



Wellbeing Week 2018

Please see the highlighted sections as they indicate some minor disruption to class



Staff activities

Day	Indicator of Well-Being (Theme)	Activities	Year Group	Location	Time	Co-ordinator(s)
Monday 5th March	Aware 	School Tracksuit	Whole school		All day	Ms. Molloy
		Walk/Cycle to school	Whole school	School gate	Morning	Ms. Gavin Ms. Murphy Ms. Parsons
		Mindful colouring	Whole school	Library	Morning/Break	Ms. O'Brien
		Info point	Whole school	Library	All day	Ms. Landon
		Walk in My Shoes	Whole school		All day	Ms. Stuart
		Brazilian Drumming	4th years	Lourdes Hall	9.10-10.20am 10.50-12.10	Ms. Porter
		Launch the Week & Raise Flag	1 st & 6 th Years	Sports Hall	10.20am Break time	HPS team
Environmental Wellbeing "One Good Idea"	1 st Years	Lecture Theatre	9:50 am	Ms. Clancy		


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Day	Indicator of Well-Being (Theme)	Activities	Year Group	Location	Time	Co-ordinator(s)
Tuesday 6th March	Connected 	<i>School Tracksuit</i>	<i>Whole School</i>		<i>All Day</i>	<i>Ms. Molloy</i>
		<i>Walk/Cycle to school</i>	<i>Whole school</i>	<i>School gate</i>	<i>Morning</i>	<i>Ms. Gavin Ms. Murphy Ms. Parsons</i>
		Rave	Whole School	Joseph's Hall	7.45am-8.20am	Ms. Stuart Mr. Grimes
		Humourfit Drama- 'Slam Internet Generation'	2nd years 3rd years 1st years	Joseph's Hall	8.30-9.50am 11.30-12.50pm 1.50-3.10pm	Ms. Molloy
		Nutrition/Exercise talk	5th years	Lecture Theatre	9.10-10.30am	Ms. Molloy
		<i>Extra healthy options in the school canteen Mindful colouring Info point</i>	<i>Whole school Whole school Whole school</i>	<i>Lourdes Hall Library Library</i>	<i>Lunch Break/Lunch All day</i>	<i>Canteen staff Ms. O'Brien Ms. Landon</i>
		Tangos	Staff	Staffroom	Break time	Ms. O'Callaghan
		Mindfulness	Whole School	Oratory	Lunch	Ms. Rabbitte
		Zumba	Whole school	Sports Hall	Lunch	Ms. Fitzgibbon
		Yoga Laughter	Staff	Gym	4-4.45pm	Ms. Molloy


Wellbeing Week 2018

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Wednesday 7th March	Respected & Responsible  	<i>School Tracksuit Walk/Cycle to school</i>	<i>Whole school Whole school</i>	<i>School gate</i>	<i>All Day Morning</i>	<i>Ms. Molloy Ms. Gavin Ms. Murphy Ms. Parsons</i>
		Glórious workshop	8.30-9.50 10.50-12.10	St. Josephs Hall/Library	<i>Ms. Rabbitte's English class Ms. O'Briens Philosophy class</i>	Ms. O'Brien
		<i>Extra healthy options in the school canteen Mindful colouring Info point</i>	<i>Whole school Whole school Whole school</i>	<i>Lourdes Hall Library Library</i>	<i>Lunch Morning/Break/Lunch All day</i>	<i>Canteen staff Ms. O'Brien Ms. Lndon</i>
		Teach the Teachers!	All Staff	Room 5	12.25-1pm	Student Council Ms. Molloy
		Yoga Laughter	Whole school	Sports Hall	12.15-12.35 Session 1 12.35-1.05 Session 2	Ms. Molloy
		Juices & Smoothies	Whole School	Room 3	12.10	Ms. Fitzgibbon

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Thursday 8th March	Resilient 	<i>School Tracksuit</i>	<i>Whole School</i>		<i>All Day</i>	<i>Ms. Molloy</i>
		<i>Walk/Cycle to school</i>	<i>Whole school</i>	<i>School gate</i>	<i>Morning</i>	<i>Ms. Gavin Ms. Murphy Ms. Parsons</i>
		Staff healthy treats	Staff	Staff room	Break	Canteen staff
		Talk on 'Fad Diets'	4th yrs	Josephs Hall	9.10-10.30am	Ms. Molloy
		<i>Extra healthy options in the school canteen</i>	<i>Whole school</i>	<i>Lourdes Hall</i>	<i>Lunch</i>	<i>Canteen staff</i>
		<i>Mindful colouring</i>	<i>Whole school</i>	<i>Library</i>	<i>Morning/Break/Lunch</i>	<i>Ms. O'Brien</i>
		<i>Info point</i>	<i>Whole school</i>	<i>Library</i>	<i>All day</i>	<i>Ms. Lndon</i>
		Reflexology	Whole school	Oratory	Lunch	Ms. McAleer
		Shout Out Drop in Workshop	Whole school	GPA	Lunch	Ms. Porter
Boxfit	Whole school	Gym	Lunch	Ms. Hallissey		

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Day	Indicator of Well-Being (Theme)	Activities	Year Group	Location	Time	Co-ordinator(s)
Friday 9th March	Active 	<i>School Tracksuit</i>	<i>Whole school</i>		<i>All Day</i>	<i>Ms. Molloy</i>
		<i>Walk/Cycle to school</i>	<i>Whole school</i>	<i>School gate</i>	<i>Morning</i>	<i>Ms. Gavin Ms. Murphy Ms. Parsons</i>
		Breakfast for those who walked/cycled/participated	Students with 4 stickers	Josephs Hall	7.50-8.20am	Parents Council
		Mile Run	Whole School		8.30- 12.10	PE Dept.
		<i>Extra healthy options in the school canteen</i>	<i>Whole school</i>	<i>Lourdes Hall</i>	<i>Lunch</i>	<i>Canteen staff</i>
		<i>Free Tea for those with reusable cups</i>	<i>Whole school</i>	<i>Lourdes Hall</i>	<i>Lunch</i>	<i>Ms. Clancy</i>
		<i>Mindful colouring</i>	<i>Whole school</i>	<i>Library</i>	<i>Morning/Break/Lunch</i>	<i>Ms. O'Brien</i>
		<i>Info point</i>	<i>Whole school</i>	<i>Library</i>	<i>All day</i>	<i>Ms. Lndon</i>
		Ceol agus Craic	Whole school	GPA	Lunch	Trad. group
		Prize Giving	Whole School	Sports Hall	1.50-2.10	PE Dept.
Joanne O'Riordan	Whole School	Sports Hall	2.10-2.30	Ms. Porter/Ms. Molloy		
Ceílí Mor	Whole School	Hockey Pitch	2.30-3.10	Coiste		