



# Active Flag Newsletter

## September - November 2017

Our second Active Flag was unveiled at our sports and celebration day before the Summer holidays. Once again, our 3k Rith was a great success and thanks to all the parents for their help on the day.

*Weather permitting, we are doing our best to get outside during break times and to keep up our active line.*

### #5K Fit

We registered for the #5K fit primary schools programme which was run in conjunction with Gowran Athletic Club as part of their Stook race which took place on 18<sup>th</sup> November. It was a non-competitive programme full of fun activities aimed at getting all children active, while recognising that every child is different.

### Monthly Activities

Our curricular P.E. activity for September and October was Games and we got outside as much as we could. Our November activity is Athletics and the children are coming up with ideas for our December

## *Healthy Eating*



We are continuing with our healthy eating programme in all classes.

Children are encouraged to include at least one piece of fruit and one piece of vegetable with their lunches.

They are also encouraged to have healthy drinks.

As before, the children keep weekly records of fruit and vegetables eaten and if the class reach their overall target the whole class get extra break or P.E. time.

We would like to thank parents for their support so far and look forward to your continued participation.

Healthy lunch ideas can be found on [www.safefood.eu/healthy-lunchboxes](http://www.safefood.eu/healthy-lunchboxes)

activity. Any time we cannot get outside for breaks or P.E. we do our best to be active indoors, for example by using Go Noodle to get some fun exercise!

### Schools Gaelic Games

Both our boys and girls hurling and camogie teams did us proud before the summer holidays.

During September and October we had our in-school Football league.

The schools Gaelic Football leagues and championships are in full swing. After a slow start to their league, the girls finished strongly and were beaten by Dunnamaggin after a great performance in the semi-final. The boys team were beaten by Clara in the Northern semi-final but are still in the Country Cup. Good luck in their next match.

### Coming Soon!

The Athletics Ireland Fit 4 Class programme was such a success with the children last year that we have registered for it again and will start it during the Spring term.



This is the #5K fit programme which we used during October and November.



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