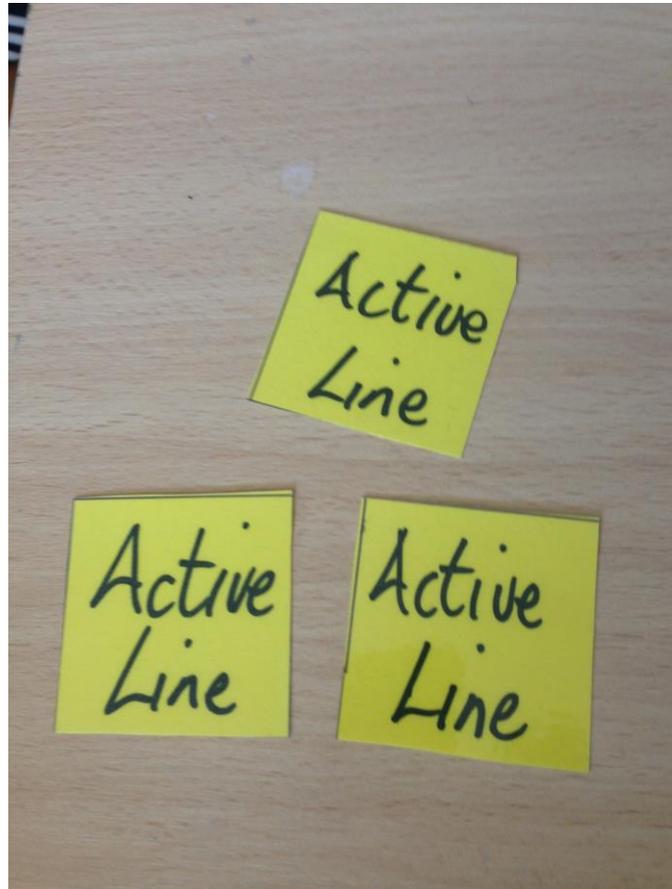


Duleek Girls Active School Flag

We began the process of renewing our Active School Flag last October. A committee was formed to come up with new ideas for the children, especially lunch time initiatives.



Active LINES

We decided that when the children line up after each break, we would introduce 'Active Lines' so that all the children would get active. This comprised of jumping jacks, knees to elbows and bunny hops. The Active School Committee representatives from each class became the 'Active Leaders at the top of the lines. An 'Active Line of the Week' was chosen every week, presented with a certificate and announced over the school intercom.

Active SPIES

'Active Spies' was an initiative formulated by the Active School Committee themselves. Three girls noticed children were not consistently active during lunch and in their active lines.



Active REWARDS

They decided to hand out keyrings and wrist bands to reward children for their effort to get active. One of the girls' mother works as a community guard so she donated the key rings and wrist bands.



Lunchtime BELL

We also introduced a lunch time bell. Mid way through lunch, the bell rings and all children in the yard stop and do 30 scissors exercises.

Lunchtime HALL

The PE hall is utilised at every lunch. Sports including spikeball, soccer, basketball are timetabled for the hall each week.

Playground EQUIPMENT

Many girls sat down and chatted during lunch time and we felt this needed to be altered. We also distributed yard equipment at lunch time. Skipping ropes, soccer balls, softballs, and hula hoops have provided the children with enjoyment and fun at lunch time. I think this should be done in every school. Equipment is often left in the resource room and used very little for lunch time use.

IMPACT of Changes

All the initiatives were introduced to benefit all the children, but especially the child who were not seen to be as active on the yard at lunch time.

To find out about our other ASF initiatives please visit our [school website](#)