

Coláiste Pobail na Mainistreach
Bóthar na Mainistreach, An Port Mór, Portláirge, X91 PC91
Priomhoide: Michelle Ni Sheafraidh
Leas-Phriomhoide: Colm de Ris
Leas-Phriomhoide: Helen Ni Chonchubhair
Leas-Phriomhoide: Laura Ni Ghiolla Phádraig

Abbey Community College
Abbey Road, Ferrybank, Waterford, X91 PC91
Principal: Michelle Jefford
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8th November, 2023

1st Year Brainbox Workshop

A chara,

Our 1st year students will attend a live workshop this Friday, 10th November as a continuation of their induction to Abbey Community College. This workshop will be delivered by Evan Costigan from www.brainbox.ie

The aim of this dynamic programme is for our students to get off to the best possible start in secondary school and be ready to be more motivated, less anxious and ultimately improve their exam results.

Topics covered included:

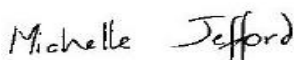
- Belonging: making friends
- Getting organised: an evening plan
- Homework tips
- Note making strategies
- How to study and revise
- Digital wellbeing

There will be a particular focus on study skills as our students prepare for our *Assessment Zone 1* examinations which will take place from Tuesday 21st – Friday 24th November, 2023.

We ask that you discuss the workshop with your child at home and support them in their preparation for their upcoming examinations.

We thank you in advance for your support and wish our students a continued successful and motivated school year.

Yours sincerely,



Michelle Jefford
Principal



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