



March 25th 2020

Student & Parent Briefing

Re: School Closure Updates – Parent/Guardian & Student Briefing Document No. 3

Wash your hands for 20 secs



Use a tissue for coughs



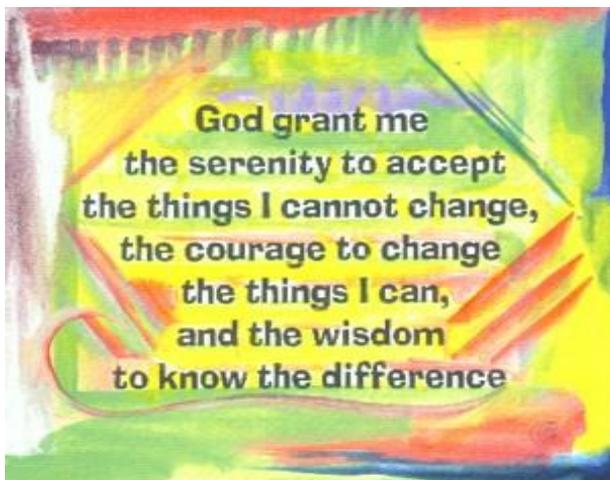
Avoid touching your face

Dear Students and Parents/Guardians,

All schools, pre-schools and further and higher education settings will remain closed to students until 19 April 2020. The 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.

All young people and children are urged to practice social distancing, and to minimise physical contact to keep themselves and others healthy and to limit the spread of infection. This should include minimising social contact, avoiding meeting up and keeping physical space of two metres between each other. Parents and guardians are urged to support young people and children to follow those simple guidelines.

We would like to thank you all for your fantastic co-operation following the sudden nationwide closure of schools on March 12th. It is now clear that we will not be in a position to re-open for a much longer period than originally envisaged. As our new reality of safe-distancing, hand-washing and on-line teaching and learning settles in, please be assured that all the staff in CBC will continue to do their very best for your son. As students, parents/guardians and teachers settle into new routines we shall all be learning together. We are in regular contact with all our teachers who themselves are adjusting to the on-line classroom while also looking after their young children and looking out for elderly parents. As well as continuing to provide for your son's education, we shall focus on wellbeing, physical activity, positive mental health and coping strategies.



We wish to take this opportunity to thank and remember in our prayers all those among our parent/guardian body who are helping on the frontline, be they in healthcare or other important services. We echo the words of our Taoiseach who asked that students be aware that this is a very stressful time for parents/guardians too. We ask that all of our CBC boys show leadership and responsibility and help out at home and be kind to one another. At times like this, we remember the school's motto, **Certa Bonum Certamen = Do the Right Thing.** Mr Duffy & Mr Murnane



We encourage all parents/guardians and students to download the Twitter App and follow **CBC Monkstown Park (@CBCMonkstownpk)** in order to access all the excellent advice and resources that we share for the whole school community.

Expectations For Students



- Using Google Classroom
- Log-in to your e-mails
- Throughout the day, complete the work & return to teacher when required
- Attend any on-line classes set up
- View any classes forwarded to you
- Engage with teachers via e-mail
- Contact the school via admin@cbcmonkstown.ie or office@cbcmonkstown.ie if there are any IT problems
- Get into a daily 'school' routine
- School will re-open
- Curricula have to be covered
- CBC school exams for the Summer and State Exams are happening as normal
- Please engage with all your teachers
- Don't feel overwhelmed, get the work back as you can, pace yourself
- Mind yourself.

Info For Parents/Guardians



- You too can join Google Classroom and view your son's progress
- Teachers are adjusting and upskilling on a daily basis
- On-line classes are taking place where possible and are increasing in delivery
- Work is being e-mailed to students so that they can work independently too
- The CBC SST Team are available for direct support & consultation with students and parents. Please contact us: Mr Murphy: cbcmonkstownguidance@outlook.com
Ms Barnwell: mbgc@cbcmonkstown.ie
- Contact details for the office 2805854 or via e-mail office@cbcmonkstown.ie
- Please ensure you're your son engages with all his teachers
- We understand that this is a difficult situation for all. Please keep safe.

Wash your hands for 20 secs



Use a tissue for coughs



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CBC Monkstown Park



Dear Student,
trouble logging-in or
accessing your e-mail
and assigned work?

E-mail

admin@cbcmonkstown.ie



Try out this Podcast to help you navigate our new reality...
Headspace <https://www.headspace.com/meditation/kids>

This Headspace app has excellent meditations and relaxation tips.

It's not social distancing, it's social solidarity!

A Student's view... At the time of writing this we're only just nearing two full weeks of social-distancing. With that said, I hope that you and your families are all okay and healthy. Sure, it's been tough, these are unprecedented times and frankly none of us could've been ready to transition into this relative solitude. However although these unprecedented times are far from over, the toughest part is behind us. We're now free of the growing pains of this new lifestyle. The brief lie-in every morning has made the adjustment easier, but it is important now not to over-indulge. We have to take this day-by-day and just keep going.

It's important to remember that even if you're not in an exam year now, that you will be next year or the year after. Every piece of work you do over the next few weeks will make your life a lot easier when it is your turn to take a big exam. For the rest of us who find ourselves in an exam year remember that, as Sir Alex Ferguson once said, complacency is a disease. These few weeks are an opportunity for us to be more prepared than any other exam year before us. It's important we all stay healthy, both physically and mentally. Take some time to exercise and try not to gorge on too much 'study grub' and social media. Similarly make sure to keep in touch with your mates and your teachers and just see how everyone is holding up. And, remember that even though it seems we're all separate, we are all in this together, more than we ever have been. Be kind, be positive and stay safe. (Jack Palmer & Nathan De Bustos - Head Prefects).



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 or depressed because there is a light at the end of the tunnel. Listen to your favourite music, a temporary lock-down can be offset with a rock-down! # Horslips

Check out these home work-out PE clips.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Your Guide to Good Netiquette starts here



<https://www.rasmussen.edu/student-experience/college-life/netiquette-guidelines-every-online-student-needs-to-know/>

Proper etiquette is nothing new for most people. You grew up with your parents constantly telling you to mind your manners.

But in a digital age where the unwritten online "rules" are constantly changing, proper netiquette may seem a bit mystifying. Add in the atmosphere of an online classroom, and suddenly the proper netiquette guidelines don't seem as easy as a simple "please" and "thank you." As you might have guessed, netiquette is essentially rules and norms for interacting with others on the internet in a considerate, respectful way.

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

Ms Duffy: ady@cbcmonkstown.ie

CBC STUDENT SUPPORT TEAM (SST)

The CBC SST Team are available for direct support & consultation with students and parents. Please contact us:

Mr Murphy: cbcmonkstownguidance@outlook.com

Ms Barnwell: mbgc@cbcmonkstown.ie

CBC Monkstown Park

Telephone: 01-2805854

Fax: 01-2805907

E-Mail: office@cbcmonkstown.ie

Website: www.cbcmonkstown.ie

Twitter: [@CBCMonkstownpk](https://twitter.com/CBCMonkstownpk)



Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.

How to Prevent



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces



Stop

shaking hands or hugging when saying hello or greeting other people



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie

OR phone HSE Live **1850 24 1850**

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

Affected Regions

Check the list of affected regions on www.hse.ie

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice



Rialtas na hÉireann
Government of Ireland