

Wellbeing Day 2022 Friday April 29th

Colours Day in aid of Meningitis Ireland .

Time	Activity	Outside Activity		Organisers	
9.00	Class As normal for everyone except second years. please use the last 15 to allow students to fill in the Wellbeing Survey. it has been emailed to all students and is attached here in the google classroom as an assignment.	Second year Obstacle Course/Balls Activity Front Quad	Ita v Patrick Kevin v Brid Francis v Winners above	TY Mentors will run the outside event Teachers needed to supervise	
9.40	Meditation	Obstacle Course First yrs	Caufield v Hallinan Sutherland v Grey	TY Mentors will run this activity. Teachers needed to supervise	
1020	Thinking outside the box puzzles and answers	3rd Year Obstacle Course	Reason v Belonging Celebration v Joy	TY mentors will run this event. Teachers needed to supervise	
11.00	First & Second Years- Headspace Documentary- A Guide To Sleep Third -Sixth year Jesy Nelson Clip The Dangers of Social Media and online Trolling	5th year soccer tournament	Variara v Vecchi Vigano v Versiglia Winner v winner 8 mins a match	Further details from Mr. A O Connor. TY mentors will help with this event	
11.55	Documentary Session Continued	6th yr Soccer Tournament	Ricaldone v Ricceri Rinaldi v Rua Rita v Rifugio 8 mins a match points will determine the winner	Further details from Mr. A O Connor. TY mentors will help with this event	

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12.35	The Good Work of The School- LGBT,SVP,The Best of 2022, TY Musical promotion clip Google classroom				
1.30	Teachers v 6th Years TUG OF WAR BACK PITCH				
2.00	Mindful Colouring Colours needed for this event				
2.40	Kahoot Quiz	TY Soccer Tournament .		Further Details from Mr. Airey.	

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		Treats and group photo for 6th yrs An Crunniu		<p>TY Mentors will help with this event</p>	