

# PARENTS' NEWSLETTER

## Cabinteely Community School

### Welcome Back!

To all families and friends of Cabinteely Community School, we hope you enjoy the Spring edition of our newsletter.

### Green Schools



We are currently working towards our third green schools flag in Cabinteely CS on the theme of Water!

We would like to send some water tips home for you to adopt.

### GREEN SCHOOLS TOP WATER TIPS!

#### Scrub without running

Avoid leaving the tap running while brushing your teeth.

#### Wash clothes with a full load

Save water and reduce your bills by making sure your drum is always full when you wash. You can save up to 1,000 gallons a month.

#### Install water saving devices.

Hippo bags and tap aerators can save water usage.

one supplier we have found is

<http://watersavingproducts.ie/hippo-bags>

### Swift Showering

Shorten your shower by a minute or two and you'll save up to 150 gallons per month

### Harvest Rainwater

Harvest rainwater in a container in the garden for watering flowers instead of relying on hoses.

### Monitor leaks

Monitoring your water meter will show leaks if there is constant water usage despite no water being ran.

Fixing leaks is cost and resource effective!

**DON'T BE MEAN-BE GREEN!!!!**

## Maths Eyes



This is a concept that was developed in Tallaght IT by Terry Maguire.

The initiative aims to:

- Develop the maths eyes of the local community:
- Help the local community to make the link between mathematics and the real world.
- Build people's confidence in their use of maths in their life. Build a positive image of maths. Maths Eyes Week is coming to your school March 19th –22<sup>nd</sup>.



The main events are:

- Maths Trail in Kilbogget Park 9am – 1pm Thursday 21<sup>st</sup> March 2013 for Primary students, Secondary students, Parents and Adult Education groups
- An online Poster competition. <http://www.haveyougotmathseyes.com/enter-competition-2013/>

Other Activities will include:

- Poster Exhibitions
- Maths Shows
- Maths for Fun
- Inter Schools Chess Competition
- Maths Games



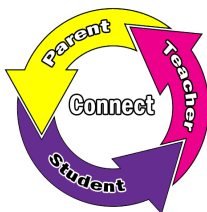
## Cabinteely Community School Parents' Council

### Why have one.....

The Parents' Council's main concern is the educational development and educational opportunities of their children.

### What we do.....

- Develop an active partnership within the school to ensure that parents are represented and participate at all levels of the educational system.
  - Assist parents and students in acquiring the skills they need for their role i.e. arrange topical/informative talks.
  - Involved in the decision-making processes which affect their children.
- Involved in annual and milestone events within the school year.



### When do we meet.....

We meet once a month on a Tuesday evening at 7.30pm.

If you have any general issues that you wish to raise, have any talks you would like us to organise or are interested in joining the Parents' Council, you can contact us at [cabinteelycspc@gmail.com](mailto:cabinteelycspc@gmail.com).

### Restorative Practice

We at Cabinteely CS have a long tradition of care and concern for everybody in our school community through our delivery of diverse and relevant academic programmes and also in our promotion of the emotional, social and personal development of the students in our care. We constantly reflect on what we do and on how we deliver these services to our students. As a result we decided to introduce Restorative Practice to the school as an additional beneficial service to our students.

The aim of Restorative Practice is to develop the capacity among our young people to manage conflict and tensions by repairing harm and building relationships. Since its introduction this year the level of detentions and suspensions have fallen significantly and the early intervention of Restorative Practices has made dramatic changes in how students and teachers interact in resolving conflict. For example some difficult issues surrounding cyber bullying have been resolved by students themselves through sitting down together and addressing the issue in a non-threatening non-judgemental way. Students themselves, through a series

of questions, explore the nature of the conflict and the part each person has played in it. They also come up with the resolution to the problem by agreeing a way forward, drawing up a contract which they themselves agree to abide by, and agreeing the measures to be taken if the contract is not adhered to.

Through our Pastoral Care Programme and Restorative Practice we will continue to encourage the young people in our care to develop their sense of identity and to reflect on and engage in relationships that foster maturity, personal development and empathy.



Please feel free to contact James Moloney (Deputy Principal) should you require any further information on RP in CCS.

### Courses for Parents - HSCL

At the beginning of each term a number of free courses are available to parents of Cabinteely Community School at the locations listed. Feel free to contact the individuals listed below or myself for further information.

#### St. Columcille's - Ballybrack

Contact – Mary Spain – 01 2855527

#### St. Kevin's - Sallynoggin

Contact – Mary McMorro – 01 2854309

#### Dominican Primary – Dunlaoghaire

Contact – Orla Heavin – 01 2809011

#### St. Columbanus—Loughlinstown

Contact - Ann-Marie Brady - 01 2821220

Further information regarding any information on this newsletter is available from Mick Burns, HSCL at 01-2852137 or email: [cabohscl@gmail.com](mailto:cabohscl@gmail.com)

Our website can be viewed at [www.cabinteelycs.ie](http://www.cabinteelycs.ie).