



Health Promotion Week 2



25 March – 29 March 2019



Mon 25	Tues 26	Wed 27	Thurs 28	Fri 29
<p>Spikeball Blitz TY girls in local Primary Schools (Olivia)</p> <p>Staff Room Table SHUFFLE</p> <p>For Health Promotion Week sit at a different table 4 days this week....!(except Wed, that's hard enough already!) (Amanda Brosnan)</p>	<p>Tralee IT Students work with our 2nd Yr AND 4.1, 4.2 and 4.3 students on stress management, lifestyle choices and practical techniques 9.10 - 10.30 Rooms will be assigned (Bernie)</p> <p>Launch Jordan Lee Paralympian High Jump First one-handed basketball player for Ireland @12.00 (Olivia) Student Council, Class Reps and TY students attend</p>	<p>Michelle Herbert student talks about CPR 6th yr @ 9.40 (possibly 10.45 TY) and 5th yr @ 11.50 (Olivia)</p> <p>Student Training CPR (Olivia & Amanda)</p> <p>Relay Race (Christine) 1. Potato & Spoon 2. Sacks race 3. 3 legged race [Possibly Student council vs teachers]</p> <p>Welly Walk & Lunch 2.4/2.3 1.15 – 3.45 Charlotte & Bernie Thanks to Terry's Butchers, Oakpark!</p>	<p>Teachers Couch to 5km? (Christine)</p> <p>Volleyball Match Teachers vs Students (rotate teams) (Christine)</p> <p>[Possibly 6th years vs teachers]</p> <p>First Year Sports Day (4 middle classes 10.45 – 1.25) Siobhan, Amanda, Louise, Olivia</p> <p>Anti-Bullying Talk for Parents organised by Parents Council. Thursday @ 7.30 pm in Centenary Hall</p>	<p>Tralee IT Students work with our 1st Yr AND 4.4, 4.5 and 4.6 students on stress management, lifestyle choices and practical techniques 9.10 – 10.30 Rooms will be assigned (Bernie)</p> <p>Prevention of Bullying Talk for Students by Dr. Liam, Challenor D.C.U.</p> <p>Cha Cha Challenge (huge success the last time!) (Christine)</p>

- LCA 1 have recently made a film on **Health & Wellbeing in Mercy Mounthawk**, will be shown in classes across the school to promote the importance of physical activity. Pat Fleming has put it on school drive or website to enable access for all. Approx 5 mins. Increase awareness of Health Promotion in Mounthawk .
- Cycle Against Suicide** May 1st Lunch **FOOD/PARKING/CYCLING/ENTERTAINMENT** group email....
- Welly Wellbeing....** (Charlotte)
- Astrid Longhurst...** (Nora) 5th & 6th Yr aerobics
- YSI – **LIFE Live in Fullness Every Day** - Donal Walsh Live Life Competition
- Rotary Club – **Road Safety Fri 8th March**

