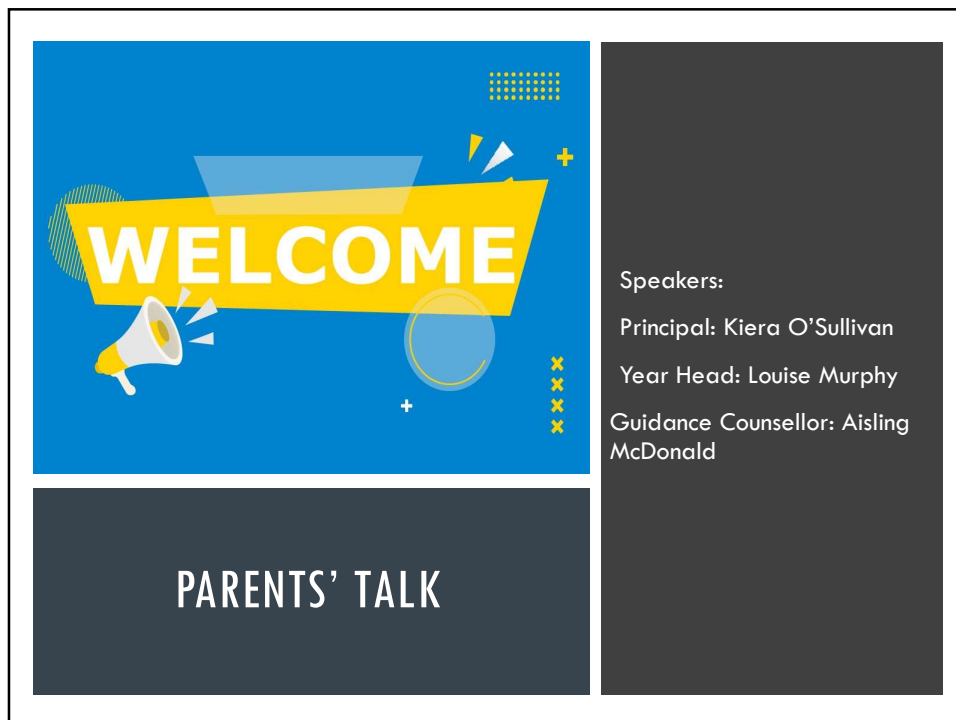


1



2

JUNIOR CERTIFICATE 2024

What to focus on?

Good routine
Good sleep
Keep on top of homework
Setting up a pattern of study
A good balance
Exercise & fresh air



3

HOMework

20 minutes per class is the maximum.

Students must have a note in their journal if unable to complete homework.

Parental involvement with homework is invaluable for the student.

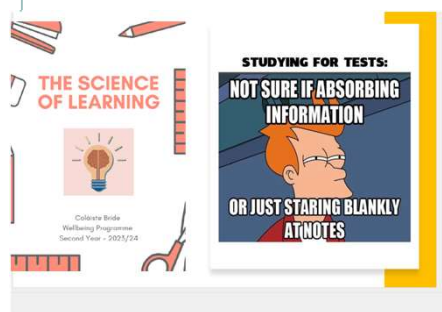
Students are expected to do independent revision work alongside prescribed homework.

This is especially important in 3rd year.



4

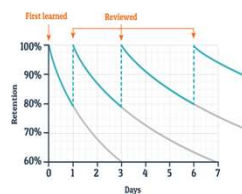
THE SCIENCE OF LEARNING



Learning Intentions

	UNDERSTAND	how memory works.
	EXPLORE	ways in which you can use retrieval practice to help with your revision.
	PRACTISE	alternative ways of making notes.

Typical Forgetting Curve for Newly Learned Information



Ebbinghaus Forgetting Curve

Less effective revision strategies

- **Highlighting** too much – nothing stands out
- **Re-reading** alone – prevents deeper processing
- **Transcribing** notes - prevents active engagement
- **Cramming** – leads to cognitive overload



5

STUDY SKILLS



Prepare a **schedule** & stick to it!

Short, **consistent** sessions work best.

A **balance** between extracurricular activities and homework is important.

Students are expected to do **independent revision** work alongside prescribed homework.

Use the handout/**study skills strategies** from your August session to help.

Science of Learning booklet

6

AIM

Students will set a target grade for each of their subjects and visibly track their own progress towards their targets in their school journal.

Parents and guardians will be able to easily monitor academic progress and play a role in any encouragement or interventions necessary.



7

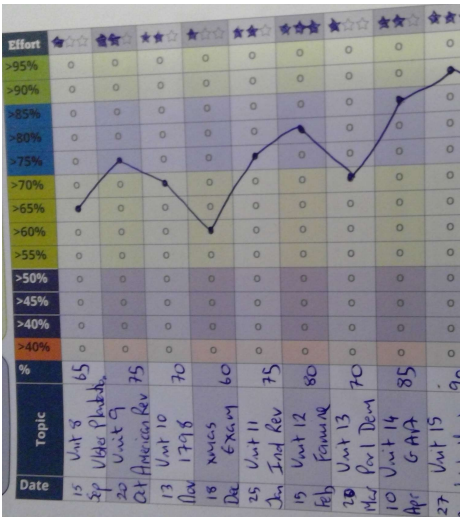
PURPOSE

Clarity of Purpose: Setting targets provides students with a clear **sense of direction**, helping them understand what they need to achieve.

Motivation: Targets create a sense of motivation, **encouraging students to work harder** and put in necessary effort.

Accountability: Having specific targets makes students **accountable for their own learning** and performance, instilling a sense of responsibility.

Feedback and Improvement: Targets can serve as a basis for **feedback** and reflection, allowing students to **identify areas for improvement**.



8

UNIFORM

All students must be in full uniform each school day:

School jumper, skirt or school trousers, white shirt, red tie and black or navy shoes (not runners).

The school jacket can be worn during the school day.

The PE uniform consists of our school quarter zip top, navy or black plain leggings and runners. No hoodies allowed.

9

COMMUNICATION

VS Ware: main form of communication between home and school

School Journal

Texting system to parents in emergencies

Phone calls and appointments

Please note that due to teaching commitments the Year Head or teachers may not be in a position to contact you back immediately

Email – louise.murphy@colaistebride.ie

School Reports

Digital Newsletter

www.colaistebride.ie...information on our school and all our school's policies are available on our website

10

VS WARE

VS Ware is the administration software programme the school uses.

Timetable, fees, behaviour, attendance, exam results & reports will be available on VS Ware.

Absent or late text notifications.

School information and letters.

11

VSWARE

Install the VSware App on your phones.

This is a parent's App only, students should not have access to your account.

12

BEHAVIOUR

Through VSware we operate a behaviour system where teachers record both positive and negative behaviour.

Students respond very positively when their good efforts are acknowledged.

Parents should keep an eye on this section.

13

SCHOOL JOURNAL

Students use their school journal to write in all their homework and as a calendar for upcoming events such as tests.

The journal should be signed each week by a parent/guardian.

Support your daughter by talking to her about her timetable and homework with her each evening and supporting her plan for the next school day.

Notes in relation to absences or lateness can be written in the appropriate sections of the school journal. However, we would encourage parents to use the VSware App for absence notes.

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ATTENDANCE

Making appointments during the school day means that students miss important school time.

Impact of hour-long classes.

Every day and every class counts.

Attendance Matters



Every Day Counts....

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ABSENCE/LATE NOTES

1		Record of ABSENCE		1	
Student Name:		Class:			
Absent from: / / to / /		No. of days:			
Reason: <input type="checkbox"/> Illness <input type="checkbox"/> Urgent Family Reason					
<input type="checkbox"/> Other <input type="checkbox"/> Medical Appointment					
Details					
Signed by Parent/Guardian:		Date: / /			
Signed:					

1		Record of LATE NOTE		1	
Student Name:		Class:			
Date: / /		Arrival Time:			
Reason:					
Signed by Parent/Guardian:		Date: / /			
Tel no.:					
Date:		Late time:			
Signed:		Date signed:			

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SIGNING OUT

Students are not allowed leave the school grounds or absent themselves from class without permission.

Breaches of this are dealt with very severely as it is extremely important that your daughter is where she is supposed to be at all times.

We have a duty of care to your daughter, and it would be negligent of us to not enforce this.

If your daughter is feeling unwell, she should inform her teacher and go directly to the office. The office will contact you immediately

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SIGNING OUT CONTINUED

If your daughter is feeling unwell and needs to go home, then she will have to be collected from the school.

If a parent or guardian is unable to collect her and you make alternative arrangements, you should inform the school of who will be collecting your daughter.

This is important to ensure the health and safety of your daughter.

If your daughter has to sign out for an appointment, etc they must show this note to their Year Head before 11:00 am each day. Please make sure you fill in both the note and the stub.

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ADDITIONAL INFORMATION

- Father Cullen Terrace, Health & safety.
- Timetabled house exams for 3rd years take place the week of 6th November.
- Retreat will take place on December 11th and 12th.
- Mock exams take place in February.
- 3rd year parent teacher meeting will take place on Wednesday December 6th from 4.15p.m. to 6.45p.m. (in person).

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RESPONSIBILITIES OF ALL STUDENTS



Be in school every day – attendance and punctuality are crucial



Always do their best



Be prepared for each class




Abide by our Code of Positive Behaviour




Our school's ethos places great value on being respectful to every member of our school community.

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Coláiste Bríde
Guidance Counselling Service









Junior Cycle Guidance Programme (2nd & 3rd Years)

AILING MCDONALD
(GUIDANCE COUNSELLOR)

21

Post Leaving Certificate Options

					
FURTHER EDUCATION LEVEL 5 COURSES	COLLEGES ABROAD UCAS, EUNICAS	HIGHER EDUCATION LEVELS 6, 7 AND 8 COURSES IN TECHNOLOGICAL & TRADITIONAL UNIVERSITIES	APPRENTICESHIP AND TRAINING PROGRAMMES	EMPLOYMENT	GAP YEAR

22

Parents/Guardians & Guidance

Parents have strongest **influence** on career choice of their children

You are a **role model** for your daughter/ward when it comes to the world of work

Communication is key - discuss career aspirations/options

Never **too early** to start researching career options

Encourage your daughter/ward to **engage** with school and learning to maximise opportunities

Encourage your child to discover & follow their **interests** in and out of school

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Junior Guidance Programme

2nd Year Guidance

- ▶ Guidance classes take place during **non-exam** classes where possible
- ▶ **NCGE JC Guidance Programme**
- ▶ **Topics** include:
 - Goal setting
 - Growth mindset
 - Pathways to a future career
- ▶ Individual **Guidance interviews** as requested

3rd Year Guidance

- ▶ Guidance classes take place during **non-exam** classes where possible
- ▶ Guidance related learning **builds on** 2nd Year NCGE JC Guidance Programme
- ▶ **Topics** include:
 - Understanding skills
 - Senior Cycle Subject Choice
 - Options after school
- ▶ DATs – aptitude testing
- ▶ Individual **Guidance interviews** as requested

24

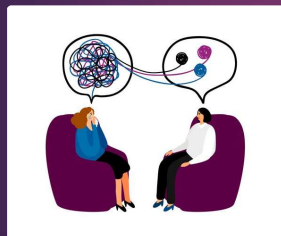
Online Guidance Resources



- ▶ **Qualifax** www.qualifax.ie
- ▶ **CareersPortal** www.careersportal.ie
- ▶ **CareersNews** www.careersnews.ie
- ▶ **Classroomguidance.ie**
www.classroomguidance.ie
- ▶ **CAO** www.cao.ie


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Counselling Appointments



- One-to-one **counselling appointments** are available on request and/or referral.


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Colaiste Bride
Guidance Counselling Service

Guidance Appointment

Parents/Guardians are most **welcome** to arrange an appointment with the Guidance Counsellor.

Phone: 053 9234245 

Email:
aisling.mcdonald@colaistebride.ie 