

# HEALTH WEEK

## 11th- 15th November 2013

### Monday 11<sup>th</sup> November:

- Launch of Stepometer Challenge with 2<sup>nd</sup> Year students
- Staff and Student Council wear T-shirts with fitness slogans
- Health Challenges for junior classes- Class Sorcha Period 2 in Library
- Zumba/ Bootcamp sessions for 6<sup>th</sup> Year students Periods 2 and 3 Area A
- Free samples of Power Smoothies from the Canteen in the Cafeteria at lunchtime (1:15)
- Speaker on Mental Health Matters for all 2<sup>nd</sup> Year students Periods 7 and 8 in Library

### Tuesday 12<sup>th</sup> November:

- Free samples of Risotto from the Canteen in the Cafeteria at lunchtime (1:20pm)
- Health Challenges for junior classes- Cormac Period 6 in Library
- Health Challenges for junior classes- Cliona Period 10 in Library

### Wednesday 13<sup>th</sup> November:

- Sportswear/ Tracksuit day for all CCS students
- Staff exercise sessions 12:15- 1:15 Choice of Zumba, Circuits, Yoga, Seminar

### Thursday 14<sup>th</sup> November:

- Sports Day for all Transition Year students in the Sports Complex 9:00 - 12:00 pm
- Health Challenges for junior classes- Deirdre Period 3 in Library
- Free samples of Pasta Bake from the Canteen in the Cafeteria at lunchtime
- Health Challenges for junior classes- Saoirse Period 7 in Library

### Friday 15<sup>th</sup> November:

- 'Walk in my Shoes' Event for all students. All funds raised in aid of St Patricks Hospital, Dublin
- Health Challenges for junior classes- Deaglan Period 4 in Library
- Speaker on Mental Health Matters for 6<sup>th</sup> Year students and LCA2 starting Period 4 for 1 hour in Area A
- Speaker on Mental Health Matters for 5<sup>th</sup> Year students and LCA1 starting at 12:15 for 1 hour in Area A
- Presentation of prizes to winning entrants of 1<sup>st</sup> Yr Poster Competition Area C at 1:50 pm
- Staff v's Student Team Challenges outside on rugby pitch (weather permitting) or D Area at 1:30pm

**Fitness Briefing, Fitness Tests & Advice in all PE classes during Health Week**  
**Any queries to D O'Keeffe or J Godsell**

