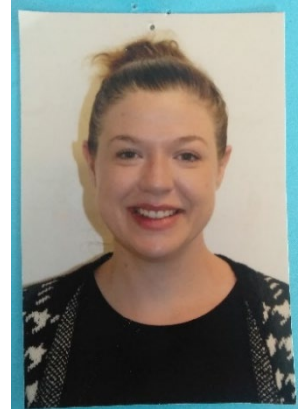


PARENTS INFORMATION BOOKLET



HOME SCHOOL LINKS



WELCOME TO RINGSEND COLLEGE

We wish to extend a very special welcome to the parents of new students starting secondary school in Ringsend College.

My name is Sonya Murphy and I am the Home School Community Liaison teacher in Ringsend College. My role is to link with parents/guardians, teachers, students and relevant agencies in the wider community to ensure parents and students are encouraged and supported throughout their time in the school. The aim of the scheme is to promote participation of parents in their children's education and to foster positive relationships between the home and the school.

Early in the New School Year I would aim to meet all the parents/guardians of our new 1st Years. This year things will be different unfortunately due to the new restrictions in place. I would rather meet you in person but as it won't be possible to have our usual First Year meeting. If you would like to meet with me my contact information is:

Mobile: 0864412686
Email: hsclringsend@hotmail.com
Ringsend College Landline: (01) 6684498 ext: 200

between 10:50 – 12:50 Tuesday to Friday.

Please contact me using the details above to schedule a meeting to informally discuss development/education issues and to ensure your child is transferring successfully from primary to secondary at Ringsend College during school hours.

Thanks a million,

Sonya Murphy



WHO TEACHES MY CHILD?

YEAR HEAD: MR. LUKE GREENHALGH

(01) 6684498, EXT. 224

English	Luke Greenhalgh/Adrian Cryan
Irish	Nadine Haugh/ Clíona McNeela
Maths	Íde Mhic Gabhann
Science	Eimear Donovan/Jonathan Walker
Religion	Áine McNally Woods
SPHE	Eimear Dooley/Miriam Carley
PE	Ger Byrne
Home Economics	Ciara Moran
Business	Pat O' Donnell
CSPE	Joseph Stynes
JCSP	Clíona McNeela
Metal Work	Joseph Stynes
History	Eimear McGauran
Art	Eimear Dooley
Materials Technology (Wood)	Eric Kenny
Geography	Ger Byrne, Miriam Carley
German	Eimear McGauran
Guidance Counsellor	Christine Jones
Tutors	Áine McNally Woods/ Eimear Dooley
Principal	Paul Ryder

New Timetable Structure September 2020

Time	Monday	Tuesday	Wednesday	Thursday	Time	Friday
08:48 – 09:00	Tutor & Student Wellbeing				08:48 – 09:00	T & S Wellbeing
09:00 – 10:00	P1	P1	P1	P1	09:00 – 10:00	P1
10:00 – 11:00	P2	P2	P2	P2	10:00 – 11:00	P2
11:00 – 11:10	Break	Break	Break	Break	11:00 – 12:00	P3
11:10 – 12:10	P3	P3	P3	P3	12:00 – 12:30	Lunch
12:10 – 13:10	P4	P4	P4	P4	12:30 – 13:30	P4
13:10 – 13:45	Lunch	Lunch	Finish	Lunch	13:30 – 14:30	P5
13:45 – 14:45	P5	P5		P5	Finish	Finish
14:45 – 15:45	P6	P6		P6		
Finish	Finish	Finish		Finish		

*There is a short break on a Friday between the first 3 lessons for 10 minutes also.

TRANSITION FROM PRIMARY TO POST-PRIMARY ADVICE FOR PARENTS:

Here are some tips from Graham Richmond to help you along the way.



It's important to stay in touch:

Stay in touch. In many ways, the move from primary to post-primary is similar to your child's very first day in school. On the surface, of course, things look different but in other ways, things have not changed at all. It's still really important to ask your child how their day was – and it's still really important to listen for their answer. Your child's answer might be contained in what they say – or what they don't say. But you are still the person who knows your child better than anyone. So stay interested, stay engaged and stay in touch.



Be predictable – in a good way!

All children respond well to routine. Structure the day so that things are predictable. It helps children a lot when they know what time of day they're expected to wake up, eat, and sleep. If the core routine is solid at home, this helps your child to take things in their stride during the school day.

Homework



On average, a First Year will have one-hour of homework every night. As our students have been out of school for longer than usual before starting first year, we are giving very little homework at the moment. The focus is to let everyone settle back into school and have an enjoyable time. Students will be asked to do small amounts of work using the school's online platform Google Classroom to allow students to familiarise themselves with this platform to help with their learning both in school and at home. Remember, teachers understand that balance is important: they will want to see students working well, and they also understand that every student needs to be able to switch off too.

Eat well



Every young adult will have a more positive post-primary experience if they are in good health. A healthy, balanced diet is a huge step in the right direction. Steer your child away from junk food and takeaways. Focus on fresh, simple foods. You don't need to be a MasterChef contender! Just ensure your child eats regular meals that include plenty of fruit, vegetables and complex carbohydrates.

Sleep well



instant access to content over which you have no control. You can't constantly monitor your child, so you need to educate them about using the Internet and social media responsibly. Explain to your child that anything they see on a screen can be real or fake. Encourage them to open their eyes to the real things and real people all around them. This helps pave the way towards psychological wellbeing.



Mind yourselves

As a society, we are learning more all the time about good mental health. We know that a healthy diet, quality sleep and regular exercise are important for staying well. And we can see that psychological health is vital too. A problem shared is a problem halved. Nobody should suffer in silence. If you or your child are having any issues, remember that help is available. Your GP is a great source of advice, as well as the teachers at your child's school. Confide in the people who can help. The transition from primary to post-primary is a journey. Inevitably, there will be ups and downs – for your child and for you. We can't predict everything that will happen, but we can prepare ourselves well. Knowledge helps us to meet whatever challenges might lie ahead. If we stay present and keep learning, we will know that we did everything possible for the next generation.

I have taken these tips from the Folens 'Transition from Primary to Post-Primary: A Guide for Parents' written by Graham Richmond. Graham is a secondary school teacher, counsellor and sports coach in East Glendalough School. With over 20 years' experience working in education, he is acutely aware of the difficulties and challenges many students face during the transition from primary to secondary school. Graham also gives talks to parents, across Dublin and Wicklow, providing them with information and guidance on how best to support their children during this transition.

I hope that you have found this useful.

HEALTHY EATING

-DEVELOPING HEALTHY EATING HABITS-



Children develop a natural preference for the foods they enjoy the most, so the challenge is to make healthy choices appealing. Of course, no matter how good your intentions, it's always going to be difficult to convince your twelve-year-old that an apple is as sweet a treat as a cookie. However, you **CAN** ensure that your children's diet is as nutritious and wholesome as possible, even while allowing for some of their favourite treats.

TOP TIPS TO PROMOTE HEALTHY CHILDHOOD EATING

- **Have regular family meals.** Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.
- **Cook more meals at home.** Eating [home cooked meals](#) is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.
- **Get teenagers involved.** Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.
- **Make a variety of healthy snacks available instead of empty calorie snacks.** Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.
- **Limit portion sizes.** Don't insist your child cleans the plate, and never use food as a reward or bribe.

THE SPECIAL NUTRITIONAL NEEDS OF TEENAGERS

This is growth spurt time: Teenagers gain about 20% of adult height and 50% of adult weight during adolescence. Because growth and change is so rapid during this period, the requirements for all nutrients increase. This is especially true of calcium and iron.

EATING DISORDERS IN TEENS

Adolescents and teens are at a high risk of developing [anorexia](#), [bulimia](#), or [binge eating disorder](#). Eating habits, however, are pretty well set by now, and if your child's choices are less than ideal, it can be a challenging time for a course correction. The best way to make teen dietary changes is to present information about short-term consequences of a poor diet: appearance, athletic ability, energy, and enjoyment of life. These are more important to most teens than long-term health. For example, “CALCIUM WILL HELP YOU GROW TALLER.” “IRON WILL HELP YOU DO BETTER ON TESTS AND STAY UP LATER.”

Special nutritional needs for teens

Calories Due to all the growth and activity, adolescent boys need 2,500-2,800 per day, while girls need around 2,200 per day. It's best to get these calories from lean protein, low-fat dairy, whole grains, and fruits and veggies.

Protein In order for the body to grow and maintain muscle, teens need 45-60 grams per day. Most teenagers easily meet this need from eating meat, fish, and dairy, but vegetarians may need to increase their protein intake from non-animal sources like soy foods, beans, and nuts.

Calcium Many teens do not get sufficient amounts of calcium, leading to weak bones and osteoporosis later in life. Encourage teens to cut back on soda and other overly-sugary foods, which suck calcium from bones. The 1,200 mg of calcium needed per day should come from dairy, calcium-fortified juice and cereal, and other calcium-rich foods such as sesame seeds and leafy greens like spinach.

Iron Iron deficiency can lead to anemia, fatigue, and weakness. Boys need 12 mg each day, and teen girls, who often lose iron during menstruation, need 15 mg. Iron-rich foods include red meat, chicken, beans, nuts, enriched whole grains, and leafy greens like spinach and kale.

Special nutritional needs for teens

KIDS AND JUNK FOOD

No matter how well parents promote healthy eating, it can be difficult for any kid to avoid the temptation of junk food.

Instead of eliminating junk food entirely, which tends to increase cravings even more, try substituting some healthier alternatives.

KID FRIENDLY JUNK FOOD ALTERNATIVES

Instead of	Try
French fries	➤ “Baked fries” grilled in the oven and salted lightly
Ice cream	➤ Low-fat frozen yogurt; sorbet; fresh fruit smoothies
Fried chicken	➤ Baked or grilled chicken
Doughnuts or pastries	➤ Bagels; English muffins; home baked goods with less sugar/fat
Chocolate-chip cookies	➤ Graham crackers, fig bars, vanilla wafers, fruit and caramel dip
Potato chips	➤ Pretzels, unbuttered popcorn, baked potato chips, soy crisps

From the Website-

http://www.helpguide.org/life/healthy_eating_children_teens.htm

The help guide website is a great site with lots of helpful tips.



SUCCESSFUL STUDENTS

HAVE PARENTAL ENCOURAGEMENT

ATTEND SCHOOL REGULARLY

KNOW WHERE TO BE AND WHEN

PAY ATTENTION

ASK QUESTIONS

DO THEIR HOMEWORK TO THE BEST OF THEIR ABILITY

HAVE POSITIVE ATTITUDES

ARE RESPECTFUL OF PROPERTY, OTHERS AND THEMSELVES

ARE CONFIDENT AND AWARE

LEAD A HEALTHY LIFESTYLE

GET INVOLVED IN ACTIVITIES

ARE ENTHUSIASTIC & ENERGETIC

