

Active School Flag:

This year we are renewing our Active School Flag. The committee is working hard and making lots of progress. Each of the classes from fourth to fifth has a committee member.

One of the main initiatives that we are undertaking this year is to introduce Playground leaders. When the bell goes at lunch time the playground leaders, one chosen from each of the older classes, must lead the class lines in some exercises. This is great fun and between this and “do your talking as you’re walking” our yards are becoming very active zones. We are also incorporating some sports equipment into our play. This month there are very busy hoola hoop skills on display every breaktime. Keep up the excellent work girls!

Every day we are trying to get sixty minutes activity in. There are so many ways that we can do this, we use Go noodle on a wet day, we have 10@10, Bizzy Breaks, DEAR and DEAD (drop everything and run/dance), playground time, P.E. and yard times.

Starting now all pupils will be getting some PE homework to do at home. Girls should keep an eye on the changing homework schedule on the Active School Flag notice board in the hall and listen to the committee when they come around to tell us. Maybe the whole family and younger siblings could get involved in this homework and we could have even more active families.

In the summer months we will be all completing the PAWS water safety programme. This will come just in time for everyone to practice safe swimming on our beaches in the fine weather.

We are really enjoying making Scoil Bhríde a more active and healthy school. We hope every family will enjoy getting involved as we work towards our goals.