

Active School Flag Campaign

Partnerships



The Irish Heart Foundation is the National charity fighting Heart Disease and Stroke. It relies on charitable donations for 90% of its funding. They support, educate and train people to save lives, campaign for patients, promote positive health strategies, support research and provide vital public information.

Active Hearts February 14th 2019 Classes 3 - 6

The 5th Year students from the Secondary School visited the Junior School to present a lesson on a very important organ....The Heart!

They explained the functions of the Heart and the different parts. The girls had an animal heart to show the class for those who were brave enough to look!! The 5th years explained the importance of maintaining a Healthy Heart and how being active was a crucial part of this!



The Irish Heart Foundation sent us active resources . These Rainy Day activities are designed to help contribute to the 60 minutes of daily physical activity essential for children's growth, development and Heart Health. The activities last 5 to 10 minutes and some of the activities can be included in numeracy and literacy lessons.

Kinder A made beautiful Happy Hearts



Badminton - Leinster Branch Union of Ireland

Ireland's newest National Badminton Champion Kate Frost came to the Teresian School to give taster sessions to classes 3 - 6. She was accompanied by Davis Dwyer another up and coming Badminton star. They introduced a variety of drills and skills to the girls to get them started and finished with games on the courts. The girls were surprised how difficult a game it actually is and how fit you must be to cover the court!! They enjoyed their time playing it. Hopefully some might decide to take it up in the future!

"I really enjoyed working with the girls. It was nice to coach in a school compared to squads as a lot of them hadn't played before. I hope it encourages them to pick up a racket and try something new. All the girls seemed very enthusiastic and interested and had fun which was the main focus. I was very impressed with their effort and fitness! I wish the Teresian School the very best of luck with their Active School campaign! " **By Kate Frost - National Singles Champion 2019**



Leinster Rugby

A most enjoyable day was had at The Teresian School on February 6th when Leinster Rugby came in to do a coaching session on Tag Rugby .



Rugby Blitz—The Teresian School February 27th

Tweet from Larissa Muldoon

The Teresian School Dublin Retweeted



Larissa Muldoon @LarissaMuldoon · Feb 27

Super day for our first @LeinsterBranch Girl's Primary School blitz @teresiadublin 🙌🏈 Some serious talent coming through 🌟 #FutureIsBlue #FromTheGroundUp #MetroGirlsRugby #CantSeeCantBe



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AIJS Volleyball - March 2019

Congratulations to our volleyball team that came third in the All-Irelands in Limerick. A super performance given that there were 16 other teams competing. *Well done girls!*



April 2019

Bunny Hop in aid of The Downs Syndrome Centre – April 11th.



What a wonderful day as the playground filled up with bunnies from Pre-School 1 – Class 2.

Our inaugural event began with an exciting Egg and Spoon Obstacle course. Ooohs and aaahs as eggs dropped but plenty of giggles! Classes then came together on the green to sing their Bunny song and perform the Chicken Dance which was a great hit and great fun.

Finally, the day finished off with an Easter Egg Hunt and happy tired bunnies made their way home.

We are very proud of €320 raised in aid of this great charity. Thank you to everyone who donated and to everyone involved!

