

Dear Parents,

This year Scoil Bhríde will be participating in the Active Schools' Programme. This initiative aims to promote physical activity in our school, encouraging everyone to become more active. Research shows that active children focus and concentrate better, enjoy school more and present fewer behavioural difficulties, so an energised school day has educational as well as health benefits.

Please fill in the survey overleaf so we can gain an insight into how active our school is at present.

Thank you for your continued support,

Tara Sheppard and The Active Schools' Committee.