

## **November**

Wow November was an exciting month here in St John the Baptist. We were very active and experienced physical activity in many different ways.

### **Rugby Blitz**

We had great fun at the rugby blitz. Rugby is very popular here in Cashel and we are fortunate that the pitch is located so close to our school. Here is a picture of our victorious champions with their shimmering shield.



### **ASF Committee Meeting**

We are fortunate that we have a very hard working committee who voluntarily forego their own lunch time to attend our meetings. Each member is passionate about obtaining the Active School Flag and outlined the progression steps that need to be followed. It was decided at this meeting that to review the Slí na Sláinte around the school, to clear out the PE equipment room and to clearly display the Active School Posters around the school where they would be visible to all.

### **Active School Communication**

It is vital that each pupil and member of staff is up to date with our plans. We sent a note to each teacher informing them about our idea for each class to participate in an ACTIVE BREAK EVERY DAY challenge. We also gave each class a chart on which they could track their progress. This chart was displayed outside each classroom to ensure that the Active School Committee could monitor the Active Breaks. We also gave each teacher examples of active breaks such as Go Noodle, 10@10, Cosmic Yoga and Just Dance for Kids. It was very successful, some pupils took their active breaks outside and got some fresh air too!









## Gaelic Football

On 7<sup>th</sup> November our U11 footballers faced arctic conditions in Leahy Park. They were tough and did not let chilling winds put a stall to an amazing display of football.



Team Talk





Reach for that ball

On 8<sup>th</sup> November our U13 footballers played Tipperary CBS. This was a tough battle that ended in a draw. Unfortunately the replay did not fare out well for our boys. Well done on a fantastic performance.



### **Teacher CPD**

It is really important that our staff and teachers are up to date with all things active. Mr Coskeran attended a PDST workshop for Move Well, Move Often on 19<sup>th</sup> November. This workshop focussed on developing physical literacy through the lens of fundamental movement skills. Mr Coskeran then used a Croke Park hour to inform the rest of the staff about what he had learned.

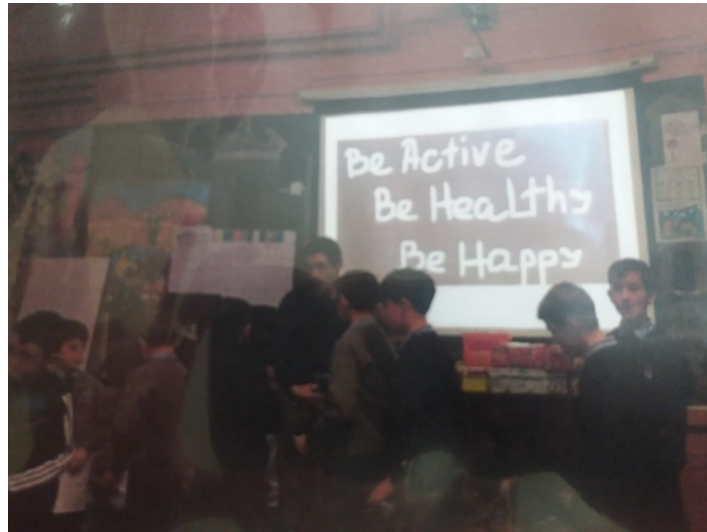
### **Self-Evaluation**

Staff members completed ASF Self-Evaluation forms to assist in guiding us where to move forward in relation to physical education in our school and how to be the best that we can be!

### **Assembly Presentation**

What an amazing way to end this active month. The Active School Committee made a presentation at assembly. YES... in front of ALL of those pupils! What an achievement. Each member spoke

passionately and informatively about their roles and their vision. It ignited active fires amongst both staff and pupils and we are so excited for what is to come in store next month.



Well done everybody! It sure has been a Nourishing November!