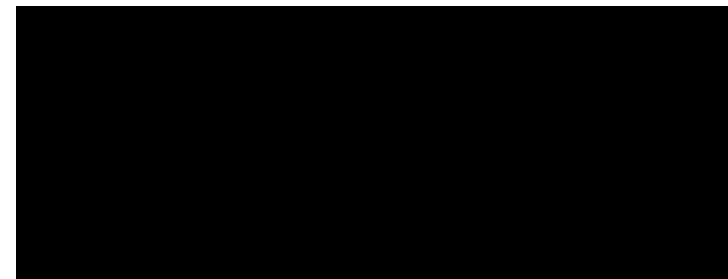


Scoil Chríost Rí



A short guide to help you and your daughter through the transition from primary school to secondary school.

Academic Year: 2020/2021

Principal : Ms H O'Donnell.

Deputy Principals : Mr B Coolahan/ Ms A Dollard/Ms J O'Brien.

First Year Year-Head : Mrs E Griffin.

First Year Induction Programme Co-ordinator: Ms A Thornton

First Year Tutors : Ms C Sheehan, Ms A.Coughlan, Ms D Mc Guinness,
Ms M Healy and Ms J Kelly.

Guidance Team : Ms C Egan, Ms D Dwyer and Mr G. Murphy.



Address:

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Special Educational Needs Coordinator : Mrs Deirdre Bennett.



Dear Parent/Guardian,

We would like to extend a warm welcome to both you and your daughter to the Scoil Chríost Rí school community. As part of the Induction into our school, we would like to take this opportunity to share some of our school rules and give some practical tips that might assist you in helping your daughter to make the transition from primary to secondary school.

It is our belief that parents are partners with the school management and teachers in the joint effort to ensure that your daughter fulfils her potential and achieves the best she can out of school life and beyond. Her happiness and well being are at the heart of this endeavour.



The Parents Council do tremendous work in helping us to improve our school. We would welcome any parents who would like to work with school management and teachers to ensure that we are constantly improving for the betterment of our students



Your daughter's journey through secondary school will be a long and hopefully fruitful one and so the best time to form a positive relationship with learning, and positive habits and attitudes is first year. This is a big task and we need your help. Good communication between school and home is paramount and so we would encourage you to please keep us informed of anything that you feel is impacting on your daughter's learning or relationship with school, and we will make every effort to support her

We hope that your daughter will be very happy here

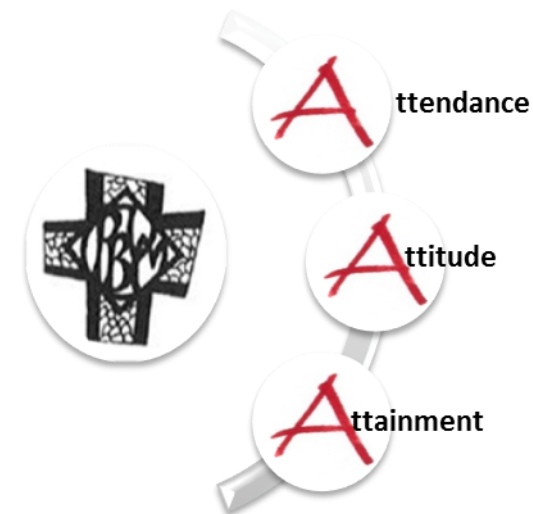


While Scoil Christ Ri is a very happy and positive place, there may be a time when your daughter is anxious or worried about something.

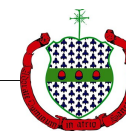
What you can do to help

Please encourage your daughter to approach any of the people listed below or indeed any of her teachers -

- **Meitheal Leaders** : These are sixth year students who are trained to care for the interests and welfare of our first year students. They arrange fun activities and are there for any questions or concerns they may have
- **Her Class Tutor**: A tutor has an important role to play because he/she will remain your daughter's tutor for a period of 3 years. This will enable them to get to know your daughter well and form a positive relationship with her.
- **Her Year Head** : Mrs E Griffin
- **1st Year Induction programme co-ordinator**: Ms A Thornton
- **1st Year Pastoral Care Teacher**: Ms K McLoughlin
- **Guidance Team** : Ms C Egan, Ms D Dwyer and Mr G. Murphy
- **The Deputy Principals**: Mr B Coolahan/Ms A Dollard/ Ms J O'Brien
- **The Principal** : Ms O' Donnell



Our philosophy is very simple. It is our belief that if our students **attend** school every day and adopt a positive **attitude** in their outlook, towards their studies, and in their relationships, they will **achieve**. Your daughter will be strongly encouraged to actively participate in class and get involved in the wide variety of extracurricular activities the school has to offer in order to **attain** to her full potential.



Making the transition to secondary school is a big step for our young students. While some may be enthusiastic and excited, there are others who are apprehensive and anxious about joining a bigger year group. While many new friendships are formed, some existing friendships can undergo some change and this can be a source of discontent for some



What you can do to help

- Please do not worry. The first few days are always the most apprehensive for you as well as them so advise your daughter to be patient. The school does a lot of work to promote bonding within class groups and each group has a tutor who monitors this closely
- Give it time. It takes time to adapt into a new form group, especially if there are few familiar faces. They are resilient however and it often works out for the better as they end up having a larger network of friends
- Encourage her to speak to her tutor or a Meitheal leader if she experiences any difficulty during this time. Helping out first years settle is their top priority



Scoil Chríost Rí was founded by the Presentation Sisters and is under the trusteeship of CEIST. Therefore we are a faith sharing community rooted in the mission of the church, proclaiming and living the Gospels, fostering a personal relationship with God through Jesus Christ. The core values of CEIST outlined below are intended to support and nourish the lives of people who are at the heart of our school- students, staff and parents.

Promoting Spiritual and Human Development

We believe a knowledge of and a personal relationship with Jesus Christ give meaning and purpose to our lives.

Achieving Quality in Teaching and Learning

We are committed to excellence and to continually improving the quality of teaching and learning.

Showing Respect for Every Person

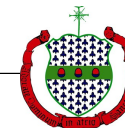
We respect the unique and intrinsic value of every person.

Creating Community

Our schools are faith communities of welcome and hospitality where Gospel values are lived and where there is special care for those most in need.

Being Just and Responsible

We seek to act justly and responsibly in all our relationships.



We at SCR, pride ourselves on the array of extra-curricular activities and leadership opportunities we provide for our students. We would love you to encourage your daughter to get involved in some of these activities as they are a great way of making new friends, acquiring new skills and competencies and enjoying school life. These activities can either take place in school time or after school. Below are some examples of what the school offers to students:

- Basketball
- Football
- Volleyball
- Badminton
- Camogie
- Soccer
- Musical
- Choir
- Debating
- Games club
- Gaisce
- Green Schools
- Enterprise /Mini Company
- Student Council
- Meitheal
- Friends of Nano
- And many more...

What you can do to help

- Encourage your daughter to get involved in one or more of these activities
- Encourage her to go on all school trips with her form or year group. These trips are educational and a necessary part of your daughters progress. They also help her to form friendships
- When activities are taking place after school, ensure there is someone there to collect her
- Be reluctant to give up extra-curricular activities around exam time as it is most beneficial for studying

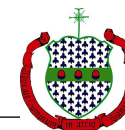


The introduction of new subjects can present a challenge for first year students and indeed their parents. There are extra materials needed for practical subjects such as PE gear, ingredients for Home Economics, Art materials, folders and textbooks etc. Getting organised and taking responsibility for their materials is a key priority during the first term



What you can do to help

- Please ensure that your daughter has all the necessary materials for her classes. Each teacher will have provided the students with a list of what they need for each subject.
- We encourage the use of large mesh durable plastic zip wallet folders for each subject. These allow your daughter store her textbook, workbook, copies etc for each of her subjects in one place. It will prevent her from forgetting important materials for each of her classes and it will speed up the time she spends at her locker.
- For the first couple of weeks, take a quick check of her timetable to see if practical classes are scheduled for the following day and ask if any special materials are needed. Assisting with this for the first few weeks can stop them from getting overwhelmed and help them form good organisational habits.



As your daughter needs to establish good habits in relation to school attendance and being on time for her classes it is recommended that she arrives into the school building well before 9am each morning.

What you can do to help

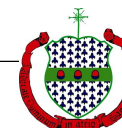
- Please ensure she is on the school premises no later than 8.45am to begin class at 9.00am.
- It takes some time to adapt to a new school day routine. School begins at 9am and finishes at 4pm. She will have 6 classes in a day and each class is 1 hour in length. Learning her timetable and organising her books/materials each night for the subjects in the day ahead will be critical in helping your daughter to be organised for her classes & settling in. You can help your daughter with this each night especially in the first few weeks.
- Your daughter will have a base classroom where she will remain for the day (unless a specialist room is needed for the subject) therefore this will aid her in being on time for her 6 classes in a secondary school day.



At a time where there is such a focus on both adult and child obesity, the need for full participation in PE class has never been more pronounced. Furthermore, research provides a clear and convincing link between exercise and effective learning

What you can do to help

- Please ensure that your daughter brings her PE gear on the days she is timetabled for PE class
- Organise her gear bag so that it has her name written on the inside
- Provide a written note of explanation on the occasions where non-participation cannot be avoided
- Non-participation in PE class can become a learned habit so please ensure that she stays active and participates fully in class



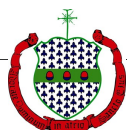
Key Skills form the basis of the new method of assessment at Junior Cycle because they are considered necessary for life both in school and in the 21st century work place.

The key skills are as follows –

- Managing myself
- Staying well
- Communicating
- Being creative
- Working with others
- Managing information and thinking



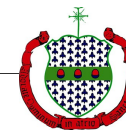
After 3 years of Junior Cycle education your daughter will receive a **Junior Cycle Profile of Achievement**. This will be comprised of state certified final examination results in each of her exam subjects, Classroom Based Assessment (CBA) results (these are completed in 2nd & 3rd year) and a list of statements based on Other Areas of Learning (OAL) she engaged with over the 3 years e.g. Scifest project, participation in the school basketball team. There is more detailed information available on the Junior Cycle tab on the school website www.scoilchristriportlaoise.ie.



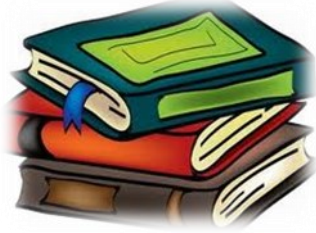
One of the biggest challenges to first year students is getting organised. The introduction of so many new subjects and the need to manage new materials can all present a challenge. Encouraging that they assume responsibility for their belongings and learning is essential from early on

[What you can do to help](#)

- Impress upon your daughter the **need to be organised for school** i.e following timetables, packing of school bags the night before, keeping her subject packs organised in her school bag.
- For the first few weeks, **help her to pack her bag using her timetable** for the following day. Often school bags are filled with books that are not needed.
- **Advise her about how to organise her materials for class** i.e Keep each mesh folder that is clearly labelled with the subject material it contains in her bag during the school day, stick a timetable in her study space at home & labelling all items e.g uniform, lunchboxes etc these may seem like small things but they make a huge difference to students
- Ensure she is **not carrying textbooks** to and from home **that are not needed**



One of the most efficient ways teachers have of keeping you informed about your daughter's behaviour and progress is through the use of the Journal. If the need arises, they will write a note informing you of any issue that warrants your attention or assistance



What you can do to help

- To **review and sign your daughter's journal** on a **weekly basis** to ensure that the journal is being used appropriately and that homework is being written in correctly
- Small things like **encouraging her to tick off subjects as homework is completed** or **having her subjects listed for the coming week** greatly encourage good habits
- **Acknowledge receipt of any notes** written by a teacher by **signing the note**
- We have developed a Journal specifically for our first year students so **encourage her to use it as a reference guide for any questions/issues** she may have. This is also an excellent resource for parents as it outlines in full our priorities for our first year students



In addition to continuous assessment, your daughter will have formal exams at Christmas and Summer. While assessment has always been a part of school life, their first set of formal exams in secondary school can be a source of some anxiety for some. While anxiety can often help a student to excel, when taken too far, it can prompt students to just give up

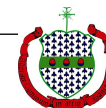
What you can do to help

- A few weeks before exams, begin to talk to her about her exams and encourage her to take the 'little and often' approach to revision and study. It will be less overwhelming this way
- Impress upon her that making an effort to do quality homework every night and attendance in school are the best ways to achieving a good grade

We want our students to take pride in themselves and in their school and so wearing the uniform is an integral part of this

What you can do to help

- Ensure that your daughters skirt is worn below the knee, she refrains from wearing dangling ear-rings or bracelets, and does not apply make-up or gel/shellac nails
- Facial piercings is strictly forbidden in school
- Please ensure that her name is written on the inside of her school jacket & all uniform items to prevent them being lost



According to the Education Welfare Act 2000, the primary responsibility for a student's attendance in school lies with parents. Research has provided convincing evidence linking school attendance with attainment, so SCR puts a lot of emphasis on the importance of coming to school every day

What you can do to help

- To ensure that your daughter is in full attendance for the totality of the academic year; namely August to May inclusive. Holidays should be scheduled outside term time if at all possible
- To ensure that you daughter attends school for the full day; from 9.00am to 4.00pm. Appointments should be scheduled after school hours where possible
- In the event of unavoidable absence, to provide a written note of explanation for absences regardless of notifying Office by telephone. It is necessary that the school have documentation for all absences.
- To ensure notes are submitted **on the day of your daughter's return.**
- To only excuse your daughter's non-participation from PE classes if accompanied by a Doctor's medical certificate.
- In the event of unavoidable absence, to encourage the catching up on work missed at the earliest opportunity

Signing Out

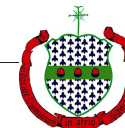
- Where possible, appointments should be scheduled after 4pm or on Friday afternoons




While we make every effort to bridge the gap between primary and secondary school in terms of assigning homework, learning to balance a larger volume of subjects can be daunting and indeed tiring for some students.

What you can do to help

- **Establish a routine** for when she gets home, ie; when she will begin homework and for how long. Forming good habits makes life a lot easier for both of you later on
- **Arrange a quiet place** for her to do her **homework**. Post up a copy of her timetable on the fridge so it is on full view for both you and her
- **Free this space of television, social media and mobile phones.** In this age of digital media, young people need some time away from the Internet and phones (this is by their own admission).
- Perhaps **agree on a homework routine**; distraction free homework is rewarded with wind-down time to spend doing whatever she is interested in. It's all about finding a routine that you can both live with
- **Encourage that homework is completed on the night it is given**, even if it's not due until the next day
- If your daughter is **anxious about homework or does not understand something, encourage her to attempt it anyway** and to ask the teacher to clarify the following day
- **Notes excusing homework is discouraged** and therefore should only happen on the rarest of occasions as this can become a habit



Subject	Consisting of	Time Spent	Periods per week
English	<ul style="list-style-type: none"> Short written pieces mid-week Extended written pieces at weekends Learning of key terms Test preparation 	15-20 mins	4
Irish	<ul style="list-style-type: none"> Grammar exercises Short questions Learning of vocabulary Test preparation 	15-20 mins	5
Maths	<ul style="list-style-type: none"> 4-5 sums per night Completing mind maps on a topic Test preparation 	15-20 mins	5
French/Spanish	<ul style="list-style-type: none"> Grammar exercises Learning of vocabulary Test preparation 	15-20 mins	3
History	<ul style="list-style-type: none"> Short questions Extended written pieces on weekend Learning of key terms Test preparation 	15-20 mins	3
Geography	<ul style="list-style-type: none"> Review of Case studies Learning of key terms Short questions 	15-20 mins	3
Religion	<ul style="list-style-type: none"> Learning of key terms Questions at end of chapter Completion of worksheets Drawing and labelling of diagrams 	15-20 mins	3
Science	<ul style="list-style-type: none"> Evaluation of experiments Learning of key terms 	15-20 mins	3

CSPE	<ul style="list-style-type: none"> Short questions Short research tasks 	10-15 mins	1
SPHE	<ul style="list-style-type: none"> Short exercises Reflective tasks 	5 mins	1
Wellbeing	<ul style="list-style-type: none"> Short exercises Reflective tasks 	5 mins	1
Library Studies	<ul style="list-style-type: none"> Reading 	10mins	1
PE			2
Option Subjects			
Students study 2 subjects from the below list			
Home Economics	<ul style="list-style-type: none"> Short questions Evaluation on practical work 	15-20 mins	3
Technical Graphics	<ul style="list-style-type: none"> 1 Sketch/1 free hand drawing per week 1 long drawing per week 	15-20 mins	3
Technology	<ul style="list-style-type: none"> Topic questions/A4 poster on the topic per week 1 Sketch per week 	15-20 mins	3
Art	<ul style="list-style-type: none"> Research artists and images Practising drawing 	15-20 mins	3
Business	<ul style="list-style-type: none"> Short questions Learning of key terms Completing accounts 	15-20 mins	3
Music	<ul style="list-style-type: none"> Short questions Listening work Recorder work 	15-20 mins	3

