



NEWS



ACTIVE SCHOOL

June 2021



Dear Parents/ Guardians,

We would firstly like to thank you for your wonderful support of our school's Active School Committee over the last number of years. We are thrilled to let you know that we were awarded our **3rd Active Flag** in December; it's a testament to the super work put in by the staff, pupils and parents of Scoil San Carlo JNS.

While the current school year has been challenging in many ways, the staff in our school have done their utmost to keep our pupils as physically active as possible.

During our first term, the children enjoyed busy breaks and dances in their classrooms. Each class got a basket of equipment to use for PE lessons and lists of non-contact games. The children took part in a Halloween walk around the school and looked suitably scary for the event! Our second class pupils participated in rugby lessons with Luke Ingleton in November; many thanks to him for giving his time. In December, we all got into the Christmas spirit, dancing to music on the yard.

Term two saw the pupils take part in active breaks 'as Gaeilge' for Seachtain na Gaeilge. Teachers were delighted to see photos and videos on Seesaw of the children being active at home; it was a wonderful home-school link.

As part of Active Week 2021, we are asking the children to participate in an Active Homework Challenge. Each child will get a chart that they can complete over the full month of June. Certificates will be distributed at the end of the month as a reward for finished charts.

Active Week will take place in our final term; from **Wednesday 9th to Friday 11th June**. Children are asked to wear their **tracksuits each day** as a number of physical activities are planned. All children are encouraged to walk to school each day. While we unfortunately can't plan a sports day, we hope to get the pupils moving that week. A number of the planned activities will take place in the classroom e.g. movement breaks, dancing and yoga. The children will also take part in dances on the yard, a rugby session with Coach Luke and go for a walk near the school.

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, more active, more often.

Kind regards,

The Active School Committee (S. Bourke, C. Smyth)

SCOIL SAN CARLO - JUNIOR NATIONAL SCHOOL

WOW
WALK - ON - WEDNESDAY

