

## December

Well if you thought that we were going to kick up our heels and take a well-earned Christmas rest you were wrong!

Mrs Slattery attended CPD in relation to the Smart Moves Motor Co-ordination programme. This is a fantastic programme with an abundance of activities that is sure to get anybody up and active. Mrs Slattery used Croke Park time to tell all of the staff members about it. We can't wait to start it. Mrs Slattery has been using the Smart Moves programme with boys in Senior Infants. The boys told us that this was their favourite part of the day! Well done Mrs Slattery.



There is an enthusiastic member of Senior Infants who cannot wait for the school to get awarded the active flag so he went and made his own flags for all of the committee members. Well done Mícheál Ryan!



### Active Line Breaks

It is December. It is cold. We do not like standing still in our lines turning into snow students! We know the solution. Active Line Breaks! Hurray! These Active Line Breaks keep our heart rates up and heat us up at the same time. The fourth class leaders did a superb job. They kept us on our toes, everyone was engaged and on task. Who knew lining up was so much fun?





### Active Committee Members Practise

Well if you want to be taken seriously as an Active School Committee you need to be able to walk the walk, not only talk the talk! The Active School Committee have been practising for the big assembly reveal at the end of the month. Can you guess what it might be?



## Active Breaks

There were a lot of classes taking Active Breaks throughout December. We saw some Yoga, some dancing and some Go- Noodling! Well done everybody. Keep it up!



## Active Assemblies for Dancing December

We love our Friday Assemblies. This was the chance for our Active School Committee to show us their moves and to see if all the hard work and closed curtain rehearsals had paid off. They had! We didn't just have one Active Assembly we had several. We hopped, we jumped, we turned, we spun, we tapped, we shook and we kept to the beat. We danced along enthusiastically to the Cha Cha Slide and of course a crowd favourite... Baby Shark! Well done to the committee members for showing us the moves and getting everyone involved. Remember to stay active over the Christmas Break! See you all next year!



