

Dear Parent,

I hope and pray that this letter finds you and your loved ones safe and well. In these difficult times for all, the school management fully appreciate that you, our parents are doing your very best in keeping your children engaged with their online lessons and assignments and we would like to thank you sincerely for these efforts. We can only imagine how difficult and stressful home schooling can be. Our teachers are working and up skilling continuously to ensure that students are kept working, engaged and learning.

## **Online Classes and Student Engagement**

From constant engagement with our teaching staff we are absolutely reassured that they are doing their utmost in delivering online classes, tutorials, projects and assignments to all students who are engaging. Teachers are managing to juggle their home and own personal circumstances with delivering distance teaching to their class groups. Due to these circumstances such as, caring for young children because as you know childcare and crèche facilities are closed, poor broadband - depending on where they live (some broadband provider networks are under pressure due to the number of people working from home) and unsuitable technology, not all teachers are in a position to deliver live or recorded classes. We appreciate your understanding around this matter.

As with the teachers above, the same is true for many of the households of our students. We also understand that full engagement may not be possible for a variety of reasons, such as personal family circumstances and access to technology amongst others. Students may be required to help with the care of younger siblings or perhaps having to share technology with other members of the household. We would like to support your child as best we can and please do contact the school at the following e mail address if you believe we can help resolve some issue for you.

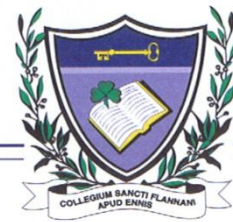
[info@stflannanscollege.ie](mailto:info@stflannanscollege.ie)

For students who have not engaged regularly with their classes Year Heads may contact your household to see if we can help you and your child in this matter as we face into these last 5 weeks of the school year.

## **End of Year Assessments**

What we are proposing with regard to end of year assessments is based on the assumption that we will be continuing with distance learning and continuous assessment until the end of the school term on the 29<sup>th</sup> May 2020.

- 20% - for student engagement for 5 weeks beginning Monday 27<sup>th</sup> April (. (NB. Staff have been requested that this be applied generously, bearing in mind that some students have genuine difficulties with access to devices and broadband etc)
- The make-up of the assessments themselves will be coordinated by each subject department and will be communicated to all students online through their TEAMS class.



## **School Closure & State Exam Information**

We will inform you of new information regarding the reopening of the school as it becomes available to us from the Department of Education & Skills.

For up to date reliable information regarding exams and school closure please refer to the State Examination Commission website <https://examinations.ie> and the Department of Education and skills website <https://www.education.ie>

## **Student Wellbeing**

Our school Guidance Counsellors are available on TEAMS or at the following email addresses for any students who feel they may need some help or guidance at this time:

1 <sup>st</sup> , 3 <sup>rd</sup> & 6 <sup>th</sup> Years	Ms B McMenamin	<a href="mailto:brenda.mcmenamin@stflannanscollege.ie">brenda.mcmenamin@stflannanscollege.ie</a>
2 <sup>nd</sup> , TY & 5 <sup>th</sup> Years	Ms U Howley	<a href="mailto:una.howley@stflannanscollege.ie">una.howley@stflannanscollege.ie</a>

The Department of Education have developed several support resources for student wellbeing during the Covid19 crisis. Please see further details [www.education.ie](http://www.education.ie) .

- Advice to Young People
- Planning your Day
- Relaxation Techniques

## **Minding Our Mental Health**

These are uncertain times for us all some people might find it more worrying than others. Most people's lives will change in some way over a period of days, weeks or months ahead. But in time, it will pass. It is important that we stay as physically and mentally well so we can support ourselves, family and friends.

## **Six Useful Apps**

*Calm*

*Headspace*

*Moodnotes*

*Moodpath*

*Pacifica*

*Happify*

## **Useful Tips**

1. **Stay informed but set limits for news and social media:**

The constant stream of social media updates and news reports about coronavirus could cause you to feel worried. Sometimes it can be difficult to separate facts from rumours. Use trustworthy and reliable sources to get your news.

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

On social media, people may talk about their own worries or beliefs. You don't need to make them your own. Too much time on social media may increase your worry and levels of anxiety. Consider limiting how much time you spend on social media.



If you find the coverage on coronavirus is too intense for you, talk it through with someone close or get support.

## 2. **Keep up your healthy routines:**

Your routine may be affected by the coronavirus outbreak in different ways. But during difficult times like this, it's best if you can keep some structure in your day. It's important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing. For example, you could try to:

- Exercise Regularly – get fresh air
- Keep regular sleep routines
- Maintain a healthy, balanced diet Practice relaxation techniques such as breathing exercises

## 3. **Stay connected to others**

During times of stress, friends and families can be a good source of support. It is important to keep in touch with them and other people in your life. Remember that talking things through with someone can help lessen worry or anxiety.

## 4. **Use the support available**

You don't have to appear to be strong or to try to cope with things by yourself. There is support available



Teen- Line Ireland Freephone Helpline  
Freephone Helpline: 1800 833 634  
Web: [www.teenline.ie](http://www.teenline.ie)

ChildLine  
Tel: 01 679 4944- *Helpline does not appear on telephone bill*  
*Available 24hrs, 365 days*  
Web: [www.ispcc.ie](http://www.ispcc.ie)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)

Samaritans Helpline  
Tel: 1850 60 90 90  
Web: [www.samaritans.ie](http://www.samaritans.ie)  
Email: [jo@sqamaritans.org](mailto:jo@sqamaritans.org)  
Text support 24:7- Send an SMS text message to 087 2 60 90 90

1Life Suicide Prevention Helpline  
Web: [www.1life.ie](http://www.1life.ie)  
Text: "Help" to 51444 for 1 to 1 support (standard text message rates apply)

# ST. FLANNAN'S COLLEGE

Ennis, Co. Clare, Ireland.



Email – [info@stflannanscollege.ie](mailto:info@stflannanscollege.ie)

web- [www.stflannanscollege.ie](http://www.stflannanscollege.ie)

5. The Minister for education said recently that details of a dedicated helpline to support students in terms of their wellbeing will be announced shortly with details to be available on Department of Education & Skills website [www.education.ie](http://www.education.ie)

## Keep in Touch

Please make sure to follow St. Flannan's College on our social media platforms.

**Facebook**      @stflannanscollegeofficial

**Twitter**          <https://twitter.com/stflannans>  
<https://twitter.com/SFCGuidanceDept>

**School email** – [info@stflannanscollege.ie](mailto:info@stflannanscollege.ie)

Finally, in what are enormously difficult and stressful times I want to reassure you that the staff and management of St. Flannan's College will continue to do our very best to deliver education and support to our students. I will continue to remember all of you in my daily prayers.

Sincerely in Christ,

Fr. Ignatius McCormack  
Principal

“ You have made us for yourself O Lord and our hearts are restless until they rest in thee”  
(St Augustine of Hippo)