

Active School Week May 7th – 10th



03/05/19

Dear Parents,

As we are an Active School we will be taking part in Active Schools Week next week. Everyone is continuing in many different ways to improve their physical activity levels and keep our school active. Special thanks to the children on the Active Schools Committee who will help to co-ordinate our activities.

Below are some details on what's happening:

- Children can wear their school tracksuit every day next week and bring extra drinks.
- Each day we will walk, jog or run our 'Daily Mile'.
- On **Tuesday 7th** we will have **Activities** in the Brigidine Convent with John. All Students are asked to bring **€1**
- On **Wednesday 8th** We will have an '**Afternoon of Fun**' organised by the Active School Committee. These activities will include an Obstacle Course, 'Drop Everything and Dance', Tug of War, Relay Races, Welly Throwing, Dodge Ball and a Skipaton to name a few.
- On **Thursday 9th**, **Wake Up and Shake Up** in the yard. The children will line up as normal after break and the Active School Committee will lead the exercises. Girls in 3rd and 4th Class will go swimming and the Camogie Team will also play their next game.
- Friday 10th May is our 5km Fun Run.
- You will have '**Active Homework**' next week instead of or along with your regular homework.

Kind Regards

Gemma Brereton and the Active School Committee

We hope everyone makes a big effort and has a great time
during Active School Week