

Active Schools Flag

The Active schools flag (ASF) is a Department of Education whole school initiative. Organised through the Mayo Education Centre and supported by health Ireland aims to acknowledge schools that strive to promote the benefits of being physically active. In order to achieve the ASF, the school must firstly self-evaluate and then plan, implement and monitor improvements in physical activity across the school community, as well as holding one Active schools week that will continue as an annual event thereafter. Here at The Teresian School we have decided to embrace this challenge with open arms and have registered to work towards achieving recognition as an Active School.



To learn more about this program check out their website and twitter account.

Website: <http://activeschoolflag.ie/>

Twitter: <https://twitter.com/ActiveFlag>

Super Troopers

Super Troopers with Laya Healthcare is Ireland's first ever health homework programme designed to help children increase their levels of physical activity in an effort to combat childhood obesity. Laya Health care created this exciting and **FREE** programme along with teachers and a team of experts in the areas of psychology, nutrition, wellbeing and physical activity to encourage **YOU** and your **FAMILY** to get more active. The programme includes short burst, fun activities around physical activity, wellbeing and nutrition for children to complete daily as part of their homework. A healthy mind is just as important as a healthy body which is why we've introduced even more fun wellbeing activities and introduced SuperValu as the official healthy eating partner to Super Troopers.



Why not check out their website for more tips on how you can get your whole family involved - <https://supertroopers.ie>

