

## Active Schools Blog

### Morning Activity

The Teresian School wants to be awarded its Active School Flag .The Active School Flag is awarded to schools that teach students not only to be physically active but also to understand why it is important be to be physically active. To help us improve our physical activity levels, each morning from 8-9am Aideen McGuiness, our Physical Activity Coordinator along with her super trooper helpers, invites every girl in the Junior School to take part in a volleyball, skipping, running, basketball and free play in the new Sports Hall.

