

O' Carolan College Parents/Guardians October Events

Every Wednesday 9.15am - Walk 'n' Talk on our beautiful Greenway and enjoy a cuppa afterwards in the HSCL office - A chance to meet other parents, staff members and get the steps in! No need to book, just arrive!

Thursday 13th October – Cybersafe Talk for Parents – 7pm in the School Gym.

‘Protecting and Empowering Children in the Online World’

This talk is suitable for parents of all year groups, particularly Junior Cycle.

Cybersafe Kids will give an overview of the main risks on social media, messaging apps, gaming, monitoring online life and useful resources.

Tea/Coffee served from 6.40pm – Looking forward to meeting you all!

Friday 14th October - Coffee Morning for Parents of 1st year students - Parents Room - 10am to 12 noon - come along and meet our HSCL Carmel and enjoy a cuppa.

Monday 17th October - Maths Week Competitions for Families - Information will be sent home - Lots of prizes to be won!

Wednesday 19th October - 'Healthy Food Made Easy' - Healthy Food Made Easy (HFME) is a seven-session nutrition and cookery programme with the aim of giving participants key healthy eating messages and basic cooking skills to prepare healthy meals on a budget. Anyone who takes part in a programme receives a participant handbook which contains all the key messages from the sessions plus the recipes. There is also a visit from the community dietitian at session 5 to answer any questions the participants may have and to act as a support to the tutor.

This course is fully funded by LMETB Community Education and our HSCL scheme. **Spaces are limited so please contact Carmel to book your spot today!**

Time: 6.30pm to 9pm

Duration: 7 weeks

Location: School Kitchen

Tutor: Gillian O'Rourke

Monday 24th October - Wellbeing Week - Parent activities TBC

Thursday 27th October

Floristry & Gardening Course - Fully funded by LMETB Community Education

Spaces are limited - please contact Carmel to book your spot.

Time: 10am to 1pm

Duration: 4 weeks

Location: Parents Room

Tutor: Mary Owens.

Please follow our 'O' Carolan College Parents' Facebook page for details of all these courses, school reminders and useful information for parents.

Call or text Carmel on 0860661572
to book a place or with any queries
you may have.



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*Bord Oideachais agus
Oiliúna Lú agus na Mí*
Louth and Meath Education
and Training Board

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