

3<sup>rd</sup> year 2017-  
2018

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Loreto Fermoy

# DATES FOR YOUR DIARY



- Term 1: September to Midterm- 8.5 Weeks

- Term 2: Midterm to Christmas- 7 weeks

Christmas Exams December 4- December 8

December 12- Parent teacher meeting

- Term 3: January to Midterm- 5 Weeks

January 26- Deadline for TY applications

Pre Exams January 29- February 9

- Term 4: Midterm to Easter- 5 Weeks

- Term 5: Final Term

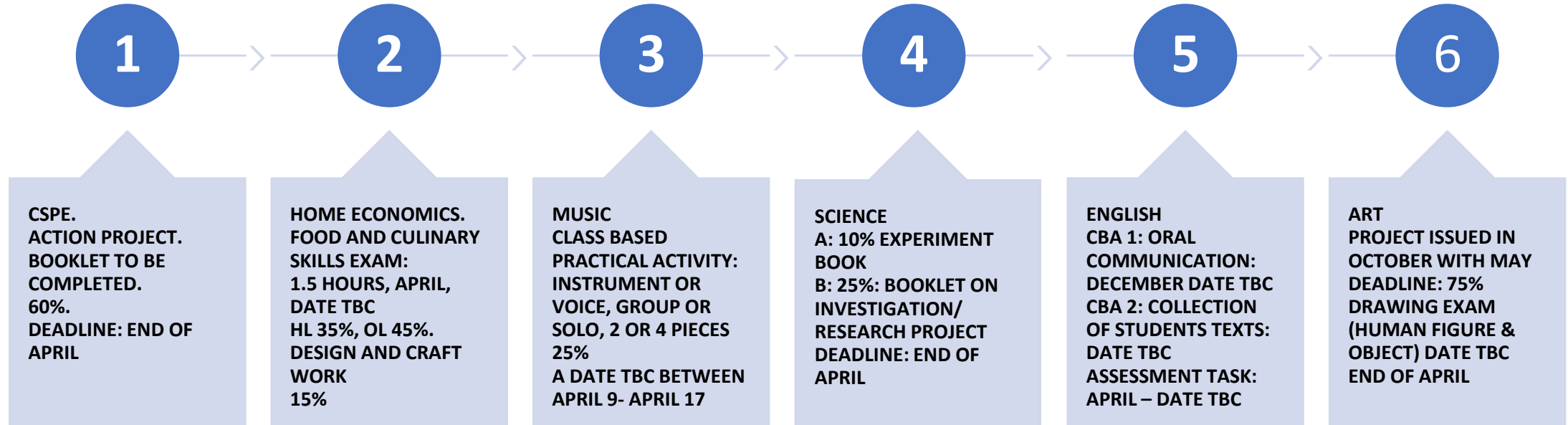
APRIL- ACADEMIC FOCUS WEEKS: PRACTICAL COMPONENTS.

Final school day- 29 MAY.

Supervised study May 30 – June 1

- WEDNESDAY 6 JUNE – BEGINNING OF JUNIOR CERTIFICATE EXAMS

# PRACTICAL COMPONENTS IN RELEVANT SUBJECTS



CODE OF  
BEHAVIOUR

PIERCINGS

LEGGINGS

UNIFORM

MOBILE PHONE

# ATTENDANCE

- APPOINTMENTS
- NOTES
- TULSA

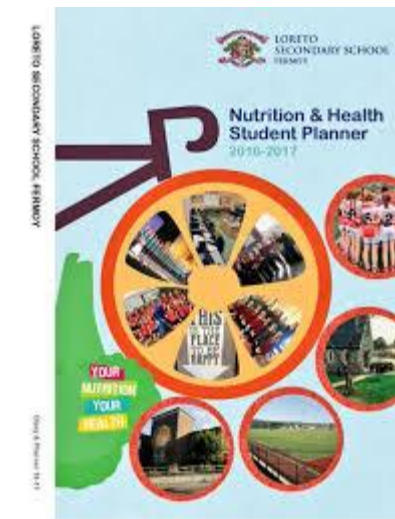
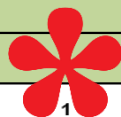
Poor attendance while at school has implications in the short-term in terms of school completion and poor examination performance;  
In the longer term, those who frequently 'skip' school are less likely to progress to further study. This is the case even among those with similar Leaving Certificate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



# CHANGES AND DEVELOPMENTS

## STRUCTURE OF THE SCHOOL DAY: NEW TIMETABLE FOR 2017-2018

TIMES	MON	TUES	TIMES	WED	THURS	FRI
8.30-8.45			8.30-8.45			
8.45-9.25	1	1	8.45-9.00			
9.25-10.05	2	2	9.00- 9.40	1		1
10.05-10.45	3	3	9.40-10.20	2	2	2
BREAK 10.45 -11.00			10.20-11.00	3	3	3
11.00 – 11.40	4	4	BREAK 11.11.15			
11.40 – 12.20	5	5	11.15-11.55	4	4	4
12.20-1.00	6	6	11.55-12.35	5	5	5
LUNCH 1-1.30			12.35-13.15	6	6	6
13.30 -2.10	7	7	LUNCH 13.15-14.00			
14.10 – 14.50	8	8	14.00-14.40	7	7	7
14.50 – 15.30	9	9	14.40-15.20	8	8	8
AFTER-SCHOOL SUPERVISED STUDY						



# Homework/Revision

- Research shows a positive relationship between homework and achievements. 'Time spent on homework yields results' (Hall, 2013).
- Recommended amount of time. Rule of thumb for 3<sup>rd</sup> years- 2.5 to 3 hours per night.
- Parental support: Check journals, correct environment, take interest, help with research. Better at second level if students work independently without parental support.
- After school study in Loreto. (Cost, time, availability)
- Study skills.
- Grinds.
- [www.studyclix.ie](http://www.studyclix.ie)
- [www.schooldays.ie](http://www schooldays.ie)



- Mental health
- Extra curricular activities
- Nutrition
- Friendship
- Influence of family life on student performance
- <https://twitter.com/LoretoFermoy>
- [www.loretofermoy.ie](http://www.loretofermoy.ie)
- Email addresses



# SUPPORTS.

- GUIDANCE: Ms Gubbins, Ms Ryan
- SEN: Ms D'Arcy (RACE)
- TUTORS:      Ms Gubbins (St Angela)  
                 Ms O'Donnell (St Anne)  
                 Ms Sexton (St Catherine)  
                 Mr Holland (St Elizabeth)
- YEARHEAD: Mr Holland

# Tips for Managing Stress

- Work steadily
- Keep up interests and hobbies – may need to reduce but don't eliminate!
- Enjoy the school mid-term breaks and Christmas holidays. Perhaps do a small amount of revision but keep most of the time for rest and relaxation.
- Resist peer pressure to crowd breaks with revision courses.
- Grinds can add to pressure by reducing time available to study.

# Support for Guidance Counsellors in Third Year

- Classes on study skills and exam technique to build on work done in SPHE.
- Classes about deciding about Senior Cycle and individual appointments for those who wish to go straight into Fifth Year.
- Girls may make an individual appointment about study skills and exam technique or managing stress if needed.