

**June 5th-7th**

**Active School Week**

**Wednesday-**  1st, 2nd and 3rd class Fun Filled body work out with Lesley

**All Classes complete penalty shoot out, top two to go up against Graham Cummins in the afternoon**

5th class - Yoga with Fabi

1st – 6th – Circuit Training

**Mindfulness Thursday**

**All Classes -**  Walk a Mile with a Smile – Take a walk around the Japanese Gardens and around the park.

Mindfulness Activities will be handed out to each standard.

**Art Therapy** – Juniors Infants

**Disco Time with DJ Stevie G -** Juniors – 3rd classes

**Tug of war-** 1st – 6th classes

**Friday**

**Health Promoting Flag at 12**

**Basket Ball Shoot out –**

Lower hoops in the yard - All classes

**Karate with Rising Sun, Barry O Regan-** Senior infants

**Yoga-** Senior infants & 4th classes

**Puc/Kick Fada – Shane Kingston-** 5th & 6th classes

**Tag Rugby with Willie Schubert -** 5th & 6th classe



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**Active School Week**

Dear Parent/guardians,

Active School Week is taking place in our school from Wednesday 5th of June to Friday 7th June. Throughout the week, all the children will be taking part in a range of fun activities. The emphasis is on enjoyment and participation and we encourage all children to take part, do their best and have fun.

You can play your part by encouraging your child to be as active as possible throughout the week. Active School Week is not confined to just school activities so try to get lots of exercise with your child throughout the week and eat healthily. Also, ensure your child wears the school tracksuit and runners each day, as well as giving a raincoat each day.

On Wednesday, we are having a walk to school day so please do your best to complete all or part of your journey to school on foot.

The attached timetable may be altered during the week as many of our volunteers are giving up their personal time to help us make a memorable week for the boys.

We would like to sincerely thank all those involved, for the time and effort they have put into this week. We really appreciate it.

Regards,

Active School Committee

