

# LC1 , LCA1 and TY newsletter

07-04-2022

## Year Head's Message

After a very busy term academically, on the sporting pitches and from a whole school extra curricular perspective I would like to thank you all for your support and co operation throughout the term.

As students head into their last term, it is important to support them at home as they strive to do their best for their summer exams. It is encouraged students are doing 2.5 to 3 hours study every evening and from 6 to 8 hours at the weekend. Keeping up a regular routine each evening regarding homework, both written and learning will create a positive learning environment for your teenager. After school study runs daily in the school and is also available for students over the Easter period as an alternative to studying at home.

As parents, the following may be helpful

1. Check VShare for emails from the Year Head
2. Make sure all homework, both written & learning are completed each evening
3. Supervise homework each evening if student is not attending study
4. Encourage your child to make out a study plan each week to help them prepare for their summer tests.

Upcoming dates for your calendar:

April 9th : Easter Break begins.

April 25th : Return after the Easter Break.

May 2nd : Bank Holiday.

June 3rd : Last day of timetabled classes

I hope you all enjoy the two week Easter break with your family and friends and come back fresh and ready for our final term in 5th year!

Regards

Tara  
Year Head

## The Principal's Corner

The school website has many documents and pages that parents might find useful. In the documents section you will see several documents that are developed to help students learn effectively, keep students safe, enforce out rules consistently and fairly and help provide the best possible learning environment. Recently a number of policies went through the various stages of review and were ratified by the Board of Management. One that is of extreme importance to us it the recently ratified Policy on Countering Bullying Behaviour. The policy aims develop a positive school culture and climate and to ensure effective treatment for reported cases of bullying. If you have a few minutes, it would be well worth the read <https://www.saintcaimins.ie/policies>



## St. Vincent de Paul

Many students have joined the St. Caimin's Young SVP. They have volunteered their time to create awareness and raise funds for a worthy cause while having fun as a group engaging in a variety of activities.

They have been involved in a St. Valentine's Cake Sale for Shannon SVP.

They created positive quotes and a chocolate bar for the leaving cert students, which they placed on each student's desk on the first morning of their mock exams.

Many of these students attended the Mid West SVP Youth Day where Olive and Sophie sang beautiful solo's as part of our group performance. This week they had an Easter Competition to guess the amount of Easter treats in a jar which created a real buzz at break and lunchtime as many students flocked to the table and tried various ways and formulas to calculate the number of eggs on display. This Friday they are holding a Cake Sale for Autism Assistance Dog's Ireland. They are an excellent group of young students, working together to make a big difference in our community. Well done to all involved



**SVP Group**



**Busy at work**



**Mid West Youth Day**

## **Celebrating Neurodiversity in St. Caimin's**

April is widely celebrated all over the world as *Autism Awareness Month*. On Thursday the 7th of April, we celebrated Autism Awareness Day in school. The main aim of the day was to raise awareness of autism throughout our school community, by sharing information and resources with staff and students. Here are some of the posters that will be on display in school throughout the month of April:

On Autism Awareness Day, students and staff were encouraged to wear an item of blue clothing, in recognition of Autism Awareness Day and those on the Autism Spectrum in our school community. Students also took part in AsIAm's *Same Chance Challenge* – a Heads or Tails Tournament, which was a lot of fun and promoted the idea that all students deserve the same chance when it comes to their education. In addition, teachers shared a video with students which heard the thoughts of some autistic students in our school community in response to the question: *"What would you like people to know about autism?"*. One student's response to this question was;

*"I would like people to know that it is okay to have autism.*

*Even I didn't really know too much about autism until I was 12.*

*So, if you think someone is acting a bit strange or makes weird noises, just think about autism and then you will know what they are doing and understand them better."*

We also heard from some staff members about what they have learned from teaching students on the Autism Spectrum. One teacher said;

*"Teaching students with autism has shown me how important it is to adapt to the students in front of us.*

*All students learn differently, and every child is capable of learning.*

*Working with these students has taught me to be more patient, understanding and to be mindful*



of how the child with autism experiences the world around them."



From a student with Autism perspective



Promoting Autism Awareness



What we can all do

Celebrate Us week in St.Caimins

## CELEBRATE US

Staff of St Caimin's Information Sheet

### The Why?

A hidden curriculum refers to the unspoken or implicit values, behaviours, procedures and norms that exist in an educational setting. The hidden curriculum is the unstated promotion and enforcement of certain behavioural patterns, professional standards and social beliefs navigating a learning environment. ( Miller & Selter, 1990)

Students who attend schools with a diverse population can develop an understanding of the perspectives of children from different backgrounds and learn to function in a multicultural, multi-ethnic environment. Students may perceive that they do not "belong" in the classroom setting — a feeling that can lead to decreased participation, feelings of inadequacy, and other distractions. We need to provide the space and support to allow such conversations to flourish.

### Our Students' Experience:

"If someone doesn't respect another one's individuality it may make the person feel like they don't belong, make them feel humiliated and not feel comfortable telling others about what makes them unique. I have had plenty of negative experiences about my religion and skin colour, at first I hated leaving my house because I was anxious people were going to judge me." Junior Cycle Student, 2021

"the judgement I felt was enough for me to become muted, losing my voice, trying to hide the person I really was inside and I'm still to this day trying to pick myself back up" Senior Cycle Student, 2021

"When I was talking with a group of friends, and I told them that I wasn't straight they told me that there's something wrong with me and I should be disgusted with myself and after that they stopped having contact with me all together" Senior Cycle Student, 2021

### Practical tips to promote diversity in the classroom:

- Challenging any negative attitudes – leading by example in such situations in a calm and respectful way is behaviour that can be mimicked by students.
- Use examples of role models such as artists, writers & historical figures from different cultures, religions, sexual orientations.
- Incorporate visuals and images that represent diverse genders, sexualities, race and cultures into your lesson, no matter the subject.
- Avoiding stereotypes in examples and resources.

### Teachers' Role

As children start to recognize human differences; teachers can help them to develop a foundation of respect and inclusion. We lead by example in how we broach topics of race, culture, sexuality, abilities and backgrounds. We don't have all the answers, but showing empathy and interest in these topics creates inclusive spaces for more learning to take place.

### Where can I go for more information?

- How to talk about race / ethnicity: <https://www.hivelearning.com/site/resource/diversity-inclusion/how-to-talk-about-race-ethnicity/>
- How to talk about disability: <https://www.hivelearning.com/site/resource/diversity-inclusion/how-to-talk-about-disability-and-what-not-to-say/>
- Lesson / Powerpoint on all things diversity and our language around these conversations to be given to all SPHE teachers.

TY's involvement in Wellbeing Notice Board







## Senior Boys Soccer

The Senior Boys had a long season having their first successful victory against against Tarbet Comp. in early March. This lead to a quarter final pairing against Skibbereen again where the boys came out victorious on a score line of 3-1. The semi final was played against Hazelwood College Limerick this week and unfortunately a final place was not granted to us after conceding on a score line of 4-1. The 5th years involved in this panel included: Lee Mulready, Adam Murphy Black, Kachi Njoku, Che Sheedy Burke, Zygge Wall, Jose Sanchez, Pablo Rueda, Donal Og Harrington, David Gilbert and Alex Meaney.



## Senior and Junior Camogie

We had an unbelievable season with school camogie, with both Junior and Senior panels having Munster Final success. We started off with our Munster Junior quarter final against Kilmallock. It was a tough match but we can out on top in the end. We headed to Rathkeale to play to play Causeway from Kerry in the Munster semi final. That was a great win which lead us to our 1st Munster Final in ten years. In the Munster Final we played Scoil Ide agus Mhuire from Newcastle West Limerick in Newmarket on Fergus. We had huge support which was a great boost for the team. We emerged as U16.5 Munster Champions, onwards and upwards for next year !!!

Our Senior ladies were crowned Munster Intermediate College champions for 2022. We started off with a hard fought win over Newcastle West at home in Shannon. We then played Pallaskenry in UL take our place in the Munster Final. We had to travel to Blackrock in Cork for the Munster Final against Coachford from Cork. We were delighted to come out on top with a score line of 3-8 to 2-4. This victory was massive for our school and camogie in Saint Caimins, we were delighted to take the silver ware back to Shannon with us.





After the Easter break we are in the Clare Colleges B semi final against Rice College Ennis- we relish this challenge and look forward to coming together as a squad again.

By: Roisin O Grady (LC1)



### Senior Boys Football and Hurling

The Senior Boys Gaelic Football have had great success this term. Following on from their success in the Clare Competition against Lisdoonvarna the boys went on to play North Mon in the Munster Final and had a convincing win on a score line of 1-10 to 1-4.



On the hurling side of things the lads fought really hard against Charleville in the Munster B quarter final but list out narrowly in a place in the final.

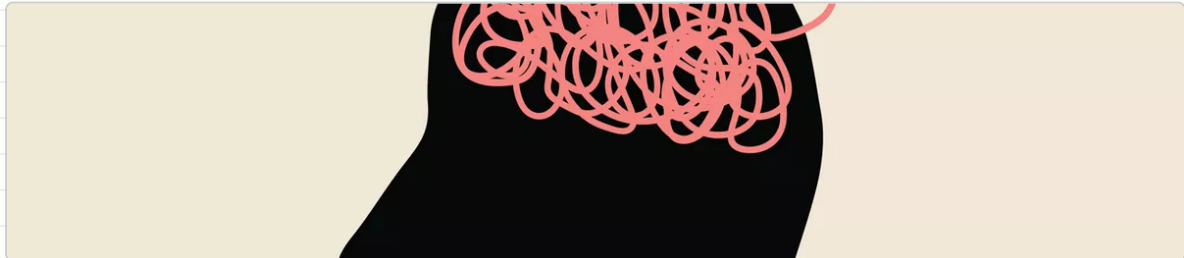
The 5th year boys involved in both disciplines included: Conor Murphy, Lee Mulready, Darragh Jones, Shane Duggan, Oisin O Rourke, Fionn Hayes, Denis Mundy, and Darragh O Callaghan. Well done to all involved







## SEN Resources and information padlet



## St Caimin's Community School - SEN Support Padlet

Supports for teaching and learning

📄 padlet.com

## Struggling with Study or anxious about exams .....



## Learning to Learn and Study Skills Resources St. Caimin's Shannon

Study Skills Supports for Parents and Students

📄 padlet.com

# THE KICK-START KIT

## YOUR 7-DAY STUDY PLAN

If your son or daughter is struggling with study or anxious about exams, this 7-Day Study Plan will be a useful tool to help you Kick-Start your Study and achieve exam success.

1. Print off the weekly planner
2. Write down your tasks for the day e.g. school, homework, study, sport, dinner, chill
3. Break your day into blocks and allocate each task
4. Start with a 30-minute study session (this is not to say you ONLY study for 30-minutes but start with the minimum tolerable amount)
5. Start with your favourite subject
6. Create 1-Page summaries (I teach a technique called WHIZGRIDZ)



### RAYSE THE GAME

#Motivating Teenagers

### HOMESCHOOL/STUDY TIMES

YEAR	WEEK NIGHT	WEEKEND
		2-2 1/2 hours



chapters into summaries)

7. Use Saturday mornings and free up the rest of your weekend

1st	1 1/2-2 hours	2-3 hours
2nd	2-2 1/2 hours	4 hours
3rd	3+ hours	6-8 hours
5th & 6th Year		

## Summer Exam Timetable

When we have finalised our Summer Exam Timetable we will publish a very short newsletter with the all the information you will need.

Have a great break !!



HAPPY  
EASTER  
2022



**Tara O Loughlin**

Tara is using Smore to create beautiful newsletters