







2018/2019

"Our Best, Always"

- Principal Mr William Ryan
- Deputy Principal Ms Mary Dooley
- Deputy Principal Ms Caroline Ryan
- Guidance Dept. Ms. B Kavanagh
- Mr D Nugent.
- Special Education Team Ms. M Curran, Ms. R Stenning, Ms. A Carr, Ms. T Bradshaw, Ms. E Sunderland
- Year Head Ms F Kinsella

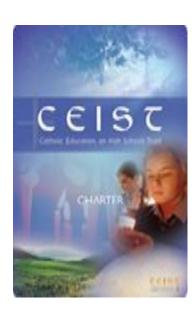
### 1st Year Classes

- Year Head Ms. F Kinsella
- Base classes and tutors
- Rang Áine Ms. E Wall
- Rang Bláth Ms. M Sinnott
- Rang Caoimhe Mr. J Browne
- Rang Dearbhla Ms. A Murphy
- Rang Eithne Ms. J Kelly

### **Core Values of C.E.I.S.T.**

- Promoting Spiritual and Human Development
- Achieving Quality in Teaching and Learning
- Showing respect for every person
- Creating Community
- Being Just and Responsible





### MISSION STATEMENT & MOTTO



"Inspired by the vision of Nano Nagle, our school is committed to the pursuit of excellence in a caring, respectful and inclusive community."

"Our Best, Always"

In October 2018, we celebrate 200 years of education and service by the Presentation community in Wexford.



### SCHOOL BUILD

- DUE TO EVER INCREASING NUMBERS THE SCHOOL WILL BE BUILDING NEW FACILITIES TO START SOON.
- A NEW SCIENCE LAB AND PREP ROOM
- o 2 NEW CLASSROOMS







- As your daughter enters our school here in September 2018.
- She will be following a very long line of young girls just like her over the past 200 years.
- In October 2018, we celebrate 200 years of education and service by the Presentation community in Wexford.
- Firstly, a Primary school.
- Then in 1940 a second-level school was established and in the following years the school became a fully recognized Secondary school.

# Environment of Care, Growth, and Belonging

- Tutor
- Year Head
- Meitheal Leaders
- Student Council
- Parents' Council
- Guidance Counsellors
- Learning Support/Resource
- Anti-Bullying Policy
- Code of Behaviour
- Journal
- Uniform

### **Extra Curricular Activities**

- Basketball
- Handball
- Football
- Athletics
- Camogie
- Equestrian
- Outdoor Pursuits Days
- Deep Green
- Computer Club
- Couch to 5K club
- Games Club
- Library Club
- Feminist Society
- Drama
- Exchanges
- Creative Writing Club
- Senior and Junior Choir
- Liturgical services
- Positivity Group







# www.preswex.ie

www.preswex.ie

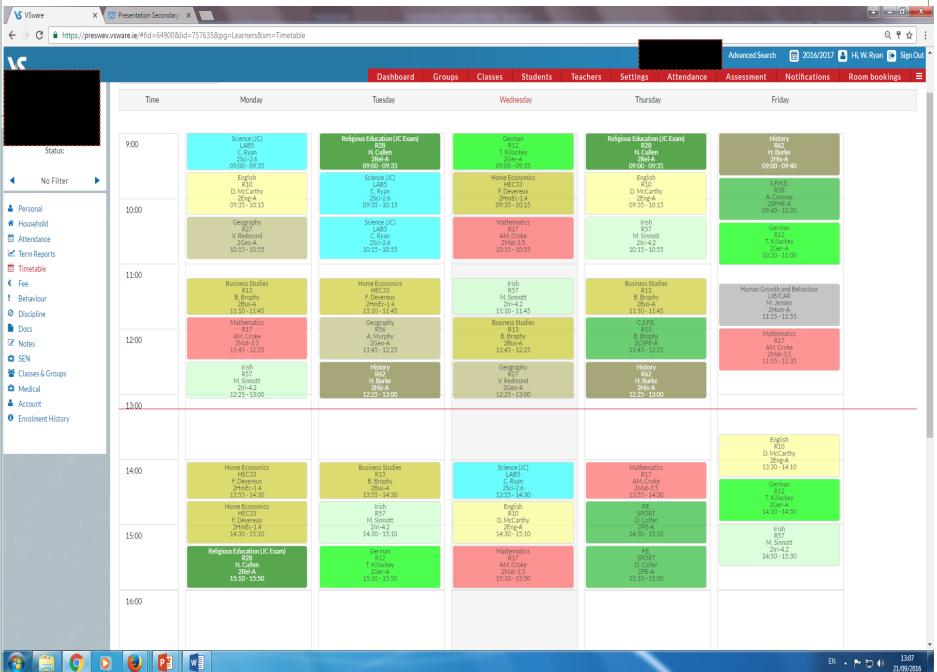
Twitter - @preswex

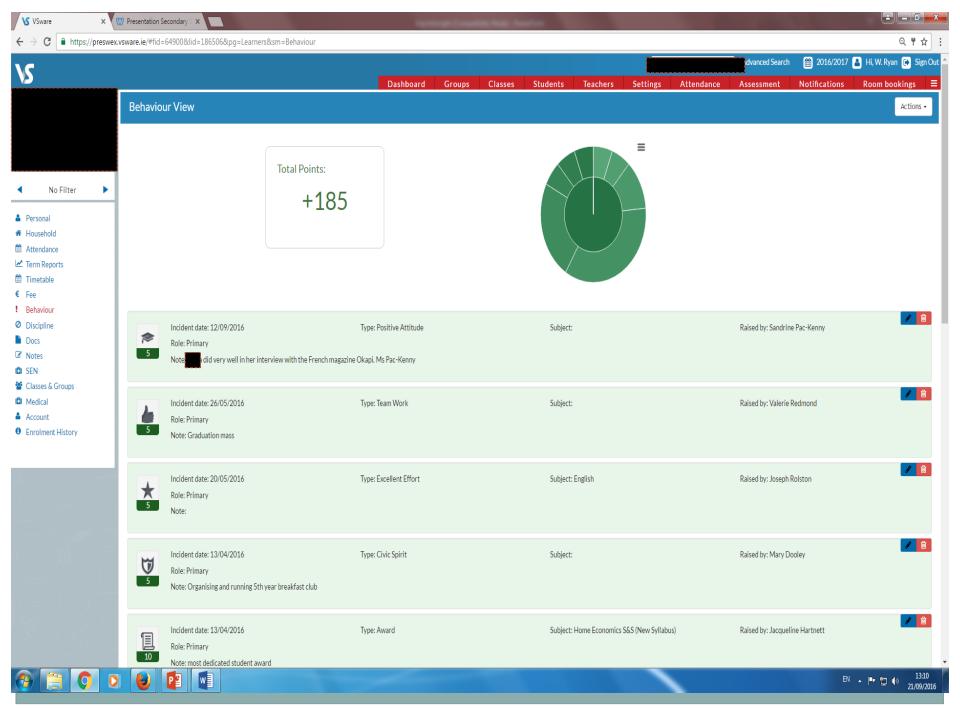
#### POSITIVE RE-INFORCEMENT

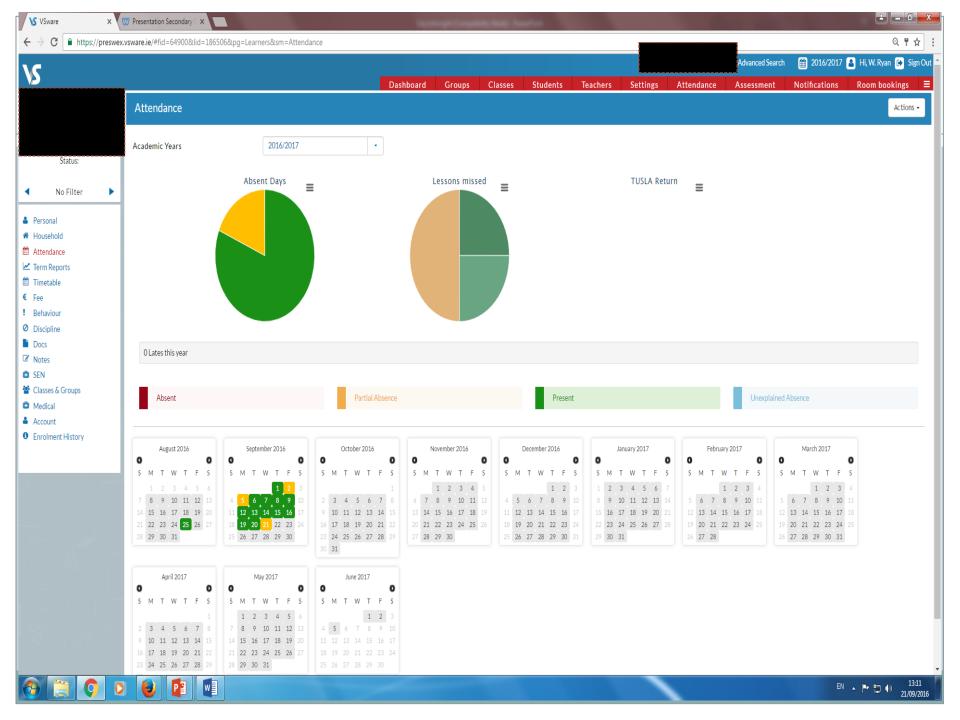




- Online system
- o Vsware
- Parental access
- o Behaviour
- Attendance
- Reports
- Well done cards







### **Creating the Right Environment**

## Partnership

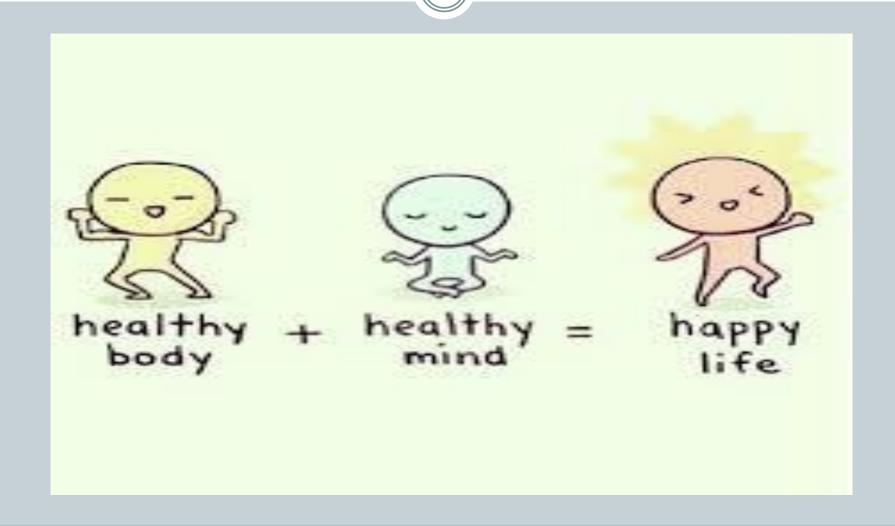
- School
- Student
- Home
- Wider Community





- We want our school to be the best school in which to learn, to play, and to grow
- Academic excellence and achievement is high on the school's agenda & School Focus

### **Balance**



### STUDENT'S RESPONSIBILITY



- We want each student to receive a Holistic Education.
- We want you to be:
- Be ambitious
- Always do your best
- Have respect for people and proper
- Be prepared
- Be in school every day attendance and punctuality are crucial
- Abide by the Code of Behaviour

### **Huge Change**

- A lot more subjects
- A lot more teachers
- A lot more peers/people to deal with
- Bus

All happening at a time when adolescence is starting to kick in



# TRANSITION FROM PRIMARY TO SECONDARY SCHOOL

- Triple transition:
- From very familiar school environment to much larger school and new subjects;
- From one set of peer group and friends to another peer group;
- From childhood to adolescence.

# FROM ONE SCHOOL ENVIRONMENT TO ANOTHER

- Physical effort of carrying copies & heavier bags
- Mental exhaustion of new and varied subjects
- ▶ Lockers can cause stress.
- Different homework expectations.
- Focus on exams (particularly from 2<sup>nd</sup> year on)

### **ATTENDANCE**

0

- Pupils must have regular attendance. If you know that your daughter will not be coming into school, please telephone the school immediately and give explanation for her absence.
- If a student misses 20 days in a school year the school is obliged to contact the Education Welfare Officer.
- If your daughter is not marked present, and we have not be notified, an automatic text message will be sent.
- Holidays should not be arranged during the school year.
- Students should be punctual and if late a note of explanation should be written in the school journal.
- Students may not leave the school during the day without a note from their parent/guardian and the permission of the Tutor.

### MS CAROLINE RYAN

**Deputy Principal** 

# LIVING A BALANCED LIFESTYLE ORGANISED ROUTINE: ALLOW TIME FOR EVERYTHING.

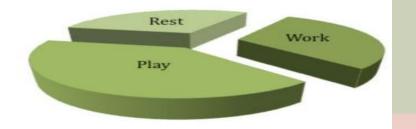
**■Sleep:** 

Diet:

**Exercise:** 

**■Part-time work:** 

Social life:



7/8 hours per night

Healthy and balanced

Sports/ walking/ swimming

Keep to a minimum: e.g. Saturdays (few hours). Not during the week or Sunday nights or none at all.

Not during the week or Sunday nights.

### LIVING A BALANCED LIFESTYLE

Each Student is unique and needs to develop a balance that works for them regarding school life, study and





# ROLE OF PARENTS

- Motivate- Encourage, Recognize Progress, Reward.
- Monitor- Take interest, Check, Talk to other parents, P.T. Meetings, Take exam results seriously.
- ■Try to be aware: Of what's going on in school re: tests, work etc.

I.

The Role Of A Parent Is To

Be a Parent, a Friend, a Mentor



## SIGNS OF STRESS

### ■ Try to be aware of SIGNS OF STRESS





- -Tiredness
- -Irritability
- -Too much or too little sleep
- -Negative talk
- -Lowering of ambition
- -Change in Appetite
- -Lack of concentration

### SIGNS TO WATCH FOR....

## **Avoidance** Excuses for not studying



- -"I have no work to do"
- -Regular patterns of sickness and absence from school





### **BUSINESS OF SCHOOL DAY**

- Attendance and Punctuality
- Code of Behaviour
- Ladder of Referral
- Illness Going Home
- Medication
- Appointments
- School Journal -Notes/Communication

- Please make sure that we have correct phone numbers and contact details for you.
- Please regularly check your childs journal
- All students must be collected if going home early or sick.
  With a signed note where possible.
- Permission slips for any outing or trip must be signed
- Please encourage your child to put away phones and other devices at night before bedtime.

### **MOBILE PHONES**

- These may only be used at break time & lunch time.
- The phone should be used for essential calls and should be locked in the locker.
- Failure to observe these guidelines will result in the confiscation of the phone for one day.
- Mobile phones may not be used for taking photographs. No exception to the rule.

# MS. MARY DOOLEY DEPUTY PRINCIPAL

#### THE CLASS TUTOR

- Each class has a Class Tutor a teacher who will meet them each morning for the assembly period for 8 minutes.
- This constant contact means that new students have a person in the school with whom they have contact each day and to whom they can talk if there is any problem with which they need help.





#### THE YEAR HEAD



- Each year group has a Year Head Teacher who has overall responsibility for the year group.
- They deal with pastoral and behaviour issues in the year and have a great deal of contact with the students.
- We also have an attendance officer with special responsibility for attendance.
- If there is any difficulty with attendance or a student requires a prolonged absence from school the attendance officer should be informed by note.





### THE MEITHEAL MENTOR SCHEME

- We have a student mentoring programme in Presentation Wexford where three students from sixth year meet with new first year students in small groups, at lunchtime, once a week for the first months of the year.
- It is an excellent opportunity for first year students to get to know some of the older students and to ask for their advice on issues.
- The small group structure of the meetings allows students to get to know other first years in a structured environment.





### LOCKERS

- Each student will receive a locker in the school.

  Lockers will be allocated at the start of the academic year. We recommend that students leave any valuables they have in the locker.
- You will be aware, from the Behaviour Code, that mobile phones must be switched off on arrival at school.
- Students should also use the lockers as much as possible for their books as this cuts down on the considerable weight of the bags.
- Students should get into the habit of going to lockers at break times to gather the books for the classes in the next session as students are not allowed to go to lockers between classes.





#### CODE OF BEHAVIOUR



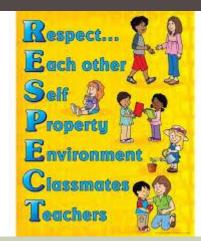
- Good discipline in the school is required to create an atmosphere where each student feels secure and is taught to accept responsibility for her actions.
- In co-operation with parents the school is committed to working to build a sense of pride in the school and to foster respect for the whole school community.
- Expectation + Sanctions = CODE
- Code is signed by student and parent(s)
- Detention Lunchtime/ Evening Time
- In School and Out of School Suspensions

#### **BEHAVIOUR**

- School is a community and all must act together to make it work successfully.
- To further this all members of the school community should be treated with courtesy and respect.
- Smoking is not permitted on the school premises or at any time while in school uniform. Any pupil under the influence of or in possession of alcohol or drugs will merit immediate suspension.

Persistent offences may be punished by detention.Other offences may be dealt with by the tutor and dean.

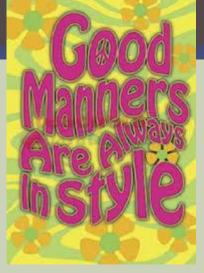
#### **CODE OF DISCIPLINE PROMOTES..**

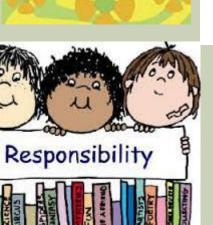


















## SCHOOL Life:

Most Irritating Moments

- Morning Alarm

Most Difficult Task

To find Socks

Most Dreadful Journey - Way to Class

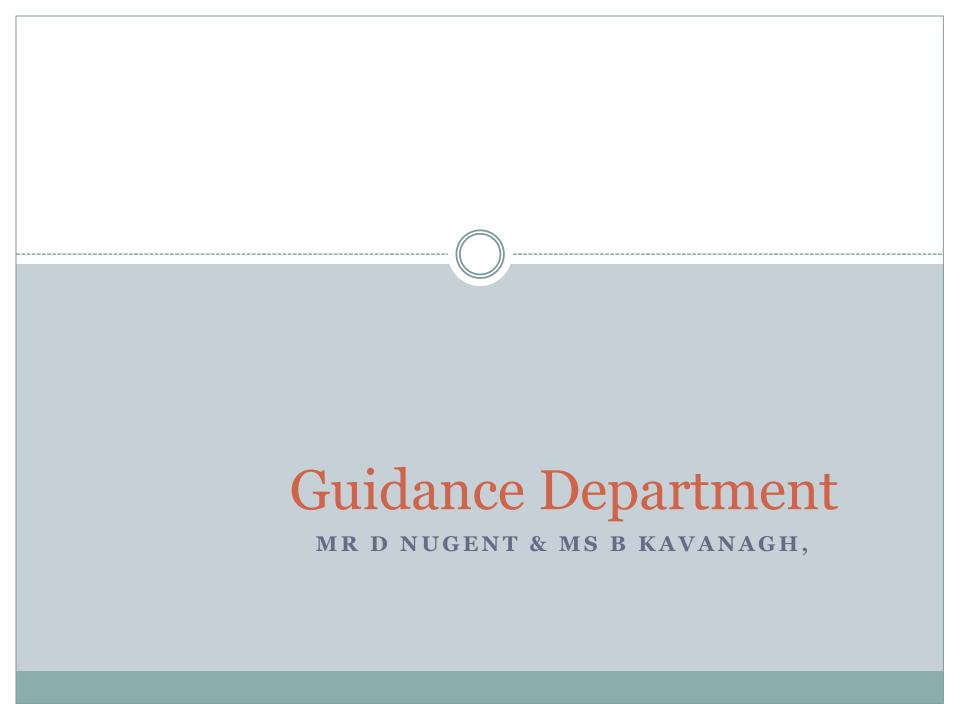
Most Lovely Time - Meeting Friends

Most Tragic Moments
- Suprise Test in 1st Period
Most Wonderful News

- TEACHER IS ABSENT

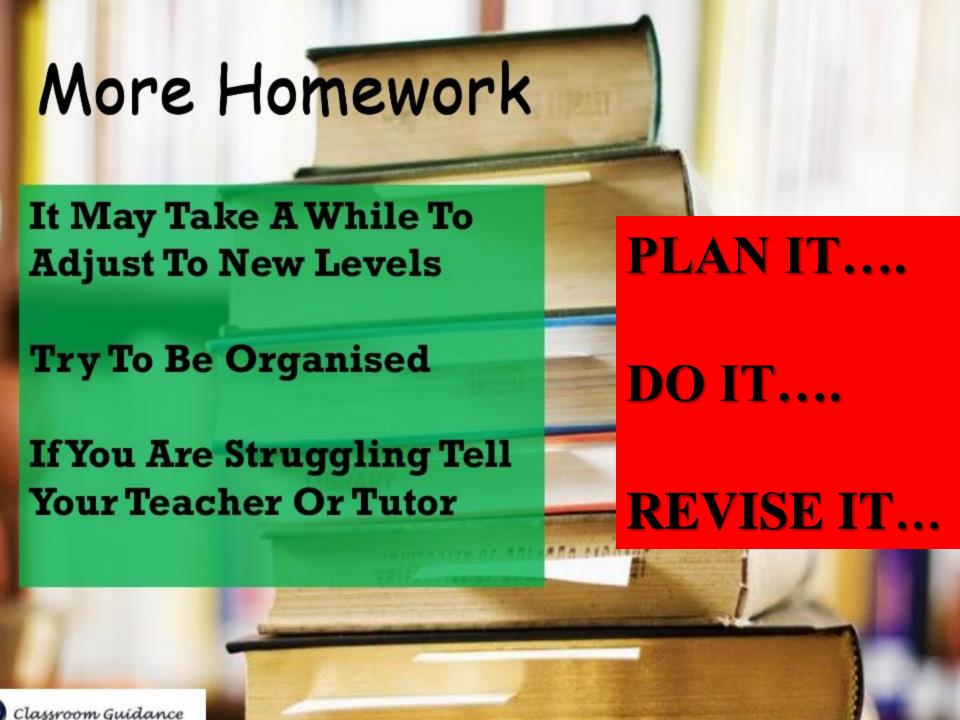
SHARE IF YOU AGREE

Beginningsave usually scary and endings are usually sad, but it's everything in between that makes it all worth living



## "Our Best, Always"

# Students as Learners



## Homework Issues for 1<sup>st</sup> year



- 10 subjects
- Catching up if absent
- Recording homework
- Planning of homework
- Homework at weekend
- All forms of homework are important
- Time management at home

## What the experts- the students say!

#### Students who seem to achieve their best stated:

- "My mam checks my homework and sometimes asks me questions"
- "My dad helps test me after I have done my learning homework"
- "I am not allowed to go online until I have done all my homework"
- "I do it early.."
- At weekend -- I always do my homework when I come home .... I never leave it until Sunday night"

## What students say!

#### Students who struggle to achieve their best stated:

- "I leave my homework until around 8.00pm after I have relaxed, watched TV and spent time online... I have no planned time to do weekend homework.. it varies ..but mainly Sunday night.
- "I am allowed one hour online before I do my homework"
- "When I go to bed I spend an hour or so online using my phone"
- "My parents don't check my homework"
- "we don't get much except when we have tests"
- "I learn only for tests"

## Learning at Home

be <u>organised</u> & have a <u>routine</u>

- ✓ Plan it .. When. Where. How..
- ✓Do it .... Stay on task
- ✓ Revise it.... Remember it

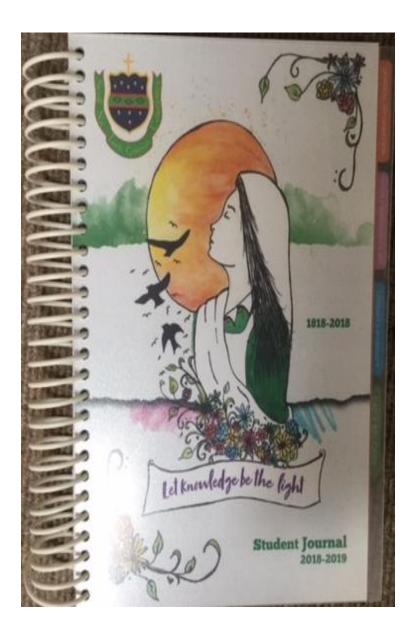
#### **HOMEWORK**

- WRITTEN
- ORAL
- LEARNING TO REMEMBER
- REVISION-going back to learn again for a test- "OVER LEARN"

- I WILL RECORD MY HOMEWORK/CLASSWORK IN MY JOURNAL
- I WILL ASK IF I DO NOT UNDERSTAND THE HOMEWORK ASSIGNED. I REALISE THAT THERE ARE MANY TYPES OF HOMEWORK
- READING, WRITING, REVISION, RESEARCHING, STUDY.
- I WILL DO MY OWN HOMEWORK
- I WILL RECORD THE TIME ALLOCATED BY THE TEACHER FOR THE HOMEWORK ASSIGNED.
- I WILL GET MY JOURNAL SIGNED BY PARENT/GUARDIAN IF IT TAKES MORE THAN THE ALLOCATED TIME.
- I WILL MAKE MY BEST EFFORT AT HOMEWORK
  - I WILL CATCH UP ON ANY HOMEWORK MISSED.

## SCHOOL JOURNAL

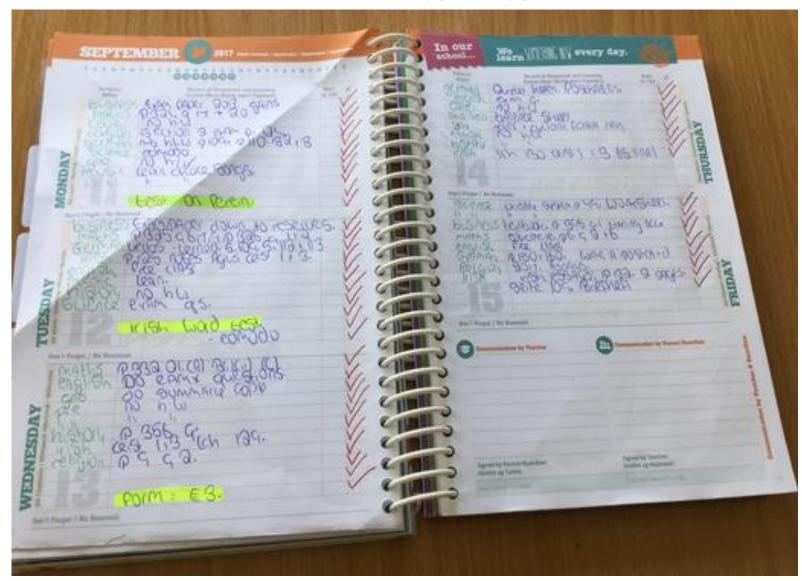
- Always have it with you
- Key to success
- Not private
- Subjects written in advance
- Record every class
- Students encouraged to use code (W) (L) (R)
   (O)
- 'Homework Buddies'
- Indicate time taken
- Parents monitor & check EACH NIGHT
- sign once a week



#### **STUDENT JOURNAL**

SUBJECT	HOMEWORK	DATE	Done
Monday			
French	learn(L) verb / (W) pg21 Q1-3		
Maths	pg 4 Q5-10 (W)		
Bus	pg 25 (L) key points		
Geog	Free Class		
Rel	paragraph pg 7 (W)		
Drama	word games		
Home Ec	ingredients for scones(P) /pg 10 ,11,(L)		
SPHE	My talents		
English	Test		

## THE FIRST STEP!



#### 1st YEAR HOMEWORK CHART (Homework & study)

TIME	MON	TUES	WED	THURS	FRI	Time	SAT	SUN
3.30pm- 4.30pm		basketball	Free	Free	Free			
4.30pm 5pm	Free	basketball	homework	Homework	Free	11am	Homewor k	
5pm - 5.30pm	Homework	Free	Dance	Homework	Homework		Finish/ pack bag	
5.30pm- 6pm	Dinner	Dinner	Dance	Dinner	Homework	2pm	town	
6pm- 6.30pm	T.V	Homework	Dinner	Homework	Dinner		town	
6.30pm- 7pm	Homework	Homework	Homework	Homework	Homework		town	
7pm- 7.30pm	Homework	Homework	Homework	Finish/ pack bag	Free			
7.30pm- 8pm	Finish/pack bag	revise for test	Finish/ pack bag	Free	Free			
8pm- 8.30pm	T.V	Free	Free	Free	Free			
8.30pm- 9pm	Free	Free	Free	Free	Free			
9pm- 9.30pm								

# CREATE A LEARNING -FRIENDLY ENVIRONMENT

Same place if possible every night

**Quiet room** 

Table and chair

**Good lighting** 

Not too comfortable

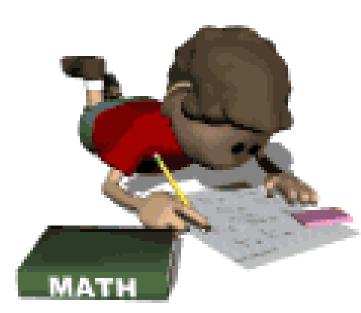
**Background music?** 

Eliminate distractions-phones!!!!!

They do not need the internet to complete most of their home

#### **Homework Routine**

- Have a routine-
- Do on the night it is given
   Do favourite subject first
   Do difficult subject next.
   Keep easy /enjoy subject to end
  - Mix type of subjects
    Mix activities —don't do all
    written first then all learning
- Packing bag for next day part of homework



#### I REMEMBER...

**10%** OF WHAT I READ

**20% OF WHAT I HEAR** 

30% OF WHAT I SEE

50% OF WHAT I

70% OF WHAT I WRITE & SAY

90% OF WHAT 1 DO

PASSIVE LEARNING

**ACTIVE LEARNING** 

95% OF WHAT
I TEACH TO OTHERS

W. Glasser

## Learning to Learn-'POKER'

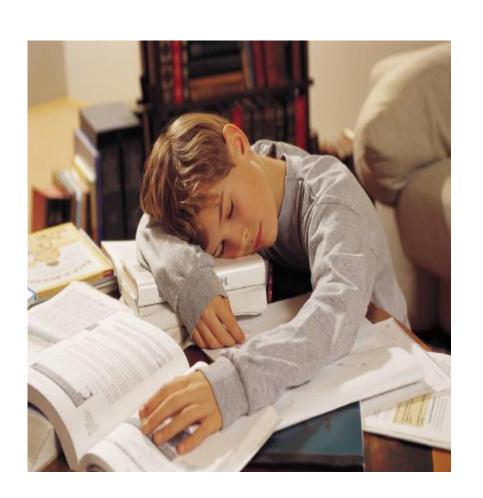
- 1. Pre-test(what do I know?)
- 2. Overview -read-scan(what is this about?)
- 3. **Key words**+key diagrams
- 4. Etch & Sketch -make notes/mind maps/flash cards =be active!
- 5. Retest-write /hear/ draw Check/circle mistakes

Active – reading/'looking over' is not learning!



## Coping with Tests

- Coping with anxiety
- Set realistic targets
- Avoid 'cramming'
- Do a little -often
- Make out own notes
- Train memory
- Practice recall by self testing-write it down!



## Parents Role

- Stay involved-monitor-negotiate & advise
- Encourage doing their best / organisation for school
- Check & monitor

School journal

Learning environment at home

How they manage their time

Learning and self testing

Presentation of work

Eating patterns & habits

- Track Progress in school- test results/vsware
- Subject Level —to do their best
- Monitor school work at home
- Focus on the positive- effort, developing skills, move from dependence to independence
- ASK!
- Gradual move to personal responsibility & own homework space.
- 'Homework & Study Skills Workshop' Jan 2019-



## **Parents Council**

#### **DIANE BENNETT CHAIRPERSON**



#### **Our Standards**

- Happy students and staff
- Caring and supportive towards each other
- Support
- High quality learning
- High personal standards
- Christian ethos
- Respect and manners
- Care and support
- High quality teaching
- High standards of behaviour
- Positive Reinforcement
- Homework
- Prefects and leadership
- Professionalism and respect







## The Experience of First Years

1. What has been the hardest thing about the change from Primary to Secondary School?

"Leaving my old friends and going from a small school to a bigger school"

"LoNgEr DaYs"

"The weight of the school bag"

"The homework, the new school, the new friends (and the people you don't really click with) and the lockers."

"the hardest thing was the first day I was so nervous but after and hour I felt so comfortable there hasn't been anything to hard:) I love this school"

"the tests are a lot harder and more frequent"

"The teachers expect too much from you : (We're only in first year and we get well too much homework : ("

## The Experience of First Years

2. What has been the best experience for you so far in the school?

"The best experience is meeting new friends and the Meitheal group is nice too and gets the class closer."

"I really liked induction days and my iPad"

"Making my new best friends, trying out all the different subjects we never had in primary school e.g. business, art and home economics"

## Meitheal:

means 'a collective effort for the greater good of the community'.

"Meeting new friends and people,, basketball, the online safety talk, camogie blitz, the choir, basketball"

"Just being in the school and being accepted here"

"I have enjoyed every minute and I hope it stays that way!"

#### Fears and worries will decrease with time

- "I worried I won't have any friends in my class."
- "I worried my old friends will act differently."
- "I worried because everybody else will be bigger."
- "I worried I will be crushed."
- "I worried about being organised."
- "I worried about being late for class."
- "I worried about not knowing where to go."
- "I worried about teachers being too strict."
- "I worried about the content of the new subjects."
- We are here to help in any way possible

#### FINAL HINTS

- Use the school journal
- If there are problems contact the Teacher, Tutor or Year Head.
- Information may be found on the School website principals page and much more.
- Follow us on twitter, facebook, instagram
- Encourage your daughter to get involved in as many school activities as possible.

#### **QUESTIONS AND ANSWERS**







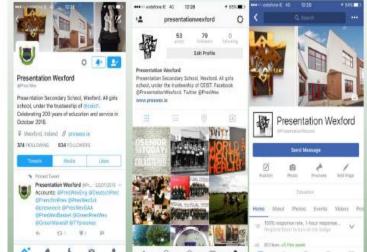












THANK YOU FOR YOUR TIME, PATIENCE & ENGAGEMENT.