

## **Healthy Lifestyles Week**

### **Monday, January 31<sup>st</sup> - Friday February 4<sup>th</sup>**

- Treoirí will be inspecting 1<sup>st</sup> and 2<sup>nd</sup> Year lunchboxes for healthy lunches and there will be a prize given at the end of the week for the ‘Healthiest Lunches’.
- 1<sup>st</sup> & 2<sup>nd</sup> Year P.E. classes will be carrying out challenges.  
1<sup>st</sup> Year – push up and sit up challenge (top two from each form).  
2<sup>nd</sup> Year – plank and squat hold challenge (top two from each form).
- Staff Vs Student plank and squat challenge.
- Possibility of T.Y. yoga awaiting on confirmation from instructor
- TY YSI Activity for each 1<sup>st</sup> Year form at lunchtimes Monday to Thursday – 20 minutes for each form, lowest class time at the end of the week wins a prize.
- TY YSI Activity for each of the 1<sup>st</sup> year classes- presentation on living a healthy lifestyle by a healthy lifestyle Kahoot quiz.
- All 5<sup>th</sup> Year PE classes will be taking part in a fitness test. The students who struggle to succeed will be given the opportunity to attend a talk from a qualified PT on how to improve their health and fitness in a safe manner.
- Cooking Challenge Competition for all year groups; Students will be asked to cook a healthy meal of their choice at home, upload an image of the meal to your Instagram and tag the school page @stmaryscbsportlaoise.

### **Tuesday, February 1<sup>st</sup>**

2<sup>nd</sup> Years will receive a talk from Benny Carroll (Personal Trainer, ex-student) on importance of healthy eating in sport and the dangers of taking supplements unnecessarily. The talk will be 30 mins long. This will take place in the Demo room.

<b>Time</b>	<b>Class</b>	<b>Subject</b>	<b>Teacher</b>
12:15	Alex	CSPE	Mr. Lowry
12:45	Bobby	SPHE	Ms. Scully
2:00	Cristiano	English	Ms. Hanevy
2:30	Dwight	English	Ms. Hyland
3:00	Eric	SPHE	Ms. Lannon

### **Thursday, February 3<sup>rd</sup>**

3<sup>rd</sup> Years will receive a talk from Mark O'Brien, MYDAS (Midlands Youth Drugs & Alcohol Support). This will take place in the Demo room.

<b>Time</b>	<b>Class</b>	<b>Subject</b>	<b>Teacher</b>
10:17 – 11:17	Atkins & ½ Clarke	Irish	Ms. Comerford/Ms. McNicholas/ Mr. Hewitt/Ms. Redmond/Ms. Scully
11:17 - 12:17	Barrett	History	Ms. Foley
2:00 – 3:00	Duke & ½ Clarke	Options	Ms. Murphy/Mr. Flanagan/Mr. Glavin/Ms. Lewens/Ms. Saez
3:00 – 4:00	Evans	C.S.P.E.	Ms. Hyland