



**Dear Parents/Guardians**

Welcome to the seventh bulletin for the 2020/2021 school year.

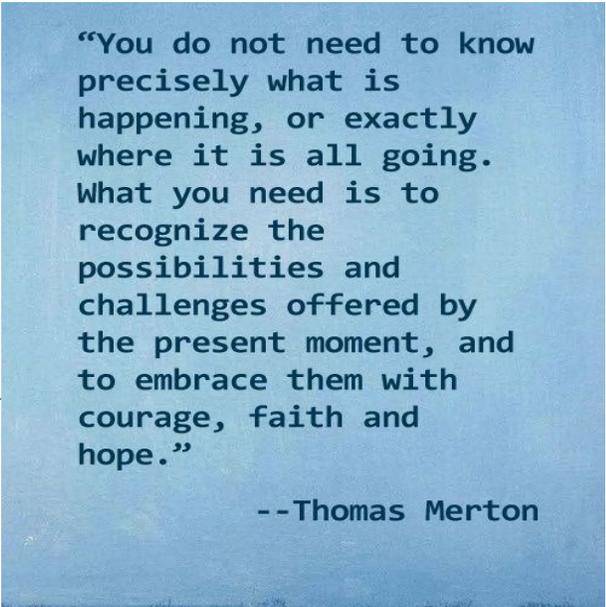
*Just a brief word to you all to say thank you and well done on working with us to ensure we keep our students engaged and learning.*

*It hasn't been easy, but we are this far and we can see some ray of hope at this stage. The break is well deserved for everyone and some time away from the screen will be welcome. I hope you all get to have some quality time as a family and park the stress for the week. We will make decisions on mocks etc. as soon as we know what the Government's plans are.*

*It was so good that so many of you joined in the zoom presentation from Shane Martin. He certainly was both inspirational and uplifting.*

*Please remember we are in this together and it will come to an end.*

*Pauline Moran*



<b>Dates for your Diary</b>	
February 15 <sup>th</sup> –19 <sup>th</sup> inclusive	Mid Term Break
February 25 <sup>th</sup>	Third year options night 7pm An information night for third year parents and students Links to the meeting will be shared after midterm
March 2 <sup>nd</sup>	JC staff training day 1
Wednesday March 17 <sup>th</sup>	St Patrick's day
Monday March 22 <sup>nd</sup>	JC staff training day 2
<b>Please visit our website <a href="http://www.sanctamaria.ie">www.sanctamaria.ie</a> of our face book pages for regular updates</b>	

## New First Years 2021

Just a reminder that application forms must be completed and returned by March 1st 2021

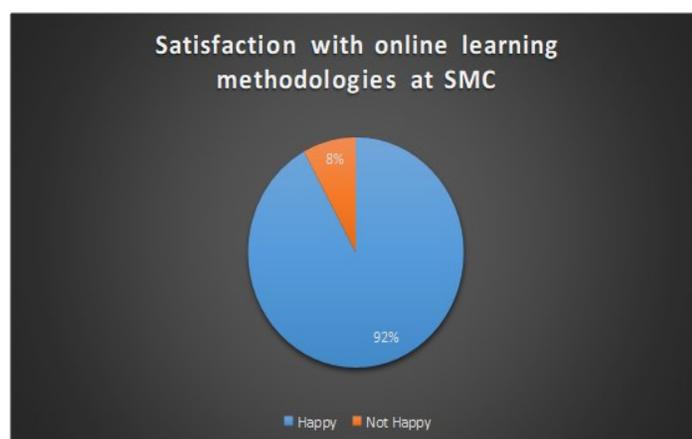
Forms can be downloaded from our website or please just contact us if you wish us to send one out to you.

admissions@sanctamaria.ie or 098 66342



### Online survey

Thank you to all parents that took part in our online survey. We were delighted to receive almost 140 responses from parents and we are very encouraged by the findings that 92% are happy with our online methodologies. We will work on the issues raised and we wish to thank you for all your support with online learning this term.



We have just included a reminder again of where to go if you have any problems/issues that may need to be sorted out.

We have had a few enquiries for teacher emails so we have included the list from Bulletin 5 (December 2020) on page three for your convenience.

Problem/Issue	Who to contact
For issues with Wi-Fi, access or devices please email	johnpaultiernan@sanctamaria.ie
For issues with attendance (students unable to attend classes due to appointments illness etc.) please contact the relevant class tutor who will communicate with class teachers	Relevant Class tutor
For issues with homework/assignments etc. please contact the relevant subject teacher	Relevant class teacher
Pastoral Care	pastoralcare@sanctamaria.ie or the relevant year head
SEN/Learning Support	chrisholloway@sanctamaria.ie
General Enquiries	info@sanctamaria.ie

<b>Name</b>	<b>Email</b>	<b>Role</b>
Ailish Walsh	ailishwalsh@sanctamaria.ie	Year Head Second year
Aoife Duffy	aoife.duffy@sanctamaria.ie	
Aoife Reilly	aoifereilly@sanctamaria.ie	
Bob Reaney	bobreaney@sanctamaria.ie	
Brian Byrne	brianbyrne@sanctamaria.ie	
Catherine Conway	catherineconway@sanctamaria.ie	
Chris Holloway	chrisholloway@sanctamaria.ie	SEN Coordinator
Clare Joyce	clarejoyce@sanctamaria.ie	
Clare Mc Dermott	claremcdermott@sanctamaria.ie	Year Head First year
Cormac McCarthy	cormacmccarthy@sanctamaria.ie	
Deborah Maxwell	deborahmaxwell@sanctamaria.ie	TY Coordinator
Diarmuid Griffith	diarmuidgriffith@sanctamaria.ie	
Eimear Dyar	eimeardyar@sanctamaria.ie	
Elaine O'Malley	elaineomalley@sanctamaria.ie	
Felicity McElroy	felicitymcelroy@sanctamaria.ie	
Finola Foy	finiolafoy@sanctamaria.ie	Deputy Principal (Acting)
Grace Hynes	gracehynes@sanctamaria.ie	
Helen Corcoran	helencorcoran@sanctamaria.ie	
Jane Hanley	janehanley@sanctamaria.ie	
Joan Rennick	joanrennick@sanctamaria.ie	
John Paul Tiernan	johnpaultiernan@sanctamaria.ie	
Judi O Malley	judiomalley@sanctamaria.ie	
Keira Kennelly	keirakennelly@sanctamaria.ie	
Kelly Fetherston	kellyfetherston@sanctamaria.ie	
Laura Cannon	lauracannon@sanctamaria.ie	
Liam Murphy	liammurphy@sanctamaria.ie	
Marian Gill	mariangill@sanctamaria.ie	
Marina Rice	marinarice@sanctamaria.ie	
Mícheál Healy	michealhealy@sanctamaria.ie	
Michelle Hackett	michellehackett@sanctamaria.ie	
Michelle McGing	michellemcing@sanctamaria.ie	
Niall Conway	niallconway@sanctamaria.ie	
Noel McGreal	noelmcgreal@sanctamaria.ie	
Noel O'Malley	noelomalley@sanctamaria.ie	
Norah Gavin.	norahgavin@sanctamaria.ie	Year Head Third year
Norma Keane	normakeane@sanctamaria.ie	
Pauline Finucane	paulinefinucane@sanctamaria.ie	
Pauline Moran	paulinemoran@sanctamaria.ie	Principal
Peig Needham	peigneedham@sanctamaria.ie	
Richard Berkeley	richardberkeley@sanctamaria.ie	
Sarah Mac Evilly	sarahmacevilly@sanctamaria.ie	
Sharon Hopkins	sharonhopkins@sanctamaria.ie	
Sheila Duffy	sheiladuffy@sanctamaria.ie	
Tom O'Flynn	tomoflynn@sanctamaria.ie	Year Head Senior classes



## Hope springs eternal at Sancta Maria College

### (Article from the Mayo News)

A light is glowing in the window of Sancta Maria College. It spells a single word that has come to encapsulate all that has motivated the staff and students of the Louisburgh school throughout this last year and all its challenges. It is a word that embodies the spirit of Sancta Maria.

That word is HOPE.

The light itself offers hope of brighter days for everyone in the community and also symbolises that although no one is in the building we are here.

We are here as management and staff support each other and the school community on an ongoing basis and encourage everyone to look hopefully to the future promoting a positive outlook.

We are here in supporting the students mental health, inspiring hope through optimism and positive reinforcement.

Students are taking up the baton by engaging in tasks wholeheartedly.

Hope is a theme that has run throughout the school's day-to-day business.

It was there when TY students created a Christmas display in the reception area with songlyrics/their own poems or quotes that inspire hope.

It was there when students organised a collection for 'Shine a Light'; homeless charity.

It was there when every student and staff member in the school was invited to plant a daffodil in the front lawn in November and which will blossom in the Springtime.

It exists in the creativity of staff and students. Inspired by RTEs 'lockdown letters', students are creating short documentaries about their interests; they are interviewing local businesses about challenges and opportunities COVID has brought; they are engaging in hobbies, mindfulness journaling, baking, exercise. They have participated in online debates. The purchase of a green screen has inspired the filming of a Christmas carol service. It will be used again as TYs perform to the camera their choices from a large array of musicals.

The limits of the current crisis calls for creativity among teachers which in turn allows students more scope to be creative and collaborative too.

Sancta Maria has answered the challenges with live classes, pastoral care support, an active transition year, supportive year heads. Leaving certs have had inspirational guest speakers Paul O'Brien and Fr Benny McHale to support them through these challenging and unknown times. A wellness programme is part of our overall Wellbeing programme in Sancta Maria and is delivered to our TY students by John Doherty of Westport FRC.

A Mindout programme, developed by the Health Promotion Research Centre at NUI Galway and the HSE's Health Promotion and Improvement Department, has been proven to strengthen young people's social and emotional coping skills and improve their overall mental health and wellbeing. Sancta Maria College, Louisburgh is one of the nine schools in Ireland to take part in the comprehensive study. Our focus is on exam and senior years in particular in recognition of the increased levels of pressure that the current climate has brought about. Students are developing valuable coping skills for life. Three members of staff have been trained in this programme and are delivering it on a weekly basis.

SPHE lessons are focusing on physical and mental health with students sharing wonderful ways they unwind.

Transition Year coordinators have ignored the limitations of life at the moment by producing a full, active and engaging programme for students.

Parents are also supported throughout this theme of Hope. Last week guest speaker Shane Martin author and psychologist, entertained Sancta Maria College parents. Shane is a psychologist dedicated to teaching the very best evidence-based psychology to help people protect their mental health and enhance the quality of their lives. In his light-hearted and enjoyable presentation he talks about building resilience in ourselves and our children, learning how to cope – tapping into our own resources and fostering inner-strengths and hope in order to stay 'standing' during and after this crisis. He is the author of the best selling self-help psychology book 'Your Precious Life -How to Live it Well' (Orpen Press)

Sancta Maria's light of hope is there to drive away the darkness. Long may it shine.