



ST. MARY'S PARENTS ASSOCIATION NEWSLETTER



Welcome to the 1st edition of St.Mary's Parent's Association Newsletter. We hope to keep everyone up-to-date with the Parent's Association activities and also to provide information on relevant topics which have been raised at our meetings.



DID YOU KNOW?

We would also like to clarify some of the terms that we so often hear our daughters talking about and so hope to bring a "DID YOU KNOW" section to the newsletter.

DID YOU KNOW – DATS(Defferential Aptitude Tests) are used for educational and vocational guidance. The tests were taken by our Junior Certificate classes. The idea of the tests is that different kinds of abilities are useful for different jobs. There are eight subtests, Verbal Reasoning, Numerical Ability, Abstract Reasoning, Space Relations, Mechanical Reasoning, Clerical Speed and Accuracy, Spelling and Language Usage. The results can be used to produce a profile of a pupil's strengths and weaknesses.

DID YOU KNOW –WSE (Whole School Evaluation)This is an inspection carried out by the Department of Education and Skills.The purpose of the inspection is to ensure that high standards are maintained and that there is continuing development of the education system in schools. As you know our evaluation was carried out in January 2012 and the school received an excellent report.(This report will be available on the Department of Education and Science website soon). We are all delighted to have such a well earned accolade for our school. It is very re-assuring for us, as parents, to know that our daughters are being educated, in the broadest sense, in such a wonderful environment with such a dedicated staff. Well done St. Mary's.



GRADUATION NIGHT

We look forward to helping out at the Graduation Night, on the 24th May with cups of tea and coffee, sandwiches and lovely cakes and sticky buns. This is a lovely night to be a part of and it is very hard not to shed a tear or two as the girls leave the shelter of St. Mary's for a brave new world.



BOOK & UNIFORM SALE

Our now annual **SECOND HAND BOOK AND UNIFORM SALE** will take place on 26th June. For this event to be a success we need **YOUR BOOKS TO SELL AND DONATED UNIFORMS (JUMPERS, SKIRTS JACKETS)** There will be a night to **DROP IN** books and a night to **BUY BOOKS**. This is such a great event for both sellers and buyers with lots of bargains. More details will follow as book lists are confirmed.



PARENTS ASSOCIATION

As parents you are all automatically members of the parent's association so why not join our team as we partner with the school in our various activities. It is a great way to meet and hear news from other parents and learn too from others who have older daughters and have almost done it all!!

So please get in contact with us at parents.stmarys@gmail.com and if you are not able to join the committee you can always join our "HELP" list. We have many parents who give us great help and support at school activities who are not committee members.



IMPORTANT DATES TO REMEMBER

Transition Year Graduation – 21st May

6th Year Graduation – 24th May

Summer Hols- 1st June

Junior & Leaving Cert- 6th June



Cyber Bullying

At a recent seminar entitled “Cyber bullying and its effects on the mental health of young adolescents” Dr. Susan Healy highlighted some of the facts about this newer form of bullying. For example.. cyber bullying involves the use of information and communication technologies such as social networking sites and mobile phones, to support deliberate, repeated, and hostile behaviour by an individual or a group, that is intended to harm others. This can include abusive messages, slagging on social network sites, offensive comments on videos or posts, spreading rumours online, hacking into online accounts, posting offensive images etc. This type of bullying as with all types of bullying can cause stress, reduced concentration, lack of motivation or energy, poor or deteriorating school work, anxiety about going to school, loss of confidence and self-esteem, lack of appetite etc. Dr. Healy suggests that we as parents/guardians can help by, keeping the computer in a public room, asking our children to show us what they do online. We could also use blocking and monitoring software, and let our children know they can come to us for help. Dr. Healy also suggests that teach empathy and help our children to understand the line between funny and cruel, and not to be a bystander. If you would like further information on this seminar please contact the parents association at parents.stmarys@gmail.com or check out some of the helpful websites suggested by Dr. Healy below.

USEFUL CONTACTS FOR PARENTS & STUDENTS



NPCpp aims to provide a forum that actively supports parents and guardians in their parenting role. and to interact effectively with schools and other education partners on issues that impact on the education, development and general well-being of young people within the post-primary education system.

Tel: +353 (1) 830 2740 / 830 2747 www.npcpp.ie

ANTI -BULLYING WEBSITES

www.teachernet.ie

www.abc.tcd.ie

www.barnardos.ie/assets/files/publications/free/e

www.childprotection.ie

www.webwise.ie/learningresources

www.youthhealth.ie

www.parentline.ie/



USEFUL STUDY WEBSITES

www.Examinations.ie

www.Steps.ie

Eircom Study Hub(for eircom customers)

www.Skool.ie

www.Scoilnet.ie

www.Etest.ie