



16th April 2020

KILLINA PRESENTATION SECONDARY SCHOOL

Rahan, Tullamore, Co. Offaly.

To Killina Presentation sixth year students,

First and foremost I hope that you and your families are well and remain so. I am writing to you in these unprecedented times to offer my support, empathy and understanding.

As the Easter holidays draw to an end, you would have been expecting to be returning to school for your last few weeks and looking forward to the rituals of your last term, Graduation, staff v 6th years soccer game along with many others. Your lives and the world has been interrupted by the outbreak of COVID19. This has meant huge changes as to how schools operate and how the State Examinations are to be undertaken.

Many of the details of how your Leaving Certificate Exams will take place has to yet be finalised. So for now, other than the Ministerial announcement, I have no further details to impart. I am asking you not to despair, you are not alone in this. Your school, your teachers and your family are with you. They will be a support to you through this. Your Leaving Certificate has been interrupted, but not paused or stopped. During the summer you will sit your exams, capping your second level education. The opportunities that this offers will present themselves to you, whether they be college, apprenticeships, direct employment or others.

The Leaving Certificate at the best of times can be a stressful and anxious time, there is no doubt that COVID19 and school closures have added significantly to this. While none of us have experienced anything like this before, we are all in uncharted waters, it is still my responsibility to offer you some guidance, support and advice.

The current situation is difficult, not what any of us would like. How do we make the best of this situation? Firstly, stay healthy and well, mind yourselves and others, follow Public Health advice and stay at home. Mind your mental health, look for help if you need it and try not to stress over the things that you have no control of. Take breaks from study/ work and take exercise. Secondly, prepare for your exams, you have worked towards them for years. Engage with your teachers online, make the most of the time you have, use it wisely and put yourself in the best possible position for sitting exams.

Remember your measure of worth will always be more than a Leaving Certificate grade. You are all capable of great things, you are all capable of achieving "your personal best in exams". But you need to help yourself by putting in the required work and effort. Your school and teachers are available to support you, don't be afraid to look for assistance.

With every good wish,

Ní neart go cur le chéile.

John Cotter
Principal