

**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  
**Deputy Principal:** Colm Rice  
**Deputy Principal:** Helen O'Connor  
**Deputy Principal:** Laura Fitzpatrick



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4<sup>th</sup> March 2025

**THAT'S LIFE Educational Programme**  
**3rd Year RSE Health Lecture**

A chara,

As part of your child's Relationship and Sexuality Education (RSE), Abbey Community College has organised a talk on young adult's health issues including healthy lifestyles, puberty and adolescence, facts on smoking, vaping and alcohol, and an introduction to relationships and sexually transmitted infections. This will take place for all third year students (girls and boys separately) on the 11<sup>th</sup> and 12<sup>th</sup> March 2025.

These sessions will be facilitated by a specialist nurse, Margaret Crean, qualified in Community Public School Health.

This comes at a financial cost to the school and we ask for a €2 donation from each student.

**Methods of payment:**

- Way2Pay – a link is sent to the mobile phone to make payment which is updated instantly on the Way2Pay system (this is the fastest and most convenient way to pay the fee). The link will be sent to the mobile on 04/03/25.
- By card payment to the school bursar: Times: Monday - Friday 8.30am – 12.30pm.
- By sending €2 in an envelope with your child's name and class on it into the school bursar.

**If you wish for your daughter/son not to attend, please contact the school.**

Yours sincerely,

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Michelle Jefford  
Principal