

19th of April, 2018,

Active Schools Week 2018

Dear Parent(s),

We will be participating in Active Schools Week 2018 from Monday, April 23rd to Friday, April 27th. There will be a variety of fun activities organised for all pupils in the school (see weekly schedule below).

Monday:

Members of the Guilfoyle family (Ireland's Fittest Family contestants) will run a fitness bootcamp from 12:30p.m.

Tuesday:

Clare Sports Partnership will provide a fun day of sport in the school. This full day of activity was won by the school as a result of our participation in the Clare Active Homework Challenge.

Our weekly G.A.A. Training with Ann McMahon will continue as usual for all classes on this day.

Wednesday:

Magda will return at 10a.m. for a 'top-up' gymnastics session for all classes. In the afternoon, John McCarthy (Lahinch Surf School) will run a surfing workshop with pupils in the senior classes.

Thursday:

Thursday will be 'Jersey Day'. On this day, pupils will wear their club or county jerseys. Children can choose to wear their club colours if they do not have a jersey.

All children will also participate in a Zumba & Zumba Pound workshop.

Friday:

The Míle an Tamhnaigh will take place on Friday morning. This has been a tradition in the school for many years where all pupils in the school, run/jog/walk a mile. All pupils are asked to bring €2, which is donated to the Toonagh Hall Committee as a gesture for their support in providing the school with such a fabulous facility.

Pupils from 3rd-6th will continue with their swimming lessons.

Daily Activities:

- We will continue with our 'talking while we walk' in the mornings from 9:10a.m. - 9:20a.m.
- There will be a variety of P.E. equipment made available to pupils to use at break/lunch times.
- A daily 'disco' will take place at break and lunch times.

For the duration of the week, pupils will wear their school tracksuit.

I would like to thank our Active Schools co-ordinator (Ms. Barry) for putting together such an exciting line-up for the Active Schools Week. I would also like to thank our Parents' Association who are sponsoring many of the activities throughout the week. Finally, I would like to thank our Active Schools Committee, who will help out with the above activities throughout the week. The pupils in 6th Class have volunteered to form the committee this year and have been exceptional in this role since the beginning of the school year.

Yours sincerely,

Donnchadh Kelleher,
Príomhoide

I acknowledge receipt of newsletter (19th of April, 2018)

Signed: _____