

# Health Promotion and Wellbeing



*These are some of the ways we are promoting health and wellbeing in our school...*

- ✓ Participating in the **Food Dudes** Programme
- ✓ **Fundamental Movement PE**– Running and Walking
- ✓ Building towards - **The Daily Mile**
- ✓ **Green Schools** - Walking to school
- ✓ **Monthly Values** – Whole school
- ✓ **Code of Behaviour**; Incentives and Rewards for a respectful secure school – Whole school
- ✓ **Mighty Mouth** Programme – Senior Infants
- ✓ **Stay Safe Programme** – Senior Infants
- ✓ **Outdoor Environment** – Play and Playful learning – Whole School



# World Book Day

## Thursday 7<sup>th</sup> March

All children will visit  
Easons Book Store and  
receive a free book.

Dress up as your favourite  
book character on  
**Friday 8<sup>th</sup> March**

# Seachtain na Gaeilge

Lá Glas

15ú Márta



Green Day

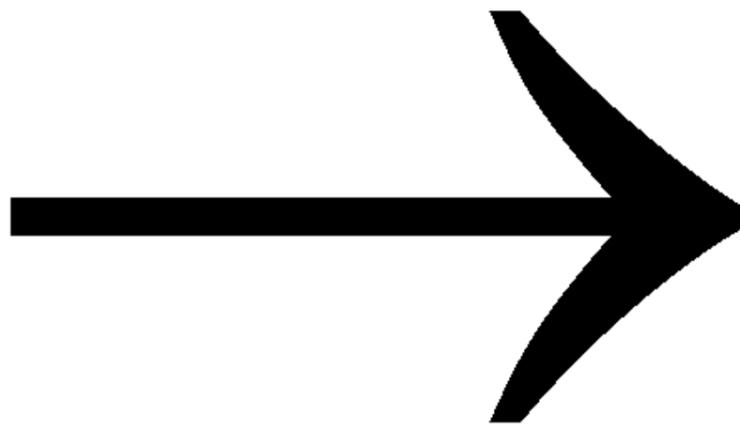
15<sup>th</sup> March

The children can wear Green  
clothes on this day.

# Our Corridor Rules

1. Walk quietly through the school

2. We walk on the right hand side



3. Greet people you meet by saying...

**'Dia Duit' or**

**HELLO**