

S.N. Seosamh Naofa, Bree, Co. Wexford



About our School Community

SN Seosamh Naofa is located in the village of Bree in Enniscorthy, Co. Wexford. Bree is geographically located in the very centre of Wexford. We have a strong, historic association with being active here in Bree and are well known for hosting the Rackard League athletics finals each year in our excellent GAA grounds. Our local community centre is a fantastic facility which houses many activities weekly including; athletics, exercise classes, GAA coaching, Irish dancing and bowls to name but a few. We have a local soccer and GAA club and a well renowned local Irish dancing club in our parish.

Our school is a 12 teacher school with 218 pupils, which has recently undergone an extension. There is a huge emphasis on being active here in SN Seosamh Naofa and we have great facilities and equipment to promote this. We have a very well stocked PE equipment room which is checked regularly by our active school committee. We have a large tarmacadam playground and we have recently invested in new playground markings, which all of the children are enjoying very much at break times, to play playground games such as hopscotch, giant snakes and ladders etc. The teachers use these for cross-curricular activities such as maths and geography trails with their classes also.

Our FIRST Active School Week Programme

The whole school community has enjoyed participating in the many exciting activities as part of our Active School Flag application. Last year was our first time holding an 'Active School Week' here in Bree. It was hugely successful and enjoyable for all involved.



We invited many guest speakers to chat with our pupils about getting involved in sports activities and keeping active. Ireland's first ever Female Soccer Referee, and past pupil of the school, Michelle O' Neill, came to visit for our 'Football Penalty Shoot-Out'.

Former Republic of Ireland Soccer Star, Paul McGrath, spoke about his experience in sport and the importance of keeping active. The pupils also met local GAA coaches and county camogie and football players who encouraged everyone to join clubs and to become involved in team sports.



During our Active Week, each class was provided with opportunities to try new sports such as archery, boxing and golf. We were delighted to hear that many children decided to pursue these sports outside of school thanks to these experiences.



Every morning during Active Week the whole school gathered in the playground and completed exercises led by the Active School committee. This was a nice way to start our mornings, it included everybody in a non-competitive way, and so great fun was had by all!

Our teachers joined in the Active School spirit by swapping classes for PE, in order to share their skills e.g. 3rd class were taught how to line dance. These children were then able to teach the junior classes all of the steps so they could join in the routine too.



Our school grounds and local GAA pitches, and community hall continue to provide us with ample space to keep fit.



Active School Week - FEEDBACK

After the ASW programme all our Pupils and Parents were sent out a questionnaire. These are some of the comments that we received:

PUPIL Feedback (67% return rate on questionnaires)

- We had the best week and it was great fun. (Junior Infant)
- I loved having no homework when I came home from school! (Senior Infant)
- I would like to be on the committee again because I like being active and I enjoyed this year. (Senior Infant)
- I would like to get more involved and be on the committee. (1st class)
- My favourite part was meeting Paul McGrath! (1st class)
- My favourite part was the guards coming in because we learned road safety. (1st class)
- I would like to be on the committee because I am a good organiser and I love it. (2nd class)

- I loved the whole week because it was full of activity. (2nd class)
- It was so fun I can't wait for next year! (2nd class)
- Maybe we could have an Active School Comment Box! (3rd class)
- I would love to do more dances in the future. (3rd class)
- You could not improve our active school week it was so good. (3rd class)
- I would love to be on the committee because I love getting active and I have lots of ideas for future activities. (4th class)
- Do a vote for which things we do – kids get to vote. (4th class)
- I think it was the best thing the school has done so far! (4th class)
- I thought it was awesome! (5th class)
- We can increase activity by doing GAA 365 – a programme to improve skills. (5th class)
- I would like to be on the committee because I like people coming up with new ideas and we all share them. (5th class)
- I loved the week because it was organised very well. (5th class)
- I would love to be on the committee because you get to be a bigger part of it. (5th class)
- It was a great active week because we got to try different things. (6th class)
- We couldn't improve because it was really good! (6th class)
- Thank you for organising it for us – I really enjoyed it. (6th class)
- Thank you for having active week. Honestly I really want to start doing sport now I have so much more confidence. (6th class)

80 pupils have expressed interest to be on the Active School Committee and outgoing committee members all really enjoyed the opportunities it gave them this year.

PARENTAL Feedback

- I thought the work and planning that went into the week was very good.
- Being active not just for one week is important and would show the kids that it is something the school sees as so important they do it as regular as other activities and not just once a week or once a year.
- Great to offer a chance to try something new – well done to all involved.
- The best part of the week was the timing – as the school is typically commencing a wind down and it tied in with Sport's Day
- I was really pleased that my children enjoyed it so much.
- To his words "best week ever!"
- Delighted my son was part of Active Week and the Active Committee as it's great for team building and confidence
- My child talked about it every evening!
- It was a great hit and success – well done!
- Best part was that his enthusiasm for school improved.
- I think it was a great week as activity is the back bone of success.
- Good honest fun for all and no competition – just fun.
- I think it is a great achievement for the children and the teachers to achieve and receive the Active School Flag!

- It was brilliant.
- I think it was greatly organised by Mrs O’Dowd and Mr Moran and since my child started in Bree 5 years ago I think it was one of the best things done in the school apart from the learning obviously. I think it was a fab way to end the school year and I really hope it will continue every year now.
- The kids had such great fun and came home happy and content every day.
- The best part was the way it was planned out in detail for the parents.
- You couldn’t improve it. It was such a great week.
- The best part was the break from routine.
- It is a super initiative with many improvements and character building advantages for school children – fun, healthy, engaging interest.
- No one day was better than others – all brilliant.
- The best part was that my daughter took part in hurling/football etc. because last year she would not have taken part.
- The best part was the enjoyment my kids had.
- The best part was knowing that my child was so active all week.
- I thought the awareness around healthy eating was super!
- The best part was the effort made to be age appropriate with the activities.
- My kids enjoyed the week because they talked about it constantly!

20 parents willing to be on the ASF committee and many more committed to helping out with activities

‘BREE Active’

The entire ASF process has inspired us to maintain a healthy and active lifestyle. Our teachers continue to share ideas for PE, every week the older pupils guide the younger ones as ‘play leaders’ at break times and sport continues to be an integral part of the children’s lives both inside and outside of school.



If you would like to check out some of the other activities we are involved in here in Bree, you can visit our blog <http://www.breens.ie/> where we have a dedicated Active Flag section. We have all enjoyed the process

of applying for our Active Flag look forward to our celebratory day to mark receiving the flag. We are already planning our next Active School Week for this year. Our motto 'Bree Active' is one that we are definitely adhering to!



BREE Active!!!!