



Coláiste Bríde Newsletter

Ed. 3 April 2nd 2020



A word from Ms. Ronan...

As we approach a very different type of Easter holiday I would like to congratulate students, parents, teachers and our wider school community for making it this far. Wellbeing Week in Coláiste Bríde seems like a distant memory since the Covid 19 crisis hit. I am, however, constantly reminded of the chosen theme this year of #makingconnections. Little did we all know we would be making connections daily via an online platform to the entire school community.

Never have we needed our Wellbeing toolkit more. Exercise, a cup of tea, calling a friend, walking your dog, spending time with family. It is these close connections that will keep us grounded in the coming weeks. Reach out, if you have enough fuel in your own tank, and make connections if you notice someone else is finding things difficult. You never quite know how much it might be needed.

For me, I must admit, that I really miss what I think we all took for granted until two weeks ago. I miss our school building, the staffroom, my office, but most of all I miss the students. Our school opens its doors each day to welcome you. Without our students things feel a little empty. I look forward to a time when we will hear bustling corridors, the sound of the school bell, the intercom announcements and the 1000's of different connections that happen daily in CB. We are lucky to have such a fantastic school community.

Can I ask that you to take a break over the holidays. For students who have not been able to engage with learning up until now this might give you the opportunity to catch up on work that you have missed. We will be asking your teachers to take a break too, so please understand that you may not hear from them until after the holidays. Take this time to rest and refuel.

We look forward to welcoming you back after the Easter break ready for a new term whether this is virtually or in person. If ever there was a time to act on our mantra of Be Kind it is now. Be kind in your actions, your words and to yourself over the Easter holidays. Stay safe, stay well and please stay at home.

Louise Ronan
Deputy Principal



Just a friendly reminder...

Check In Calls - A family support call was made to many households this week. This was to see if students are safe and well and to identify any problems with accessing work. Teachers have been inputting data to identify students who have work outstanding. Please try to submit work before the Easter holidays if you are in a position to do so.

Coláiste Bríde at Home...
Week 3

This week, as we benefit from the clocks going forward, the challenge to stay home is ever present. As we head towards Easter, we must remain vigilant in our efforts. We continue to try to offer you resources to help you all through these challenging times. In this edition:

Working from home – for anyone struggling with working from home, **tips** from a **member of our Parents Council** who is a seasoned pro at it! Learn how to share the space with your children.

Along with our regular features - **Wellbeing**, **Active App of the Week** and any **Contact Info** you might need...



Stay Home Stay Safe

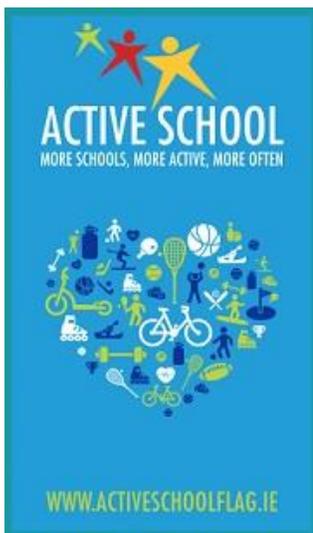
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Mindfulness can be a vital tool to help us all stay sane while we're at home, and it's not just for adults. We can all benefit from a more mindful approach. The article below is the perfect place to start:

<https://www.nytimes.com/guides/well/mindfulness-for-children>



As a leading Active School Flag (ASF) post primary school, Coláiste Bríde has been involved in research with a team from the University of Limerick over the last two years. Each year we have completed whole school questionnaires to inform our ASF work in the school. It is really important to us that we plan according to the interests and needs of both staff and students to ensure that the whole Coláiste Bríde community can become as physically active as possible.

I'm sure we are all planning for and looking forward to the not too distant future when we can get back to our normal lives. By completing this questionnaire you will help us to reflect on what we have already done and plan for a more active future in CB.

http://bit.ly/student_CB

Each completed survey = euros for CB Sports Equipment!!



@colaistebride
@Inclusion_YSI
@AsFBride

Working from Home - tips from a seasoned pro!!

My name is Monica Harding and I am a member of the Coláiste Bríde Parents Council. As we enter into another week of staying at home, I am very fortunate to be able to work from home on a fulltime basis. Now I have my daughter sharing the space, it has meant new routines for us, including work, digital meetings and helping with schoolwork.

So, I thought I would share some of my top tips for working/school from home:



1. Morning Routine

Treat the day like you're going to school/ work. Get up, get dressed, have breakfast. It is very tempting to hang out in your comfy jammies, but you'd never know when you might be called to a video call!



2. Start with your "commute"

Most people have to travel at least a little bit to get to school or work. While being safe and engaging in physical distancing, walk to work or school. Go out of your front door, walk to the corner and come back. It's like arriving into school or the office, and helps put you in the mindset.



3. Have a designated workspace

It might be the kitchen table, or a home office or a desk. Set aside a space in your home to work from if you can



4. Take a break!

Don't forget to take your morning break and lunchbreak. We all need a break.



5. Stick to a schedule

It is tempting to put in work and continue much longer than you normally would. When you don't have the mad morning rush to get to school or work, it is very easy to start way earlier than normal or work much later than normal. Beware of burnout.



6. Connect!

Do you normally have a break with someone? Chat over lunch or coffee? Use technology to catch up with them. Have a virtual tea break and a chat.



7. Don't pressurise yourself!

There are a lot of offers on social media right now. Learn to paint, learn to harvest your own yeast, learn to knit your own yoghurt. If that appeals to you, great, but the most important thing is to be safe, stay home where possible and WASH OUR HANDS!



8. Social Media

We all know that we should cut down on social media, it is much easier said than done. But, if you happen to be on Twitter, please give @cbparents22 a follow 😊

Monica Harding
CB Parents Council

And finally...

From our Principal

Dear Parents/ Guardians/Students,



My final update before the Easter holidays. May I start by saying a huge Well Done to everyone, staff, students and parents for all your support and understanding. These are strange and challenging times but together with buckets of patience, love, trust and hope, please God we shall emerge on the other side.

May I thank all the parents and students for the high levels of engagement, for the appreciation expressed through the check-in phone calls we are making and the emails received. Be assured your daughter is getting lots to do through our secure school system Microsoft Teams which your daughter has access to. Again we remind you of all the supports we have on offer and where to go to reach out for any help.

Please keep [checking your emails](#), [the school website](#) and [twitter](#) for lots of information - for fun challenges, for free materials for all the family, ideas for over Easter - where we recommend that students take a break from their official studies - apart from 6th Years who need to do a few hours daily & keep routine. May I thank the 6th & 3rd Years who completed their surveys, this helps us to tailor our online teaching.

We are all hearing from the Chief Medical Officer that we are entering a time when more people can get COVID - 19, we acknowledge that students, parents and teachers can too be affected. So please be conscious that you may get messages saying a teacher is not available and that Parents/Guardians can let us know about students through the tutor as usual or the school email info@colaistebride.com This is a stressful time for everyone and it is important to allow space to rest and recover after an illness.



So as I finish, I remind everyone of looking after their wellbeing. Our students are very familiar with this poster throughout the school, the messages in their school journal. Be Responsible - Help out at home - Be Active - within the 2km & only with family Be Connected - Check in with older relations or neighbours by calling on the phone, writing a message, drawing a picture, making a VM, Be Aware - Stay Safe - look out for others Show Respect - Think the CB rule - show respect at all times - especially online and finally what we all need to do at this time - Be Resilient - Dig deep - get through this Day by Day - Always do your Best and have Hope.

May I finish by wishing you all a lovely Easter break, a time of growth, renewal and Hope.

Marie-Thérèse Kilmartin
Principal

