



Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

3rd April 2020

Dear Parents/Guardians,

I hope this letter finds you well and coping as best you can with this unprecedented national and global situation. One month ago very few of us could have imagined a world like the one in which we now live. This is a huge learning curve for every citizen, both young and old.

We are doing our best to keep everyone fully informed - as you know I have been in touch with your child(ren) earlier in the week. If you want to check back through any letter that we have sent the link to *Letters to Families* is [here](#).

- **Statement by An Taoiseach that State Exams are going ahead**

We understand that the lack of certainty around school closures and state exams may be causing anxiety for some of our students, and indeed their families. So we were glad to hear the Taoiseach, Mr Leo Varadkar, telling us at yesterday's press conference that plans are being drawn up to ensure both the Leaving Certificate exams and Junior Certificate exams will go ahead this year, with the Minister for Education, Mr Joe McHugh and the State Examinations Commission drawing up options to allow the State exams to be held. The Taoiseach said there are a "*number of options*" and Minister McHugh is working to ensure that "*by hook or by crook*" the exams take place.

- **Contacting the school**

If parents/guardians need to contact the school please email us at reception@loretoclonmel.ie and your query will be forwarded to the relevant person.

Please be mindful that, no doubt like for many of our families, WIFI access is not as reliable for staff working from home, so there may be a delay in replying to your emails.

Also note that administrative staff will be on holiday for part of our Easter break from 4.30pm on Wednesday 8th April 2020 and returning at 9.30am on Tuesday 14th April 2020. During that time should you need to contact the school **urgently** please email both principal@loretoclonmel.ie and deputyprincipal@loretoclonmel.ie and we will be in contact with you as soon as possible.

- **Easter Holidays**

As was noted in a letter to families on 13th March 2020 the normal school calendar will apply. *Today, Friday 3rd April 2020, at 3.20pm Easter Holidays begin.* After the last few weeks I know that you, your family and our teachers will need this break to re-charge the batteries.

As would normally be the case teachers *may* be setting students work to complete during the Easter holidays *but neither students nor teachers will be in school* (this includes remote teaching and learning) during the two-week holiday.

We are scheduled to return to school as normal on Monday 20th April 2020. I am sure you will hear as soon as I do if this is to change, but I will be in contact with you when we have further updates.

- **Wellbeing**



As we head into the Easter holidays, we know that you are all at home together.

There is a lot of advice online about how to look after your wellbeing including mental health – this can be summed up in these Junior Cycle Indicators of Wellbeing which apply to every member of the extended Loreto community, not just students in Junior Cycle!

This HSE [link](#) has a variety of suggestions for you and your family.

Our TYs are doing a Daily Lockdown Reflection Sheet (see page 3). Ms Culliton, TY co-ordinator, has been very impressed by the responses! This might be of interest also to some families and this document has been sent to all students today.

To all who are working on the front lines in a huge variety of roles at the moment (including those in our extended Loreto Community), we want to say thank you for all that you are doing. Our TYs have made this [video](#) to say thanks. Also many of our staff and students are flying flags for frontline heroes to show our support.

Please take care of yourselves and those closest to you. Keep doing your bit to flatten the curve. Wishing you, our students and your extended families a Happy Easter. Our prayer for Easter is below.

Yours faithfully,

Anne Mc Grath,
Principal

Easter Prayer



We pray for all in our school, the extended Loreto community, our family and friends: that we may share the joy and hope of Easter by reaching out with love to all.

Julian (or Juliana) of Norwich in the book *Revelations of Divine Love*:

“All shall be well, and all shall be well, and all manner of thing shall be well.”

[#prayfortheworld](#)

Daily Lockdown Reflection

Loreto Clonmel 2019-2020

| | Who am I checking on or connecting with today? (e.g. phone call, text message, FaceTime, etc..)  | How am I going to get some exercise today? (e.g. walking, running, basketball, on-line class, etc...)  | How am I expressing my creativity today? (e.g. baking, painting, making, etc...)  | What am I grateful for today?  |
|---------------------------|--|---|---|--|
| Monday Date: | | | | |
| Tuesday Date: | | | | |
| Wednesday Date: | | | | |
| Thursday Date: | | | | |
| Friday Date: | | | | |

HSE Posters

Coronavirus COVID-19



Coronavirus COVID-19 Public Health Advice

Everyone stay at home.
Everyone has the power to **Stop COVID-19.**

Stay at home in all circumstances, EXCEPT:

- > Travel to and from work where your work is an essential service. [See gov.ie](http://gov.ie)
- > To shop for essential food and household goods
- > To attend medical appointments and collect medicines
- > For vital family reasons including caring for children, older or vulnerable people or someone who is cocooning but excluding social family visits
- > To take exercise within 2km of your home. You may include children from your household but **MUST** adhere to 2m physical distancing from other people.

Cocooning has been introduced for those over 70 years and those who are extremely medically vulnerable to COVID-19. You can find out more about this on hse.ie.

Remember, you cannot arrange a gathering with anybody you do not live with.

If you have symptoms, self-isolate to protect others and phone your GP.

For information and advice visit hse.ie or phone HSE Live **1850 24 1850**

For Daily Updates Visit
www.gov.ie/health-covid-19
www.hse.ie

How to Prevent



Stop
shaking hands or hugging when saying hello or greeting other people



Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



Wash
your hands well and often to avoid contamination



Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

Ireland is operating a delay strategy in line with WHO and ECDC advice



Riailtas na hÉireann
Government of Ireland

Coronavirus COVID-19



Coronavirus COVID-19 Public Health Advice

Social Distancing Outside

Spending time outdoors is good for our health. **But social responsibility is essential for ALL our health.**



Avoid
close contact with others



Distance
yourself at least 2 metres (6 feet) away from other people



Small group
sizes should be kept to a minimum



Don't arrange
to meet up with other groups



Avoid
an area if it looks very busy and go somewhere else for your walk

For Daily Updates Visit
www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a delay strategy in line with WHO and ECDC advice



Riailtas na hÉireann
Government of Ireland