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**A healthy diet** Have your Breakfast. We all need the energy a good healthy breakfast provides. School lunches are provided free of charge. The children bring home the finished lunch bag for two reasons (a) to let you know what they have eaten at school and (b) to teach them about being responsible for disposing of their own rubbish. It’s important to dispose of the bag every day to prevent the school bags from smelling unpleasant.**How do I help my child to be organised for school?**Have uniform or tracksuit ready the night beforeHair needs to be tied back neatly and checked weekly for head lice- watch for sleepovers/playdates as head lice is a community problem and doesn’t just occur at school.Schoolbag ready the night before with pencils pared, copies lined ready for work. |  | **What do I do if my child is unwell?** No child, teacher or parent should attend school if feeling unwell. Stay at home until you feel better. The school is a High Risk Environment so if you see any Covid Symptoms, refer to the GP immediately and stay off school for 48 hours. The main Covid Symptoms are as follows: • fever / high temperature• cough• shortness of breath• change in senses of taste or smell **Punctuality and Pupil Handover**The main entrance door is open between 8.30 a.m. and 8.50 a.m. every morning. The main entrance door is locked after this time. If you arrive after 9.00 a.m., parents/guardians are to accompany their child to the door to ensure safe handover of their child. |  |

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| 5th and 6th Class FAQs |
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| **What time does school start and finish?*** School starts at 8.50 and ends at 2.30.
* It is important for the children to be in school every day and to be on time.
* Early collection should be avoided unless absolutely necessary. Use the Aladdin AppFollow the instructions at the door for signing out your child.
* If your child is absent, please write a note to explain the absence in the back of the Homework Journal or on the Aladdin App.

**Does my child need to be collected by a parent?**Girls in 5th and 6th Class can be collected from the gate. They do not need to be collected at the door.*Remind the children if you are not at the pick-up point that they should wait a few minutes and then return to the main door and ring the bell to contact the office.* |  | **Your Contact Information**Please ensure that contact numbers and email addresses in the office and in the front page of your child’s journal are correct. Please let us know if you change your phone number or email address.**How do I get in contact with the class teacher?**If you do need to speak to your child’s teacher, please make an appointment using the school journal or contact the office where Siobhán will contact the teacher and organise a suitable time for an appointment/meeting.Don’t leave it until the Parent Teacher meetings if are worried about your child**What days does my child wear their tracksuit?*** Tracksuits days are Thursday and Friday
* Uniform days are Monday, Tuesday, Wednesday
* Please label all clothes, including coats.
 |  | **How long should my child spend on her homework.** * 5th Class homework takes about 50 minutes.
* 6th Class homework takes about 60 minutes.

This is an average time as each child is different. We generally give Maths, English and Irish reading, English and Irish spellings and some writing. They may also have to learn a poem, list of counties etc. That time doesn’t include breaks. It just means actual homework. It’s best to stick to a routine for homework and to do it shortly after school as the children will be too tired later. If they ask for help, then by all means help them but please don’t do the homework for them. Remember to sign your child’s journal after you have checked her Homework.**Confirmation**The Diocesan Office will inform us of the date for the confirmation in due course. Preparation will be ongoing in the classes. |