

What to expect in 6th year at Loreto

2017-2018

Parent Information Night

September 2017



SCHOOL BASED SUPPORTS

- parents & students!

- Weekly Care Team meetings. Parents: welcome to organise appointment via Year Head to come in to discuss their daughter's needs with Care Team. Ask for our help or advice!
- Guidance appointments available to your daughter & for pastoral, academic & CAO/ UCAS support.
- SEN: Ms D'Arcy (Reasonable Accommodations at Certificate Examinations)
- TUTORS: meet the girls three times per week as part of their wellbeing programme



Care Team at
Loreto Fermoy

St Bernadette – Ms B. Condon

St Helen – Ms S. Hogan

St Ita – Mr J. Holland

St Emma – Mr L. O'Mahony

- YEAR HEAD: Ms Áine McCarthy

THE FASTEST ACADEMIC YEAR ...

- Term 1: September to Mid-term - 8.5 weeks

NB: take a week of rest over October mid-term:
no HW will be set by teachers to allow full rest

- Term 1 cntd: Mid-term to Christmas - 7 weeks

NB: take ONE week of rest at Christmas

- Term 2: January to Mid-term - 5 weeks

NB: rest over February mid-term break after Pre exams

- Term 2 cntd: Mid-term to Easter - 5 weeks

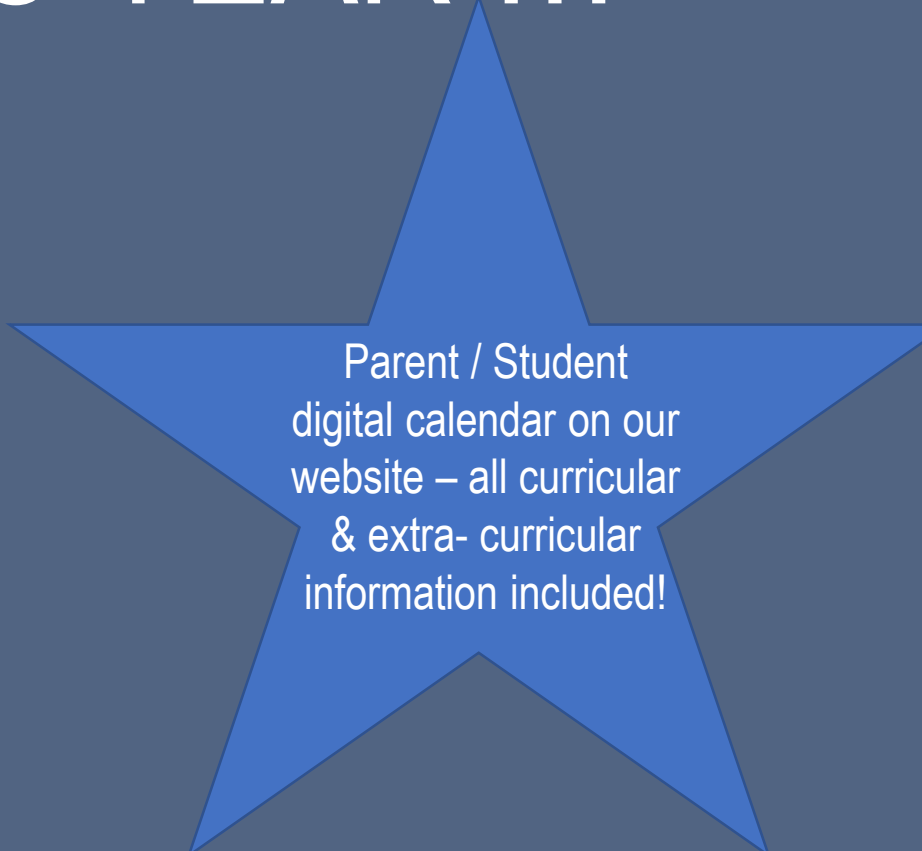
NB: rest breaks/ days over Easter – plan a ‘treat’ with your daughter

- Term 3: Easter to Summer – 6.5 weeks tuition & 1.5 weeks of supervised study

- Wed 6th June: Leaving Certificate Examinations begin. www.examinations.ie for timetable (issued early 2018)

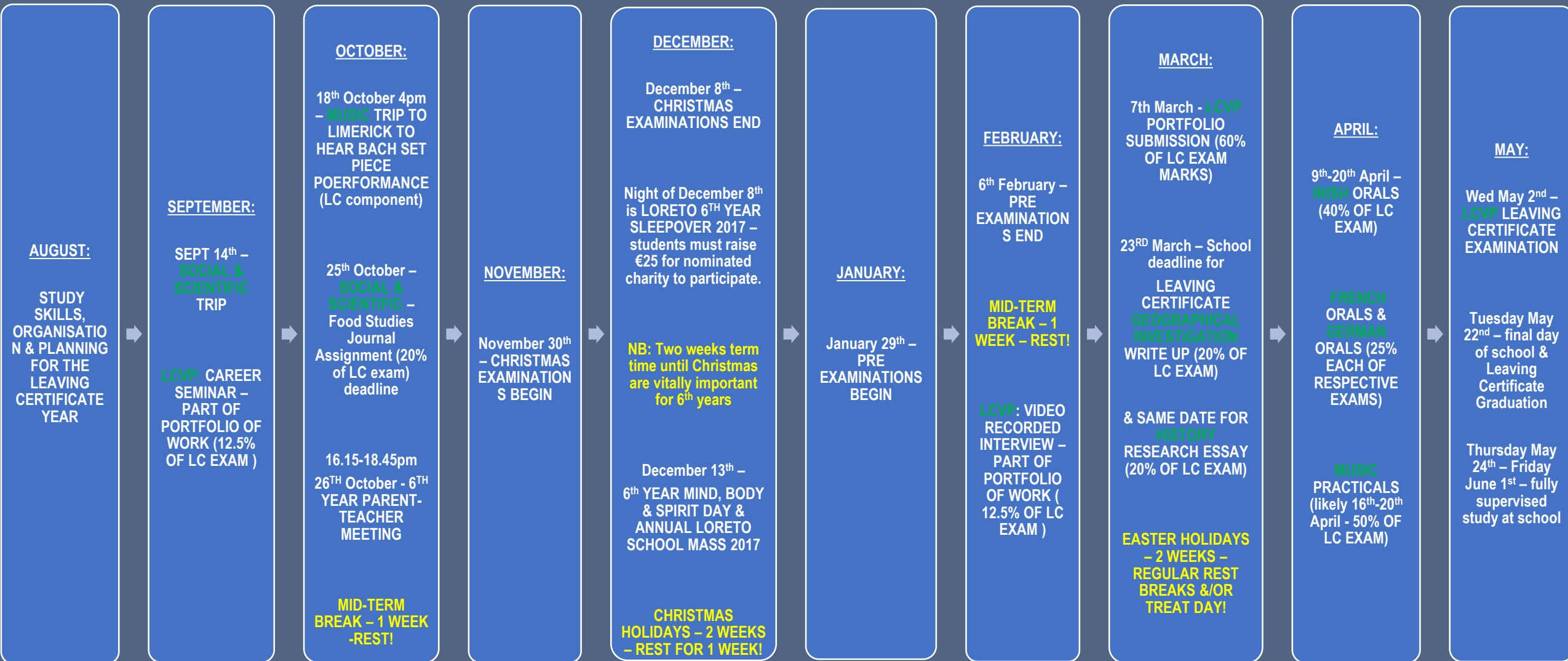
- Wed 15th August: Expected date of Leaving Certificate Results

- Mon 20th August: Expected date of Round 1 CAO Offers



Parent / Student
digital calendar on our
website – all curricular
& extra- curricular
information included!

KEY DATES IN 6TH YEAR 2017 – 2018*



* other dates will be notified to students/ parents via website calendar during the school year

ATTENDANCE

- APPOINTMENTS – collection only pending BOM decision which will be notified in coming days
- NOTES – to school office
- TUSLA – CHILD & FAMILY AGENCY – legal requirement to report on attendance
- References from Principal & Deputy Principal – frequently asked question by employers/ university co-ordinators

1 class missed = 40
minutes of tuition + 1 HW
assignment missed = 2/3
classes catching up on gap
in learning + 2/3 evenings
catching up on HW

“Poor attendance while at school has implications in the short-term in terms of school completion and poor examination performance;
In the longer term, those who frequently ‘skip’ school are less likely to progress to further study. This is the case even among those with similar Leaving Certificate performances to their peers who attend school regularly;
Poor attenders face greater difficulty in accessing paid employment after leaving school.”
(National Educational Welfare Board, 2008).

At Loreto Fermoy there is a consistent pattern in attendance & attainment data
- those who attend our full 42 class period programme attain to their best potential at certificate examinations.

HOMework & REVISION

- Research shows positive relationship between homework and attainment at examinations:

'Time spent on homework yields results' (Hall, 2013).

- Student should set a realistic weekly revision goal in each subject & aim to achieve this goal:

Eg: By Friday I will revise Geography- Chapter 4 & practice 2 long questions.

- Parental support: Check journal, correct environment, take an interest, encourage, healthy nutrition & hydration.
- After-school study in Loreto - €1 per hour – 4 day & 5 day options; 1,2 or 3 hour per day options. Forms available at school office- to be submitted by tomorrow for this term.
- Study skills: subject teacher , via Guidance double classes on their weekly timetables/ appointment with Guidance Counsellor & at 'Success in School' workshop last August.
- Grinds / Grinding Courses during holiday periods – can lead to exhaustion, confusion amongst many students & dilution of impact of core work. If paying for grinds always check:

SUBJECT & TEACHING QUALIFICATIONS– MOST RECENT LEAVING CERTIFICATE EXAMINATIONS CORRECTION EXPERIENCE– PROGRAMME OF WORK – INSIST THAT GRIND SHOULD ONLY WORK IN SUPPORT OF CLASSROOM MATERIAL- STUDENT SHOULD NOT BE EXPECTED TO NOT COMPLETE DIFFERENT OR ADDITIONAL WORK.

- Predictability in the Leaving Certificate papers is gone: students must learn to develop their own answers & responses to a very wide range of question styles & topics. The only way to prepare students to do this is day-by-day in class settings & through creating building blocks of answering skills in exam preparation:

"the NCCA and the State Examination Commission (SEC) will develop proposals to address any problematic predictability identified in an analysis of predictability in the Leaving Certificate examinations." To support this work, the SEC commissioned an independent external evaluation of Predictability in the Leaving Certificate Examination from assessment experts at Oxford University in collaboration with Queen's University, Belfast." (examinations.ie, 2017)

- General supportive advice for 6th year parents: www.studyclix.ie www schooldays.ie www.careersportal.ie www.loretofermoy.ie www.studentenrichment.ie



Wellbeing Programme in 6th year at our school:

- **Physical Education** (double class): sometimes the only opportunity for exercise & fresh air!
- **Guidance Programme** (double class): study skills, careers information & options into Career paths, RACE, world of work information, CAO & UCAS, Open Days, workshops & guest speakers
- **RE** programme: includes studies in personal & cultural identity, guided meditation, ethics, decision making & moral judgement, social justice & events including Leaving Certificate Sleepover, 6th year Mind-Body-Spirit Day & Leaving Certificate Graduation Mass.
- **LCVP** (exam programme): Preparation for the World of Work & Enterprise Education (or Irish Oral class & French/German Oral class &
- **SPHE**: relationships & sexuality education, substance use & abuse information, speakers, workshops, visits)

GENERAL ADVICE ON STUDENT WELLBEING:

- Loreto provides a holistic education to your daughter. Balance across full curriculum is carefully planned with each subject department.
- Physical & mental health of girls is imperative
- Resilience & capacity to adjust to 3rd level / world of work beyond Loreto is pivotal
- Extra-curricular activities: lunchtimes, after-school & in local community
- Nutrition & hydration play a vital role – low iron levels & impact on girls
- Friendship: supportive & considerate
- Socialising: negative impact of 18th parties – still tired by Monday/ Tuesday (combine?)
- Influence of family life on student performance. Please contact us if support required
- <https://twitter.com/LoretoFermoy>
- www.loretofermoy.ie

TIPS TO MANAGE STRESS

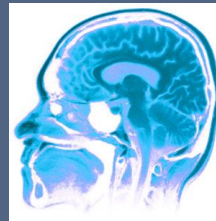


- Definition: “a state of mental or emotional strain or tension resulting from adverse or demanding circumstances”
- Stress is a natural state of being which, periodically in life is unavoidable. Students must learn to manage themselves at times of stress & plan & prepare so as to avoid a stress build up ie: develop their resilience
- Work steadily
- Preparing for the Pres can be very frustrating – have patience, the courses cannot be finished that early. The experience of sitting the Pres is useful in itself.
- Keep up some hobby or interest. Time management is key here.
- Avail of school Wellbeing programme to help manage stress.
- Midterm and school holidays can be useful to catch up on revision however it is not a good idea to crowd them with formal revision courses or long periods of study. Rest and relaxation are much better for the student to be ready for the work ahead.

NEW GRADES	% MARKS
H1 / O1	90-100
H2 / O2	80<90
H3 / O3	70<80
H4 / O4	60<70
H5 / O5	50<60
H6 / O6	40<50
H7 / O7	30<40
H8 / O8	0<30

EXTRA SUBJECTS: THE RECENT FACTS

- In 2017, 14 students took an extra subject outside of school.
- Six students achieved H1s but each of these students achieved at least 3 other H1s.
- The rest of the students achieved lower grades H4s, H5s and H6s and while that grade may have been one of their best six the overall benefit is highly questionable.
- Discussion with many students in 6th year 2016/17 cohort of extra subject – regretted taking it on due to time pressure, not using it for CAO points, cost involved.
- Extra subjects often dilute results in other subjects.



GUIDANCE SERVICE AT LORETO FERMOY

- Guidance classes help keep students on track with college applications.
- Individual appointments about careers help students focus on their ambitions and realise that there are many different routes to the same destination.
- Individual appointments to help manage stress.



**THANK YOU FOR MAKING THE TIME TO BE
HERE TONIGHT!**

**Parent
+
Teacher**

**Educated
Child**

