



### Newsletter for Incoming Students

Welcome to the St. Louis Community School newsletter, which is intended to answer some of the questions our incoming First year students may have about starting Post-Primary school. Starting a new school is exciting, but it can also be tinged with a little nervousness and fear as you prepare to leave the comfortable surroundings of the National school you enjoyed for the past eight years. We don't want any of our students to be worried about starting in St. Louis, so if this newsletter doesn't answer your questions, it is important you ask your parents or guardians to pick up the phone and ring us on 094 93 81228.

#### *Why choose St. Louis Community School, Kiltimagh?*

St. Louis Community School, Kiltimagh is a co-educational school with a happy, positive atmosphere that will help you to develop to your full potential. We offer a comprehensive range of subjects and programmes, JC, JCSP, TY, LC, LCVP and LCA and we work hard to meet the educational needs of students of all abilities. We put a lot of time and effort into our timetable construction to ensure our students get their top five subjects. We are innovative and progressive when it comes to teaching and learning and we aim to provide a holistic education with varied enjoyable educational experiences. The many extra curricular opportunities that are offered in St. Louis also allows students to explore their talents and interests outside of the curriculum.

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## What if I find school difficult?

If you found National School difficult, you might be worried about being able to keep up with all the school work in post primary school. If you have an Irish exemption you will receive extra literacy or numeracy support.

We have an extra Maths class and an extra English class for every year group in our school. Students who find Maths and English extremely difficult can go into the very small resource class and the class goes at a much slower pace or the extra teacher on the line may go into the regular class and assist you and the students that are finding the subject difficult.

If you have great difficulty writing you may qualify for assistive technology, you may get a little laptop and you can type all of your class work and your homework on it. However, strict criteria must be met to qualify for a laptop.

We offer first year students lots of practical subjects so if you find reading and writing difficult you can choose lots of practical hands on subjects such as Art, Home Economics, Woodwork, Metalwork etc. You do not have to choose a language if you do not want to.

*It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.*

*Daniel Kahneman*

### BBBS

Our first year students get to take part in the Big Brother Big Sister programme for one hour every Thursday morning. Three first year students will be assigned to one fifth year student and the aim of the programme is to help you to develop friendships and settle into your new school. During the BBBS class the students get to enjoy jiving lessons, Balloon modelling, boxercise, treasure hunts, wellbeing activities, cookery classes, problem solving challenges, first aid and team building exercises. All of our students really enjoy the BBBS programme and they look forward to it every Thursday.

## What will we be doing on the first day in St. Louis?

We will be starting the first day of school with a welcome service for all first year students and their parents / guardians. The service only lasts about 20 minutes but it is an opportunity for parents and students to start the school year together. After the prayer service the students will have an assembly and your parents / guardians / grandparents get to have a cup of tea and a biscuit.

At the assembly you will be given the schedule for the day and we will answer any questions you may have. Then you will be divided into the various class groups. When you go to class we will give you a homework journal and your teacher will explain how to use it. You will also receive your timetable and that will be explained in detail. Later in the day you will be assigned a locker and then you will receive all the books you need for the year. The Prefects will help you to sort out the books for all the different subjects and they will help you to organise them in your locker. We will be taking your photo at some stage during the first day, this will be used to identify you on the school computer system. You will also get a tour of the school and if time permits you will get to take part in a treasure hunt. On the second day of school all students will have some regular classes, computer lessons and some fun activities.

## After school.

If you had an educational assessment you may qualify for a place in the Homework club after school. Some of the kind ladies in the Homework Club will help you to complete your homework and you will get a free sandwich and a drink. The Homework Club starts at 4.15pm and finishes at 5.30pm Monday to Thursday.

Evening Study is available to all students from 4.15pm to 6.15pm, Monday to Thursday and 2.00pm to 4.00pm on Friday.

If your parents are working and you can't be collected until 5pm you can go to either the Homework club or Evening Study for an hour.

Unfortunately there are costs involved with Evening Study.

## What if I don't like the Option subject I chose?

If you are unhappy with one of the option subjects you chose, I suggest first of all you give the subject a chance, try the subject for a few weeks. If you are certain you would like to change to another subject, speak to your parents and then speak to Ms. Ruane, just to be sure you are making the right decision. Get your parents to write a note in your homework journal giving you permission to change subjects and bring this note to one of the Deputy Principals. You will be moved into the subject of your choice provided there is space in that subject. If there is no place in your number one choice you will be moved into your next choice subject. Think carefully when choosing your subjects, have a look at the school website [www.stlouiscs.com](http://www.stlouiscs.com) or have a good read of the subject booklet in your pack.

## What if I feel sick?

If you feel sick and you really feel you cannot stay in school, then you tell your class teacher that you don't feel well and you want to go home. Then you gather your belongings, go to the school office and tell Rena or Imelda that you want to go home. They will ring your Mum or Dad to collect you. Don't worry if you don't know their phone number, we have all student's contact numbers on our school administration system. You cannot leave the school without your parents or guardians signing you out so they must come into the school office to collect you. If for some reason you are late to school in the morning, your parents or guardians must sign you in. These rules are to ensure our students are kept safe at all times. Your safety is always our priority.

## **I'm afraid I will get lost**

When you first come into our school, you will think it is enormous but it's not really! Our school is basically a square on four different levels (floors) You will have a room number on your timetable and within a few days you will have figured out exactly where you are going and how you are going to get there. If your class is on the second floor then the room number on your timetable will say 2-113 for example the first number is always the floor level

### **What do I bring to school on the First day?**

- A school bag, labelled with your name.
- 1 copy
- 1 biro
- A healthy snack or €2. to go to the canteen at break time.
- A sandwich and a drink or €3. to get lunch in the canteen.
- A lock for your locker, available in Diamonds Hardware shop, Kiltimagh.

### **Mobile Phones**

If you decide to bring your mobile phone to school you must ensure it is turned off and out of sight. If a member of staff sees you with your mobile phone any time before, during or after school in school or on school grounds, it will be confiscated and returned to you after 1.20pm on Friday when your parent / guardian collects it.

There are no exceptions to this rule. If

you need to make a phone call you can gladly go to the Admin office or either of the Deputy Principals offices. This rule is in the interest of our students and staff and it is to protect everyone's privacy .

Sometimes a teacher may ask you to take out your mobile phone in class to complete a particular task, this is fine as the teacher has given you permission to use your mobile phone.

### **What if I am not happy in St. Louis?**

If you are not happy in St. Louis for whatever reason you need to tell your parents. I would advise you to talk to somebody, either the Guidance teacher, Chaplain, your Big Brother or Big Sister, one of your teachers, Deputy Principal or the Principal. We want all of our students to be happy, if you are happy you will do well. There are lots of people to help you, so if you don't like coming into school be sure to talk to somebody.

If you are not comfortable speaking to any of the above, then I strongly urge you to get your parents / guardians to ring the school and explain the situation.

Remember: A problem shared is a problem halved.

Every Tuesday the Pastoral Care team meet to discuss student's concerns, interventions can be put in place to help you enjoy school.

## Is there really a free breakfast in St. Louis?

Our school opens at 8am every morning and there is supervision from that time. The first bus arrives at 8.15am and free breakfast is provided from 8.15am 8.55am. It is not the full Irish but students can avail of cereal, toast, fresh fruit, tea or orange juice free of charge. It is very important that you have a healthy breakfast every morning as it breaks the overnight fast and aids concentration.

Our students enjoy sitting together and having breakfast, it's an opportunity to relax and catch up on all the latest student news.

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*Do your best and have no regrets. .*

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## I hear schoolbags are very heavy in secondary school.

Schoolbags are extremely heavy in secondary school if you don't use your locker wisely. All of our classes are one hour in duration so you have a maximum of six subjects in a day. When you come into school in the morning you should go to your locker and put all of your books into it except the books required for the first two classes. At break time you should put the books from the first two classes into your locker and take out the books for the next two classes. After you have eaten your lunch you should put the books you had for classes 3 and 4 into your locker and take out the books you require for the last two classes. When you are going home in the evening you should bring home all the books for the sub-

jects in which you have been assigned homework. You may not get homework in all of the subjects as we try to ease you in gently with the homework. It is very important that you record all of your homework in your homework journal as otherwise you may forget what you have to do.

## Uniform.

Our School uniform is available from or Philips in Claremorris, Inese in Kiltimagh or Fordes in Ballyhaunis.

## Girls Uniform.

- Cream Shirt.
- Navy Jumper
- Check skirt-knee length
- Black shoes / runners.
- Black socks / tights.
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## Boys Uniform.

- Grey Trousers
- Wine Jumper
- Grey Shirt.
- Black shoes / runners.

Please note—the shoes or runners must be **completely black**, there can be no coloured writing, symbols or embellishments on the shoes or runners.

## The School Day

### **Monday—Thursday.**

Class 1 : 9.00 - 10.00am

Class 2: 10.00 - 11.00am

Break : 11.00 - 11.20am

Class 3 : 11.20 - 12.20pm

Class 4 : 12.20 - 1.20pm

Lunch: 1.20 - 2.00pm

Class 5 : 2.00 - 3.00pm

Class 6 : 3.00 - 4.00pm

Home Time.

Please note school finishes at 1.20pm of Friday.

## **I spilled milk on my uniform when I was having my breakfast!!!**

We expect students to be in full uniform at all times but if something happens and you are not in full uniform for some reason, don't get upset about it. Ask your parents or guardians to write you a note explaining what has happened. When you get into school go to one of the Deputy Principals and explain why you are out of uniform. The DP will then put a note in your journal. Please do your best to get your uniform sorted as soon as you get home from school.



Contacts for St. Louis Community School.

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- [www.stlouiscs.com](http://www.stlouiscs.com)
- Facebook St. Louis CS
- Instagram: St. Louis CS
- Twitter: St. Louis CS

I hope you have enjoyed reading our little newsletter which is intended to answer some of the questions you may have about starting secondary school.

With best wishes for a good transition to post-primary school,

Ms. Regina Anderson,

Principal,

St. Louis Community School, Kiltimagh.

