



# **Student Induction Training**

CRUCI

DUM SPIRO

FIDO

A close-up photograph of a red door. On the left, there is a brass handle. In the center, a polished metal plate is mounted on the door, featuring the words "LORETO COLLEGE" in raised, serif lettering. The plate reflects the surrounding environment, including a yellow building and greenery. The door itself has a classic panel design.

LORETO COLLEGE


**Welcome Back**  
**We've missed you**



# Reflection



We make the path by walking it...



What will this year bring...?

What will this year bring?

We do not know;

It will likely bring us its usual times of work and play, experiences of learning, newness, success and challenges,

All things that are part of school life.

It's a new beginning;

The planting of a seed that will grow for a year,

The seed of fruit that will blossom in times to come.

It offers new hope;

Hope for good work, for successful results,

For friendship, for fun, for learning.

In this coming year, may there be learning,  
prayer, and fun.

May there be hard work, faith and friendship.

May no one in school be lonely;

May no one be left out in class;

May no one suffer because of how others treat them.

As we begin this new school year in hope, in prayer and friendship,

May God begin it with us, be with us during it,

And successfully bring it to its conclusion.

# ‘New Era – New Routine’







**Loreto St Stephen's Green**

**COVID-19 Response Plan**



# ‘Stay at Home if Unwell’

The measures set out in the Public Health Advice are predicated on **two** general recommendations

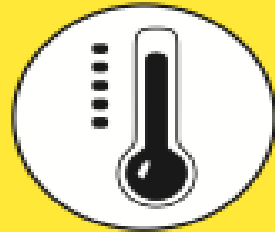


# **1. Minimising the risk of introduction of COVID-19 into the school community**

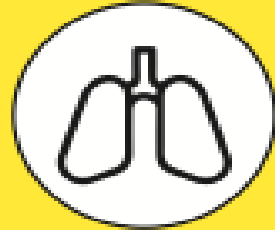
**It is critical that people stay at home if unwell.**

Nobody should go to school if they are unwell or any members of their household are unwell with symptoms consistent with COVID-19

# Know the signs



**High Temperature**



**Shortness of Breath**



**Breathing Difficulties**



**Cough**

# **Additional Symptoms**

- **Loss of/or change to Taste**
- **Loss of/or change to Smell**

# Managing the risk of spread if introduced through:

1. Regular hand hygiene;

[WHO video Link](#)



## **Wash your hands.....**

- before and after eating and preparing food
- after coughing or sneezing
- after using the toilet
- where hands are dirty
- before and after wearing gloves
- before and after being on public transport
- before leaving home
- when arriving/leaving the school /other sites
- after each class
- after touching potentially contaminated surfaces
- if in contact with someone displaying any COVID-19 symptoms

## 2. Maintaining physical distancing;

- Maintain distance where possible and wear a face covering when 2m physical distancing is not possible
- **No handshaking or hugging**
- No sharing of materials/equipment



pgi0011 fscomps.fotosearch.com



### 3. Application of respiratory hygiene and cough etiquette;

- avoid touching the face, eyes, nose and mouth
- cover coughs and sneezes with an elbow or a tissue
- dispose of tissues in a covered bin



## 4. Environmental hygiene.

- The School building will close at 4pm sharp to facilitate a deep clean each evening
- Every student and teacher must clean their desk and chair before leaving a room - wipes will be provided.



# Help prevent coronavirus



**Wash your  
hands**



**Cover mouth if  
coughing or sneezing**



**Avoid touching  
your face**



**Keep surfaces  
clean**



**Stop shaking  
hands and hugging**



**Keep a safe  
distance**



**Coming to School**

**What to Bring?**

# Each day, each student will need to bring with them:

1. A face covering / sufficient clean masks for use throughout the day - face covering should be plain with **NO** logo.
2. Tissues
3. A receptacle / pocket-sized bag for waste disposal and one for used masks
4. Personal supply of hand sanitiser is recommended but is optional as there will be hand sanitising stations throughout the school.



A fully charged iPad and each day's relevant school materials in their school bag, to be taken home at the end of the day.

It is recommended that students do not share school materials and or personal items throughout this period.



There will be **NO** access to lockers / locker areas for the foreseeable future. As 1st, 2nd, 3rd and 4th Years will be in their base classroom for most of the day, a small storage box will be provided for each student at their desk in their base room to store items for the day.

We are presently investigating storage options for 5th and 6th Years.



**A packed lunch and water bottle.**

There will be no access to the water fountain for the time being. Please bring your water bottle filled from home.

Students must bring left-overs, wrappers, fruit skins etc home with them each day in a lunchbox / container. This both supports a safe school and our on-going green initiatives.



# Nut Aware School



Please do not bring  
any products  
containing nuts  
(peanuts or tree nuts)

*Thank you for helping  
to keep our children  
safe.*

While school life will be significantly different than before, we still aim to enjoy a stimulating learning environment.

Some activities in school will be curtailed for the foreseeable future but there is still so much for us to enjoy.





We want to keep everyone safe, and with your help we can.

You can do your part by following these instructions at all times:

Avoid the 3 Cs –  
avoid loitering or  
congregating at all  
times.

**Keep moving** when  
on the stairs and  
corridors.

# Avoid the Three Cs

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:



## 1 Crowded places

*with many people  
nearby*



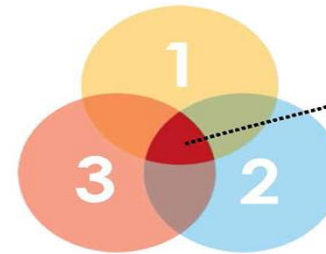
## 2 Close-contact settings

*Especially where  
people have close-  
range conversations*



## 3 Confined and enclosed spaces

*with poor  
ventilation*



The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.**

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes

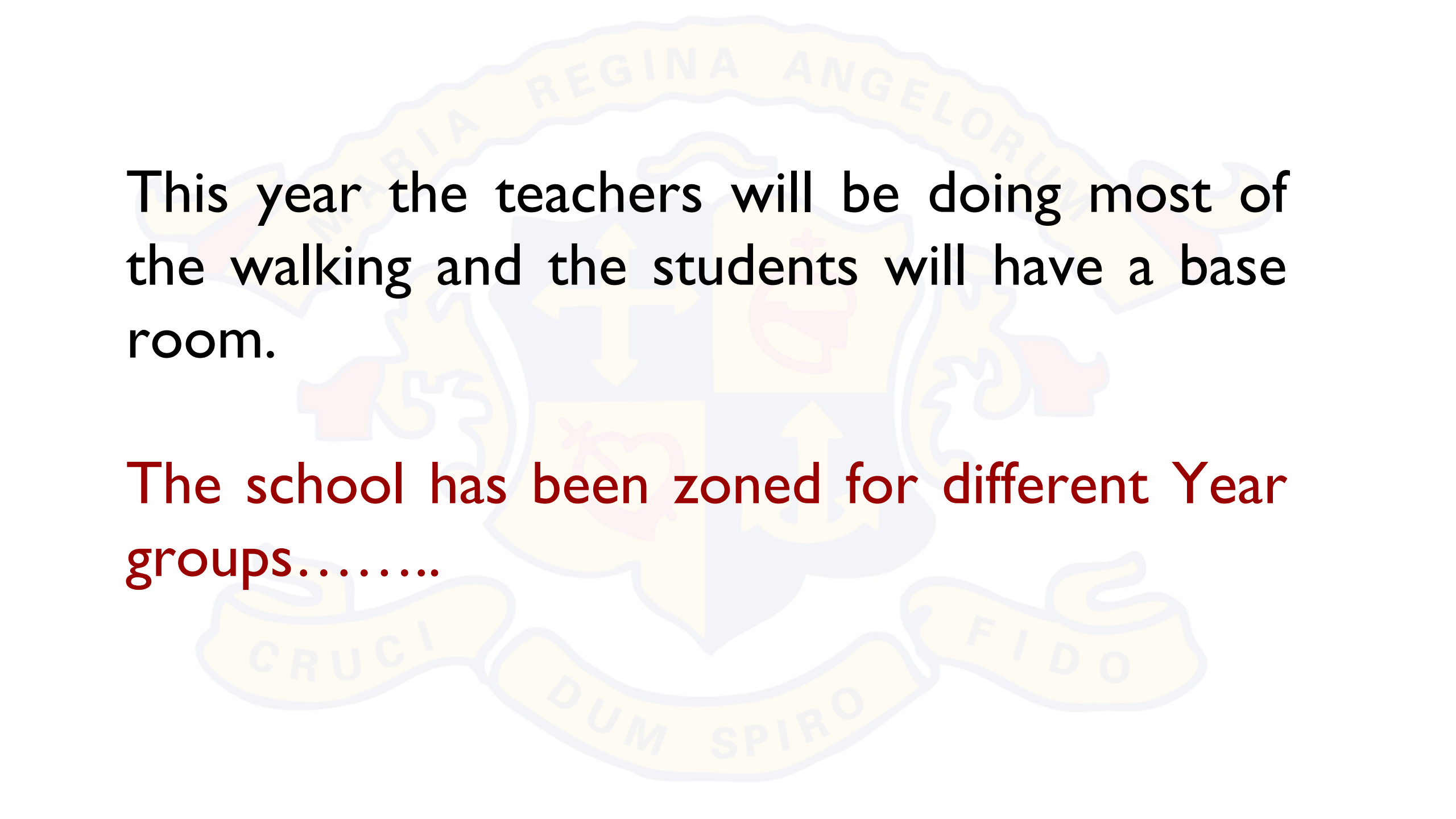


Wear a mask if requested or if physical distancing is not possible

**If you are unwell, stay home unless to seek urgent medical care.**

**Remember - observe  
respiratory hygiene,  
coughing and  
sneezing into your  
elbow.**





This year the teachers will be doing most of the walking and the students will have a base room.

The school has been zoned for different Year groups.....

# Base Classrooms/Zones

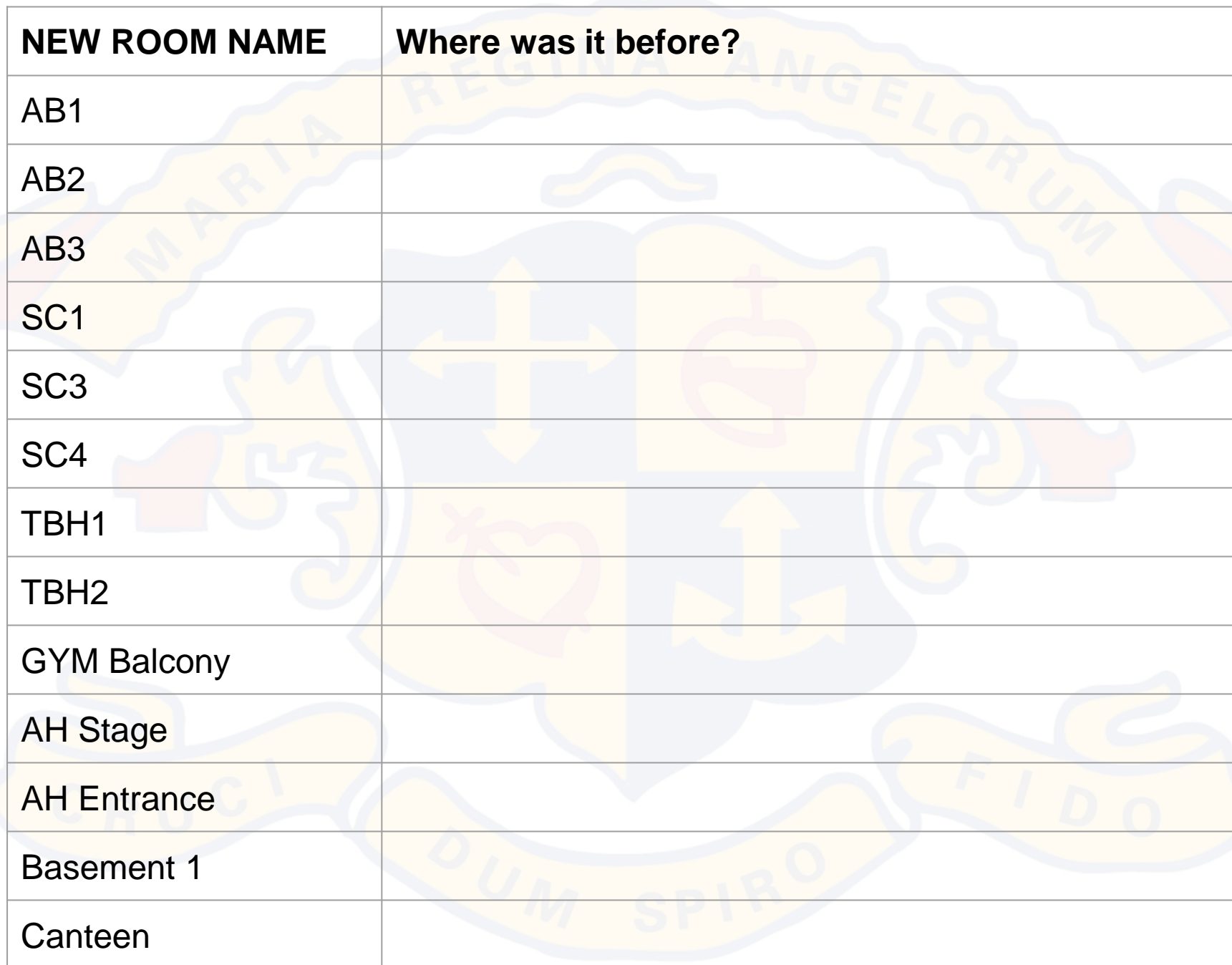
<b>1st Year</b> 401, 402, 403, 404, 405	<b>2nd Year</b> AB1, AB2, AB3, SC1	<b>3rd Year</b> SC3, SC4, 202, 302
<b>4th Year</b> TBH1, TBH2, GYMBalcony, AH Stage	<b>5th Year</b> 502, 503, Basement 1, Canteen	<b>6th Year</b> A101, A102, A201, A202, 506, 507, 504, 505



How many new classroom names did you spot?

Can you guess where they are?





<b>NEW ROOM NAME</b>	<b>Where was it before?</b>
AB1	
AB2	
AB3	
SC1	
SC3	
SC4	
TBH1	
TBH2	
GYM Balcony	
AH Stage	
AH Entrance	
Basement 1	
Canteen	

<b>NEW ROOM NAME</b>	<b>Where was it before?</b>
AB1	Arts Block - Music 1
AB2	Arts Block - Music 2
AB3	Arts Block - Business Room
SC1	Science Block - Business Room
SC3	Library
SC4	Resource Room
TBH1	Teresa Ball House
TBH2	Teresa Ball House
GYM Balcony	Upstairs in the Sports Hall
AH Stage	Assembly Hall Stage
AH Entrance	Assembly Hall Entrance
Basement 1	6th Year Locker Area
Canteen	Canteen

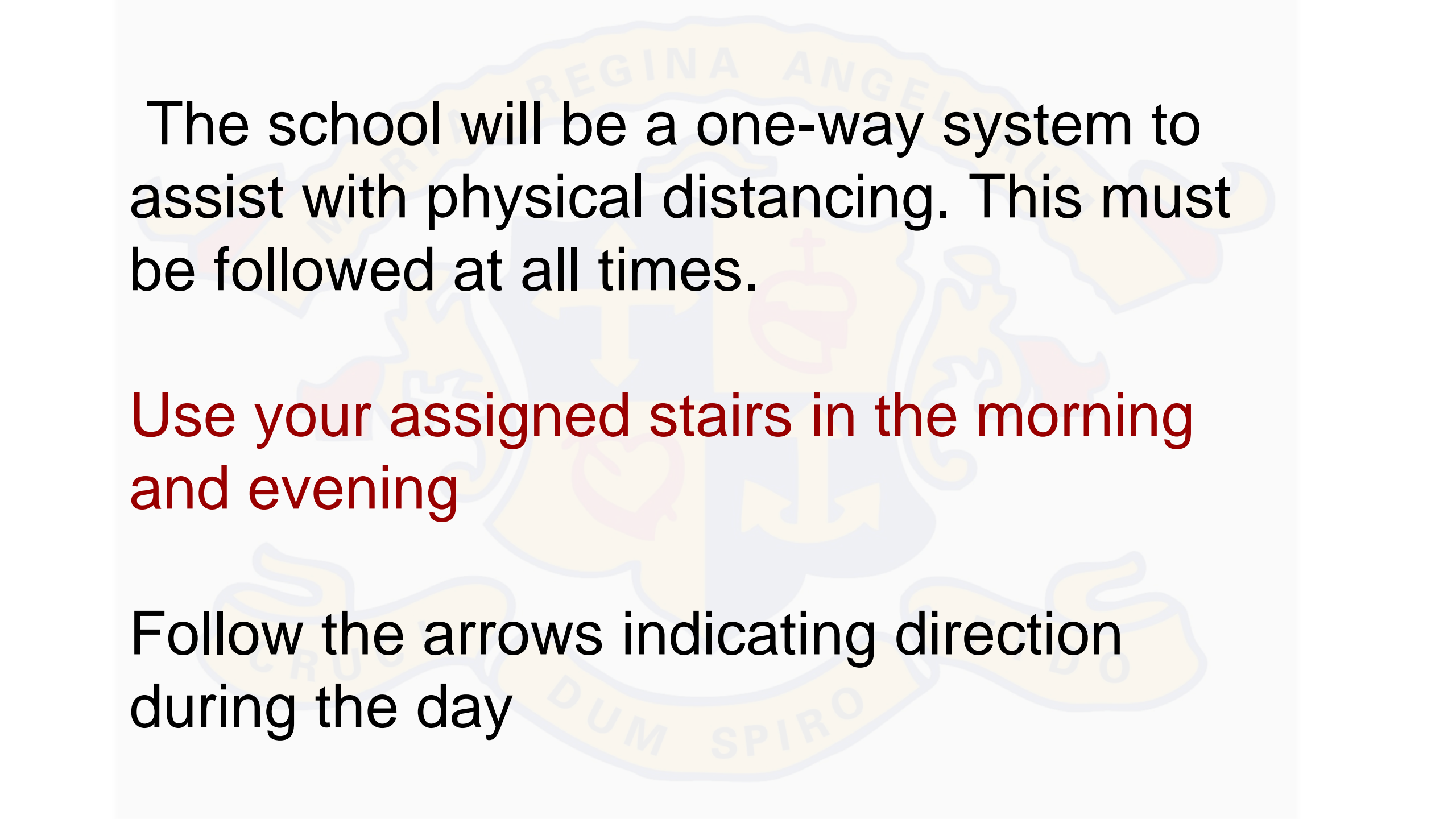
How many did you get right?





**ONE WAY SYSTEM  
IN OPERATION**

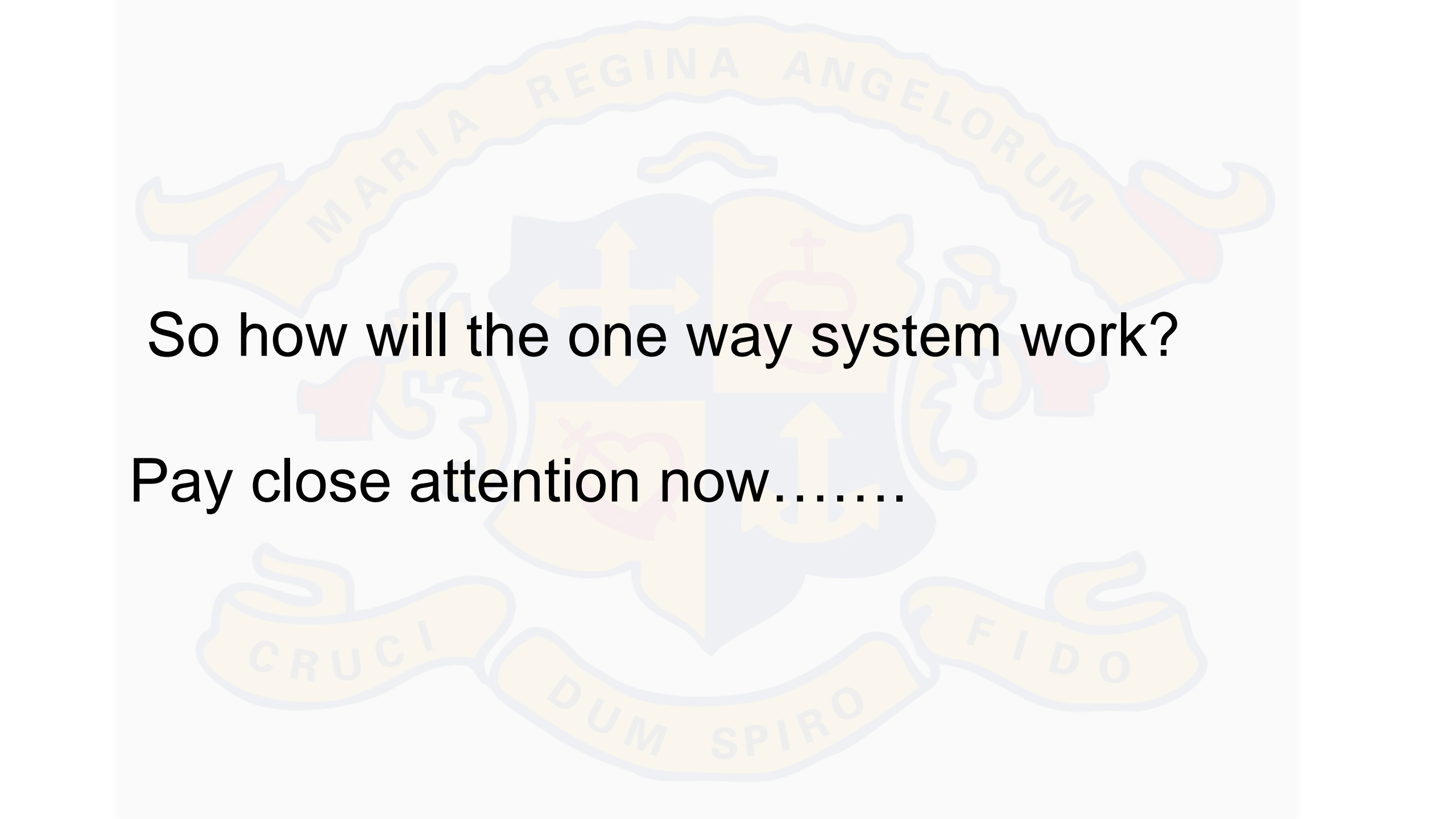
PLEASE KEEP A  
SAFE DISTANCE



The school will be a one-way system to assist with physical distancing. This must be followed at all times.

Use your assigned stairs in the morning and evening

Follow the arrows indicating direction during the day



So how will the one way system work?  
Pay close attention now.....

**In the morning - Doors open from 8am until 8:30am:**

Basement door - using Main stairs: SC1, SC2, SC3, SC4, AB1, AB2, AB3

Door at 55 - using Blue stairs: 501, 502, 503, 504, 505, 506, 507, A201, A202, A101, A102

Door at 53 - using Brown stairs: 202, 302, 401, 402, 403, 404

Leeson Lane: AH Stage, Basement1, TBH1, TBH2, Gym Balcony, Canteen 1

# **In the evening please use the following exits:**

Basement door - using Main stairs: Lab 1, Lab 2, Lab 3, Lab 4, SC1, SC2, SC3, AB1, AB2, Art1, Art2, HE S.

Door at 55 - using Blue stairs: 501, 502, 503, 504, 505, 506, 507, A201, A202, A101, A102

Door at 53 - using Brown stairs: 101, 201, 202, 301, 302, 401, 402, 403, 404, 405

Leeson Lane: AH, Basement1, TBH1, TBH2, Gym Balcony1, Canteen 1



One way system during the day:

Main stairs - up

Brown stairs - down

Stairs in 55 - up

Arts block stairs down

Small section of main stairs at the mirror is two way, please stay to the right



**REMEMBER**  
You must  
regularly wash  
your hands and  
sanitise.

Protect yourself and others  
from getting sick

### Wash your hands

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



[www.hse.ie/handhygiene](http://www.hse.ie/handhygiene)

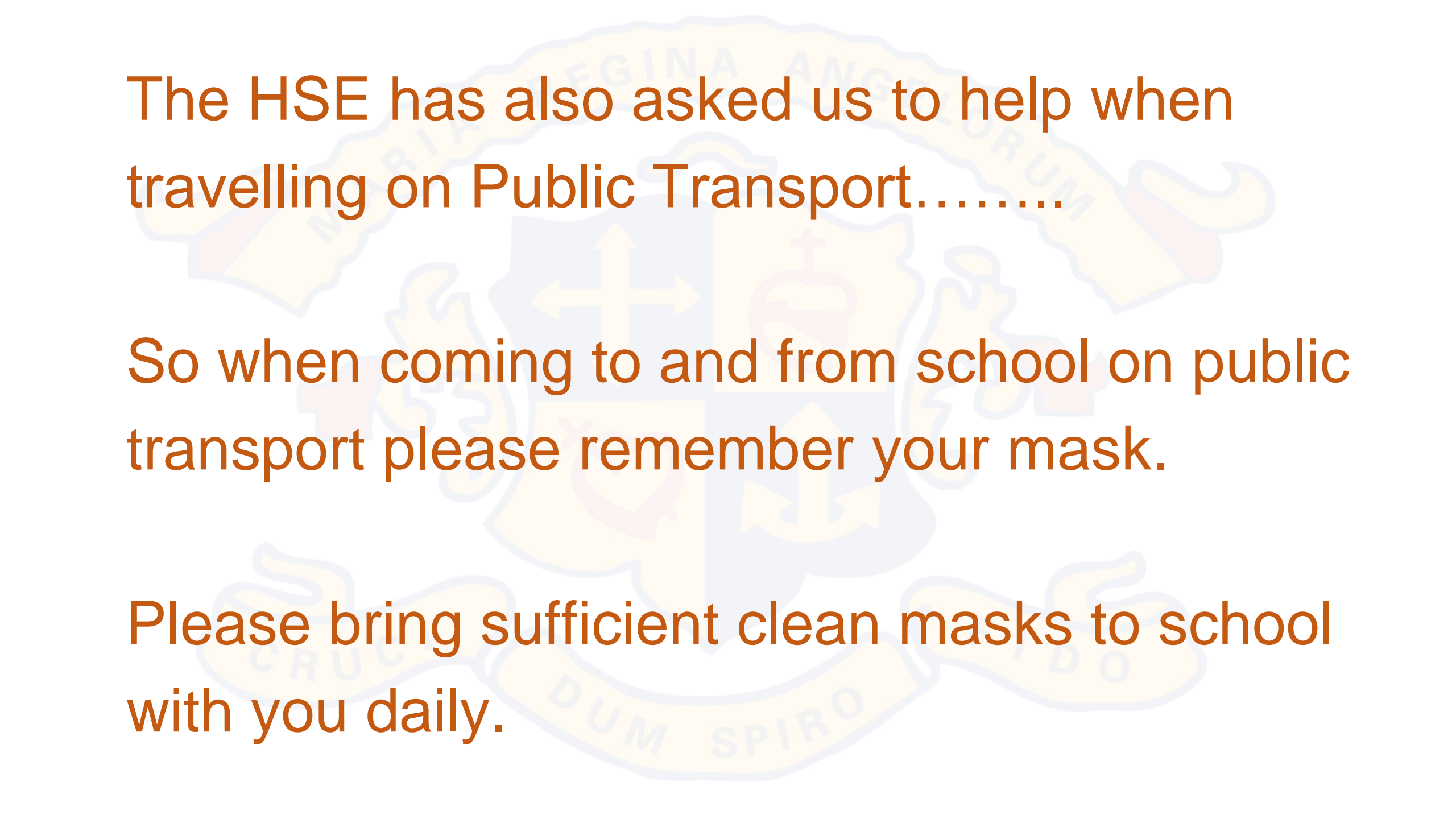




**Don't forget your mask(s) each day**

You must wear a mask in class settings, and when walking through the school.

This is to keep everyone safe



The HSE has also asked us to help when travelling on Public Transport.....

So when coming to and from school on public transport please remember your mask.

Please bring sufficient clean masks to school with you daily.



## LUNCHTIME and BREAKTIME

Will mainly be in your Base Classroom or outside in the fresh air weather permitting. You'll be advised over the course of the week.

So we can keep everyone safe you will have to eat in your designated area.

We aim to keep teaching spaces well-ventilated. This may mean they are cooler than you are used to.

You may wear your school jacket if this is the case.





You will assign you a specific seats in each class.

You must not move from these assigned seats unless specifically instructed to do so by a teacher.

If we can minimise touched surfaces by staying in the same seats, we get to keep everyone safer.

# Social distancing



As part of the staying together by staying apart action plan, all physical contact with other students is to be avoided.

No handshakes or hugging



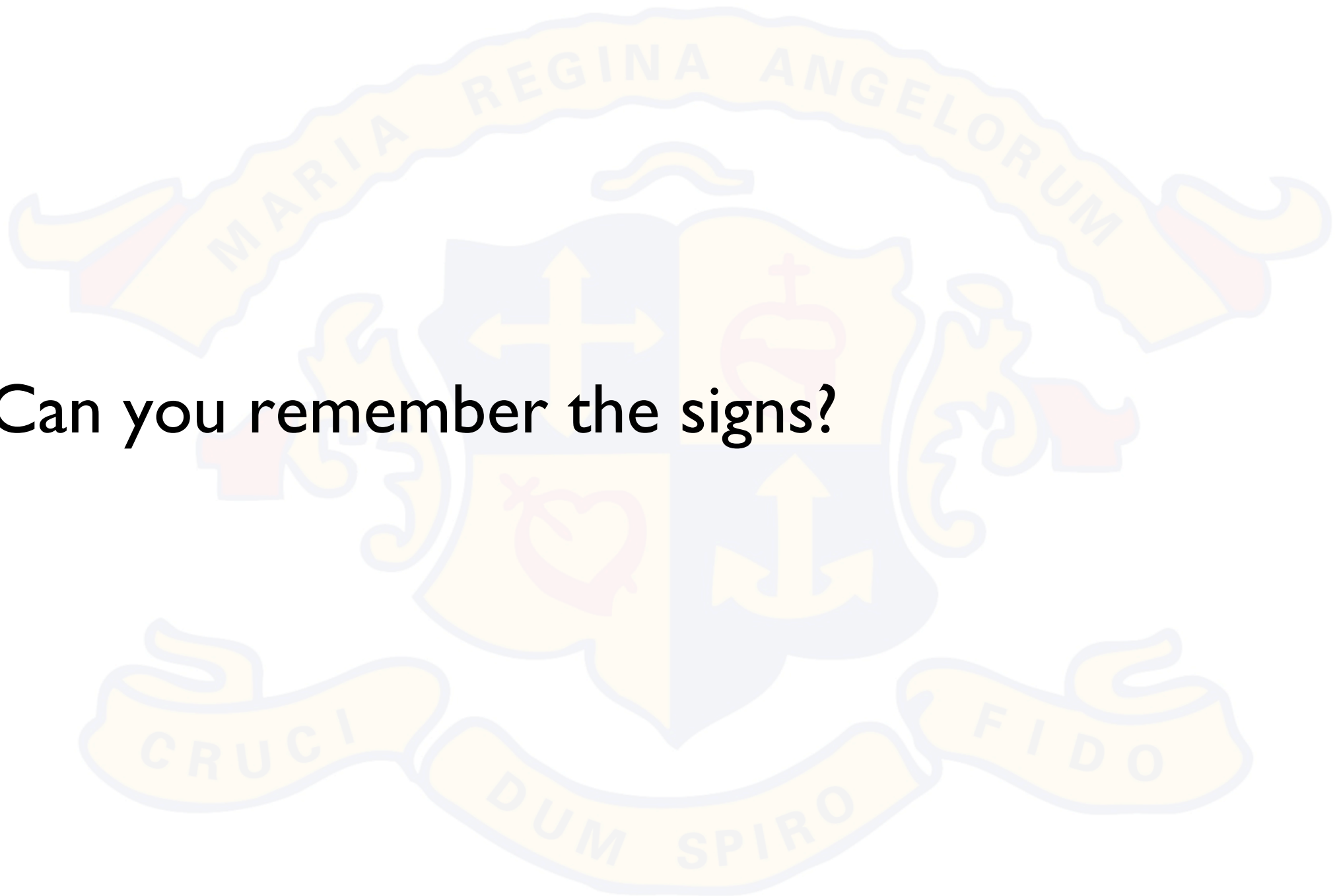




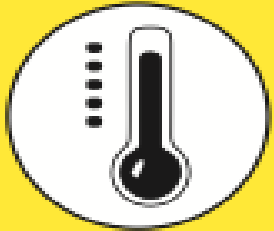
**Remember.....**

**‘If Unwell Stay at Home’**

- Can you remember the signs?



# Know the signs



**High Temperature**



**Shortness of Breath**



**Breathing Difficulties**



**Cough**

**Additional symptoms:**

- **Loss of/or change to Taste**
- **Loss of/or change to Smell**



Can you remember the six ways to prevent coronavirus?

# Help prevent coronavirus



**Wash your  
hands**



**Cover mouth if  
coughing or sneezing**



**Avoid touching  
your face**



**Keep surfaces  
clean**



**Stop shaking  
hands and hugging**



**Keep a safe  
distance**

# Getting to School

- Maybe think about walking or cycling to school where it is safe to do so.
- We've installed some extra bike racks just in case



Don't forget your mask if using public transport

# Arriving to School

- Please arrive to school through your assigned entrance

Can you remember which one that is?

- The school will open at 8am and you need to move directly to their base classes.

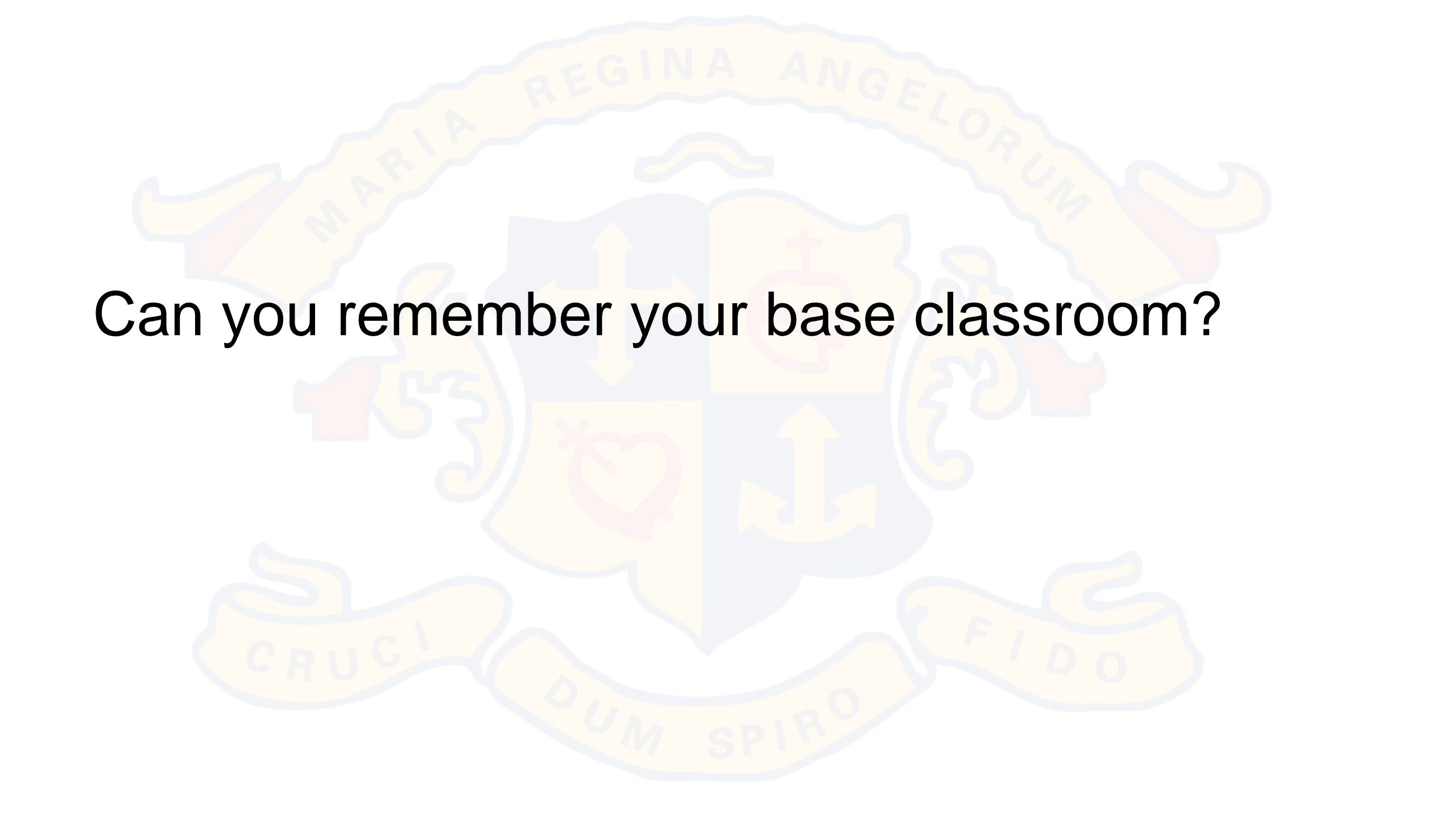
Remember we need to avoid the 3C's

# Arriving to School

- You will have Tutor time on Monday and Wednesday from 8:30am to 8:45am
- You will have Assembly on Thursday from 8:30am to 8:45am

**All in your base classroom**

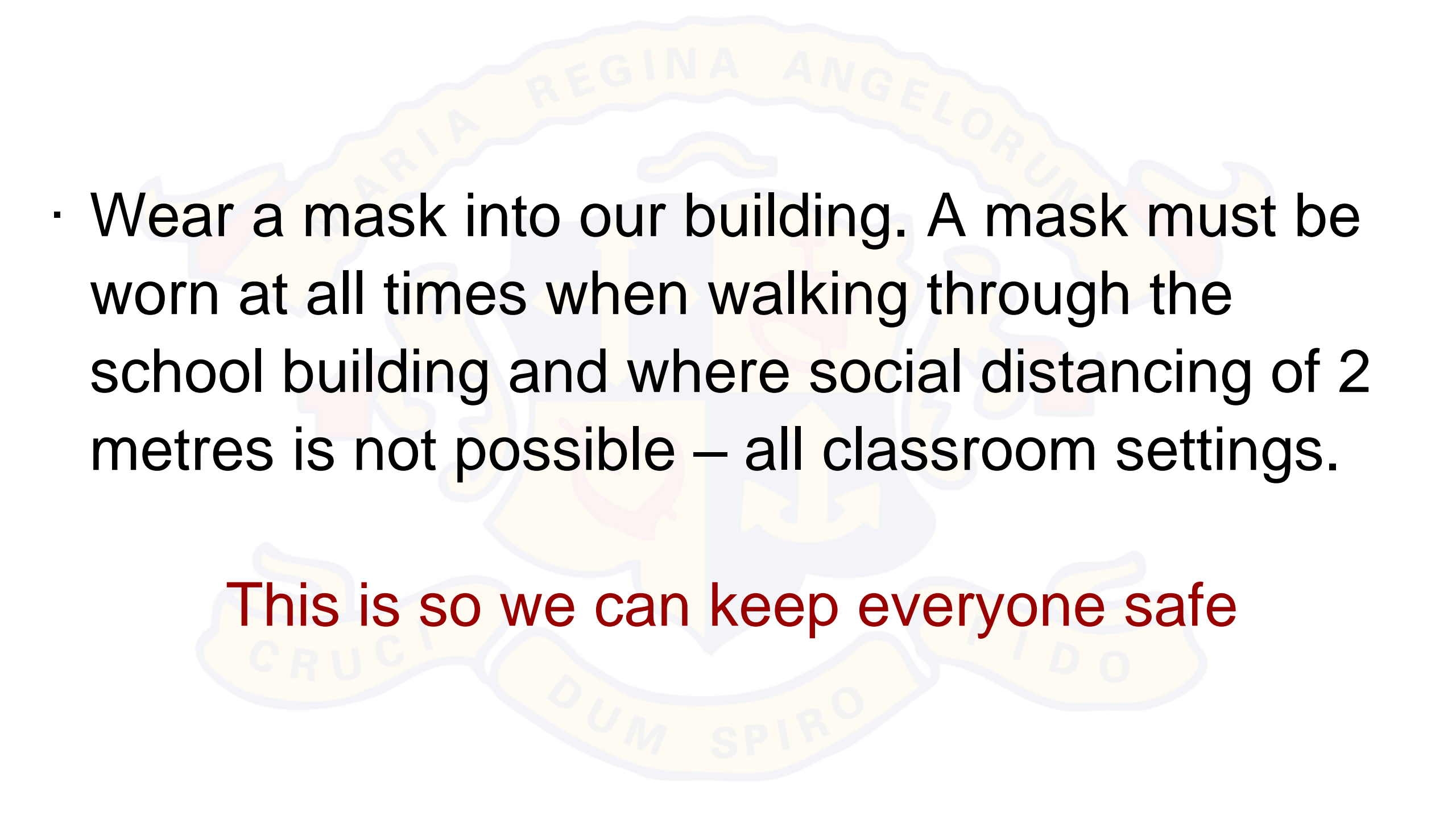




Can you remember your base classroom?

# Base Classrooms/Zones

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- 
- Wear a mask into our building. A mask must be worn at all times when walking through the school building and where social distancing of 2 metres is not possible – all classroom settings.

**This is so we can keep everyone safe**

- Sanitise your hands before entering the school at the entrance and again on entering and exiting any classroom.
- Hand sanitising stations are available at all entrance points and at every classroom.



**We've put them everywhere, now it's up to you to use them - keep everyone safe**

# In Class

- Enter the classroom with your mask on.
- Sanitise your hands upon entering the classroom if you have not already done so.
- Please go to your assigned seat as set by your teacher.

If you are moving classroom, for example for an option class, you must use the sanitising wipes provided to clean your desk and chair before leaving the room.

Your teachers will instruct you when to clean down your work space and when to exit the classroom.



# **Breaktimes & Lunchtimes**

First break will be at 10:45 to 10:55 and will be in your period 4 classroom, usually your base classroom.

Junior Lunchtime (1st, 2nd, 3rd Years) will be at 12:15 to 12:55 in base classrooms / outside.

Senior Lunchtime (4th, 5th, 6th Years) will be at 12:55 to 13:35 in base classrooms / outside.

## **Home-time**

Please exit the building using the assigned exit points - this will depend on which room your last class is in so please check your timetable

**Keep moving on the stairs and corridors**

Move away from school building in an orderly manner and do not congregate - remember the 3C's



# **In the evening please use the following exits:**

Basement door - using main stairs: Lab 1, Lab 2, Lab 3, Lab 4, SC1, SC2, SC3, AB1, AB2, Art1, Art2, HE S

Door at 55 - using Blue stairs: 501, 502, 503, 504, 505, 506, 507, A201, A202, A101, A102

Door at 53 - using Brown stairs: 101, 201, 202, 301, 302, 401, 402, 403, 404, 405

Leeson Lane: AH stage, AH Entrance, TBH1, TBH2, Gym Balcony, Canteen, Basement 1,

## **Home-time**

Remember if you are not in your base class for last class don't forget to bring all your belongings to your last class as you will exit the building directly from this class - there will be no access back to your base classroom.



## **Extra-curricular / After School Activities**

Each extra-curricular event and activity will be individually looked at in the light of health and safety and social distancing requirements and we will be in communication regarding each event / activity.



In order to keep everyone safe we will need to keep a record of who's where at all times.

This is why it's so important to not move seats and to stay in your designated zones.

The school will use the class roll call to keep track of contacts for students during the day.



Please play your part

Let's all do our part so we can enjoy being back together on the Green.

Let's ensure a robust and enjoyable learning experience for all by keeping our distance, wearing our masks & washing our hands.

← **Professor Philip Nolan**  
344 Tweets



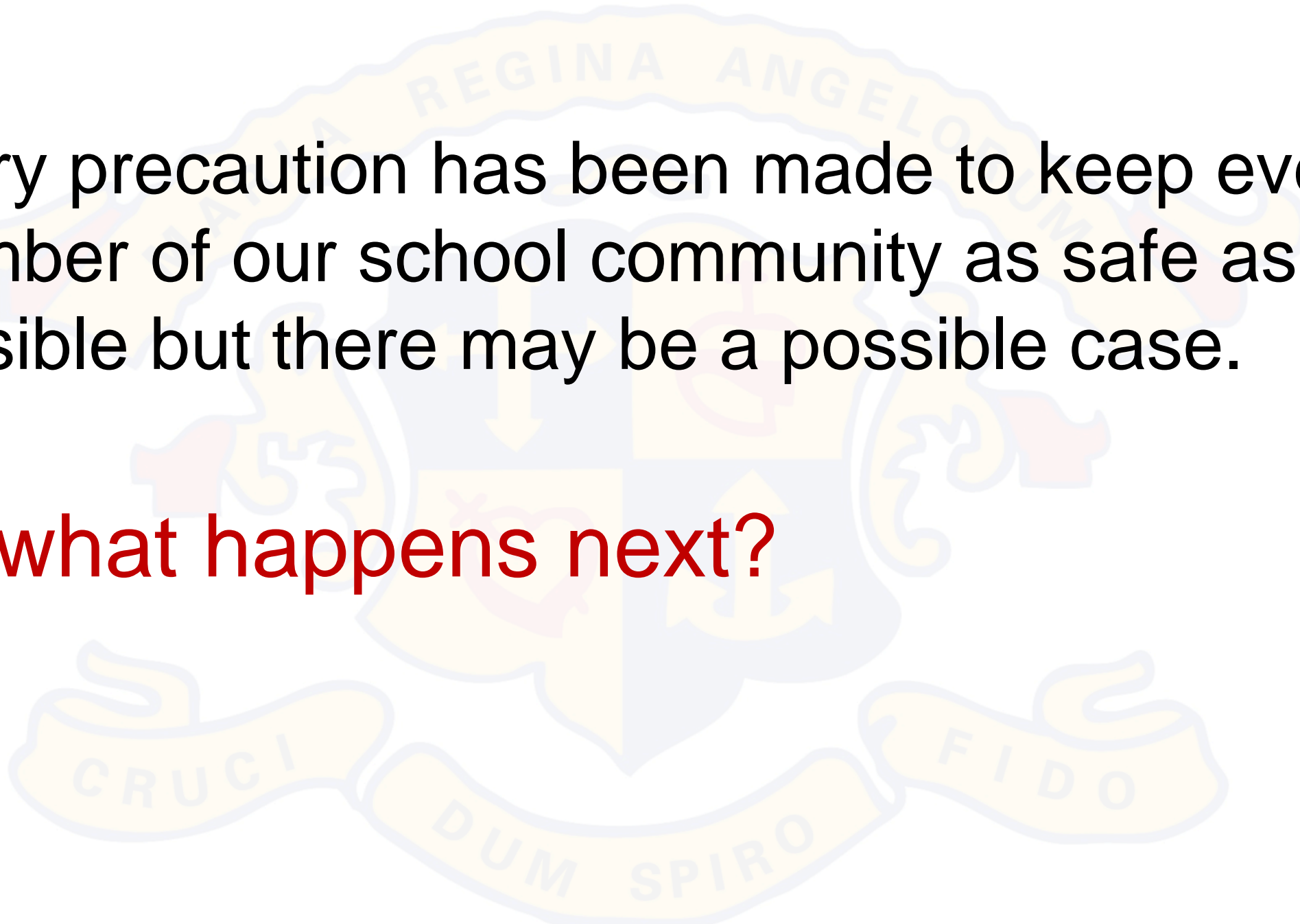
**Professor Philip Nolan**  
@President\_MU

Follow

Member of the NPHET Team

The image shows a Twitter profile for Professor Philip Nolan, @President\_MU. The profile picture is a circular portrait of a man with a beard and glasses. The header features a blue back arrow, the name 'Professor Philip Nolan', and '344 Tweets'. Below the profile picture is a 'Follow' button. The background of the profile card is a photograph of the Maynooth University building, with the text 'Maynooth University' overlaid on the image. To the right of the profile card, the text 'Member of the NPHET Team' is displayed.

The risk of transmission risk is minimal at 2m, low at 1m, and increases rapidly if we get closer, or touch each other, or touch contaminated surfaces. The risk is increased when crowded together, and by loud conversation, shouting and singing, especially indoors; but crowding, contact and raised voices are risky outdoors too. The risk is reduced by good hygiene, face coverings, staying seated, and quiet conversation. If we mix with a lot of people in a large group, we offer the virus many more opportunities to transmit than if we are strictly segregated into smaller groups.



Every precaution has been made to keep every member of our school community as safe as possible but there may be a possible case.

**So what happens next?**

We have an agreed protocol/system in place to keep you and everyone in the school safe if anyone is displaying any systems:

1. Please tell your teacher if you are feeling unwell
1. You will be brought to one of our designated rooms -  
Space A is on the Admin corridor (old intercom room) and  
Space B is in TBH and we will call home for you.
3. There will be a member of staff to look after and guide you until you can be collected.





# WELLBEING

# Supporting your Wellbeing and the Wellbeing of our Whole School Community

Underpinning our work in supporting the Wellbeing of our Community will be the following 5 Principles:

1. A sense of **safety**
2. A sense of **calm**
3. A sense of **belonging and connectedness to school**
4. A sense of **'can do'** working together as a community
5. A sense of **hope**

# Supporting the Wellbeing of our School Community

## 1. A sense of safety

- Re-establishing everyday routines
- Slow down to catch up - time to settle back
- Routines
- Look after yourself

# Supporting the Wellbeing of our School Community

## 1. A sense of calm

- Becoming self aware, we all react in different ways and that's ok
- Take time to relax

# Supporting the Wellbeing of our School Community

1. A sense of belonging and connectedness to school
  - Relationships with friends and family
  - Maintain work/life balance
  - Creativity makes you feel productive

# Supporting the Wellbeing of our School Community

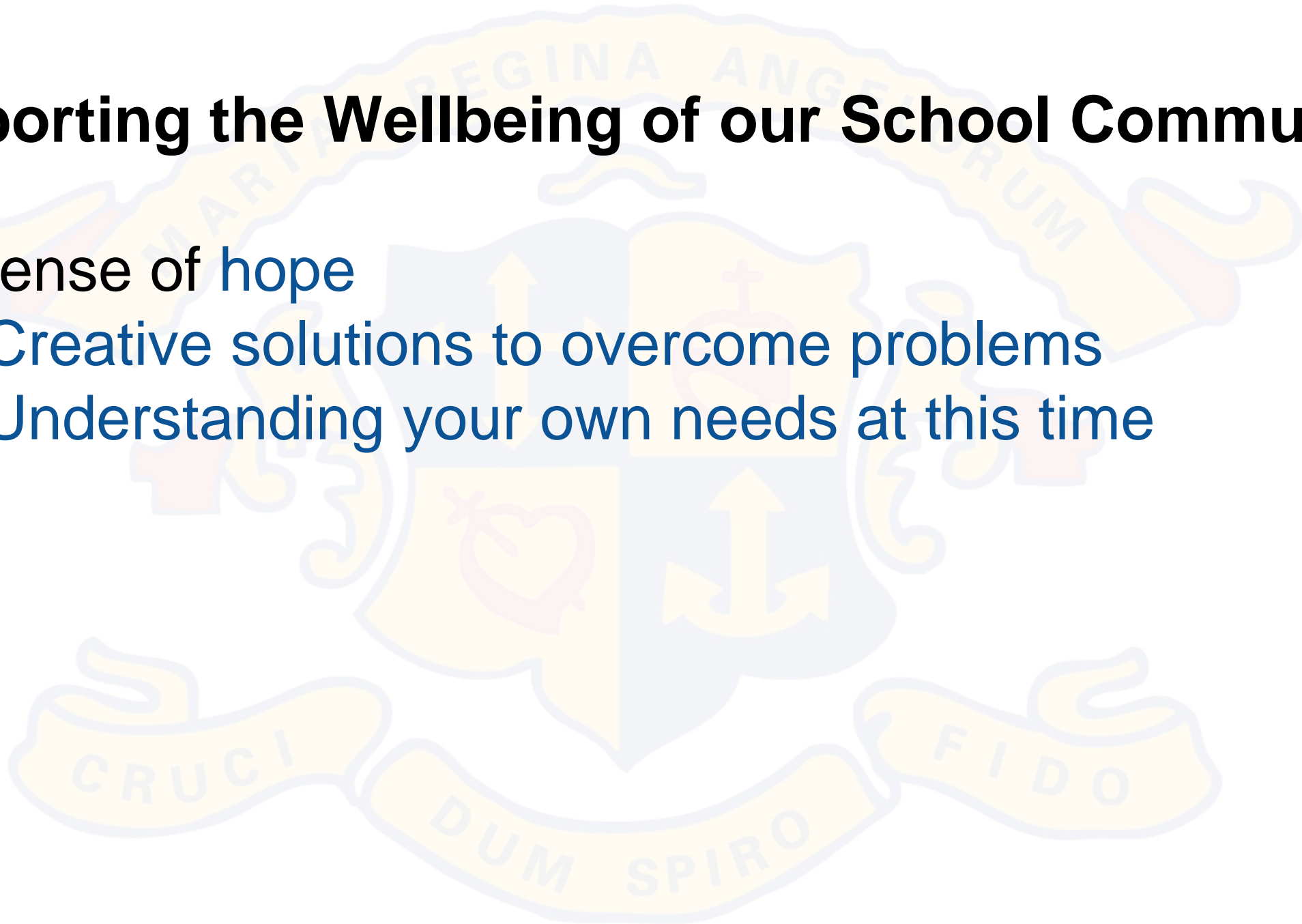
1. A sense of 'can do' working together as a community

- Student wellbeing and self-care, compassion and kindness to yourself and others.
- Let's look at all that we can do right now and not focus on what is yet to return to normal. Let's embrace our new normal.

# Supporting the Wellbeing of our School Community

## 1. A sense of hope

- Creative solutions to overcome problems
- Understanding your own needs at this time





**We're here to help**

If you have any concerns, questions, queries or observations please do talk to us.



# Our Supports for you can be accessed via:

- Principal - Ms Dempsey
- Deputy Principal - Mr Fitzgerald
- SEO - Ms Kelly
- Year Heads
- Tutors
- Guidance Counsellor - Mr O'Mahony
- Chaplain - Ms Curtis
- Teachers
- Peer buddies, Student Leadership Team & Prefects

A close-up photograph of a red door. On the left, there is a brass handle. In the center, a polished metal plaque is mounted, featuring the words "LORETO COLLEGE" in raised, serif capital letters. The plaque is highly reflective, showing a clear reflection of a yellow building and greenery. The door itself has a classic paneled design.

LORETO COLLEGE

**Welcome Back**