



Meeting 3rd year Parents

December 14th 2020

Agenda

- Ms Bergin – Year Head – Study Tips, Setting Goals and Student Wellbeing.
- Ms. Molloy – Junior Cycle Assessments
- Mr. Carr – Communicating with Parents.



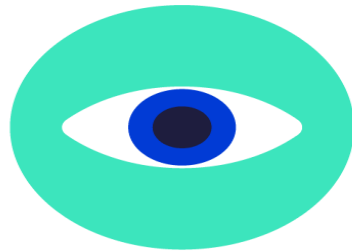
Study Tips & Targets

Study Tips

- Must start now!
- Be positive- every 5 minutes is valuable
- Create study plan and facilitate study
- Short sessions, regular breaks
- Practice exam questions
- Condensed notes e.g. mind maps/flash cards
- No devices/social media
- Organisation
- Figure out how student learns best
- Exercise, fresh air, sleep
- Review, review, review!
- Inform yourself, log into eportal, discuss results & targets
- Praise, support and encourage
- Allow students to take responsibility

Learner Types – Which type are you?

VARK LEARNING STYLES



Visual



Auditory



Reading / Writing



Kinesthetic

Learner Types – Which type are you?

Visual

- Visual learners prefer the use of images, maps, and graphic organizers to access and understand new information.

Auditory

- Auditory learners best understand new content through listening and speaking in situations such as lectures and group discussions. Aural learners use repetition as a study technique and benefit from the use of mnemonic devices.

Read & Write

- Students with a strong reading/writing preference learn best through words. These students may present themselves as copious note takers or avid readers, and are able to translate abstract concepts into words and essays.

Kinesthetic

- Students who are kinesthetic learners best understand information through tactile representations of information. These students are hands-on learners and learn best through figuring things out by hand (i.e. understanding how a clock works by putting one together.)

Setting Targets



Targets are needed in order to judge whether students are making progress.

Setting Targets Tips



- Being as **specific** as possible sets a very clear picture of what student is are for and focuses attention on hitting goals.
- Be **realistic**. Setting unrealistic targets is a recipe for disaster. Targets should always be stretching, and challenging – but not so far that they seem hopeless, as that will just be demoralising and demotivating.
- Setting **goals** gives a long-term vision and short-term motivation.
- Review goals regularly



Use the table below to predict the results you hope to achieve in your next examination. Use the page Goals for the Year Ahead to write down the steps you will take to achieve these results.

Junior Cycle

Percentage	Grade Descriptor
≥ 90 to 100	Distinction
≥ 75 and < 90	Higher Merit
≥ 55 and < 75	Merit
≥ 40 and < 55	Achieved
≥ 20 and < 40	Partially Achieved

Open your
homework journal on
page 28 (a)

[illegible]

To do list for students:

- Log into eportal
- Transfer results onto onenote/journal
- Reflect on all results and teacher comments/recommendations
- Then set new targets
- Put a study plan in place and stick to it
- Work towards reaching target set in each assessment
- Study must start NOW!
- Start at the same time in the same place daily.
- Supervised study is very valuable
- Best of luck!



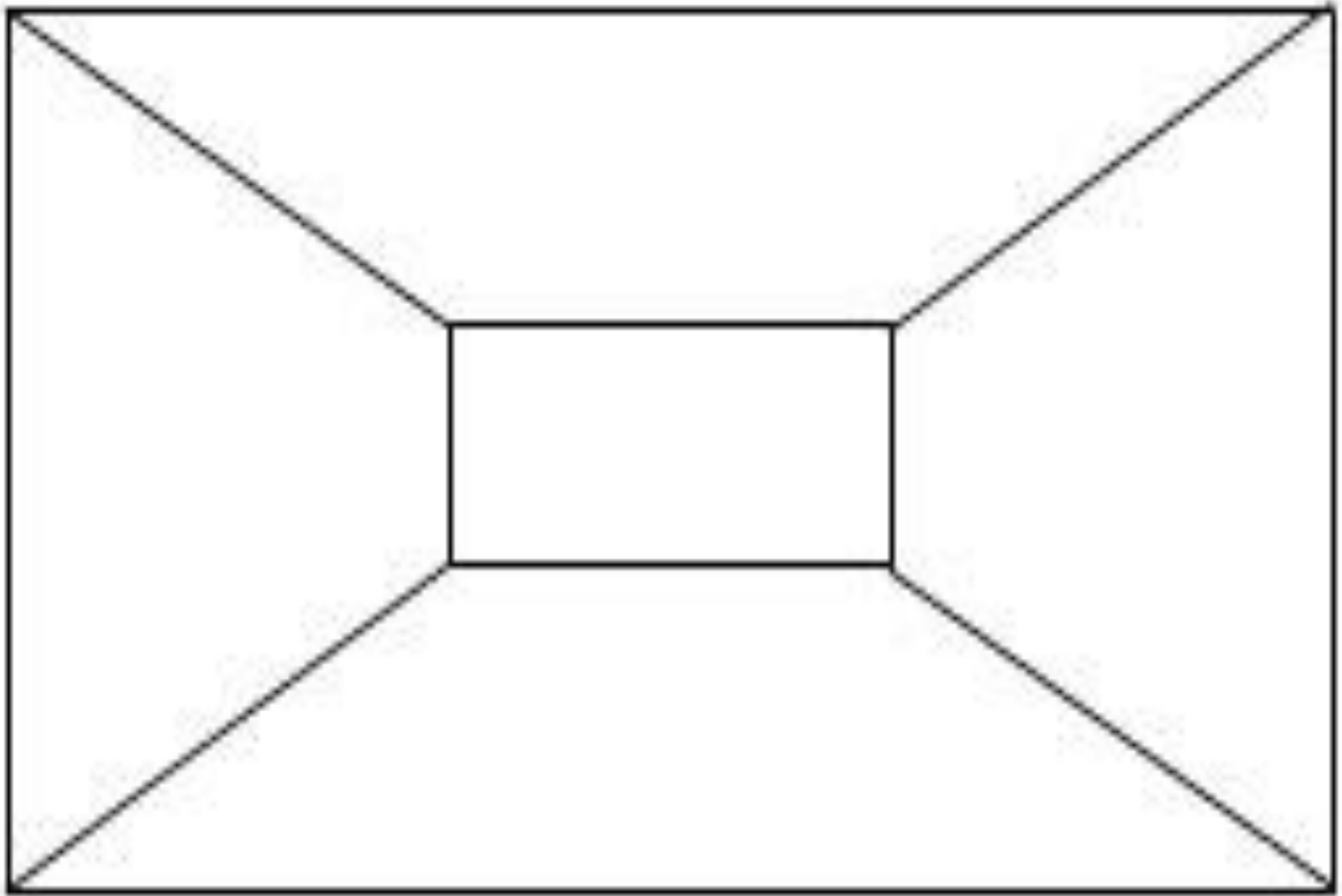
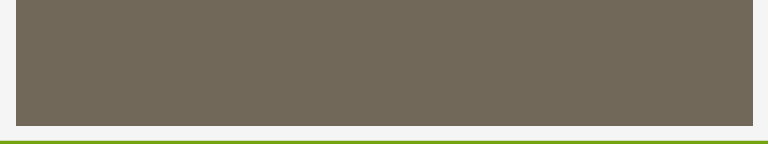
Study timetable:

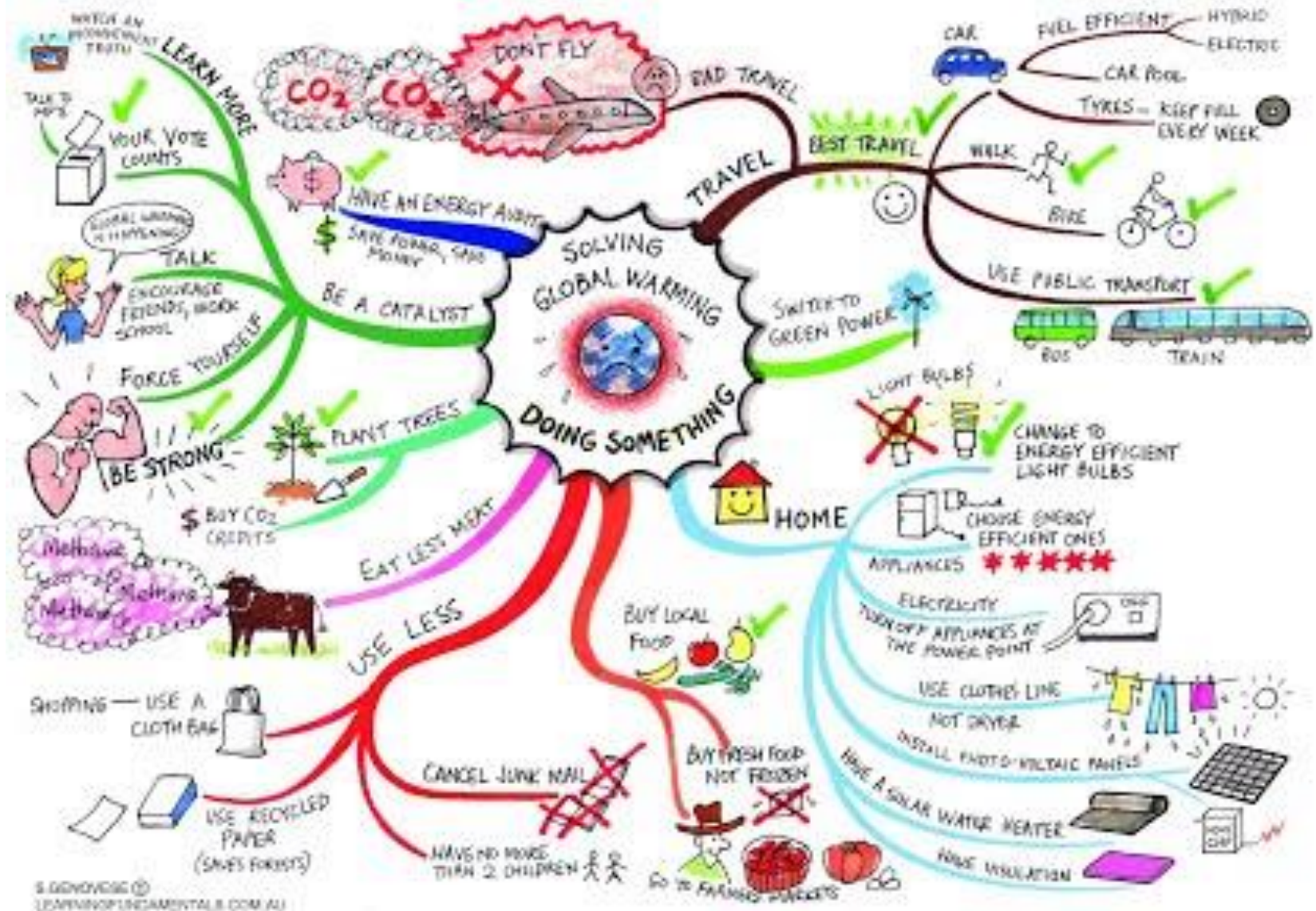
03:00					
04:00	Getting Home	Getting Home	Getting Home	Getting Home	Break
05:00					
05:30					
06:00					
06:30					
07:00	Break	Break	Break	Break	Break
07:30					
08:00					
08:30					
09:00	Break	Break	Break	Break	Break
09:30					
10:00					
10:30					
11:00	Sleep	Sleep	Sleep	Sleep	Sleep

Times Sat/Sun	Saturday	Sunday
08:00		
08:30		
09:00		
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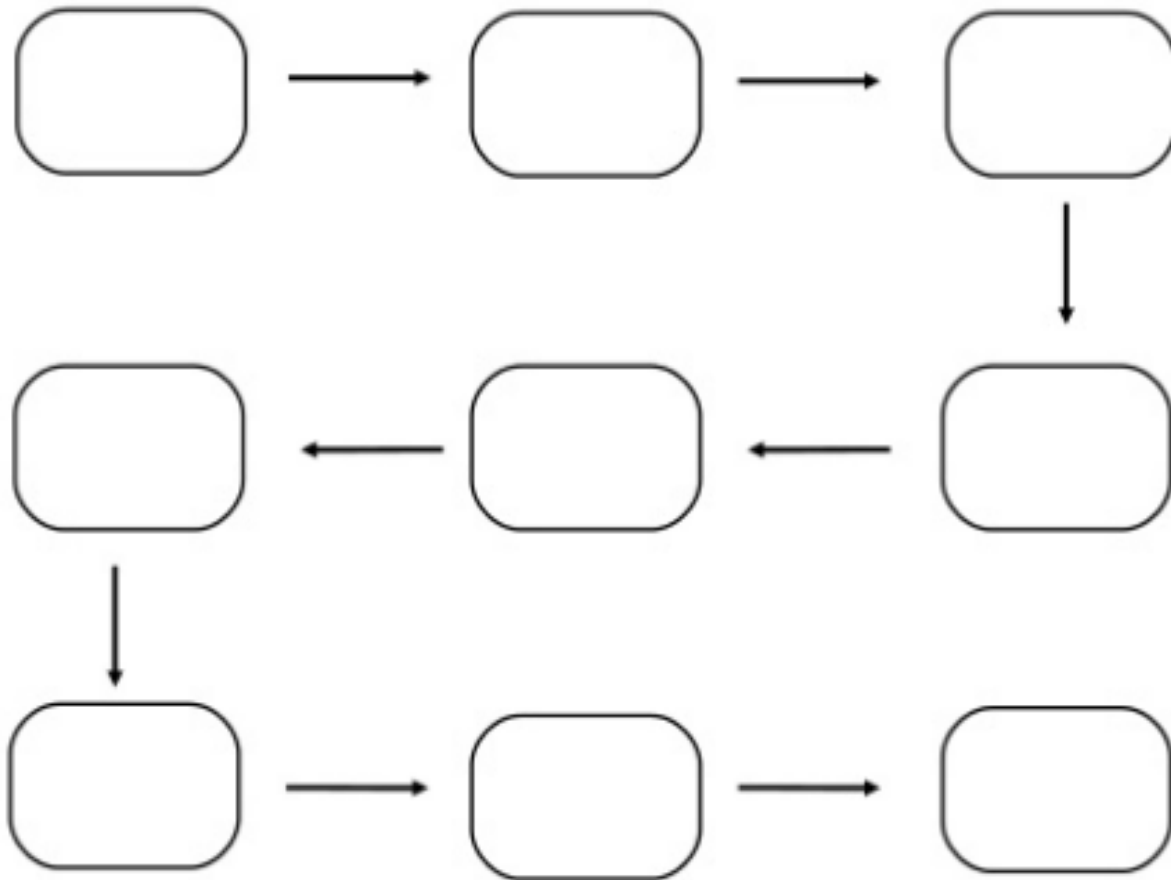


Sample Graphic Organisers

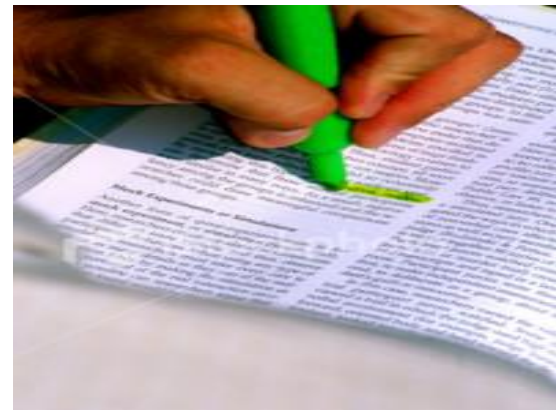
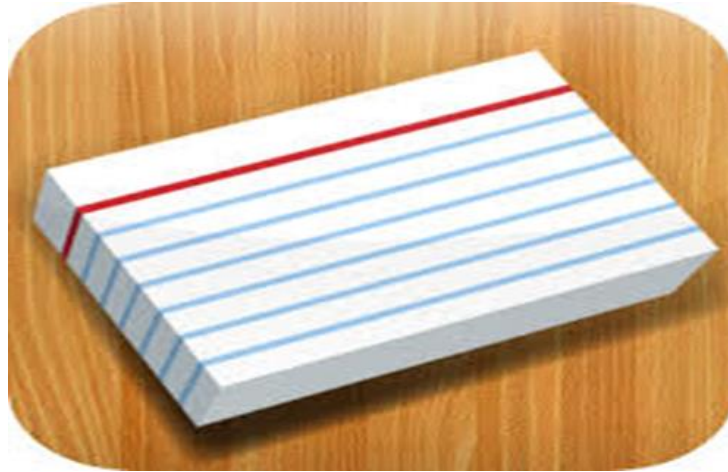




Sequence Chart



Kinaesthetic Learners: Be Hands-On While Learning



Wellbeing Tips



“Students Wellbeing is present when students realise their abilities, take care of their physical wellbeing, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community” (NCCA Wellbeing Guidelines 2017, pg 17)

Remember, feeling anxious at this time is normal but there are ways they can help themselves:

- **Sleeping well**
- **Eating well**
- **Getting exercise**
- **Being organised**

- **Get good quality sleep.** 8 to 12 hours sleep is recommended for students. Leaving their phone/devices outside the bedroom helps.
- **Have a healthy diet.** What we eat or drink will affect how we feel and how we learn
- **Keep active.** Exercising helps to release tension. It will also help students to sleep better and focus better.
- **Plan their days and their time.** Having a routine is really important in preparation for their school and exam. Structuring their days also help young people to feel secure. Study becomes a habit if practiced often.



How to manage Stress & Anxiety

Relaxation Techniques

- Yoga
- Meditation
- Mindfulness
- Relaxation
- Breathing
- Visualisation
- Body Focus

Positive Self-Talk

Encourage your children to try and use positive self-talk, such as:

- ***“I can try my best effort instead of giving up”***
- ***“I don’t have to be perfect. My best will be good enough”***
- ***“I have managed before, I know I can do it again”***

You are
capable of
AMAZING
things.

Self-Talk

Situation	Negative Self-Talk	Positive Self-Talk
		
		

What is a Classroom Based Assessment (CBA)? – School Based

- Varies with different subjects.
 - Presentation
 - Investigation
 - Report on texts
 - Business in Action
 - Design and Make in Art
 - Group/Individuals

Classroom Based Assessments

Irish	CBA Jan 2021 100% Exam (H/O)
English	CBA Completed 100% Exam (H/O)
Maths	CBA March 2021 100% Exam (H/O)
History	CBA Completed 100% Exam (C)
Geography	CBA Completed 100% Exam (C)
Science	CBA Completed 100% Exam(C)
Art	CBA Completed Final Project has started to finish in April 2021
Home Ec	CBA Jan 2021 Cookery Exam 50% Written Exam 50%
MFL French& German	CBA Completed(C)
Business Studies	CBA Completed (C)
CSPE/SPHE/PE	CBA Completed(C)

Grading of Classroom Based Assessments

- Graded by Subjects Teachers against nationally devised Success Criteria.

Exceptional

Above Expectations

In Line with Expectations

Yet to Meet Expectations

Junior Cycle

- No Assessment Tasks this year –
- Examinations in June 100% in all subjects except where projects.
- Materials Technology Wood
- Metalwork
- Home Economics
- Music
- Art

Grading of Subjects

- Revised Subjects

Grade Descriptor	Percentage
Distinction	≥ 90 to 100
Higher Merit	≥ 75 and < 90
Merit	≥ 55 and < 75
Achieved	≥ 40 and < 55
Partially Achieved	≥ 20 and < 40
Not Graded (NG)	≥ 0 and < 20

Subjects following old Junior Cert.

- Woodwork – HL/OL Project to be completed by April- written exam in June
- Metalwork- HL Project/Practical/Written
 OL Project/Written
- Tech Graphics – HI/OL 100% Exam in June.
- Grades Old System: A, B, C, D, E, F, N.G.

JUNIOR CYCLE PROFILE OF ACHIEVEMENT

Mary Murphy 2020

State Certified Final Examinations	
Irish L2 (H)	Achieved
Mathematics (H)	B
English (H) ^(A)	Achieved
Business Studies (C)	Distinction
French (C)	Higher Merit
Geography (H)	A
History (H)	C
Science (C)	Higher Merit
Visual Art (C)	Higher Merit

Classroom-Based Assessments - Subjects		
IRISH L2	Language Portfolio	In line with Expectations
	Communicative Task	Above Expectations
ENGLISH	Oral Communication	In line with Expectations
	The Collection of the Student's Texts	Above Expectations
	Business in Action	Above Expectations
BUSINESS STUDIES	Presentation	In line with Expectations
FRENCH	Oral Communication	Above Expectations
	Student Language Portfolio	Above Expectations
SCIENCE	Extended Experimental Investigation	In line with Expectations
	Science in Society Investigation	Above Expectations
VISUAL ART	From Process to Realisation	In line with Expectations
	Communicate and Reflect	Exceptional

Other Areas of Learning	
<p>Mary took part in a school drama performance, learned to express herself and build her communication skills.</p> <p>Mary participated in the school Science Competition (Let's Explore) where she developed ways to recycle plastic. In doing so, she learned to bring an idea from conception to realisation.</p> <p>Mary through her role as Class Representative learned to communicate effectively as a voice for the students in her class.</p> <p>Mary worked collaboratively with others, in the organisation and promotion of the school carol service for the local community.</p> <p>Mary was a member of the school carmelo team, where she committed to training and developed her confidence in physical activity.</p>	

Classroom-Based Assessments - Short Courses	
Digital Media Literacy	Above Expectations
Philosophy	In line with Expectations
Wellbeing	
CSPE	Not Reported
SPHE	Not Reported
PE	Above Expectations
Other Areas of Wellbeing	
<p>In SPHE, Mary reflected on and learned about the changing patterns of teenage friendship and how best to manage relationships.</p> <p>Mary completed a project in CSPE where she learned about the social and economic impact of homelessness.</p> <p>As part of the school's Wellbeing Programme, Mary participated in Lockers where she learned about the influence of social media, peer pressure and stereotypes in the digital world.</p>	

Principal	Year head	Roll Number: 60478Q
Colman Candy 	Ann Howett 	Anytown Secondary School Anytown Co. Any County 

This JCPA recognises and records achievements in Junior Cycle.

JUNIOR CYCLE PROFILE OF ACHIEVEMENT

Mary Murphy 2020

State Certified Final Examinations	
English (O) ^(A)	Achieved
Visual Art (C)	Merit
Materials Technology Wood (C)	C
Home Economics (O)	C

Classroom-Based Assessments - Subjects		
ENGLISH	Oral Communication	In line with Expectations
	Collection of Texts	In line with Expectations
VISUAL ART	From Process to Realisation	Above Expectations
	Communicate and Reflect	In line with Expectations
Classroom-Based Assessments - Short Courses		
Digital Media Literacy		In line with Expectations
A Personal Project: Caring for Animals (Level 2)		Achieved
Enterprise in Animation (Level 2)		Achieved

Priority Learning Units	
Living in a community	Achieved
Numeracy	Achieved
Personal care	Achieved
Preparing for work	Achieved

Wellbeing	
CSPE	Not Reported
SPHE	In line with Expectations
PE	In line with Expectations
Other Areas of Wellbeing	
<p>Mary completed a school developed Level 2 short course in the area of CSPE, where learned about being a good citizen. She took part in a project to clean up the local canal. Classroom-Based Assessment for this course: Achieved</p> <p>Mary enjoyed the work her class completed with the local residential home. She took charge of running bingo for the residents on a weekly basis for a full term.</p> <p>Mary developed skills in setting personal goals, exercising, and trying Bocce with her local Special Olympics group.</p>	

Other Areas of Learning	
<p>Mary enjoyed singing in the school choir and took part in the choir competition for three consecutive years. She built up her confidence and sang solo in her last year.</p> <p>Mary participated in the school Science Competition (Let's Explore) where she developed ways to recycle plastic. In doing so, she learned to bring an idea from conception to realisation.</p> <p>Mary through her role as Class Representative learned to communicate effectively as a voice for all students in her class.</p> <p>Mary was a member of the school basketball team where she committed to team training and developed her confidence in physical activity.</p>	

Principal	Year head	Roll Number: 60478Q
Colman Candy 	Ann Howett 	Anytown School Anytown Co. Any County 

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Indicative sample for Level 3

Indicative sample for Level 2/3

School with Covid-19

- New Procedures
 - Base rooms except for practical subjects
 - One way system on corridors
 - Staggered breaks
 - Face Masks
 - Goggles for practical subjects
- Students should not attend school if symptoms
- Family members restrict movement while family member waiting on test
- Follow GP Guidance

Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

**Stay safe.
Protect each other.**

Know the symptoms. If you have them, self-isolate and contact a GP.

Continue to:



Wash

your hands well
and often to avoid
contamination.



Cover

your mouth and nose
with a tissue or sleeve
when coughing or
sneezing and discard
used tissue safely.



Limit

contact with others
when out and about.



Distance

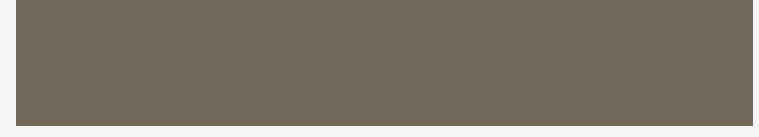
yourself at least
2 metres (6 feet) away
from other people,
especially those who
might be unwell.

Symptoms of COVID-19

- > a fever (high temperature – 38 degrees Celsius or above)
- > a cough – this can be any kind of cough, not just dry
- > shortness of breath or breathing difficulties

#holdfirm

Visit **HSE.ie** for updated factual
information and advice

- 
- If students out of school follow class materials on TEAMS.
 - Follow a structure using timetable.
 - Any queries email subject teachers.
 - Email addresses for all staff on School Website.

Parent Teacher Meetings

- Current Guidance from Dept of Education cannot hold face to face Parent Teacher Meeting.
- If you need to speak to an individual teacher please contact the teacher or school office – 067 27268 or email info@borrisokanecce.ie or email the teacher.
- Contact Year Head, Principal and Deputy Principal.

Eportal

- School System to record student information
 - Timetable
 - Attendance
 - Calendar of School Activities/Events
 - Positive Comments
 - Behaviour Record
 - Examination Results
 - School Reports – New.

Monthly assessments on Eportal. Teacher and student set target and compare achievement to target each month.

- Log on details sent to parents - username and password. If log in details lost contact school and we can email them to you. Log on also available for students.
- Log on from school website – www.borrisokanecce.ie
 - Link to Eportal at top of Home Page.

EPortal

Timetable [More](#)

Time	Tch	Sub	Room
09:00	Heavey, Orlagh	French	121
09:58	O'Brien, Clare	Religious Education	108
11:16	Walsh, Laura	Science (JC - Revised Syllabus)	108
12:14	McGrath, Eimear	Physical Education	412SH
13:44	Forde, Aoife	Irish	139
14:42	Ryan WW, Sean	Wood Technology	110

Teaching Groups [More](#)

Subject	Teacher	Group Code
History (4)	Ryan, Cáit (44)	A
Geography (5)	Shanahan, Áine (49)	A
Science (JC - Revised Syllabus) (57)	Walsh, Laura (09)	A
Social, Personal and Health Education (221)	Walsh, Cornelia (34)	A
Civic, Social and Political Education (218)	Minogue, Aoife (10)	A

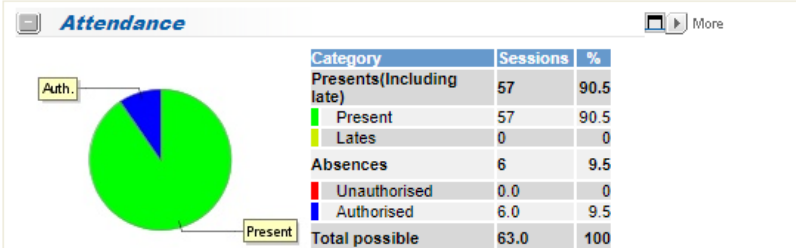
9 more record(s). Click More to view.

Predictions [More](#)

Available CAT4 Summary	
Date of Test	03-10-2018
CAT Level	E
Learner age at test	Age:13 years, 1 month(s)
Mean SAS	109

Reports [More](#)

Report Details	
Name	Last Modified
3.November report - JC	14-12-2020 16:49



Student Events [More](#)

There are no student events listed.

Student Behaviour Events [More](#)

Published Behaviour Events For Today

0 positive
0 negative

Detentions for this week / [All Detentions](#)

There are no detentions listed for this week

[Create Event](#) [PDF Document Link](#)

Recent Events

No published events available for last 7 days

Results [More](#)

1 examination marked in this dataset.

Examination
Annual

Click more to see all results in all datasets.

[illegible]

Feedback on EPortal

- Teachers now use Formative Feedback.
 - Gives students indication where they are now and how to reach the next step.
 - Teachers also give feedback on work completed – tests and other assignments.