

Tuesday 5th

1st Years Classes 1D,1E & 1F *Tobar Nua*

Workshop focusing on Wellbeing, Happiness and Gratitude.



Fruit Distribution

Assembly Area courtesy of Parents Council



Internet Safety Day



Wednesday 6th

6th Years Guest Speaker @11.50 Paul Keogan

5th Years Guest Speaker @12.30 Paul Keogan



5th Years Guest Speaker @3.20 Stacey Cannon

GAA National Health and Wellbeing Co-ordinator



Transition Year – Guest Speaker – Ms Imelda McHugh– ‘Let’s Talk Mental Wellness’



Wednesday 6th

Parents – Guest Speaker – Dr. Colman Noctor
St. Patrick's Hospital: 'Contemporary Challenges
to Young People's Mental Health'
Assembly Area @ 7.00pm – All are welcome!



Thursday 7th

1st Years Art Competition Winners

All SPHE classes entered a Wellbeing Art competition.

Prizes: Within each class group; overall class winner



2nd Years 'What's in a Label?'

Focusing on the nutritional content of various products & focusing on health implications of diet



Friday 8th

Whole School Rag Day

Wear Orange to promote Positive Mental Health

It's OK not to feel OK,

and it's absolutely OK to ask for help.



3rd Years 9.30 -11.00 Park Run/Walk Naas Race course

2nd Years 11.15- 1.10 Park Run/Walk Naas race course.

Please make sure to wear comfortable /appropriate footwear as well as a jacket

