



CHRISTIAN BROTHERS COLLEGE CORK

Parents' Guide to C.B.C.

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Christian Brothers College Parents' Council
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Information contained in this guide is up-to-date at the time of printing. Changes in arrangements in the College will be communicated through the CBC App.



Introduction

As parents we watch our children make their way through Primary school, growing both in stature and for the most part, confidence, until, by the time they reach 6th class, they have the security of knowing that they are the big fish in the pond, given extra responsibility by their teachers and looked up to by the younger pupils. This feeling of security that comes with being the most senior pupils in a school is then totally reversed when our children start in Secondary school. In the space of a few short weeks, they go from being the big fish to being the most junior pupils in a new school environment that is very different to the experience at Primary level. This daunting transition can be eased somewhat if a child is moving to a Secondary school to which most of his friends are also moving.

However, for a school like CBC which is attended by pupils from many Primary schools within Cork city and towns surrounding the city, it can be the case that a child is the only one attending from a school or is one of a very small group of children attending. Then, in addition to coping with a totally new environment, these children must also cope with the fact that they may not know anyone in their year and must set about the daunting task of fitting in and making friends. This can be a very challenging time for both the child and for parents who may feel disconnected from their child's school environment, perhaps not knowing any other parents with whom they can chat and voice their concerns, and who can feel helpless in the face of their child's struggles to settle into their new environment. This is where contacting the Year Head can be invaluable as it highlights to the school those children who may be experiencing problems and can also serve to reassure parents that what their child is going through is to be expected and that their struggles with settling in will diminish as the school year progresses.

Although it may be difficult for some children who may be naturally shy or reserved, the best advice you can give them is to put themselves out there in terms of approaching other boys to chat with them, rather than hanging back waiting for other boys to approach them. And, although as parents we may hate our children's dependence on their mobile phones, most 1st Years are using social media applications such as SnapChat and it may be that we as parents have to bite the bullet and let our sons do the same so that they fit in and don't stand out from the crowd. Fitting in with the group is probably the single-most important desire of our 12 and 13-year-olds. Social media is here to stay and rather than trying to protect our children

from it by not allowing them access, we must educate them on the best, most responsible way to use it and teach them that their privacy, and that of other people, is a very precious commodity and should be guarded at all times.

In most secondary schools, 1st Years have to cope not only with the new experience of having many different subjects and different teachers for each subject, but also with moving from class to class for different subjects and the challenges of locker management that this can involve. Mindful of this, a number of years ago, CBC implemented the policy of assigning each 1st Year group to their own class with its own lockers to which the teachers come to teach their subject. In addition, the 1st Year Head maintains a constant presence in the 1st Year corridor, which facilitates getting to know the boys as well as being on hand to deal with any issues that arise. This has been a fantastic success and offers the best of both worlds, the familiarity of the one-classroom experience of Primary school which facilitates the boys getting to know one another as they don't have to rush around between classes to find the next room that they are in and also allows them to get used to having different teachers and new subjects in an environment reminiscent of the one they have just left.

Taking part in lunch-time or after-school activities is a great way of getting to know more students in the school. CBC has many activities available to suit all personalities and getting involved in activities builds confidence, facilitates mixing with other students from 1st Year and other Year groups and helps the boys settle into the school environment much more quickly.

Thus, while it is generally accepted that the transition from Primary to Secondary school can be a challenge for students, it is often forgotten that this can also be a difficult period for parents. The somewhat informal atmosphere of the Primary school, where a parent has an opportunity to meet daily with their child's teacher is replaced with the rather more formal atmosphere of the Secondary school. At second level, parents of students from First to Sixth Year can feel a degree of separation from their child's educational experiences. Mindful of this, the CBC Parent Council embarked on a project during the 2011-2012 school year to prepare a guidance document for parents which would act as a bridge between parents and existing sources of information such as the College Diary, the school website and more recently, the CBC app. Each academic year, the handbook is reviewed and updated.

The CBC Parents Council hopes that this will prove a useful source of information for parents and would welcome feedback and suggestions on how to improve the handbook.

LYNDA O'DONNELL

Chairperson

CBC Parents' Council

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COLLEGE DIARY (STUDENT HOMEWORK JOURNAL)

The School Journal is a source of vital information for parents and pupils and includes dates for Holidays, advice on study preparation, space for your son to record his weekly homework and a section in each week for Parent-Teacher communication. It is advisable to check the Journal weekly to make sure your son is keeping you fully in the picture. Parents are asked to sign the journal each week in the space provided.

MANAGEMENT STRUCTURE

Mr David Lordon – *Principal*

Ms Anne Long – *Deputy Principal (1st & 2nd Year)*

Mr Donal O'Mahony – *Deputy Principal (3rd & 4th Year)*

Mr Seamus Bruton – *Deputy Principal (5th & 6th Year)*

YEAR GROUP	YEAR HEAD	ASSISTANT YEAR HEAD
First Year	Ms Anna O'Brien	Ms Cathriona Power
Second Year	Mr Russell Foley	Ms Jane O'Connell
Third Year	Mr Tom Crowe	Mr Neil Lucey
Fourth Year	Ms Rose Healy	Mr Keith Moynihan
Fifth Year	Ms Clodagh Bergin	Ms Ciara McCormack
Sixth Year	Mr Tony Wall	Mr Daniel Boland

SCHOOL OPENING HOURS

School opens at 8:00am each school day and school office hours are 8:30 to 4:30pm, telephone 021 4501653. An attendance/punctuality monitoring system operates in the college and pupils are issued with an identity card similar in size and appearance to a credit card. First Year students go straight to their classrooms and swipe in in the First Year building. Other pupils swipe in on one of four scanners located near the main school entrances. The time of arrival is then recorded in the main office. Students, other than First Years, may wait in the old canteen, new canteen, social areas and some classrooms. New pupils are issued with cards and given appropriate instruction in how to use this system. The card costs €10 per pupil. Damaged or lost cards can be replaced also at a cost of €10.

The college follows a 42 period week:

1ST, 2ND, 3RD YEAR

Monday, Tuesday, Thursday, Friday:

9 period day as follows:

8.45-9.25	Period 1
9.25-10.05	Period 2
10.05-10.45	Period 3
10.45-11.25	Period 4
11.25-11.40	<i>Break</i>
11.40-12.20	Period 5
12.20-1.00	Period 6
1.00-1.40	Period 7
1.40-2.10	<i>Lunch</i>
2.10-2.50	Period 8
2.50-3.30	Period 9

1ST, 2ND, 3RD YEAR

Wednesday: 8.45-1.00

6 period day as follows:

8.45-9.25	Period 1
9.25-10.05	Period 2
10.05-10.45	Period 3
10.45-11.25	Period 4
11.25-11.40	<i>Break</i>
11.40-12.20	Period 5
12.20-1.00	Period 6

4TH, 5TH, 6TH YEAR

Monday, Tuesday, Thursday, Friday:

9 period day as follows:

8.45-9.25	Period 1
9.25-10.05	Period 2
10.05-10.45	Period 3
10.45-11.00	<i>Break</i>
11.00-11.40	Period 4
11.40-12.20	Period 5
12.20-1.00	Period 6
1.00-1.30	<i>Lunch</i>
1.30-2.10	Period 7
2.10-2.50	Period 8
2.50-3.30	Period 9

4TH, 5TH, 6TH YEAR

Wednesday: 8.45-1.00

6 period day as follows:

8.45-9.25	Period 1
9.25-10.05	Period 2
10.05-10.45	Period 3
10.45-11.00	<i>Break</i>
11.00-11.40	Period 4
11.40-12.20	Period 5
12.20-1.00	Period 6

ABSENCES

If a pupil is absent for any reason, a parent must notify the college via the College App before 9:00 a.m. A pupil who returns to school without a satisfactory explanation may not be allowed to go to class until his parent/guardian has been contacted. No student may leave the school during the school day without permission from his Year Head or Deputy Principal. First Year students should be collected by a parent and must sign out with the First Year Head.

The app should also be used when a pupil needs **permission to leave school during school hours** for a medical appointment, etc. He must call to a Deputy Principal or Year Head before he leaves the school premises and, when applicable, sign in again on his return. First Year students should follow the same procedure with their Year Head.

SCHOOL UNIFORM AND APPEARANCE

The uniform consists of the following: College blazer, mid-grey trousers, white shirt, College tie, black leather shoes, black, waterproof outer jacket with College crest. The jacket is in addition to and not a substitute for the College blazer. The supplier of the uniform is John Cronin, Oliver Plunkett Street, Cork. The outer jacket is available from soloform.ie. **Students in First, Second and Third year wear their PE gear** (CBC PE tracksuit pants, black CBC t-shirt and CBC 1/4 zip top) **on days when they have timetabled PE. Full uniform must be worn on all other days.**

Runners may not be worn in any part of the school except the Gym during PE classes. **'Hoodies' must not be worn on the way to or from school** are not acceptable within the College grounds at any time; they may be confiscated and held in the school until the end of term/half term at which time they will be returned to the pupil, or until collected by a parent/guardian. Penalty points are also applied to the pupil's record.

Hair must be kept short and tidy but not tightly cropped. **Bleaching** and **dying** of hair is not permissible and **beards, moustaches and stubble** are not acceptable. **Jewellery** must not be worn. Earrings are not acceptable, even if covered by a plaster. Pupils in breach of this policy may be excluded from school until the matter has been addressed.

Useful Tip: Two ties can help you to avoid morning panic!

CODE OF BEHAVIOUR

Each pupil is expected to be well behaved, well-mannered and orderly at all times, to show respect for teachers, staff and other pupils, to respect the grounds and buildings, and to maintain and enhance the good reputation of the College.

CLASSROOMS AND TRANSITION FROM FIRST TO SECOND YEAR

First Year classrooms are situated in a building a little distance from the main building and therefore First Years stay in the same room for most subjects, moving only for labs, music, PE or if they wish to get food during the lunchtime break. The First Year building has its own hall, toilets and yard and the First Year Head maintains a continuous presence in the building. First Years thus have a full year to get used to CBC.

CANTEEN

A selection of light snacks and cold food is available. Microwaves are not available for students to heat up food.

LOCKERS

Lockers are available to all students. Each student supplies his own lock. It is suggested that a spare key be kept, in a pencil case for example. At the end of the year all lockers must be emptied to allow for cleaning. When lockers are assigned advice will be given on the most suitable lock to be used.

SCHOOL BAGS

Rucksacks need to put up with a lot of punishment. It is worthwhile investing in a good quality robust bag.

MOBILE PHONES

As all parents know, mobile phones can be a serious distraction. CBC has introduced procedures to prevent phones from inhibiting the teaching and learning in the classroom. Students from Second to Sixth Year, on entering a classroom, place their switched off phone in the box provided.

First Year students must leave their phones in their secured locker for the duration of the school day. Confiscated phones will be held until the end of the following day and penalty points will be applied to the student's record.

COMMUNICATIONS

Each pupil must have a copy of the **College Diary** in school every day and take it home in the evening. Parents are encouraged to check that the diary is being used to record all homework and other communication. Diaries are checked periodically by Year Heads and class teachers.

Assemblies: Year Group Assemblies are held throughout the year. They are addressed by the Principal, Deputy Principal, Year Head and invited speakers. As well as a general review, topics addressed include Diet and Exercise, Study Skills, Health and Safety, Anti-Bullying Policy.

The College endeavours to keep parents/guardians informed of a pupil's progress by means of Christmas and Summer Reports and annual Parent-Teacher meetings. Parents/guardians are welcome to phone or make an appointment to see the Year Head, Deputy Principal or Principal to discuss a pupil's progress.

PARENT TEACHER MEETINGS

The dates of the Parent Teacher meetings are available on the CBC app.

STUDENT SUPPORT

In CBC, the role of the Student Support Team is to promote the moral, spiritual, social and personal development of students in consultation with their parents. The Student Support Team is composed of a member of school management, the guidance counsellors, the chaplain and a representative of the SEN department as well as a number of teachers. A personal, confidential counselling service is available to all students with the aim of giving support to students to face up to the many problems of adjustment and identity, while providing a caring environment in which they can talk openly and honestly. Teachers, students and parents will be able to alert the Support Team of any concerns they have relating to individual students. The Student Support Team is timetabled to meet on a weekly basis. Pupils are given an adhesive label to put on their journals each September with the names of the Student Support Team for the coming year.

Team for 2023/2024: Mr Seamus Bruton, Mr Daniel Boland, Mr Simon Kelliher, Mr Traolach Martin, Ms Clodagh Bergin, Ms Rosemary Healy, Ms Catherine Whelan, Ms Claire Cotter, Mr Dennis Lyons, Mr Trevor Hussey, Ms Cathriona Power, Mr Daniel Boland and Ms Jane O'Connell.

PARENTS' COUNCIL

The CBC Parents' Council is the representative body of parents in the college. The Parents council seeks to contribute towards our children's enjoyable and successful life in education in a spirit of co-operation with all the educational partners. The council is elected from parent volunteers each year at the Annual General Meeting and meets monthly. Its role is advisory and consultative, providing a home-school link and helping the school to provide wider opportunities for the involvement of parents generally. **Your participation in the Parents' Council is vital to ensure its continued success.**

The AGM is usually held in October. A guest speaker addresses the AGM on various topics such as internet safety, parenting issues and drugs awareness.

The council organises a number of events during the academic year:

- A two-evening parenting course entitled '*Raising Boys for Fathers*' is run every year and is facilitated by Mr Brendan Dennehy. The course, developed for fathers and men who play a significant role in the lives of teenage boys, offers useful skills to develop and maintain close relationships.
- A Careers Exhibition is organised by the parent council in association with the Guidance and Counselling department in the college every 2 years for pupils in 4th, 5th and 6th Year. Representatives from a number of Third Level institutions and professional bodies attend as well as practitioners from a number of different professions and areas of business. **Parents with expertise or experience in various fields of employment are essential to the success of this event and are encouraged to offer their services.**
- The council also works on a range of projects over the course of its term. It is currently engaged in a number of initiatives to support the college mental health awareness strategy.

STUDENT COUNCIL/MEITHEAL

There is a vibrant student council in CBC. The Student Council is part of the democratic process in the school, with students being elected by their peers. The Student Council has many roles; highlighting issues of concern to the general student body and to the school management, involvement in a number of charitable activities as well as reviewing school policies that affect the student body. The school Captain and Vice-Captain are usually head of the Student Council and chair the meetings. The captain for 2024/'25 is Darragh O'Connell and his vice-captain will be Jack Huggins.

The Meitheal Youth Leadership programme was introduced in 1992. Currently 20 Cork schools participate and students in TY apply for places, usually 10, on the 5th Year Meitheal team and undergo an interview process by Scala, who run the programme. Two Meitheal students are assigned to each of the 1st Year classes and offer peer mentoring and support as well as organising a range of activities.

EXTRA-CURRICULAR ACTIVITIES

The following sports and activities are directly catered for within the school. *(The information below is a guide to activities in pre pandemic conditions; we hope to return to a full range of activities as the year progresses.)*

- | | | |
|---------------------|--------------------|-------------------------|
| • Rugby | • Debating Society | • Charitable Activities |
| • Basketball | • Chess | • Tennis |
| • Gaelic Football | • Hurling | • Indoor/Outdoor Soccer |
| • Quiz Competitions | • School Magazine | • Athletics |
| • Cricket | • Pitch & Putt | • Computers |
| • Educational Tours | • Young Scientist | • Choir/Orchestra |
| • Drama | | |

The college also supports students who represent the school in the following activities:

- | | | |
|--------------|----------------|----------------|
| • Golf | • Sailing | • Rowing |
| • Swimming | • Table-Tennis | • Orienteering |
| • Equestrian | | |

Students are required to wear full uniform or school sports gear for school representative activities unless otherwise specified.

Sports gear for representative teams is arranged through the organising teacher.

DEBATING

The Debating Society meets at 3.30pm every Friday in Room 5. Students from 1st to 6th Year are welcome to attend. There are opportunities to compete in a variety of competitions during the year. A student-run committee organises weekly debates and is elected by the Society members annually. First Year coaching starts in October and is held once a week. More details will be provided to the students at the start of the school year.

RUGBY

Rugby is the primary sport: CBC has a rich history in the sport having won 31 Munster Schools' Senior Cups and has also contributed richly to Munster, Ireland and British and Irish Lions representative sides. All boys in the college are actively encouraged from First Year up to play the

sport and beginners are most welcome. Shorts, jersey, socks, boots and gum shield are required and all training takes place in Lansdowne.

First Year training takes place on Mondays after school from 3:45pm to 5pm and Wednesdays after school from 1.00pm to 3.00pm approximately. Training takes place on Saturdays and games are played against Dublin, Limerick and Cork schools throughout the season. The season has traditionally culminated with a tour at Easter time. The emphasis in 1st Year is on fun, skills development and participation. First Years students also have a double period per week on a rotation basis – *‘Introduction to Rugby’*. Plans are in place for a First Year Rugby Tour this academic year.

Second Years play at U15 level and participate in the McCarthy Cup as well as playing in the Munster Club Leagues. The emphasis in 2nd Year is on player development and preparing a squad for the Junior Cup. Training is after school on Mondays, 3:45 to 5:30pm, Wednesdays, 1:15 to 3:30 pm and Fridays, 3:45 to 5:30pm from September to April. Matches take place on Wednesdays and Saturdays.

The main emphasis in **Third Year** is the Munster Junior Cup at ‘A’ Level and the Kidney Cup at ‘B’ level. The squad trains on Tuesdays and Thursdays after school, 3:45 to 5:30pm with games on Saturdays as well as regular strength and conditioning sessions. They play a comprehensive season of ‘friendly’ matches prior to the Junior Cup. Matches take place on Saturdays.

The **Fourth Year** group participates in the Bowen Shield before Christmas as well as a Munster Clubs league. Some players from this group progress to the Senior Squad after Christmas, while a few younger members are still eligible to play at Junior Level. Training is after school on Tuesdays, Thursdays and Fridays 3:45 to 5:30pm from September to April. Matches take place on Wednesdays only.

The **Fifth and Sixth Year** group formulates the Senior Squad. They train Tuesday and Thursday 3:45 to 5:30pm and Sat 9:00 to 11:30am, comprising both pitch and gym sessions as well as following a comprehensive fixtures schedule. Some players graduate to Munster and Irish Schools’ representative sides. After Christmas they play in the Munster Schools Senior Cup as well as the Barry Cup for ‘B’ players. Matches take place on Saturdays.

TRAINING FACILITIES

The school’s rugby pitches are in Lansdowne, a 5-minute walk from the college. Changing rooms with showers are located on site. A limited number of car parking spaces are available. A fitness suite offers gym and weights facilities on the main school campus and there is also an all-weather floodlit Astro Turf pitch. Collins Barracks is used for all GAA training.

Contact names

<i>U14</i>	Mr Ross Browne
<i>U15</i>	Mr Eanna McGrath
<i>Junior</i>	Mr Jack Lonergan
<i>U17</i>	Mr Alex Denby
<i>Bowen Shield</i>	Mr Ian Dunne
<i>Senior</i>	Mr Ronan O’Donovan

Athletics -Cross Country/Track and Field

Interested students should contact Mr Dennis Lyons. Cross Country competitions take place in December, January and February at the MTU Invitational, Cork Schools and Munster Schools competitions, respectively. Track and Field competitions take place in May, at the Cork Schools and Munster Schools competitions, respectively.

Basketball

Basketball training takes place after school in the school hall. Students from 3rd to 6th Year train from September to the end of December and 1st and 2nd Year students train from January to May. Interested students should contact Mr Dean Ryan.

Soccer

Training takes place mostly on Tuesdays and Thursdays from 3:30 to 5/5:30pm at Lansdowne or Collins Barracks depending on year group involved and availability/weather. Training for 1st, 4th and 5th Years is from September to the end of May and from January to May for 2nd Years.

Pitch and Putt

Trials take place in early spring for local and national competitions. The college has access to the adjoining facilities of Collins Pitch & Putt Club for trials and training. Interested students should contact Mr Stephen Hogan.

Tennis

The school enters the Munster Schools Tennis competition each year at U14, U16 and U19 level. Trials for the teams are held from October to December where teams of 4 and 2 substitutes are picked for each level. Knowledge and experience of the rules of competition are necessary but all students are welcome to try out for the teams. Students must have their own racket and if interested should contact Ms Martina Carroll.

Hurling

The college enters teams at U14, U15, U16, U17 and U19 (Harty Cup) level. Training for 1st Years takes place on Tuesdays and Fridays after school. Training takes place in the Army Barracks and a helmet, hurley and shorts and jersey are required. Most of the games are played on Fridays. Contact person is Mr Tony Wall.

Rowing

The college liaises with Cork Boat Club, Blackrock, and are in the process of building a stronger relationship with the club. In general, 1st Year students are encouraged to join a rowing club and most CBC rowers are members of Cork Boat Club and affiliated to the CBC rowing club. Every year, CBC enters crews into the Schools Regatta in April and has enjoyed considerable success in recent years. A CBC boat, *Certa Bonum Certanum*, is kept at Cork Boat Club and is used for school events. CBC has taken part in a number of prestigious events, including the Henley Regatta in England. Contact person is Ms Tanya Clifford.

Chess

Chess training takes place for 1st Years at lunch time from 1:40 to 2.10 pm on Thursdays in the Art Room. Contact persons are Ms Anna O'Brien and Ms Iris Quinn.

Science

The Science Club meets in the Junior Science Lab. For students interested in taking part in the BT Young Scientist and Sci-Fest competitions, additional times are arranged. Interested students should contact Ms Martina Carroll.

SPORTS GEAR

The school's colours are red, yellow and black jerseys, white shorts and red, yellow and black socks. All rugby gear is available for purchase in the school in September. Gumshields are mandatory for all players. All gear can also be purchased online at *uniformity.ie* under their 'School Uniforms' tab.

Useful Tip: If your son plays on a rugby team, 2 sets of kit can be useful so that you have a chance to clean the dirty gear if he has to play the following day.

SPORTS DAY

Sports Day is usually held in May, generally in UCC's Mardyke Arena for all CBC students including the Junior School. Track and field activities are held and this is one of the few activities that involves the whole school community and is generally one of the highlights of the school year.

ZAMBIA IMMERSION PROJECT

Background

The Zambia Immersion Programme was first established in CBC in 2003. The programme has been run every two years in the school since then and the next group will travel in June 2026. The aim of the Immersion Programme is *"to increase the desire and capacity of students and wider school communities from the Edmund Rice Network to act in solidarity with others for a more just world"*. Most of the time spent in Zambia is centred on social outreach and reflection on experience. Participants travelled with SERVE on the last immersion project.

Application Process

Interested students complete a research project on an aspect of Zambia during the summer holidays after Transition Year. Students are selected by interview.

Preparation

Preparation includes personal and faith development, skills for reflecting on experience through journaling, development education, and preparation for the social outreach role. The team also participate in various fund-raising activities to support projects run by the Christian Brothers in Zambia.

In Zambia

Typically, four teachers accompany eight Fifth Year students. The team travels to Zambia when school finishes in early June, for a period of two to three weeks. They work with people in the community and visit children and young people in orphanages and local schools.

Follow-up

An important part of the programme is de-briefing and evaluation on return. Students are facilitated in presenting their experiences to their school community and encouraged to use their experience in a positive way at home in Ireland.

JUNIOR/SENIOR CYCLES, SUBJECT CHOICES AND CAO

Junior Cycle

First Year pupils will follow the revised Junior Cycle programme. Pupils will engage in a Wellbeing programme that incorporates PE, CSPE, SPHE and Guidance Education.

In First Year, Art, Guidance, Heritage, ICT and Music will be offered in modular form. Pupils will experience these areas in seven week modules, rotated throughout the year.

In Second Year they then need to choose two subjects (a modern language plus one other) from the list of four below.

1. Art
2. French
3. German
4. Music

More information on the revised Junior Cycle programme can be found on www.juniorycycle.ie and in the Student Journal.

Transition Year

Having completed Junior Cycle, the next milestone in their Secondary school journey will be Transition Year (TY). Transition Year in Christian Brothers College provides students with an opportunity to lay solid foundations for their Leaving Certificate whilst also providing them with an opportunity to mature. Firstly, the year is about inculcating a sense of core values in the students and by the time they finish Transition Year it is hoped that they have a good moral compass or a simple sense of what is right and wrong. The year is also about challenging themselves, trying new things and embracing change. Another focus is personal maturity in the context of improving communication skills and self-confidence. The year also develops social maturity by creating an awareness of the world outside of the school and improving the students' people skills. The programme involves modules on leadership, decision making, renewable energies, personal finance and enterprise and key life skills such as certification in first aid, safe driving, iWorks and a cookery course.

In CBC, pupils are required in 3rd Year to pick their subjects for Senior Cycle prior to embarking on TY and this can be quite a daunting task. Unless students have a very specific career path and college course in mind, the advice would be to select subjects that provide the most options when it comes to picking college courses. While most students must study Irish, English, Maths and a foreign language in Senior cycle, if a student is unsure of what they wish to do in college, it would be unwise for example to exclude all science or business subjects when picking their remaining subjects.

Gaisce, the Presidential award, is a key component of the year. The bronze award challenges the students in three key areas – personal skill, community involvement and physical recreation. The students must commit to doing one hour per week in each of these areas over a 13-week period.

The award culminates with the students doing a 35km hike over the Kerry Way and an over-night stay in Kenmare. The award encompasses all that is good about Transition Year in that it challenges the students and requires them to make a commitment over a long period of time, which fosters discipline and maturity.

TY is compulsory in CBC. In May an Open Night for TY parents is held in the school. The evening may also be of help to parents of incoming TY students as a means of learning about what the coming year has to offer for their sons.

Leaving Certificate Cycle

From a school perspective, 5th Year, for the most part, passes uneventfully for students and parents. Students are continuing to work through the curriculum under the guidance of their teachers and parents are bracing themselves for the year to come!

Our students then enter 6th Year and hitherto calm, reasonable and logical parents can transition into nervous wrecks, worrying about all aspects of the year from helping students to pick courses, the points required for said courses and how they might increase due to demand, filling in the CAO (Central Applications Office) form correctly, worrying over whether their son is studying enough (or at all!) and generally stressing until it can almost seem as if it is the parent rather than the student who is sitting the exam.

Cognisant of how stressful a year it can be for all concerned, CBC hold an information night for parents which is invaluable as it guides parents through all of the important dates in the year in relation to the CAO form, college Open Days and deadlines relating to course applications. The boys are also guided through the CAO form so that when it comes to filling it out for real, a lot of the stress is taken away. Filling out the form online is very straightforward, particularly for our tech savvy children. CAO application commences in February each year, with Feb 1st being the deadline for the first submission. Students then have ample opportunity up to July to change their minds and list other courses.

When filling out the CAO, students may choose from the entire range of courses mentioned in the CAO Handbook. All of the courses are categorised either as 'Level 6/Level 7' or 'Level 8'. These levels are part of the National Framework of Qualifications which goes from Level 1 to Level 10. Students may apply for up to 10 courses in each of the above categories, a total of 20 courses, listing courses in order of preference. Listing in order of preference, rather than points, is absolutely key because if a student attains the points for the first course they have listed on their CAO form, then that is the course they will be offered and no further offers will be made. Therefore, it is vital that the first course your son lists is the course that he most wants to do, even if the points for this course are lower than for other courses listed. It is also wise to fill in some Level 6/7 courses, up to a maximum of 10 as it is wise to recognise that the Leaving Certificate may not go exactly as expected or desired and a back-up plan should be in place.

Many parents spend 6th Year worrying whether their son is studying enough to get the points for their preferred course and have to try to strike a balance between being supportive and being a total nag and for many parents it can seem that the balance is tipped more towards the nagging side. Parents' emotions can veer from feeling sorry for your child given the amount of work that they have to do, to frustration at the perceived lack of effort. What parents have to try to remember is that most 6th Years turn eighteen during this year and having reached adulthood, we have to trust that they will have the maturity to do what it takes to achieve the goal they have set for themselves and support them as best we can.

Leaving Cert Subjects are selected in Transition Year (TY).

It is vital that the decision regarding subject choice be given a lot of thought as it will have implications for your son's future Third Level and Career Choice. CBC offers many exam subjects in the Leaving Cert cycle and each student must take seven subjects. Students are advised to choose subjects which give a good balance, or mix, in order to keep as many options as possible open regarding their future career. You can help your son to make the wisest choice if you keep in mind that entry into many courses and careers from the Leaving Cert depends, very often, on the standard of the result achieved, rather than the subjects taken.

To help your son make up his mind, ask the following questions:

- 1. What subjects is he most interested in?**
- 2. Which subjects is he likely to succeed most in?**
- 3. What subjects does he actually need to do the course he wants to follow at Third Level?**
- 4. Identify people he can ask to help him with his decision such as teachers, family members and friends**

To help your son decide what subjects to take, you should look at what careers or Third Level course he thinks he will follow after school. Write these down and put the entry requirements next to them. This will give you a fair idea of what subjects he should be picking.

Students must take: English, Irish, Maths

Students will have to choose between: French or German

The following subjects are to be ranked in order of preference: Accounting, Agricultural Science, Art, Applied Maths, Biology, Business, Chemistry, Economics, Geography, History, PE, Physics.

This will be used to generate lines of choices to give as many students as possible their optimum preference. **The aim is to give every student all of their choices but sometimes this is not possible.**

Careers Guidance

Ms Catherine Whelan and Ms Eileen Tarrant will work with all classes but primarily with the Senior Cycle within the school. In the educational and vocational area, speakers from colleges and agencies visit the school and give detailed information regarding courses and future careers. Fifth Year students attend Careers Exhibitions as part of the careers programme. Tests such as the Careers Interest Inventory (CII) are given to the students to help highlight career interests. Guest speakers are invited to the school on a regular basis to help the students explore the wide variety of choices now available to them. Advice on study methods and time management are discussed and explored with students. Leaving Certificate students all meet with the Guidance Counsellor on an individual basis to discuss future courses in a wide range of third level institutions. Classes are given weekly to the Leaving Certificate classes to inform and arrange visits to Careers Exhibitions, Open Days and Speakers. The CAO is explained in detail to all Leaving Certificate students, including practice runs on the CAO Demo model and CAO updates are given to the students. A formal presentation on the CAO process is given to parents and this has proved to be extremely informative and useful. Students applying for courses which require interviews are taken in small groups to practice and receive information on the importance of planning and preparation before interviews and how best to perform.

College Entry Requirements

- 1. Students must matriculate in order to get into a Third Level College (meet their entry requirements).**

Matriculation is the minimum academic qualification needed to get into a particular College. The requirements for the NUI universities vary from those in the IT sector.

- 2. Course Requirements / Subject Requirements**

Once the Matriculation requirements are met, students will have to look at each course they are thinking of doing to see what the exact requirements are. The NUI colleges are UCC, UCD, NUIG, NUIM & RCSI.

You can check the exact requirements on the various college websites or prospectus. There are links to these websites from the CBC website, in the careers section. Keep in mind the option of studying abroad, particularly the UK. There are now great opportunities to study further afield in Europe, through English.

It is the responsibility of each student to verify the entry requirements to the College or course in which they are interested. Since the Leaving Certificate cycle is three years, it is important to remember that course requirements can change so it is important to keep up to date on entry requirements. It is advisable to aim far higher than the points required for a particular course.

3. Points

The points received in the Leaving Certificate Exam are allocated on the basis of the best six results received in the exam. If a student is sitting more than six, they will still only be awarded the total from the best six.

Even if a student passes six subjects, but does not meet the specific entry requirements they will not be able to go to their institution of choice.

Points must be achieved in one sitting. A student cannot carry points over from one sitting of the exam to another.

Entry to courses is competitive, students who achieve the highest points will get into a course first and the institution will work its way down the list until all the places are filled.

The number of points required for a course is not decided in advance by the colleges, but it varies from year to year depending on demand.

The Leaving Certificate exam is the terminal state exam students will sit and is the entry point for careers in Public and Civil service.

The Leaving Certificate requires a great deal of work over an extended period of time. As well as picking subjects he is interested in, your son will have to keep his interest in these subjects over a three-year period. With this in mind he should try to pick the subjects that he is most interested in. He should discuss his academic potential with his individual subject teachers regarding whether or not he will be suitable to follow a particular course.

The award system was changed with effect from Leaving Certificate 2017 as follows:

CAO

The CAO (Central Applications Office) is an organisation which is responsible for managing student applications to University and Colleges when they are in 6th Year.

Almost all of the colleges in Ireland submit what courses they are going to offer in the following

NEW GRADES	% MARKS
H1 / 01	90-100
H2 / 02	80<90
H3 / 03	70<80
H4 / 04	60<70
H5 / 05	50<60
H6 / 06	40<50
H7 / 07	30<40
H8 / 08	0<30

Points awarded are as follows:

HIGHER		ORDINARY	
Grade	Points	Grade	Points
H1	100		
H2	88		
H3	77		
H4	66		
H5	56	01	56
H6	46	02	46
H7	37	03	37
H8	0	04	28
		05	20
		06	12
		07	0
		08	0

year to the CAO. The CAO then processes applications on behalf of these colleges to ensure that students get to go to the colleges they prefer.

Students may choose from the entire range of courses mentioned in the CAO Handbook. All of the courses are categorised either as **‘Level 6/Level 7’ or ‘Level 8’**. These levels are part of the National Framework of Qualifications which goes from Level 1 to Level 10.

Students may apply for up to 10 courses in each of the above categories, a total of 20 courses, listing courses in order of preference.

Once the CAO processes the choices of every applicant, together with the Colleges, they decide what level of points to attach to a course each year. These points are based on the demand for the course and the level of academic requirements. The points are made known in August each year and a few days later the CAO offers places to students. CAO application commences in February each year. CBC holds an information session for parents.

Useful Tip: It is worth visiting college Open Days where you can get many useful tips and advice about your son selecting the right course.

INFORMATION TECHNOLOGY (ICT)

Google Suite is the platform used by the college. All students are given a CBC email address

through which they access their Google Classroom. Upgrading of broadband services has taken place recently in the college.

SUPERVISED STUDY

A pupil's home is the best place to study. However, for pupils who, for one reason or another, find it difficult to study at home the college provides supervised study after school each day, commencing in early of September.

Study has been available in the college for a number of years. It is supervised by teachers and goes ahead for both Third and Sixth Years from 3.45 p.m. to 5.45 p.m. each day. The evening session, available to Sixth Year pupils only, runs from 6.30 p.m. to 9.00 p.m. Study is also available from 9.00 a.m. to 1.00 p.m. on Saturdays.

The intention is to provide pupils in exam classes with a facility that allows them to do homework, reinforce work done in class and prepare for exams in an appropriate atmosphere. Pupils receive advice on study techniques and habits. Strict discipline is enforced and distractions are kept to a minimum. To minimize disruption, pupils must arrive on time - latecomers are not admitted.

Application forms are distributed at the beginning of the school year and again before the start of Term 2. It is not possible to sign up at other times of the year. Pupils select and pay for the study sessions they wish to attend from September to Christmas and, separately, from January to the end of the school year.

Supervised Study is organized and coordinated by Mr Roger O'Mahony and Mr Vincent Murray.

SPECIAL EDUCATION NEEDS

Ms Claire Cotter is the SEN Department coordinator.

Resources provided to support pupils with additional educational needs are used to facilitate the development of truly inclusive schools.

Supports provided to pupils with additional educational needs are based on identified needs and are informed by regular reviews of progress (in consultation with parents and pupils) as outlined in the Continuum of Support Guidelines.

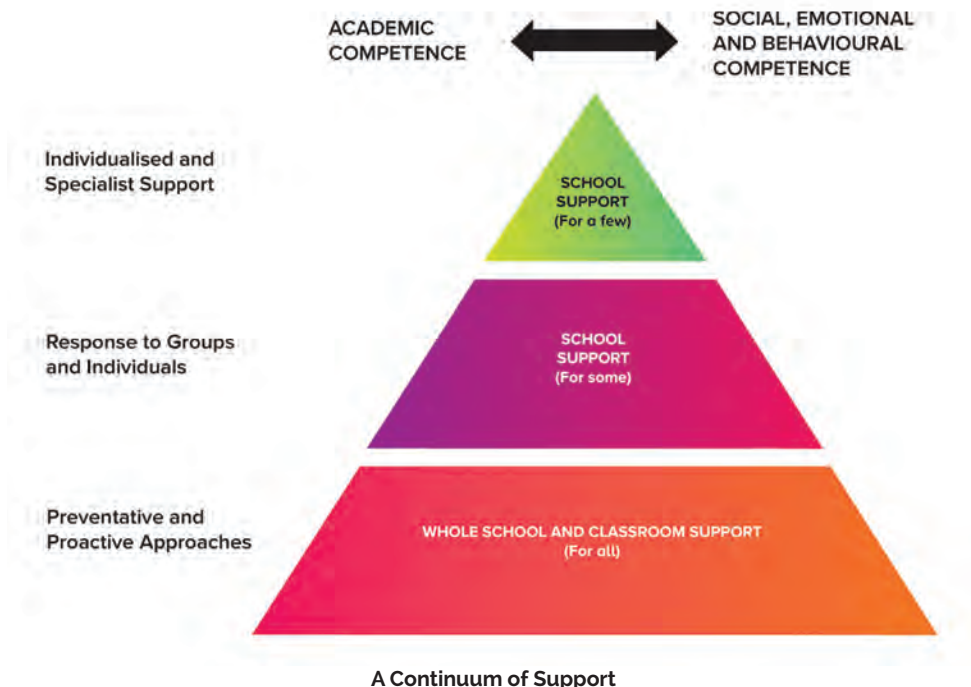
Using a battery of tests, which include screening tests, diagnostic tests, psychological assessments and information from parents, a committee consisting of the Principal, Deputy Principal, Guidance Counsellor and the SEN team will assess the additional needs of students upon entry to the school. Reassessment and re-evaluation with teacher observation and parental consultation will be an ongoing process.

Each subject teacher has primary responsibility for the progress and care of all pupils in the classroom, including pupils with special educational needs.

Pupils with the greatest levels of need have access to the greatest level of support, and whenever possible, these pupils are supported by teachers with relevant expertise who can provide continuity of support.

In Christian Brothers College a three-step process is in place to guide identification, intervention

and monitoring of outcomes for pupils with special educational needs.



The 2017 Guidelines (p. 11-12) describe the NEPS' three tiers of support as follows:

Continuum of Support

The Continuum of Support enables schools to identify and respond to needs in a flexible way. This means that needs can be responded to as early as possible. Of course, the principle that pupils with the greatest level of need have access to the greatest levels of support is of primary importance. This approach is also supported by information and engagement with external professionals, as required.

Level 1 - Classroom Support

The class teacher considers how to differentiate the learning programme effectively to accommodate the needs of all pupils in their class. A classroom support plan is developed and / or adjusted over time for those pupils who do not respond appropriately to the differentiated programme.

Level 2 - School Support

At this level a Support Plan may detail suitable teaching approaches.

Level 3 - School Support Plus

This level of the Continuum is informed by a detailed, systematic approach to information gathering and assessment using a broad range of formal and informal assessment tools, reports from outside professionals (as appropriate). A support plan at this level is likely to be more detailed and individualised, and to include longer term planning and consultation. Priority will be given to students performing at or below the 10th percentile on standardized tests of literacy and numeracy as outlined in *'Inclusion of Students with Special Educational Needs, Post Primary Guidelines, Department of Education & Science 2007'*.

SCHOOL TOURS

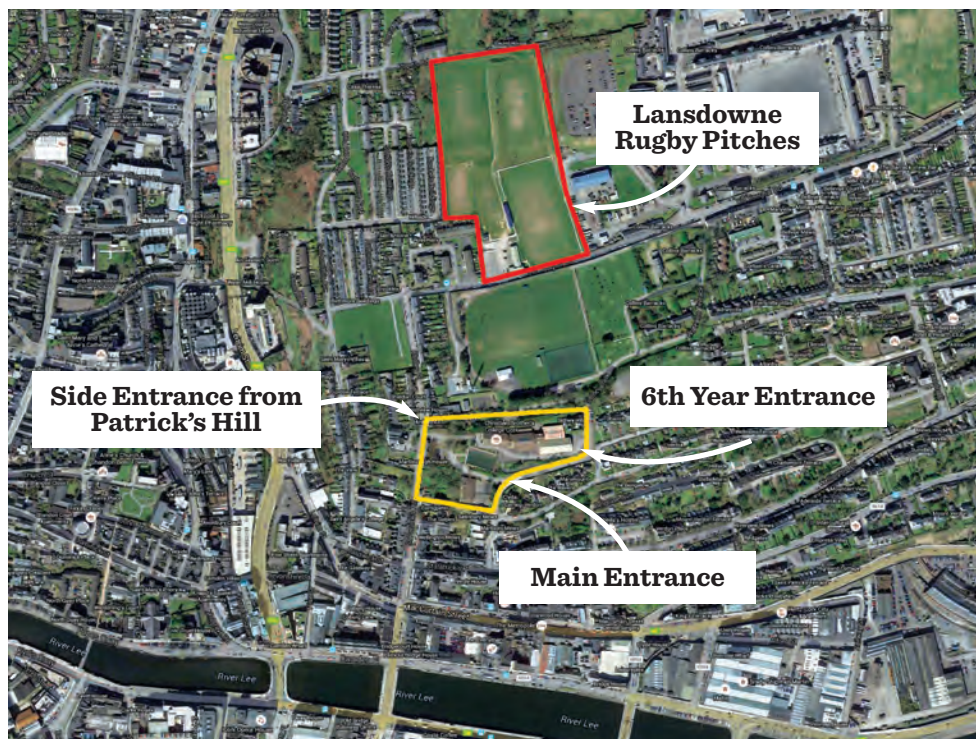
CBC offers a range of tours to its students. The First Year Rugby tour usually visits Portugal or Spain while the regular First and Second Year tour has visited France, Germany and Italy in recent years. Transition Year students usually have a choice between a ski tour or a trip to the USA, with New York and Washington popular amongst students. The tour offers the boys the opportunity to develop friendships while learning about other cultures and themselves.

STRATEGIC DEVELOPMENT PLAN

The college is currently engaged in an exciting development programme that will see significant enhancement of the CBC campus, involving a significant new building programme and upgrading of existing facilities. Parents will be kept up to date on progress through the CBC App.

LOCATION AND PARKING

A side gate allows pedestrian access from Patrick's Hill for students.



Christian Brothers College

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CHRISTIAN BROTHERS COLLEGE CORK