

Healthy Lifestyles Week

Monday, January 31st - Friday February 4th

- Treoirí will be inspecting 1st and 2nd Year lunchboxes for healthy lunches and there will be a prize given at the end of the week for the 'Healthiest Lunches'.
- 1st & 2nd Year P.E. classes will be carrying out challenges.
1st Year – push up and sit up challenge (top two from each form).
2nd 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 1st 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 1st year classes- presentation on living a healthy lifestyle by a healthy lifestyle Kahoot quiz.
- All 5th 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 1st

2nd 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.

Time	Class	Subject	Teacher
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 3rd

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

Time	Class	Subject	Teacher
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