1st Year Parents Information Night
24th September 2026

Coláiste Muire Máthair, Galway

Thank you for joining us

"Education is the most powerful weapon which you can use to change the world." — Nelson Mandela

School Staff



Principal: Ms. Mac Loughlin



Deputy Principal: Ms. Ní Neill



Deputy Principal: Mr. Murphy



Year Head: Ms Michelle McDonagh



Assistant Yead Head: Ms Caoimhe Dowling

Transitioning from Primary School

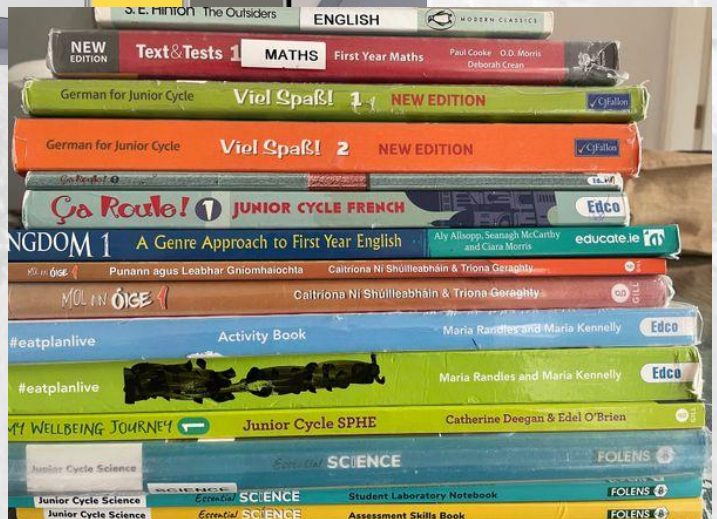
- Landmark Moment (Anxieties and Excitement). Daunting prospect!!
- Always focus on the Positives-New Adventure
- Social and Academic Transitions(New Friends and New Subjects and Courses)
- Allow the time to settle in. Parent should **Support, Listen, Encourage** and Show them but don't do it for them. **Build resilience**.
- **Friendships…**
  - **Ensure you know who the new friends are.**
  - **Have the contact details of the new friends and their parents**
  - **Making friends is hard and may take some weeks/months. Encourage extra curricular activities/clubs**

Welcome and Update

- Uniform – ties, black shoes
- Lockers & books - €5 fee if lock needs to be cut
- Canteen
- Subjects
- Exams
- Extra Curricular – Sports, Wellbeing
- Phones
- Sleep
- Planet Youth
- Code of Behaviour
- Compass
- Parents Council
- Supports
- Traffic
- Attendance



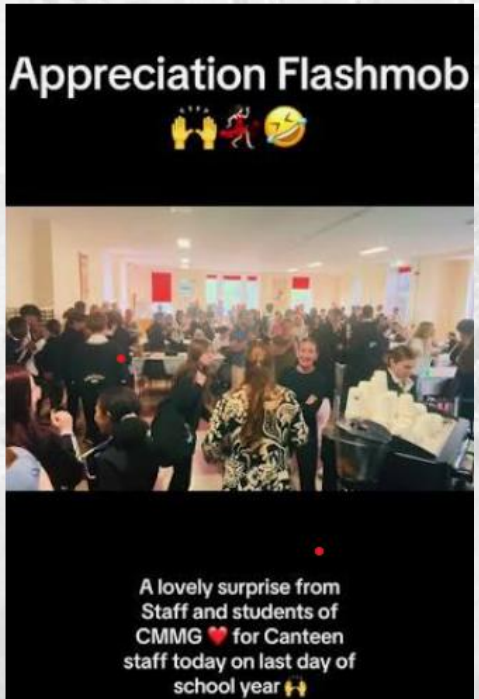




Canteen

- Subsidised canteen
- Open from 8AM, cereal free
- Pre Order Lunch daily
- Hot & Cold Meals





Classes/Subjects

- Mixed Ability Classes
- Students move to different classrooms throughout the day
- Structure of the School Day/the School Week
  - **6 Hour long Lessons per day, 4 Hour long lessons on a Friday**
- Choosing Subjects… 3 week sampling of all option subjects and languages. Subjects selected last week and timetable started on Monday
- Each class has a class tutor, tutor time each week during which Homework Journal is examined. SIGN THIS WEEKLY. 1 hour Homework/revision nightly. Create a suitable study space.
- Be Ready to Learn – have all equipment for class. Books, copies, materials

1st Yr Subject options and Tasters

- Students are sampled the following 10 Option subjects for 3 weeks: **Business Studies, Visual Art, Home Economics, Applied Technology,, Music, Graphics, Wood Technology, French, German and Spanish**
- After Sampling 10 subjects, students were asked to rank their subject preferences. **Students will receive at least 2 of their 3 subject choices** and will continue studying these 3 subjects for their Junior Cycle Exam.
- Spaces in all Option Subject and Language classes is subject to demand, availability of teaching resources and suitability of the student.

First Year Curriculum

Core Subjects

- Irish
- English
- Maths
- Science
- History
- Geography
- PE
- SPHE
- CSPE
- Religion
- Digital Literacy

Options Subjects

- Visual Art
- Applied Technology
- Business Studies
- Graphics
- Home Economics
- Music
- Wood Technology
- French
- German
- Spanish

Examinations

- First Year = Week 10, 20 & 30 Exams (Results will be posted on compass)
- Second Year = Week 10 & 30 Exams as well as CBA's
- Third Year = Week 10 Exams, Mock Examinations, Junior Cert Examination
- TY (Optional)= Week 10 & 20 Exams
- 5th Year = Week 10, 20 & 30 Exams
- 6th Year = Week 10 Exams, Mock Examinations, Leaving Cert Examination

Wider Curriculum

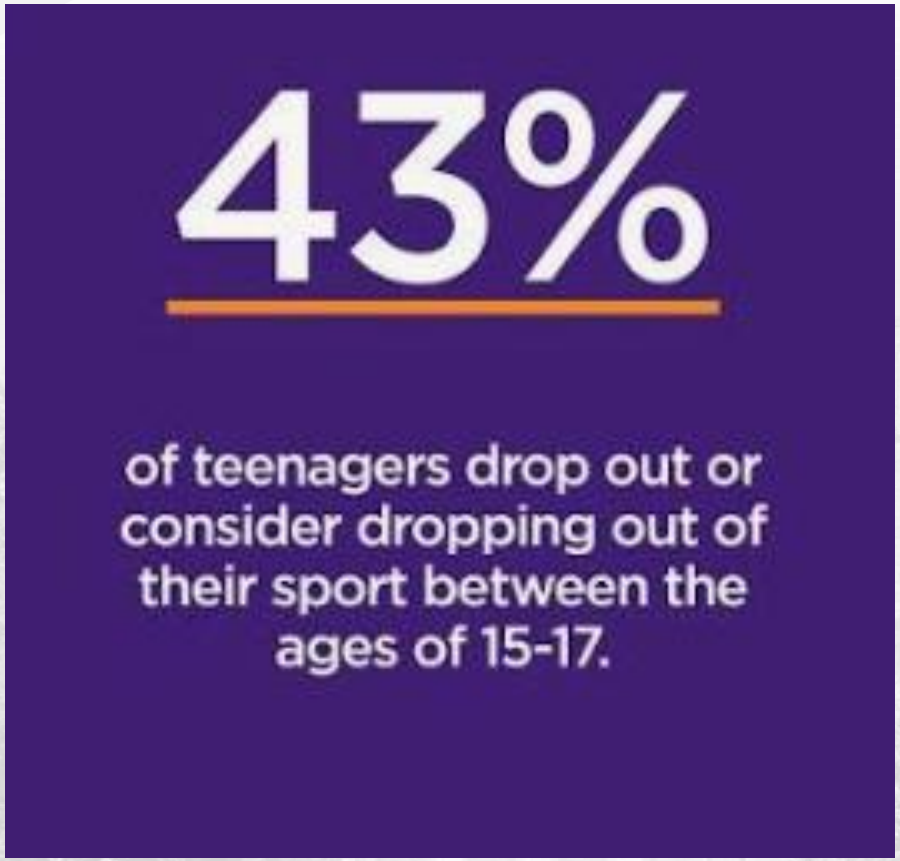
Extra Curricular

- Football
- Hurling
- Soccer
- Basketball
- Volleyball
- Rugby
- Athletics
- Cross Country
- Chess club
- Craft club
- Choir
- Music Generation
- Open Mic

Co-Curricular

- Drama
- School Choir/Carol Service
- Traditional Music Group
- Field Trips
- Croi Na Gaillimhe
- Green Schools
- Student Council
- Big Bothers/Big Sisters
- Work Experience
- Student Enterprise Programme

Sports


43%
of teenagers drop out or consider dropping out of their sport between the ages of 15-17.


'64% OF FEMALES STOP PARTICIPATING IN SPORT BY THE TIME THEY REACH 17 YEARS OF AGE'

Sport & Wellbeing

Teenagers who are already experiencing low mood or body image anxiety are the most likely to drop out of sports, which subsequently accelerates their decline in mental wellbeing

JIGSAW GALWAY
Young people's health in mind

SPUNOUT.ie
Ireland's Youth Website

Visit SpunOut.ie today

pieta 24

Any day and any time of the year, our professional therapists are here to answer your call - 24/7

Suicide & Self-harm Crisis Helpline: 1800 247 247

Yondr Pouch

Benefits of a phone free learning environment



- Improvement in classroom **engagement & behaviour**
- Improvement in academic **performance**
- If no phone or leaving phone at home parent must come in to the school and sign a form at reception to verify this.
- It is the students responsibility to place their phone in the pouch everyday

Mobile Phones

SCREEN TIME GUIDELINES

The Planet Youth survey showed us that 50% of our young people are spending 3 hours a day or more on social media. We know that too much screen time impacts upon homework and hobbies and can be detrimental to good mental health. Screen use should be kept to a maximum of **2 hours per day** after homework and other activities are completed.

Screens should be off at least one hour before bed and kept out of bedrooms after bedtime.

If you can have these guidelines in place from first year they will become increasingly important as your child gets older. Talk to your child about their online life and be a good role model with your own screen use.

50%

have 3hrs or more of social media screen time per day



Info from www.planetyouth.ie

Sleep

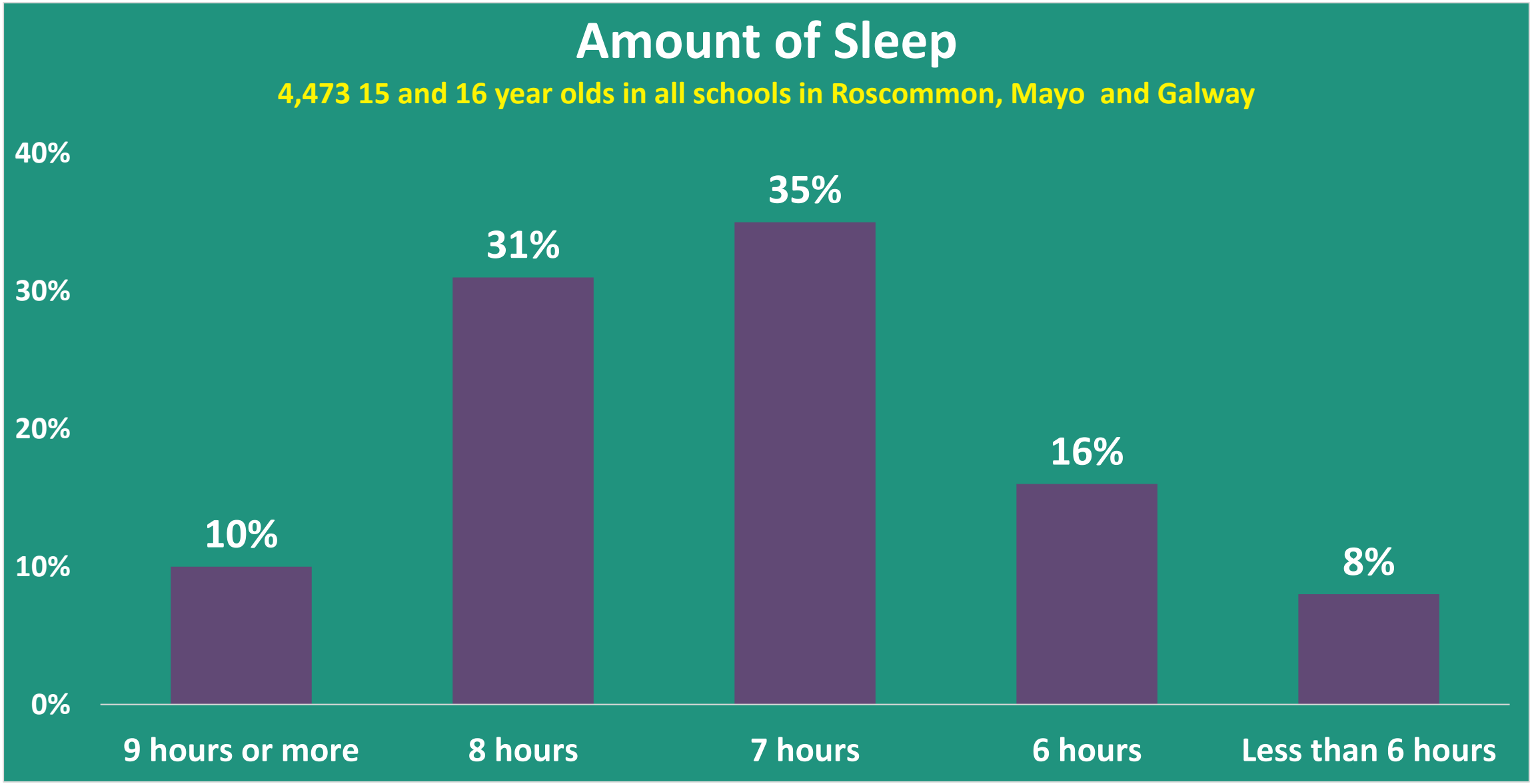


59%
don't get enough sleep

BEDTIME GUIDELINES

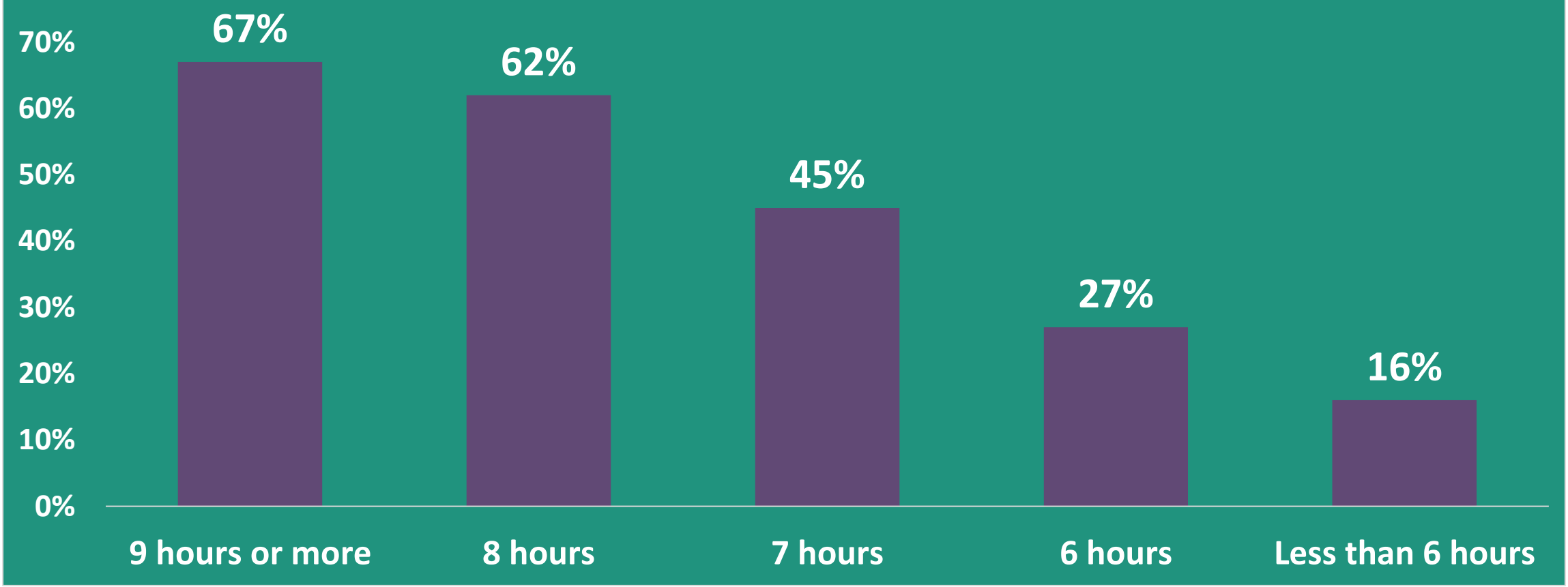
The Planet Youth survey showed us that half of our young people are not getting enough sleep.
The suggested guidelines for bedtime are:

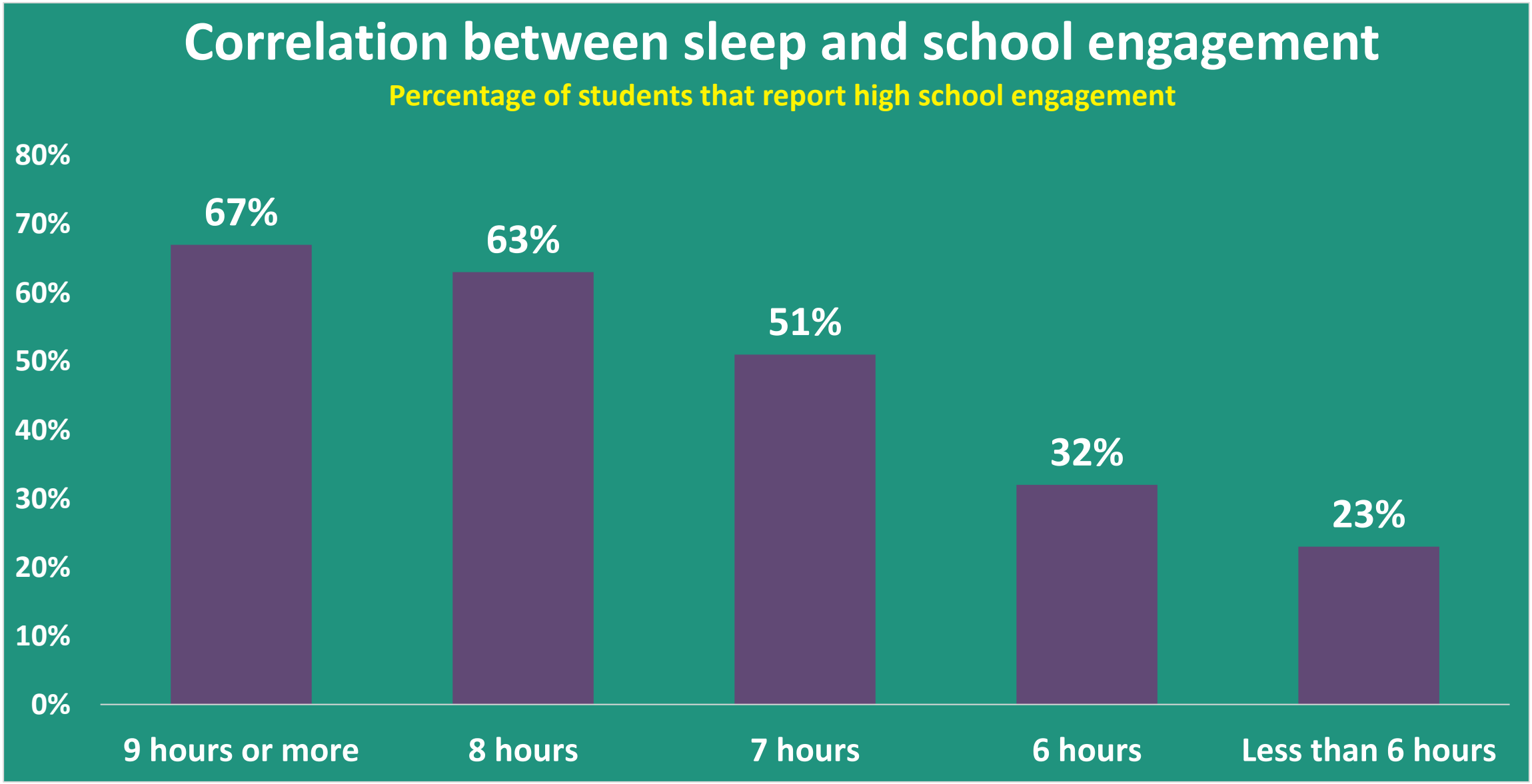
FIRST YEAR	09:30PM
SECOND YEAR	09:45PM
THIRD YEAR	10:00PM
TRANSITION YEAR	10:15PM
FIFTH YEAR	10:30PM
LEAVING CERT YEAR	10:45PM


Amount of Sleep
4,473 15 and 16 year olds in all schools in Roscommon, Mayo and Galway
40%
30%
20%
10%
0%
10%
31%
35%
16%
8%
9 hours or more
8 hours
7 hours
6 hours
Less than 6 hours

Correlation between sleep and mental health

Percentage of students that say they have good or very good mental health




Correlation between sleep and school engagement
Percentage of students that report high school engagement
80%
70%
60%
50%
40%
30%
20%
10%
0%
67%
63%
51%
32%
23%
9 hours or more
8 hours
7 hours
6 hours
Less than 6 hours

As a student… What's expected of me?

- Behave with **courtesy** and **respect** towards every member of staff, the student council members, my fellow students and visitors at all times.
- **Attend school every day** that the school is open for students, unless otherwise stated in the school calendar.
- Be in school and in class **on time**.
- Wear the **full official school uniform** in school and at designated school functions / outings at all times.
- Do **all homework** assigned to me.
- Treat **school property** and the **property of others** with respect.
- **Apply myself** to my school work, **do my best** and make every effort to progress at my studies.

Roles within our Code of Behaviour

- **Teaching & Learning is central to the code**
- **Role of the Student**
- **Role of the Parent**
- **Role of the Year Head**
- **Role of the Tutor**



Roles within the Code of Behaviour

Role of the Student

Our school expects that the student will always do their best to uphold the COB of the school. Each student is expected to:

- Arrive for school on time each day.
- Attend each class on time with all the required books and materials, well prepared, suitably dressed, and ready to learn.
- Co-operate respectfully with the teacher.
- Attempts all homework given to the best of ability and present such work in a neat and tidy manner.
- Take responsibility for their own behaviour.
- Follow instructions from all staff members.
- Aim to work and achieve their potential.
- Wear the full correct uniform.
- To remember, that while wearing the school uniform, a student is a representative of the school and that their behaviour should reflect this. For example, respecting the local environment and community. No graffiti or littering.
- Participate fully in all school activities and do their best at all times.
- To refrain from an activity/action that disrupts the teaching and learning process in the classroom.
- Respect personal space and boundaries and never engage in any act of violence or aggression towards any other person.
- Never engage in any form of bullying towards another student and to report any such act to a member of staff. (bullying is the use of force, coercion, hurtful teasing or threat, to abuse, aggressively dominate or intimidate another.)
- Never to use, possess or distribute any illegal drugs or alcohol and to report such activity to a member of staff.
- Take care of all school property and never engage in any act of vandalism against school property or the property of any member of the school or local community.
- Use mobile phones only in the classroom, if requested by the teacher. Keep mobile phones switched off at all other times while on the school grounds.
- Engage with all staff, students and members of the school community in a manner that is respectful and courteous.
- Only go to their lockers at the assigned times (before school, at break, at lunchtime and after school).
- Keep their lockers tidy and organised.
- Be aware that smoking/vaping is prohibited in the school building and grounds.

Roles within the Code of Behaviour

Role of the Parent/Guardian/Carer

- Read and explain the COB with their child.
- Take an active and supportive interest in their child's work and progress.
- Provide their child with the school uniform and other materials needed for school, as required.
- Check that all homework is completed to the best of the student's ability.
- Explain absences through the Compass Parent App.
- Provide an explanatory note through the School App, when requesting your child to leave school early etc.
- Make sure that their child attends school regularly, on time, and in full uniform.
- Support the authority and discipline in the school by helping their child achieve maturity, self-discipline and self-control.
- Attend Parent Teacher Meetings and be available to meet with school personnel when requested to do so for the benefit of their child.
- Download the school Parent App in order to stay informed of school information. Communication between school and home is very important, now more than ever. Our main form of communication will be through our school app Compass. Please ensure that you have downloaded the Compass School Manager App and enabled notifications. We will post all relevant information on the Compass Newsfeed. If you have forgotten your log in details, please email the school. Students should not have access to the Parent Account on Compass.
- Share relevant family/student information with the school.
- Provide the school with two working, manned phone numbers.
- Contact child only through the main office.
- Make an appointment to meet with teachers/tutors/year heads or management (that is mutually convenient and agreeable to all) as required, through main office.
- Treat all members of the school community with respect and courtesy.

What's In & What's Out at Coláiste Muire Máthair

What's In

- ✓ Being RESPECTFUL
- ✓ Wearing my full uniform
- ✓ Asking questions politely if I don't understand
- ✓ Being organised and coming to school every day
- ✓ Being patient and having a positive attitude
- ✓ Sitting in the assigned seat in class
- ✓ Following instructions





What's Out

- × Bullying, slagging
- × Fighting or messing
- × Using bad language
- × Vandalising, graffiti, stealing or littering
- × Leaving the school grounds without permission
- × Chewing gum, tippex
- × Smoking/vaping/drugs/ alcohol on school grounds
- × Facial piercings or large jewellery
- × Mobile devices, cameras, recording devices
- × Food and fizzy drinks in class

An Roinn Oideachais
Department of Education

Bí Cineálta

Procedures to Prevent and Address Bullying Behaviour for Primary and Post-Primary Schools

Kindness, Courage, Respect



Items to note within Code of Behaviour

- E Scooters
- Toilets – 1 person 1 cubicle. Breach=Suspension
- Rough Play – Keep your hands to yourself always
- Substance Use- Vapes & Nicotine pouches
- Compass-Yellow tags
- Detention – Friday after school assigned by Year Head, lunch time detention can be assigned by class teacher

- According to research by HSE Approximately **20% of young people under the age of 18** report that they vape
- 44% adolescents in one Planet Youth area reported to have tired vapes





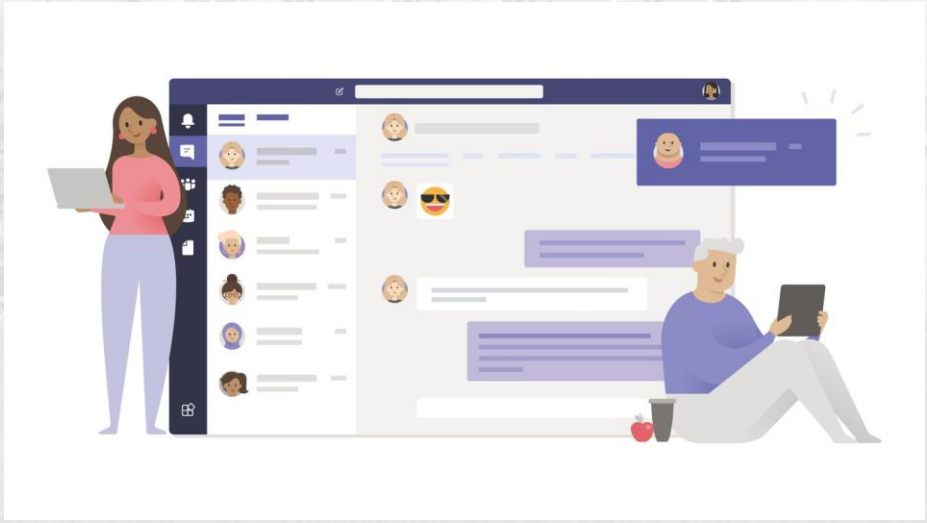
Microsoft 365 School

All students have received an email address and password.

***firstinitial*surname22@cmmg.ie**

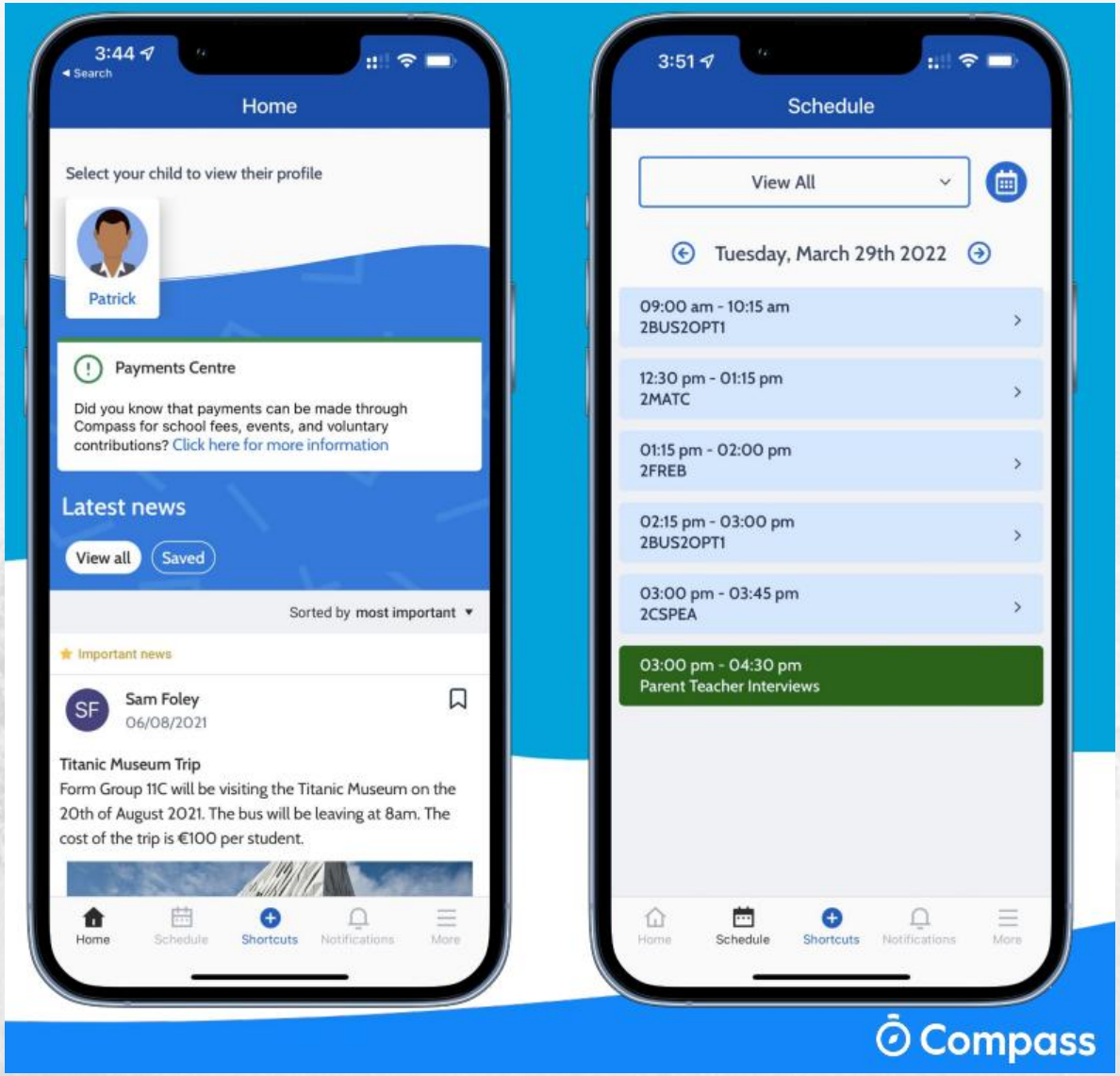
With this they can access their own personal office 365 account with all of its online applications





Compass

- All students and Parents get access to Compass App
- View Timetable, Attendance, Reports and school notifications
- Submit Absence Explanations
- Process Payments
- Contact reception or kmurphy@cmmg.ie if you have any compass queries



Student Profile & Schedule

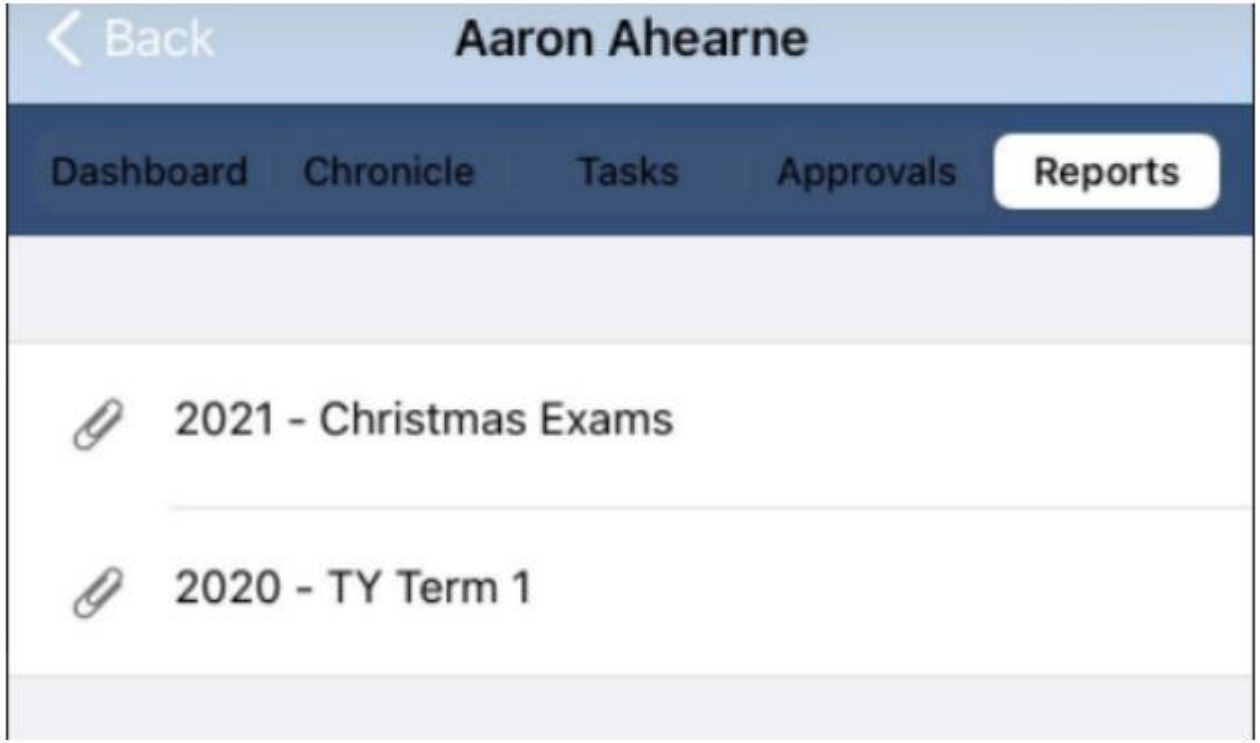
Clicking on the student's profile picture will bring you to their
Here you can view the email address, form group and studen
student's schedule for the day. This is where classes and any
school trips are displayed.



Compass

Accessing Reports

When you have signed in on the Compass app, click on the student's profile. In the Reports tab is where you can download the PDF of any reports that have been made available to you.



explain.

Traffic

- One way traffic – Enter via St Marys rd & Exit on Shantalla Rd.
- Could you drop off at another site nearby and let students walk part of the way?





- Parents Council
- AGM
- New Members always welcome

Supports

- HSCL – Paul Concannon
- SCP – Laura Beagon
- BFL
- Guidance
- SEN Department

Planet Youth

- Planet Youth is an evidence-based prevention initiative designed to promote wellbeing, health, and positive life outcomes for adolescents.
- It was first brought to Ireland in 2018 by the Western Region Drug and Alcohol Task Force across Galway, Mayo, and Roscommon
- Students (typically post-Junior Cycle/aged 15–16) in over 150 schools surveyed every 2 years.
- Source of our statistics shared tonight

PLANET Youth® PARTNER Ireland

Parent Power

FIRST YEAR PARENT GUIDELINES

PLANET Youth



PLANET Youth

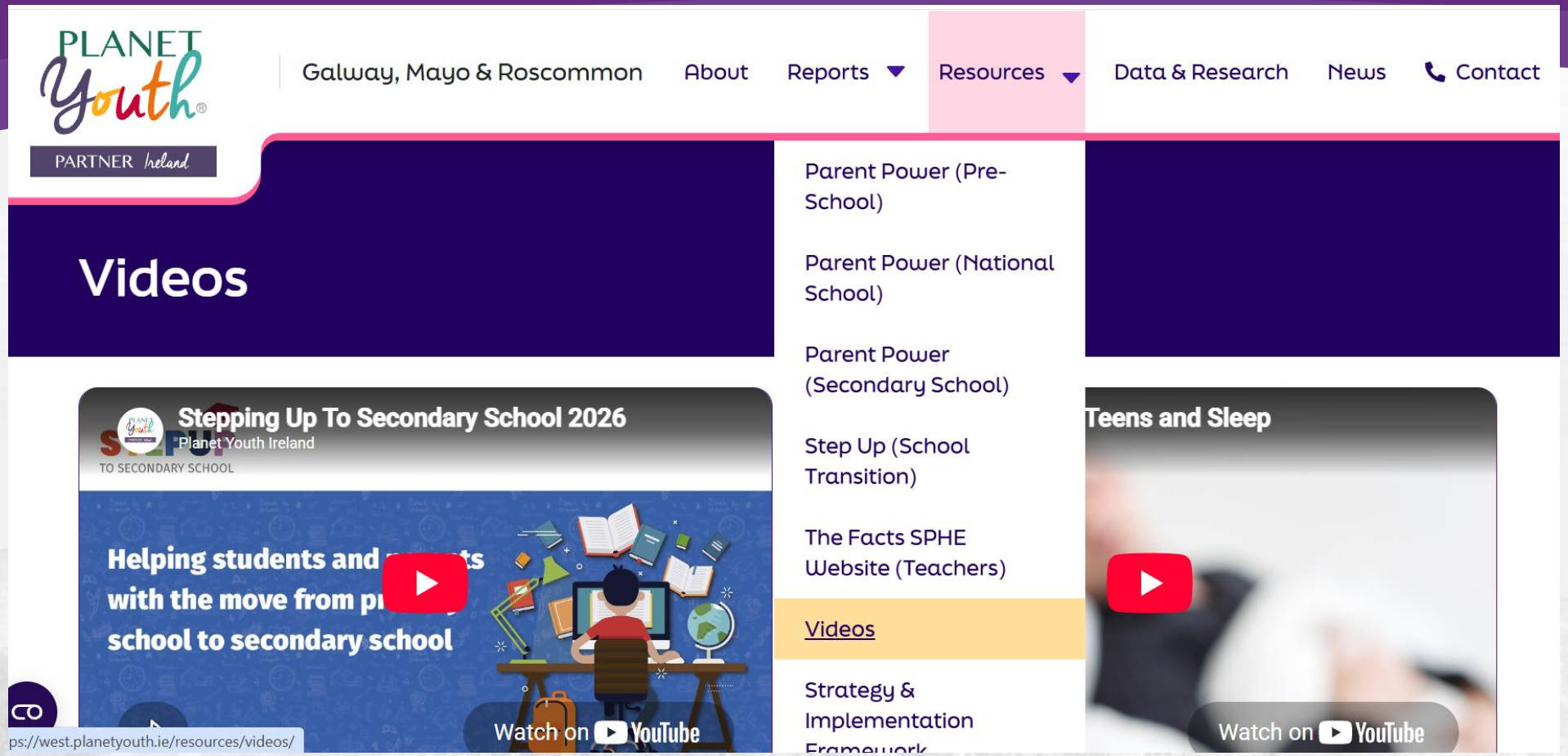
PARTNER Ireland

Contact Information

Emmet Major

info@planetyouth.ie

Follow us on social media



Recorded Webinars include:

- **Stepping up Secondary School 2026**
- **Teens and Sleep**
- **Supporting your teen when they feel socially isolated**

Why Attendance Matters

- **Every Day Counts**
- Regular attendance supports:
- Learning and academic progress
- Practical work and coursework
- Assessment preparation
- Friendships and relationships
- Wellbeing and connection with school
- Positive routines and independence



- **Even occasional absences can add up over the course of a school year.**

Coláiste Muire Máthair
Attendance and Lates

Education Welfare Services

Coláiste Muire Máthair
Attendance and Lates

What Are Education Welfare Services?

Education Welfare Services work to support **children and young people to attend school regularly and participate in education.**

When Are They Involved?

The service can become involved where there are significant or ongoing attendance concerns.

The Aim

To provide **support and early intervention.**

The Focus Is On:

- Understanding barriers to attendance
- Working with students and families
- Supporting improved attendance
- Promoting a student's right to access education
- Working collaboratively with schools, families and other relevant services

Lates Add Up

Coláiste Muire Máthair
Attendance and Lates

Even a few minutes late each day can make a big difference.



5 minutes late per day

25 minutes a week
2.5 days a year
14 full classes a year

Small amounts add up!



10 minutes late per day

50 minutes a week
5 days a year
28 full classes a year

That's a full school week missed each year.



15 minutes late per day

75 minutes a week
7.5 days a year
42 full classes a year

Over a week and a half missed each year.



30 minutes late per day

2.5 hours a week
15 days a year
83 full classes a year

That's almost three school weeks missed.

Early Collection

Coláiste Muire Máthair
Attendance and Lates

If Your Child Needs to Leave Early

If your child needs to leave school during the school day:

1



Contact the school / follow the school's procedure

→

2



Come to Reception to collect your child

→

3



Your child will be signed out

→

4



Your child leaves the school through the appropriate procedure



Students should not leave the school grounds without following the school's permission and sign-out procedure.

More Information

Our school Website… www.cmmg.ie

Any Questions?

Contact: info@cmmg.ie or mmcdonagh@cmmg.ie