



# ACTIVE SCHOOLS WEEK

*Monday May 15<sup>th</sup> – Friday May 19<sup>th</sup>*

## DAY 4 ROUND-UP

Day 4 of Active School Week seen our T.Y students take center stage as they enjoyed their own class activities, having been such a great help in facilitating the activities for all the other year groups so far this week. Our Wake Up Shake Up & Triple 10 exercise breaks were in full flow again and it was a busy day on the School Walkway with students from 2 Avoca, 2 Foyle, 2 Barrow, 3 Bronte, 3 Austen, 3 Wells, 3 Conrad & Room 60 all taking a 40-minute period to stretch their legs and get their step counts up.

Our final lunch time Students versus Teachers match seen the Transition Year students hoping to prevent the teachers going 3 from 3 as they played them in Olympic Handball on the Astroturf Pitch. In probably the closest contest of the week so far it was helter skelter stuff for 20 minutes in the warm conditions. With the benefit of a big squad and youth on their side it looked like the T.Ys might finally get a win for the students but experience eventually shone through and a late rally from the teachers seen them maintain their unbeaten run for the week.





From 2.00 pm to 3.20 pm we once again had John Kenny from JFK Rehabilitation & Injury Clinic join us in the school and this time it was the Transition Year students he was working with. Having just finished their student vs teacher game and needing to cool down John started the session in the sports hall with some light stretching and Pilates. After that it was out onto the Astroturf pitch for some brilliant team bonding and physical group challenges. A big thanks to John again for all his work with the students & teachers this week, it was very much appreciated.







Meanwhile in Achill Mr Smith, Ms Kenny, Mr Tutty and our 38 5<sup>th</sup> Year students were all action on their Outdoor Pursuits trip enjoying the beauty of the Atlantic Ocean as they started their day with a trip to the beach and some paddle boarding & surfing.









A massive thank you again to all staff for participating, well done again to all the energetic students who got out and got active today & well done to all on Outdoor Pursuits in Achill..... as we move into our final Day of Active School Week it's the one that the 1<sup>st</sup> Years have been eagerly awaiting as their Friday Fun Day takes center stage.