

Dear Parent/Guardian/6th Year Student

We begin yet another week of distance teaching and learning. As Career Guidance Counsellor to the 6th Years, I would like to send a message of support to all students in the year group. This time of uncertainty is very difficult and I understand that some students may be feeling anxious, worried, even disheartened. The Minister for Education, Joe McHugh last week stated that the Leaving Cert will go ahead and that contingency plans are being put in place. He advised students to continue their study to the best of their abilities.

People in all walks of life (not just students) are being recommended to do the following to help us through this time of uncertainty.

Have a good sleep routine and know what time you will get up (and begin your study at)  
Have structure to your day and plan ahead (Time management tables and study plans will be very important here - make sure you cover all your subjects, not just the ones you like!)  
We are all being advised to take exercise...this may be possible at home or within 2km of our homes under the new guidelines  
Have something to look forward to when your study is completed for the day...see it as a reward.

Now more than ever social connection is very important... have a chat with each other and check in with each other remotely. We have all learned recently that there are so many digital platforms through which we can keep in contact.

Over the coming weeks I will continue to post information in relation to Further and Higher Education Institutions, information from CAO and on Apprenticeships, Study guidelines etc. on Google Classroom.

Most importantly for this week, the SUSI (grant) application opens on Thursday 2nd April so information regarding the application process will be posted for students interested in making an application.

In the meantime, whether as a parent/guardian or student you have any queries or concerns please do not hesitate to contact me at [elainemcdonnell@cpckilcullen.com](mailto:elainemcdonnell@cpckilcullen.com)

Take care everyone and stay safe.

All the best,  
Elaine McDonnell  
6th Yr Career Guidance Counsellor