

Tuesday – Be Active, Responsible & Connected

Activities

- Tuesday is a busy day of activities for students and staff.
- All year groups will have a class period to enjoy some fun exercise on the **Bouncy Castle**.
- **5th years** attend a **Motivation/Resilience talk** in the Lecture Theatre.
- All **1st & 2nd** years will attend a **humourfit drama** in St. Joseph's Hall.
- **Mindfulness workshop** in the oratory and **Boxfit** in the Sports Hall.
 - **Talk for Parents on resilience 7:00pm**

Wellbeing Indicators



Wednesday – Be Active and Connected

Activities

- Wednesday kicks off with Daybreaker, **Just Dance** from 7:30 in St. Joseph's Hall.
- **All 1st, 2nd, 3rd, 5th & 6th** year students will attend a **Zumba / Pound** workshop.
- All **TY students** will attend a **Jigsaw talk (mental health)**.
- Lunchtime is action packed with **Basketball Challenge** in the Sports Hall, **The Greatest Showman DVD** and sing along in the Lecture Theatre and a **Nutrition display** in the GPA.

Wellbeing Indicators



Thursday – Be Aware, Respected, Connected and Responsible

Activities

- All year groups will participate in a **'Mindful 10 at 10:00'** activity. Take a mindful walk and follow the **Slí na Sláinte route** around the school or participate in a mindfulness classroom based activity.
- Visit the home-economics kitchen to watch **celebrity chef Louise Lennox** do a cooking demonstration, go to the library to do some **mindful colouring and origami**, play some **traditional games** in the GPA and watch out for the **digital committee's stand** in the GPA.
- Be sure to check out the information stand on mental health resources in the GPA.

Wellbeing Indicators



Friday – Be Active, Resilient & Connected

Activities

- **Breakfast** in St. Joseph's Hall from 7:50 for students with at least 4 stickers.
- **Mile Run** from 8:30
- **Self Defence class** in the Sports Hall & **Hip-hop dance** in the GPA at lunchtime.
- **Environmental wellbeing talk** 1:00 in the Lecture Theatre for 1st years & the Green Committee.
- **Prize Giving** takes place at 1:50 in the Sports Hall
- **Sene Naoupu** will give a talk to the whole school in the Sports Hall at 2:00.
- Wellbeing Week ends with a **Céilí Mór** on the Hockey Pitch.

Wellbeing Indicators

