

# CIC Summerhill College Newsletter

23<sup>rd</sup> April 2020



## PRINCIPAL'S ADDRESS

Happy Easter and welcome back to the final term for this academic year. This is the first in a series of newsletters we are publishing to give some guidance to all in our school community during this difficult time for everyone. Our thoughts and prayers remain with those providing front line services and in particular those in our health services. I want to express thanks to all Parents/Guardian for their support during this time and I express my deep gratitude and appreciation to the college staff who have made every effort to ensure our students remain focused on their coursework, revision and study through the platform of Google classroom. We are asking all Parents/Guardians to fill out our Online Learning Questionnaire here so we can know how you are getting on with remote learning and scheduling coursework and study.

We expect the arrangements in relation to the Leaving and Junior Cert examinations to be published in early June and ask that all stay calm, focused and keep working over the coming weeks to be prepared for the exams whenever they will happen.

Finally thank you to those who have contributed to this newsletter which will provide some good practical suggestions and tips for the coming days and week.

Please stay safe and remain together by keeping apart. If you need to contact any of our staff please email us [info@summerhillcollege.ie](mailto:info@summerhillcollege.ie).

Paul Keogh,

Principal,

CIC Summerhill College



### Useful Links:

[FAQ's RE: Leaving Certificate Reschedule](#)

[Student Guide to using Google Classroom](#)

[List of Google Classroom Codes](#)

## HAPPY EASTER

*May the Spirit of hope that Easter brings,*

*help you find contentment in little things.*

*Like a walk in nature, or a phoned call with friends,*

*what will you remember when all this ends?*

*I pray we will have the wisdom to accept what we must now do,*

*the courage, the perseverance and the strength to see it through.*

*I hope this Easter season you find peace within your heart,*

*and feel our Lord's gentle presence with you as we all try to do our part.*

*Amen*

# MIND YOUR MENTAL HEALTH

## A Message from the Chaplain

In times of crisis, people have instinctively come together to share experiences, show solidarity, and to help each other. This social support has proven to be an important factor in protecting against the negative impact that these events can have on our mental health. The outbreak of the coronavirus is unprecedented in that the advice to self-isolate and distance ourselves from others is the exact opposite of what we as human beings want to do in times of crisis. It is important in the first instance that we are aware of and acknowledge our own emotions. We may, at different stages, be feeling worried, angry, sad, restless, irritable or helpless. Whatever our experiences are, they are valid. In the words of Viktor Frankl, "an abnormal reaction to an abnormal situation is normal behaviour."

## Tips for Minding your Mental Health:

Stay informed but set limits for news and social media.

Keep up your healthy routines:

- ✚ Exercise regularly (within 2km)
- ✚ Keep regular sleep routines
- ✚ Maintain a healthy, balanced diet
- ✚ Practice relaxation techniques such as breathing exercises
- ✚ Read a book
- ✚ Search for online exercise classes, concerts, or religious services
- ✚ Improve your mood by doing something creative

Stay connected to others – through digital technology with those outside the home and through shared activities with those at home e.g. board games.

"When we are no longer able to change a situation, we are challenged to change ourselves." – Viktor Frankl



## Link to Helplines & Supports:

[Mental Health Services](#)

[Mr Tivnan's Health & Wellbeing Website:](#)

[Health & Wellbeing](#)

[Chaplains' Video Message:](#)

[Video Message](#)

[Chaplaincy Contact:](#)

[dmccann@summerhillcollege.ie](mailto:dmccann@summerhillcollege.ie)

## A MESSAGE FROM THE PARENTS' ASSOCIATION

Hello all, I hope everyone is staying safe and well.

These are unprecedented, unsettled and troubling times for our sons, parents and teachers, we are all on a new and unknown learning curve. I would like to extend thanks on behalf of the Parents Association to the staff and teachers in Summerhill College for continuing on with classes and communication with our sons through Google Classroom. I would also encourage us all to interact and utilise Google Classroom and to try where possible to maintain a routine of some sort throughout each day.

At the moment all our families have different needs, some are focusing on school work, some are focusing on mental health, some are focusing on survival, and we all have different needs. Let's all be supportive of each other.

Let's all stand together by not standing together.

Stay Safe,

Mary Moore, Parents' Association Chairperson



~ THANK YOU ~

Thank you to our Senior Soccer Team for providing a great example of how we can continue to work together while staying apart. Check them out:

[Toilet Roll Keepie-Uppie Challenge](#)





## Guidance Team News

As we begin our final term, just like after any break or holiday, it can be difficult to get back into work. We all have to settle into routines again, but routine will help us settle back quickly into our work. So we would encourage you to take every day as a normal school day, stick by your timetable, make a note of assignments and work which have been assigned and make a schedule for the day for yourself. Engage with your teachers, try your best, take breaks when needed, get fresh air and go for walks when you're feeling a lack of motivation or fatigue. A balance of routine, work and rest will be of great benefit to you.

### Leaving Certificate students:

These are difficult times for you and your families. We await clarification on many issues, therefore we will try to keep you up to date on ongoing college entry via email, the school App and the Summerhill College Guidance Twitter feed. I would encourage you to follow us on twitter.

Some useful links below on exam postponement and use of Classroom Guidance an excellent information tool on all things Careers:

<https://www.unicef.ie/stories/coping-with-exam-postponement/>

<https://www.youtube.com/watch?v=EHurGxrtTug>

A few things that some of you may be interested in; Many of the colleges are running online Q&A sessions, there are some links below for IT Sligo LYIT, Maynooth and DCU. Check college websites that you may be interested in, sign up to their email list or follow them on their social media for more information.

IT Sligo 5th-7th May 1-2pm

LYIT Friday 24th April 7-7:30pm Fiona Kelly -LYIT Facebook page

<https://openday.maynoothuniversity.ie/>

<https://www.dcu.ie/studentrecruitment/useful-links.shtml>

### SUSI- Grant Application

Also the SUSI Grant application process will open on April 23rd, you need to check the various documentation required on their website.

<https://susi.ie/your-susi-application/new-applicants-what-to-do/>

### Scholarships

If you are applying for scholarships, information can be found on;

<https://careersportal.ie/scholarships/>

Some colleges have started their process for sports scholarships.

<https://www.nuigalway.ie/sports/elitesport/>

<https://www.dcu.ie/sports-wellbeing/about-performance-sports.shtml>

### Apprenticeships

Don't forget about Apprenticeships. A link to one which is very relevant to the times we live in:

<https://www.laboratoryapprenticeships.ie/>

More information on all apprenticeships available on link below:

<http://www.apprenticeship.ie/en/SitePages/Home.aspx>

### PLC's

I would advise students to apply for a PLC course as a backup to what you may be thinking of doing next year. Many people dismiss PLC courses but they are a great stepping stone into college as the majority of college courses allow a percentage of PLC graduates into their programmes. You may have no intention of doing a PLC course, but with the uncertainty around at the minute, a year on a PLC course might ease some worry at this difficult time.

PLC places are offered based on date of application, the earlier you apply the better as you may not have the same availability of course the longer you leave it. Here is a link for Sligo College of Further Education to give you a sample of what's on offer:

<https://www.sligocfe.ie/>

#### FINALLY:

THE CORONAVIRUS HAS IMPACTED GREATLY ON ALL OF YOU. IT'S EXTREMELY DIFFICULT. WE STILL AWAIT CLARIFICATION ABOUT MANY THINGS ESPECIALLY THE LEAVING CERTIFICATE. IF YOU HAVE ANY CONCERNS PLEASE CONTACT THE GUIDANCE DEPARTMENT VIA EMAIL AND WE WILL ENDEAVOUR TO HELP YOU AS BEST WE CAN. MIND YOURSELVES AND WATCH OUT FOR EACH OTHER.

[DCONNEELY@SUMMERHILLCOLLEGE.IE](mailto:DCONNEELY@SUMMERHILLCOLLEGE.IE)

[MTAYLOR@SUMMERHILLCOLLEGE.IE](mailto:MTAYLOR@SUMMERHILLCOLLEGE.IE)

*"THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT" MAHATMA GANDHI*

## AEN Team Update:

The HSE has been in touch with NEPS to share information about a Stress Control programme that is being provided free online. The programme is for adults, but under 18 year olds are encouraged to participate with their parents. It may be a useful programme for Leaving Certificate students and/or parents to access for support at this time. It began on Monday April 13th. Details about accessing the first two sessions at:

[https://www.youtube.com/channel/UCACjHz3TTiM7ieqJfziU\\_EQ](https://www.youtube.com/channel/UCACjHz3TTiM7ieqJfziU_EQ)

There are also booklets to accompany the online sessions.

More details can be found here: <https://stresscontrol.org/> and the link to the YouTube introductory video is here:

[https://www.youtube.com/playlist?list=PL\\_BKErj\\_jISQHKFtHPCRmEctDtcNCCowB](https://www.youtube.com/playlist?list=PL_BKErj_jISQHKFtHPCRmEctDtcNCCowB)

## Growth Mindset Photography Competition

Take a photograph and insert a growth mindset quote over the image.

Submit your entry to:  
[info@summerhillcollege.ie](mailto:info@summerhillcollege.ie)  
by 8<sup>th</sup> May 2020

T&C's: The photograph must be your own. The quote must be related to a growth mindset.

Prizes for the best entry from each year group.

## Digital Tool of the Week

**scoilnet**

Scoilnet is a portal website that provides access to resources for teachers, parents and students. Scoilnet also provides free access to Encyclopaedia Britannica.

Post primary students can avail of a dedicated homepage where highlights from the Resource Finder such as quizzes and interactive activities, articles and other related links are available.



FACES FROM THE FRONTLINE  
WELL DONE TO OUR PAST  
PUPIL DYLAN TONER WHO  
IS BASED IN SWORDS. HE IS  
PLAYING HIS PART IN  
RESPONSE TO THE NEEDS  
OF THE LOCAL  
COMMUNITY.  
IF YOU HAVE A  
PHOTOGRAPH OR KNOW  
OF ANY OF OUR PAST OR  
CURRENT PUPILS ASSISTING  
WITH FRONT LINE SERVICES  
EMAIL US THE DETAILS:  
[INFO@SUMMERHILLCOLLEGE  
.IE](mailto:INFO@SUMMERHILLCOLLEGE.IE)

## ~ THANK YOU ~

THANK YOU TO MR KEENAN AND MR MORAN FOR ORGANISING THE DELIVERY OF SCHOOL PERSONAL PROTECTIVE EQUIPMENT TO SLIGO UNIVERSITY HOSPITAL. WE HOPE THIS DONATION WILL HELP ASSIST FRONTLINE WORKERS.

