

Wellbeing Day 2023 Friday 28th April

Colours Day in aid of Meningitis Research

Please pay 2 euro

Students involved in outdoor events.

Please go to your classroom as normal and your teacher will bring you outside.

TY Wellbeing Mentors will run all outdoor events.

	Class Activity	Outdoor Event	Extra Activity	
900	Class as normal for TY & fifth yr. First & Third yrs viewing 'The Oratory' movie in church. (Must Be Prepaid on app)	Second year mindful walk Variara v Vecchi Soccer Tournament (AOC)	9am Br. Jerin/Aswin - Caufield	
940	Class as normal for 2nd & TY First & Third year viewing 'The Oratory' in church	Fifth year tug of war/ obstacle course Ms.Meehan v Ms Hogans Religion Class Sixth yr Soccer tournament Vecchi v variara (SB) 10am Vecchi v Variara Treats in An Cruinniu Vecchi and Variara will receive their third year letters it 6th yr Music in An Cruinniu during treats	Ice cream for all during the day. Classes called as necessary 9.40- Br. Jerin/Aswin - Grey	
1020	Class as normal for Second yr & TY First & Third Year viewing 'The Oratory' in church	Vigano v Versiglia Soccer Tournament Fifth year Soccer tournament Ms Meehans RE class v Ms. Hogan's RE class.	10.20- Br. Jerin/Aswin - Hallinan	
1100	Meditation session	Versiglia v Vigano- Treats at 1120 Vigano v Versiglia	11.00- Br. Jerin/Aswin - Sutherland	

		vigano and versiglia will receive their third year letters 6th yr music in An Cruinniu during treats First year tug of war/Obstacle course		
1155	Documentary mental health			
1235	Exercise demonstration - PE DEPT	All students		
Lunch	Tug of war	Teachers v Students		
200	Mindful puzzle/mindful art The best of 2023	3rd year mindful walk Teachers discretion re route TY tug of war/obstacle course		
240	Quiz for all3	Sixth year and An Cruinniu TY Treats - An Cruinniu		
310	Sixth year photo	Steps of church sixth yr group photo		