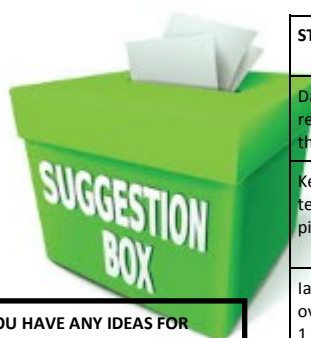




HealthPromotingSchools
Scoileanna Cothaithe Sláinte



IF YOU HAVE ANY IDEAS FOR WAYS IN WHICH OUR SCHOOL CAN IMPROVE HEALTH, POST THEM INTO THE SUGGESTION BOX ON THE HPS NOTICE BOARD.

ST MARY'S HIDDEN	TOP TIP
Danny Byrne: Aspiring to represent the Irish team at the Olympics for Karate.	Don't stay inside, go out & have FUN. Be around positive people
Keane Barry: World Masters finalist & world Championship semi-finalist at	If you enjoy something stick with it. I also hope to make a living from playing darts.
Ian Fitzsimons : Karate— over 20 all Ireland medals, 1 U12 black belt & 2 U16	Try lots of different Sports.
Karl Martin: Rugby— youngest player to play for Leinster, I got my first cap	Set yourself goals and work really hard to get them

An Update From the HPS Committee:

Thank you to all the Students, Staff & Parents that contributed towards St Mary's efforts to make "Health" a priority among our school community. This year, the team has been busy working on the theme of "Healthy Eating" and have recently begun with plans towards "Mental Health Awareness". Currently, all three theme's highlighted in our original Staff, Student & Parent surveys from 2015 have been implemented, but a lot of developments are still planned within these.

The 100km club have done it again!

Well done to all the students who have completed the 100km challenge this school year. These students, who have run during lunch time on Wednesday or Friday and who have taken on a park run or local race have reached 100km throughout the year. As celebration, the members of the 100km club went on their annual hike; this year from Carlingford on Monday 21st May with Ms Liston and Mr Barrett. Successful participants of the club also received their medal, certificate and T-Shirt as the Annual Sports Awards in the Glenside on Tuesday 22nd May. We would like to congratulate Daniel Cox, this years winner of the inaugural 100km Club Trophy. Well done to the five teachers who have also completed the challenge!

This years T-Shirt design was chosen from a competition to appear on the 100km tee 2017-2018. Well done to winner Joshua Effiom and to all other entries - the competition was close!



Healthy Eating Policy

As part of our healthy eating phase, we began reviewing our healthy eating policy here in school. We met with Tara Kearns, our local Healthy Ireland representative, who guided us through the process. She advised us on conducting a survey among parents, staff and the students. From the results of the survey we were able to give the old healthy eating policy a revamp with the interests of the students, staff and teachers in mind. A big thank you to Ms. Noone and Ms. Coleman who carried out the survey and who created the new healthy eating policy, which can be found on the school app and as of September 2018, will be printed in all school journals.

Thank you to Sam Victory (3rd year) for this write up & his help with reviewing St Mary's Healthy Eating Policy.

FITNESS FOR KIDS SESSION – ACTIVE SCHOOLS WEEK

During the fitness for schools week, I, along with a handful of other students were selected randomly for an active thing. I was happy when I got picked.

On the day I was nervous because I didn't know what to expect. After walking down to the parish hall with the other students we got ready. The main thing we did were squats... again and again and again!!!

This went on for an hour and 20 mins, as you can imagine I was wrecked but I did feel better (partly because of the classes I missed!). You can also be sure that my calf's hurt the next day!

Overall I enjoyed the experience and would probably would be a bit reluctant to do it again as I'm not the volunteering type, but if I was picked I'd be happy to.

Thanks to Sam Byrne, 1A for his article

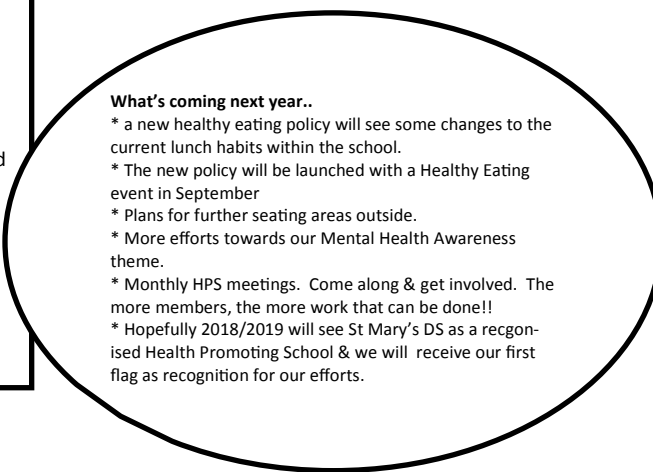
Running with the 100km Club run

I think that the 100km club was a great way not just to maintain fitness but also to maintain a great positive attitude and it also helped with school work.

There was also a great sense of achievement at the end of the year when we got a t-shirt, medal and certificate.

I felt it was a perfect way of staying fit, especially if you don't like competitive sports.

Thanks to Daniel Cox (1D) for the article.



What's coming next year..

- * a new healthy eating policy will see some changes to the current lunch habits within the school.
- * The new policy will be launched with a Healthy Eating event in September
- * Plans for further seating areas outside.
- * More efforts towards our Mental Health Awareness theme.
- * Monthly HPS meetings. Come along & get involved. The more members, the more work that can be done!!
- * Hopefully 2018/2019 will see St Mary's DS as a recognised Health Promoting School & we will receive our first flag as recognition for our efforts.

My year of Sport

I really enjoyed playing sport this year in St Mary's. It was great to play with my friends. The experience I got from playing with the school was great and I'm looking forward to next year. Thanks to Max Tyndall for this article

CURRICULUM & LEARNING—AN OPPORTUNITY TO DEVELOP OUR MENTAL HEALTH AWARENESS.

‘There is increasing evidence that social and emotional wellbeing programmes in schools can produce positive benefits for young people, including improved emotional and social functioning and academic performance.’

With this in mind, Ms. Coleman, Ms. Fleming and Ms. Deering attended training in Dundalk on the ‘Mind Out – Promoting Social and Emotional Wellbeing’ programme. They began facilitating the programme the following week with 5th Year students covering topics such as Boosting Self Esteem, Dealing with Emotions, Challenging Thoughts, Coping with Challenges, and Support from others. It is a very well thought out programme which is evidence based and the feedback from our students has been positive. The 3 teachers look forward to facilitating it with more classes next year.

Thanks to Ms Deering & Ms Fleming for this write up.

Take Some Time To Pause....

When we done meditation it was very calming. I enjoyed it because we took a 5 minute break and just relaxed. When I went on to my next class I felt refreshed and ready.

Thanks to Lee Milne (1E) for this article

My Experience of the Bleep Test & Meadowview run

I enjoyed doing the bleep test & Meadowview run. I found them a good test for me. My best bleep test score was 12.4. I was very happy after it. The Meadowview run was a tough run. Running up the steps is not easy but after it I felt really good. I got a time of 16:55. Next year I want to hopefully improve. I enjoyed both of these.

Thanks to Patrick Farrell for this article.

GREEN SCHOOLS — TRAVEL FLAG

THURSDAY 24TH SEEN ST MARY’S RAISE THEIR FORTH FLAG FOR TRAVEL

THE COMMITTEE ENCOURAGED THE STUDENTS & STAFF TO WALK, CYCLE, CAR POOL OR PARK & STRIDE ESPECIALLY FOR WEDNESDAY’S WOW DAYS. RESULTS SHOWED THAT 60% OF STUDENTS IN ST MARY’S TRAVEL TO SCHOOL IN THESE WAYS.

THANK TO MARY LEECH, SILVER EUROPEAN MEDALIST FOR 1500, FOR RAISING THIS FLAG & GIVING STUDENTS AN INSIGHT TO THE IMPORTANCE OF PHYSICAL ACTIVITY WITHIN THEIR LIVES.

THANK YOU TO MS MARTIN FOR THIS ARTICLE.

TRIATHLON CHALLENGE

Active Schools week 2018 seen St Mary’s first Triathlon Challenge for senior students. Well done to all the students who look part in this event which tested not just fitness but stamina, determination & discipline.

Congratulations to Pdraig Nulty who won this years challenge in a time of 12mins 47secs.

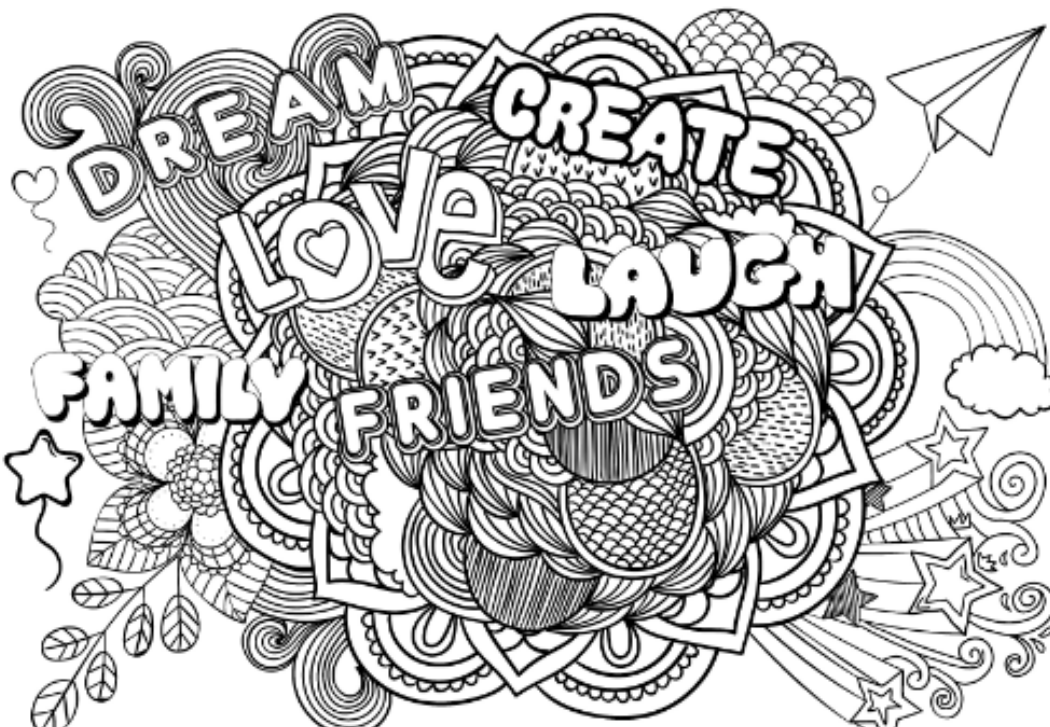
Thanks to all the staff who helped facilitate this event & we hope to build on this challenge next year.

DATA FROM OUR SURVEYS ON HEALTHY EATING

- Students wanted cheaper or even free fruit provided in the canteen.
- Students wanted more adequate seating in the canteen or even outside.
- Staff and Parents showed a desire for all fried foods and junk food to be prohibited or at least not recommended
- Parents wanted their son’s to choose more wisely due to education on healthy eating and would like to see a wider range of fruit and veg in the canteen

Thanks to Ms Noone for this Info

RELAX WITH A BIT OF MINDFUL COLOURING



1A—Dedicate a day.

During the last few weeks in school, students of 1A were asked each morning to think of a theme to focus on for the duration of the day. Some themes included

Happy, Grateful, Concentrate, Humble, Mingle, Kind, Optimistic, Focused

This opportunity gave the students a single focus for every day—showing that with a clear mind, and small steps a difference can be made.