

**CLOONAKILLA
ACTIVE SCHOOL FLAG
JOURNEY**



CLOONAKILLA NS,
ATHLONE, CO. ROSCOMMON

Hello,
This is the active schools Committee,

We are encouraging you to do active breaks for a while month. If possible could you do 3 active breaks per day. We also be doing 'run to hapland'. I think 3.83km so hapland so we are asking if every child could run 1km around the school, about running to hapland. We will also be hanging up posters beside your door, so you can keep track of how far you have run.

Thank you,
The Active Schools Committee.

To Active ^{School} ~~Club~~ committee
Dear Active School committee my name is Adam Duignan, I would like to be part of the Active School committee because I love running and Soccer. Whenever it is warm I try to get outside and go on the swings or run around my garden. I also do loads of sport in school like running around as well. And I play basketball on Tuesday and Thursday. I am good at teamwork, communicating and I think sport is good for old mind.

To Ms. Curran I am Adam Duignan, I am in fifth class

My Application letter for the Active Schools Committee

Dear Ms. Curran,
I would love to be considered for the Active Schools Committee because I love being active and I love sports. My favourite sport is football and basketball. I am part of the tennis club and I am thinking of starting basketball as well. I do the athletics I am very active because I bring my dog for a walk twice or three times a day. I like to have a run around in my estate and I also go for runs with my friend, William or for on the Athlone Springs. I am also very responsible and if I am told to do something I'll do it and I'll do it right. I would be an honour for me to be a part of the Active Schools Committee because I am not a part of any committee in the school and I would like to represent the school and I would love if I was on the Committee. Thank you for reading this letter.

Active Comm.
6th Class,
Ms. Kelly

My name is Orla O'Donohue and I am in 4th class. I LOVE sports! In school PE is my favourite subject. It is so fun to run around, play and just get active! I would be sooooo happy if I got picked for the Active Committee. I do three sports outside school. On a Tuesday I do dancing with In Step Stage School. On Wednesday, Friday and Saturday I have swimming. And on Saturday Morning I have gymnastics from 9:00am - 12:00pm. 3 hours! It is super bring. This year with school I got picked as one out of six girls in fourth class to do Cross Country. I was so excited! It was a great day. Thank you so much to Ms. Curran and Ms. Dowling for coming with us and supporting us during our run. I think being active is so important for your physical and mental health. I would be delighted to represent my class on the Active Committee. It would mean the world to me if I got picked, as sports means a lot -> turn around

HOW IT ALL STARTED-APPLICATIONS TO JOIN THE ASF COMMITTEE!

Kaitum
 Morning 5th class

Dear Ms. Cumiffe,
 I would like to be part of the Active Slog committee because I love exercising and sports. I do Kickboxing on Mondays, Wednesdays and Fridays and I am going to fight in 4 weeks in a kickboxing in Wednesday. I had to do swimming lessons on I used to do Gaelic Class in school. I know that good though but I wanted to get a chance to be a member of the committee. That would be one of my biggest goals. I have come last though in the school but I feel like it is for people to be healthy and happy life.

Dear Ms. Cumiffe,
 I would like to be on the active schools committee because I don't think I am active enough and maybe I will be more active if I get picked. I would really enjoy being more active and doing active things in school. I also think that I should be picked because of the following reason 1. I think that I am a very good team worker also am very organize person I am very friendly.

Zoe K.F 5th class

Dear Ms. Cumiffe,
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thank you
 Zoe
 Keane
 Flanagan
 5th class

My Application letter for the Active Schools Committee

Dear Ms. Cumiffe,
 I would like to be considered for the Active Schools Committee because I love sports and I love sport. I am thinking of starting a club for a walk this year to have a run go for runs with a friend. I am very active and I love sport. I am thinking of starting a club for a walk this year to have a run go for runs with a friend. I am very active and I love sport. I am thinking of starting a club for a walk this year to have a run go for runs with a friend. I am very active and I love sport.

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thank you
 Zoe
 Keane
 Flanagan
 5th class

Dear Ms. Cumiffe,
 I would like to be considered for the active Schools Committee because I am

active in always and I can do very quickly and are exercising in general, very good for your am very good at in front of people I can be on committee!

By Dylan Berry

Active Slog Committee

Dear Ms. Cumiffe I think I should be on the committee because I am very interested in Sport and I want to inspire little children about being active and having some fun. I think every one should start walking, cycling and carpool to school. And that is all fun to do right. I love working with people and helping them to try new exciting things. Knowledge is good at everything. So that means we try loads of new things when I go out side to play I ask people to play a sport. Loads of them come and play I am happy. Sport is good for mental health and I am good at organizing. I love sports.

From Hannah
 5th class Miss. Honey.

First of all I would like to point out that I am not the best person in the world. I suppose I need to become a better person. I think I could be on the committee. I think exercise is very important, but I don't do enough and I don't think others do either. I want to help my self, and others to get fitter. I think I am a good leader. I'm competitive and I'm not a give up type of person.

So if my letter was good enough, please place me on your committee.

Yours Sincerely,
 Thomas Griffiths

THERE WAS AN ENORMOUS AMOUNT OF INTEREST!! FINALLY A COMMITTEE WAS FORMED...



ASF COMMITTEE SEPTEMBER 2018

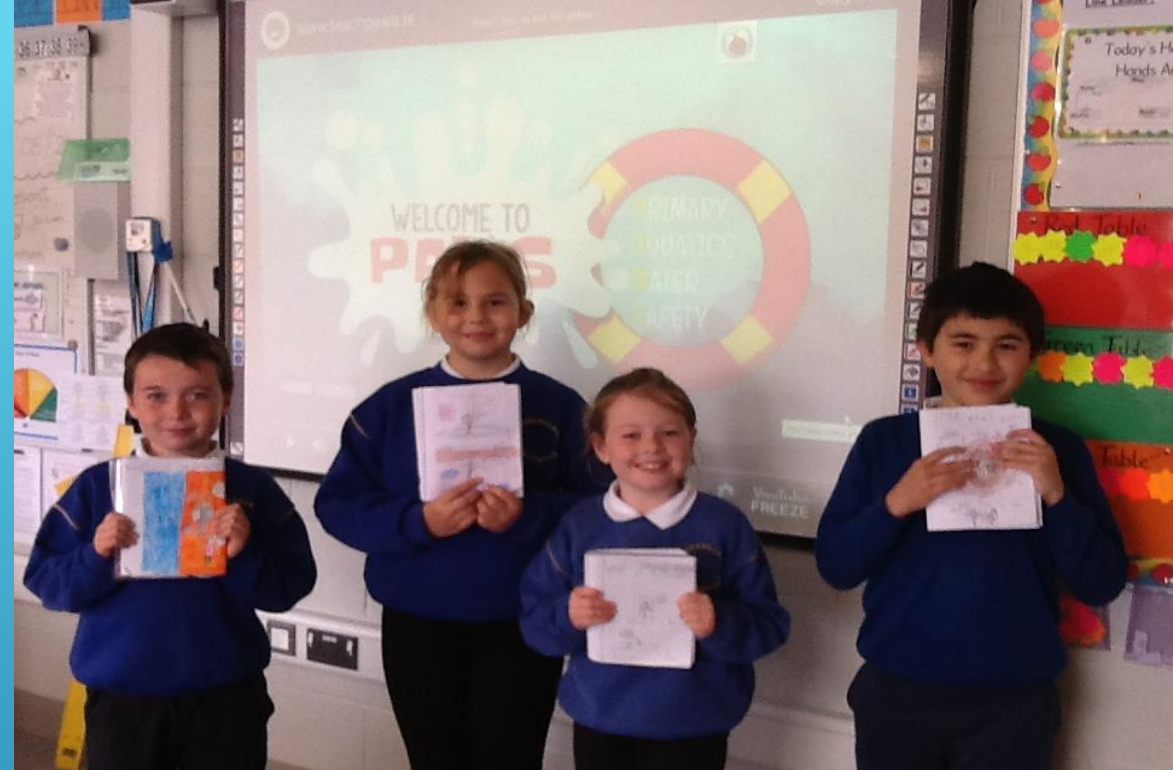


OUR ACTIVE SCHOOLS FLAG SLOGAN

PHYSICAL EDUCATION

2nd & 4th Classes – Land PAWS Programme







DEVELOPING OUR GYMNASTICS STRAND USING PSSI PLANS



TRYING OUT ALL OF OUR NEW
GYMNASTICS EQUIPMENT!









DEVELOPING DANCE STRAND IN OUR
SCHOOL WITH PSSI PLANS.

Every Step Counts Lockdown Campaign Feb 21
Walking FMS

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

Walkway Initiative

Hello everybody.

This is Rachel and Christina from our Active Schools Committee.

We hope you are all settled back to school and enjoying 2020.

Like we mentioned in last week's notice we'd like you to have your best year yet!

You can help yourself to feel better by being more active and just trying your best whether it's at Maths, Geography or P.E.

Yes, it's very easy to get lazy during the dark winter months but start moving and see how good it makes you feel.

So we're encouraging you all to get more use out of our Active Schools Walkway.

Ok, so here's what we are going to do.

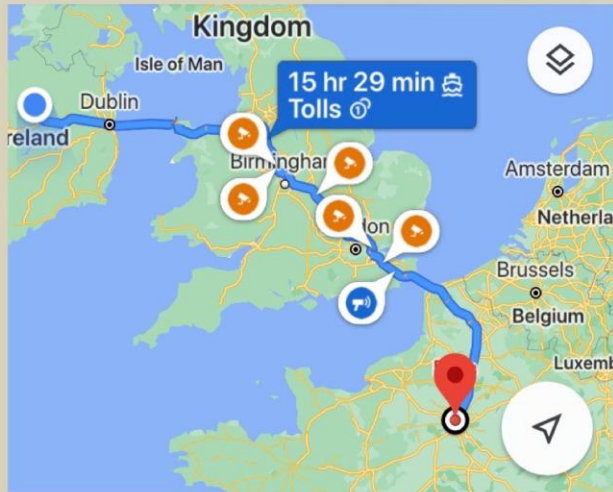
Starting today at little break, each time you complete a full lap of our walkway at breaktime you will receive a marble from one of our Active School flag committee.

They will stand at the exit door for 5th and 6th to monitor your walking.

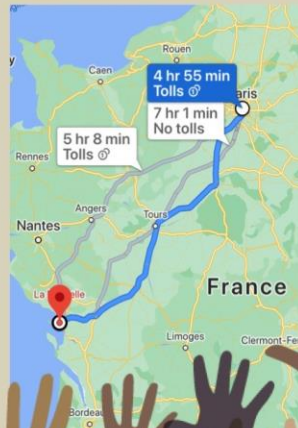
You then bring your marbles to your classroom at the end of each break to put in your class jar.

Promoting the use of our active walkway at breaktimes.

Week 1

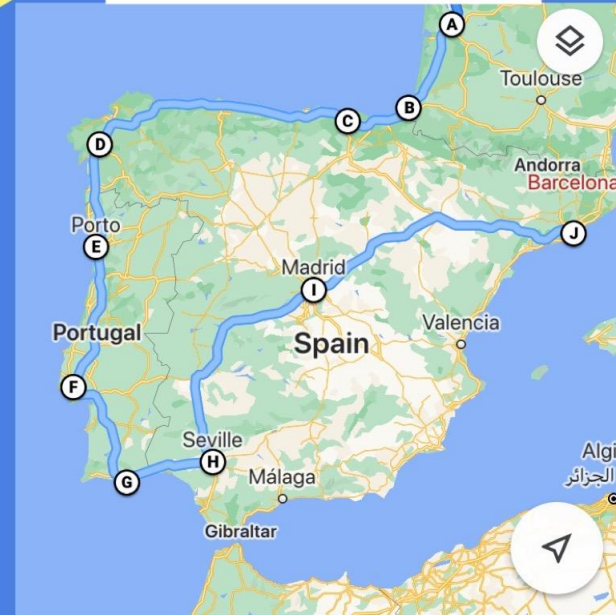


**WELL DONE CLOONAKILLA !
1580KM WALKED ! YOU'LL
BE CELEBRATING VALENTINES
IN LA ROCHELLE, FRANCE.**



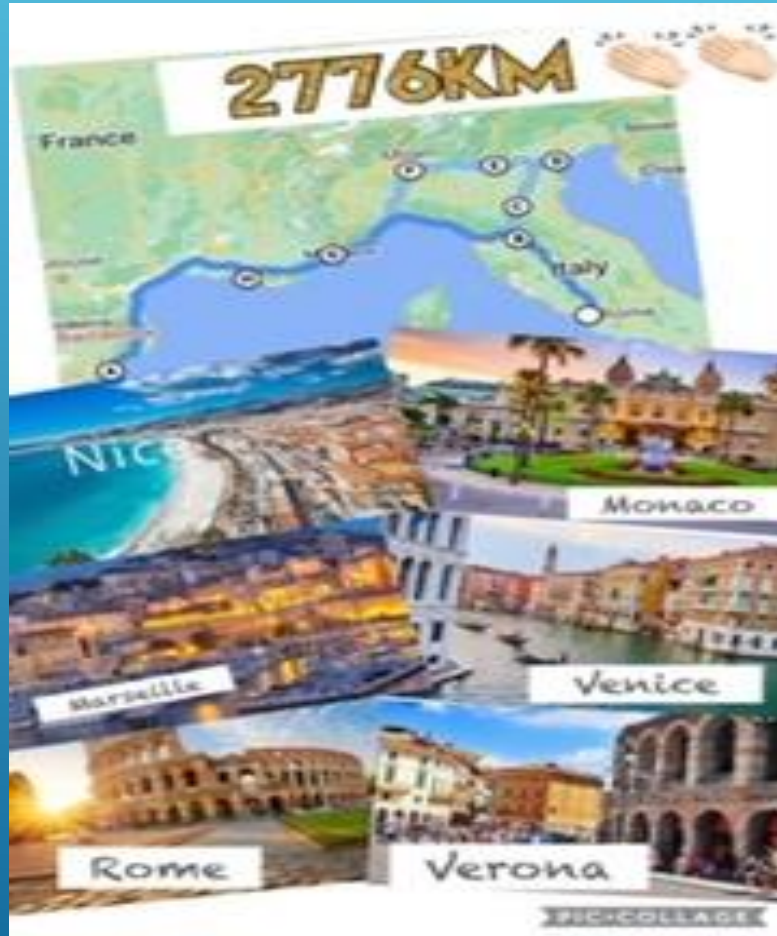
Cloonakilla Week 2

3295km

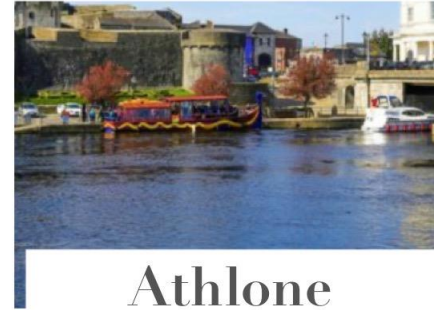


**Every Step
Counts !**

Week 3



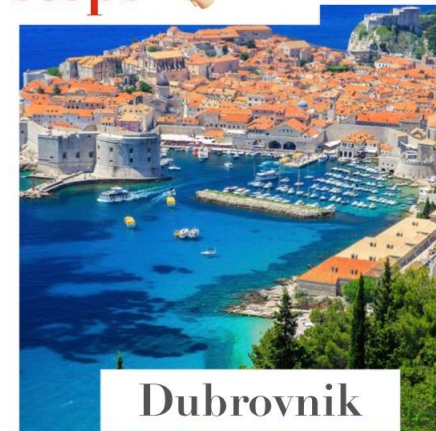
Cloonakilla NS Every Step Counts February 2021



Athlone

HOW IT STARTED

14.5million
steps 🙌



Dubrovnik

HOW IT WENT !

10516km 🙌
PIC-COLLAGE

Places we visited on our virtual trip!



Running –FMS

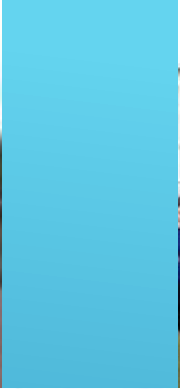




Cross Country Running







Running, Running, Running..





Our Running Initiative to Lapland

2020





**Sixth class leading us by example
with their running**



Developing Skipping Skills











FUNDAMENTAL MOVEMENT SKILLS- SKIPPING WITH SKIP N ROPE



FMS-THROWING-BASKETBALL- A NEW GAME IN OUR SCHOOL SINCE WE GOT OUR COURTS IN 2017. WE HAVE BEEN SUCCESSFUL IN LOCAL COMPETITIONS IN RECENT YEARS.



PHYSICAL ACTIVITY



Active Style School Tours



European Sports Day 5th Class





LOCKDOWN SPORTS DAY 2020



Sports Day 2020

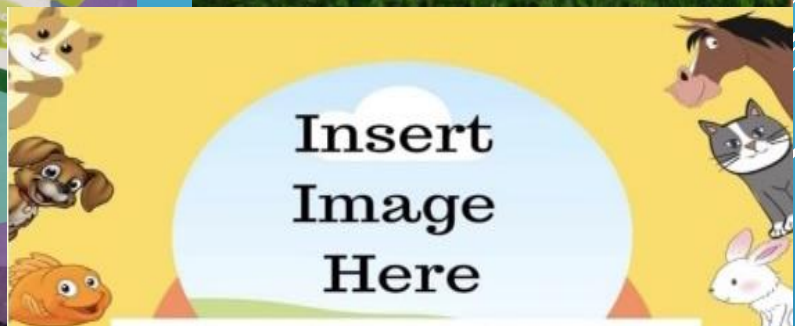


Egg and spoon race





Take Your pet for a walk February 21



Insert Image Here

SEND US PICTURES OF YOUR PETS WHILE THEY ARE OUT EXERCISING WITH YOU

As we are all aware owning a pet has many benefits for our mental health and wellbeing. They have been more important than ever during this lockdown.

We want you to send us a picture of your wonderful pets helping you stay active and healthy during lockdown.



Freddy is too old for walking he is in his 80's





Field trips in our local area.





Nature Walks



Farewell to our active 6th class.



You
become
what
you
believe



PIC-COLLAG







Whole School Wellbeing Initiative during Remote Learning

Tuesday February 16th @1.30pm

Make pancakes with your family for Pancake Tuesday. Post pictures to Seesaw of your efforts.

Wednesday February 24th @1.30pm

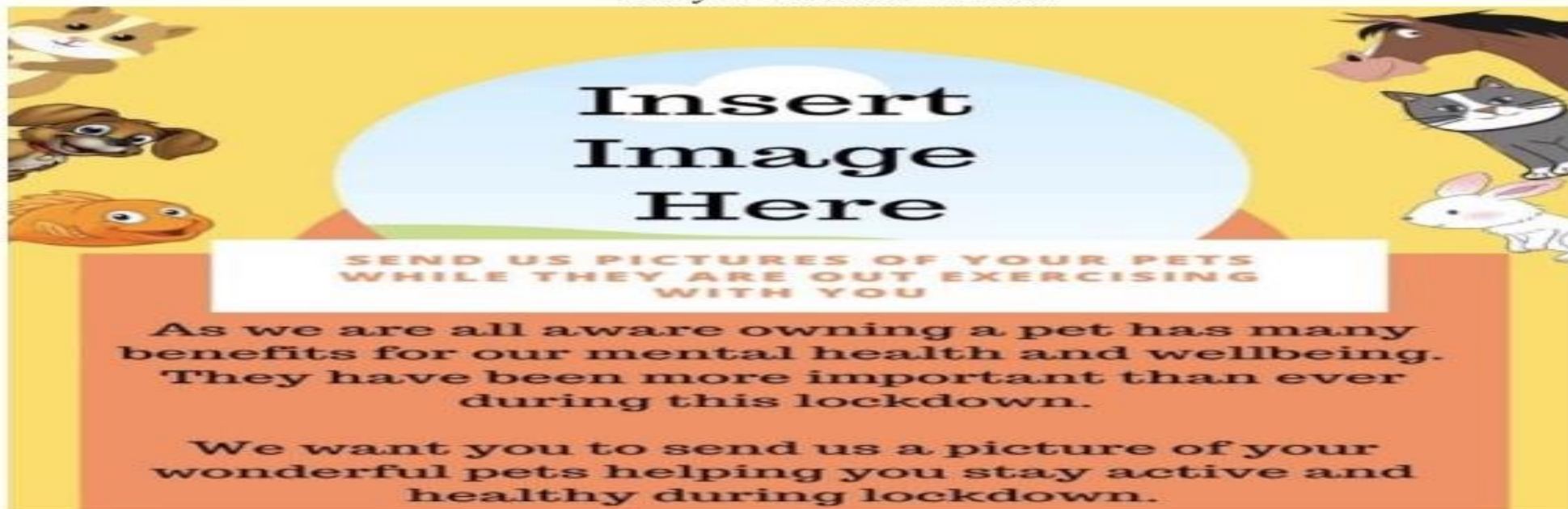
Take your pet (if you have one) for a walk within your 5km radius. Send us a picture using the template provided! Each teacher will choose their favourite picture to win a HW pass.

Thursday March 4th @1.30pm

Watch your favourite family movie this afternoon. On Friday, respond to movie with a writing or drawing activity.

Friday March 12th @1.30pm

A Cloonakilla Bake Off! It's Mother's Day this weekend, see what creations you can come up with to mark this special occasion. Try to get an adult other than Mum to help you. Post pictures and we'll get onto Mary Berry to choose a winner!



Insert Image Here

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Wellbeing Wednesday 🍌

Well done Mrs. Cronolly

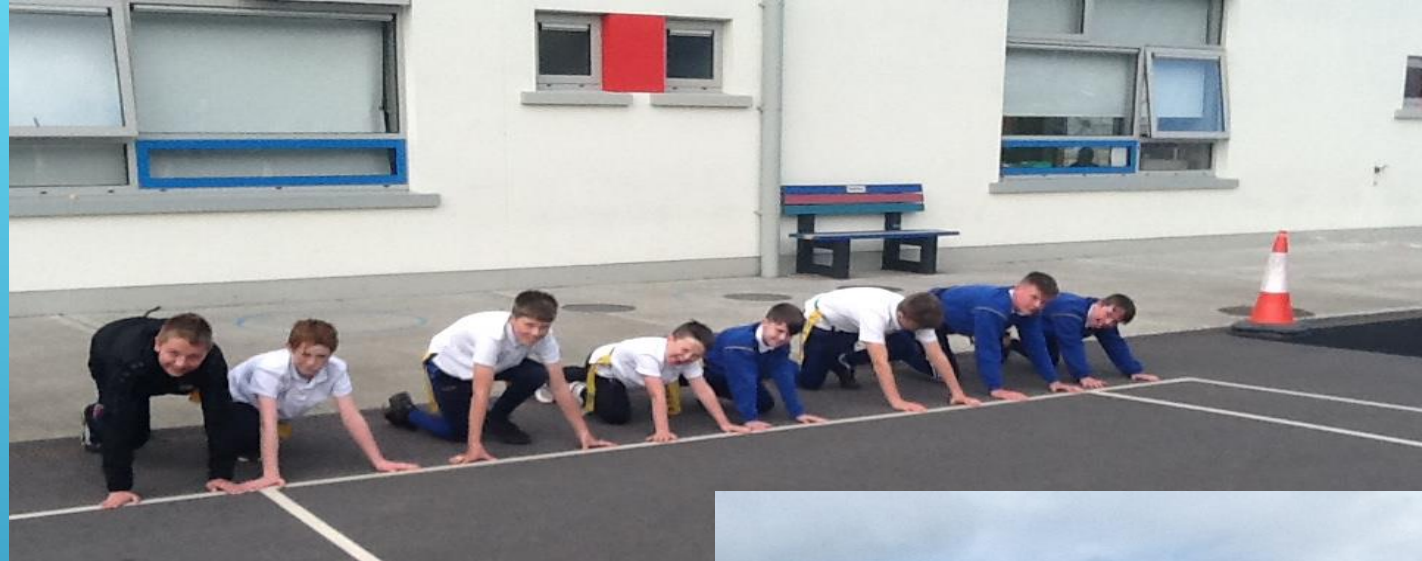
PARTNERSHIP



Primary Schools Survey - January 2020 - What club are you in? Class: _____

No Fionna 27	Scouts 20	Dean Crowe Drama 31
Ballet 25	Attitude 14	Conway Irish Dancing 22
Buccaneers 12	Clann na nGael 89	Athlone Golf Club 4
Taekwondo 19	Basketball Bower 22	Bealnaculla girls soccer 25
Athlone Gymnastics 32	St. Joseph's boys soccer club 88	Westmeath Cubs 2
Athlone Regional swimming club 100	Athlone Fusion kickboxing 19	St. Francis boys soccer 8
Garrycoatie GAA 3	Skyvalley Rovers 3	Athlone Athletics AET 46
Foreign Club 2	Tennis Club 3	
Karate 19	BJJ-kickboxing with martial arts 7	Other 68





Tag Rugby with Athlone Buccaneers





**CYCLING LESSONS WITH ROSCOMMON
SPORTS PARTNERSHIP**

Tug of war

I really enjoyed tug of war. You have to line up from smallest to tallest. When you pick up the rope you have to lean back really far. The professional rope is about 33 meters long. There is a red mark on the rope on each side and when its over the red line you win. It was best of three. It does not matter about size. Anybody can play. Its mostly about teamwork. When you pull you have to lean back and slowly lift your feet back. And you have to keep you're balance.

Tug Of War

On Monday the 24th of February we got Tug of War lessons by a lady from the Irish Tug of War association. I learned so much that I didn't know about tug of war. You have to use your arms to pull and your legs for balance. We were told to lean back to help pull stronger. I was on a team with Shay, Aleksandra, Aoife and Kyle. There was to be an equal amount of people pulling on each side of the rope. The lady showed us the shoes for indoor Tug of War and Outdoor Tug of War. There was a strong grip on the indoor shoe. It was used for grip, balance and so you don't slip. I really enjoyed doing it and would love to do it again!

Eimear Foley

**TUG OF WAR LESSONS WITH CATHY-
IRISH TUG OF WAR TEAM**



**GAELIC COACHING WITH OLLIE FROM
LOCAL CLUB CLANN NA NGAEL.**

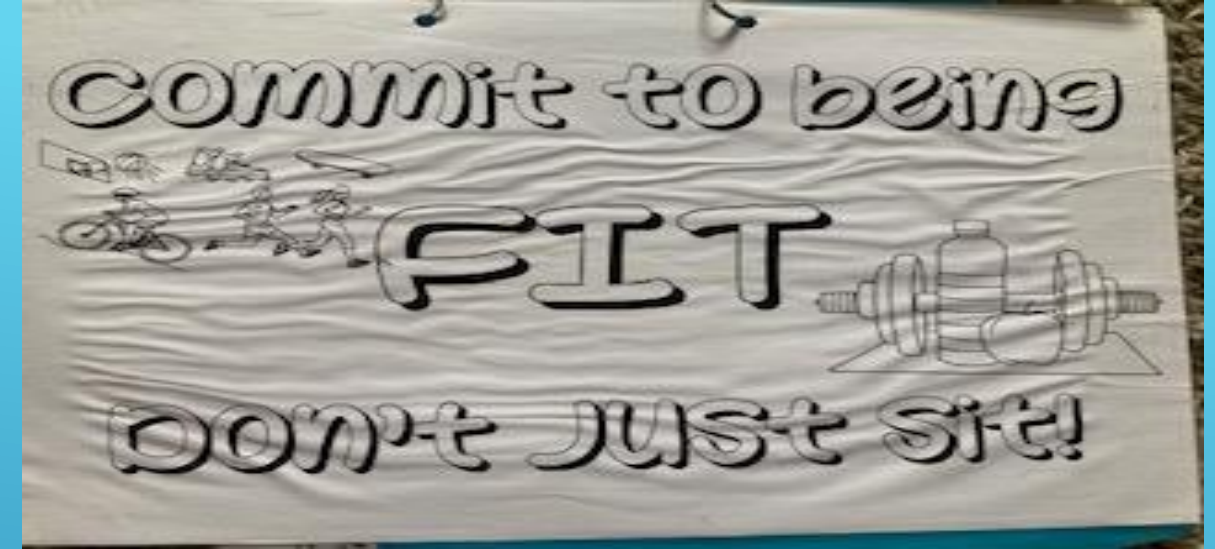


**Celebrating all sporting successes
-soccer, community games & Irish dancing.**









Our Slogan

Designing our Junior Entrepreneur Project around the theme of movement.





Our Sensory Trail





Cross Country 2019

3rd Class Boys John Duggan Fionn Lawless Ross Mc Gowan Zachariah Shine Donnacha Cian Foley	3rd Class Girls Abbie Duggan Zara Keegan Ruby Kelly Saoirse Dunne Isla Walsh Isabelle Byrne
4th Class Boys David Akshomen Conall Lambie Daniel Keogh Thomas Jordan Ethan Sammon Keelan Foley	4th Class Girls Abigail Cooney Emma Byrne Grace Meares Isabelle O'Toole Caitlin Moran Elaine Holman
5th Class Boys Shay Mc Guinness Darragh Flynn Riain Butler Murlio Henrique Adam Rafferty Dean Harkin	5th Class Girls Marianne Molloy Mandias Ni Chluaid Siobhan Ni Chluaid Sophie Byrne Sophie Reynolds Orla O'Donohue
6th Class Boys Brian Finneran Shane Doran Konan O'Hara Fionn O'Brien Szymon Skoczen Cian O'Sullivan	6th Class Girls Leah Kilmartin Hannah Murphy Emma Murphy Rebecca Mitchell Muireann Lambie Emily Mullaly

Gaelic Coaching for November (1st-3rd)

(4 weeks)

9.30-10.00	Ms Fallon
10.00-10.30	Mr. Connolly
10.30-11.00	Mr. Hogan
11.00-11.30	Ms. Finnegan
11.30-12.00	Ms. Dowling
12.00-12.30	Ms. Donnelly

Gaelic Coaching for December

(3 weeks)

9.30-10.00	- Ms. Sexton
10.00-10.30	- Ms. Martin
10.30-11.00	- Ms. Gately
11.00-11.30	- Ms. Shine
11.30-12.00	- Ms. O'Keefe
12.00-12.30	- Ms. Campbell

Tag Rugby - commencing Fri Nov 6th

Week 1

9.30	- Ms. Kiely
9.55	- Ms. Connaughton
10.20	- Ms. Harney

Week 2

9.30	- Ms. Kiely
9.55	- Ms. Connaughton
10.20	- Ms. Cunniffe

Week 3

9.30	- Ms. Kiely
9.55	- Ms. Connaughton
10.20	- Ms. Harney

Timetable for Skip N Rope
Monday 7th Dec / Tuesday 8th Dec

9.20 - 9.50	Junior Infants 1 / 3rd class 1
9.50 - 10.10	Junior Infants 2 / 3rd class 2
10.10 - 10.40	Senior Infants 1 / 4th class 1
11.10 - 11.40	Senior Infants 2 / 4th class 2
11.40 - 12.10	1st class 1 / 5th class 1
13.15 - 13.45	1st class 2 / 5th class 2
13.45 - 14.15	2nd class 1 / 6th class 1
14.15 - 14.45	2nd class 2 / 6th class 2

Our ASF board to display all of our up to date news regarding sport, achievements & timetables etc.

**ACTIVE
SCHOOL
WEEK**



CLOONAKILLA ACTIVE WEEK



ACTIVE SCHOOL WEEK

TIMELINE

News Challenge

1. Read the news article.
2. Write a short story about the news.
3. Read your story to the class.

Hoops

1. Practice your hoop skills.
2. Try to do a new trick.

Penalty Shootout

1. Practice your penalty kicks.
2. Try to score a goal.

Yoga

1. Practice your yoga poses.
2. Try to hold a pose for 30 seconds.

Skipton

1. Practice your skipton skills.
2. Try to do a new trick.

Running

1. Practice your running skills.
2. Try to run faster.

Friday: Mon/Tues/Fri

1. Practice your skills on Friday.
2. Try to be the best.

ADD Slogan

1. Write a slogan for your school.
2. Read it to the class.



Emmet from local St. Joseph's Boys Soccer gave us a taster session of soccer during ASW.



Gaelic session with Johnny Dunning.

Dance Lesson with Conway School of Dancing





Edie is missing from this photo.



Skipaton Finals

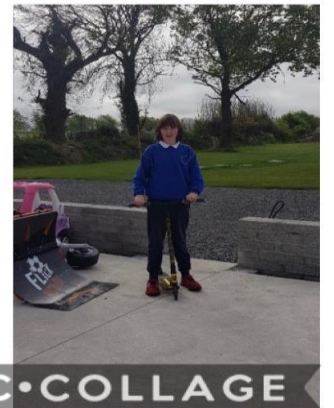
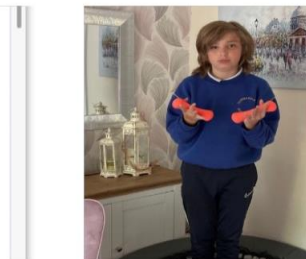
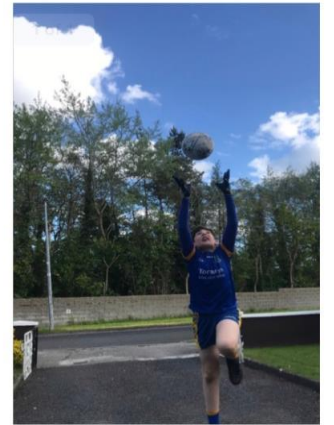


Penalty Shootout



Basketball techniques with Mark Hollmann

Active Homework 2021



PIC-COLLAGE



Pupils emailed in all of their photos of active homework for our ASF noticeboard.



Hula Hooping

Sunny Sports Days



What a journey it has been!
Be very proud of your efforts
to be more active more often!
Keep it up!

Our ASF Committee