



### **Clár Oíche Domhnaigh (Sunday Night Routine)**

As you are aware The Coláiste strives for high standards in all aspects of the school organisation. In training the students for professional life we expect they present for school each Monday fully prepared for the week of work ahead of them. Therefore the Sunday night routine is **extremely important** and will stand to them in the future. This routine includes:

- Early bed-time!!!
- Laying out full uniform, jacket and clothing for the morning (fully cleaned, pressed/ironed)
- Shining shoes
- Reading Cinn Lae for any notes e.g. Carbhat (Tie) etc.
- Having Cinn Lae signed by tuismitheoirí (parents/guardian)
- All homework completed and checked
- All equipment packed e.g. Éadaí Corpoideachais (PE Uniform)
- Eochair Taisceadáin (locker key) packed
- Lunch packed or prepared and ready in the fridge
- Alarm clock set (set 15 minutes earlier than necessary for comfort)

For this routine to be successful it must be supported by the family and be part of the home routine. In particular we have developed the Cinn Lae so that parents have the opportunity to review their child's weekly progress and homework routines. Therefore we encourage all parents to read the Cinn Lae each day and we insist that the **Cinn Lae is signed for Monday curdach (inspection)**. This is the only way we can ensure that you as parents have had an opportunity to review your child's weekly progress.

Sigú Tuismitheoirí (parent signature) \_\_\_\_\_