



Dear Student, Parent and Guardian

I hope that you have settled into a routine this week that is working well within your environment. We understand that everybody has their own set of challenges to overcome during these current restrictions, which must be taken into consideration to provide you with the best outcome.

Timed Assessments

This week saw the start of the afternoon timed assessments, which is getting a positive response from students, who appreciate the opportunity to work on their exam technique during timed conditions. Please do engage with your houseperson or SEN coordinator if these assessments are creating any anxiety for you, as they are intended as a study aid, not to add pressure.

Well-being Calls

Most of you will have received your wellbeing call from a member of staff this week and the feedback provided from those calls is very important to ensure your voice is heard, so that we can support you all in the best way possible. If you were unable to connect with a staff member, for whatever reason, please email your houseperson to discuss a time that suits all.

Curriculum Completion

Having liaised with the subject coordinators, we are confident that we are keeping pace with where we need to be in the subject curriculum for this time of year, also taking into account that there are accommodations on this year's Leaving Cert papers, with added choice of questions, as laid out in [DES document on LC2021](#). During this period of remote learning, it is important to keep on top of your assignments and email any questions you have around completing them, to keep up the momentum.

Mock Exams, Orals & Practical's

Until we have a firm date of return to school we have postponed the mock exams, orals and practicals until later in the term. Please do keep up with the practice for orals and practical's, so you can stay on track for when a new date is confirmed.

Return to School

Although the government has not revised the proposed return to school date of Monday February 1st, there is once again much speculation in the media about this. It has been reported that a government cabinet meeting is planned for next Tuesday to discuss the effect the current restrictions are having on Public Health Services, and we hope to receive an update soon after. In the meantime, we are reviewing the specific needs of Form 6 and will adapt as appropriate.

College Applications

January 20th was the early application date for the CAO and I hope you have all by now set up your accounts and put down some course choices. Remember you can change your



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Form 6 Email to Students, Parents, Guardians 22-1-21
mind, but by looking up and listing courses, prompts you to find out more and seek out online open days. Email careers@thekinghospital.ie if you have any questions. Updates are found here: <https://www.kingshospital.ie/careers-form-6-202021>. Following 'Careers Portal' on Social Media is a great way to hear about upcoming webinars and virtual open days.

Form 6 Well-being Coaching Initiative

Paul O'Donoghue was delighted with the turnout and feedback from his first session 'Emotional Resilience' with one student saying *'Hi Sir, I found the meeting really helpful and it made me think more about writing things down on a paper to deal with them. It motivates me as well to do more sports and I try to think more differently and maybe change some of my old habits and how I do my studying.'* Some students felt the timing, during assessment weeks, made it more challenging to engage, so other time slots will be considered for future sessions. Mr Donoghue will be in contact when the next session is confirmed.

Stay Connected!

Please continue to engage with all the opportunities to connect with staff and classmates and the great Sport & ECA programme that is available in the afternoons. Staying in touch has never been more important!

Wishing you all a good weekend.

Yours

Siobhán Daly

Deputy Head Academics