



Colaiste Lorcain

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Dear Parent / Guardian,

22nd July 2019

I am writing to remind you of the start-up arrangements for the academic year 2019 – 2020.

Teachers will return to school on Thursday, August 22nd for school planning / subject planning meetings.

Students will arrive as follows: 1st Years on Thursday, August 22nd from 9.00 – 11.00 for a meeting with Ms. Gavigan (Year Head), Ms. Wafer and myself. Their first official school day is Monday, August 26th from 8.55 – 3.55. All Junior Cycle Years are expected to attend school on Monday, August 26th from 8.55 – 3.55. All Year Groups (1st – 6th Year) are expected to attend school on Tuesday, August 27th from 8.55 – 3.55.

Each day, school starts with roll call at 8.55 and the first class of the day at 9.05 a.m. sharp. School will finish at the following times: Monday - Thursday inclusive at 3.55 p.m. for all students; while on Friday, school finishes at 1.20 p.m. for all students. This means that all students will have twenty eight (28) class contact hours weekly.

Colaiste Lorcain does not ask parents / guardians for financial contributions to assist school administration. The school asks parents and guardians to contribute in part to the costs of services / items, students receive.

All Students are expected to pay €10 for the school diary. All Students are expected to pay €10 towards the cost of photocopying. All Students are expected to pay €10 towards the cost of school buses to matches, talks and events. The school annually subscribes to a 24 hour 365 days a year student insurance scheme. The fee involved is €10 per student. All Students are expected to pay €10 for the use of a school locker. Total: €50 per student.

Many thanks to those parents / guardians who have already made this payment. I would like to ask that the above payment be made before August 26th.

Outstanding Transition Year fees should be paid as soon as possible.

Please note that students are expected to be in full uniform on their return to school.

A school diary for use by students to record their homework has been published. Year Heads will give a copy of the diary to students on the first day back. All students should have their homework diary in front of them in all classes.

It is the school's policy to encourage healthy eating and exercise and to discourage unhealthy eating. Students, through the school's curriculum, will be educated about healthy eating and the importance of a balanced diet and regular exercise. In particular, sections of the courses taught in Home Economics, Physical Education, Religious Education, Social, Personal and Health Education (S.P.H.E.) and Science, as well as other subjects, will deal in a broad way with physical and mental growth and development, diet, nutrition and exercise. At morning break, all students stay on the school premises. At lunch break, all students have time to eat / drink and get some exercise (weather permitting).

Given the age of our students, we do not check their lunches but we believe strongly that the healthy habits developed at primary school should continue. The school strongly encourages students to walk or cycle to and from school; to go out for fresh air during break and lunch time (weather permitting); to participate in the school's extra-curricular programme; to participate in sports (within school and outside school), both individual and team sports and to see sport as a healthy pursuit in which participation in the right spirit is the key to enjoyment and success.

The school office is fully operational from July 29th, so please feel free to call in to make payments or speak with Joanne who will help you with any queries you may have.

Looking forward to working with you in the coming year,

E.Gaughran, Principal and Secretary, Board of Management.