

Dear Guardians / Parents / Students / Teachers,

We hope that everyone is keeping well and coping with the new restrictions that have been placed on all of us. It is important for all of us to follow HSE guidelines in the coming weeks. We need to stay at home to protect ourselves, members of our community and those on the frontline who are dealing with all of us who are affected by this new virus. Keep physical distancing 2m apart.

However, just because we have to stay at home does not mean that we have nothing to do ...

Please have a look at the website

<https://covid19.shanehastings.eu/giveback/>

This website gathers together many different sources and companies which are stepping up the mark and offering their services freely for the benefit of everyone.

Its range covers Education, Business Resources, Health and Well Being, Sports, Entertainment, Music and Technology.

Everyone's situation is different but below are a few ideas of things to do which may work for you ..

Exercise

This is really important for both your mind and body We know that we are allowed out for a period of exercise each day as long as it is less than 2km from home (correct to date 1st April)

We also have lots of youtube channels which we can exercise along to ...

Try to set yourself a daily exercise routine indoors and outdoors ...

Some example websites include ... no equipment needed ...

https://www.youtube.com/watch?v=GS_z6FG_jqE&feature=youtu.be a 15 minute workout,

https://www.youtube.com/watch?v=gC_L9qAHVJ8 a 30 minute workout, no equipment needed .

Learn New skills

Now may be a chance to learn some new skills which you will have forever more

I know you will have lots of ideas yourself but some ideas to get you going might include ...

Have you tried to improve your cooking or baking skills ...

e.g. <https://www.youtube.com/watch?v=ZJy1ajvMU1k>

What about learning how to paint ... or colour in A quick search in Google will result in lots of ideas.

Enter a competition for all ages ... This is a Trinity College Art or Writing competition ...

<https://www.tcd.ie/visitors/competition/>

Learning to play a new instrument e.g keyboard or guitar / ukele, etc

e.g. <https://www.youtube.com/watch?v=827jmswqnEA&feature=youtu.be>

e.g. <https://www.youtube.com/watch?v=BBz-Jyr23M4&feature=youtu.be>

e.g. <https://www.youtube.com/watch?v=5bTE5fbxDsc>

Beginner Piano lessons

Beginner Guitar lessons

Beginner Ukelele lessons

I left out the recorder on purpose .. that might be just too much !!!!!!!

Learning or improving a new language.... Lots of possibilities here.

Learn Sign Language www.lamh.org free to 31st May 2020

Learn to sing or dance choose your favourite style ...

Learn to Garden / maintain window boxes.

Learn to meditate e.g. https://www.youtube.com/watch?v=mMMerxh_12U or
<https://www.youtube.com/watch?v=inpok4MKVLM>

Jigsaws, Reading, Keeping a Diary/Scrapbook, Spring Clean, DIY, etc. etc. etc. etc

Another great website with some lovely ideas for teenagers

<https://ncse.ie/wp-content/uploads/2020/03/Lets-Get-Regulated-Information-for-Teenagers.pdf>

Junior Cycle / Leaving Cert Students .

It is important that you get a chance to have a few days break over Easter to recharge your batteries and get ready for the final push towards June. Unfortunately, none of us can predict what is going to happen in the future but the Dept. of Education is aiming for exams in June as normal.

My message to students facing exams is that they should keep focused, keep working and try, as much as possible, to prepare as normal for the state exams. We are doing everything in our power to make sure those exams happen
Statement from Minister for Education, Joe McHugh on March 24, 2020

As such, State exam students need to continue their preparations. Develop a daily routine of study ...

Remember the four T's

- Targets ... set yourself realistic and achievable targets and goals each day. What do you want to achieve in June?
- Topics .. Break each of your subjects into topics and have a folder/poly/envelope for each one.
- Time Try to organise your time into blocks and what you will do in each block.
- Temptations .. What takes you away from studying? Phones, social media, Facebook, TV, computer games, etc. Set aside times for these and avoid these things in study time.

Some websites that may help are included in the Education section of
<https://covid19.shanehastings.eu/giveback/>

Other sites that could prove useful for you

<https://www.pdst.ie/DistanceLearning/SourcesofInformation>
<https://www.pdst.ie/distancelearning/othersources>

Most important of all is practice, practice, practice and practice previous exam questions.

Wishing you all well over the coming weeks. Please remember to mind yourselves and those around you. Keep in touch with your friends and family both near and far using House Party, Zoom, Microsoft Teams, Facetime, Skype, What's App, Google Hangouts, Google Meet, etc.



From all at St. Mac Dara's Community College.

