

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

Abbey Community College
Abbey Road, Ferrybank, Waterford, X91 PC91
Principal: Michelle Jefford
Deputy Principal: Colm Rice
Deputy Principal: Helen O'Connor
Deputy Principal: Laura Fitzpatrick



Tel: 051 832 930
info@abbeycommunitycollege.com
www.abbeycommunitycollege.com

8th October 2024

1st Year Brainbox Workshop

A chara,

Our 1st year students will attend a live 'Headstart' workshop tomorrow, Wednesday 9th October 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:

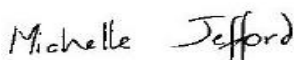
- Belonging: making friends
- Getting organised: an evening plan
- Homework tips
- Note making strategies
- How to study and revise
- Digital wellbeing

There will be a particular focus on study skills. *Assessment Zone 1* examinations will take place for 1st year students from 10th – 20th December 2024.

We ask that you discuss the workshop with your child at home and support them in their studies in school.

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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kcetb

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Chill Chainnigh agus Chearbáilach
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1st years: Headstart programme




This dynamic programme ensures 1st years get off to the best possible start in secondary school. Covering topics such as organisational skills, note making, how to study and revise, friendship, and much more, this highly interactive workshop will build your students' confidence during the pivotal first stage of their secondary school journey.

Each participant receives our *Headstart* booklet packed with study and organisational tips.

Topics

1. Being organised for class
2. How to make notes
3. Making an evening plan
4. Exams: how to study and revise
5. Healthy friendships
6. Digital wellbeing

Practicalities

 **Length:** 2 hours in person or 80 minutes online (live presentation)

 **Available:** Year-round

 **Class group:** 1st year students



'This was fantastic. The students really engaged with this programme and I would highly recommend it. I will definitely be getting Evan back again. All staff members that were present for the talk commented on how good it was!'

Ms Bateman, Guidance Counsellor,
Coláiste Cois Siúire, Co. Kilkenny.

'It was great fun and the teacher was brilliant. I would love to do the course again as it taught me lots of great tips starting secondary school.'

Mia, 1st year student,
Loreto Community School, Co. Donegal.