

Focus Week 2014

3rd – 7th March

“Healthy Eating and exercise go hand in hand for a healthy lifestyle”

Name: “T COMP CHALLENGE”

<i>Move it Monday</i>	all wear runners and do some exercise
<i>Tasty Tuesday</i>	nutritious lunch box ideas
<i>Water Wednesday</i>	all aim for 8 glasses today!
<i>3 Times Thursday</i>	walk 3 times around the school, shoot 3 baskets, take 3 penalties, do 3 skips etc...
<i>Fruity Friday</i>	free fruit in the shop
<i>Snack Saturday</i>	healthy nutritious snack options
<i>Smoothie Sunday</i>	be creative & enjoy!

Cross & Co-curricular: SPHE, PE, Home Economics, Science, Art, Music etc

All SPHE classes will focus on food and exercise and SPHE teachers will organise an exercise event with their own class.

Maxine Browne Nutritionist will address 1st, 3rd & 6th yrs

Each class in the school will visit the Home Ec Room for healthy lunch/breakfast & smoothie demo & will receive pamphlet with ideas to try at home.

500 meter Footprint walk – Ben Betts to launch on “Move It Monday” (walk or run/ can be timed and “personal bests” recorded)

Library Display – projects, posters etc

Breakfast/Lunch/Dinner/Snacks/Water/Food Labels/Junk Food etc

Assemblies – focus on week

Free fruit Friday

Student Council: Research & price fruit pots etc.

Intercom- reminders and thought for the day

**Design a Poster Competition- 1st Yrs “Healthy Lifestyles” -Prize Family Pass
Ballybunion Leisure Centre**

**Text Message to Parents, Parents Association- Maxine Browne Nutritionist,
Possible Chef Demo**

*****N.B. LINK NEXT YEAR WITH “ACTIVE SCHOOL FLAG”**

