



## DECEMBER 2018

### **Exam Results & Christmas Reports**

Students have received their exam scripts and results and soon reports will be in the post. This is an excellent opportunity for all students to take stock of their application and effort over the past term, reflect on subject levels and review targets as the New Year gets underway. Simply ask yourself the question, What do I need to change in my approach to achieve my potential? For our state exam students there is still ample time left and the benefit of having another trial run in the mocks.

### **Study Skills Workshops**

On Wednesday 9<sup>th</sup> & Thursday 10<sup>th</sup> January the Student Enrichment Services Team will visit the school to conduct study skills workshops with our 3<sup>rd</sup> and 6<sup>th</sup> Year students. 3<sup>rd</sup> Years will engage in a full-day workshop on the 9<sup>th</sup> while 5<sup>th</sup> years will participate in a half-day refresher course on the 10<sup>th</sup>. Each year the feedback from our students is really positive as it gives them some techniques and structures in order to maximise their revision.

### **CAO**

Applications are well underway as most 6<sup>th</sup> year students have activated their CAO account. The Christmas holidays can provide a useful opportunity to review course choices and enter these in on the form. A reminder that the CAO discounted rate of €30 applies up to 20<sup>th</sup> January and the CAO application closing date is the 1<sup>st</sup> February. All restricted courses must be entered on the form by 1<sup>st</sup> February. Visit [www.cao.ie](http://www.cao.ie) for more information and resources.

### **Guest Speakers to DGS in December**

- 6<sup>th</sup> – Griffith College Dublin (Paul Walsh)
- 13<sup>th</sup> – Dublin City University -DCU (Colette O’Beirne)
- 14<sup>th</sup> – DKIT (Diarmuid Cahill)
- 20<sup>th</sup> – Students from the Class of 2018 visit to update on their college experience to date

## Forward Planning - Open Days & Events in January 2019

- 4th – RCSI Open Day
- 8<sup>th</sup> – Dublin Business School Open Day
- 8<sup>th</sup> – CAO Information Evening at UCD
- 10<sup>th</sup> – OMG we're going Dutch Dublin – EUNICAS
- 12<sup>th</sup> – BIMM Open Day (Courses in Audio & Sound Production)
- 16<sup>th</sup> – UCD Engineering Open Evening
- 19<sup>th</sup> – NCI Dublin Open Day
- 19<sup>th</sup> – UCD Architecture/Landscape Arch/Planning Open Day
- 19<sup>th</sup> – DKIT CAO & DKIT Course Information Morning
- 20<sup>th</sup> – HPAT Ireland Registrations Close

## Bereavement Support Programme

In January the school runs a bereavement support programme for students within the school. Bereavement is followed by a grieving process that is unique to each individual. The school programme aims to provide a supportive environment in which students can share and discuss their experience of grief and loss. It is facilitated by two members of the school staff over a five week period. The group meets once a week. Details and a consent form are contained in the Christmas mailing from the school.

## Mindfulness & Wellbeing

- **10 Ways to Maintain your Positive Mental Health**  
<https://spunout.ie/health/article/maintaining-your-positive-mental-health>
- **The Cottage in the Snow Guided Meditation**  
<https://www.youtube.com/watch?v=2sKmuALcbss>
- **Social Media & Mental Health (Article)**  
<https://spunout.ie/news/article/the-effects-of-social-media-on-mental-health>

*May I take this opportunity to wish all our students, families and friends of the school a very Happy Christmas & every good wish for the New Year.*

*Alan Norton.  
Guidance Counsellor.*