

Kill o' the Grange National



Active Week 2017

Our Active Week 2017 took place 27th-31st March and we organised plenty of activities to get us all moving. We had an overall competition called *Move-a-thon*, where we added up the amount of time we were active during the week. This was a fundraiser which went towards buying new sports equipment for our school. This was a great way to learn about new clubs and activities the children enjoy outside of school. We also monitored how each child got to school in the mornings. The children and parents made an effort to cycle, walk or scoot and the most active class received extra break time.

Senior children from Kill O' the Grange National School took on the *Swim for a Mile* Relay Challenge and they smashed it! Seven of the children completed the mile and the total distance covered by all the children was 19 Miles. Three members of staff also completed the challenge. All the children and teachers were presented with the Swim for a Mile Certificates.

As part of Active Week, the active committee organised to have local sports clubs visit the school and host workshops for the children. This was a great way to test out some sports we have not tried before. We loved the Zumba, football, cricket and Martial Arts workshops. Even the parents were active and got to try out the Zumba during an evening class!

There wasn't a time in the week where the school wasn't active in some way. Each class had a timetable which was packed with activities such as *Walk a Mile with a Smile*, a school cycle and an active assembly. It was great to see how much fun the children and teachers were having. Our Active Committee were fantastic and helped organise the events. There were smiles all round!

Our School

Kill O' The Grange National School is in a beautiful new building with 215 pupils and 13 teachers. It is a school that considers each child as an individual. We are lucky to have fantastic facilities such as a sports hall, library, computer room and plenty of space to run around outside. Our sports activities consist of hockey, football, tennis, cricket, rugby and swimming.

Our Active Committee consists of three teachers and eight children, who meet regularly to think of ideas and organise events. The children have come up with great ideas such as a sports person of the month award, which is given to a child who has been nominated by their peers for making an effort or for good sportsmanship. Another favourite initiative is our break time monitors, who encourage children to move around in the yard and get involved with games. They also lead stretches and exercises when the children are lined up.



Thoughts from the week:

'It was a great experience and I loved getting exercise in a fun way. I was able to show my friends my Martial Arts skills which they wouldn't normally get to see.' - aged 12

'The week was really fun. I loved the martial arts but my favourite was the football and races, one of the best Active Weeks so far!' - aged 9

'I liked it because we got to play with our friends and be healthy' - aged 6

