

# CB STAFF NEWS



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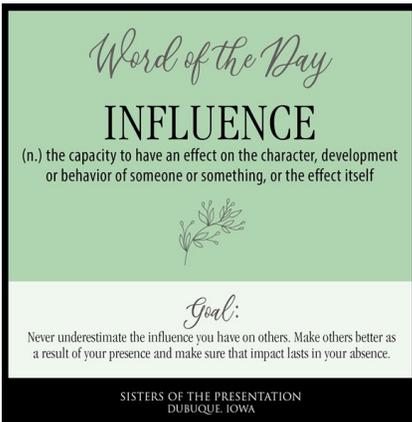
[https://www.youngsocialinnovators.ie/images/uploads/inner/content/Awards\\_2020\\_Shortlist\\_FINAL](https://www.youngsocialinnovators.ie/images/uploads/inner/content/Awards_2020_Shortlist_FINAL)

Congratulations and well done to Ms L Kelly and her YSI (Young Social Innovators) class as their project 'Inclusion Is The Solution' has successfully been shortlisted under the 'Making Our World Fair and Just Challenge' for the YSI Awards 2020.

## Welcome back after Easter....

Hi Everyone,

Welcome back to what should be our final term but as we now know, it may extend further than usual!! I was reading through some literature over the weekend and I came across the above quote. It was written by Paul Hawken, an American environmentalist, businessman and entrepreneur, who has dedicated his life working towards environmental sustainability. His quote above reminded me that none of us are islands and that we need each other – especially in these challenging times.

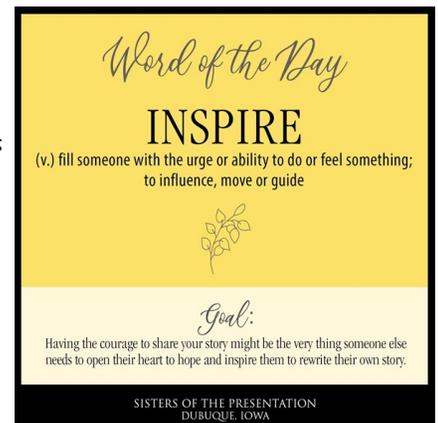


Our students are missing the stability and connection that we provide for them. We can all remember that one teacher who probably made us want to be teachers ourselves. The quote also reminds me that what we have achieved over the past few weeks has been nothing short of remarkable. We are in effect teaching online remotely and working towards an end of year that a few short months ago would have seemed impossible. All of this work was done by a very strong and committed team in CB. It was not achieved by one person on their own. We need to reach out to each other, support each other like we have always done, but now in different ways to normal.

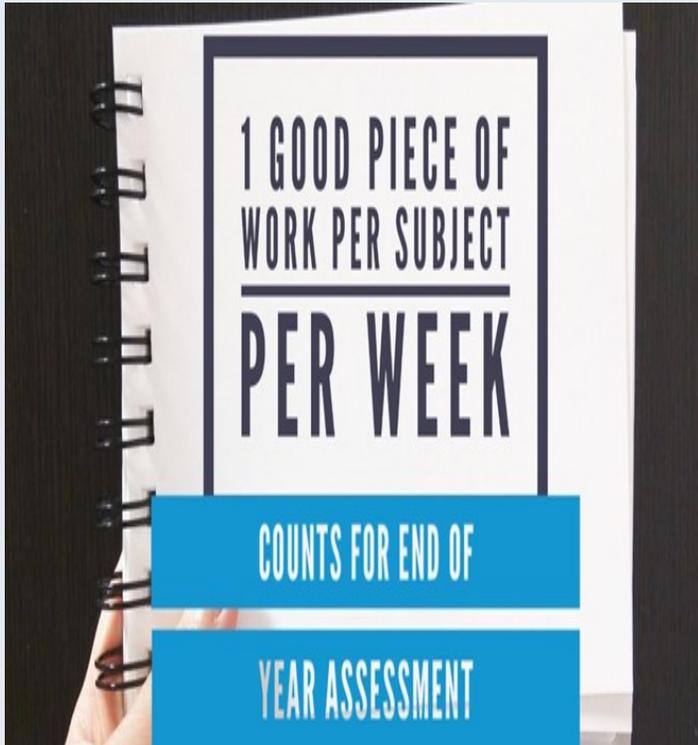
Many of our work practices have changed – not so much in content but in the techniques that we employ to carry out our daily tasks. Each and everyone of us must remember to work together, help each other, share the burden. The days of working in isolation within four walls of a classroom are gone. In our school, we have a strong spirit of collaboration and exchanging of ideas. We must now transfer this spirit of pioneerism to our students, to get them to realise that life can continue educationally outside of a four-wall space. Some of our girls are really adapting to this new remote world but for others it is a challenge. Especially for those whose circumstances are not ideal, but we must infuse them with a 'can-do' spirit. We, as a professional staff have this attitude, we need to imbue our students with this love of learning that comes not from technology but from hope, love, kindness and a spirit that reaches beyond limits and boundaries.

Remember, could we really have imagined just a few short weeks ago, that we could in effect move our whole school practices online – no! definitely not but each and every day, we are rising to the challenges that such a move brings and dare I say it, getting to embrace its complexities simply because it is a challenge for our Coláiste Bríde spirit – to paraphrase Sr. Nano Nagle – we will go 'one step beyond'. We are all in this together and we must bring our students and their parents with us on the journey.

Keep the faith  
Mairead Earley, DP



**KEY MESSAGE FROM MS  
KILMARTIN & SLT .....**



**Update on Online Teaching & Learning:**

It has been agreed by the staff, that students will be sent only 1 piece of work to do weekly for the next 5 weeks. Teachers will then use this work to award grades and/ or comments on performance and engagement with our online learning.

We ask that students give their very best to this work, we have listened to all the feedback from students in all years, parents and teachers.

So ONE good piece of work per subject, per week from now until the end of term. This applies to all students in all years.



**CHECK OUT OFFERS FROM THREE IRELAND** - these are specific to school communities. Full details were emailed to you and are also available on our website.



**Reminder re Resources & Supports available on [www.colaistebride.com](http://www.colaistebride.com) (compiled by Philip Kennedy and his team)**

There are some fantastic and wonderful free supports circulating online. However, in the constant stream of multi-media at the moment it can be hard to find what you need. As you know Philip and his team collated all of these resources into a one stop shop for everything, with easy to click hyperlinks to the particular resources, saving you time. There are 3 Resource Packs—one for parents, one for students and one for educators, with relevant resources to the most appropriate interested party which we hope will make life easier for you.

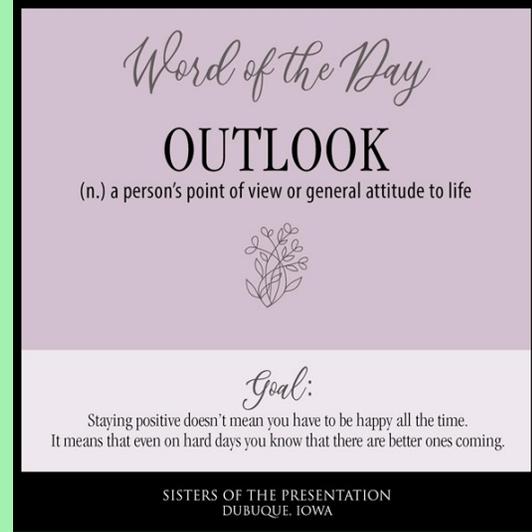
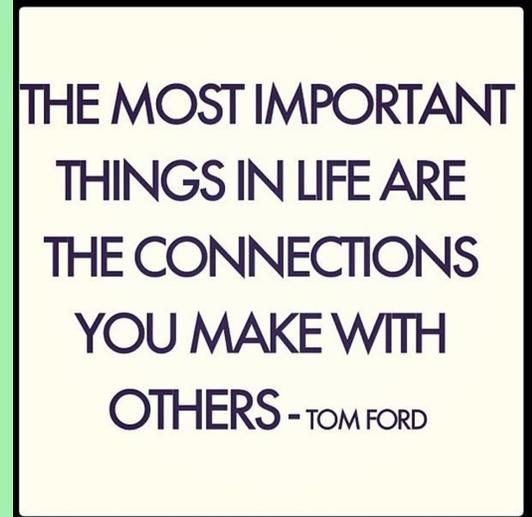
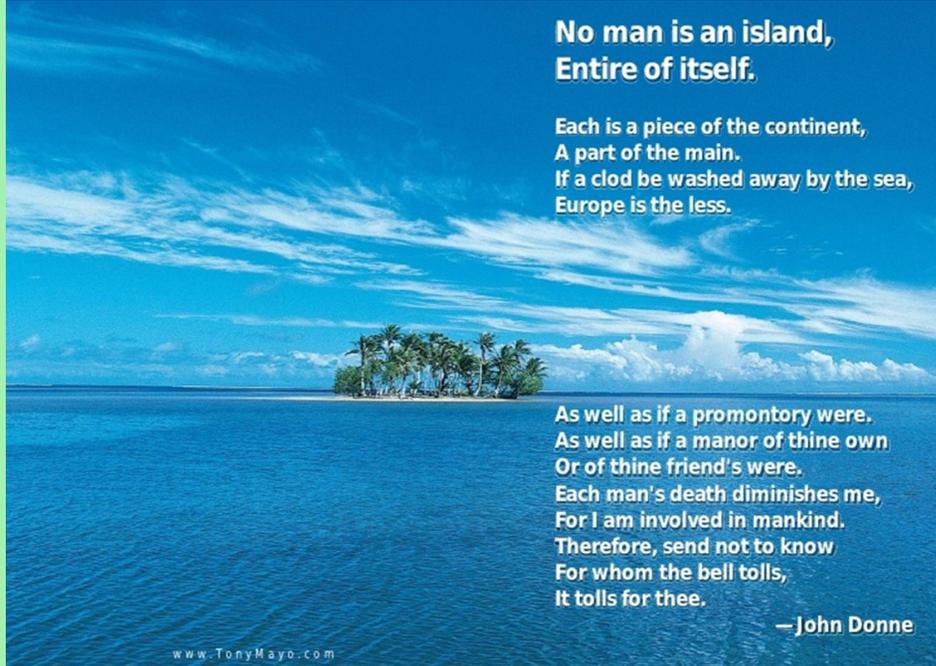
The PDFs can be downloaded from [www.colaistebride.com](http://www.colaistebride.com) where we have created a new **COVID-19 tab** and will be updated regularly as new resources come on stream. If you have resources that you would like to submit, Philip will be updating it every couple of days or so. He has also created a folder in 'Teachers Remote' on Teams as well where you can download the PDFs.



Marie-Thérèse referenced a very interesting article about online learning. Written by Dean Shareski, a pioneer of online teaching. A space he has inhabited for the past thirteen years. He made some interesting points that I thought you might find interesting. It's a long article but if you want to read it, you will find it at [www.ideasandthoughts.org](http://www.ideasandthoughts.org). The following is a summary of his key points.

- ◆ There are advantages & disadvantages to online learning
- ◆ It's a new practice for an awful lot of teachers
- ◆ The space we are in at the moment is not Online learning but Emergency Remote Teaching- a big difference but it does allow us the opportunity to see the numerous benefits of that space
- ◆ It is time to understand the power of technology – it's not about cool gadgets but about making us more human, not less
- ◆ It is the time to foster community – a time to foster connection
- ◆ The concept of finding joy is part of the teaching contract and we need it now more than ever for our students
- ◆ A time to address issues of inequality in our education – in a space where we could make a real difference

The quote 'No Man is an Island' is very well known and the inspiration of many songs and poems but it was written by John Donne (1572-1631). He was one of the most important Metaphysical poets. A dean of St. Paul's Cathedral London, Donne wrote this poem to explain that we are not a solitary species but need each other and even in death, we are a part of each other.



The following article in the Business Supplement of the Irish Times newspaper 22 April, 2020 written by Sandra O'Connell was really interesting, especially since we are now four weeks—and counting—into remote emergency teaching from home. The title of the article was **Remote learning – Getting to grips with the new world of work**. Here are some of the key points (summarised by Mairéad):

- ◆ This is not the new normal – it is the new normal FOR NOW!! (my emphasis)
- ◆ Slow and steady is best – allow time for adjustment to life and work at home
- ◆ In China divorce rates soared after emerging from the lockdown phase – so cut everyone slack working from home.
- ◆ Have a plan – 'you can easily become over-connected with a device' says Jonny Cosgrove of MeetRoom (a provider of virtual space as a service)
- ◆ When in video conferences, do not be rude – wait till later to send the emails, take calls etc.
- ◆ Important for management to cut staff some slack – having hormonal, deprived teenagers or moaning youngsters under your feet all day makes working life at home a challenge
- ◆ Watch your body language online – no picking of noses, get rid of those hairy bits, no scratching of body parts.
- ◆ Trust your team – set expectations and then trust them to get on with things.
- ◆ We are in this together - virtual coffee times key to creating a sense of community

As I read through this piece, it struck me that we could probably have written this article on Remote learning now – who know we would come to know this virtual world so quickly!!!



**Reminder of some useful links:**

**NEPS Health & Wellbeing for Teachers— <https://www.education.ie/en/The-Department/Announcements/teacher-wellbeing-self-care-during-the-covid-19-coronavirus-school-closures.pdf>**

**The HSE: [https://www2.hse.ie/mental-health/?gclid=CjoKCQjwsYboBRCOARIsAHbLPhG7VQ69nlq6GdZl9PGGzdK4iveHoLopsgwumW6oHBnL3CFS-tSCke4aAqWaEALw\\_wcB&gclsrc=aw.ds](https://www2.hse.ie/mental-health/?gclid=CjoKCQjwsYboBRCOARIsAHbLPhG7VQ69nlq6GdZl9PGGzdK4iveHoLopsgwumW6oHBnL3CFS-tSCke4aAqWaEALw_wcB&gclsrc=aw.ds)**

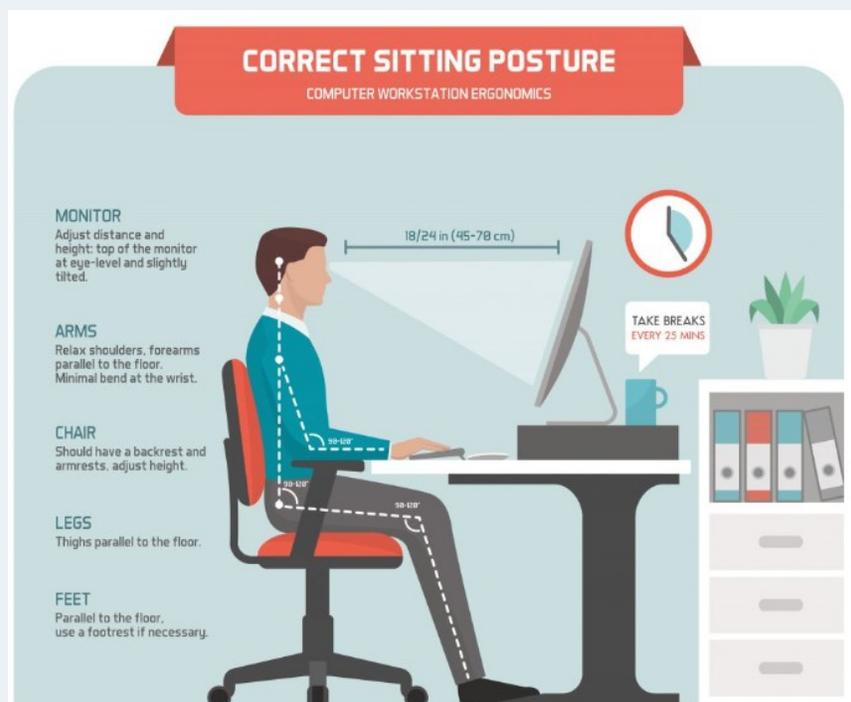
**INSPIRE** which offers online counselling through the employee assistance programme. Click on the link if you are interested in receiving further information. This service is available to teachers & SNAs- also their family members - generally the first few sessions are free of charge. <https://www.inspirewellbeing.org/workplaces>

# *In case you missed it .....*

## *Health & Safety Message from Karen Hopkins*

### Computer Workstation Ergonomics

As we perform remote learning from our homes, you may find yourself sitting behind a desk or a table for hours at a time. This may result in neck and back pain or sore wrists and fingers. Correct sitting posture (Computer Workstation Ergonomics) can help you and your joints stay comfortable and pain free. Ergonomics is the field of study in which workspaces are rearranged to reduce strain and injuries on the body. The goal of ergonomics is a relaxed and comfortable posture. Below is a diagram to help you set up your workspace ergonomically.



Reference: <https://ergonomicshealth.com/ergonomic-workstation-setup/>

For those of you who don't have an office desk and chair and sit at the kitchen table you can adjust the height of your laptop or screen simply by placing a big book (Mary Berry's Cookery Course Book for example) or a number of books underneath your laptop or your screen - bring back the Yellow Pages! This small step can make a difference and minimise neck and shoulder pain and prevent that trip to the Physio.

If you have an office desk and chair here's a video on how to set up your desk ergonomically. The video also demonstrates some exercises that you do while sitting at your desk: [https://www.youtube.com/watch?v=F8\\_ME4VwTiw](https://www.youtube.com/watch?v=F8_ME4VwTiw)

For more comprehensive video on neck and upper body stretching exercises visit <https://www.youtube.com/watch?v=bt6JL6luuTs>

For a 20 minute beginners Yoga for Neck, Back and Shoulder Pain visit <https://www.youtube.com/watch?v=Vlo5yzWM7po>

*Don't forget to take regular breaks. Get up and away from your desk to get some movement exercises in but also to give your eyes and mind a break.*