

Wellbeing Week. 2nd to 6th March- Attend and Succeed

| | Monday 2nd | Tuesday 3rd | Wednesday 4th | Thursday 5th | Friday 6th |
|-------------------|---|---|---|--|---|
| 8 30- 9 am | Breakfast club for all- confirmed | Breakfast club for all David Walsh- wood turning for Staff 8 15am Wood work room | Breakfast club for all Yoga - Staff and student yoga session in sport complex 8:15am - 8:45am (DO'S) | Breakfast club for all | Breakfast club for all |
| 9 - 11 | <p>Year 6 - Jessica Squibb JumpAGrade support all day</p> <p>Poster campaign- Attend and Succeed Showing up- How do I show show up in Life</p> <p>Per 2 - Eoin - Dance with Lisa</p> <p>Y1 Child line- smart moves</p> <p>SPHE- Junior School-</p> <p>What does showing up look like?</p> <p>link/Definition/indicators of well Being- Tutorial class Powerpoint-</p> | <p>All Year 6/LCAs travelling to FE colleges</p> <p>Y1/2-Drop everything and Walk- 10 40- 11 Mr Seward/Oliver</p> | <p>Y4-Drop everything and Walk- 10 40- 11</p> | <p>Y3-Drop everything and Walk- 10 40- 11</p> | <p>Decorate doors- well being</p> <p>Sheila</p> <p>Virtual Cycle Malin to Mizen- JSVP/ Newbury House Idonate</p> <p>Y6 & LCA Drop everything and Walk- 10 20- 11 Smoothie Big Breakfast C Sexton/ Mr Hurley /J Hallows /D Walsh/G Donegan</p> |

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| | <p>Y5-Drop everything and Walk- 10 40- 11??- Out B Corridor back through Cafe - confirmed</p> <p>smoothie in cafe- Oliver</p> | | | | |
| <i>Break</i> | Staff scones- Scones-MOR | Staff Fruit Platters/scones-MOR | Bathroom baskets | Bake Off | Bake Off |
| <i>11.15 - 1.15</i> | <p>1st yr Healthy Eating - Katrina</p> <p>11:15-12:35 Drawing Workshop with Kate McElroy for TYs - O.Byrne</p> | 11:55 - 1:15 : Mindfulness with watercolours workshop with Year 3 Music Class | Per 5 - Daire - Dance with Lisa | <p>LCA Tea and Chat -CSexton</p> <p>Per 5 - Aoise - Dance with Lisa</p> | <p>Per 4 - Cian - Dance with Lisa</p> <p>Virtual Cycle Malin to Mizen (SVP + Newbury House)</p> <p>Culture Day - Library/Mal Ms. Kolobova, Mr Mulcahy& Ms. Donegan</p> <p>11:15 Book of unfinished poetry</p> |
| <i>Break</i> | <p>Girl Club- Well Being event</p> <p>Wellbeing Station in Mall - Read and Relax with Wellbeing activities.</p> | Wellbeing Station in Mall - Read and Relax with Wellbeing activities. | Wellbeing Station in Mall - Read and Relax with Wellbeing activities. | <p>Breathwork/Tapping Meditation - Prayer Room with Lisa 1.25 to 1.45</p> <p>Staff Walk- 1 25pm</p> <p>Bake Sale - Girl's Club (G.D) - Confirmed</p> <p>Wellbeing Station in Mall - Read and Relax with</p> | <p>Busking event in the mall</p> <p>Breathwork/Tapping Meditation - Prayer Room with Lisa 1.25 to 1.45</p> <p>Wellbeing Station in Mall - Read and Relax with Wellbeing activities.</p> |

| | | | | Wellbeing activities. | |
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| 1.45 - 3.45 | <p>Per 8 - Cathal - Dance with Lisa</p> <p>Year 1 DEIS Reward for Attendance- Library for Pizza and Movie</p> | 1:45 - 3:05 : Mindfulness with watercolours workshop with Year 2 Music Class | | TY- Board games- Check JC /EE/IF | <p>Per 8 - Clodagh - Dance with Lisa</p> <p>Virtual Cycle Malin to Mizen - J.H</p> |
| 4- 4 45 | <p>Girls basketball in complex Year 1 and Year 2</p> <p>UCC Homework Club- Snacks/chat in school caf</p> | Boys basketball in complex Year 1 and Year 2 | | | |
| 7- 9pm | | | | | |