

COLÁISTE BRÍDE

Thursday April 23rd 2020 Ed. 4



A word from Ms. Kilmartin

Dear Parent/Guardian

I hope you and your family have had a nice Easter break and that you are all keeping safe in these challenging times. We are aware that a number of families have had a bereavement in their extended family and we express our condolences as a school community. Please know that we are here for you.



There are 6 weeks left in the school term, our emphasis during this time will be on connecting with our students, engaging them in their learning. During this time, we will put an emphasis on revision and preparation for end of term assessments. This is what we would usually do in these last few weeks. This applies to all students in all years. We are arranging year group assemblies online for all years, please help us by ensuring that your daughter is available for these assemblies to meet with the Senior Leadership Team and Year Head. We would ask all parents to ensure that their daughters are engaged on Microsoft Teams and that they are doing the work assigned to them by their teachers in all subjects.

TABLE OF CONTENTS

Moving forward - the plan for the final term

YSI Success

Updates for parents /guardians

Life in Lockdown - a students perspective

Important contact details

Recipes to try

Guidance Corner

**1 GOOD PIECE OF
WORK PER SUBJECT
PER WEEK**

COUNTS FOR END OF

YEAR ASSESSMENT

Keep up to date by following us on twitter @colaistebride and by visiting our school website www.colaistebride.com

Thank you for your continued support and stay safe

Ms. Kilmartin,
Principal.



Moving Forward - planning for the final term

Workload - Moving forward each subject teacher will assign one significant piece of work per week for each class. This should help reduce stress and give students enough space and time to complete and submit work.

Microsoft Teams - Teachers will now be assigning all work through Microsoft teams. For parents/guardians and students who would like some additional support with using MS Teams please check out our video in the Learning Hub tab on our website.

Inclusion is the Solution - YSI class success!!

'Inclusion Is The Solution', ran by this year's YSI class, is a project which aims of making physical activity more inclusive for all but particularly for girls. The group have been busy all year finding ways of encouraging more girls in Coláiste Bríde and the local primary schools to become more physically active. 'Inclusion Is The Solution' are delighted to be one of the 33 projects to be shortlisted for the YSI Awards 2020 out 414 YSI projects who applied. To find out more about the project please see their Instagram page @inclusionisthesolution and Twitter page @Inclusion_YSI

Summer Reports & Assessment - The work assigned and completed in the coming weeks will form part of your summer results. This we hope will encourage students to engage with the learning online. Teachers will communicate with individual classes to outline their plans.

Tutor Time - tutors are looking forward to connecting with their tutor classes online in the coming days. Tutors will email with the agreed time to #make connections.

Difficulty Online? - for our Junior Cycle students who are having difficulty downloading files or accessing online work we have now asked our teachers to create a one stop shop sheet with students work on it. This will be available on our website weekly for parents and students to access.

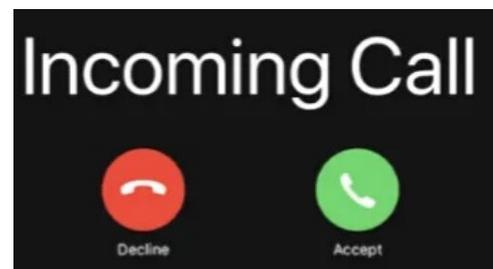


Need access to a laptop?

If you are without a mobile device to complete school work please **text** the following number **0852131644** or email your DP



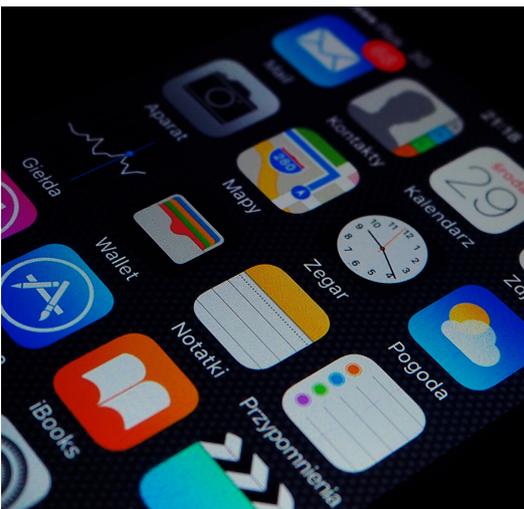
Three are offering 2 months of free data to parents/guardians of Coláiste Bríde students. Please see our website, www.colaistebride.com for details. Don't forget to read the small print!!



Need to update your contact details?

We are sending a lot of correspondence by both text and email at the moment. If you have **changed phone number or email** address, please email **mkelly@colaistebride.com** to update your details. If you have **changed address**, email **apanikova@colaistebride.com** to update your details.

We are trying our best to reach out to parents and guardians to check in. However, that call may come from a number you do not recognise. We realise not everyone is comfortable answering an unknown number, but please be aware it may simply be a staff member from school calling to check on how your daughter is doing.



Life in lockdown - a students perspective

by Tomi Alabi

How are you doing?" A phrase we all know, that is usually followed by the simple reply of "I'm fine, thanks". However, it is in times like these where we really need to look deeper. Where we truly need to take advantage of the wide range of platforms that we have available, to check in on friends and family.

I was reminded of this a few days ago when I was chatting to a friend, when I realised that I 'wasn't fine'. That if she hadn't asked me truthfully, I would have been alone, diving further and further into the slump I had already begun to fall in.

As we talked about how we were coping and trying to cheer one another up as best we could, I realised how much I did miss the loud bell signalling the end of class. I did miss my name being called, and shouting "here" over the ruckus of boisterous students, to inform the teacher I was present. I missed waking up with the intention of hopefully learning something new. I simply missed my friends.

I must consider myself slightly lucky in comparison to my fellow students who worry about sitting exams such as the Leaving Certificate. Whose pathway to success lays up in the air, constantly sparking debate. To you, I send my prayers and blessings which I hope in these hard times, can offer you some form of comfort.

I'll never truly know what they are going through, even though I may have a small idea. I can only discuss myself and how 'life in lockdown' has been as a sixteen-year-old girl in transition year. My day usually consists of waking up, checking assignments and completing them the best that I can. I have the luxury of having a more relaxed workload, leaving me more time to do things I enjoy, such as reading, writing and spending time with family.

You only get what you put in. It's great to use this free time that you have to do things that bring you peace and happiness, or that you simply never had the time to do before. It's great to connect now with friends and family, without everyday distractions. For some, to even strengthen their faith, appreciate the simpler things in life as this has so clearly taught us. Everyone is different, but I try to use this time, to improve certain skills and learn one or two useful ones.

It is hard being away from those you love or having friends and family who are suffering or have passed due to this crisis. I say to you, I am feeling what you feel, I have felt what you will, and I am sorry if you are suffering. I hope you have people in your life who listen and support you, and that you have services that you can access.

To everyone reading, I offer you my kind thoughts, empathy and my prayers. During times like these, it is important we talk and communicate with each other. Reaching out and showing love. Reminding ourselves, that although we may be apart from those we love. We are not alone in whatever we are going through.



Need help? Please contact the relevant department by email:



General Enquiries	info@colaistebride.com
Vsware issues	mkelly@colaistebride.com
Student email issues	sjcarey@colaistebride.com
1st Yr Year Head	mokeeffe@colaistebride.com
2nd Yr Year Head	ubracken@colaistebride.com
3rd Yr Year Head	lfarrell@colaistebride.com
TY	ggontyte@colaistebride.com glanigan@colaistebride.com
5th Yr Year Head	elawlor@colaistebride.com
6th Yr Year Head	swhite@colaistebride.com
SEN Department	ccomerford@colaistebride.com doylec@colaistebride.com sslattery@colaistebride.com
Guidance Department	lfallon@colaistebride.com cdeane@colaistebride.com vcarson@colaistebride.com

Tuna and Sweet Corn Wrap – Makes 4 wraps

Ingredients

- 1 tin of tuna
- ½ tin sweetcorn
- 2 tablespoons of mayonnaise
- 4 wraps

Method

- Drain tuna and place into a bowl
- Add mayonnaise and sweetcorn
- Mix together well with a spoon
- Place in center of wrap and fold up

Enjoy!

Tomato Pasta – Serves 4

Ingredients

- 200g Pasta
- 200ml Sauce
- 500ml Water



Method

- Boil a pot of water
- Add Pasta
- Cook for 10-12 minutes
- Strain off water
- Place pasta and sauce into pot and cook until sauce is hot

Enjoy!

REMINDER!!

Mock results for Junior and Leaving Cert students are now available to view on Vsware

WELCOME TO GUIDANCE



INFORMATION FOR SIXTH YEARS

SUSI Grants for College

SUSI opened for grant applications on the 23rd of April. The deadline for priority applications is the 9th of July but as the grants are awarded on a first come, first served basis we encourage you to apply early. Go to www.susi.ie to make an application and for all the information needed. Parents and Guardians will have to assist with completion of the form. Please take note of your Login details as it can be difficult to reset your account if you forget them. There is an eligibility reckoner tool which will let you know if you are entitled to the grant. The student grant is independent of any HEAR or DARE applications and individual applications must be made online.

The student grant is the main source of financial help available from the Irish State for students in full-time Post Leaving Certificate Courses (PLCs) and full-time higher education (CAO) undergraduate courses. Support is available to eligible students in most colleges in Ireland. For eligible students, the grant is there to help with the various costs of participating in further or higher education.

Family and/or personal income is a key factor that will be assessed when you apply for a student grant but there are also some other conditions. If you think you are eligible for the student grant, you should apply for it as soon as possible.

You do not have to wait until you receive an offer of a place or enrol in college. Only when your application has been completed in full and submitted to the grant-awarding authority can your eligibility be determined.

The ONLINE ONLY grant applications system is the only means of application, County Councils are no longer involved in this process. All applications must be made online to the Student Universal Support Ireland (SUSI) through www.susi.ie

NUI Exemption Forms for Irish/Third Language

If you are applying through the CAO to one of the NUI Colleges for an Irish/Third Language exemption please fill in this form and return to the NUI registrar by email or post. You can leave the part with the Principal's signature blank. NUI Colleges include: Maynooth, Galway, UCD and UCC and St. Angela's, NCAD, RCSI and Shannon College.

<http://www.nui.ie/college/docs/exemption.pdf>

Make sure to tick the NUI exemption box on the CAO form. Students born outside of Ireland or who have a psychological report may be exempt from the Irish/Third Language requirement. Please contact your Guidance Counsellor directly by email if you think that you might qualify for this entry requirement exemption.

WELCOME TO GUIDANCE



Colleges of Further Education/ PLC courses.

Colleges of Further Education such as Inchicore College, Ballyfermot College, Crumlin and Liberties College among others are still open for applications. Please apply online directly on the College Website.

CAO: Change of Mind From

the 5th of May, CAO applicants will be able to register an online change of course choices, free of charge. (This does not include restricted courses). This facility stays open until the 1st of July. Here is an instruction video: <https://www.cao.ie/index.php?page=video&l=86519317>

Sixth Year Teams Question and Answers

The Guidance Counsellors will be available in real time on Teams for Sixth Years at 11.10 on Tuesdays and 1.45 on Thursdays to answer any queries you may have.

iRevise

Free upgrades for 6th years In order to support students during this stressful time iRevise have offered full premium account upgrades for all sixth year students. Premium accounts include full access to notes, videos, sample solutions for all subjects.

Virtual Open Days

Lots of Colleges and Universities are holding virtual Open Days. For any students who may be considering reviewing their options these can be a good way to get a feel for the Colleges. More information can be found here: <https://careersportal.ie/careerplanning/story.php?ID=2501203882>

Pieta House

Darkness into Light Sunrise Appeal 9th of May Every year Coláiste Bríde staff, students and their families take part in the Darkness into Light Walk to raise funds and awareness for Pieta House who support those affected by self-harm and suicide. As we will not be walking together this May, Pieta and Electric Ireland would like to invite everyone to show community and solidarity with those impacted by suicide by getting up at 5:30am on 9th May to watch the sunrise from their homes. Please spread this message and offer hope by wearing a Darkness Into Light t-shirt, or anything yellow, and sharing your sunrise moment using #DILSunriseAppeal#DIL2020.

Stay Home Stay Safe