



The students in Avoca National School with their Active Flag.

Active flag raised at Avoca NS

By EIMEAR DODD

PUPILS at Avoca National School are celebrating the raising of the Active Flag at the school.

This is an initiative to encourage schools to become more active. Physical activity is promoted in a fun and inclusive way to improve physical and mental well-being. The pupils and staff from Avoca NS, led by teacher Rachael Byrne and assisted by Amy Roche have been very busy over the past few years.

The whole school participated in a range of enjoyable activities

such as 'Drop Everything and Dance' and 'Walk a Mile with a Smile'. Active Week events included a forest walk, beat the teachers, dance days, and GAA tournaments. Staff and pupils also took part in activities to improve their skills during the period of remote learning. The school has also concentrated on incorporating physical activity into other subjects on the curriculum to reduce the time that students are sedentary each day.

The entire school community has enjoyed working to achieve the Active Flag.



Guest speaker, Mikey Fahy.



Guest speaker, Georgina Canavan.



Leadership Awardees Joe Garland, Helen Winterbotham and Michael Hubbard.



Rohan Kinsella and Amy Fox were the proud students who raised their Active Flag.



Olympics-style parade of the students and the raising of the school's recently awarded Active Schools Flag.

Ballyconnell NS celebrate Active Week

By EIMEAR DODD

THERE was great excitement in Ballyconnell NS recently as the school kicked off its annual Active Schools Week.

The event got under way in style with an Olympics-style parade of the students and the raising of the school's recently awarded Active Schools Flag for the first time.

Ballyconnell NS was awarded its first ever Active Schools Flag last month. This flag is awarded to schools who succeed in getting the entire school community to be more physically

active. Ballyconnell NS started this process in September 2018 and the awarding of the flag represents the culmination of three years of hard work by the staff, students and parents of the school.

One of the key elements of any Active Schools programme is the organising of an annual Active Schools Week. As the start of the delayed Tokyo Olympics is a few weeks away, the school's Active Schools Committee decided that their Active Schools Week should be Olympics-themed.

The morning's festivities

commenced with a parade on the school's football pitch of all the athletes taking part in 'Ballyconnell 2021' as will happen in the Tokyo Olympic Stadium in a few short weeks. Each pod of five or six pupils represented a different competing country and paraded around the pitch while waving their country's flag, to rapturous applause from their fellow schoolmates.

Once the parade was over, members of the school's Active Schools Committee headed out to the front of the school for the big moment - the raising of the Active Schools Flag. Fiach,

Sophie, Croí-Lily and Liam made a short speech before Michaela and Mícheál raised the flag aloft. Due to Covid-19 protocols, all of the school community could not be physically present for this part of the proceedings. However, the action was live-streamed into classes via Zoom so everyone got to hear the speeches and see the much-sought after flag being raised for the first time.

The Active Schools Committee would like to thank the parent body for their ongoing support of the whole Active Schools process.



The students enjoyed the Olympics-style parade.