to avoid contamination.
- Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue.
- Avoid** touching eyes, nose, or mouth with unwashed hands.
- Clean** and disinfect frequently touched objects and surfaces.

**Symptoms**

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

**For Daily Updates Visit**  
[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hsc.ie](http://www.hsc.ie)

Ireland is operating a delay strategy in line with WHO and ECDC advice

HSE Rialtas na hÉireann Government of Ireland