



Sixth year
Parents
Information
Evening

30th November 2020.

Agenda

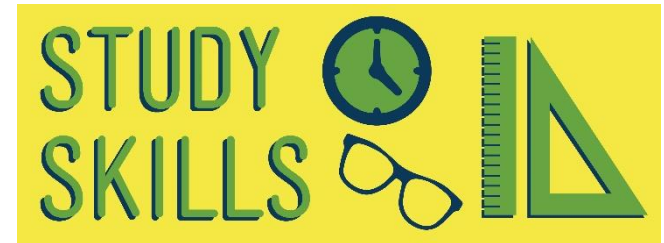
- Applying to College – CAO system
- Other Opportunities
- Study Tips
- Wellbeing Information
- Communicating with Students and Parents
- Questions and Answers



Study Tips & Targets

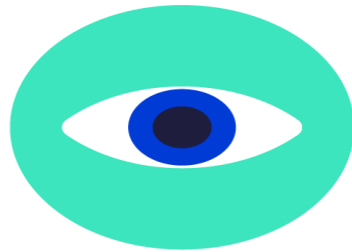
Study Tips

- Must start now!
- Create study plan and facilitate study
- Short sessions, regular breaks
- 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 – wellbeing
- Review, review, review!
- Inform yourself, log into eportal, discuss results & targets
- Praise, support, allow & encourage the dream – positivity
- Allow students to take responsibility
- Follow BCC Career Guidance Twitter and Instagram for weekly updates



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 Why?



- Being as **specific** as possible sets a very clear picture of what student is aiming 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.



Setting Targets: LC

Predict your Results

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.

Subject	Target Result	Actual Result	Actual Result	Actual Result	Actual Result	Target Result	Actual Result	Actual Result	Actual Result	Actual Result
English										
Irish										
Maths										

Higher Level Grade	Ordinary Level Grade
H1 (90-100)	O1 (90-100)
H2 (80 < 90)	O2 (80 < 90)
H3 (70 < 80)	O3 (70 < 80)
H4 (60 < 70)	O4 (60 < 70)
H5 (50 < 60)	O5 (50 < 60)
H6 (40 < 50)	O6 (40 < 50)
H7 (30 < 40)	O7 (30 < 40)
H8 (0 < 30)	O8 (0 < 30)

To do list for students:

- Log into eportal
- Write target grade for each subject into journal – page 28a
- If target is not set, discuss with teacher and set
- Write October exam result for each subject in journal
- Reflect on all results
- Put a study plan in place
- Work towards reaching target in each monthly
- Study must start NOW!
- Best of luck!

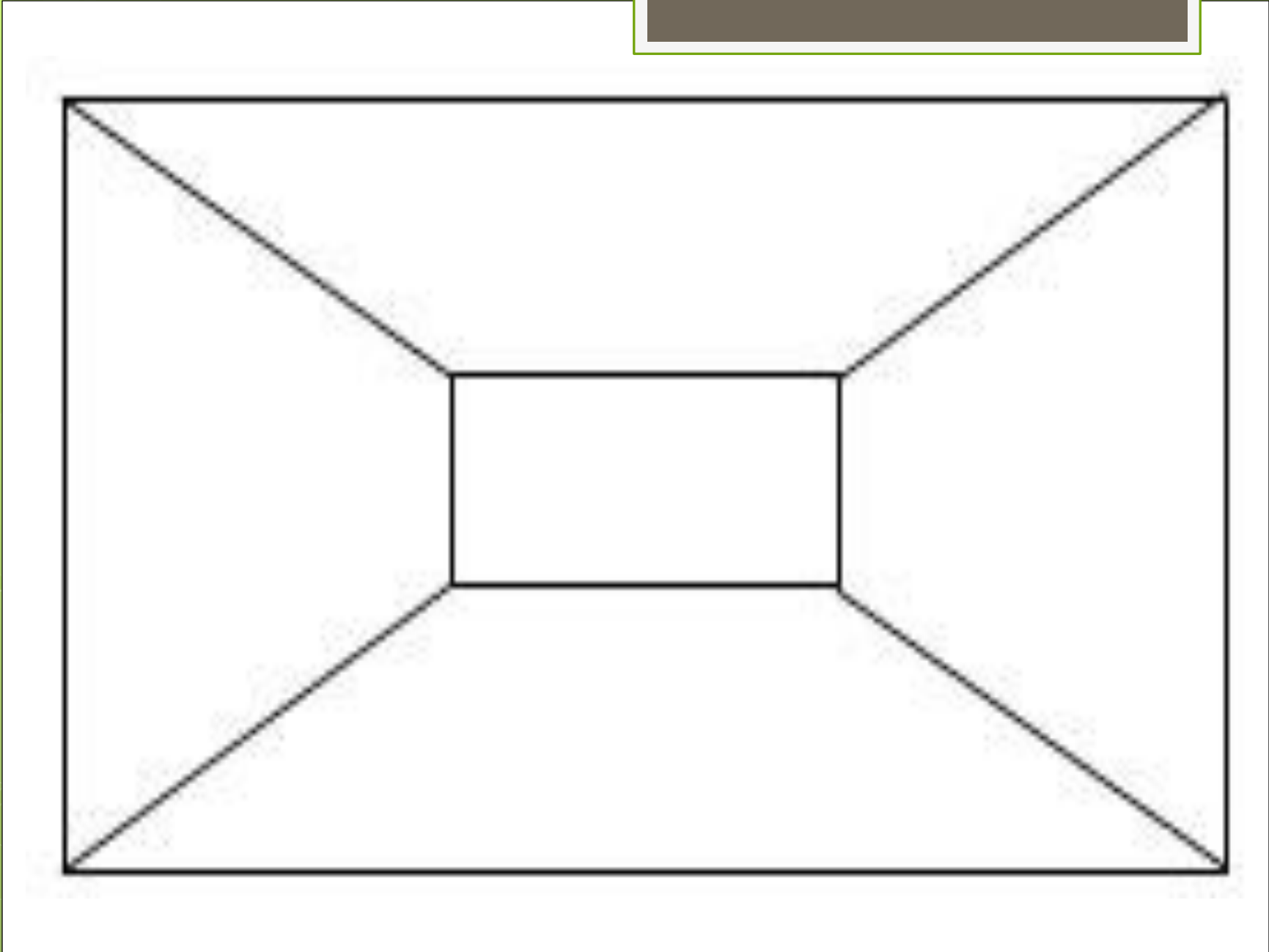


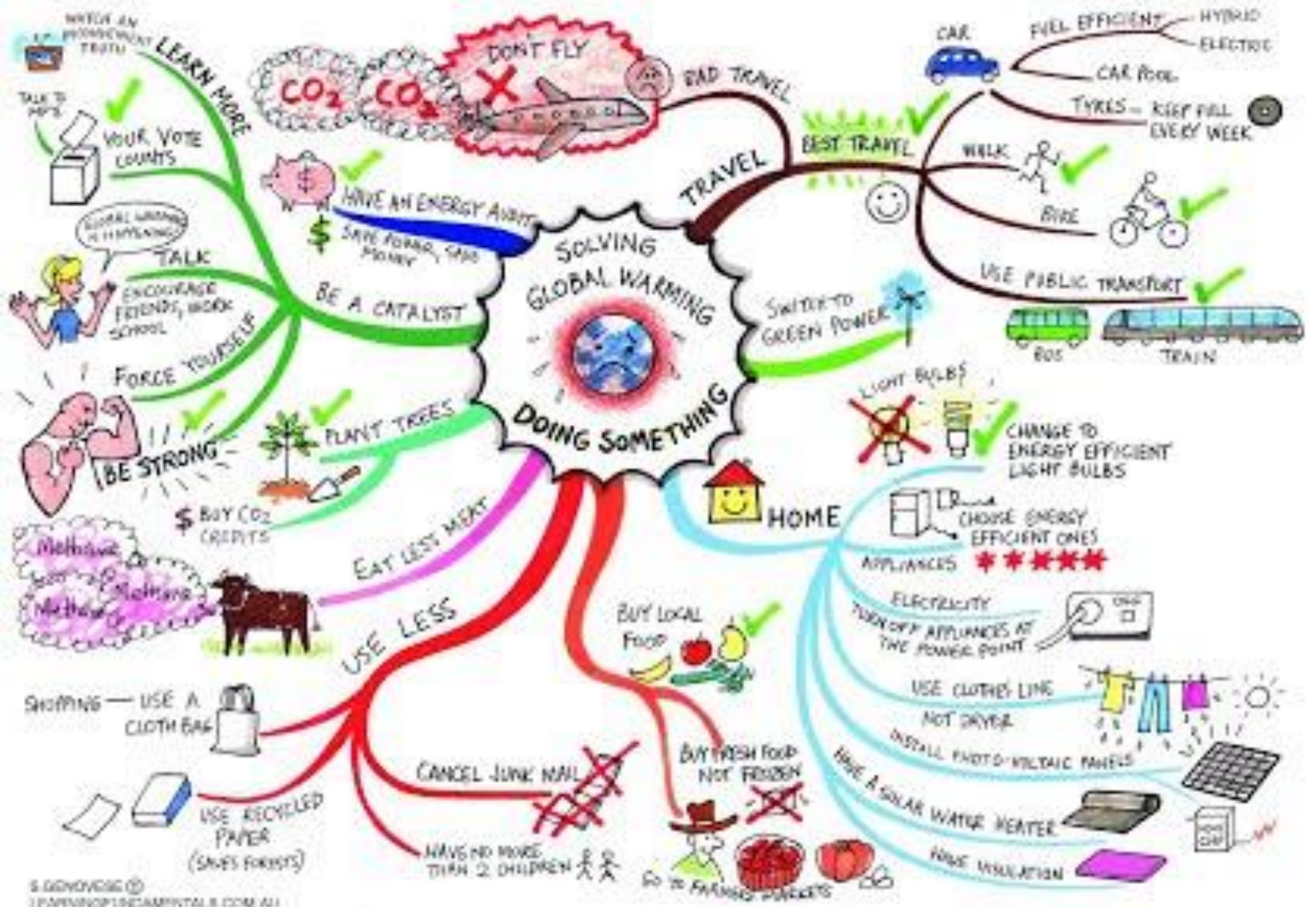
Create a Study Plan

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30-10.30							
10.30-12.30							
12.30-1.30							
1.30-2.30							
2.30-4.30							
4.30-6.30							
6.30-8.30							
8.30-10.30 <i>Christina</i>							

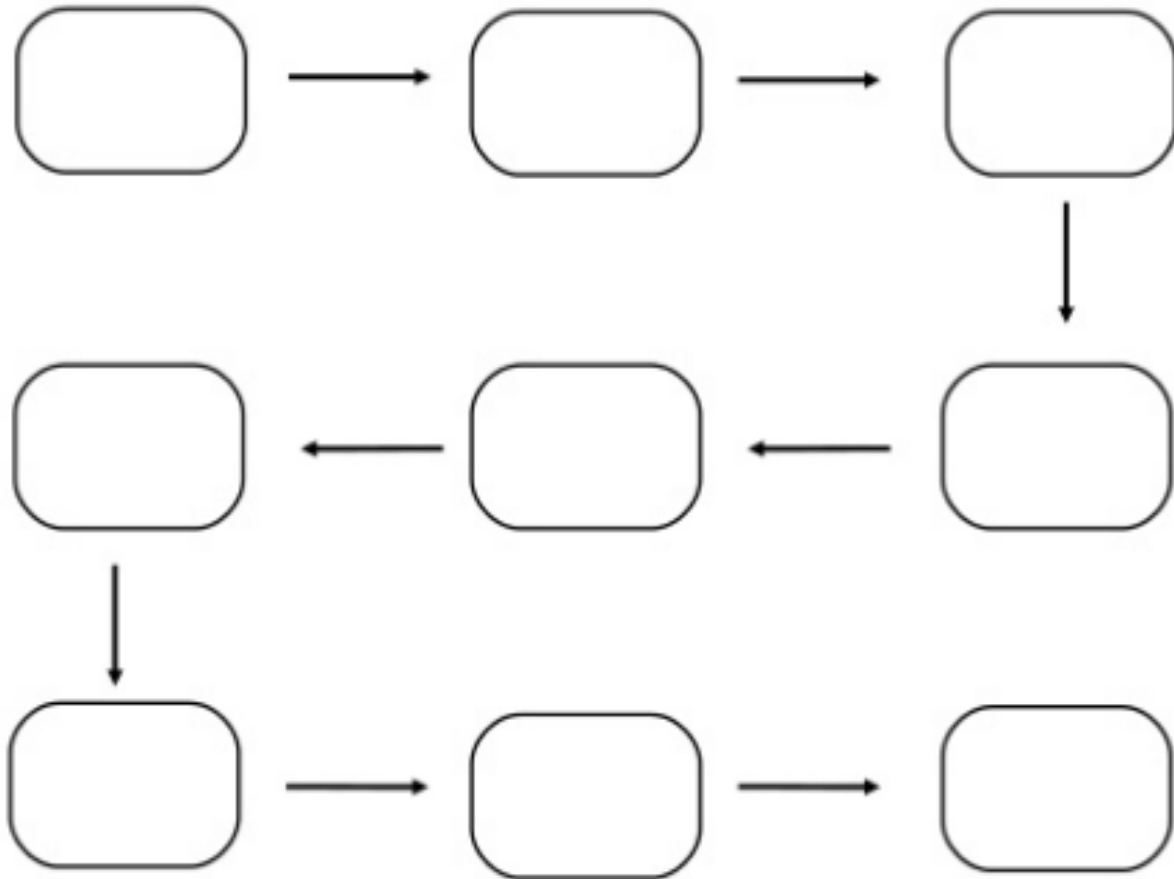


**Sample
Graphic
Organisers**





Sequence Chart





Subject Announcements

- **Irish** mock orals take place before Christmas
- **History** Research Project final draft due Dec 18th
- **Ag Science** project research ongoing and project due in April
- **Geography** projects will be complete by Dec 11th
- Extra HL **Maths** – Thursday evenings
- **Accounting** work from 5th & 6th year on TEAMS, 3 sections to paper and questions from these need to be practiced consistently, HW should be worked on for 1 hour
- **French** mock orals after Christmas, oral practice Thursday mornings in the language lab (8.30am-9.00am)
- **German** mock orals take place before Christmas
- **LCVP** first portfolio draft due Dec 15th, all guidelines given
- **Art** project coursework starting Monday 7th Dec
- **Construction** project ongoing and due in April
- **DCG** project due second week in January
- **Engineering** project ongoing and due in March
- **Physical Education** Project due December 14th. Practical due March 2021.
- Mocks first to weeks of February

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 students 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/laptop outside the bedroom helps.
- **Have a healthy diet.** What we eat or drink can affect how we feel.
- **Keep active.** Exercising helps to release tension. It will also help them sleep better and focus better.
- **Plan their days and their time.** Having a routine is really important in preparation for their Leaving Certificate. Structuring their days also help young people to feel secure.



How to manage Stress & Anxiety

Relaxation Techniques

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

Positive Self-Talk

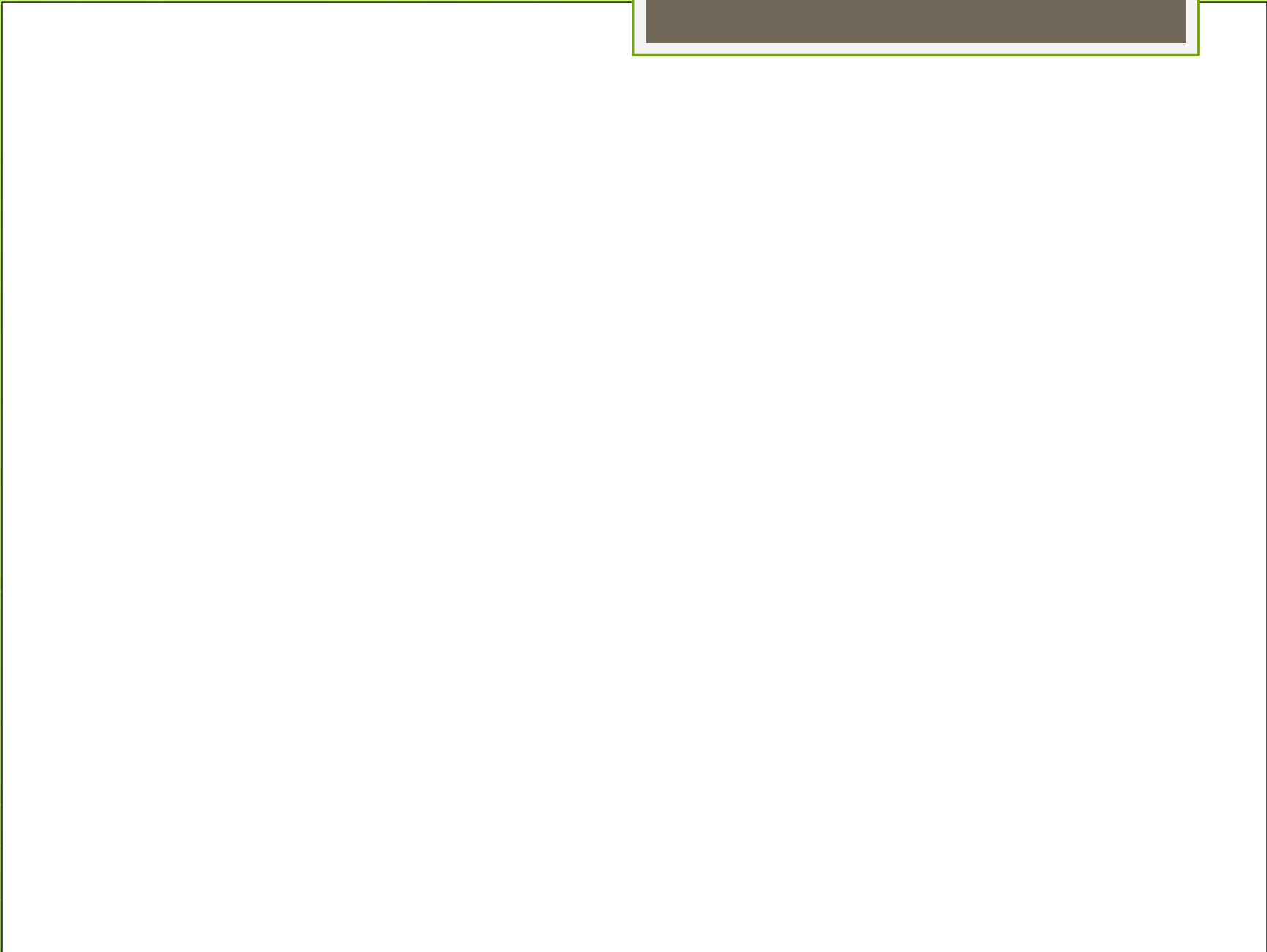
Encourage your children to try and use positive self-talk, such as:

- ***“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
		
		



Eportal

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

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.

Data Protection

- Eportal
- Students over 18 – Cannot share their Personal Data.
 - Parents logged off EPortal
 - Reports to Student.
- Form to be completed by student if they give consent for Parents to receive their Personal Data.
- Form to be returned to school.
- Form available on school website – Downloads section.

School with Covid-19

- New Procedures
 - One way system on corridors
 - 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](https://www.hse.ie) for updated factual information and advice

Parent Teacher Meetings

- Cannot hold Parent Teacher Meetings at the moment.
- EPortal is main communication method.
- 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.
- All staff contact email addresses are available on school website.

Student Absent

- If students out of school follow class materials on TEAMS.
- Follow a structure using timetable.
- Any queries email subject teachers.