**Dear Students**;

IF YOU ARE **FOLLOWING THE RULES THAT THE IRISH GOVERNMENT IS ASKING** YOU TO FOLLOW, THEN YOU ARE KEEPING YOURSELF, YOUR FAMILY AND OTHER MEMBERS OF YOUR COMMUNITY AND SOCIETY HEALTHY AND WELL!

**THANK YOU AND WELL DONE.**

**THAT IS THE NUMBER ONE, MOST IMPORTANT PIECE OF WORK YOU CAN DO FOR EVERYONE.**

However, it is natural that some of you may be a bit worried and anxious about Exams, Study and Homework. The following points may help.

The advice given here and in the few pages we have put up on the school website (and sent out to each student email) is for all students not just for those in 6th or 3rd year.

In relation to State Examinations like the **Leaving Certificate and Junior Certificate** please be assured that the Government (through the Department of Education and Skills and the State Examinations Commission) is very aware of the difficulty for students. **The Government will make sure that every student is treated ‘fairly’.**

Arrangements will be made to make sure this happens. We are not sure yet what arrangements will be made **but NO Student** will suffer as a result of changed circumstances.

The Department of Education and Skills, the Universities, Institutes of Technology, PLC Colleges, Apprenticeship schemes and Employers will all be brought on board to understand and accept the new arrangements implemented as a result of Covid 19.

So please be assured that in the case of College places, Apprenticeships, Employment opportunities etc. **‘All will be well’**.

When the Government consider it **‘safe’** for us all to be able to go about our lives in much the same way as we did in 2019 then we will be told of the New Arrangements.

The Leaving Certificate may happen as planned; may happen later in the Summer or a different format for the exam (online test/assessment) may be introduced.

**But some form of Leaving Certificate Examination will happen**.

The **Junior Certificate Examination** **may happen** later than June 3rd. There is not so much of a fuss about JC because most students are continuing in school either to TY or 5th year and so will be in the school.

**Because these examinations will happen** it is important that 6th year and 3rd year students continue to prepare for them.

**The best way to prepare for the exams is to complete Homework and to do Study**.

Having **some stress or anxiety is not a bad thing** and under these new, different circumstances is quite understandable.

Most people coming up to exams, class tests, driving theory test, interview for a job or even going on a date experience some ‘anxious’ feelings.

Anxiety and stress often come from **‘not knowing what may happen’** or **‘not feeling in control’** of things.

To help minimise these feelings it is good to **FOCUS** on **things you can do** and **things you can control**.

Because you have been in school for many years now, TWO things you **do KNOW** and **can CONTROL** are Homework and Study.

Your **teachers** have been sending work to **help** you **keep Focused**, to keep things as **Normal** as possible and to make sure you do **not lose out** because you are not in school.

It is important that all students do Homework and Study. But it is also important to be sensible and get enough sleep, communicate with your friends, help your parents and family around the home, do something relaxing and enjoyable for yourself and get a little exercise/fresh air (follow the Government Guidelines in this and stay within 2km of home).

Below you will find good and sensible information from The Department of Education and Skills in relation to Planning Your Day and Advice while schools are closed.

Please read them and follow the advice and suggestions. I am sure you are doing most of them anyway, well done and keep trying.

**Keep yourselves safe, keep others safe.**