



HealthPromotingSchools
Scoileanna Cothaithe Sláinte

The committee, made up of teachers, students, and parent representatives was formed early in 2016. With the help of teacher, student & parent surveys the committee, along with our HSE area representative Tara Kearns, established 3 areas that we would like to address over the next few years – physical activity, mental health (mindfulness) and healthy eating. Our goal is to provide a framework for our school to assess health needs and to begin a process of working towards better health for all who learn and work within St. Marys Diocesan School.

HPS LAUNCH WEEK—October 2016

The launch week gave an opportunity to see what Health is in its various forms.

Through the use of a tutor time video clip, students could associate with physical activity, the negative effects of smoking, having confidence to not give up, happiness that comes from being kind and opportunities missed if phone use overrides conversation.

The main features of this week included a visit and demonstration by Chef Joe Shannon—who demonstrated many easy to cook healthy meal options.... Hopefully students might be still putting the recipes learnt into practice. Also Dietician Dara Morgan visited and spoke to students on Healthy Diets. Hopefully this week was enjoyed by all and students are still carrying at least one piece of information learnt into their everyday life.

Did you know! Adults start to get health benefits from at least 150 minutes a week of moderate physical activity, such as brisk walking. This means an average of **30 minutes of activity on five days a week.**
Children and young people need at **least 60 minutes of moderate physical activity daily.** Is your family reaching its recommended exercise levels? If not, what changes could you make to increase your current levels?

Top 8 tips to get young adults active

- 1: Some activity is better than none
- 2: Limit screen time
- 3: Keep a record
- 4: Be active with friends
- 5: Set yourself a goal or challenge
- 6: Add variety in your exercise choices
- 7: Walk/Cycle instead of getting a lift
- 8: Join a local club or team

**Make friends.
Keep fit.
Have fun.**



INSPIRING MOTIVATORS

Sinead Kane made history this spring as she became the first visually-impaired athlete to complete the World Marathon Challenge - seven marathons on seven continents in seven days. Kane and guide runner John O'Regan began their journey in Antarctica on 23 January and completed their final marathon in Sydney today with a time of 4:42:59. After completing the first race at Union Glacier, the Cork woman moved on to Punta Arenas (Chile), Miami (USA), Madrid (Spain), Marrakech (Morocco), Dubai (United Arab Emirates) and finally Sydney. Kane, who was born with only 5% vision, started running five years ago when she took part in the 2012 Mini Marathon. Two years ago she became the first visually impaired Irish person to run an ultramarathon in Ireland, but in crossing the finish line in Sydney she has set an achievement no one else has ever managed, and inked her name into the record books in the process. Sinead featured on the Late Late show and her story was inspiring - find her interview on you tube: <http://tinyurl.com/sineadkane>

Coming Soon:

- * Developments to the school yard to facilitate some light lunch
- * Get inspired by reading one the autobiographies or healthy lifestyle books from the library
- * Keep an eye on the humans of St Marys page for the Health Tip of the Week - great points of advice given by some of the schools very own sports stars

top food swaps

Make healthy choices with these small changes

Swap...		For...	
Flavoured yogurt.....		Natural yogurt	
White bread.....		Granary Bread	
Milk chocolate.....		Dark chocolate	
Hard cheese.....		Cottage cheese	
Soft drinks.....		Water flavoured with lime/lemon	
Salt on food.....		Fresh herbs	
Biscuits.....		Carrot sticks with houmous	

5 exercises from our A-Z workout are hidden in the wordsearch—Can you find all 5 Workout word search?

H	W	V	F	S	T	A	U	Q	S
C	X	P	D	I	E	G	C	J	S
T	T	J	V	O	D	G	S	P	L
E	M	L	Y	K	F	W	N	E	Y
R	C	B	S	H	N	P	A	U	Z
T	N	I	R	P	S	O	I	B	L
S	P	E	Q	P	M	C	N	X	Z
M	S	E	E	N	K	H	G	I	H

ACTIVE SCHOOLS WEEK—24TH APRIL
Strive to be more active by taking part in any of the activities taking place throughout this week

The **100km Club** was introduced in October 2016 and it has been a great success. Currently the group meets at lunchtime on Mondays and Friday for a 3km run, with the goal of running 100km over the course of a school year. Students record their time/distance in special 100km club cards and will receive a 100km club t-shirt once they have run 100km. The club caters for runners of all abilities and always love to see new faces joining them for

WELL DONE TO SECOND YEAR STUDENTS OWEN O CONNELL AND DANNY DURNIN FOR A COMBINED WINNING 100KM CLUB T-SHIRT DESIGN. WE CANNOT WAIT TO SEE THE COMPLETED PRINT



**2016 / 2017 School Year:
Developing the first theme of
PHYSICAL ACTIVITY**

REMEMBER TO COUNT YOUR WOW OR COW DAYS

The green schools committee are currently working towards achieving their travel flag. In doing so all students are encouraged to WALK or CYCLE to school on a Wednesday. Remember every effort helps ... and not just towards a greener planet for also towards a fitter and healthier you!



Keep a record of your Wednesday walk/cycle to school & these will count towards your 100km

St Marys A-Z Workout was launched just before the February midterm with the 1st and 2nd years completing a workout in the yard using the word "Operation Transformation". A-Z workout has proven to be perfect for waking up tired students and teachers in tutor time and double classes!

Find opportunities at home to complete 10-15 minute workout

ST MARYS A - Z WORKOUT
LITERACY, NUMERACY & EXERCISE COMBINED

A	20 STAR JUMPS	N	40 BUM KICKS
B	30 HIGH KNEES	O	15 STAR JUMPS
C	10 SQUATS JUMPS	P	20 JUMPS—HANDS OVER HEAD
D	30 SECS SPRINTING ON SPOT	Q	20 BUNNY HOPS
E	20 LUNGES	R	15 SQUATS
F	20 REVERSE LUNGES	S	20 REVERSE LUNGE
G	50 STAR JUMPS	T	20 SECS SPRINTING ON SPOT
H	30 SECS SQUAT & HOLD	U	20 HIGH KNEES
I	30 LUNGES	V	20 SECS SPRINTING ON SPOT
J	20 SQUATS	W	10 SQUAT JUMPS
K	30 BUNNY HOPS	X	10 LUNGES
L	10 REVERSE LUNGES	Y	15 BUNNY HOPS
M	40 SECS SPRINTING ON SPOT	Z	20 SQUAT & HOLD



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Register on **Parkrun.com** and print out your barcode

Local parkrun is held in Oldbridge every Saturday morning. Keep track of runs completed and count these towards your 100km run record. Parkrun is a great fitness opportunity for the whole family.

PARKRUN.COM info Taken from parkrun.com website.

Parkrun is such a simple concept: turn up every Saturday and run 5km. What matters is taking part. Parkrun is all about inclusiveness and wellbeing. We want as many people as possible to feel part of a real local community brought together by our events, as well as our global parkrun family.

It's why parkruns are never more than 5km – it's a distance that anyone can complete (even if some of us are walking by the end...) And it's why we've kept the format of parkrun so simple: register once, then turn up and take part wherever you want, whenever you want.

Athletics: Training Tuesdays after school in Meadowview pitch. Distances ran during training also count towards your 100km run record.

Consult your record card & see what how your km's are building up & see what options mentioned here would suit you if you are low in km's

Challenge yourself further & support charities: Take part in the Duleek Cystic Fibrosis 10km run on April 23rd and/or Boyne 10km run on April 30th. These distances can also be counted towards your 100km club record.

Celebrating St Marys Sports Stars of 2016/2017 school year

- 1st year handball—Winners of Leinster Championship
- Athletics—4 Qualifiers for Leinster Cross Country
- U15 Soccer—Won North-East Leinster & reached quarter final in Leinster
- Basketball U19—Won the All Ireland Final
- Gaelic U16—Shield Cup final of Louth
- 1st year soccer— Reached Leinster semi-final
- 1st year Gaelic—Winners Frank Duffy Cup, Louth First Year GAA blitz
- Junior Rugby - Father Godfrey semi finalists, reached the Duff Cup Leinster final where they lost by 1 point, Leinster league semi finalists – the game will be played on Tuesday 5th april.



Get off the couch with getirelandactive.ie!

- Do you know how long you spend sitting each day?
- Irish people spend on average 5.3 hours sitting each weekday
- Do you want to get out and about more?
- Visit the New HSE Website to Get Ireland Active