

Parents' Council

In accordance with section 26 of the Education Act 1998, the parents/guardians of students of a recognised school may establish, and maintain from among their number, a parents' association/council for that school and membership of that association shall be open to all parents/guardians of students of that school.

The following are some of the activities in which Parents' Council might be involved:

- Arranging talks on topics of interest to parents, e.g. guest speaker on parenting/discipline etc.
- Providing support/organisational input to major school events, e.g. graduations
- Channelling parent's views on school policy issues to the Principal/Board.
- Organising Fund Raising Events for the school.

Some Useful information for Parents

[A Guide to the Irish Education System.](https://scoilmhuirelongford.ie/Content/2020/1/A_Guide_to_the_Irish_Education_System.pdf)

https://scoilmhuirelongford.ie/Content/2020/1/A_Guide_to_the_Irish_Education_System.pdf

[Education Act 1998.](https://scoilmhuirelongford.ie/Content/2020/1/Education_Act_1998.pdf)

https://scoilmhuirelongford.ie/Content/2020/1/Education_Act_1998.pdf

[Junior Cycle Information for Parents.](https://scoilmhuirelongford.ie/Content/2020/1/Junior_Cycle_Information_for_Parents.pdf)

https://scoilmhuirelongford.ie/Content/2020/1/Junior_Cycle_Information_for_Parents.pdf

[National Parents Council Post Primary – Parents Association Guidelines Booklet.](https://scoilmhuirelongford.ie/Content/2020/1/National_Parents_Council_Post_Primary_Parents_Association_Guidelines_Booklet.pdf)

https://scoilmhuirelongford.ie/Content/2020/1/National_Parents_Council_Post_Primary_Parents_Association_Guidelines_Booklet.pdf

[Sample Constitution for a Local Parents Association.](https://scoilmhuirelongford.ie/Content/2020/1/Sample_Constitution_for_a_Local_Parents_Association.pdf)

https://scoilmhuirelongford.ie/Content/2020/1/Sample_Constitution_for_a_Local_Parents_Association.pdf

Information for parents and guardians on all aspects of education in post-primary schools

<https://www.npcpp.ie/information-for-parents/>

Information for students

<https://www.npcpp.ie/information-for-students/>

Some Useful Links for Parents

Department of Education- <https://www.education.ie/en/>

CAO (Central Applications Office) – <https://www.cao.ie/>

SEC (State Examinations Commission)- <https://www.examinations.ie/>

NCCA (National Council for Curriculum and Assessment)- <https://www.ncca.ie/en>

JCT (Junior Cycle for Teachers)- <https://www.jct.ie/home/home.php>

Jigsaw.ie

<https://jigsaw.ie/anxiety-and-young-people/>

<https://jigsaw.ie/supporting-student-anxiety/> – webinar

<https://jigsaw.ie/maintaining-school-connection-during-covid-19/>

<https://jigsaw.ie/webinar-self-care-teachers/>

<https://jigsaw.ie/need-urgent-help/>

Jigsaw is not a crisis service. If you or someone you know needs immediate help take action contacting one of the services below.

But, if you need immediate assistance, especially if someone is hurt or in danger call the emergency services straight away. Emergency services can be contacted at any time by dialing 999 or 112 in Republic of Ireland or 112 in Europe.

Samaritans

Speak with [Samaritans](#) directly, they are a helpline and provide a free listening service.

Phone: 116 123 (available 24 hours a day and free to call from Ireland)

Samaritans Ireland also offer an email service – jo@samaritans.org.

Text 50808

[Text 50808](#) is a free 24/7 text service, where you connect with a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with.

Text HELLO to 50808.

Pieta House

Pieta House is a suicide prevention service. They offer counselling in centres around Ireland and have a [24/7 crisis helpline](#).

Freephone 1800 247 247

Text help to 51444

Aware

If you need support with your own mood or the mood of a friend or family member:

- Free-phone 1800 80 48 48 (from 10am to 10pm daily).
- Email supportmail@aware.ie for a response within 24 hours.

Crisis Text Line Ireland

If you need confidential messaging support at any time, day or night:

- Text **TALK** to 086 1800 280 (standard rates may apply).

The HSE has a [full list of online, phone and text mental health services](#).

You should try to keep in touch with friends and family through phone calls, video calls or texts with friends. Social media can also be useful for keeping in touch during the emergency period. However, if you feel as if social media is adding to your worries, consider taking a break from it.

Resources for exercising at home

If you would like to do some exercise at home, there are many resources to help.

[Age & Opportunity](#) broadcasts a series of 15-minute seated exercise sessions for older adults online. You can watch the exercise sessions live on [Facebook](#) at 11am on Mondays, Wednesdays and Fridays. You can also watch previous sessions on [YouTube](#).

[Cara Centre](#) has also put together a series of 10-minute circuits that can be done at home or in your garden. The series includes adapted exercises for wheelchair users or people with reduced mobility. You can access these exercises every week.

[Triathlon Ireland](#) has shared a selection of at-home workout videos too. While you might not be able to swim, bike or run, the videos include at-home strength sessions and nutrition advice. You can watch the exercise sessions on [YouTube](#).

You can find more exercise resources on the [Sport Ireland](#) website.