



St Louis High School

5TH YR INFORMATION EVENING
SEPTEMBER 26TH 2019 CUISLE

WELCOME

- ✘ (Principal); (Year Head) *Areas we intend to address this evening:*
- ✘ Important points of information
- ✘ Important dates
- ✘ Career Guidance advice
- ✘ General advice on dealing with Senior Cycle.
- ✘ School Trip 2020

SCHOOL CALENDAR

- ✘ Information evening 26th September
- ✘ School Musical – 16th-18th October 2019
- ✘ Parent Teacher Meeting – 30th January 2020
- ✘ Winter Exam Week – 25th-29th November 2019
- ✘ Retreat – December 3rd 2019
- ✘ Careers day - 11th March 2020
- ✘ Information evening – Preparation for College Applications – 31st March 2020
- ✘ Summer Exams – 25th-29th May 2020

CAREER GUIDANCE INFORMATION

- ✘ Important Dates
- ✘ Information Evening for parents – Preparation for College Applications – 31st March 2020
- ✘ Careers Day 11th March 2020
- ✘ DATS testing has been carried out. One-on-one session with the GC between now and the end of the year for vocational guidance – including general feedback.

MANAGING THE CHALLENGES OF 5TH YR

- ✘ School support – the support team for 5th Yrs :
- ✘ (YH) Class Teachers: Career Guidance –(P) and (DP); Care Team; Subject teachers.
- ✘ Family support – interesting presentation – Dr Nadia Ramoutar – *Difficult Conversations with your teenager*
- ✘ Friendships
- ✘ Expectations of others and of themselves
- ✘ Completing the LC and planning for the future at the same time.
- ✘ Pacing themselves

BALANCING WORK-LIFE IN 5TH YR

- ✘ Dr Nadia Ramoutar – talk
- ✘ Put study plan in place
- ✘ Supervised study in school – quiet study space at home
- ✘ Support at home – Encourage good nutrition, exercise and sleep; keep communication open
- ✘ If there are concerns or issues we should know about – please let us know in order to support

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Ukulele Club (pre-school 7.50-8.20)	Women's History & Politics Club (Lunch)	Life Saving 7.00-8am	Book Club (8am)
Circuit Training for seniors 3.15-4.15pm		Chess Club (Lunch)	The Hive (Literacy group) (Lunch)	Green Schools Committee (Lunch)
Instrumental Lessons After school – during the week		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)	Other groups during the week: Debating; JP2 Awards;
		Badminton (3.30-4.30pm)	Rugby – 3.15-5.15pm	

ATTENDANCE & PUNCTUALITY

- ✘ Good attendance & punctuality extremely important
- ✘ Introducing a swipe card system
- ✘ Good attendance & punctuality in 5th Yr – building blocks for a positive 6th Yr.

OTHER MATTERS

LOCKERS – PROVIDE A LOCK

HOMEWORK – JOURNAL

GENERAL ADVICE ...



- ✘ Nutritious breakfast and lunch
- ✘ Canteen – breakfast & lunch available (see leaflet) *Shocking statistic – 39% of secondary school students do not have a breakfast in the morning.*

- ✘ After-school clubs – sports' clubs – encourage exercise



- ✘ Gym, Run or Walk

- ✘ The importance of sleep - 8 hours preferably.



PHONES

- ✘ School policy
- ✘ After school – at home – use of phones – impact on learning.



- ✘ Phones – not in bedrooms at night time. They need their sleep.

WHAT WE ALL NEED TO DO TO SUPPORT THE GIRLS

- ✘ Positive reinforcement
- ✘ Praise the effort
- ✘ Share the journey – show an interest in what they are thinking about doing next year
- ✘ Help them where and when you can – they need your support
- ✘ Don't feed the LC frenzy – media hype etc. take a calm approach

BEHAVIOUR

- ✘ Our objective is to cultivate a safe and secure learning environment where the girls will flourish and achieve their full potential.
- ✘ Any student that disrupts or distracts and is impacting negatively on the learning of others in the classroom will be asked to leave the class. They will not be allowed to return until they give a guarantee of co-operation to their teachers and their fellow pupils. They will be out of class for a week before they will be allowed to return to class. We will work with parents if this arises. Hopefully it won't!

SCHOOL TRIP 2020

- ✘ Trip to Berlin – September 2020 for 6th Yrs
- ✘ Students of German & History



COMMUNICATION

- ✘ Please download the school app
- ✘ Ensure we have the correct phone number for you for calls/texts
- ✘ Ensure we have your up-to-date home address
- ✘ Notes in the journal
- ✘ Swipe system being introduced
- ✘ School email address
stlouishs.rathmines@gmail.com

LOOKING TO THE FUTURE

- ✘ Exciting time in their lives
- ✘ We wish for them to complete their formal education in a positive fashion
- ✘ Looking to the future – 3rd level, work etc.
- ✘ Team effort – students, parents and teaching and management staff in school in order to ensure success.
- ✘ Developing leadership

WE WISH YOU WELL

WHAT'S COMING UP? ...

- ✘ School Musical 16th-18th October
- ✘ Open Day – 3rd October
 - ✘ Thank you for your support - Sports FUNDRAISER – ST LOUIS ‘ROW THE ATLANTIC CHALLENGE’ – funding for improving sports facilities and resources. Please ensure your daughter brings in her sponsorship card and money by tomorrow.
- ✘ Junior Cycle results day on Friday Oct 4th 2019

MIND YOURSELVES..

- ✘ MIND YOURSELVES as parents also – take time out, don't tolerate 'divas', you need support also. RESPECT is key at all times.



- ✘ GOOD LUCK