



Our Lady of Lourdes Secondary School

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Principal - Ms. Toni Ormond, Deputy Principal - Ms. Catherine O'Donoghue

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Dear Parents/Guardians & Students,

As we are faced with times of great uncertainty and enormous challenges we must all adhere to the advice and guidelines set out by our governing bodies and that advice is

- Proper hand sanitizing procedures, wash hands regularly
- Cough Etiquette, cough or sneeze into your elbow or tissue and dispose immediately
- Practice Social Distancing, avoid unnecessary journeys
- Follow advice from reputable sources such as HSE & WHO, avoid fake news
- Use technology to keep lines of communication open with friends and family.
- **STAY SAFE**

I am very aware of the worry that our students are experiencing along with their parents and families. We must all try to support each other as best we can through these turbulent times because the only way we will get through this is by doing it TOGETHER. Right now it may all seem very overwhelming, but as a school community and a country we will get through, and when this crisis is coming to an end, we as a school will endeavour to return to some sense of normality as soon as possible, when we do resume to normal life we will do all we can to support you our students and you their families. We must also remember while it is important to keep our minds active it is important to keep our bodies healthy and active also, so where possible and practicing good social distancing get some fresh air and exercise. A healthy body leads a healthy mind.

I would like to particularly say to our exam students, please try and remain calm, continue with your revision of coursework already completed and follow any guidance from your teachers you receive online. I can assure you that once any arrangements are made in relation to your exams you will be notified immediately.

I would ask all our students to support their parents, family members and their teachers as we are all impacted in our own different way by this crisis. Please be mindful that there might be a day when a teacher is not available, just remember he/she may have other priorities in their own lives they need to focus on. We all have loved ones and family members that we are worried and concerned about but we will get through this as a community, we will do this together.

Finally I would like to conclude by again emphasising that we will get through this, there is always hope and there is light at the end of tunnel. So support each other be kind to one another and **STAY SAFE**.

Kind Regards,

Toni Ormond.

Principal.