

Tarbert Comp Health Promotion Week 2018 – Happy to BE ME in a Healthy Mind and Body!!!

	Move it Monday -Start Your Steps-	Target Tuesday -Keep Counting-	Wake up to Ireland Wednesday -Encourage pride and inclusivity in our community-	Thoughtful Thursday -Make someone smile!!!-	Funky Food and Fruit Feast Friday -Feel Good from the Inside Out-
Listen Out:	<i>Announcement of the Day</i>	<i>Announcement of the Day</i>	<i>Announcement of the Day</i>	<i>Announcement of the Day</i>	<i>Announcement of the Day</i>
Get involved	<ul style="list-style-type: none"> • Table tennis League – 840, 11.15 and Lunchtime • Ted Talks • Do the loop – use the school walkways and count your steps • Get Arty and make a poster for Health week 	<ul style="list-style-type: none"> • Table tennis League – 840, 11.15 and Lunchtime • Make it a million – keep stepping and add your steps • Check out the Poster Displays on the notice board • Safe food displays 	<ul style="list-style-type: none"> • Table tennis League – 840, 11.15 and Lunchtime • Flag raising ceremony to celebrate 170years of the Flag (11.30-12) • 1.45 Presentation to staff on positive thinking (Library) 	<ul style="list-style-type: none"> • Table tennis League – 840, 11.15 and Lunchtime • TED talks • Share a smile • Think Positively presentations: LC1 9.20-11 LC2 11.15-12.50 TY 2.00-3.40 (Library) 	<ul style="list-style-type: none"> • Table tennis League – 840, 11.15 and Lunchtime • Casual Friday • Funky foods lunchbox competition • Fruit tasting and displays by TYs (12.45 -1.45) • ‘Beat the Blues’ presentation by Aware (LC1 – 9-10.20 A7) • All day Zumba!
#Little Things	<i>#Problems are smaller when you share them</i>	<i>#The More you Move the Better your Mood</i>	<i>#Do Things With Others – There’s Strength in Numbers</i>	<i>#If a Friend Seems Distant, Catch Up with Them</i>	<i>#8 Hours Sleep Make the Other 16 Easier</i>
Lunchtime Activities	Senior Boys VS THE MEN! Venue: The Gym Inter-class Tug of War Round 1 Table Tennis	Senior Girls VS THE LADIES (unbeaten champions!) Venue: The Gym Inter-class Tug of War Round 2 Table Tennis	Inter-class Tug of War Round 3 Table Tennis	Activity Circuit Venue: The Gym Inter-class Tug of War Round 4 Table Tennis <div style="background-color: red; color: white; padding: 2px; text-align: center;"> <i>St. John’s 7.30 – ‘The Comp in Concert’ for ‘Hope Guatemala’</i> </div>	Tally of steps taken during the week Inter-class Tug of War Final Table Tennis
	Mind our Manners – Say Please and Thank You	Random Act of Kindness = Lending an Ear is Lending a Hand	Step-Up	Chat not Snap Put down the technology and have some real ‘facetime’!	Beat the Blues Boost your mood with healthy food!