

NEWS

ACTIVE SCHOOL

January 2017

Dear Parents/ Guardians,

Our school has been very active over the past few months! We have had a wide variety of activities for Junior Infants right up to Second Class. We strive to achieve a physically active school community and your support is vital and greatly appreciated.

In September, all children used the gymnastics equipment in the hall. Ideas for physical activities within the classroom were distributed to the teachers e.g. brain breaks jars, yoga etc.

October saw the start of our Walk on Wednesday initiative for this school year. It has been very successful so far, and we encourage all parents and children to keep it up! Kiddies Boot Camp was introduced every Thursday and Friday, as well as football skills for first and second class pupils. Activity baskets were also sent outside at yard time for the children to play with.



All Scoil San Carlo pupils received Super Troopers journals in November in conjunction with Laya Healthcare. As well as having a great time being active in school, children are encouraged to be active at home.

For more inspiration, visit supertroopers.ie. Active breaks were also introduced, with 2nd class children leading the infants every Thursday during the small break outside.

During December, an array of new games and exercises were displayed in the hall for the benefit of all class teachers and pupils.

In January, Mark McCabe from Skip n Rope delivered skipping workshops to all the San Carlo pupils. Ropes were purchased for the school and will be used as part of our Active Breaks. Our boot camp was also changed to include more gymnastics related activities.



We have also set up a new Active School email address so parents can forward any photos of the children taking part in weekend sporting events or meeting sportspeople. These images will be displayed in our school hall but will not be uploaded online. We can be reached at scjactiveschool@gmail.com.

Lots more activities are being planned for the coming months in Scoil San Carlo as part of our aim to be an active school.

We aim to get more children, more active, more often.

Kind regards,

The Active Flag Committee (S. Bourke, J. Kennedy, C. Smyth and B. Maher)

SCOIL SAN CARLO - JUNIOR NATIONAL SCHOOL

WOW
WALK - ON - WEDNESDAY

