



COLÁISTE BRÍDE
ENNISCORTHY, CO. WEXFORD


Welcome to our 6th Year Parents' / Guardians' Talk!

Speakers:
Ms Kiera O'Sullivan
Ms Niamh Duggan (Year head)
Ms Aisling McDonald (Guidance)

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AGENDA

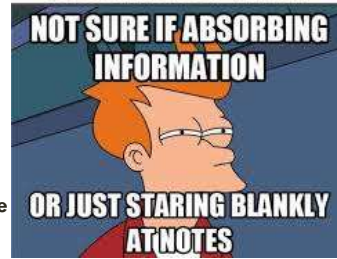
- Leaving Certificate 2024
- Homework
- Study Skills
- Target-setting
- Uniform
- Communication
- Vsware
- Attendance
- Wellbeing
- Additional information
- Career Guidance for 6th Year



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LEAVING CERT 2024

STUDYING FOR TESTS:



Good **Routine**

Good **Attendance**

Good **Sleep**

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

Approximately **30 minutes HW/class** (as per school homework policy)

Practice 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

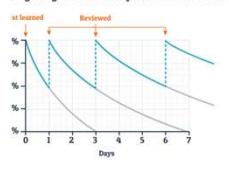
A **good balance** of study, fresh air & exercise

Begin to think about the CAO/further education

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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.

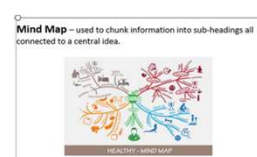
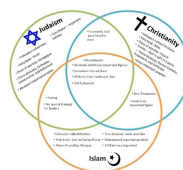
Active reading/ reading for meaning.

Use teacher notes/exam papers/strategies to revise e.g. retrieval practice, Q&A, graphic organisers, brain dump, formative feedback notes etc.

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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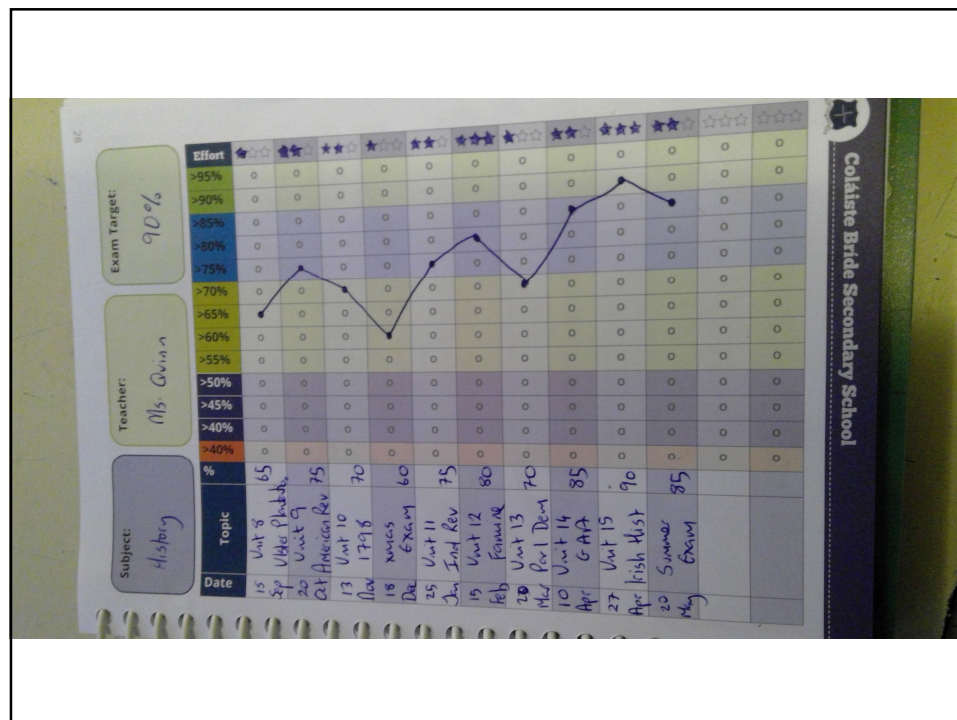
TARGET-SETTING

set a **target grade** for each of their subjects and

visibly track their own progress towards their targets in their school journal.



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WHY TARGET-SETTING?

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**



Opportunity for Reflection

- time in class for logging results
- students reflect on their progress towards their target grades.
- will help students to stay on track or get on track with their target grades.

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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 your 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.colaistebride.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

Colaiste 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.




Notifications


School Mail


 New Mail from Moyle Park College: "Absence Request denie

 New Mail from Moyle Park College: "Absence Request denie

Donna Adams

 Your Absence Request has been approved by the school.

 Your Absence Request has been approved by the school.

 [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 image displays two sample forms used for student attendance tracking. The top form is a purple 'Record of Absence' form, and the bottom form is a red 'Late Note' form. Both forms include fields for Student Name, Class, Date, and a signature line for the parent/guardian. The 'Record of Absence' form also includes fields for 'Absent from', 'to', 'No. of days', and 'Reason' (with checkboxes for Illness, Urgent Family Reason, Other, and Medical Appointment). The 'Late Note' form includes fields for 'Date', 'Late time', 'Signed', 'Date signed', 'Arrival Time', and 'Tel no.'.

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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,
Gaelbhhratach,	sports teams and much more!)	

It's not all about study!

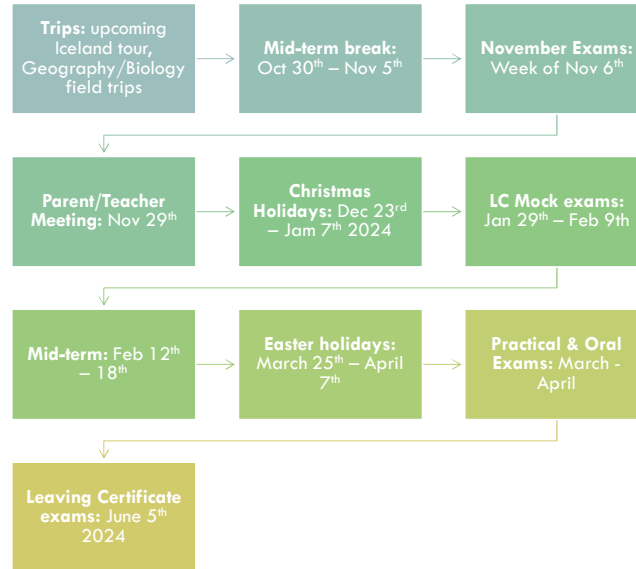
We encourage students to get some **downtime** too;

Engage in hobbies, sports, socialising etc.,

All work and no play.....

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IMPORTANT DATES & INFORMATION



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THANK YOU FOR YOUR ATTENTION!

I WILL PASS YOU ON TO THE CAREER GUIDANCE
TEACHER NOW!


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

THANK
YOU!

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Coláiste Bríde
Guidance Counselling Service









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

AISLING 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



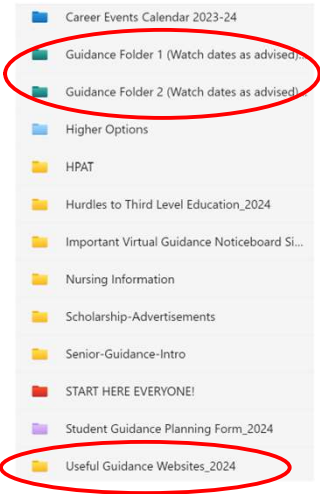
5th Year Guidance

- ▶ 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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Important Dates

Oct 16th UCAS - UK: Medicine, veterinary medicine/science, dentistry, Oxford & Cambridge

Jan 31st majority of other UCAS courses

Nov 6th CAO - Opens for registration

Early Nov HPAT registration (CAO number required)

20th Jan Closing of CAO discounted rate

1st Feb Closing of CAO application

Mid Feb approx. HPAT Test

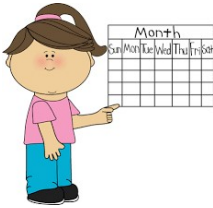
1st March Closing of HEAR & DARE

15th March Supporting documents to arrive in CAO

7th May CAO Change of Mind opens


July 1st Closing date of CAO

N.B. **Always** check you and your daughter/ward have the most **up-to-date** information available re. opening/closing dates (often found online e.g. Quotifax Calendar and individual service websites)

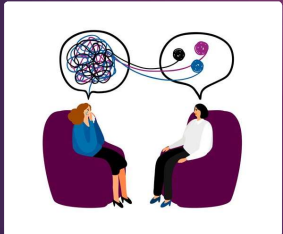


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Counselling Appointments




Coláiste Bríde
Guidance Counselling Service



- 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 