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St Colman's College,
Castlegar,
Claremorris,
Co. Mayo.

Principal
Mr. Roy Hession

Deputy Principal
Ms. Maria Byrne

5th February 2021

Dear Parents/Guardians,

Happy Friday!

Hope you are all doing well as we reach the end of Week 4 of the current online teaching/learning spell in St. Colman's College. It is quite tough for everybody to sustain the great efforts that have been made since early January and we would like to commend all your efforts to date. Well done!

Over the past week Ms. Byrne and I have had online meetings with various student groups (1st Years, Student Council, Prefects) to hear how they are doing and to take suggestions from them as to how best to maintain those great efforts. The feedback from the students is very honest and sincere and we really appreciate their engagement. They tell us that they are finding the going tough, but generally manageable overall. We intend to have a 'Drop and Move' afternoon next Wednesday 10th February from 2 - 4pm where all teachers and students will take the afternoon to get outside and have a walk, a run, a jog or a cycle. We are asking everyone to leave the device behind, leave the phone out of reach and just do some kind of physical activity during that afternoon. Please see the poster attached to this email.

I am also attaching two letters from the CSSPA (Catholic Secondary Schools Parents Association), and contact details of TDs, which they have asked us to send to all parents/guardians.

<https://stcolmans.vsware.ie/control/comms/attachments/1362?userInfoId=0>

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REMINDER: We would like to remind students, parents and the general public that use of the school grounds is not permitted.

Please continue to keep in contact with us on office@stcolmans.ie or by phone on 094 93 71442 if there is anything we can do to help you in any way.

Take care and God Bless,

Roy Hession

Principal