



# WELCOME/FÁILTE



## **OUR MISSION STATEMENT**

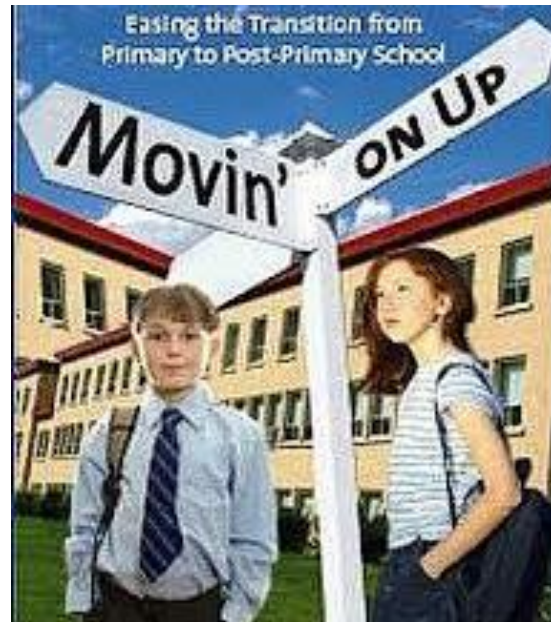
***St. Louis High School is a dynamic centre of learning where we foster a happy and secure environment.***

***We nurture creativity and embrace diversity while building on our rich traditions in an atmosphere of generosity.***

***We share in the journey towards deeper understanding in this complex world.***

# St Louis High School

## Easing the transition from Primary School to St. Louis High School



# Purpose of this evening

- \* To share important general information with you now that you are part of the St Louis High School community
- \* Share advice with you to support your daughters
- \* Introduce you to the 1<sup>st</sup> Yr team
- \* An opportunity to meet with some other parents
- \* A brief introduction to JCPA – Junior Cycle Profile of Achievement
- \* Sharing some information re Parents' Council
- \* Guidance on managing social media – Ray Langan

# 1<sup>st</sup> Yr Team supporting your daughters

- \* Year Heads
- \* Class Teachers:
- \* Principal:
- \* Deputy Principal:
- \* Student Support :
- \* SEN Co-ordinator:

# - Moving UP

- \* The move from Primary school to Secondary School is an exciting time for a young person and their family. Sometimes though it can be a bit daunting for both parents and students.
- \* Our school strives to help our students adapt to their new surroundings and make them feel very much part of the St Louis High School community within a short space of time.
- \* WHAT SUPPORTS TO WE HAVE IN SCHOOL?

# **SUPPORTS in PLACE FOR 1<sup>st</sup> Yrs**

**Student Representative Council**

**5<sup>th</sup> Yr Mentoring Team**

**1<sup>st</sup> Year Team – Year Heads, Class  
Teachers, Student Support, SEN Co-  
Ordinator, Subject Teachers, Senior  
Management**

# SRC



# 5 tips for parents TIP 1



DON'T BE AFRAID  
*of*  
**CHANGE**  
IT IS LEADING YOU TO A  
\*\*\* NEW \*\*\*  
**BEGINNING**

**1. Change** is part of life – use this move to secondary school as an opportunity to have a wider chat about change with your child and how you can turn anxiety into excitement. For example, our school offers a wide variety of sports, music, choir, school clubs – green schools, science club, technology/IT, Chess club etc. **Emphasise how the new can be positive.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dublin Street Games - lunch	Ukulele Club (pre-school 7.50-8.20)	Women's History & Politics Club (Lunch)	Life Saving 7.00-8am	Book Club (8am)
Business Club (Lunchtime)	French Film Club (lunch)	French Club (Lunch)	Literacy Group (Lunch)	Green Schools Committee (Lunch)
Instrumental Lessons After school	1 <sup>st</sup> Yr IT Club (Lunch)	Choir (Afterschool)	Trad Group (Lunch)	Tennis (Leinster Cricket club) 3.30-4.30pm
Athletics after school (4-5pm)	Basketball (4-5pm)	Camogie (3.15-4.15pm)	Table Tennis (Lunchtime)	
Gaelic Football (4-5pm)	Rugby (4-5pm)	Basketball (3-5pm)	Basketball 3.15-5.15 pm Swan L)	
		Badminton (3.30-4.30pm)	Rugby – 3.15-5.15pm	
			Science Club (after school)	

# Tip 2



- \* **Get involved!** We have members of the Parents' Council here this evening. If you have any queries, please do not hesitate to ask them any questions. They will give you practical advice and real insight into the school. Getting involved with the school, even in a small way, will help you and your daughter feel part of a school community.
- \* **The Parents' Council AGM will be held on Tuesday 24<sup>th</sup> September 2019 at 7pm.** You are all welcome. There will be a talk given by Dr Nadia Ramourtar– where she will talk about keeping communication open with your teenager. Information about the Parents' Council is being distributed. Hopefully you will get involved with the council this year.

# SLHS Parents' Council

- \* – Parents' Council Chairperson
- \* – Parents' Council Secretary

KEEP  
CALM  
AND  
GET  
ORGANISED

## Tip 3



- \* Encourage your daughter to get organised!
- \* **Help** your child to be organised.
- \* Timetable - Evening before insist that they organise the books for the next day – nothing left to last minute! Check their journal on a weekly basis and sign it.
- \* Ask your daughter to explain her timetable to you. Copy it and put it somewhere visible – to help with organisation. Make it your business to get a sense of their schedule in school.
- \* Check the days they are cooking in Home Economics – may need to bring ingredients – rely on each other as they work in pairs
- \* Swimming/PE – check days
- \* Have school calendar visible at home
- \* Download the school app. Ensure we have an email address for you also.
- \* Wallets/Folders (large see-through wallets are great for the locker)

Encourage  
Your Child's  
Independence



## Tip 4

- \* If you haven't already, encourage **independence** and **taking responsibility**. Perhaps taking the bus themselves to school, walking to school, organising their lunch, packing their own bags, tidying their own bedrooms, getting involved in extra-curricular activities etc.
- \* Set deadlines and then check how they get on. Be consistent!!!
- \* Students learn from mistakes – sometimes making mistakes is a good thing! Encourage your daughter to learn from a mistake and build on this – build **resilience!**

# TIP 5



- \* Finally, **make time to** listen and talk with your daughter. Their feelings of insecurity can be very real. Remind them that everyone is in the same boat!
- \* Remind them there is always someone there to help. As mentioned before – 5<sup>th</sup> Yr student mentors, SRC, staff
- \* Who are these people in St Louis High School?

# Deputy Principal

## Practical tips



- \* 1st Bell at 8.20am
- \* No mobile Phones during school day
- \* No mobile phones in bedrooms
- \* Sleep - best preparation for the day ahead
- \* They should not be up late doing homework
- \* Nutrition - (see leaflet)
- \* Exercise
- \* Get involved

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- \* **Student Support for First Years –**
  - \* **Communication between school and home - extremely important**
  - \* **Ensure you download the school app**
  - \* **Texts/emails and phone calls**
  - \* **School Website [www.stlouishighschool.ie](http://www.stlouishighschool.ie)**



# Year Heads

- \* **Profile of our new First Years**
- \* **Lockers/Folders**
- \* **Communication between school and home**
- \* **Journal**
- \* **Attendance and Punctuality**
- \* **General points of Code of Behaviour**
- \* **Uniform – labels**
- \* **Homework**

# First Year Taster Options

- \* **All First Years are sampling the optional subjects over the next 12 weeks. They will do most subjects for 6 weeks and then choose 3 out of the following 6 options**
- \* **Business**
- \* **French**
- \* **German**
- \* **Home Economics**
- \* **Art**
- \* **Music**
- \* **Students must choose a modern foreign language as it is an entry requirement for most 3rd level courses unless this has been discussed and agreed with the SEN Co-Ordinator**
- \* **We are not asking students to buy any text books during the sampling period. When the girls decide on their subjects – they can rent their textbooks for their options from the school for a fee of €30.**

# JCPA

- ❑ New specifications for many subjects
- ❑ Junior Cycle Profile of Achievement – JCPA
- ❑ Information available from NCCA.
- ❑ Subject Factsheets outlining some of the new specifications.
- ❑ New language – eg CBAs – Classroom Based Assessments; OALs – other areas of learning etc.

**Important to note that only 10 subjects can be accredited on the JCPA .**  
Classroom based assessments must be carried out – therefore the era of doing extra subjects for Junior Cycle is now gone!

Gaeilge; English; Maths; Geography; History; Science & Religion are all core subjects for JCPA in St Louis High School

This leaves room for **3 optional subjects**

# Why Change?

- \* ESRI research that there was considerable disengagement with learning in 2<sup>nd</sup> Yr. It was found that there was too much content to cover over 3 years. The mode of assessment at junior cycle was seen as ‘teaching to the test’.
- \* To try to create the space for deeper learning and develop more innovation in schools and get a better balance between learning of content and development of key skills.

# WELLBEING

## 1<sup>st</sup> Yr Wellbeing Course

- \* PE
- \* CSPE
- \* SPHE
- \* Choir
- \* Managing myself– learning to learn & digital learning
  - \* Wellbeing – part of our school culture

# Advice to parents

- \* Please keep channels of communication open between home and school
- \* Please keep channels of communication open between yourself and your daughter.
- \* Get to know new friends – always check with other parents.
- \* Know where your daughter is – ensure they are where they say they are.
- \* If there is an issue – talk it through with your daughter. Sometimes issues pass, they work through it themselves.
- \* Try not to transfer your own anxiety onto your child.
- \* Try to build resilience in your daughter – a vital life skill.
- \* Encourage good diet, exercise, sleep, healthy social interaction, minimise use of social media etc. and develop a good study routine.
- \* Be positive and encouraging!

# What to take away from this evening...

- \* We are here to work with you, the parents for the benefit of all your daughters.
- \* Welcome to the St Louis High School community.
- \* Engage with the school
- \* Please take some of the handouts at the back of Cuisle on your way out.
- \* Copy of the book *Moving Up* – available for €5 if you would like to purchase it – might be of assistance.

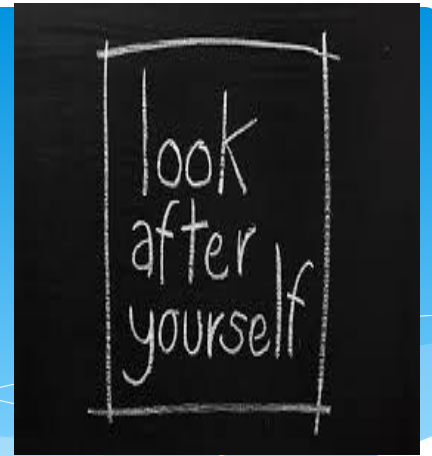


# Míle buíochas

- \* Thank you for listening.
- \* We hope your daughter will be very happy in St Louis High School.
- \* We wish you well with this journey.
- \* We have Ray Langan who is going to talk to you now after the tea break – giving you guidance on managing Social Media etc.
- \* Hope to see you again at the Parents' Council AGM on Sept 24<sup>th</sup> and there will also be a talk by Dr Nadia Ramourtar.- *'Keeping the positive conversation going with a teenager'*.



# Mind yourselves..



- \* MIND YOURSELVES as parents also – take time out, letting go and giving your daughter space to become more independent.
- \* You need support also.
- \* As they grow into the teenage years – remember **RESPECT** is key at all times.

Respect for you – respect for other family members – respect for friends and peers in life.

- \* GOOD LUCK

# HANDOUTS

- \* Important dates
- \* List of clubs
- \* Nutritional advice
- \* Information on Canteen food
- \* Catholic Schools Partnership flyer
- \* Junior Cycle Parents' Leaflet – DES version & SLHS versions
- \* Moving Up – book to purchase (optional) €5

# TEA BREAK

