

**Presentation Secondary School  
Information Night**

**2<sup>nd</sup> Year Information Night**

**2016/2017**



WELCOME  
PARENTS!

# VSWARE

- **All parents have access to Vsware**
- **Student Timetable**
- **Behaviour**
- **Attendance**
- **Reports**
- **Payment system**

VSware

Presentation Secondary

← → ↺ https://preswex.vsware.ie/#fid=64900&lid=757635&pg=Learners&sm=Timetable 🔍 📌 ☆ ⋮

VS

Advanced Search 📅 2016/2017 👤 Hi, W. Ryan 🏠 Sign Out

Dashboard Groups Classes Students Teachers Settings Attendance Assessment Notifications Room bookings ☰

No Filter

Personal

Household

Attendance

Term Reports

Timetable

Fee

Behaviour

Discipline

Docs

Notes

SEN

Classes & Groups

Medical

Account

Enrolment History

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	<div>Science (JC) LAB5 C. Ryan 2Sci-2.6 09:00 - 09:35</div>	<div>Religious Education (JC Exam) R28 N. Cullen 2Rel-A 09:00 - 09:35</div>	<div>German R12 T. Killackey 2Ger-A 09:00 - 09:35</div>	<div>Religious Education (JC Exam) R28 N. Cullen 2Rel-A 09:00 - 09:35</div>	<div>History R62 H. Burke 2His-A 09:00 - 09:40</div>
10:00	<div>English R10 D. McCarthy 2Eng-A 09:35 - 10:15</div> <div>Geography R27 V. Redmond 2Geo-A 10:15 - 10:55</div>	<div>Science (JC) LAB5 C. Ryan 2Sci-2.6 09:35 - 10:15</div>	<div>Home Economics HEC33 F. Devereux 2HmEc-1.4 09:35 - 10:15</div> <div>Mathematics R17 AM. Croke 2Mat-3.5 10:15 - 10:55</div>	<div>English R10 D. McCarthy 2Eng-A 09:35 - 10:15</div> <div>Irish R57 M. Sinnott 2Iri-4.2 10:15 - 10:55</div>	<div>S.P.H.E. R58 A. Conway 2SPHE-A 09:40 - 10:20</div> <div>German R12 T. Killackey 2Ger-A 10:20 - 11:00</div>
11:00	<div>Business Studies R13 B. Brophy 2Bus-A 11:10 - 11:45</div> <div>Mathematics R17 AM. Croke 2Mat-3.5 11:45 - 12:25</div>	<div>Home Economics HEC33 F. Devereux 2HmEc-1.4 11:10 - 11:45</div> <div>Geography R56 A. Murphy 2Geo-A 11:45 - 12:25</div>	<div>Irish R57 M. Sinnott 2Iri-4.2 11:10 - 11:45</div> <div>Business Studies R13 B. Brophy 2Bus-A 11:45 - 12:25</div>	<div>Business Studies R13 B. Brophy 2Bus-A 11:10 - 11:45</div> <div>C.S.P.E. R13 B. Brophy 2CSPE-A 11:45 - 12:25</div>	<div>Human Growth and Behaviour LIB/CAR M. Jensen 2Hum-A 11:15 - 11:55</div> <div>Mathematics R17 AM. Croke 2Mat-3.5 11:55 - 12:35</div>
12:00	<div>Irish R57 M. Sinnott 2Iri-4.2 12:25 - 13:00</div>	<div>History R62 H. Burke 2His-A 12:25 - 13:00</div>	<div>Geography R27 V. Redmond 2Geo-A 12:25 - 13:00</div>	<div>History R62 H. Burke 2His-A 12:25 - 13:00</div>	
13:00					
14:00	<div>Home Economics HEC33 F. Devereux 2HmEc-1.4 13:55 - 14:30</div> <div>Home Economics HEC33 F. Devereux 2HmEc-1.4 14:30 - 15:10</div>	<div>Business Studies R13 B. Brophy 2Bus-A 13:55 - 14:30</div> <div>Irish R57 M. Sinnott 2Iri-4.2 14:30 - 15:10</div>	<div>Science (JC) LAB5 C. Ryan 2Sci-2.6 13:55 - 14:30</div> <div>English R10 D. McCarthy 2Eng-A 14:30 - 15:10</div>	<div>Mathematics R17 AM. Croke 2Mat-3.5 13:55 - 14:30</div> <div>PE SPORT D. Colfer 2PE-A 14:30 - 15:10</div>	<div>English R10 D. McCarthy 2Eng-A 13:30 - 14:10</div> <div>German R12 T. Killackey 2Ger-A 14:10 - 14:50</div>
15:00	<div>Religious Education (JC Exam) R28 N. Cullen 2Rel-A 15:10 - 15:50</div>	<div>German R12 T. Killackey 2Ger-A 15:10 - 15:50</div>	<div>Mathematics R17 AM. Croke 2Mat-3.5 15:10 - 15:50</div>	<div>PE SPORT D. Colfer 2PE-A 15:10 - 15:50</div>	<div>Irish R57 M. Sinnott 2Iri-4.2 14:50 - 15:30</div>
16:00					

EN

13:07

21/09/2016

VSware

Presentation Secondary

https://preswex.vsware.ie/#fid=64900&lid=186506&pg=Learners&sm=Behaviour

Advanced Search2016/2017Hi, W. RyanSign Out

DashboardGroupsClassesStudentsTeachersSettingsAttendanceAssessmentNotificationsRoom bookings

Behaviour ViewActions

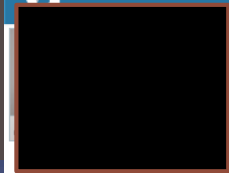
No Filter

PersonalHouseholdAttendanceTerm ReportsTimetableFeeBehaviourDisciplineDocsNotesSENClasses & GroupsMedicalAccountEnrolment History

Total Points:  
**+185**

 5	Incident date: 12/09/2016 Role: Primary Note: Anna did very well in her interview with the French magazine Okapi. Ms Pac-Kenny	Type: Positive Attitude	Subject:	Raised by: Sandrine Pac-Kenny
 5	Incident date: 26/05/2016 Role: Primary Note: Graduation mass	Type: Team Work	Subject:	Raised by: Valerie Redmond
 5	Incident date: 20/05/2016 Role: Primary Note:	Type: Excellent Effort	Subject: English	Raised by: Joseph Rolston
 5	Incident date: 13/04/2016 Role: Primary Note: Organising and running 5th year breakfast club	Type: Civic Spirit	Subject:	Raised by: Mary Dooley
 10	Incident date: 13/04/2016 Role: Primary Note: most dedicated student award	Type: Award	Subject: Home Economics S&S (New Syllabus)	Raised by: Jacqueline Hartnett

EN13:1021/09/2016



No Filter

- Personal
- Household
- Attendance
- Term Reports
- Timetable
- Fee
- Behaviour
- Discipline
- Docs
- Notes
- SEN
- Classes & Groups
- Medical
- Account
- Enrolment History

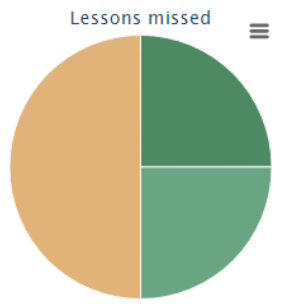
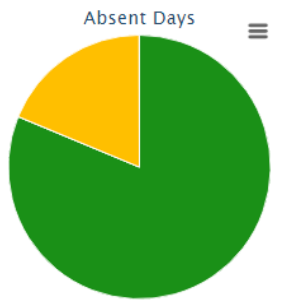




# Attendance

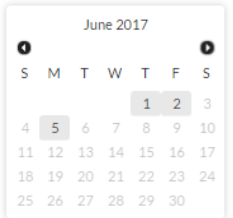
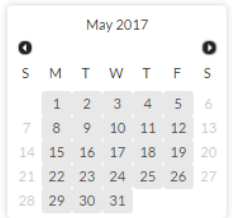
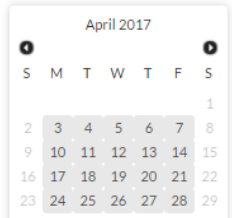
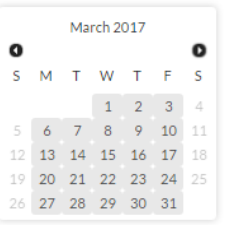
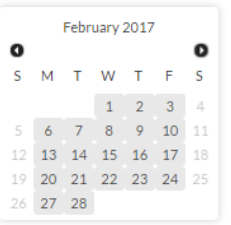
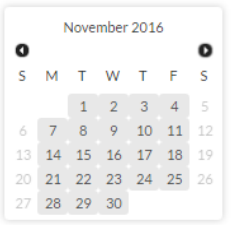
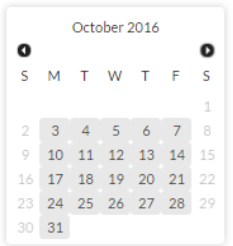
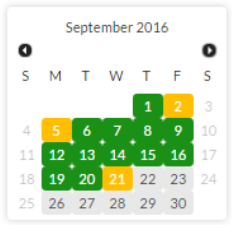
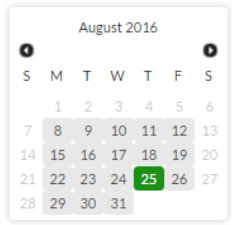
Actions

Academic Years 2016/2017



TUSLA Return

0 Lates this year



- Personal
- Household
- Attendance
- Term Reports
- Timetable
- Fee
- Behaviour
- Discipline
- Docs
- Notes
- SEN
- Classes & Groups
- Medical
- Account
- Enrolment History

# PARENTS' RESPONSIBILITIES

## **“To Parent”**

- **Help**
- **Support**
- **Encourage**
- **Protect**
- **Set Boundaries**
- **Be vigilant**
- **Be there for them**

# PARENTS' RESPONSIBILITIES

- *Supportive parents are not easy parents*
- *Starting a 5/6 year commitment to supporting your daughter*
- *Sometimes with “Tough Love”*
- *You know your daughter better than anyone*

# STUDENT'S RESPONSIBILITY

- **Be ambitious**
- **Always do her best**
- **Have respect for people and property**
- **Be prepared**
- **Be in school every day**
- **Abide by the Code of Behaviour**



# BALANCE



healthy  
body

+



healthy  
mind

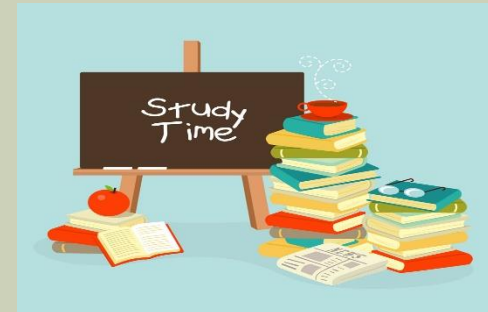
=



happy  
life

# STUDENTS WHO DO WELL IN THE JUNIOR CERTIFICATE

- Put the effort in over the three years.
- Get into a routine of study early on.
- Develop a habit of study.
- Are motivated.
- Are organised.
- Live a balanced lifestyle.
- Have discovered a method of study that suits them.
- Are aware of their abilities and limitations and set realistic goals for themselves.



# STUDENTS WHO DO WELL IN THE JUNIOR CERTIFICATE

- **Take class tests and school exams seriously.**
- **Listen to and engage with their Class Teachers and other School Staff.**
- **Have conditions at home conducive to study**
- **Have supportive, interested parents who encourage, motivate and get the pressure balance right.**



# MOTIVATION

## MOTIVATORS: POSITIVE STRESS (INTERNAL & EXTERNAL FACTORS)

### INTERNAL

- Own values
- Self esteem & self belief
- Clear goals
- Progress & success  
(the more you do  
the more you feel  
you can do)

### EXTERNAL

- Parents
- Peers
- School Tests & Exams
- Rewards



# DEMOTIVATORS

- Low self-esteem (lack of confidence)
- Negative comparisons with others
- Unrealistic expectations (high/low)
- Too much stress/pressure
- No clear future career plans
- Too little stress/Pressure
- Lack of Routine
- Disorganisation (Missing notes, Not being able to find anything)
- Work is allowed to pile up and becomes too much to cope with



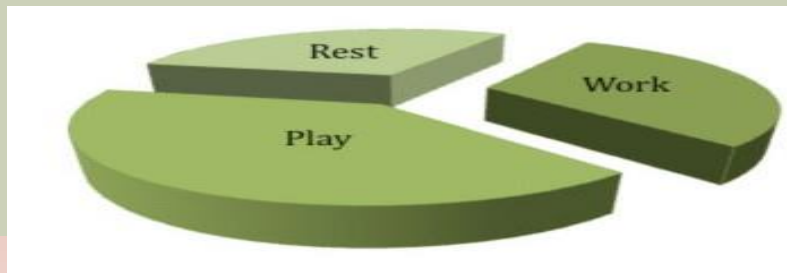
## LIMITATIONS

UNTIL YOU SPREAD YOUR WINGS,  
YOU'LL HAVE NO IDEA HOW FAR YOU CAN WALK.

# LIVING A BALANCED LIFESTYLE

## ORGANISED ROUTINE: ALLOW TIME FOR EVERYTHING.

- **Sleep:** 7/8 hours per night
- **Diet:** Healthy and balanced
- **Exercise:** Sports/ walking/  
swimming
- **Part-time work:** Keep to a minimum: e.g. Saturdays (few hours). Not during the week or Sunday nights or none at all.
- **Social life:** Not during the week or Sunday nights.



# LIVING A BALANCED LIFESTYLE

Each Student is unique and needs to develop a balance that works for them regarding school life, study and their life world



# ROLE OF PARENTS

- Motivate- Encourage, Recognize Progress, Reward.
- Monitor- Take interest, Check, Talk to other parents, P.T. Meetings, Take exam results seriously.
- Try to be aware: Of what's going on in school re: tests, work etc.

**I.**

The Role Of A Parent Is To  
**Be a Parent, a Friend, a  
Mentor**





# SIGNS OF STRESS

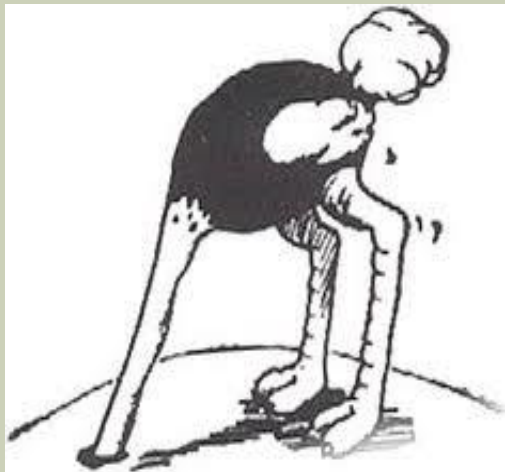
## ■ Try to be aware of SIGNS OF STRESS



- Tiredness
- Irritability
- Too much or too little sleep
- Negative talk
- Lowering of ambition
- Change in Appetite
- Lack of concentration

# SIGNS TO WATCH FOR....

## ■ Avoidance      Excuses for not studying

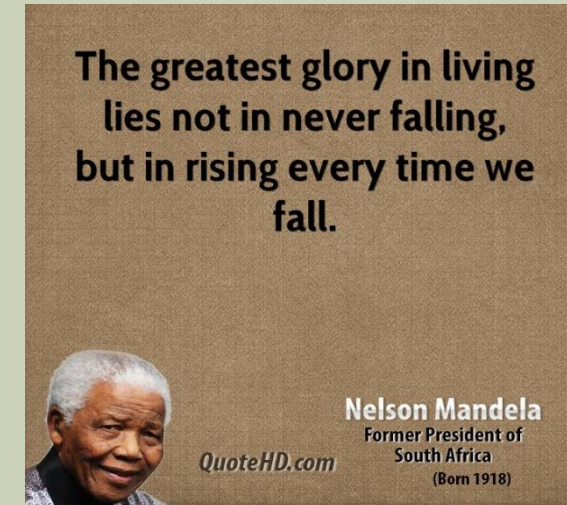
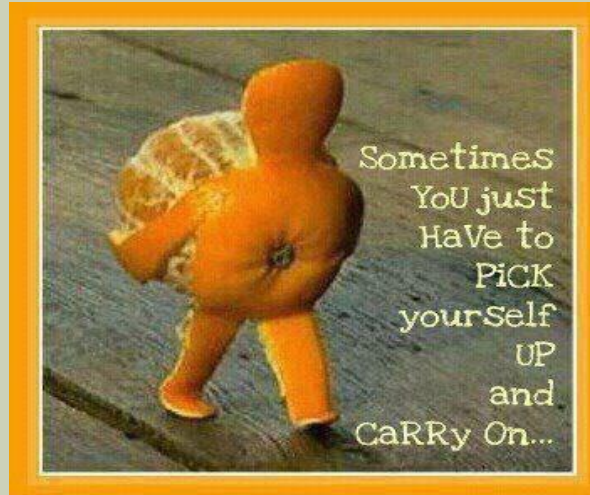


- “I have no work to do”
- Regular patterns of sickness and absence from school



# RESILIENCE

- *Not only to survive, but to thrive...*
- *Inner strength....bounce back*
- *Bridge*
  - *Traffic on bridge*
  - *Pillars –support*
  - *Cross over*





# MOTTO

