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Speakers:

Principal:
Kiera O'Sullivan

Year Head:
Helen Kirwan

Guidance Counsellor:
Aisling McDonald

PARENTS' TALK

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AGENDA

Settling into 5th year, focusing on Leaving Certificate 2025

Homework

Study Skills

Uniform

Communication

Vsware

Attendance

Wellbeing

Additional information

Senior Cycle Guidance



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LEAVING CERTIFICATE 2025

What to focus on?

Less subjects

Greater workload

Good routine

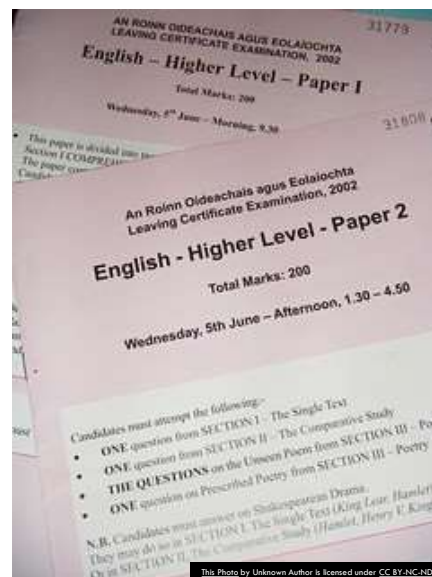
Good sleep

Keep on top of homework

Setting up a pattern of study

A good balance

Exercise & fresh air



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HOMWORK & STUDY

5th years – approximately **30 minutes** per class as per school homework policy.

Longer assignments may be given over a number of days.

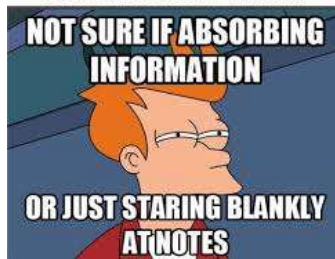
Find a **quiet, well-lit place** to work.

Students should practise regular study and revision. Prepare a **study schedule** and establish a good study routine. Stick to it!

Look for help and support from teachers/the guidance teacher/family.

School **Evening Study** is available and is well supervised

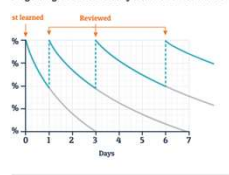
STUDYING FOR TESTS:



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STUDY SKILLS

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



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

Short, **consistent** sessions work best.

Active reading/ reading for meaning.

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

Use the handout/**study skills strategies** from previous study skills sessions to help.

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

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UNIFORM

All students must be in **full uniform** each school day:

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

The **school jacket** can be worn during the school day.

The **PE uniform** consists of our school quarter zip top, school t-shirt, navy or black plain leggings and runners (not converse).

Hoodies are not allowed. Please **layer up** under the uniform if required.

Only **one facial piercing** is allowed and no nose rings for safety reasons.



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COMMUNICATION

VS Ware: allows you to record absenteeism, view reports, results, timetable, behaviour, and pay fees etc.

School Journal: sign-out notes, late notes, absenteeism notes.

Texting system to parents in emergencies & to record absenteeism.

Contact the school via email or phone.

Digital **Newsletter**

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

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

10:35



Welcome to VSware

School Name

Coláiste Bride

Username

Your Username

Password

[Create or reset your password](#)

Login

Don't have an account? [Learn more](#)



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VSWARE

Install the VSware App on your phones.

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

Only parents or guardians can input absent notes.

The screenshot shows the Vsware app interface. At the top, there's a 'Notifications' section with a bell icon. Below it, 'School Mail' is listed. Two mail items are shown: 'New Mail from Moyle Park College: "Absence Request denie' (truncated). Below the mail, the user's name 'Donna Adams' is displayed. There are two green checkmark notifications: 'Your Absence Request has been approved by the school.' At the bottom, there's a blue bell icon with a red '4' and the text 'View all notifications'.

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ABSENCE/LATE NOTES

Absenteeism can be notified via Vsware or the journal. Late attendance must be notified & signed by parent/guardian via the note section in the school journal.

The 'Absence Note' form is purple. It includes fields for 'Student Name', 'Class', 'Absent from' (date), 'to' (date), 'No. of days', 'Reason' (with checkboxes for Illness, Urgent Family Reason, Other, Medical Appointment), 'Details', 'Signed by Parent/Guardian', and 'Date'. A vertical purple bar on the left and right sides contains the text 'Record of ABSENCE' and a large number '1'.

The 'Late Note' form is red. It includes fields for 'Student Name', 'Class', 'Date', 'Arrival Time', 'Reason', 'Signed by Parent/Guardian', 'Date', and 'Tel no.'. A vertical red bar on the left and right sides contains the text 'LATE NOTE' and a large number '1'.

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SIGNING OUT (APPOINTMENT)

Students must have a signed note to sign-out (available in the school journal)

Must be signed in advance by the Year head

Present note to Office

Office sends a text to parent/guardian & student sends a record to Year Head via Teams

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SIGNING OUT (FEELING UNWELL)

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

Present to the office immediately and they will arrange collection by parent/Guardian.

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.

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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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MOBILE PHONES

Students are permitted to bring mobile phones to school. Phones can be a good resource at times! Many teachers use Teams and OneNote.

We are using the **Yondr** pouches this year and the initial feedback is very positive.

Phones may be used in some classes to support learning under the supervision of a teacher but only **with that teacher's permission**.

If there is an emergency – please **contact the office**.

Try to avoid use of phones at **night time** as this impacts on their sleep and on their general wellbeing.



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Clubs & Societies

Board games,	gardening,	choir,
music,	chess,	knitting & crochet,
Green Schools,	LGBTQ+,	Trad band,
Gaelbhratach,	sports teams and much more!).	

Its not all about study!

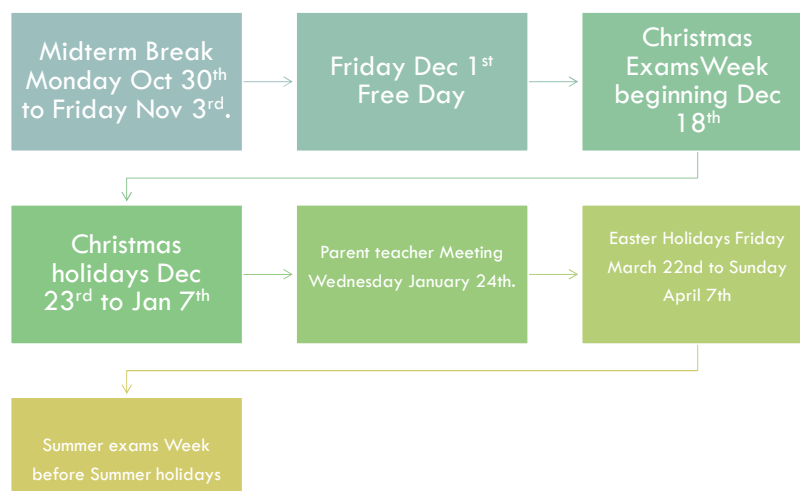
We encourage students to get some **downtime** too;

Engage in hobbies, sports, socialising etc.,

All work and no play.....

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IMPORTANT DATES & INFORMATION



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AIM	<hr/> <p>Students will set a target grade for each of their subjects and visibly track their own progress towards their targets in their school journal.</p> <hr/> <p>Parents and guardians will be able to easily monitor academic progress and play a role in any encouragement or interventions necessary.</p>
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PURPOSE

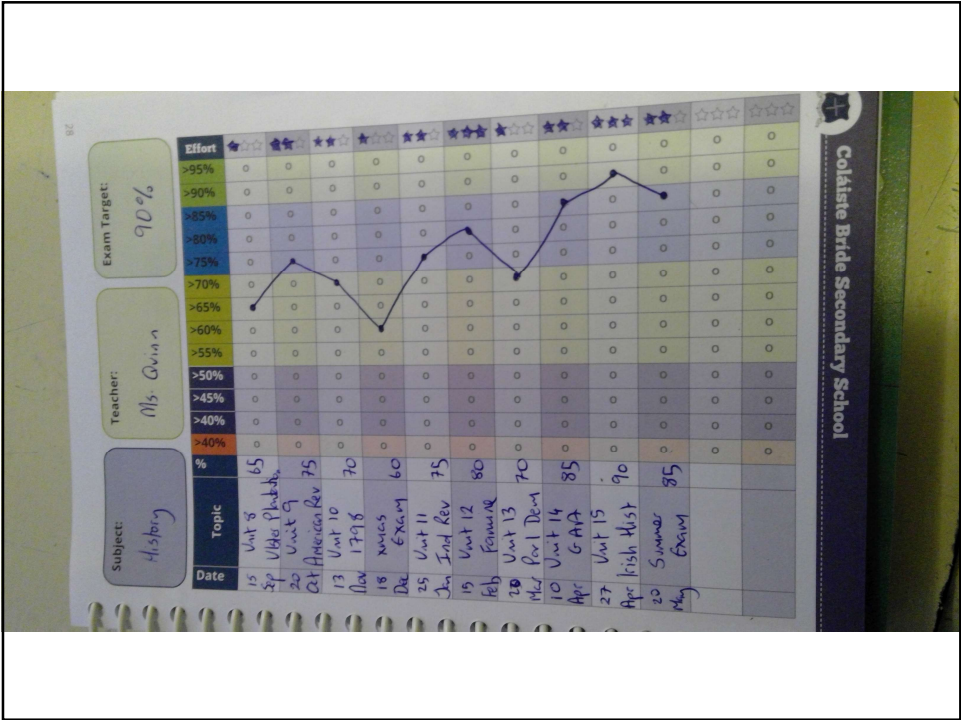
Clarity of Purpose: Setting targets provides students with a clear **sense of direction**, helping them understand what they need to achieve.

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**.

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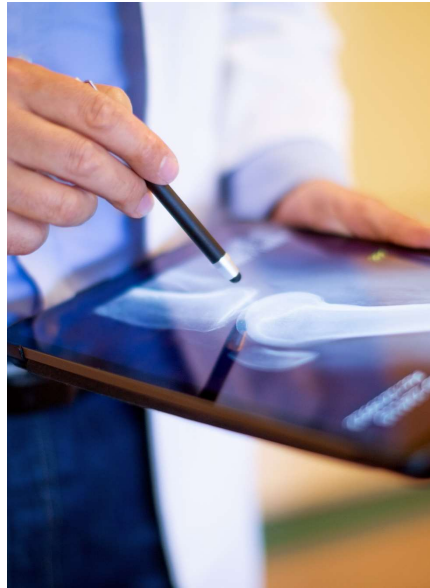


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CONTACT

School Phone number
0539234245

helen.kirwan@colaistebride.ie




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THANK YOU FOR YOUR ATTENTION TONIGHT!


"ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH" HELEN KELLER



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Coláiste Bríde
Guidance Counselling Service









Senior Cycle Guidance Programme (5th & 6th Year)

AILING MCDONALD
(GUIDANCE COUNSELLOR)

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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

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Parents/Guardians & Guidance

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

Communication is key - discuss jobs and career options/aspirations

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

Encourage your daughter/ward to discover and follow their **interests**

Attend **career events** if possible
(e.g. Open Days)

Keep informed of **application procedures** and **closing dates**

No **"wrong"** career **decisions** – every opportunity provides learning – era of life long and life span learning

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Senior Guidance Programme



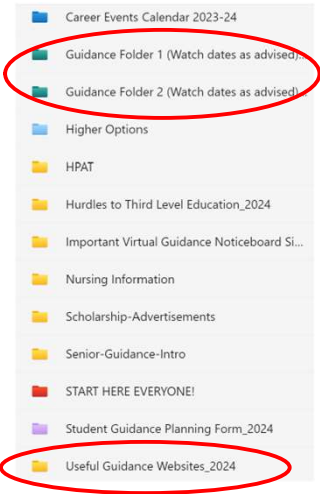
5th Year Guidance

- ▶ Classes generally during **non-exam** subjects
- ▶ **Topics** covered include:
 - Post-Leaving Certificate Options
 - NFQ
 - Hurdles to Third Level education, etc.
- ▶ Individual **Guidance interviews** as requested

6th Year Guidance

- ▶ Classes during **non-exam** subjects
- ▶ **Topics** include:
 - CAO
 - HEAR & DARE
 - SUSI
 - Scholarships, etc.
- ▶ **Talks** from Third Level & Further Education (PLC) Colleges; Apprenticeship provider
- ▶ Individual **Guidance interviews** - *Parents are most welcome*

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Guidance Team
FILE (5th & 6th)


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Online Guidance Resources



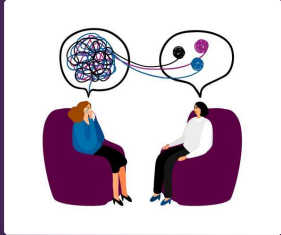
- ▶ **CareersPortal** www.careersportal.ie
- ▶ **Qualifax** www.qualifax.ie
- ▶ **CAO** www.cao.ie
- ▶ **Accesscollege.ie** www.accesscollege.ie
- ▶ **Classroomguidance.ie** www.classroomguidance.ie
- ▶ **CareersNews** www.careersnews.ie
- ▶ **Studentfinance.ie** www.studentfinance.ie
- ▶ **SUSI** www.susi.ie

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Coláiste Bríde
Guidance Counselling Service

Counselling Appointments



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

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Coláiste Bríde
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

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