



# Coláiste Pobail Naomh Eoin Bosco, Cill an Dísirt St. John Bosco Community College, Kildysart

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Dear Parent/Guardian

As our Junior and Leaving Certificate students approach their Mock Examinations there are a number of points I want to bring to your attention.

It can be a very stressful time for many of the students and from past experience the following tips should help with keeping stress levels down:

- Each student should have a manageable study plan for the lead up to the examinations and also a revision plan for use during the duration of the exams.
- Keeping meals at regular intervals, drinking water and regular short breaks during study helps to keep concentration.
- Each student should try to keep their usual sleep pattern and not arrive into exams exhausted from studying the night before.

A timetable has been displayed for the students and it's advised students ensure they know what exams they have each day. All students are expected to attend school every day, as normal school hours apply. **The only exception to this is if a student is exempt from a subject.** In this case I ask parents to call to the school to sign your son/daughter out. There is no problem if you wish your son/daughter to remain in school during this time as they will be supervised in the exam hall as they study.

As we are in different times due to COVID 19, we have made some accommodation for students who may miss an exam due to contracting COVID 19 and forced to self-isolate.

These cases will be dealt with individually and students will be afforded the opportunity to sit part or all of the exam after school next week or during the first week back following midterm break.

Finally I would like to wish each and every one of our 3<sup>rd</sup> and 6<sup>th</sup> year students the very best in their upcoming examinations.

Kind Regards

Denis O Rourke

Principal