

## Villiers Secondary School, Limerick



### **School Profile**

Villiers School is a co-educational, boarding and day secondary school located on the North Circular Road, Limerick, Ireland. Boarders account for about 25% of the student body. The student body is multi denominational and diverse, including students from Spain, Germany, Russia, Italy, France, Mexico, China, Japan, South Korea, Vietnam, America and many more.

There are currently 610 students, classes are mixed-ability and the school offers the Junior Certificate Programme, Leaving Certificate Programme, Transition Year Programme and Leaving Certificate Vocational Programme.

### **Active School Initiative**

In our school the Active School initiative is a student led and inclusive process, facilitated by its inclusion in the TY timetable.

### **Active Schools – TY Timetabling**

As part of our Transition Year Programme students commit to a year-long project which has an achievable and challenging goal. We created a programme called Special Project whereby the students can dedicate themselves to a substantial project. During TY Induction Week students are offered the choice of four projects: Active Schools, Young Social Innovators, Enterprise and Environment.

All projects are timetabled for a double and single class per week to ensure adequate planning and class contact time. The Active Schools project has been offered to students for the last two years and has been chosen by over 20 students each year.

### **Advantages of Timetabling Active Schools:**

- It shows the commitment that the school management gives to the Active Schools initiative.
- The dedicated timetabled periods allows students the time they need to plan, organise and get things done.

- There is a strong sense of team work as the Active Schools committee is a distinguished group within TY.
- Timetabling in this way makes it is easier to develop interdisciplinary connections with other subjects and teachers.
- The TY coordinator and students have become more invested in the Active School.
- We chart our progress of the projects in hand – having a clear start and finish point. It makes it easy for new TY groups to take over and continue on with the work from the previous year.
- Active Schools doesn't become lost in the business of the school calendar; it is fixed on the timetable.
- The committee are aware of the PE programme. They liaise with the PE department and invest time into reviewing the activities for the following year.



Our motto is to ***Move your Body and Stretch your Mind***. It was translated into many foreign languages and is a source of great discussion and heated debate as to when it will be extended to include the many other languages spoken in the school.



These are some of the initiatives that our Active Schools committee have undertaken over the past 2 years:

- Working with local and regional primary schools to promote Spikeball
- Participation in the Great Limerick Run
- Organized Tag Rugby mixed tournaments in conjunction with Munster Rugby
- Worked with University of Limerick on Adventure Programme
- Cooperated with Limerick Institute of Technology on Sports Management
- Organized Invitation hockey, soccer and basketball tournaments
- Conducted Peer Teaching Orienteering outings in Ballyhoura Forest
- Organized and ran a Primary Schools Sports Day
- Introduced Yoga Sessions for Boarders

- Organized Ceilí and Set Dancing sessions with exchange students from Spain and Germany
- Introduced Rowing and Ultimate Frisbee as new activities in conjunction with University of Limerick
- Invited the Elverys Sport Team to Villiers to conduct work outs for all
- Invited Elaine Shea, in conjunction with Limerick Sports Partnership, to present Nutritional workshops
- Participated in Limerick 5km run with Ray Darcy
- Acted as volunteers for *Darkness into Light* event
- Promoted participation in the *Great Limerick Run*
- Collaborated with Limerick Active Senior Citizens on day visits to Villiers
- Created B- Active-Trails on the school campus
- Introduced and promoted Volleyball

If you are interested in finding out about the other things that we are doing in Villiers to promote active lifestyles click here to view our accreditation [Power Point](#) or visit our [school website](#).

