

About the School.

Our Lady's School is an all girls' secondary school in Terenure, Dublin 6W. The school aims to help the students develop the skills and capabilities necessary to support their wellbeing. Our Lady's has a strong sporting tradition and the girls are provided with lots of opportunities to participate in extra-curricular activities. Students thrive when they are spiritually, mentally and physically engaged in a positive manner. Parent co-operation ensures that there is an integrated approach to student development in a spiritual, academic, cultural, pastoral and sporting domain.



About Mental Health and Fitness Week (March 4th - 11th, 2016).

Following the success of last year's inaugural Mental Health and Fitness Week, Our Lady's once again organised a week full of activities to focus attention on this important topic.

The staff and students collaborated to plan and participate in a programme of events emphasising the central role mental and physical health plays in their lives.

Programme for the Week.

This included Hip Hop, Boxercise, Fit to Fight, Tug of War and Mindfulness classes during lunch times to tempt the girls to try out new activities. Tug of War bouts were hotly contested while 'Drop Everything and Ceile' was introduced for Seachtain na Gaeilge. Students from 1st to 6th year could be seen dancing every lunchtime during the week and enjoying themselves.

As well as teacher, pupil and parent involvement, a number of guest speakers and coaches were invited to the school to enhance the scope of activities.

The 'As I Am' Autism Spectrum Support Group also ran workshops for all 1st and 2nd years during a very busy week.

Contributing to the atmosphere of the week was the 'feel good music' played every break time over the intercom reminding the girls that relaxing is an integral part of mental health. Students also wore their school tracksuit all week so they were ready to get involved in any of the many events.



Healthy Eating

An emphasis was also placed on healthy eating as an integral part of mental health and fitness. There were visual displays and information points around the school stressing the importance of a balanced diet. Nutrition workshops were run throughout the week. Following the RTE documentary 'Sugar Crash', Deirdre Doyle presented a nutrition display that revealed the number of spoons of sugar that are contained in the foods teenagers most like to consume. They were horrified to see the high levels of sugar in surprising foods.



Walk/Cycle to School and Healthy Breakfast

The popular walk/cycle to school programme was again introduced for the week. Students were encouraged to walk/cycle to school where possible or to walk part of the way to school. Those who participated at least 3 mornings were rewarded with a healthy breakfast on Fri 11th. The importance of healthy eating as part of a balanced diet was supported by the Parent's Association who provided over 350 girls with a breakfast of fruit, juices, water, smoothies and healthy bars. We are thankful to the Parents Association for hosting this event.



Bushy Park 5KM Run

Health and Fitness Week finished on Friday afternoon with the 3rd OLS Bushy Park 5Km run. Every class in the school had an opportunity to qualify for the 5km during PE classes in the weeks preceding where they ran a mile qualifier. L3 won the junior competition with 18 students qualifying from their class and L5 had the most qualifiers in the Senior section with 18 students also. Over 95 girls and staff participated in the event. Congratulations to Eimear Fitzpatrick P5 who won the event and accepted the trophy donated by Fionnula Britton, Irish gold medal winner in the European Championships.





It was great to see the high levels of participation during the week. We look forward to watching the girls benefit from all they learnt and how this will enhance their ongoing wellbeing.

For further information; M Gorby, Our Lady's School.