



**Corville National School** is a DEIS Band 1 school located in Roscrea in Co. Tipperary. We currently have 320 students enrolled in the school and we have 24 teachers on staff. There are plenty of sporting facilities in school such as a sports hall, PE equipment room, junior infant yard, senior infant yard, two basketball / tennis courts, and a very large playing field.

We are just after achieving our first Active School Flag. The whole process took us 12 months. We wanted to take our time and get things right before looking for an accreditation visit.

### [Our MONTHLY Active Calendar](#)

Each month we placed an emphasis on a different activity and made sure that everyone in the school took part in various tasks throughout the month. Below is our calendar for this school year. This was displayed on a notice board in school and helped to keep everyone focused on the upcoming tasks. We also had a main Active Flag notice board which helped with building excitement.



### Our March Focus - SKIPPING

To promote skipping for the month we created a 'Let's Get Skipping' notice board in the hall with step by step instructions on how to skip. We bulk purchased 100 new skipping ropes for the school, to add to the large number we had already. We divided the skipping ropes into junior and senior boxes depending on rope size. These would be placed in the appropriate yards at lunch time. We created a timetable (in consultation with the rest of the staff) for when each class would Drop Everything and Skip. Daily, for two weeks of the month, each class would go to the hall or yard and skip for 10 minutes. Each teacher was required to learn how to skip too, in order to be able participate with the class. Our Active School Student Committee learned various tricks and skipping rhymes and taught the younger kids how to do these. The committee also took photos of various groups in the yard and the hall for our website and Facebook page.



### ACTIVE PERSON of the Month

At the end of each month each teacher would nominate someone from their class to be the active person of the month. It wouldn't necessarily go to the best at skipping; instead it might be awarded for most improved, biggest effort, most encouraging of others etc. This award helped to motivate the children to take part to the best of their abilities.



## Active LUNCH TIMES

We found this to be challenging in our school. It was an area that we were weak on. To solve this we did 4 things

1. We painted yard games on the ground and got our Active School Committee to play the games with the younger kids.



2. We left games on the yards for older kids - skipping proved to be extremely popular in the school. We dedicated a month on the calendar to teaching each class how to skip and they took this knowledge out into the yard with them.



3. We enforced the 'do your talking as you're walking' philosophy.
4. Each class engaged in 'active line' while waiting on their line to be collected by their teacher. Each day the kids would have a different activity to do e.g. squats, jumping jacks.

### Communicating with PARENTS

We felt that this process would be very interesting for parents so we put a lot of effort into the communication part of the ASF process. Our primary mode of communication was online via our school website - [www.corvillens.com](http://www.corvillens.com) (also - [corvillens.com/active-school-flag/](http://corvillens.com/active-school-flag/)). We also created a Facebook page for our ASF program <https://www.facebook.com/corvilleactiveschool/>. We found that this was great for keeping a record of all the activities we did throughout the year. Our student Active committee were responsible for taking photos and updating the website (via Wordpress).



Some schools might be a little apprehensive about using Facebook but we found it to be a very positive move with plenty of support being given back by the community.

### Involving the LOCAL COMMUNITY

When asked, most local clubs were eager to send coaches to the school for some taster sessions. During the year we had hurling, football, soccer, rugby, golf, tennis, badminton, Irish dancing, and zumba coaches in the school giving taster sessions. We were even lucky enough to have Katie Taylor down in the school giving boxing lessons! Parents got involved by attending a WOW (Walk to school on Wednesday) initiative. They took part in a school relay later in the year and even cycled with us on our launch day. During Active Week our parents took the students on in running races and a football match.

