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APRIL 2020

St Kevin's Community College

DUBLIN & DUN LAOGHAIRE EDUCATION & TRAINING BOARD

School Contact Details

Office

admin@stkevinscc.ie (email only)

Mr Barry (Principal)

tonybarry@stkevinscc.ie or Phone 0867961399

Mr Duffy (Deputy Principal)

ciaranduffy@stkevinscc.ie or Phone 0858715946

Ms Dalton (Home School Liaison)

deirdredalton@stkevinscc.ie or Phone 0857622992

Facebook

@stkevinscc.clondalkin

Twitter

@stkevinscc1

School Website

PLEASE CONTINUE TO
CHECK OUT OUR
SCHOOL'S WEBSITE
WWW.STKEVINSCC.IE
FOR UPTODATE
DETAILS,
ANNOUNCEMENTS AND
USEFUL RESOURCES
THAT MAY HELP YOUR
SON/DAUGHTER WITH
THEIR STUDIES. THERE
ARE ALSO SOME
USEFUL LINKS AND
IDEAS TO KEEP THEM
OCCUPIED DURING THE
EASTER HOLIDAYS



Essential food supplies have been delivered to several families of St Kevin's CC in the last week. We will be doing this for the next few weeks - please let us know if you would like us to deliver some food to you (for example bread, milk, cheese, butter, yoghurt, fruit etc). Also, we may be able to only deliver items like rice, pasta, tinned goods from now on - let us know which you would prefer by lunchtime this Friday. Leave message here or ring Deirdre Dalton on 085 7622992

Teachers are now busy posting work on Office 365.

all students should check their Office 365 (school e-mail) account each day and complete the work given. If you

have any issues with your school email please contact Mr Duffy (ciaranduffy@stkevinscc.ie) or call 0858715946

Please remind students to communicate appropriately when using online platforms and to follow our Acceptable Use Policy at all times. We encourage students to structure their day

well when working at home, to follow their school timetable and adjust times as needed to suit individual family circumstances.

We ask all parents and students to remain calm at this time and would like to reassure especially our exam students that the State Examinations Commission and Department of Education will work with schools and may

amend deadlines as needed. We will inform you the second we hear anything about the running of the state examinations.

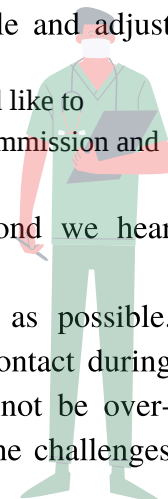
We are now being asked to keep to ourselves as much as possible. Thankfully we have modern technology to help us stay in contact during this time. The importance of staying away from others cannot be over-emphasised if we are to help our health workers deal with the challenges that will face them over the next few weeks.

This does not mean that pupils cannot take breaks outside and go for walks, especially if the weather is nice., within 2km of your home. But please keep your distance.

For Exam students in Third and Sixth Year check out the app "Pocket Papers". This simplifies access to past exam papers - you can even listen to the aural sound track as you read the aural papers - and all on your smartphone.

We have a list of useful websites and resources on our school website, as well as a fitness and well-being video with tips from Mr Smith and how to stay fit while being at home. Please check our website regularly for updates (www.stkevinscc.ie).

Please encourage your son/daughter to check in on their work and do as much as they can each day.



Wellbeing & Health

Fitness, Health & Wellbeing

Helpful tips to keep healthy and fit during this period of social distancing – Thanks to Mr Smith for the tips and advice.



Check our fitness tips from Mr Smith here
<http://stkevinscc.ie/fitness-health-wellbeing/>



Things can feel overwhelming right now but try to remember that everything in life is temporary. These feelings you have right now won't be forever. Things will get better. If you need to speak to someone, Ms Ní Chrualaoich is available at sorchanichrualaoich@stkevinscc.ie during school hours

Parents' Page



It's ok to ask for help.

Never has so much been asked of parents.

Call 1890927277 or 01 8733500

Parentline can help.

Our helplines are open from Monday to Thursday 10am to 9pm and Fridays 10am to 4pm.

Parentline is a free, National, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Sometimes all parents need is a friendly, listening ear. You are not on your own. Parentline volunteers are extensively trained in listening and counselling skills.

There is no typical call. Parents call with all sorts of problems and children of all ages offer different parenting challenges. Anxiety, anger, aggression, isolation and loneliness, bullying, discipline, frustration, school refusal, drugs, teenage issues and verbal and emotional abuse are just some of the main reasons for the calls we receive daily. What all our callers have in common is that they are seeking help, support and guidance. The vast majority of our callers are overwhelmingly satisfied with the service offered and the assistance received.

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COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- | | | | | | | |
|--|---|---|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time | | | | | |
- “Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Message from our Chaplain - Mr Gorham

Hi everyone,

I hope this finds you all well, safe and happy. I am thinking about you all, both students and staff. As we are approaching Easter, you are all in my thoughts and prayers especially all of those in our school community affected directly by the virus in different ways. Many of you have a family member who works in a Hospital, the civil service, homeless charities, grocery shops or the defence forces, to name a few. These people are at the centre of this pandemic and have shown us how vital they are in our everyday lives at this testing time. They deserve all our respect and admiration during this time. Maybe, if you know someone who is risking their health on a daily basis, you can let them know that you are grateful for their hard work.

I am also thinking about, and praying for, those in our lives who have had to cancel important plans such as birthdays, family functions, weddings, communions, confirmations, holidays concerts, matches and so on. Once this has blown over, you will have a chance to celebrate.

I am also very sympathetic to our third year and sixth students during this time. An event like this has not happened in my lifetime so I have no idea what it must be like for you all, especially with the lack of information out there on what is going to happen. I am sure it can be hard to keep motivated without being in school, but keep going. Do what you can do and know that there is a community of staff there for you on the internet to offer guidance and to give help. Keep a timetable, set up a quiet space to work in and most importantly, keep going!!!

For all students and staff who may be feeling extra anxious during these times, Aware are offering an online life skills programme you can register to do - check out www.aware.ie/education/life-skills-online-programme. Their site also gives good advice for managing your mental well-being at this time. aware.ie/information/covid-19-and-awares-services/. Many mobile apps have made themselves free to use during this time and are worth checking out here: <https://covid19.shanehastings.eu/giveback/>. I highly recommend downloading the headspace app and using it during this time.

I really hope you all are well and happy.
Enjoy your time with your loved ones, and have a Great Easter.

The full letter can be viewed here -
<https://tinyurl.com/wpk3fq5https://tinyurl.com/wpk3fq5>



Keeping the Troops Entertained

Bake something Cook something Make the bed
Clean your room Read a book
1 hour of school work = 30 mins on playstation/X-Box
Write a short story Write/Read poetry
Listen to new types of music
Talk to friends on Skype/Whatsapp/Facetime etc
Call your grandparents/relatives
help siblings with school work
Design your own new computer game
draw/ paint/ create something
make a new sport/game to be played out the back garden
use youtube to learn a new skill - origami, coding, music,
language
Catch up on school work - email teachers and ask for work
develop a new recipe
plays cards - no cards? Make your own set
Play board games - no board games? Make them!
Do 10 mins of exercise every day
watch a documentary on Netflix/watch something you'd never
normally do
Push your limits and go outside your boundaries
Create your own blog/podcast/website
Use online tutorials to learn how to use email/365/outlook
account
learn 10 new things about each person in your house
be nice to your family - even if it's hard sometimes
start a diary make photo albums read a newspaper
create your own newspaper design clothes/fashion
make a cup of tea for your family without being asked