



Healthy Lifestyle Week 2019

Monday, 17 June 2019 – Friday, 21 June 2019

Circuit Training

P1 9.05-9.35	P2 9.35-10.05	P3 10.05- 10.35	P4 10.45-11.15
P5 11.15-11.45	P6 1.15-1.45	P7 1.45-2.15	

Tuesday 18th June

Sports Day (Carryduff GAC pitches)

P1/2 9.30- 10.30	P3/4 9.30- 11.00	P5-7 9.30- 12.00
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Wednesday 19th June

Health Promotion Workshops facilitated by Cancer Focus Northern Ireland

9.30 – 10:00	P1 - Genevieve and the Farmyard Olympics
10:00 – 10.30	P2 – Genevieve and the Farmyard Olympics
10.45 – 11:15	P3 – Fit Factor
11.15 – 11.45	P4 – Food Detectives
11.45 – 12.15	P5 – Sun Scientists
1.15– 1.45	P6 – Smoke-busters (programme A)
1.45– 2.15	P7 – Smoke-busters (programme B)

Thursday 20th June

Healthy Eating Workshops (Each child will receive a healthy snack.)

P1/2 9.05-9.35	P3/4 9.35-10.05	P5/6 10.05-10.35	P7 11.00-11.30
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Friday 21st June

Rugby/ Soccer

P1 9.05-9.35	P2 9.35-10.05	P3 10.05- 10.35	P4 10.45-11.15
P5 11.15-11.45	P6 1.15-1.45	P7 1.45-2.15	



Dear Parent/ Guardian,

Monday 17th June is the beginning of Healthy Lifestyle Week and as usual it is an action-packed week with lots of physical activities for the children. During this week we like to collapse the curriculum and take a detour from the regular teaching and learning. This week provides opportunities to develop important physical skills and foster positive attitudes towards healthy living.

The children will engage in daily physical activities and we ask all parents to send their children into school wearing appropriate clothing and footwear for sports activities, i.e. t-shirt, shorts/ tracksuit bottoms and trainers.

Accompanying this letter is a complete timetable of events that are happening in and out of school. This timetable does not include class activities that will be on-going throughout the week.

Any queries concerning Healthy Lifestyle Week, please speak to Mr Donnelly.

Many thanks,

B. Corrigan

B. Donnelly