



Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

Monday 16th November 2020

Dear Parents/Guardians of Sixth Years,

As you may know last week was a difficult week for many of our 6th year students. This together with the workload of preparing for November House Exams means that some of our 6th Years are feeling under pressure. To help alleviate this we have decided that this Friday 20th November will be a study day to prepare for the House Exams.

We hope that your daughter will use this day to get some additional rest and then be able to spend the day preparing for her exams.

For students who prefer to study in school we will have a supervised study centre available.

In making this arrangement we have asked the girls to commit to being fully present in school all day Tuesday, Wednesday and Thursday.

So that we can organise this properly your daughter will be asked to fill in a Microsoft Form to say whether she will study at home or in school. Your daughter will be marked present once this form is completed.

Please see page 2 for some self-care ideas for you daughter that you might encourage her to consider using in order to help her maximise her study time.

Wishing each of our students well in the upcoming House Exams.

Yours faithfully,

Anne Mc Grath,
Principal

Sarah Rice,
Deputy Principal

SELF CARE IDEAS	
5 minutes	15 minutes
<ul style="list-style-type: none"> • Brush your hair • Make yourself a warm drink • Light a candle • Listen to an upbeat song • Drink a glass of water • Give a glass of water • Give yourself a foot massage • Step outside in the fresh air • Text someone you love • 5 minutes of focused breathing • Write down 10 things you are grateful for • Dance like crazy • Smile! • Buy yourself flowers 	<ul style="list-style-type: none"> • Have shower • Put on a face mask • Go for a walk • Make a smoothie • Stretch • Have a cat nap • Call someone you love for a chat • Pamper yourself • Do a short meditation • Spend time in nature • Journaling • Watch a funny YouTube clip • Soak in a bubble
1 hour	
<ul style="list-style-type: none"> • Binge watch a funny show • Spend time with friends • Create a vision board • Do an intense workout • Get a massage • Read a book • Listen to podcast 	<ul style="list-style-type: none"> • Go on a hike • Unplug from technology • Try yoga • Organise your wardrobe • Cook a new meal • Paint a picture • Watch a movie

HSE Advice

Further information on COVID-19 is available at: <https://www.hpsc.ie/> and <https://www.gov.ie/en/> or phone **Public Health South East** at 056 7784142 or **HSE Live** at 1850 24 1850

