



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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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</i> <i>Walk/Cycle to school</i>	<i>Whole school</i> <i>Whole school</i>	<i>School gate</i>	<i>All Day</i> <i>Morning</i>	<i>Ms. Molloy</i> <i>Ms. Gavin</i> <i>Ms. Murphy</i> <i>Ms. Parsons</i>
		Glórious workshop	8.30-9.50 10.50-12.10	St. Josephs Hall/Library	Ms. Rabbitte's English class Ms. O'Briens Philosophy class	Ms. O'Brien
		<i>Extra healthy options in the school canteen</i> <i>Mindful colouring</i> <i>Info point</i>	<i>Whole school</i> <i>Whole school</i> <i>Whole school</i>	<i>Lourdes Hall</i> <i>Library</i> <i>Library</i>	<i>Lunch</i> <i>Morning/Break/Lunch</i> <i>All day</i>	<i>Canteen staff</i> <i>Ms. O'Brien</i> <i>Ms. Landon</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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Day	Indicator of Well-Being (Theme)	Activities	Year Group	Location	Time	Co-ordinator(s)
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		

Wellbeing Week 2018

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		