

# FOCUS ON SCHOOLS



In this issue, we focus on **Clocha Rince N.S.**, who are working towards getting an Active Flag this year. This is a flag that is raised in schools which assist everyone in their community, not just the school, to become more active throughout their everyday lives. Here's hoping this will actively encourage the children to begin, or continue, an active and healthy lifestyle that they'll bring with them to adulthood. Below are reactions from two of the pupils to this initiative.



*At the start, when all of this active schools stuff started I thought it was going to be boring, even though I love being active because I'm a gymnast, but once we started doing fun and exciting active things I realised it wasn't so bad! My family and I get to do loads of fun activities together when I come home from school which means me and my classmates get no homework on Thursday nights! YESSSSSS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! And the best thing ever is DEAD time (Drop Everything And Dance,) because me and my friends make up silly routines to the music and have pretend competitions! On Fridays we do "football free Friday" so all the big kids make up fun games to play with the little kids and it's actually quite a lot of fun making up games and playing old games we used to play! The funniest thing that ever happened was when we were doing "10 at 10" and we had to dab and the teachers did it too, it was priceless! But the best thing ever is that we always get to be active even at home which means that i can be as giddy as I want!*

***GO ACTIVE SCHOOLS!!!! (Stella Walsh)***



*Active schools this year is great. Our school usually doesn't do half as much as we are doing this year. Two people in our class were picked to be on the active schools committee. After they went to a meeting, they reported to us about what happened, such as Football Free Fridays. One week I decided to go check the Football Free Fridays out, and when I got there I was blown away. There were games going on and everyone had a happy face. Then the next week I was picked to join the Active schools committee, representing 5<sup>th</sup> class also. I was thrilled. Then at the meeting everyone had brilliant ideas. We decided to do a competition for an active slogan, another brilliant idea. We also started D.E.A.D time (Drop Everything And Dance ) one of my favourites. Every week Ms. McConaghy (our principal ) would announce that it is dead time. Then we would dance for three or four minutes. I think that Active Schools has definitely changed my attitude about exercising. Now we have super troopers which is a little booklet with different exercises to do each day, (including Saturdays and Sundays) on Thursdays we get no written homework and we do super troopers Thursday, Friday, Saturday and Sunday s activities. I hope that the active schools committee continues their hard work and the school will continue to participate in all the activities.*

***I LOVE THE CHANGES IN OUR SCHOOL!!!! (Mealla Mc.Carthy)***