

De La Salle College Macroom

School Passport



DE LA SALLE COLLEGE MACROOM

COLÁISTE DE LA SALLE, MAIGH CHROMTHÁ, CO. CHORCAÍ
A TRADITION OF EXCELLENCE



My name: _____

This school passport aims to answer questions that you may have as you transition from primary to post primary school.

Our school is very excited to welcome you as a new member of our De La Salle school community.

We will see you all in September.

Personal information



My name is _____

I am _____ years old

My first language is _____

My Address (es) is/are

(1) _____

(2) _____

My 3 favourite things are (They don't have to be school related)

1. _____

2. _____

3. _____

Something I do enjoy doing is _____

(You can explain it more or draw a picture of the activity in the box above)

My Primary School



I am currently going to[attending]

_____ Primary/National school.

My Teacher'(s) name is(are) _____.

My class's SNA's name is _____. They help me with

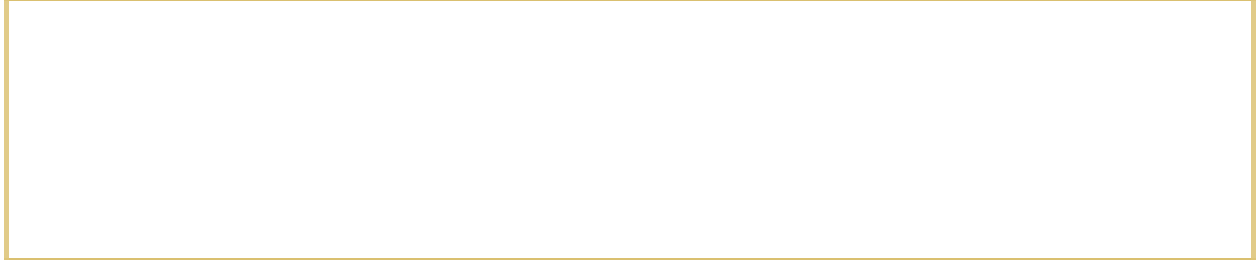
My favourite subject is _____ because

My least favourite subject _____ because

My favourite thing about my school is:

Least favourite thing about my school is:

I sometimes need some help with ..



But I learn best when...

My New School: De La Salle College

Here are some pictures of your new school & some important staff members.

Principal: Mr Murphy



Deputy Principal: Mr Graham



Block 1 (main building) ↓



**Block 2 (1st
year base
rooms and the
Science
Laboratory)**



← **Block 3 (2nd & 3rd year base
rooms)**

School Staff

Here in De La Salle College Macroom, we have fantastic staff who keep our learning environment thriving. From our principal; to our teachers, our facilities staff, to our special needs assistants, to our caretaker. We are one large community.

These are some of the names of school staff you will meet next year!

Chaplain Fr. Joe O'Mahony C.C

Canteen Ms. Mary & Ms. Nikki

Maintenance Mr. Aidan Coughlan

Guidance Counsellor: Ms Mary O' Connor

All about your new school



I am looking forward to...



I am a bit worried about...



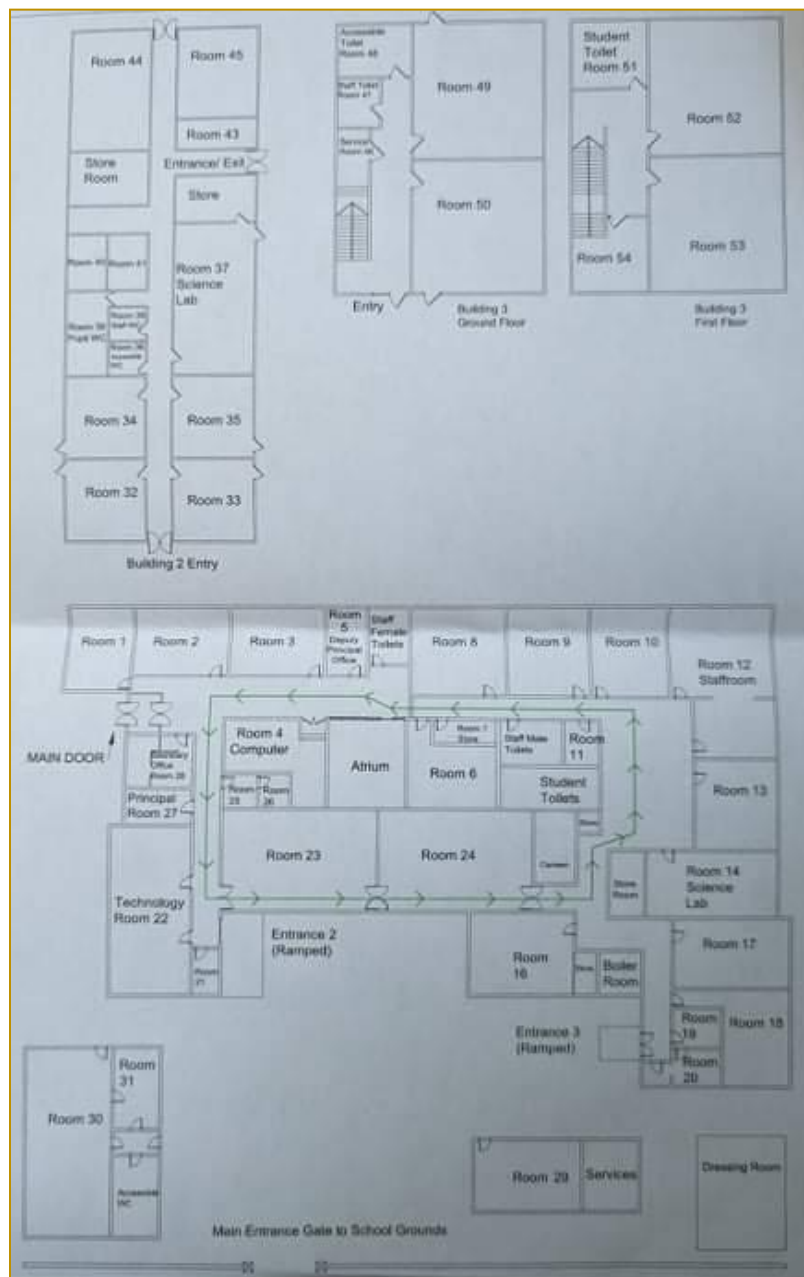
Do you know anyone that is a student of De La Salle college or has gone to our school? _____

Map of my new school

Check out our really cool map. Our school has 3 buildings, each building has classrooms, specialist classrooms and resource classrooms. With the opening of our third building in 2022, we really are a growing school. We have specialist rooms such as the Technology Room, Graphics room and even two Science labs. Our new school library was a great addition in 2023, we are really lucky to have this new space. Below are pictures of and labels showing us where the most important rooms are.



Use the map to help you find your way to the following places in De La Salle



1. Can you find where one of the Science labs are? _____
2. Can you list where the main office is? _____
3. Can you list how to get to the student bathroom? _____

Important rooms in my new school

Main building - Block One



- Main office & Principal's office



- Canteen (small and big break)
- Block Two's Science lab



- The Library
- Technology room



- Student bathrooms



- The school pitch



Tips from this year's 1st year 1B group 22/23

When making this booklet, I had the idea of asking for real advice from our own students. Here are some of their tips and advice;

- "The pitch at lunch on sunny days is the best"
- "If you like to sing, the school choir is a bit of craic"
- "Rule your (margins) lines into your copy (it keeps them neater)"
- "Write your keywords in the back of your copy - easy to find them especially when you have (to learn) them for learning homework"
- "The library is the best, you can borrow books and read them at home or at lunch"
- "Take your uniform out of your school bag after you get home from PE"
- "Label your PE gear bag (in case someone else has the same bag), I took someone's else home one day and had no uniform for the next day."
- "The food in canteen this year was so good (the bbq rib roll was my favourite)"
- "Put your chair (up) on your desk at the end of last class"
- "Store your books upright in the locker, they get (torn) otherwise"
- "The bean bags in the Library are comfy to chill out on"
- "When a teacher says title your headings in your copies, use the name of chapter or section - otherwise the teachers will keep reminding you"
- "Try not use a pencil when writing notes, most teachers prefer us using pens as it doesn't rub out"

Tips from our current second years (First Year 21/22) - Soon to be 3B Students

- "Don't be late to classes [that are straight] after lunchtimes."
- "Don't spend too much time in the canteen at small break so [that] you have enough time to go to the lockers and bathroom before class"
- "Go to the bathroom at small and big break as going during class time is only unless its an emergency"

-
- "If you're getting the bus don't leave later than twenty to nine"
 - "Watch out for the cars when leaving and going to school, and from the Garda station car park"
 - "Bring extra money for the canteen food; especially the pancakes at small break" and "Eat your lunch in the canteen"
 - "On PE days, you can wear your own clothes but you change in school [so don't wear them to school]"
 - "Sign up for the sports teams even if you feel you're not good enough, I did, and now I'm playing every game."
 - "Write down your Microsoft password somewhere as you use it to log onto Teams for the Ipads' and "Label each new copy that you have, as they all look the same"
 - "If you play GAA outside of school, choose triple Football on the days when triple PE is on - you won't regret it."
 - "You have to sign in at the main office if you come in late"
 - "Pack a spare locker key somewhere in your bag, so you have a spare and don't need to get Mr Graham to cut the lock for you"
 - "Make sure to clean out your locker before the mid term breaks, I learned the hard way and left a banana in it"
 - "First years have designated bathrooms in Block 2 - all first years use these ones"
 - "We either eat in the canteen or the benches, this keeps the classrooms clean' "Getting out in the air at lunch gives (us) a break from the classrooms '
 - "The benches are really nice to sit at when the weather is good - some teachers even do classes out there"

My new school's Code of Behaviour

De La Salle College
Macrooom

- Students will only have access to chat rooms, discussion forums or other electronic communication forums as have been approved by the school; these will be used only for educational purposes and will always be supervised
- Students are not to arrange face-to-face meetings with anyone
- Appropriate usernames will be used to avoid disclosure of identity.

Sanctions
Misuse of the internet may result in disciplinary action, including written warnings, withdrawal of access privileges, and, in certain cases, suspension and expulsion.

CODE OF BEHAVIOUR

De La Salle College was founded by the De La Salle Brothers in 1933. The school is a Christian community of students, staff, parents/guardians and management with a strong tradition of concern and respect for one another and a commitment to tolerance, compassion and justice for all. We believe that it is important that students should have a strong sense of responsibility and we do our utmost to cultivate a positive attitude.

The Code of Behaviour emphasises the rights of all students and staff to work in an educational environment free from disruption. Observance of the code of behaviour will help to develop a happy and caring attitude in the school and will ensure that the dignity of all staff, students and parents, is given the utmost priority.

- De La Salle expects all members of the school community to treat each other with courtesy and respect.
- De La Salle respects the rights of each student to work and study in an environment which is secure, happy, and conducive to learning. Students should not through disruptive behaviour deny that right to fellow students.
- The rules and regulations help to foster and maintain the traditional ethos of the school. All members of the De La Salle community are expected to respect and uphold these rules and regulations.

BEHAVIOUR

- Students are expected to behave with courtesy and good manners towards staff and one another.
- Bullying in any form is not tolerated.
- All eating and drinking is confined to the canteen area.
- Chewing gums are not allowed in the school building.
- Students should treat college property and that of their fellow students with respect. If a student's behaviour is not deemed acceptable it may result in an entry in the Log Book. Two entries will result in a lunchtime detention. Three entries will result in a Saturday detention.

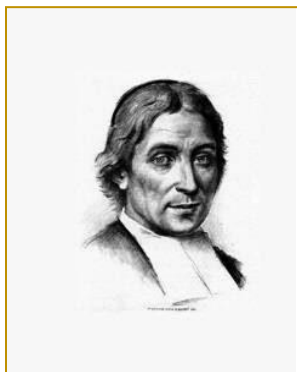


List three school rules that you think are the most important?

1. _____
2. _____
3. _____

De La Salle College is a proud Lasallian school

De La Salle College was opened by the De La Salle Brothers in Macroom in 1933. We are an all-boys school and our enrollment currently stands at over 380 students. We are a Voluntary Catholic Secondary School meaning it is run by a Board of Management. We follow teachings of the Lasallian Five Core Principles in our everyday learning and teaching.



Let's learn more about the Lasallian way and the origin of the De La Salle Brothers and most importantly the lasting teachings of Saint Jean-Baptiste De La Salle in the present

day.

Who was Saint Jean-Baptiste de La Salle?

Saint Jean-Baptiste de La Salle (born 30 April 1651 in Reims; died 7 April 1719 in Saint-Yon, Rouen) was a French priest, educational reformer, and founder of an international educational movement. Born in Reims, a historical city of France, long associated with the crowning of the French kings, De La Salle's family lived and prospered.



For the first 37 years of his life, it was the place that he called home.

He dedicated more than forty years of his life to the education of the children of the poor. De La Salle became involved in education little by little, without ever consciously setting out to do so. He began a new order, the Institute of the Brothers

of the Christian Schools, also known as the De La Salle Brothers (in the U.K.,

Ireland and Australia) or, most commonly in the United States, the Christian Brothers. Currently, about 6,000 Brothers and 75,000 lay and religious colleagues worldwide serve as teachers, counsellors and guides to 900,000 students in over 1,000 educational institutions in 84 countries.

Saint Jean-Baptiste De La Salle's work quickly spread through France and, after his death, continued to spread across the globe. He was canonised by Pope Leo XIII on May 24, 1900. Because of his life and inspirational writings, he was proclaimed as the Patron Saint of Teachers on May 15, 1950, by Pope Pius XII. His feast is celebrated in the Catholic Church calendar on April 7, and at Lasallian institutions on May 15. Our school choir sing at the school mass on his feast day.



The Lasallian Tradition - Let's learn about the five principles on which our school is proudly founded.

1. **Faith in the Presence of God;** The Lasallian school nurtures in its members an awareness of the living presence of God in our world. It calls all to a deeper awareness of their saving relationship with a caring and loving God and moves all to see the world through the eyes

of faith.

2. **Concern for the Poor and Social Justice;** The Lasallian school calls its members to show solidarity with the poor and victims of injustice. It calls all to a life-long commitment to respond to their needs through programs of community service, advocacy, and justice education.

3. **Quality Education;** The Lasallian school provides an education that prepares students not only to contribute to society but to transform it. It calls all to use their knowledge and talents to critically examine and engage the world in light of the message of the Gospel.

4. **Respect for all Persons;** The Lasallian school engages its members in a concerted effort to respect the dignity of all persons. It calls all to respect-filled relationships as the heart of Lasallian education and a key expression of their identity as children of God.

5. **Inclusive Community;** The Lasallian school is a united community where diversity is respected and no one is left out or left behind. It calls all to recognize and embrace one another's unique stories and qualities as unique and sacred features of the Body of Christ on earth.



Can you share three new pieces of information you have learned about Saint Jean-Baptiste De La Salle or the Lasallian Core Principles?

1 _____

2 _____

3 _____

My uniform

All of our students are proud to wear our school uniform. We must wear our school uniform every day. We take great pride in our uniform *

The school uniform can be bought from both TM Cronin's off Main Street and Dan Twomey's in Middle Square.

Our Uniform: The school uniform consists of a light blue shirt, school jumper with crest and grey trousers.

The school uniform is to be worn at all times with no exceptions.



*PE Uniform

In our PE classes, it is optional to wear our own sports gear or you can buy De La Salle College gear from O'Neill's online sport shop. This is not mandatory.



There are hangers in the hallways for jackets to be hung up on. This will mean you won't need to put your jacket into your lockers, or squeeze it into your school bag or even leave it on the floor. Please make sure you have your full name on a label on the inside of the jacket so that you know which jacket belongs to who.

My timetable

Our class times are 40 minutes long. This is a change from primary school, which may seem long but it means that we have time to correct our homework, learn new topics, ask questions and have time to understand our new homework fully before we leave each class. We have nine periods/ blocks of 40 minute classes daily, except on Wednesdays, where we have six classes and finish at 1.15 pm.

Your timetable might look something like this:

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 - 09:40	History 1His-B R33 Raymond Murphy	Business Studies 1Bus-B R33 Niamh Buttiner, John Ryan	French 1Fre-B R33 Judy Kenneally	English 1Eng-B R33 Evelyn O'Shea	Business Studies 1Bus-B R33 Niamh Buttiner, John Ryan
09:40 - 10:20	English 1Eng-B R33 Evelyn O'Shea	French 1Fre-B R33 Judy Kenneally	Mathematics 1Mat-B R33 Con Lynch	Social, Personal and Health Education 1Soc-B R33 Liam Fleming	Mathematics 1Mat-B R33 Con Lynch
10:20 - 10:35					
10:35 - 11:15	Geography 1Geo-B R33 Raymond Murphy	Applied Technology 1ATec-3.3 R22 Declan Murphy	History 1His-B R33 Raymond Murphy	Mathematics 1Mat-B R33 Con Lynch	Geography 1Geo-B R33 Raymond Murphy
11:15 - 11:55	Business Studies 1Bus-B R33 Niamh Buttiner, John Ryan	Applied Technology 1ATec-3.3 R22 Declan Murphy	English 1Eng-B R33 Evelyn O'Shea	Religious Education 1Rel-2.2 R33 Liam Fleming	Irish 1Iri-B R33 Geraldine O'Shea
11:55 - 12:35	Science 1Sci-B R33 Eva Dunne, Joni Tarrant	Science 1Sci-B R37 Eva Dunne, Joni Tarrant	Geography 1Geo-B R33 Raymond Murphy	Business Studies 1Bus-B R33 Niamh Buttiner, John Ryan	French 1Fre-B R33 Judy Kenneally
12:35 - 13:15	Religious Education 1Rel-2.2 R33 Liam Fleming	Science 1Sci-B R37 Eva Dunne, Joni Tarrant	Irish 1Iri-B R33 Geraldine O'Shea	Science 1Sci-B R33 Eva Dunne, Joni Tarrant	History 1His-B R33 Raymond Murphy
13:15 - 13:50					
13:50 - 14:30	Physical Education 1Phy-11 R32 Conor Kinsella	Irish 1Iri-B R33 Geraldine O'Shea		Irish 1Iri-B R33 Geraldine O'Shea	Applied Technology 1ATec-3.3 R22 Declan Murphy
14:30 - 15:10	Physical Education 1Phy-11 R32 Conor Kinsella	English 1Eng-B R33 Evelyn O'Shea		Wellbeing 1Well-B R33 Mary O'Connor	Applied Technology 1ATec-3.3 R22 Declan Murphy
15:10 - 15:50	Physical Education 1Phy-11 R32 Conor Kinsella	Mathematics 1Mat-B R33 Con Lynch		French 1Fre-B R33 Judy Kenneally	Civic, Social and Political Education 1Civ-B R33 Liam Fleming

This timetable might look very confusing at the moment, it shows: the subject, room number and teacher's name

The format of your timetable will be explained to you when you arrive at De La Salle College

The class codes underneath the main subject help us as teachers find the classroom and subject

- Our school day starts at 9 am.
- We finish at 15.50 (3.50 pm) everyday except for on Wednesdays when we finish at 13:15 (1.15 pm)

Having a half day mid-week really helps to break up the week or so our current First year students (21/22) have said to us!

Our De La Salle top tip: Arrive 10-15 minutes early in the morning to ensure you are on time for class and have time to go to your locker to organise your books for the day.



Answer these questions on our mockup timetable.

1. What time will I finish school on a Thursday? _____
2. What time will I finish school on a Wednesday? _____
3. What time does school start every morning? _____

Role of Class Teacher

Here in De La Salle each class has a class teacher. They will help you with any issues that you may have. They will also tell you about upcoming events and competitions the school might be running. They will also make sure you are behaving in your classes and doing your homework by checking your homework journals. You will meet your class teacher when you arrive at the college.



Lunch Time

- We have our small break at 10.20 am until 10.35 am. This break from class is a chance for us to eat something small, use the bathroom, go to our lockers and get some fresh air.
- The morning small break is split between age groups; Junior cycle students have their break at 10.20, whereas Senior cycle students have their small break at 11 am.
- There is no school bell that will ring at 10.20, so 'keep an eye' on the time. You will hear a bell at 11 am but that is for the Senior cycle students
- We have our big lunch break at 13:15 until 13:50.
- You are not permitted to leave the school grounds during this time.

-
- At both big and small big break; you can get hot food at the school canteen which is in the main school building. Again please use this time to go to the bathroom, go to your lockers and get some fresh air.
 - You must queue up and then you will be able to ask the staff politely for your lunch. One staff member serves the food to you and our other staff member takes your money and can give small elements of change back to you.
 - You can, of course, eat your own food if you would prefer.
 - For both of your breaks each day; you are not allowed to eat in the classrooms, most students eat their lunch in the canteen on the benches provided and use this time as time to catch up with friends during the school day.

De La Salle College Top Tip: It is very important to be drinking water during the school day to stay hydrated. We recommend having your own water bottle, but make sure this bottle is labelled so no-one else will use it. This protects you and your classmates.

My school bag

What needs to go into my school bag each day?

- My homework (copybooks, workbooks/ laptop)
- My textbooks for the day
- My homework journal
- My lunch & a reusable 75 ml water bottle
- My pencil case



Some De La Salle's Top Tips on Packing your school bag

1. Stack your school bag from tallest to shortest book going from the back of your bag to the front (it distributes the weight)

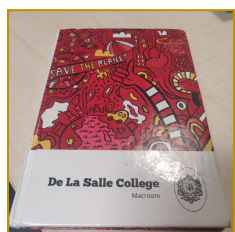
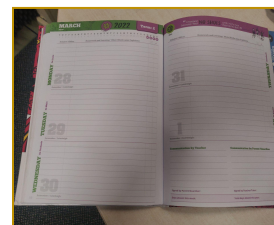
2. Always close your zips down to the side of your bag when closing your bag; sometimes if we close our zips in the middle of the bag it can cause the zip to burst open.
3. Try packing your bag the night before so you are not rushing in the morning.
4. If the covers of your books get damaged, try and use sellotape to put them back together.

Yes, even more De La Salle College top tips: Complete your homework on the day that you receive it. Work quickly adds up throughout the week but by making time in the evenings to do the homework that is assigned each day it won't pile up on you.

Don't overfill your bag. Our Principal Mr Murphy's best tip is your school bag should only be 40% full at any stage throughout the school day.

My school journal

Each student in De La Salle college has a school journal. You must have it with you every day. You will be given yours on arriving at school.



Why do we have a school journal?

- To write and track down our daily homework tasks
- Helps to keep us organised
- Helps our teachers and parent/guardian (s) keep in contact

De La Salle Top Tips:

1. Write in your subjects for the week ahead into the blank columns to stay as organised as possible.
2. Do your homework on the night it is given to you in class.

-
3. A great way to be aware of what is coming next is to read a page ahead of where you are in class - this gives you extra time to understand the topic and will make you feel more prepared.

When it comes to learning a new topic;

LEARN (the first introduction to the topic)

REVISE (go back over it, test how well you remember)

REVISIT (in a few weeks again, come back to it)

and then ... you'll

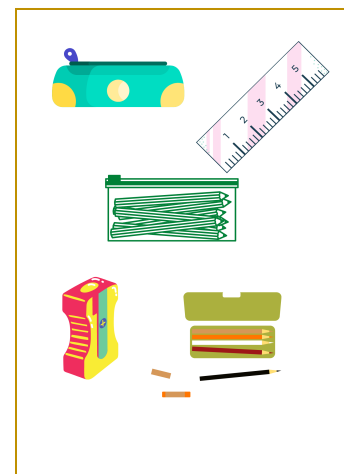
REMEMBER



What materials do I need in my pencil case?

Always have your pencil case with you each day.

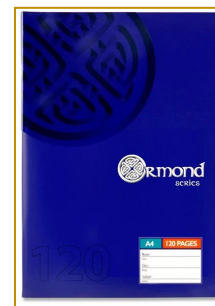
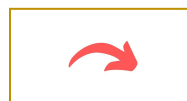
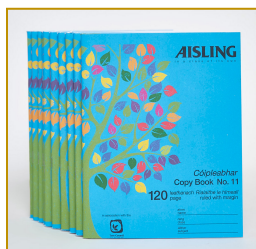
- Blue and black pens (three or four of a colour of your choice)
- Pencils
- Colouring pencils (many of your subjects will have diagrams/drawings that you will need to colour in)
- Rubber/Eraser
- Pencil Sharpener
- Ruler
- Casio Calculator



De La Salle Top Tip: Many of your new teachers will correct/mark in either a red or green pen so it is better not to write your work in those colours so when your teachers leave you feedback comments on your work so that you can easily notice them.

One Big Change

- Many of our copies in secondary school are in an A4 size. These are twice the size of your copybooks from primary school (unless your current teachers have asked you to use manuscript copies)
- Don't try and space out your words to fill the copy book; in time you will fill those pages with your learning.



- In primary school, you would usually write with a pencil; as you transition into secondary school it is better to start writing with a pen.

De La Salle Top Tip: This change will be new to you but why not practice writing in pen before you arrive!

Labelling my books incase they get lost

My parent/guardian(s) will help me label my books for my new school. They can put my full name and my new class code on the front of the book using a sticky label.



Check out our cool way of labelling our books so we know that they are ours

How to find your secret code:



- Take the day you were born



- Take the month you were born
- Go to the spine of your book (where the pages meet the centre of the book)
- Decide on your favourite colour pen

Here is our example of our secret code:

- E.g. My birthday is 08th of December (08-12) and my favourite colour is red
- Turn to page 8 -> I would write my full name in the spine of the book in a red pen
- Turn to page 12 -> I would write my full name in the spine of the book in a red pen



What's your secret code?

You can write it in the cloud ...

About our First Year Mentor Programme

Here in De La Salle College, we are so lucky to have a student mentor programme. You will have the chance to meet your mentors on your first day in August. What is this programme? Each new student has a TY mentor who will be around to help you in those first few weeks of school. They will meet you for lunch once a week.

Subject folders

- To help us remember to pack our books, copies and equipment for our subjects we can use subject specific folders.

Don't forget to



label these too



- We recommend getting an individual mesh/zip folder (like the one pictured below) for each of your subjects

De La Salle Top Tip: Organising each folder everything you need for class/homework in that subject goes into your folder

- Eg. For Science class you might have a Science book, a workbook and a Science copy. You pack all of this into your mesh folder. This will help make sure that you don't lose a copy or bring the wrong one to class.

De La Salle Top Tip: These folders can come in different colours, if staying organised is tricky for you, you could have a different colour for each subject. This way the colour coded keeps you organised. E.g. Green for Geography, Blue for Science etc.

Where can I buy these? Check out our FAQ section below.

My Locker

Every student will have their own locker in school. They will look something like this.

All First year student lockers are located in the corridors of Block 2.

You can use your locker to store the following items so that you don't have to carry them around all day

- Books/Workbooks
- Folders
- Lunch box



De La Salle Top Tips:

- We wouldn't recommend trying to put your jacket in the locker as if the locker is already full, it can get stuck in the lock of the locker.
- You should go to your locker three times a day, three groups of books/copies/workbooks for each section of the school day; morning, mid morning and afternoon. Many first year students don't use the lockers properly
- By going to the locker, you will have a much lighter bag and reduce any risk of an overfull bag.

You also shouldn't leave the following in your locker;

- Anything valuable as it could get lost
- Food for a long period of time as it could go off and result in a bad smell



Your locker can be locked using a padlock

Extracurricular activities

Here in De La Salle college we truly value the importance of extracurricular activities. We have many different clubs and societies in our school. These may change year to year but below are some examples of clubs and societies that we have;

- **Sport teams:** Football and Hurling - we very proud of our school teams
- Green Schools Committee
- Lunchtime Games room
- Lunchtime Homework club

- School Choir

De La Salle Top Tip: *Get involved with as many activities as you would like to. Don't be afraid to try something new. Everyone will feel the same way. It is a great way to make new friends. Our staff will explain the rules of all of the activities to you. We all start somewhere!*



Tell us more about you.

1. Were you part of any club or community in your primary school or local area?_____
2. Are you currently part of any club outside of school?_____
3. What kind of extracurricular activities do you think you might you be interested in?_____
4. Do you have any recommendations of clubs/societies that you think we should run?_____

Frequently Asked Questions

- How do I know when class time is over? We have a school bell, this will ring to let us know when class time has come to end.
- Can I be dropped to the school door every morning ? No, our school car park is very busy and strictly for staff parking. A lot of our students come to school via school bus, cycling or walking locally.
- What do I do if I feel sick/unwell? Put up your hand, and tell your subject teacher. You will need to go to Mr. Graham (Deputy Principal) to first ask permission to go home, from there go to the school office, our secretary will ring home for you. You are not allowed to contact home using your own mobile phone.
- What do I do with my last subject's books when it changes class? Place them back into your bag. Take out your next subject textbooks and copybooks.

Your teachers will typically tell you as a class group when it is ok to put away your books. Go to your locker three times a day to switch out your books.

- **What if my bag is too heavy?** We have lockers in De La Salle that you can use to store your books throughout the day. Check out our section above for more information.
- **What if I get lost?** I can ask any staff member for help to find my way.
- **How do I wear my school bag?** As you get older and more used to carrying the weight of your bag; you might decide to carry the bag on one shoulder. In the early days, it will feel heavy. Please ensure the bag is as close to your body but tightening the bag using the straps. You only need to bring the books to school for the subjects you have that day and can go to your locker during break times too.
- **How do I stay organised?** Use your homework journal everyday to write down your work for school e.g. "History homework tonight" won't give you enough information. Try " Learn the spellings of the 5 new keywords in the Roman life chapter on page 30."
- **Can I write in pencil for in class work and homework?** In secondary school, we prefer if you write with a blue or black pen and keep using pencils for drawings and diagrams in subjects like Geography and Science.
- **How do I manage my school email account?** All of the college's students get a school email account on arriving at the school. Teachers use this Microsoft account to email students, keep them up to date with assignments and projects. Always read your emails otherwise your inbox can become very full.
- **Some of my teachers will upload the homework on Microsoft Teams, what is this and how can I log onto it?** Again, using your DLS email account you can log into Teams. Think of Teams like an online classroom whiteboard, your teacher may post extra reading material, homework tasks and videos links which connect to your learning in class on to Teams.
- **Who can I talk to if I need extra help?** You can ask your subject teacher/SNA/support teacher to explain your topic further if you're

struggling. If you are a student within the Resource department, you can also chat with your Resource teacher.

- **Who can I talk to if I am feeling overwhelmed or having trouble with another student?** Talk to your class teacher about this or any staff member. We also have a school guidance counsellor Ms. O' Connor who you can arrange to meet and chat with if you would like to. Your mental and physical health always comes first.
- **Will I be tired starting school?** Yes, for many students the first few weeks in secondary school you will be very tired at the end of the school day. This is normal but getting to bed at a reasonable time will help this.
- **Will I have my own SNA (I used to in primary school)?** There will be an SNA present in most classes.
- **What size reusable water bottle should I bring with me?** We recommend using a 75ml water bottle as a size that is any bigger will not fit under the water font tap. These are found in block one and two. Staying hydrated is important.
- **Should I be worried about asking questions if I don't understand something?** No of course not, our teachers are very understanding. Everyone has experienced this before you. Put up your hand to ask a question and your teacher will help you.
- **Who will be in the classroom with me?** Often a class will have your main subject teacher, a SNA and an in-class support teacher present to help you as you learn. Your homeroom classmates will also be there.
- **Can I go to the bathroom during class time?** We recommend that unless it is urgent; you should use the bathroom three times during the day; in the morning before school starts, at small breaks and at big breaks. The bathrooms are closed for cleaning during class time.
- **Where can I buy mesh/zip folders for my subjects?** These folders can be bought from an online stationery store or Mary's, Dunnes, Supervalu also stock these folders. They are handy to keep all your books together.

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- What do I do if I have forgotten a book or my homework at home? At the very start of class, put up your hand and tell your teacher the truth. Giving your teacher as much notice as possible is important. Don't hide the fact you have forgotten something. We all make mistakes.
 - What happens if I am constantly forgetting something? Your subject teacher may log this as a negative behaviour on VSWare. A logging may also be given to you. Your class tutor may refer this issue to your parent/guardian.
 - What happens if I have forgotten my lunch and it is a long school day? Go to the main office, knock on the glass and politely ask our school secretary to see if they can ring home, who may be able to bring your lunch in.
 - What happens if I need to sign in late due an appointment? You must go to the main office to our school secretary where she will sign you in.
 - What happens if my name is called over the intercom? Typically if your name is called, you will be asked to come to the office at the end of the specific class. Depending on the announcement you may need to bring your bags and belongings with you to go home. The school secretary will say this in their initial announcement.
 - What should I do for lunch if it is raining and we can't go outside? You have the option of the canteen or you can attend the school library or homework club.
 - Will I get in trouble if I can't remember my subject teachers' names? No, of course not we are all getting to know each other. Kindly ask them for their name if you have forgotten.
 - Why do De La Salle have parent/teacher meetings? These meetings are held once a year and are a great opportunity for your parent/guardian (s) to meet your teacher. You will get formative feedback (feedback that will help you to continue to learn). These often lead to having an open discussion at home on how you are enjoying the subject.

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- How many tests and assessments will I have in 1st year? Class tests will vary from subject to subject. Having regular assessment is a very positive part of school as it helps both you as the students and us as teachers to see where you are in the learning process. There are two periods of house exams in our school year; one in December and one in May. The results and comments from your teachers will be uploaded to VSWare for you and your parents to see a few weeks after the house exams.
 - How much time will I spend in the evenings doing homework? This will vary most days. First year students should not spend more than 1.5 hours a night completing their homework. If you can, our best advice is to complete the homework the day you receive it. Ensure you have downtime and time away from screens too. Going for a walk and kicking a ball are some of our students favourite ways to chill out.
 - I am feeling very overwhelmed by the amount of homework I am getting? Changing from primary to secondary is a big change but if you are still feeling overwhelmed after the first weeks, do let your class teacher know.
 - What type of homework might I have daily? Often a mix of learnt homework, written work will be given. In the lead up to exams revision exercises.
 - I have been given a project that involves researching online, how do I do this? If you have access to a device, let your parent/guardian know of your plan. You may need to ask their permission to use the internet. Useful ways to research: read newspaper articles online about the topic, search your topic using Google, watch a youtube video on your topic. Avoid Wikipedia as it is easily editable and not a trustworthy source of information.

De La Salle Top Tip: Always write down the name of the website that you got your information from e.g. TheJournal.ie "article name" "author's name"

- What do I do if I have forgotten my locker padlock key and only realise it after arriving into the building? We always recommend keeping a spare key

in your school bag. Most of our students keep their locker key in their pencil case or indeed on their house keys. Some of our students also connect them to the trouser belt loop using a carabiner.

We hope this passport makes your journey from primary school to secondary school a little easier. It's ok to feel anxious or indeed have worries as you start this next chapter but always remember that many have done this before you and many people will follow after you. We are very much looking forward to having you all join our school community as we follow the Lasallian way in our learning. See you in September!



St John Baptist de la Salle

1651-1719

Patron Saint of Educators

"Live by the spirit of faith."

Students and Staff of De La Salle College Macroom