

Operation Scoil Angela



Operation Scoil Angela is an active based whole school initiative that promotes exercise, sport, health and wellbeing in your child's everyday school experience. It has gotten off to a very busy and active start and we hope that we are on our way to earning our first ever Active School's Flag.

Active School Co-ordinators: Ailish Cody and Helen O'Dwyer Ryan

What is the Active School Flag?



The Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland. The Active School Flag is awarded to schools that strive to achieve a physically educated and physically active school

community. Once awarded this flag is valid for 3 years. The process aims to get more schools, more active, more often.

In Scoil Angela, we recognise and promote the importance of an active, healthy lifestyle, organising various initiatives to give the pupils an opportunity of getting active. We offer a wide and varied approach to physical activity, both indoor & outdoor, through P.E. and also through lunchtime and after school activities.

Exercise, wellbeing and physical activity are very important to us in Scoil Angela but since embarking on a journey to secure our Active School Flag we have brought this to a new level with many very worthwhile initiatives being introduced. The benefits of this are clear to be seen with our pupils engaging with many new and different activities. Our challenge will be to find interesting and exciting ways to energize the school day because active children are happy learners!

Overview of Yearly Activities

Month	Active Initiative	All year round initiatives and activities
September	<ul style="list-style-type: none"> • Daily Mile kick off • Cross Country Running training and competitions • European Week of Sport 	<ul style="list-style-type: none"> • Rosalie's Weekly Dance Classes • Ball Skills with local GAA coaches • Swimming lessons • Break-time Line Leaders exercises • Rainy days Bizzy Breaks • The Daily Mile • GAA: Football and Camogie Blitz's/Leagues and Cumann na mBunscoil • Basketball Leagues • After School Clubs: <ul style="list-style-type: none"> - GAA: Football & Camogie - Basketball - Running Club - Games Club - Speech & Drama Club - Little Stars
October	<ul style="list-style-type: none"> • Halloween Spooky Walk • Halloween Disco • Halloween Catwalk 	
November	<ul style="list-style-type: none"> • Christmas Fitmas 	
December	<ul style="list-style-type: none"> • Santa Dash • Rudolf Relay 	
January	<ul style="list-style-type: none"> • Operation Transformation's 10@10 • Operation Scoil Angela kick off • Super Troopers Health Homework Journal 	
February	<ul style="list-style-type: none"> • Fit 4 Feb: Dance Routines 	
March	<ul style="list-style-type: none"> • Mindfulness March • Céilí Mór • Seachtain na Gaeilge activities • Flashmob Dance: An Dreoilín 	
April	<ul style="list-style-type: none"> • Easter Walks and trails 	
May and June	<ul style="list-style-type: none"> • Daily Mile launch and activities • Active Schools Week initiatives and activities • Sports Day • School Tour Adventures 	

***** Please note: teachers regularly update their class Aladdin app with updated pictures of active initiatives throughout the year.**

Be more, Do more

Our motto: Be More, Do More

Our motto *Be More, Do More*, was picked from a whole school competition that was held earlier in the year. All students were encouraged to come up with a catchy and suitable active and healthy slogan for our school. There were some great entries but the successful motto was by Eva Mockler in 6th class.

Attention!

For Active Schools Week, our slogan was advertised on the local town digital billboard outside our school as part of a Health and Wellness Campaign Initiative run by local chemist, Liberty Pharmacy. We were delighted to share our inspiring motto to local shoppers and people of the local community.

Active School Flag Committee

We have a fantastic, enthusiastic and dedicated committee of pupils from 4th to 6th class. We elect new pupils every year and also keep on older more experienced members. New members are elected by their class peers. We have a very inclusive and hard-working committee that are very busy every day and throughout the year fulfilling their roles. This fantastic bunch of girls meets regularly with Ms Cody and Ms O'Dwyer Ryan planning and discussing initiatives and activities for the whole school that cater for all our pupils' needs and interests.

Committee 2019/2020



Committee members 2018/2019



Active Flag Committee Roles:

- Meet regularly with the teacher co-ordinators
- Active Line Leader Exercises completed daily at break-times with allocated class
- Wet breaks: Bizzy breaks, exercises and dances in the Halla and classroom
- Conduct and analyse surveys and questionnaires with pupils from every class
- Keep our active notice board up to date and looking good!
- Active Schools Week organisers and helpers
- Monthly active initiatives organisers and helpers

Our Active School Flag Noticeboard 2018/2019



Active Line Leaders

Every day at the end of small break, the active schools committee members, supervised by teachers, act as 'line leaders', doing simple exercises with all classes to keep them active in the line. You can't miss them in their high vis jackets and active school whistles!





Bizzy Breaks and Wet Days

During wet and rainy days, the active committee still don't stop! The committee members lead exercises and dance activities in the classroom and the halla to make sure all the boys and girls don't miss out on their exercise. Class teachers also ensure to incorporate some extra physical activity to the school day during their teaching.





Playground Leaders and Class Prefects

We have a superb team of Playground Leaders and Class Prefects from the senior classes. This team changes monthly and new leaders take over. Their role is one of support and encouragement, leading the younger pupils in various activities at break time and lunchtime. The senior girls distribute playground equipment during every break and encourage the younger children to participate and join in, ensuring nobody is be left out. Supervising teachers are close by for some extra support and monitoring. This initiative has been taking place in Scoil Angela for many years now allowing both senior and junior pupils, not only to benefit physically but also socially, where the interaction between both groups has been a joy to behold.

Playground Equipment Monitors

Children from the senior classes are given the job to bring down playground and PE equipment to the school yard for their class to use and play with during break-times. Each class picks the equipment that they need and every day two monitors are in charge of collecting and returning the equipment. The monitors also keep a close eye on keeping our equipment racks and presses tidy and in order.



Halloween Spooky Walk and Dance

In October 2018, all the boys and girls enjoyed the annual Halloween Catwalk. For Halloween 2019, the active committee in their first meeting have planned a Halloween Spooky Walk around our active walkway in our Halloween costumes. We will also perform our Halloween Dances in the Halla that we are learning in class as part of our active classroom breaks.



Operation Transformation - 10@10



For the month of January, Scoil Angela incorporates an extra 10 minutes of physical activity into the children's lives in conjunction with RTE's Operation Transformation 10@10 program. This is in addition to the children's PE lesson. The idea is to do 10 minutes of exercise at 10am. There are streams of the Operation Transformation classroom exercises on the following link:
<https://ot.rte.ie/get-involved/10-at-10/exercises>.





Super Troopers

Every child receives an individual Super Trooper Health Homework Journal from Laya Healthcare to work on and complete with their families at home. We hope you enjoy all the activities, exercises and healthy eating tips. This was a great success last year and hope all will enjoy it again for the upcoming year.

Fit for Feb

In February 2019 the active school flag committee introduced our new initiative called Fit for Feb. Every class engaged in fun and catchy dance routine videos in the classroom at different stages throughout the day. The boys and girls performed dance movements to old and new songs to increase their physical activity and every class had a personal favourite! We look forward to this again in February 2020. The dance routine videos are also used for Bizzy Breaks by teachers and for rainy days.



Active March

March proved to be a very busy month and we hope to continue its success this March again. We introduced new physical activity ideas, mindfulness and wellbeing initiatives and of course events to promote and celebrate our Irish Culture for Seachtain na Gaeilge.

Mindfulness March

Every class engage in weekly class yoga sessions from Cosmic Yoga in the classroom with their teacher. Our Active Schools Flag News Wall displays a wellbeing section. We discuss and learn positive wellbeing mottos every week in class and during school assembly and try hard to live by them in Scoil Angela.





An Dreoilín

For Seachtain na Gaeilge, the entire school every day at small break perform 'An Dreoilín' in their class lines once the bell rings. The active members lead the dance along with some of our energetic teachers! We hope again to have one last 'green' performance of 'An Dreoilín' together as a school for St. Patrick's Day. There will also be a surprise flash mob of the 'An Dreoilín' performance at some stage for our parents so let's hope they join in!





Ceilí Mór

To celebrate our Irish culture for Seachtain na Gaeilge and of course increase our physical activity in new, fun and varied ways, all the boys and girls take part in a Ceilí Mór in the halla for a day in March. Dressed in green for St. Patrick's Day, every class perform different dances from the Walls of Limerick to the Siege of Ennis.



Active School Walkway

Thanks to the lovely signs we received from "Get Ireland Walking" we have a great walkway on our own school grounds that takes in the beautiful gardens, trees and local monuments and buildings that surround our school. Our Active Walkway can be easily adapted to cater for Junior and Senior classes and all levels of ability and fitness. We have an inside and an outside track that also caters for more than one class to engage in the different active walk/run initiatives at the one time.



After Schools Clubs

Our teachers here in Scoil Angela are very dedicated providing an excellent range of After School Activity Clubs to all pupils throughout the week. Clubs include GAA: Camogie and Football, Basketball, Board Games, Art and Crafts, Music, Little Stars, Speech and Drama and French classes. Operation Scoil Angela aims to promote the holistic development of each child.





Morning Running Club

Ms Jo Maher and Ms Ciara Hennessy set up a running club for the children from Third to Sixth Class in May 2019. The club takes place every Thursday from 8.30 -8.55 am. Over thirty children attend the club every week. The children learn the importance of stretching, building up their endurance with long runs and also their speed with short running drills. The children also participate in running games. The children have benefitted from the club and have said how it has made their run a mile activity with their class teacher easier. The children also love to boast that they have ran a mile before school has even begun. It is also great training for Tipperary's Cross Country Competition in September.

This years Cross Country Running Team – September 2019



Warm up exercises for our running club



Playworks Ireland: non equipment playground games in Ms Greene's room



The Daily Mile – non-competitive running challenge



For 8 consecutive weeks in May and June 2019, each class committed to undertaking the Daily Mile Challenge. The Daily Mile challenge was part of our non-competitive running initiative with the Active Schools Flag. The active schools committee explained this initiative to all classes and it was also the launch of our Active Walkway.



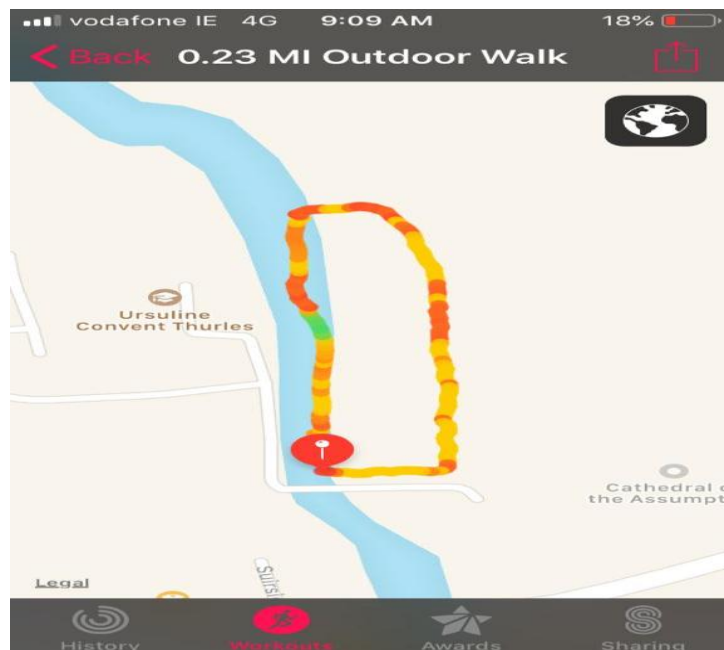




The Daily Mile explained:

- The Daily Mile activity takes place in a 15-minute turnaround from leaving the classroom until returning. No time is spent changing clothes or setting up equipment.
- There is no timetable so classes are free to complete their daily run whenever suits them. Our active walkway caters for more than one class to use it at the one time. We also measured our green area to use for the Daily Mile.

Measurements:



The island is 0.23 of a mile so 5 laps need to be completed to complete a mile. We suggest 2 laps on week 1, 3 laps on week 3 and build from there or judge it yourself. It's 15mins in total as outlined above. Some children may jog all the laps, some may jog more than others, some may walk and jog. As long as the children are moving and building on their fitness that's what it's all about- experiencing success, building confidence and being happy with themselves.

The grass area is also an option. It is 0.06 of a mile so 20 laps of the green area is needed in order to complete one mile!

School playground

Junior and senior infants can complete their Daily Mile activity on the playground outside Judy's office if they wish. 20 laps is approximately one mile.

Class teachers can encourage their class to jog/run/walk 5 to 10 laps and build from there.

Teachers join in too!

A visit from Tipp FM



On June 7th 2019, Tipp FM visited our School to celebrate our success taking part with the Daily Mile initiative. Scoil Angela was the first school in Tipperary to register with Daily Mile Ireland and as a result Tipp Fm's Owen Lonergan interviewed our Principal Ms Moloney and members of our active committee to tell him and indeed the whole county all about our amazing efforts to be active and healthy. Owen learned from interviewing our committee that the Daily Mile is not about being good at running or being the fastest runner; it's about participating, having fun and setting your own goals.

A visit from Daily Mile Ireland and Irish Olympian

Also on June 7th, Scoil Angela was privileged to have a visit from former top athlete Frank Greally, ambassador for the Daily Mile Ireland and Ireland's Olympian and European Cross Country Champion Catherina McKiernan. Catherina and Frank spoke to all the boys and girls in Scoil Angela about the importance of being active, healthy and fit. They were very proud of our efforts with the Daily Mile and indeed all of our active initiatives throughout the year. They gave us some great tips and feedback and we still can't believe that we actually got to run the Daily Mile with an Olympian runner!



A Mile a Day Challenge/Daily Mile

We also complete the daily mile through different forms of activity and record this on our class record sheet. It is a great way to integrate physical activity across the curriculum.

Walk it!

- 2000 steps = 1 mile.
- This can be done during rainy days through activities in the Halla or classroom. We monitor it with our Fitbits!
- We go on lovely nature walks and vary our walking route and record our steps.

Run it!

- 1609 metres = 1 mile
- Add up your running miles to see where you will reach around Ireland, Europe or the World.
- Run to our School Tour destination.
- Run from Malin Head to Mizen Head.

Skip it!

- 1609 skips = 1 mile
- Combine your skip totals to complete the Climb the Heights Challenge learning about different mountains of Ireland or Europe along the way.

Do it your way!

You can dance it, waltz it, do it in fancy dress!

Run Around Europe

Children in sixth class had the opportunity to participate in the Run around Europe Challenge. The children decided to pick Italy as a destination as they loved the food and climate! The children estimated how long it would take to get to their destination. Every day the children would run three kilometres. During the time it took to reach their destination, they also created fantastic projects based around Italy. When they had ran their distance, they got an opportunity to present their projects and had an Italian party where children brought in Italian dishes for the class to sample.

Active School Tours

In May and June our classes headed off on their annual school tour. This year we made a greater effort to choose a school tour that incorporated some activity, outdoor and adventure.







Operation Scoil Angela - Active Schools Week 2018/2019

Tuesday June 4th - Friday June 7th



Weekly overview

Monday		Tuesday	Wednesday	Thursday	Friday
School closed for June Bank-holiday	Morning activities	Wake up - Shake up! (Upbeat music over inter-com) Children get into their class lines at 8.55 and wait for exercises to begin.	Wake up - Shake up!	Wake up - Shake up!	Daily Mile Challenge At 8.50 when the hand bell rings, school staff, parents and students leave the school yard following the active school members wearing high vis jackets and walk laps of the active walkway together for 15mins. This will be our Daily Mile initiative for today completed as a whole school community.
	Daily activities	Tennis coach 2 nd to 6 th class (see timetable) Go to tennis courts Trip to the playground and summer nature walk Juniors - 1 st class	Full Day Sports activities (See timetable)	GAA Ball Skills with Brandon Juniors to 6 th class	Fun Games with Brandon in Sports Complex Juniors to 6 th class
		Tug of war on green area			Whole School Skipathon
				Penalty shoot-out v David, our caretaker! Welly Throwing competition	Tipp FM visit Daily Mile visit Visit from Catherina McKiernan and run

				Cic Fhada	
		Daily Mile Challenge (pick your own)	Daily Mile Challenge (2000 steps)	Daily Mile Challenge (pick your own)	Daily Mile Challenge (skipping)

Active Schools Week Photos

















Active Schools Week Homework

June 4th - Jun 7th 2019



Day	Active School Day Activities	Active Homework	My own activity	Total time
Tuesday		Try your own Daily Mile challenge at home: run, skip, walk for 15 mins around your garden. All the family can join in!		
Wednesday		Garden Dash: Time yourself running 2 laps of the garden. Try it 5 more times. How fast can your run? My best score: _____		
Thursday		10 jumping jacks 10 high knees 10 star jumps Balance on each leg for 20 seconds Clap Catch: How many catches can you make in 1 minute? Try it 5 times. My best score: _____		
Friday		Go for a family walk for 20 minutes. Where did you go? _____		

Local Sports Partnerships

We are lucky that our school has strong connections with local sports organisations such as the local *G.A.A.* clubs, Durlas Óg, Thurles Sarsfields and Thurles Gaels, Peake Villa Soccer club and Athletics. We are also affiliated to North Tipperary Sports Partnership who support the development of games and sport in our community.

We are very lucky to have such strong links with the local *G.A.A.* clubs, where a coach supports the development of skills in our *Gaelic Games* from Junior Infants to 6th Class in developing ball skills. The children absolutely love these action packed sessions and they are very inclusive of all pupils.





Tipp Tipp Tipp!!!

We are beyond excited to welcome back two of our past pupils Ronan and Padraic Maher to Scoil Angela as All Ireland Senior Hurling Champions with the Liam Mc Carthy Cup.







Padraic and Aunty Judy

Dance classes with Rosalie

Every Monday throughout the school year, Rosalie Butler teaches dance to all the boys and girls in Scoil Angela. This 30-minute session is in addition to class PE lessons. Rosalie also prepares the classes for a summer dance concert where all the boys and girls showcase some of their favourite dances that they have learned throughout the year.





Thurles Swimming Pool

Senior classes from 2nd to 6th class attend a block programme of lessons.

Tennis Coaching

In the spring, we are privileged to have a tennis coach registered with Tennis Island visit our school for a 6 week training programme. We really enjoyed the tennis lessons during active schools week and look forward to building on this in the spring.

Yoga with past pupil

Teacher trainee and past pupil Róisín O'Sullivan has been teaching children yoga since the beginning of September 2019. The children are really enjoying it and we are very lucky to have so many past pupils to regularly visit us and help us.



Involving the whole School Community

Our Active School Walkway is a fantastic facility to cater for whole school community activity walks and initiatives. To launch our Active School Walkway in June 2019; all Scoil Angela staff, pupils, parents and family members completed the Daily Mile together on a beautiful summer's morning before School.





Teachers Running Club

Some of our teachers here in Scoil Angela set up their own after schools 'mini' running/walking club. They meet twice a week and complete laps of the Active School Walkway. All teachers and staff are welcome to join at any time.

Celebrating our pupils' achievements

Pupils are encouraged to bring in photos, medals or certificates from clubs, hobbies and activities that they are involved in outside of school. See our Active Schools Board for pictures.

Be more, Do more

Gallery



















Fit & Fun

