

 21/11/2018

Dear Parents,

Mullahoran NS is participating in the Active School Flag Awards. Our main reason for taking part in the ‘Active School’s Flag’ is to encourage more children to be more active more often. Guidelines suggest that children should be active for up to 60 minutes every day. Over the next 18 months we aim to become a more active school and there will be plenty of fun activities organised for the playground and the classroom. This is a non-competitive initiative so everyone can participate and benefit from the activities. There are many reasons that children should become involved in Physical Activities. Here are just some of them: **increases confidence ,builds friendships, improves sleep, builds character, improves self-esteem, kids have fun , improves memory, develops creativity, develops focus, improves mood, teaches respect, improves posture, develops resilience , reduces obesity , builds strength ,reduces anxiety/ stress/ depression, improves body image, teaches life lessons, promotes fair play, teaches teamwork and develops strong bones.**

**What is the Active School Flag?**

The Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland. The Active School Flag is awarded to schools that strive to achieve a physically educated and a physically active school community. Our challenge will be to find interesting and exciting ways to energize the school day because active children are happy learners! Please keep an eye on the website for updates on how we have been getting active in school!

**Our Active School Flag Committee**

Our ASF Committee is made up of students from 4th and 5th class. These students were nominated by each class. Their first task was to carry out a PE equipment audit, participate in a survey and to inform each class of our aim to achieve an active school award. They will also be in charge of active play in the yard, organising activities for active sports week and keeping the Active Flag Noticeboard updated regularly. The committee members are as follows: Donal Deneher, Odhrán O’ Reilly, Aoibhe O’ Reilly, Kate Fegan, Patrick O’ Reilly, Paige Mulvey, Conán Smith, Aileen O’Reilly, Liam Barber and Clara O’Reilly.

We look forward to your continued support and cooperation in helping our school to achieve our Active School’s Flag.