



*Dear Parents,*

*Writing this newsletter is harder for me than it normally is! This is my final newsletter as HSC<sup>L</sup> in Finn Valley College. My five year term is up and it's time for me to move on. You have made my time as Home School Teacher a memorable experience. I couldn't even count the phone conversations, text messages and emails we have exchanged. People often ask if it is difficult to be HSC<sup>L</sup>. I am grateful to you that I can always answer that question honestly by saying that I have had no negative experiences with the parents of our school community and more than that... I've actually shared many laughs over the years with you. As a mum of four, I know that parenting is not always easy and inadvertently you have supported me as much as I have tried to be a support to you! What I am trying to say is thank you to every parent and guardian in FVC, Thank you for welcoming me into your homes. Thank you for (sometimes under duress...!) for attending my evening classes. Most importantly thank you for entrusting the support of your children to me. I hope that I have made things easier for some of you in some small way. Finally I would like to introduce you to the newly appointed HSC<sup>L</sup> for 2021/22; Ms Ashlean Mc Geehan. I wish Ashlean every success in her new role and I know she will be a great support to you and your young people during her 5 year tenure.*

*Wishing you all the best,*

*Angela*

## *Transition to Post Primary*

### *Transfer Meetings*

We have nearly completed our Transfer Meetings with Primary Schools. Thanks to any of you who participated in these as parents/guardians of incoming first year students. It is a great help to staff and particularly the students to have an idea of their strengths, interests and needs before they step into the school.

### *New Website for First Years*

I have created a website especially for our new first years of 2021/22 to introduce them to FVC School Life. Hopefully it will answer many questions you or your young person may have. The site may also be useful for other parents who have not had a proper opportunity to get to know our school as much as we would have all liked. Click on the following link for lots of useful information such as how to read a timetable. There are several youtube videos that are useful in preparing young people for transition.

The website can be found [here](#).

### *Supporting Parents during the Transition*

If you or someone you know is a parent of a first year starting Finn Valley College attendance at a workshop over three evenings will provide some invaluable tips in supporting young people through this major time of change in their lives.

**When:** Wed 19th, Wed 26th May, Wed 2nd June

**Where:** Finn Valley Centre of Education (our old school, main street, Stranorlar)

**Contact:** Angela 087 3501208/[angelaward@donegaletb.ie](mailto:angelaward@donegaletb.ie)

## **Art Classes for Parents**

We are three classes into our 'Artful Parent' workshop being creatively facilitated by Ms Molloy, our Art Teacher. So far we've learned about shading, have sketched an eye and tried to replicate Ms Molloy's beautiful owl drawing. Thanks to Ms Molloy for all her hard work and to all the parents who signed up. Hope you are enjoying it!



**Parent Classes:** Using Zoom/Google Classroom

Last chance to sign up for this evening workshop on the use of technology. Text or email your interest to Angela:  
0873501208/[angelaward@donegaletb.ie](mailto:angelaward@donegaletb.ie)

## *What's New: Useful Links*

Let's Get Ready: This page has lots of useful advice on Covid 19 and your child starting school from preschool to post primary settings

<https://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/>

### **Templates for Information Sharing for Parents of Younger Children**

The Mó Scéal templates have been developed for parents to fill in to share information for their child's new pre-school or primary school.

Links to Mó Scéal templates in English:

#### **Moving to Pre-School:**

<http://bit.ly/MoScealPreSchool>

#### **Moving to Primary School:**

<http://bit.ly/MoScealPrimarySchool>

Links to Mó Scéal templates in Irish:

Ag aistriú ar an réamhscoil:

<http://bit.ly/MoScealReamhscoil>

Ag aistriú go dtí an bhunscoil:

<http://bit.ly/MoScealBhunscoil>

## **Feed Your Family**

This website is an excellent resource full of healthy home cooked food recipes which are easy to make while on a budget! There are many meal ideas on a budget provided and tips when it comes to nutritious food. For more information you can visit the “Feed Your Family” website

<https://fyf20quid.co.uk/>

## **Teaching Social Skills**

Never underestimate the importance of this invaluable life skill. Click below to read more and for suggested resources:

<https://mail.google.com/mail/ca/u/0/#inbox/FMfcgxwLtswZQcMBzNjTqSSxlbzXmMxB>

## **Book a Summer Camp @ The Loft**

Summer is fast approaching, even if it may not feel like it anymore since the first heat wave of the year has been replaced by what feels like constant rain. Don't let the weather get to you – book a Summer camp at The Loft and you'll have something great to look forward to. Summer camps are open to young people aged 12-18. 😊

### **Multi Activity (3rd – 7th July) €70**

A fun filled week of action packed activities to start the Summer off with a bang!

### **Cookery (10th – 14th July) €50**

A week to learn to cook and enjoy loads of tasty food from starters, to mains and sweet desserts.

## **Rockschool (31st July – 4th August) €70**

Let your musical side come to life by taking part in this week. Take part in master classes, jam sessions and gain confidence.

## **Fit for Life (8th – 11 August) €50**

If you want to try out new sports, meet new people and get confidence and skills for your future then this week is right for you.

### **Summer Drop-in Times**

Monday to Wednesday 12 – 6pm

Thursday 12 – 8pm

Friday 12 – 10pm

Saturday 2 – 6pm

Sunday closed

The drop-in is a free space in Letterkenny for young people to meet friends in a comfortable, safe environment. Facilities include a pool table, table tennis and a kitchen where young people can learn how to prepare healthy meals. The drop-in is supervised by friendly staff and volunteers. This space is open all year round in partnership with the Letterkenny Youth Information Centre.

LOFT (Learning Opportunities For Teens) Youth Project, 16-18 Port Road, Letterkenny. E-mail [loftstaff@gmail.com](mailto:loftstaff@gmail.com) or call (074) 91 29630 for more information or to book.

## **More Summer Fun!**

...check out the link below for some simple cost effective ways to keep your young people busy during the holidays..

<https://parentingteensandtweens.com/heres-how-to-make-sure-your-teens-have-fun-and-are-productive-this-summer/>

**Parenting teens is hard but the posts below might help!!Click on the heading/s below for some useful advice..**

- **How to Talk to Your Teen About Anxiety and Stress**
- **Our Teens Are Really Struggling With Social Media Right Now, Here Is How To Help**
- **Teen Anxiety ; 5 Ways To Help Your Teen Cope**
- **Signs Of Teenage Depression And How To Help**

## Interesting Articles:

### How anger affects your brain and body

Anger can be a challenging emotion to work through. Sometimes our anger can be frightening. Or, maybe we consider it inappropriate to even feel this way at all. Not only that, when anger is misdirected, it often leads to poor choices, damaged relationships, and even violence. So what's really going on in the brain and body when anger is triggered? [NICABM-InfoG-Anger-Part1-Color](#) .

In the heat of anger, we often don't use our best judgment. We may say and do things we later regret, or lose track of what we're arguing about. Why is that? Well, it has to do with cortisol. You see, anger can spark an overload of cortisol in the brain.

And to help you visualize what's happening when there's too much cortisol in the brain click here [NICABM-InfoG-Anger-Part2-Color](#)

Anger is an important and sometimes necessary emotion. But all too often, anger can quickly escalate and become destructive once it's been triggered. Uncontrollable anger can often create problems in relationships both at home and in the workplace. But beyond that, it can have devastating physical consequences.

[NICABM-InfoG-Anger-Part3-Color](#)

Here are some tips on anger management and keeping anger at bay from the American Psychological Association <https://www.apa.org/topics/anger/control>



## 10 Ways to Manage Difficult Behaviour

(<https://onefamily.ie/10-ways-to-handling-difficult-behaviour-part-one/>)

Difficult behaviour can be tough to deal with, especially when you are already under stress. Children act out for many reasons and tantrums are often the result of frustration and misunderstanding. Here are a few tips on how to handle this difficult behaviour and to teach your children the power of positive choices.

1. Positive parenting requires parents to teach their children how to make good choices and to provide them with the tools to do so.
2. Using discipline as a tool for teaching promotes self-esteem, responsibility and good choices.
3. A child who learns that there are consequences for their choices will be in a much better position to negotiate the challenges of adult life than a child who does not know their limits.
4. It is a common misconception that in order to behave in a loving way a parent must meet a child's every whim and allow them to express their impulses and desires without limits.
5. Strong, but not rigid, boundaries help children to feel safe and secure.
6. Tantrums are often a sign of the child becoming frustrated with the world, especially if they can't get a parent to do something that they want.
7. Handled well, tantrums should decrease as the child learns to negotiate their environment more effectively.
8. A parent's role is to attempt to manage and organise a child's environment so as to minimize the causes of tantrums.
9. When dealing with a tantrum; speak at your child's level, establish and maintain eye contact and give clear commands.
10. Tell your children what you would like them to do and why. Be Clear. Be Consistent.