



April 4<sup>th</sup> 2020

# Student & Parent Briefing

Re: School Closure Updates – Parent/Guardian & Student Briefing Document No. 4

**Wash your hands for 20 secs**



**Use a tissue for coughs**



**Avoid touching your face**

Dear Students and Parents/Guardians,



**As we begin a very different type of Easter holiday, we would like to congratulate all our CBC students for their on-line participation to date. These are strange and challenging times but by dipping into our reserves of faith, hope and love,**

**we will re-emerge stronger. May we thank all the parents/guardians and students for their high levels of engagement, for the appreciation expressed through the check-in phone calls we are making and the e-mails received. Your son is getting work to do through our secure school system, Google Classroom. We remind you of the supports we have on offer and where to go to reach out for any assistance. Please keep checking your e-mails, the school website and Twitter Account for lots of school information during this pandemic. For all queries, please e-mail us at [office@cbcmonkstown.ie](mailto:office@cbcmonkstown.ie)**

**We recommend that students take a break from their official studies – apart from 6th Years and 3rd Years who need to do a few hours daily and keep up their routines. We wish to take this opportunity to thank and remember in our prayers all those among the CBC Community and beyond who, in a truly heroic manner, are helping on the frontline, be they in healthcare, security or supply-chain services – we salute them all. Ní neart go cur le chéile. Easter Blessings to you and your families.**

## EASTER PRAYER

*Christ is Risen: The world below lies desolate*  
*Christ is Risen: The spirits of evil are fallen*  
*Christ is Risen: The angels of God are rejoicing*  
*Christ is Risen: The tombs of the dead are empty*

**Christ is Risen indeed from the dead,  
the first of the sleepers,  
Glory and power are his forever and ever.**

**St. Hippolytus of Rome (170-230)**

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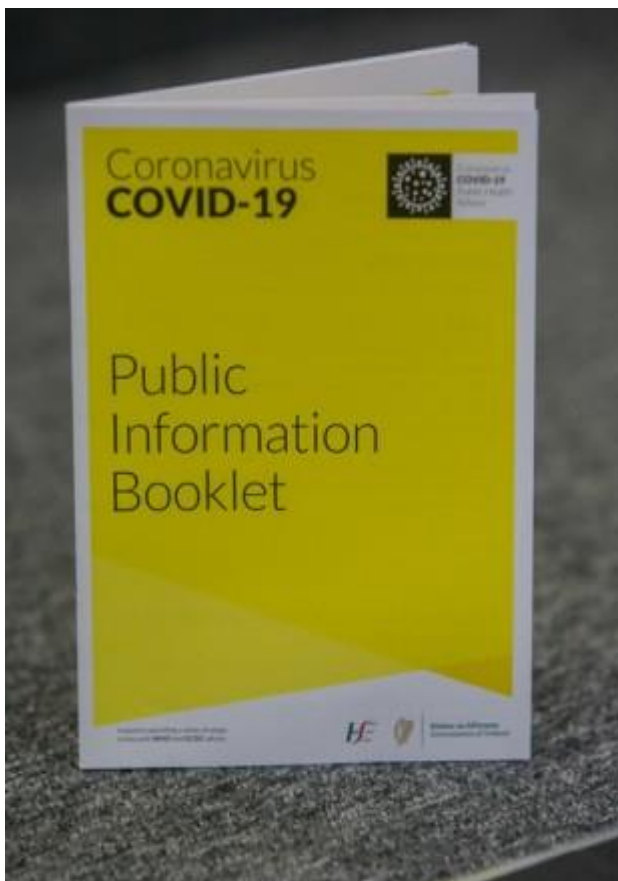


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**The Chief Medical Officer has said that we are entering a time when more people can get COVID – 19, we acknowledge that students, parents and teachers can also be affected. So please be conscious that you may get messages saying a teacher is not available and that Parents/Guardians can let us know about students through the tutor as usual or the school e-mail office@cbcmonkstown.ie**

**We miss our school buildings, our classrooms and all our staff, but most of all we miss you, our students. Our school opens its doors each day to welcome you. Without you, things feel a little empty. We look forward to a time when we will hear bustling corridors, the sound of the school bell, the intercom announcements, morning break and the queues at the canteen in the hall. You can see a video message (April 2<sup>nd</sup>) from Mr Duffy on the school's website.**

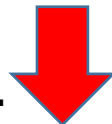
**We look forward to welcoming you all back after the Easter break, ready for a new term. As you are aware, all schools will remain closed to students until Monday 20 April 2020. This decision has been taken following advice from the NPHET (National Public Health Emergency Team) as part of efforts to contain the spread of Covid-19.**











**A NEW COVID-19 information booklet is to be delivered to every household in the country in the coming days. The guide offers information about Ireland and Covid-19 including how the government is responding, the symptoms of Covid-19 and how you should self-isolate if showing symptoms. Across the country, people are worried and concerned about COVID-19. They have plenty of questions and this booklet aims to answer the majority of them.**

**We know our best hope of containing COVID-19 and slowing its spread is through everybody following the public health advice from our Chief Medical Officer and his team.**

# Top Tips for Schooling from Home: Eat Well, Work Well & Sleep Well.



	<p>1. <b>Morning Routine: Treat the day like you're going to school. Get up, get dressed, have breakfast. Eat good, wholesome food.</b></p>
	<p>2. <b>Start with your "daily commute" - you normally have to travel at least a little distance to get to school. While being safe and engaging in physical distancing, go out of your front door, walk to the corner of your street and come back. It's about having the right mind-set.</b></p>
	<p>3. <b>Have a designated workspace. It might be the kitchen table or a home office or a desk. Set aside a space in your home to work from if you can. No music in the background!</b></p>
	<p>4. <b>Take a break! Don't forget to take your morning break and lunchbreak. Eat good, wholesome food.</b></p>
	<p>5. <b>Stick to a schedule/timetable. It is tempting to put in work and continue much longer than you normally would. Beware of burnout!</b></p>
	<p>6. <b>Connect! Do you normally have a break with someone? Use technology to catch up with them. Have a virtual tea/coffee break and a chat but be mindful of your over-use of social media.</b></p>
	<p>7. <b>Don't stress yourself! Stay safe, stay home and wash your hands! Be cool, stay in on-line school! Don't worry - exams are to be faced, not feared. No matter what results you receive, you are much, much more than a result. You are such a valuable member of our society, irrespective of your results.</b></p>
	<p>8. <b>Go to bed at the normal time that you would during term time. No phones in the bedroom.</b></p> <div style="background-color: #f4a460; padding: 10px; text-align: center;"> <p><b>STAY HOME</b></p> <p><b>AND BE SAFE</b></p> </div>

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## **SOME USEFUL LINKS FOR YOU**



### **RTE TO SCREEN SHAKESPEARE CLASSIC PLAYS**

<https://www.jmb.ie/News-topics/Article/rt201-to-screen-shakespeare-classics-for-students-1>

### **STATE EXAMS TO GO AHEAD**

<https://www.jmb.ie/News-topics/Article/state-exams-to-go-ahead-by-hook-or-by-crook-1>

### **ADVICE & RESOURCES FOR KEEPING CHILDREN & YOUNG PEOPLE WELL DURING COVID-19**

<https://www.jmb.ie/News-topics/Article/neps-advice-resources-for-keeping-children-and-young-people-well-during-covid-19-1>

### **EXERCISES TO DO WHILE SITTING AT YOUR DESK**

[https://www.youtube.com/watch?v=F8\\_ME4VwTiw](https://www.youtube.com/watch?v=F8_ME4VwTiw)

### **NECK & UPPER BODY EXERCISES**

<https://www.youtube.com/watch?v=bt6JL6luuTs>

### **BEGINNERS YOGA FOR NECK, BACK AND SHOULDER PAIN**

<https://www.youtube.com/watch?v=Vlo5yzWM7po>

### **POSITIVE PARENTING DURING A PANDEMIC**

[https://zoom.us/rec/play/tZ0pIb39qzg3SYLGtwSDA\\_MsW9S8fa2s2yZI\\_\\_Jfy0fjByQCM1OgYOZHMBMDwKdYd2DZFicQOBmsF\\_W7](https://zoom.us/rec/play/tZ0pIb39qzg3SYLGtwSDA_MsW9S8fa2s2yZI__Jfy0fjByQCM1OgYOZHMBMDwKdYd2DZFicQOBmsF_W7)



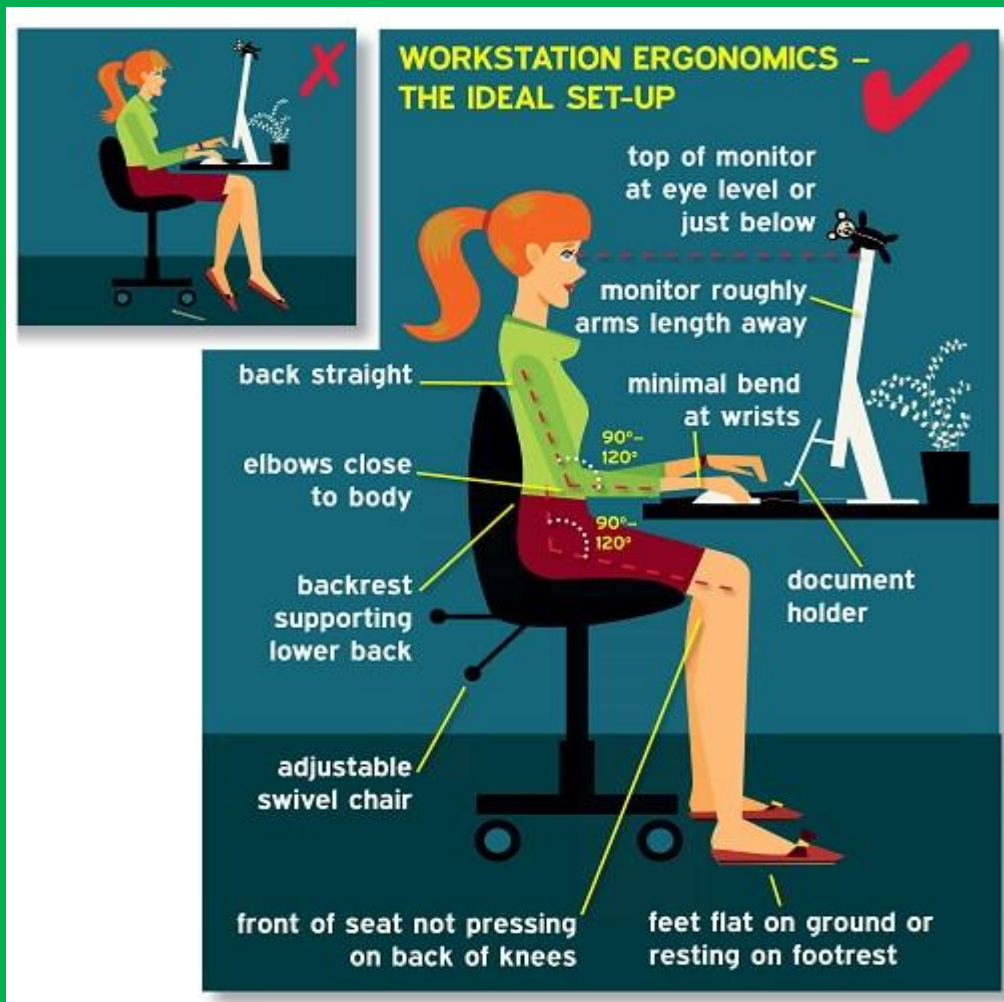


### PLEASE STAY ACTIVE!

**It's so important during our extended time at home to stay active.** Even though we're all feeling cooped up in our homes, we shouldn't feel demotivated because there is a light at the end of the tunnel. Check out these home work-out PE clips. <https://www.youtube.com/channel/UCaXW1XT0iEJo0TYIRfn6rYQ>

### Health & Safety Message

**As we perform remote learning from our homes, you may find yourself sitting behind a desk or a table for hours at a time. This may result in neck and back pain or sore wrists and fingers. Correct sitting posture can help you and your joints stay comfortable and pain free. Below is a diagram to help you set up your workspace. Don't forget to take regular breaks. Get up and away from your desk to get some movement exercises in but also to give your eyes and mind a break.**



#### CBC ADDITIONAL EDUCATIONAL NEEDS TEAM (AEN)

The CBC AEN Team is available for direct support & consultation work with students and parents. Please contact us:  
Ms Fleming: [nfl@cbcmonkstown.ie](mailto:nfl@cbcmonkstown.ie)  
Ms Duffy: [ady@cbcmonkstown.ie](mailto:ady@cbcmonkstown.ie)

#### CBC STUDENT SUPPORT TEAM (SST)

The CBC SST Team are available for direct support & consultation with all students and parents. Please contact us:  
Mr Murphy: [cbcmonkstownguidance@outlook.com](mailto:cbcmonkstownguidance@outlook.com)  
Ms Barnwell: [mbgc@cbcmonkstown.ie](mailto:mbgc@cbcmonkstown.ie)