



# PRESENTATION SECONDARY SCHOOL

*Educating the Students of Wexford Since 1818*

*"Our Best Always"*



3<sup>rd</sup> May 2019

Dear Parent/Guardian,

As third year draws to a close, I wanted to write to you, about a few things that I would like both your daughter and you as Parent/Guardians to keep in mind. It has been a busy few weeks for your daughter, with Home Ec Practical's, Music Practical's, project work, & getting course work finished. On top of this your daughter had to make decisions regarding Transition Year or Leaving Cert.

Our wish at Presentation Secondary School is that each student achieves to the best of their ability at this stage of their lives, academically, socially and emotionally.

In the next few weeks courses are completed, revision undertaken and sample exam questions answered. **It is important that all students are completely focused on their school work in so far as possible.**

**We, as a school strongly feel that attendance is so important between now and the exams, to try and prevent disruption, we ask that appointments during school time are kept to a minimum, to ensure continuity.**

Many of our third years have been working very hard throughout the year, however, there is a small cohort who are not working to their capabilities. Following on from the Mock results a number of students are at risk of failing some subjects due to lack of work/revision. The onus is on the students now to get the work done, courses are nearly finished and revision plans are well under way. Try and make the most of your last few weeks, you do not want to have regrets in September when the results are handed out. The information is there, you need to start revising.

Junior Cert 2019 is just upon both yourself and your daughter, in addition as I stated earlier all of us here in the school are here to support your daughter in whatever way possible, as a partnership between ourselves and you as Parents/Guardians the students need guidance, encouragement and support over the next few months.

Some advice for students in the last few weeks leading up to the state exams in June.

- **Attendance is crucial** between now and the Exams.
- **Study Plans** should be in place and students working to these.
- Have your **uniform** ready before Sunday – leaving it until the last minute will cause more stress.
- **Sleep** – 8 hours is needed to function properly.
- Believe in yourself! **Focus** on what you do know in the subject and plan on how you can understand what you find difficult better.

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- **Don't just worry – take action!** If you do not understand some of the course material, getting stressed out won't help. Instead, talk to your teacher or ask class mates for help.
- **Talk to someone** - Confiding in someone you trust and who will listen and be supportive is a great way of reducing stress and worry.
- **Don't put yourself under too much pressure** - Encourage your daughter to aim to do their best and be assured that it is the effort they make and not the result that makes the difference. Not getting a top grade does not mean failure and tell them that you will support them because of their effort rather than the results.
- **Take a break** - If you find you are losing concentration, take a short break – go for a walk, talk to a friend or just listen to some music. When you resume study, you will feel refreshed and able to concentrate on revision again.
- Do not drink too much coffee, tea and fizzy drinks; the caffeine will make you feel 'keyed-up' and make thinking less clear. Try some herbal teas, water or milk as an alternative,
- Eat some 'superfoods' - eat healthily and regularly. Your brain will benefit from the nutrients. Replace sweets and sugar with 'superfoods' such as berries, bananas, oily fish, nuts and broccoli. 'Superfoods' can help boost concentration, energy and mood.

Over the next few weeks both you and your daughter will experience many different emotions, from to excitement as well as high stress levels. We need to be mindful of the fact that each of our students are unique in their own skills, traits and personalities and their ability to deal with exams.

As a team, Myself, Ms Dooley, Ms C Ryan, the Guidance Department, Ms Whelan as Year Head, 3<sup>rd</sup> Year Tutors and 3<sup>rd</sup> Year teachers are here to support and guide them over the next few weeks, we all strive to work together to help them achieve their aims, in collaboration with you and your daughter. Please do not hesitate to contact the school for any advice or assistance, or any information that we may need to be informed about.

Go neirí an tádhd libh go léir,

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William Ryan

Principal