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

*Principal*  
Mr. Roy Hession

*Deputy Principal*  
Ms. Maria Byrne

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13<sup>th</sup> January 2021

Dear Parents/Guardians

Hope you are keeping well. Please find attached a letter from Minister Foley for your information.

Please continue to encourage your sons to engage actively online with their teachers, they need impetus from home and from school to keep them motivated. Learning online presents many challenges so we need to keep all the students on task. It is also absolutely essential that the lads take breaks, eat well, sleep well and keep well hydrated at all times. This present situation will pass and when it is finally over we want the students to feel that they really benefitted from the experience and that it was generally productive and worthwhile, overall.

Please continue to engage with us at [office@stcolmans.ie](mailto:office@stcolmans.ie) or call us on 094 93 71442 if you have any queries or issues that we can help you with.

Many thanks,

Take care and stay safe,

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Roy Hession

Principal