



Parent/Guardian Check in September 2026

2nd and 3rd Year Students

Respect Difference



Respect Diversity

Our Mission Statement

- Every person is valued equally in accordance with our Christian Tradition at St. Caimin's School.
- ***Each person within the school community can enjoy developing to the fullest, while feeling cared for and safe.***
- Our educational structures are ordered, based on tolerance, fairness and respect, while sensitive to our changing world

	Classrooms	Lockers	Corridors & Yard	Canteen	Toilets
Be Ready 	• Be on time • Have your journal and equipment • Be ready to learn	• Use in the morning, at break time and lunchtime	• Line up on one side outside the classroom	• Line up at lunch queue • Be patient and cooperative • Follow all staff requests	• Use in the morning, at break time and lunchtime or with permission slip from teacher
Be Respectful 	• One voice • Hand up • Listen, and support classmates • Respect your space	• Be patient and wait your turn	• Use appropriate language • Be mindful of your safety and that of others	• Use 'please' and 'thank you' when it is due • Clean the space you eat at	• Be considerate of others needs • Respect the space and keep it tidy for everyone
Be Responsible 	• Take ownership of your learning • Be involved • Know your goals and targets	• Keep your locker area tidy • Keep it locked and never share your code	• Place your rubbish in the designated bin • Give way where you can • No mobile phones between classes	• Place your rubbish in the designated bin	• Wash your hands after use • Report areas that need attention • Toilets are not a social area to congregate

Attendance

Minister McEntee – “Regular attendance in school is essential not just for academic achievement, but for wellbeing, social development and long-term life outcomes”

- Attendance is so important and links with how well a student can achieve
- A student who is absent is required to keep up with school work
- Absences need to be recorded on the VSware App
- Students must attend school for duration of school day
- Student must get permission from year head to leave the school grounds





ATTENDANCE TRIANGLE



0 - 5 DAYS MISSED

WELL DONE



6 - 10 DAYS MISSED

PARENT/GUARDIAN
CONTACTED BY YEAR HEAD



11 - 15 DAYS MISSED

CONTACT WITH HOME BY
ATTENDANCE OFFICER/SCHOOL



16 - 20 DAYS MISSED

MEETING ARRANGED BETWEEN
PARENT/GUARDIAN AND
SCHOOL



20+ DAYS MISSED

AUTOMATIC
20 DAY LETTER
ISSUED - REPORT
TO TUSLA WHERE
APPROPRIATE



The pipeline to Higher Education leaks at 11 days.



0 Days
(no absence)



Most stay on track
for higher education.



1–10 Days
(low absence)



Some are at risk
of not continuing.



11+ Days
(high absence)



35% reduction
in entry probability.



**Higher
Education Entry**



No Entry



**Cumulative absence results in a massive
reduction in higher education entry.**

By age 25, these students are also significantly less likely
to have obtained a degree.



BE HERE • LEARN MORE • ACHIEVE MORE

EVERY MINUTE COUNTS!

ATTENDANCE MAKES A BIG DIFFERENCE



MINUTES LATE PER DAY

5
minutes
late per day

2.3
school days
missed

10
minutes
late per day

4.6
school days
missed

15
minutes
late per day

6.9
school days
missed

20
minutes
late per day

9.2
school days
missed

25
minutes
late per day

11.5
school days
missed

70

classes
missed



**AND
EVERY
MINUTE
COUNTS...**



DAYS MISSED OVER THE SCHOOL YEAR

95%

8
school days
missed
1 week 3 days

90%

17
school days
missed
3 weeks 2 days

85%

25
school days
missed
5 weeks

80%

33
school days
missed
6 weeks 3 days

70%

50
school days
missed
10 weeks

Having **90%** over 5 school years, is half a school year's work missed.



A **2 week** holiday in term time, means that the highest attendance a child can achieve is **93.8%**.



BE HERE. LEARN MORE. ACHIEVE MORE.

The 82-point penalty.

Leaving Cert CAO Points



Equivalent to dropping a full grade level across multiple subjects.



The decline is linear.

There is no 'safe' level of absence.



Even missing 1–3 days is associated with lower performance.

! The cumulative cost at **Age 25.** !

The Chronic Absentee Profile



Education

Likely no degree,
-82 LC points.



Wellbeing

Elevated depression,
stress, poor physical
health.



Social Trust

Alienation, low
trust in others.



Employment

Employable, but lower
occupational status.

“Absence is not an event. It is a process that
reshapes the transition to adulthood.” !

ATTENDANCE MATTERS

BE HERE. EVERY DAY.



WHAT CAN FAMILIES DO?



ATTENDANCE LEVEL	ATTENDANCE %	EQUIVALENT DAYS ABSENT OVER THE SCHOOL YEAR
PERFECTION	100%	0 DAYS ABSENT
EXCELLENT	99%	2 DAYS ABSENT
GOOD	95%	8 DAYS ABSENT
CONCERNED	92%	13 DAYS ABSENT
VERY CONCERNED	88%	20 DAYS ABSENT
SERIOUS CONCERN Chronic Absenteeism	Below 85%	25+ DAYS ABSENT

THE SCHOOL YEAR IS 166 DAYS.
STUDENTS ARE OUT OF SCHOOL FOR 199 DAYS.
PLEASE DO NOT MISS SCHOOL TIME FOR ANY REASON,
INCLUDING HOLIDAYS.

What parents can do to help

- **Be active on VS ware.** Make sure all absent days are accounted for with a reason through the Vs ware system.
- **Partial days** – If a student is arriving late or leaving school early, this must be submitted with a reason on Vs ware so that the student can sign out. **It is never acceptable for a student to leave school without following this process.**
- **Medical Certs** – If a student has been to a doctor, please submit copy of cert to the office.
- **Holidays** – Should not be taken during the school term (hair, nails, driving lessons, Queens preparation.....)



Homework and Learning to Learn

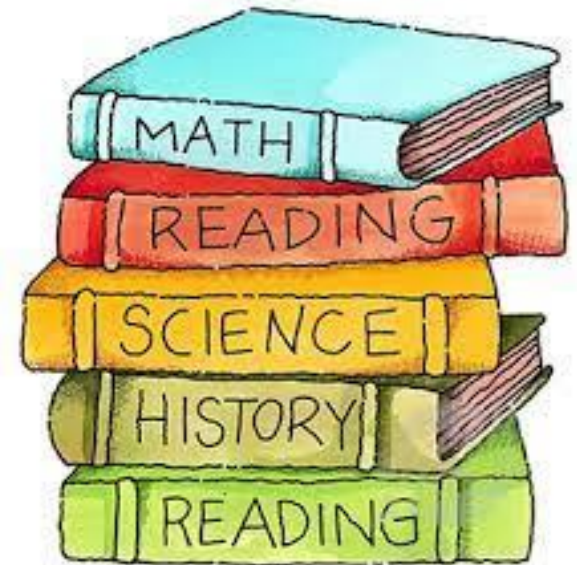


Success Criteria

There is a genuine attempt made by the pupil to complete the homework to the best of his/her ability and to submit the work at a pre-agreed time.

Why do we do Homework?

- ✓ Help us build on what we have learned in class
- ✓ Practice skills
- ✓ Ensure we understand new topics/concepts
- ✓ Help prepare for next class
- ✓ Help prepare for examinations





ST. CAIMIN'S
COMMUNITY SCHOOL
SCOIL PHOBAIL CHAIMIN NA OFA



First Year Journal
2020-2021

Student Name: _____

Class: _____

The Homework Journal

- ✓ The place where all homework is recorded
- ✓ Homework is recorded at the end of each class – there are many different types of homework
- ✓ Parents and guardians should ensure that the student completes all homework to the best of his/her ability.
- ✓ Parents should inform the teacher of any difficulties by means of a written note in the journal.

	SUBJECT	HOMEWORK	DUE	DONE
29 MONDAY Lundi • Montag • Lunes • Lunedi • Dé Luain	English			
	Science			
	Art			
	Irish			
	Geography			
	History			

Don't Forget:

30 TUESDAY Mardi • Dienstag • Martes • Martedì • Dé Máirt	Geography			
	Maths			
	SPHE			
	CSPE			
	Home Ec.			
	Irish			
	German			

Don't Forget:

Homework can include the following types of activity:

- Development of oral/listening skills
- Drafting/Writing of essays/articles/speeches/short stories/dialogues/poems
- Learning by rote
- Listening to and/or viewing radio or TV programmes/use of internet
- Drawing and illustrating
- Making notes
- Reviewing
- Watching a TV programme
- Reading for pleasure
- Reading for information and memorising
- Preparation of presentations
- Practice of exam techniques
- Research/Project work
- Revision
- Visits to relevant museums, art galleries, theatre and other places of interest and relevance to subjects and related assignments

Homework Routine



Establish a timeline



Allow for free time – build in around other activities (sport/music/clubs etc.)



Pick a spot for homework – no distractions (mobile phone etc.)



Build in revision time



Tackle difficult work first

How long should I spend on homework?

Year	Guide time
First Year	1.5 hours
Second Year	2 – 2.5 hours
Third Year	2.5 – 3 hours
LC1	2.5 – 3 hours
LC2	3 – 4 hours

What happens if I miss a class?

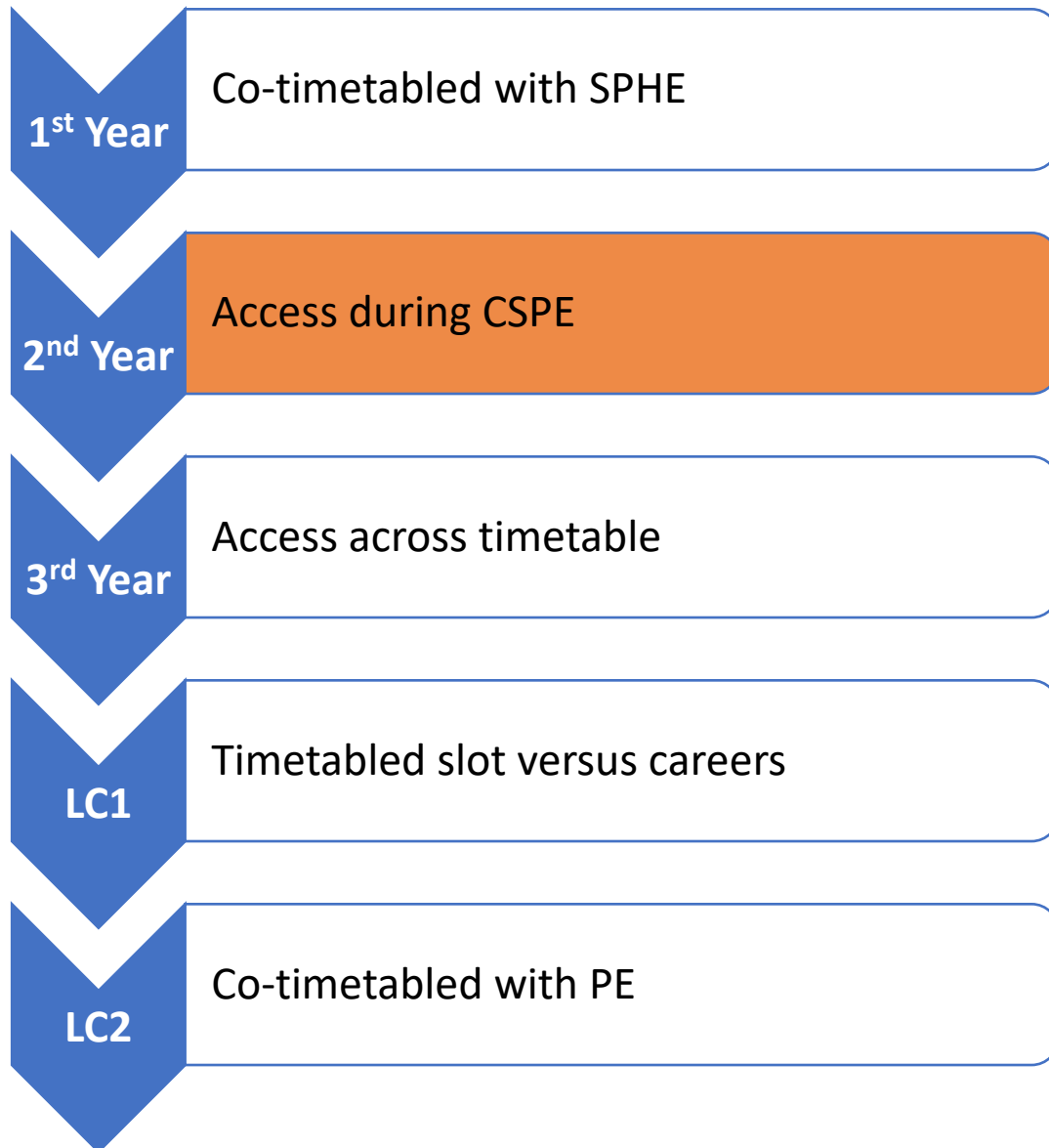
- Find out from a Friend
- Check your class Team
- Message your teacher
- If ill – catch up when you can
but talk to the teacher



-



Learning to Learn across the Curriculum

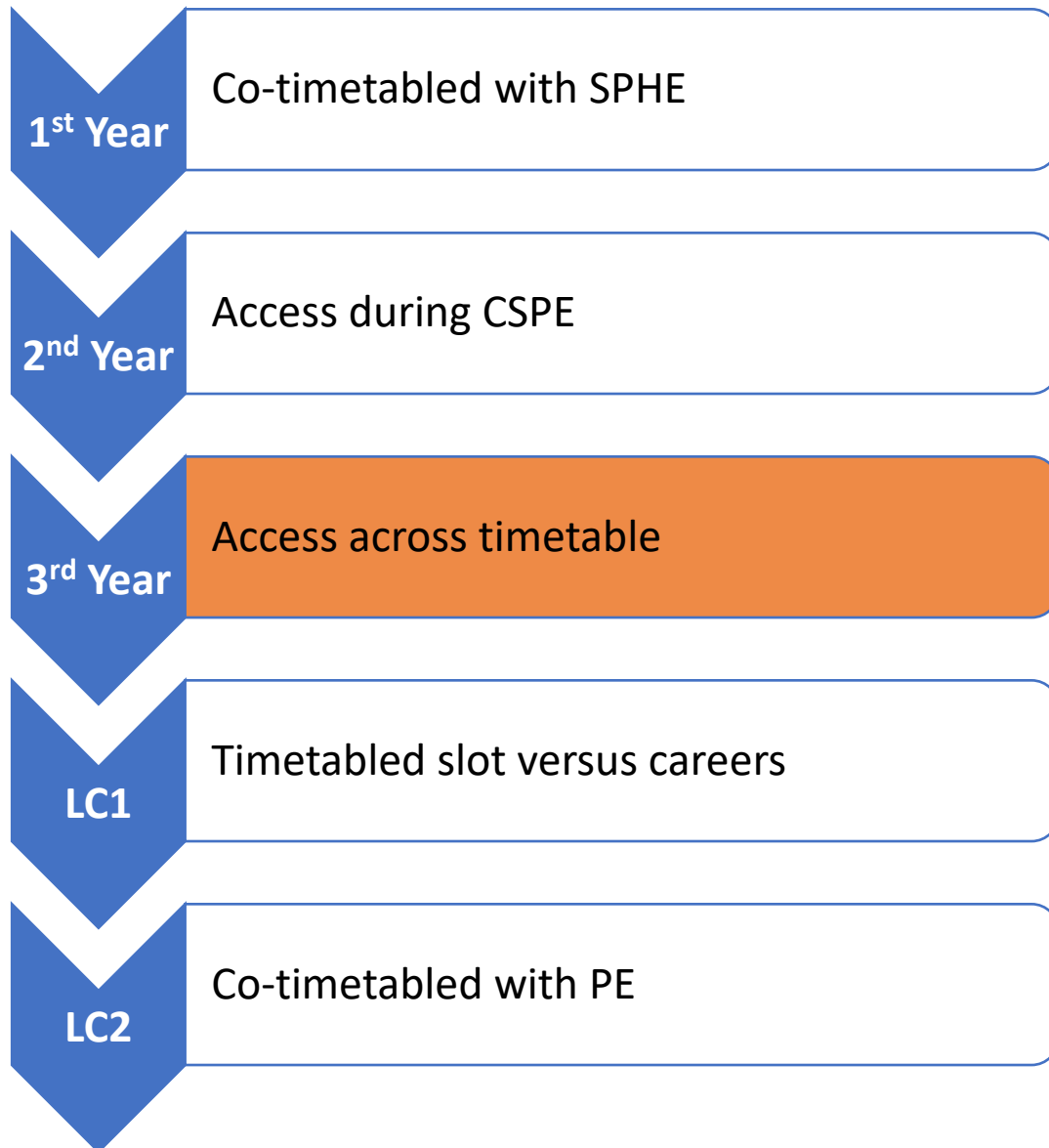


Content

Homework and procrastination management - SMART goal setting using journals and graph grids - Study plans and techniques: mind maps, flashcards, whizz grids, Cornell notes.

Focus = Developing foundational learning and study habits.

Learning to Learn across the Curriculum



Content

Self-assessment of strengths and weaknesses in homework and study - Customised homework/study plans - Study techniques: Pomodoro, mind maps, flashcards - Importance of organisation (equipment and time).

Focus = Preparing for state exams with personalised and effective study strategies.



St Caimin's is proud to offer a wide range of support for the educational needs of all our school community.

Please follow the links below for your required service

Guidance

Special
Education
Needs (SEN)

Student
Support

**Learning
2
Learn**

To access our Learning 2 Learn resource portal please click on the image below.



Goal Setting and Reflection Resources:

[Goal Setting](#)

[Target Setting](#)

[Type of Learner](#)

[CAO Target Tracker](#)

[Target Grade Chart](#)

[Target Setting and Study Planning](#)

[Monthly Tracker](#)

[Reflection on Learning](#)

Study Skills and Planning

[Introduction to Study](#)

[Study Skills Presentation](#)

[Different Study Techniques](#)

[Developing a Study Plan](#)

[Learning Aids and Strategies](#)

[Exam Preparation](#)

[Graphic Organisers](#)

[Note Taking](#)



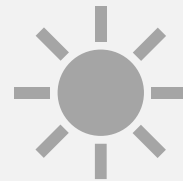
After School Study

- Mon & Tue 4:14-6pm
- Wed- Fri 3:35-5:35pm
- Further information from Tomás Quealy
tom.quealy@stcaimins.ie or 087 0006400

Assessment 2nd years 2026 - 2027



Classroom Based Assessments* or
Continuous Assessment (3 pieces of
work with house exam counting as 1
piece) House Exams for non-CBA
subjects



Classroom Based Assessments* or
Continuous Assessment (3 pieces of
work with house exam counting as 1
piece) House Exams for non-CBA
subjects



Assessment 3rd years 2026 - 2027

OCTOBER EXAMS (SCHEDULED & WHOLE DEPARTMENT AGREED TESTS BUT MAY BE REPLACED BY CBAS/PROJECT WORK)

CLASSROOM BASED ASSESSMENTS*

MOCKS EXAMS
(3RD – 12TH FEB. 2027)

JUNIOR CERTIFICATE – 9TH JUNE 2027

Academic Tracking – Year Head Support



1/7 subjects above potential



5th Year Summer

Subject	Result	Grade
Biology	46 (H)	H6
Engineering	70 (H)	H3
English	66 (H)	H4
Geography	50 (H)	H5
German	42 (H)	H6
Irish	58 (H)	H5
Mathematics	39 (H)	H7
Average	53.0	
Total CAO points		347

■ Above Potential ■ In line with Potential ■ Below Potential

6/7 subjects above potential



5th Year Summer

Subject	Result	Grade
Biology	86 (H)	H2
English	80 (H)	H2
French	66 (H)	H4
Home Economics	99 (H)	H1
Irish	79 (H)	H3
Mathematics	81 (O)	O2
Visual Art	94 (H)	H1
Average	83.6	
Total CAO points		519

■ Above Potential ■ In line with Potential ■ Below Potential



[Admissions
2027-2028](#)

[Extra Curricular
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2027](#)

[2nd Year CBAs](#)
[3rd Year CBAs](#)

[Principal's Welcome Message](#)

ExamRevision



ExamRevision provides engaging content to help students grasp difficult topics, crack exam techniques and improve their grades!



Short, concise videos by specialist teachers



Expert topic notes to achieve a Distinction/H1



Interactive Quizzes to test your knowledge

Add Subjects

Junior Cycle

Leaving Cert



Accounting

☐

Ag Science

☐

Applied Maths

☐

Art

☐

Biology

☐

Biology 2027

☐

Business

☐

Business 2027

☐

Chemistry

☐

Chemistry 2027

☐

Classical Studies

☐

Computer Science

☐

Construction Studies

☐

Design & Communication
Graphics

☐

Economics

☐

Engineering

☐

English

☐

French

☐

Save Selection (0)



Chemistry

Leaving Cert



Build An Exam



Entire Past Papers



Create Quiz

Course Curriculum



Quick search for topics, chapters or resources

Search

Unit 01 - The Periodic Table & The Atom

[The Periodic Table](#)

[Radioactivity](#)

[The Atom](#)

Unit 02 - Bonding

[Bonding](#)

[Test for Anions](#)

Unit 03 - Stoichiometry, Mole & Solutions

[The Mole](#)

[Stoichiometry](#)

[Solutions](#)

[Properties of Gases](#)

Unit 04 - Titration Technique & Calculations

[Unit 04 - Titration Technique & Calculations](#)

Unit 05 - Acids, Bases & pH



Mobile Phones

Phone Free Zone

*A phone free zone means that during the school day students are not permitted to have access to their phones. Students will store their mobile devices, which must be **powered off**, in locked pouches on their person or in their school bag or in their locker during the school day.*





Concerns around overuse of an electronic device

Excessive use of electronic devices has been linked with:

- Interference with social activities and family time
- Interference with sleep
- Damage to mental health
- Impacts concentration

Parents'
Association
2026 - 2027





Empowering Ourselves as Parents/Guardian



There are a host of workshops and parent supports available within the community



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Funded by HSE National Lottery Grant 2026



National
Lottery

RESILIENT MINDS *for Teens*



Facilitator: Jackie
M.A., B.A. (hons)
Counselling & Psychotherapy
and Adolescent Studies

A 5-Week Mental Health & Wellbeing
Programme for teens with additional
2-week Parent/Caregiver Programme.



PROGRAMME DETAILS (TEENS 15-16 YEARS)



When: Mondays



Time: 6:00pm - 7:15pm



Where: Shannon Family
Resource Centre



Dates: 2nd November -
30th November 2026

PROGRAMME COVERS:



BUILDING EMOTIONAL AWARENESS



CALMING SKILLS



COGNITIVE SKILLS



BEHAVIOURAL ACTIVATION



SOCIAL SKILLS



REGISTER YOUR INTEREST TODAY!

VISIT THE WEBSITE:

www.shannonfrc.com/resilientminds



Phone Jackie **0877441461**

SUPPORTING YOUNG MINDS. BUILDING STRONGER FUTURES.



Shannon Parenting
Peer Support Group

Workshop



BUILDING AND RE-BUILDING SELF ESTEEM *in Tweens*

A workshop that **explores** how self esteem
is really built and what we can do to
strengthen our children's self
confidence if they have experienced
bullying.



Understand what self esteem really is
and how it develops in tweens.



Explore the impact of bullying on
self esteem and confidence.



Learn practical strategies to help
your child feel stronger, braver
and more confident.



TUESDAY
29TH SEPTEMBER



7:00pm - 9:00pm



SHANNON
FAMILY RESOURCE
CENTRE



FACILITATED BY CATHY O' BYRNE
PARENT • PLAY THERAPIST • EXPERIENCED PRACTITIONER

TO BOOK YOUR PLACE
CALL OR TEXT CATHAL
087 1232489
www.shannonfrc.com/parentingpeersupport

FUNDED BY
PARENTING
PEER SUPPORT
GRANT 2026



You're not alone. We're here to support you.



Shannon Parenting
Peer Support Group
Webinar.



CONNECTING WITH YOUR AUTISTIC CHILD.

WHAT THE WEBINAR WILL EXPLORE:

- ✓ Connection & Playfulness.
- ✓ Communication Strategies.
- ✓ Sensory Challenges.
- ✓ Hygiene & Self-care.
- ✓ The importance of routines & predictability.

WEBINAR DETAILS:

- 📅 Tuesday 13th October
- 🕒 7:30pm to 9:00pm
- 💻 Online via Zoom
- 👤 Facilitator: Cathy O' Byrne
- 💰 Cost: Free!!!

This webinar was created with input from parents
attending Shannon Parenting Peer Support Group.



TO BOOK YOUR PLACE
CALL OR TEXT CATHAL 087 1232489
www.shannonfrc.com/parentingpeersupport



You're not alone. We're here to support you.



LIFE COACHING FOR WOMEN

SUPPORT. CLARITY. CONFIDENCE. CHANGE.

Supporting positive change so you can create the life you deserve. ♥

Are you feeling stuck, unsure what to do with your life?
Do you want to explore your options and learn about the **real you** in a supportive environment with professional support?

This **life coaching programme** is designed to help women gain **clarity**, build **confidence** and create positive, lasting change.



Discover your strengths and what really matters to you.



Gain practical tools and support to overcome challenges and move forward.



Connect with like-minded women in a safe, welcoming and empowering space.

It's your time. Let's make it happen!





Funded by HSE National Lottery 2026

YOUR LIFE COACH



KASIA KOWALSKA
Integrated Life Coach,
Clay Therapist,
Mindfulness Instructor,
Yoga and Fitness Instructor

4 WORKSHOPS IN 2026

-  **TUESDAY 6TH OCTOBER**
7PM TO 9PM
-  **TUESDAY 20TH OCTOBER**
7PM TO 9PM
-  **TUESDAY 17TH NOVEMBER**
7PM TO 9PM
-  **TUESDAY 8TH DECEMBER**
7PM TO 9PM

€ FEE €50

TAKE THE FIRST STEP TOWARDS THE LIFE YOU DESERVE.
REGISTER YOUR INTEREST TODAY!
www.shannonfrc.com/lifecoaching4women
Places are limited. Early registration is encouraged.



CLARE PARENTING SUPPORT CHAMPIONS PROJECT
Empathise | Energise | Empower

in conjunction with **Everyday OT Ireland** presents

Self- Care skills for Parents/Carers-
supporting neurodivergent children.






Killaloe/Ballina
COMMUNITY & FAMILY RESOURCE CENTRE

Killaloe/Ballina Family Resource Centre
(V94 W7X6)

 Date: Tue 6th October 2026
 Time: 10am to 12pm

OR




North West Clare
FAMILY RESOURCE CENTRE

Kilrush Family Resource Centre
(V15 VK31)

 Date: Wed 7th October 2026
 Time: 10am to 12pm

Becoming a Sensory Detective-
Noticing sensory clues behind your child's behaviour and ideas on how best to respond.






Shannon Family Resource Centre
(V14 XV97)

 Date: Tue 6th October 2026
 Time: 5pm – 7pm

OR




North West Clare
FAMILY RESOURCE CENTRE

Ennistymon Family Resource Centre
(V95 NX86)

 Date: Wed 7th October 2026
 Time: 5pm – 7pm

 Book these **free** workshops via email to info@clareparenting.ie
Please state your preferred workshop. Note places are limited.

 Light refreshments will be provided

 Each session will be facilitated by **Everyday OT Ireland** (Occupational Therapy)

 All Parents and Caregivers welcome

Parent Support Line & Positive Parenting Resources

Parent Support Line

Offering a listening ear, parenting tips and guidance and signposting to other relevant services.

Monday, Wednesday and Friday | 10am – 1pm



065 689 4200



parentingsupport@clarecare.ie



www.clarecare.ie

Positive Parenting Videos

Please explore our short positive parenting videos, packed full of parenting tips'.



Supports for Children & Adolescents

Sometimes children & adolescents need space and support to help them understand and manage issues that are bothering them and causing them to be worried, upset or angry....

[Read More →](#)

Individual Support for Parents

This service offers individual parenting support to parents referred by Tusla Child & Family Agency. Support takes place in the home and office settings....



ISPCC

Digital Ready Hub Topics



Digital Resilience
and Empathy



Digital Platforms
and Devices



Online Risks and
Cyberbullying



Security and
Privacy



What To Do If
Something Goes
Wrong

 ispcc



PHONE

01 234 2000



REGISTRATION NUMBER

15958

Useful Links

[News](#)

[Events](#)

[Services](#)



RESOURCES

[Safe and Protected](#)[School Avoidance](#)[My Place To Play](#)[Healthy Ireland](#)[New Communities](#)

SCHOOL AVOIDANCE

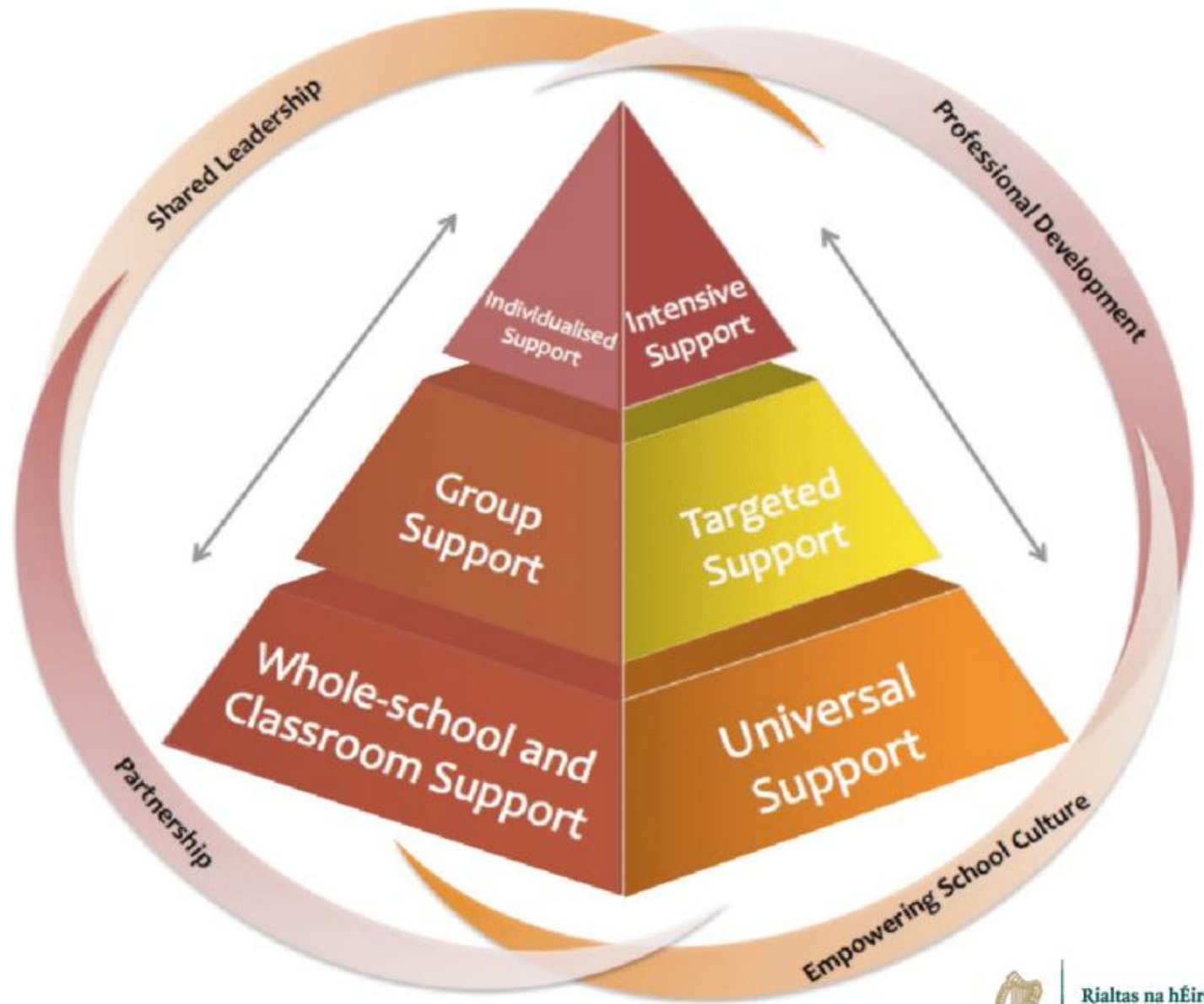


While it is widely acknowledged that school attendance was negatively impacted during the covid years the issue of school avoidance or school reluctance has been around much longer. Recognising this, a number of local CYPSC have been involved in the development of resources and toolkits to support teachers, parents, children and young people and communities to work together to prevent school reluctance and to provide guidance and advice for circumstances where students are experiencing school reluctance. In this section you will find links to all of the local CYPSC resources that have been collaboratively developed and that signpost to locally based supports and services. Some other helpful publications from the National Educational Psychological Service (NEPS) are also provided. In some instances, local CYPSC have produced their localised school avoidance resources building on the work of another CYPSC. In these circumstances school avoidance resources were shared between a number of CYPSC areas and then a toolkit, customised for the particular CYPSC area, was developed.

**FIND YOUR
COUNTY CYPSC
HERE...**



Student Support





Wellbeing Supports

Contact our Student Support Team

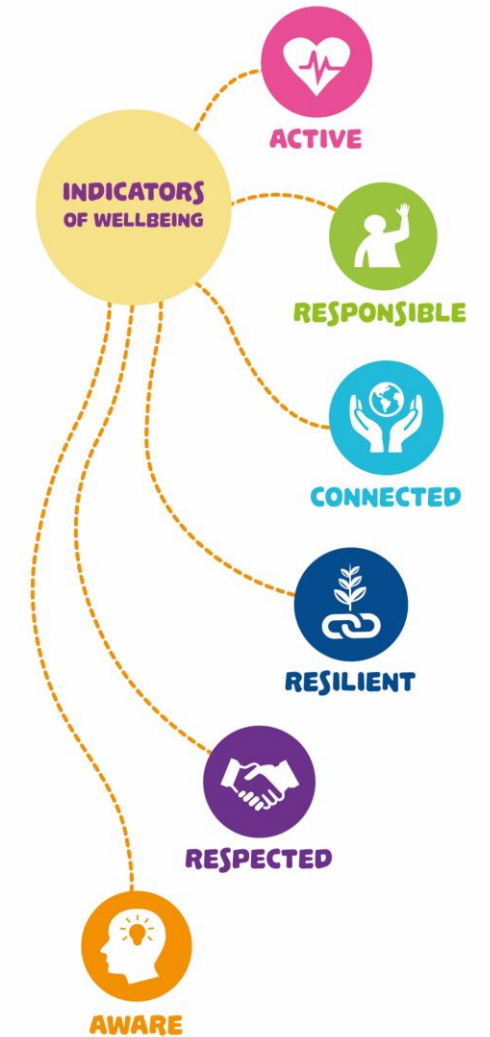
- Principal/Deputy Principal
- Guidance Counsellor
- Chaplain
- SEN Coordinator
- Year Heads

Supports include

- Breakfast Club 8.15am -9.45am in room 143
- Homework Club 8.15am -9.45am in room 157
- CAMHS
- Tulsa
- Occasionally External Counsellors & Art Therapy
- Talks from External agencies
- Wellbeing Week, Celebrate Us Week & Stand Up Awareness Week.

Wellbeing Provision 2026 - 2027

Subject/Activity	Time allocation over 3 years	Explanation of time allocation
PE	132 hours	2 x 40-minute classes per week over three years
SPHE	100 hours	5 x 40-minute classes per week over three years
CSPE	100 hours	5 x 40-minute classes per week over three years
Celebrate Us Week	8 hours	Activities to occur over three years
Wellbeing Week	8 hours	Activities to occur over three years
Active week	8 hours	Activities to occur over three years
Mentoring/Induction for 1 st Years	8 hours	Activities to occur over one day in year 1
Guidance and Learning to Learn	47.5 hours	Option rotations and timetabled Learning 2 Learn sessions.
Reading for Pleasure (English) – Accelerated Reading	22 hours	1 x 40 minute class per week in year 1
TOTAL	433.5 Hours	



Extracurricular Schedule 2026 - 2027

Involvement in extracurricular activities builds teamwork, communication, relationships, and a sense of belonging, all of which help students to develop socially and emotionally.

Participation in extracurricular activities demonstrates the importance of being part of a community. Involvement in such groups also have been linked to

- Developing the ability to manage oneself
- Increase time management skills
- Increased confidence
- Increased academic performance
- Physical health gains







Extra-curricular Activities 2026 – 2027



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	8.20 – 8.55: Breakfast club (room 140) Homework (room 157)	8.20 – 8.55: Breakfast club (room 140) Homework (room 157)	8.20 – 8.55: Breakfast club (room 140) Homework (room 157)	8.20 – 8.55: Breakfast club (room 140) Homework (room 157)	8.20 – 8.55: Breakfast club (room 140) Homework (room 157)
Lunchtime	1.15 – 2.00: - Games Club (room 205) 1st and 2nd Girls Football	1.15 – 2.00: - Trad. Group (room 152) - Library Open - SVP room (156a)	1.15 – 2.00: - Games club (room 205) - Junior and Senior Football (girls) - Junior SVP (room 156 A) - Library Open	1.15 – 2.00: - Games Club (room 205) - Art Club/Junk Kouture (Room 141) - Boys Basketball - Library Open	1.15 – 2.00: - Games club (room 205) - Camogie
After School	4.10 – 5.00: - Homework club (126) - Junior and Senior Camogie	4.10 – 5.00: - Homework club (126) - Boys Basketball - Boys' rugby - Senior and U17 Hurling (Wolfe Tones)	3.30 – 4.30: - Homework club (126) - Junior and Senior girls' soccer 1st Year, Under 15, Senior Hurling - Junior and Senior Football (boys) - Girls' basketball	3.30 – 4.30: - Homework club (126) - Junior and Senior Camogie - Boys' basketball - Senior and U 17 Boys Hurling	



[Admissions
2027-2028](#)

[Extra Curricular
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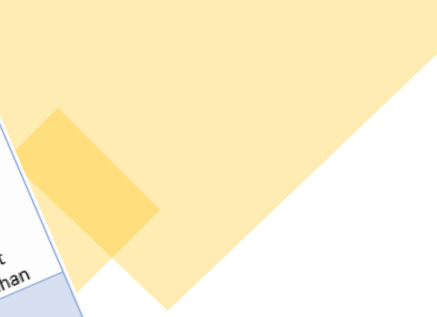
[2nd Year CBAs](#)
[3rd Year CBAs](#)

[Principal's Welcome Message](#)



Name of Activity	Description of general activities of club	When and where do the club meet	Who should be contacted if students want to join
Breakfast Club	THE BREAKFAST CLUB - A GENTLE START TO YOUR DAY-OPEN TO ALL Every morning Monday to Friday from 8.15 to 8.45 a few teachers host the breakfast club with assistance from some students. This facility is in Room 143, the Home Ec room. Everyone is welcome. It is a lovely opportunity to meet up with others, have a cup of tea or juice and toast and a pleasant chat. Runs at lunchtimes in 205. Open to everyone, operates a 'Leave no Trace' policy. Students clean up after themselves.	Room 143 every morning	Open to all
Games at lunchtime Club	An invitation to the homework club is extended through the year head and homework club facilitators to students from 1st to 3rd year.	Lunchtimes	Ms McDonnell
Homework Club	Online Team, all year groups	After school Monday to Thursday - room 126 (90 minutes)	Mr Nolan
Environmental Club	Traditional Group is open to aspiring musicians hoping to develop their skills in Irish Traditional Music. You will get the opportunity to learn new tunes in a fun and positive environment and perform at various events throughout the year.	Music Room (Room 152) at lunch times on Tuesdays.	Ms McDonnell
Traditional Music Group	1 st year induction programme for incoming students to the school. Open to Senior students who self-nominate for the position in March of each year.	Training takes place in May and August. Induction Days in August/ September	Ms Killeen Ms Fahey
Meitheal Mentoring Programme	Competing in both Munster and Clare competitions. S&C Training. Bonding activities.	Trainings after school or lunches depending on matches. Training after school & Monday and	Ms. Roche
Senior Camogie			Ms O Leary Ms O Loughlin Ms O Connell Ms Phelan Ms Morey

Name of Activity	Description of general activities of club	When and where do the club meet	Who should be contacted if students want to join
Junior Soccer	Competing in both Clare and Munster Competitions. Training is after school.	Training can be on the school pitches or in the PE hall.	Boys: Mr Corry Mr Nolan
Senior Soccer	Competing in both Clare and Munster Competitions. Training is after school.	<u>Girls</u> training: After school on Wednesdays Training can be on the school pitches or in the PE hall.	Girls: Mr. Corbett Ms. Counihan
1st Year Hurling	Competing in Blitz competitions throughout the year. Training can be after school or lunch while competitions are active.	<u>Girls</u> training: After school on Wednesdays Training takes place after school on Mondays and Wednesdays. It can be on the school pitches, in the PE hall or in the school gym.	Boys: Mr Corry Mr O'Brien
Under 15 Hurling	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training can be on the school pitches, in the PE hall or Strength and Conditioning sessions in the school gym. After school on Wednesday	Girls: Mr. Corbett Ms. Counihan Mr Cunningham
Under 17 Hurling	Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.	Training happens after school on Thursday, and it can be on the school pitches, in the PE hall or in the school gym.	Boys: Mr Corry Mr Corry



How much nicotine is in your vape?

20 mg/ml disposable vape = a pack of 20 cigarettes.



Nicotine is HIGHLY addictive.

Vaping is not harmless.

For more information check out www.hse.ie/livingwell

**Vaping synthetic cannabis is
illegal in Ireland.**



HHC was the 2nd most common drug used by patients presenting with psychosis over a 21-month period.*

*O'Mahoney *et al.* 2025

Vaping is not harmless.

Difficulty sleeping?

Cutting down on vaping can improve sleep quality.
Nicotine impairs sleep.*



Vaping is not harmless.

*Evans and Alkan 2024

Vaping among young people is linked to
mental health difficulties such as
low mood and anxiety.



Vaping is not harmless.

No Smoking or Vaping

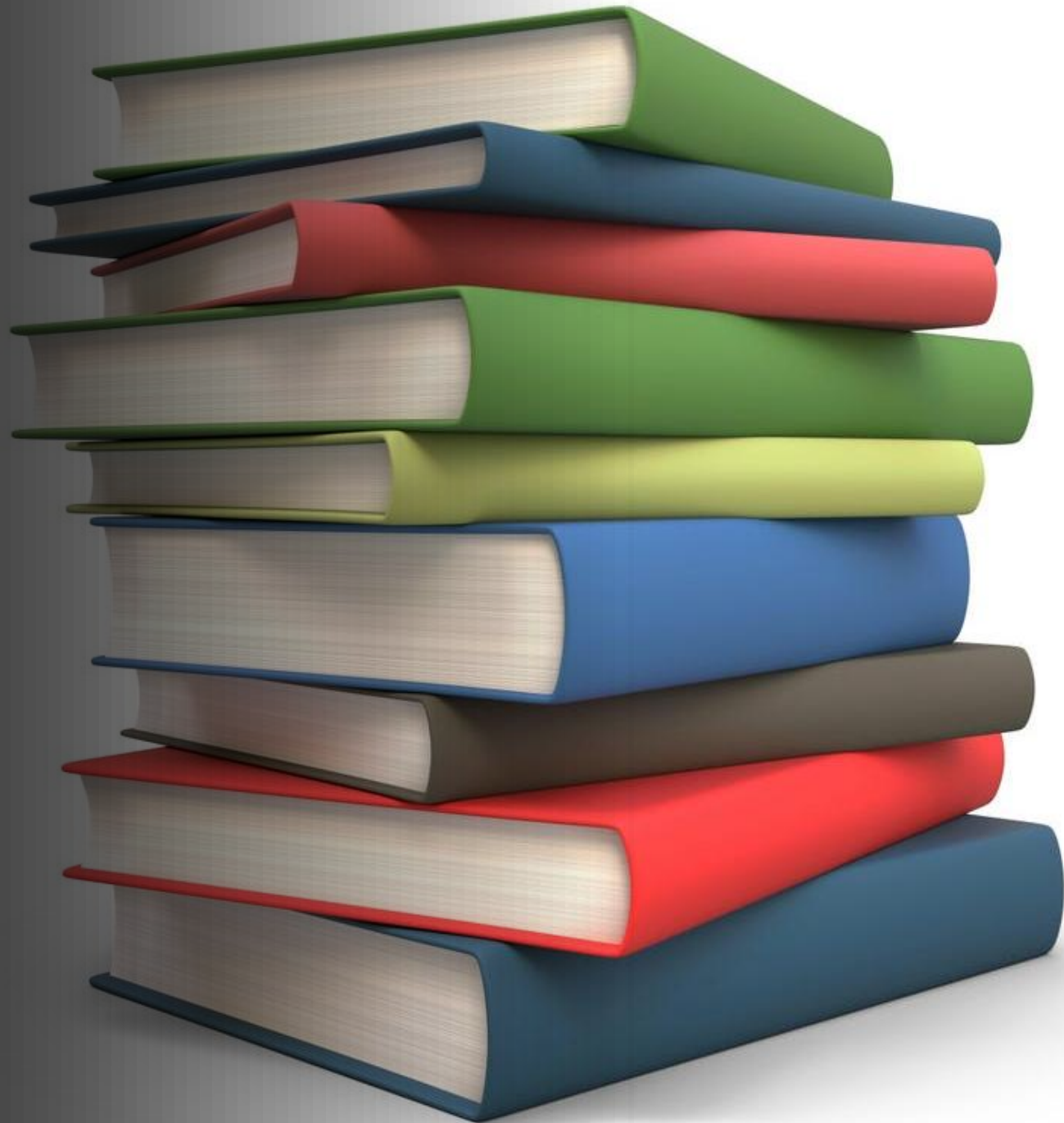


Travel to school





Free Book Scheme



Contact Information

	Responsibility of	Contact Information
1 st Year	Ms Ryan Quinn	michelle.ryan@stcaimins.ie
2 nd Year	Mr Keane	gerard.keane@stcaimins.ie
3 rd Year	Ms McSweeney	siobhan.mcsweeney@stcaimins.ie
LC1/LCA1/TY	Ms O'Loughlin	tara.oloughlin@stcaimins.ie
LC2/LCA2	Ms Dalton	mary.dalton@stcaimins.ie
SEN Queries	Ms O'Leary	carol.oleary@stcaimins.ie
Chaplain	Ms Guinnane	cora.guinnane@stcaimins.ie
Guidance	Ms Fitzpatrick	hannah.fitzpatrick@stcaimins.ie

