

NEWS



ACTIVE SCHOOL

September 2018

Dear Parents/ Guardians,

Just a quick update to let you know about the great work our Active School Committee has been doing so far this school year.

Our committee is made up of children from the first and second classes. They will meet regularly throughout the year to help in the planning of physical activities within the school. So far, they have been leading **Active Dances** during assembly time every Monday as well as demonstrating dances for the Infant classes during break time on the yard.

Thanks to these children for all the work they are doing in Scoil San Carlo JNS.

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. Michael Gillick started working on GAA skills with our first and second classes and this will continue after the midterm break.



October saw the start of our Walk on Wednesday initiative for this school year. Going forward, we will distribute our **Golden Boot** as a reward for the class with most walkers each week. This month, we also got our infant classes moving on the yard with active dances led by the committee. The children will also take part in some Halloween themed dances in their classrooms this week.

We have a number of other plans for the coming months to increase physical activity in our school, including boot camp in the hall.



We strive to achieve a physically active school community and your support is vital and greatly appreciated.

We also have an **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

We aim to get **MORE** Children Active Often.

Kind regards,

The Active School Committee
S. Bourke,
J. Kennedy and
C. Smyth



SCOIL SAN CARLO - JUNIOR NATIONAL SCHOOL

WOW

WALK - ON - WEDNESDAY

