

Active School News

April 2018

Ms Power as coordinator of the Active School Flag and organiser of the Active School Committee would like to share some announcements in relation to current initiatives and events planned between now and the end of the year. My thanks to Ms. Power, Ms. Duggan, the hardworking members of the Active School Committee and everyone in school who is supporting Active School activities- Mrs. Roche



Suggestions: Any suggestions from parents in relation to our Active School initiatives or help with Active School Week which is taking place in June would be greatly appreciated. A suggestion box will be placed at the Active School Board in the GP room for suggestions that are sent in.

In February Senior Infants and First class took part in our own **Winter Olympics** and got to try out many exciting activities. Storm Emma disrupted the Winter Olympics for the other classes.

W.O.W. (Walk on Wednesdays) has been taking place all year with everyone walking laps of the school from 9am till the bell rings at 9:20am. We are very excited to announce that with the help of our caretaker Nicky, we hope to launch our new Active School Walkway at the end of this week. The track will be approximately 1km long with some active stations along the way and the Committee are really looking forward to getting it up and running. A text will be sent out before Friday to give further information on this.

We have already begun our Running initiatives for this year. **"Run Around Ireland"** was the strategy decided on by the committee and over the next 8 weeks, we hope to cover the distance of the Irish coastline. For the past two Fridays, the Active Flag Committee have been busy giving out cubes for each kilometre completed by a pupil on the walking track in the GAA pitches. If the children cannot run the whole km they walk and run in spurts to improve their fitness. If we began in Wexford, we would now be in County Donegal! Some children even managed to get 2 or 3 cubes Well done to all!



The Active Flag committee have also been supervising **active lines** at the end of lunch and break. The children in every class line do some exercises before they come in from the yard 2 days a week. Some children are playground leaders, they will complete Active breaks over the next few weeks on both the junior and senior yards. Some new equipment was recently added on the Senior yard; chess boards on our picnic benches and two ring boards have been added to the back wall. New areas of the yard will be designated to the classes for the months of May and June.



This year saw the **Green Schools' Committee** team up with the Active Flag Committee at the beginning of the year to promote Cycle Safety, fifth class completed a Cycle Safety programme with Cycle Safety Ireland and produced a fantastic PowerPoint presentation on what they learned, which they shared with the entire school. Photos were also placed on the Green Schools Board. The Active Flag Committee were also excited to see 1st and 2nd class do their Scooter training day in March which also promoted Active Travel. We had hoped to encourage Park n Stride but this never came about due to logistical problems and the terrible weather! The Green Schools carpooling tree is looking splendid in the reception area.

Active Jars have been given to each class with lots of activities written on lollipop sticks that can be pulled out and completed during transition times in the classrooms.

Active School Week:



Active School Committee

This year our Active School Week is taking place the week of the 4th – 8th of June. Both students and teachers are to wear their tracksuits each day from the 4th to the 8th of June. Each day will start with Wake up, Shake up Activities in the morning and we plan to hold a Motivational Monday, Tug of War Tuesday, Walk it Wednesday, a Try it out Thursday and a Feel-Good Friday.

The week will also include D.E.A.R (Drop everything and Run) and D.E.A.D (Drop everything and Dance). We hope to complete a climb the heights challenge in skipping where each skip is equal to 1 km and they to try to scale the highest mountains across Europe.

We will have break time activities and plenty of other exciting events so please any expertise in any area of sport will be welcome - Feel free to Volunteer.

We even hope to have some Active School Displays in the G.P. room We will be promoting 60 mins of activity each day and the children will complete an activity log as part of their homework.

Digital Detox:

As we want to encourage all children to be as active as possible for the entire week both in school and at home we are asking that you as parents consider a 'digital detox' for your children. We firmly believe that this would be of enormous benefit, both physically and mentally for your children.

This winter and spring has seen prolonged dreadful weather and some children have been too long indoors on devices. We are asking that you consider as a family putting the screens away; switch off devices, take technology out of the bedrooms and generally unplug for that week – longer if you can. Teachers will be talking to their classes about the importance of monitoring screen time and we would ask that you continue this conversation at home.