



St Louis High School

**6<sup>TH</sup> YR INFORMATION EVENING**  
**SEPTEMBER 6<sup>TH</sup> 2019 CUISLE**

# WELCOME

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- ✘ (Principal); (Deputy Principal) (Guidance Counsellor)
- ✘ ***Areas we intend to address this evening:***
- ✘ Important points of information
- ✘ Important dates
- ✘ Career Guidance advice
- ✘ General advice on dealing with the LC Year.

# SCHOOL CALENDAR

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- ✘ Information evening 6<sup>th</sup> September
- ✘ Parent Teacher Meeting – 23<sup>rd</sup> October 2019
- ✘ Winter Exam Week – 25<sup>th</sup>-29<sup>th</sup> November 2019
- ✘ Mock Exams – 3<sup>rd</sup>-14<sup>th</sup> Mock Exams 2020
- ✘ Entry forms for DES – March 2020
- ✘ Fee forms for DES – April 2020
- ✘ Graduation date – 21<sup>st</sup> May 2020 (afternoon)
- ✘ LC – start date 3<sup>rd</sup> June 2020



# CAREER GUIDANCE INFORMATION

- ✘ Important Dates
- ✘ Higher Options – Wed Sept 18<sup>th</sup> RDS 9am
- ✘ Mock Interviews – Wed Oct 9<sup>th</sup>
- ✘ UCAS deadline Oct 15<sup>th</sup> for Medicine, Dentistry, Veterinary and applications to Oxbridge
- ✘ 3<sup>rd</sup> Level applications - Information evening 11<sup>th</sup> Nov at 7.30pm
- ✘ CAO closing date 1<sup>st</sup> Feb 2020
- ✘ Leaving Certificate forms – importance of choosing the correct level

# MANAGING THE CHALLENGES OF 6<sup>TH</sup> YR

- ✘ School support
- ✘ Family support
- ✘ Friendships
- ✘ Expectations of others and of themselves
- ✘ Completing the LC and planning for the future at the same time.

# BALANCING WORK-LIFE IN 6<sup>TH</sup> YR

- ✘ Advice already given by psychologist Karen Belshaw
- ✘ Put study plan in place
- ✘ Supervised study in school – quiet study space at home
- ✘ Support at home –
- ✘ Encourage good nutrition, exercise and sleep



# GENERAL ADVICE ...



- ✘ Nutritious breakfast and lunch – Rm 17
- ✘ Fridge, microwaves, toasters, sandwich-maker, burco at their disposal
- ✘ 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

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- ✘ 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

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- ✘ 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

# RAISING STUDENT ACHIEVEMENT BY PROMOTING A GOWTH MINDSET

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- ✘ Research on brain plasticity - we can increase our neural growth by the actions we take such as asking questions, good nutrition and sleep habits
- ✘ Carol Dweck – Professor of Psychology at Stanford
- ✘ Fixed Vs Growth mindset
- ✘ Research and evidence supporting how beliefs shape learning
- ✘ Some students are highly motivated and others are not – why??
- ✘ Decades of research show a powerful relationship between mindset and achievement

# MINDSET AND ACHIEVEMENT

- ✘ Growth Mindset vs Fixed Mindset
- ✘ Fixed mindset
- ✘ Intelligence is a fixed trait. You can't change it – I have never understood science!!
- ✘ Growth mindset
- ✘ You can grow intelligence through effort – If I put more effort in to science, I will improve my results
- ✘ The narrative the girls construct determines the behaviours in which they choose to engage
- ✘ Growth mindset – you believe your talents can be developed through hard work, learning and feedback.
- ✘ Collectively – we need to encourage the girls' effort this year and not merely focus on exam results



# BEHAVIOUR

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- ✘ 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!

# COMMUNICATION

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- ✘ 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

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- ✘ Exciting time in their lives
- ✘ Completing their formal education in a positive fashion
- ✘ Looking to the future – 3<sup>rd</sup> level, work etc.
- ✘ Team effort – students, parents and teaching and management staff in school in order to ensure success.



# WE WISH YOU WELL

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## WHAT'S COMING UP? ...

- ✘ Parent Council AGM is on 24<sup>th</sup> September next.
- ✘ Before the AGM we will have Dr Nadia Ramoutar giving a presentation on
  - ✘ *'Difficult conversations with your teenager'*
  - ✘ [www.freemymojo.com](http://www.freemymojo.com) (further information)
  - ✘ Sports FUNDRAISER – ST LOUIS 'ROW THE ATLANTIC CHALLENGE' – appreciate your support on this – funding for improving sports facilities and resources.

# MIND YOURSELVES..

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



- ✘ GOOD LUCK