

*Coláiste Chiaráin*  
**NEWSLETTER**

March , 2020

Coláiste Chiaráin



*Neart le chéile*

# Covid 19 & School Closure: Supporting our school community



## Welcome

As the closure of schools continues, Coláiste Chiaráin recognises that we are in an unprecedented situation. The school community is conscious that in these difficult times, we will come together to find solutions. We always work in the best interest of our students. It is an unusual time for us all, and we need to work together to delay and limit the transmission of the COVID-19 virus. We encourage parents to emphasise the importance of social distancing to all in their care, so we as a nation can protect the most vulnerable in our communities.

# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Social Distancing Outside

Spending time outdoors is good for our health.  
**But social responsibility is essential for  
ALL our health.**



**Avoid**  
close contact  
with others



**Distance**  
yourself at least  
2 metres (6 feet) away  
from other people



**Small group**  
sizes should be kept  
to a minimum



**Don't arrange**  
to meet up with other  
groups



**Avoid**  
an area if it looks  
very busy and go  
somewhere else  
for your walk

**For Daily Updates Visit**  
[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hsc.ie](http://www.hsc.ie)

Ireland is operating a delay strategy  
in line with WHO and ECDC advice



**Rialtas na hÉireann**  
Government of Ireland

I also want to acknowledge that many of our students might find the uncertainty of the forthcoming weeks quite unsettling. I want to take this opportunity to reassure parents and students alike that the SEC and DoES have always made decisions which are student-centred and mindful of the immediate environment. We have no control over what decisions the state agencies make; we do, however, have control over what actions we can take. So please remain focused on your study schedules and your preparations for the state examinations.

Please take the time to read this newsletter and I hope that you will find the information below beneficial.

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## Online and Remote Teaching and Learning

All members of the school community have access to Google Gsuite which includes Google Classroom and other virtual learning environments. Teachers have been posting work and will continue to teach remotely mainly through this platform. Some teachers are using other methods and will have contacted their classes at this stage.

It is important the students login to check their emails and/or Google Classroom on a daily basis. Live classes may be scheduled for your classes, so please keep a regular check on your email/ classroom.

If you have any IT issues or need help, please email [ict@ccathlone.ie](mailto:ict@ccathlone.ie)

For help submitting work via google classroom and more information see below:

<https://www.youtube.com/watch?v=2lowi-gmbys>

<https://www.youtube.com/watch?v=YpOTxdvr8dE>

<https://www.youtube.com/watch?v=kK8O9fWQ0mI>

Keep up your good work!

## Leaving Certificate and Junior Certificate Examinations

Since the Government announcement last week of the closure of schools until the 29th March, the State Examinations Commission has been working closely with the Department of Education and Skills on considering alternative arrangements for candidates approaching the state examinations. The planned closure period directly impacts on the scheduled dates for this years' oral and practical performance tests. Following a review of all possible options the Minister announced last week that it has been decided to cancel these tests and to award candidates the full marks for the components in question. They also announced an extension of the completion date for project work and coursework which was due for completion on various dates between the 20th March and the 24th April. Candidates will now have until the 15th May to complete this work. The SEC will provide further details on the revised arrangements in the coming days to school authorities.

Awarding full marks for the oral and practical performance tests was considered to be the most fair to candidates as it guarantees that no candidate can be awarded a mark lower than they would have



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achieved in the test. No other approach to generating a result for these components would have given this guarantee. These decisions have at all time been guided by consideration of the best interests of candidates. The SEC has advised candidates that they should continue to prepare for the remaining elements of their examinations as scheduled.

Our advice to Leaving Cert and Junior Cert students is to continue to revise and study as much as you can and follow your teachers lessons and feedback. If there are any further changes we will inform you as soon as possible

For further information see: <https://www.examinations.ie/misc-doc/BI-SE-67826275.pdf>

## Creating a study and home routine

Keeping a routine while at home is difficult, especially now during this time of crisis. Below are some resources to help maintain a study and learning plan.

<https://supergeneration.examcraftgroup.ie/free-study-resources/>

All of our school books are available online, they can be found here:

<https://www.edcolearning.ie/> **Username:** lcedcobooks OR jcedcobooks **Password:** edco2020

<https://educateplus.ie/homestudy-secondary>

<https://my.cjfallon.ie/dashboard/student-resources/?levels=0&classes=0&subjects=0&serieses=0&booktitles=0&types%5B0%5D=Book+Sample>

<https://www.gillexplore.ie/products>

<https://www.folenshive.ie/login.htm?tenant=folens> ( Code: Sec20)

NB: you may need to register on the cook companies website. Some codes are on the inside of your schoolbooks

## Resources for Examination Students

Please find below some excellent websites for exam revision

<https://examrevision.ie/>

<https://www.revise.ie/free-online-classes/>

<https://www.ucd.ie/msc/leavingcertificatevideos/>

<https://www.studyclix.ie/>

## Other online resources for students

There are many competitions and resources for students online, here are some that maybe of interest to students

<https://jonathanbate.com/shakespeare/>

<https://www.gaa.ie/news/gaa-writing-competition/>

<https://www.scoilnet.ie/go-to-post-primary/>

**Free online books:** access your local library books online

<https://librariesireland.freshdesk.com/support/solutions/articles/19000112082-how-can-i-get-a-library-card-so-that-i-can-read-ebooks>

## Student and Family Wellbeing



All of us are finding the current situation stressful. It is a huge challenge for us to stay in a positive frame of mind when all we hear is traumatic and frightening information. While it's important to keep upto date, we need to take a break every day from the constant news feeds on social media, radio and tv. We can all try to keep ourselves mentally and physically fit. Below is some information for parents and students as well as some physical activities we can join in.

TIME	ACTIVITY	Tick when complete ✓
9.00	Breakfast/Wash/Dress/Get ready for school work	
10.00	Schoolwork	
11.00	Fifteen minute break – relax (healthy snack and listen to music/check phone)	
11..15	Schoolwork	
12.00	Exercise & jobs in the house	
1.00	Lunch & enjoyable activity	
2.00	Schoolwork (followed by a short break)	
3.00	Schoolwork	
4.00	Enjoyable activity & physical activity	
5.00	Enjoyable activity & jobs in the house	
6.00	Dinner time (& tidy up)	
Evening Plan	Family time & relax	

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-0utbreak.html>

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<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://www.education.ie/en/The-Department/Announcements/advice-to-young-people-while-schools-are-closed.pdf>

**Online PE classes:**

PE with Joe Wicks (live at 9am every morning on youtube)

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdST>

## **Reflection and Prayer**

We are living in a worrying time, a worrying time for our students, staff and our families. Some of us are feeling frightened and stressed.

Some of us are living with family members with underlying health issues, who are in a high risk category again another worry. We are concerned for family and friends who live away from home, especially sons and daughters who are spread throughout the world.

As Chaplain I want to assure you all of my prayers and support.

I can be contacted at any time via my email address and phone number, if only as a ‘listening ear’ or the opportunity to ask for a prayer or intention.

“Lord Jesus Christ, you travelled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through the medical care given by our doctors and nurses.

Grant us peace of mind and body as we protect ourselves and our community from the spread of this virus”. Let us pray for all our students who are preparing for their exams, ease their stress and anxiety levels.

We place this prayer into your loving care O Lord.

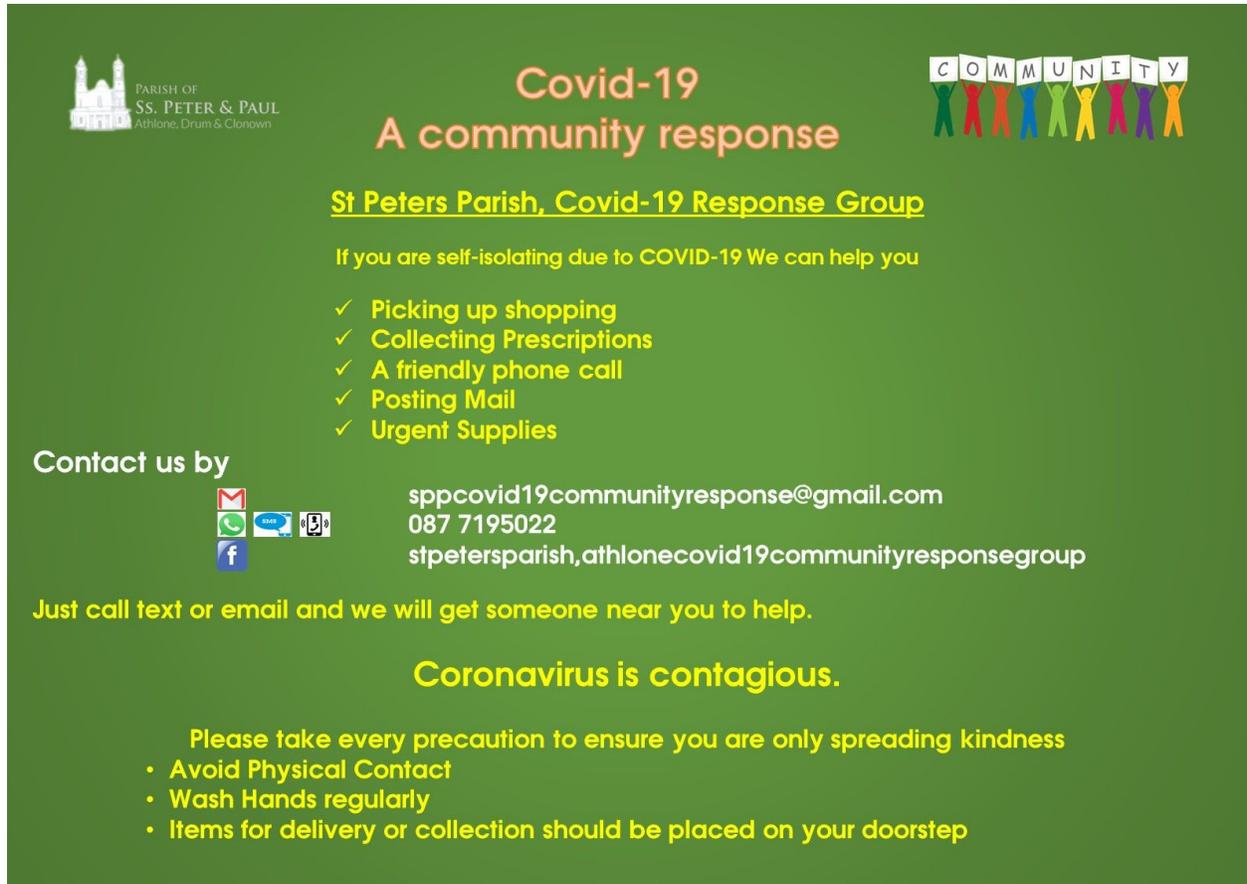
Amen.

Deacon Tony

Chaplain

[Deacontony17@gmail.com](mailto:Deacontony17@gmail.com) 085739247

## Community Support:



 PARISH OF  
SS. PETER & PAUL  
Athlone, Drum & Clonown

**Covid-19**  
**A community response**



**St Peters Parish, Covid-19 Response Group**

If you are self-isolating due to COVID-19 We can help you

- ✓ Picking up shopping
- ✓ Collecting Prescriptions
- ✓ A friendly phone call
- ✓ Posting Mail
- ✓ Urgent Supplies

Contact us by



sppcovid19communityresponse@gmail.com  
087 7195022  
stpetersparish,athlonecovid19communityresponsegroup

Just call text or email and we will get someone near you to help.

**Coronavirus is contagious.**

Please take every precaution to ensure you are only spreading kindness

- Avoid Physical Contact
- Wash Hands regularly
- Items for delivery or collection should be placed on your doorstep

If you have any queries or questions, please contact us on 090 6492383 or [info@ccathlone.ie](mailto:info@ccathlone.ie)

Stay Safe and God Bless

*Brendan Waldron*

Principal