

Principal:

Mr. Fergal Boyle

Deputy Principal:

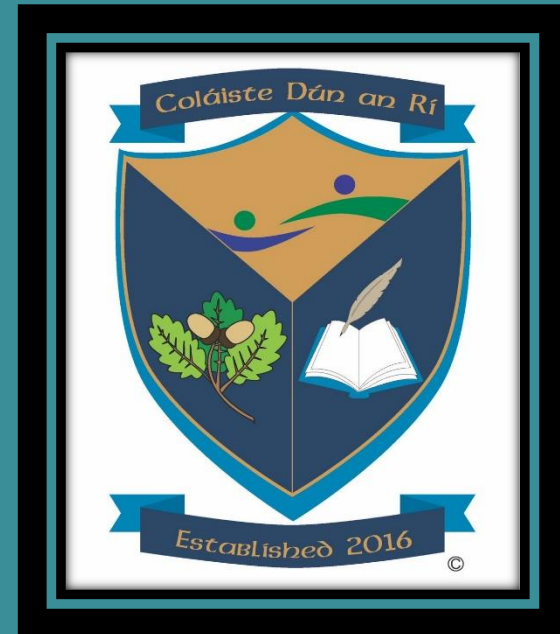
Ms. Tara Mullan

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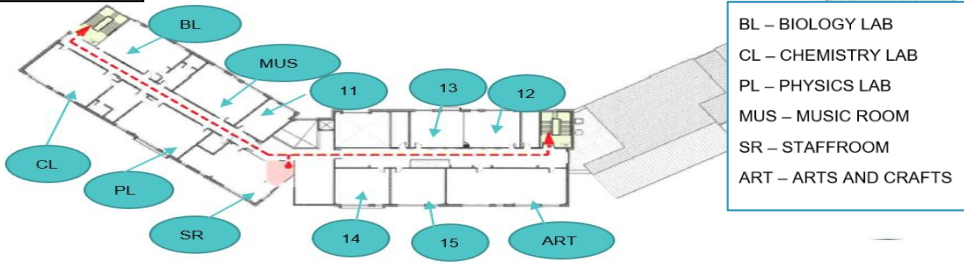
**Coláiste Dún an Rí,
Kingscourt, Co.Cavan**



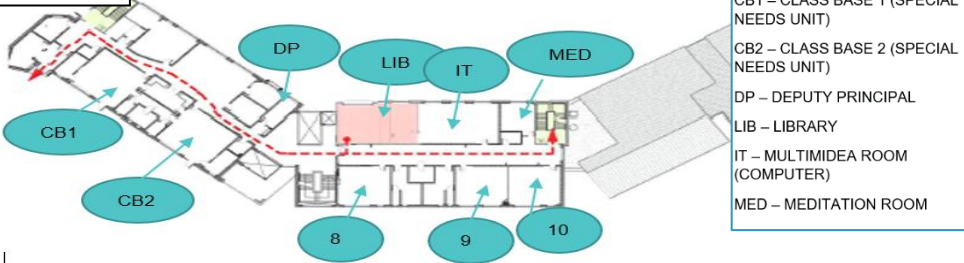
Student Information Booklet

School Map

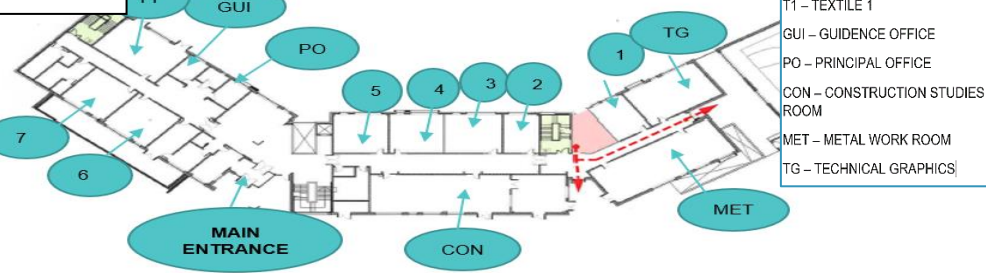
Floor 3



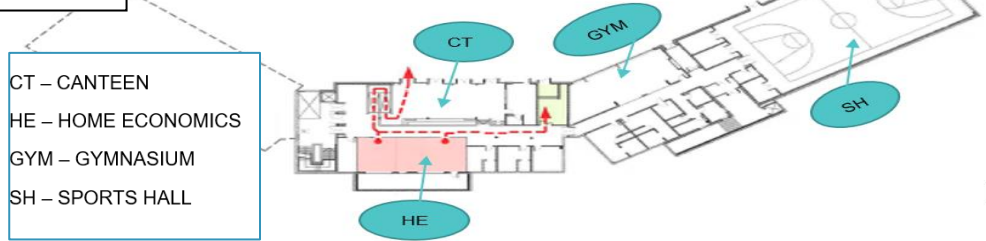
Floor 2



Floor 1



Floor 0



Things to Remember

- Everyone in your class is new too.
- Be nice to each other.
- Never exclude anyone.
- Soon all these strange faces will be friends.
- Don't worry about all the things you have to remember.
- Your teachers, tutor and your Year Head are all here to help you.
- If you are confused about anything just ask for help.
- Use your journal to help you get organised.
- Remember to take it with you to all your classes.
- Make copies of your timetable and hang them inside your locker and wherever you do your homework.
- Take good care of all your textbooks and materials.
- Make sure you have all the necessary equipment for classes.
- Don't forget the basics – pen & paper.
- Please help to keep our school clean.
- Place all litter in the bins provided.
- There are separate bins for paper waste.
- Help us to get our green flag.
- Please take time to look at the emergency escape plan on the back of each classroom door.
- You're here to learn.
- Learning is fun.

Enjoy your time in Coláiste Dún An Rí



Top Questions First Years ask



What time does school start? School starts at 8.45am every morning. You have 12 minutes with your tutor every morning. On a Monday, Tuesday, Thursday and Friday you will have 6 lessons, each lesson is 58 minutes long. On these days school finishes at 4.46pm. On Wednesdays we have a half day, you will have 4 lessons and school finishes at 1.10pm.

If I am late for school where should I go? Students who arrive after 8.45am must go to the main reception and sign in. A note to explain the reason for late attendance must be shown to the secretary. Go to your locker and then straight to class.

Will I get extra help if I find the work difficult? If you are finding a subject difficult please tell the teachers and they will help you. We also have a group of teachers who give extra help to students.

What will I do during my breaks? During the day you get two breaks. During the first break you have an opportunity to have a snack and talk to your friends. During lunchtime break which is 40 minutes you can get involved in clubs or activities. This is a great way to meet new friends and try out new things.

If I don't have my correct uniform what should I do? Students who have a valid reason for not wearing correct uniform must bring a note of explanation, signed by a Parent/Guardian in their diary, to their Year Head in the morning before school starts. If the Year Head is not available, the note can be brought to the Principal or Deputy Principal.

What if I forget my locker Key? The Deputy Principal and Mr Fitzpatrick will be available to open lockers from 8.30am – 8.45am.

What should I do if I forget my lunch or lunch money? Go to main reception or speak to a teacher.

How will we help you to make the move to secondary school?

During your first 3 days in Colaiste Dún an Rí you will spend lots of time in small groups getting to know the other new first years, meeting your teachers, doing activities and getting to know your way around the school.

We have older students called student leaders ready to help you and answer any questions you might have.



Day 1: A trip to Tanagh Outdoor Education Centre where you will play team games and a great time making new friends

Day 2: Fun school activities and friendship building activities building on your experience in Tanagh. Led by your Tutor, Year Head and Guidance Teacher.

Day 3: You will get your school journal, your tutor will help you understand your timetable and will show you where all the classrooms are.

What subjects will you be studying?

Every first year will study:	First Year Options
Mathematics	Metalwork
English	Materials Technology (wood)
Irish	Technical Graphics
Science	Home Economics
History	Art, Craft & Design
Information Technology	Business Studies
Physical Education	Music
SPHE	Geography
CSPE	French
Religious Education	



Clubs & Activities in Coláiste Dún an Rí

We have lots of clubs & activities you will enjoy such as:

Choir	Badminton
Art Club	Hurling
Maths Club	Table Tennis
Trad Group	Basketball
Debating	Athletics
Handball	Cross Country
Gaelic Football	Tag Rugby
Soccer	Tug of War

Top tips for your wellbeing!

- Light bag first few days
- Put your name on EVERYTHING
- Ask questions
- Eat Breakfast and lunch
- Get plenty of Sleep
- Take your time to adjust
- Be Kind
- Do your best
- Leave your mobile phone at Home

FEELINGS CHECK-IN	
I feel...	I need to...
Overwhelmed	Take a step back
Stressed	Focus on relaxing
Anxious	Practice coping skills
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Self-compassion
Upset	Take time for myself
Alone	Reach out for support

BlessingManifesting



