

Well being and Active Week Timetable – 2019

Time	Monday 14th January PE Uniform Day	Tuesday 15th PE Uniform Day	Wednesday 16th PE Uniform Day	Thursday 17th PE Uniform Day	Friday 18th PE Uniform Day
8.48- 9.00	Tutor time- Positive Quote of the Day	Tutor time-- Positive Quote of the Day	Tutor time - Positive Quote of the Day	Positive Quote of the day.	Tutor time - Positive Quote of the day.
9. – 9.58	Opening Assembly(whole school) Guest Speaker –Shane Carthy (Dublin Co Player)				
9.58 – 10.56	Rang Cumiskey – A mile with a Smile (PE class with Shane Carthy)	Rang Callaghan – A mile with a Smile (CSPE class)	Rang Hourigan– A mile with a Smile (CSPE class)		Rang D O Brien – A mile with a Smile (CSPE class)
Break					
11.14 – 12.12	Rang McCabe – A mile with a Smile (CSPE class)			Rang M O Brien – A mile with a Smile (CSPE class)	
12.12 -13.10		Rang Farrelly– CPR Training		Rang Leahy – CPR Training	Rang Gallagher – A mile with a Smile (CSPE class) Rang Fitzpatrick CPR Training
Lunch	Fitness Suite open for 1 st years Just Dance – PE Hall Yoga for all – Sports Hall	Fitness Suite open for 2 nd years Just dance PE Hall Yoga for all – Sports Hall		Kitchen – Healthy Food Sampling	Kitchen – Healthy Food Sampling Just Dance – PE Hall Yoga for all – Sports Hall Fitness Suite open for 3 rd years
13.50-14.48					Rang Hough – A mile with a Smile (SPHE class)
14.48-15.46				Rang Fitzpatrick – A mile with a Smile (CSPE class)	

Other activities during Wellbeing and Active week

- Wellbeing themed Art Classes
 - Positive Poetry in English classes
 - Science and Home Economics - Healthy Eating lessons
 - Wellbeing lessons for all 1st and 2nd Years in SPHE class
- * Miss O Reilly doing the kindest person throughout the week.
 - * Rolling out CPR for third years Darrell/Grainne/Deidre