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

Principal
Mr. Roy Hession

Deputy Principal
Ms. Maria Byrne

22nd January 2021

Dear Parents/Guardians,

Just one or two things to keep in mind as we finish week two and head into our third week of Remote Learning...

Student Learning – This lockdown is NOT the same as the first lockdown of March 2020. We are all much more comfortable with TEAMS and the Microsoft Office system that we use in the school and we all know how to engage fully with our teachers. Some teachers are going live to their classes via TEAMS Meetings, some are pre-recording lessons and others are setting assignments. Each day, Monday to Friday, is like a NORMAL school day. You are expected to be up in the morning ready for a 9am start. Take your breaks like we do in school, attend your live classes and complete all work as per the deadlines your teachers set. If you have any difficulties contact your teacher and explain the situation. **Please remember we are here to help.**

Student Behaviour – The School Rules still apply in all engagement with school work and teachers. In St. Colman's College we take great pride in our students' behaviour. The majority of you behave with great care and respect for yourselves, for others and indeed for your teachers. Any student who breaches school rules will be dealt with under our Code of Behaviour. Because we are now working online, we would remind students of our rules in relation to recordings/taking of images. This is strictly forbidden. Any disruption of a teacher's class will be treated as a very serious breach of our Code of Behaviour and will be dealt with by School Management. We must remember that when we are online we are still obliged to treat all others with whom we engage, with the utmost respect and understanding.

Student Wellbeing - We would encourage every student to get outside in the fresh air every day. **More movement = better mood.** We know it is very hard to stay motivated and focused in the current lockdown. You are missing your friends, missing sport and missing the routine of school! Set yourself a challenge, help your grandparents, go for a jog, help the local farmer, visit an elderly neighbour at their wall, find some way of doing something for someone else which takes the sole focus off the lockdown, and how

confining it is. If you feel the need to speak to someone please feel free to contact us in the College and we will be available to help you. These are difficult days for everyone so we need to mind ourselves, remain positive and do our best. **There will be times when we are frustrated – remember that is normal. We accept that, and then we re-focus and move on.**

Please see the attached link below from the www.hse.ie website which offers some very good advice (copy and paste the link into your browser).

<https://www2.hse.ie/wellbeing/mental-health/covid-19/young-peoples-mental-health-during-coronavirus.html>

Parent/Guardian Contact - We have contacted parents/guardians to offer help and support and will continue to do this. On a few occasions we have had to make contact to enquire whether students are completing their work. We will always contact the student first and give him a chance to explain and catch up on the missed work. If any parent wishes to speak with us please email us on office@stcolmans.ie and we will do our very best to help.

Roy Hession

Principal