

ACTIVE SCHOOL FLAG

**PARTNERSHIPS
CAHERAGH NS**

2020



OUR STAFF DISCUSSED PARTNERSHIPS AND THE ASF PROCESS



ASF SLOGAN

Be Active

Be

Healthy

Be Happy

ASF COMMITTEE



Active School Committee

6th Nora O'Driscoll

5th Danny O'Sullivan

4th Fionán Bohane

3rd Bobby O'Sullivan

2nd Jodie McCarthy

1st Luke Kingston

Active School Committee

6th Nora O'Driscoll

5th Danny O'Sullivan

4th Fionán Bohane

3rd Bobby O'Sullivan

2nd Jodie McCarthy

1st Luke Kingston

Duties

Attend meetings

Wear badges

Audit PE equipment

Monitor PE Suggestion box

Collect and distribute surveys

Help to lead;

- Active lines
- Activity of the Month
- Start of Day Activities
- Rainy Day Activities
- Football Free Fridays

Promote fitness messages;

- Be Active, Be Healthy, Be Happy
- Do Your Walking as You Are Talking
- Are You Getting Nifty for Sixty?

Promote healthy eating

Monitor PE boxes

Help organise activities

Help put out and tidy up PE equipment

Be a Lunchtime Pal;

- Ensure no one is left out
- Suggest activities
- Help solve problems
- Discourage bullying
- Check the Friendship Stop

Greet sport related visitors

Present certs

Pass on information to teachers, playground
leaders and pupils

PLAYGROUND LEADERS

Playground Leaders



Duties

Wear vests

Help to lead;

- Active lines
- Activity of the Month
- Start of Day Activities
- Rainy Day Activities
- Football Free Fridays

Promote fitness messages;

- Be Active, Be Healthy, Be Happy
- Do Your Walking as You Are Talking
- Are You Getting Nifty for Sixty?

Promote healthy eating

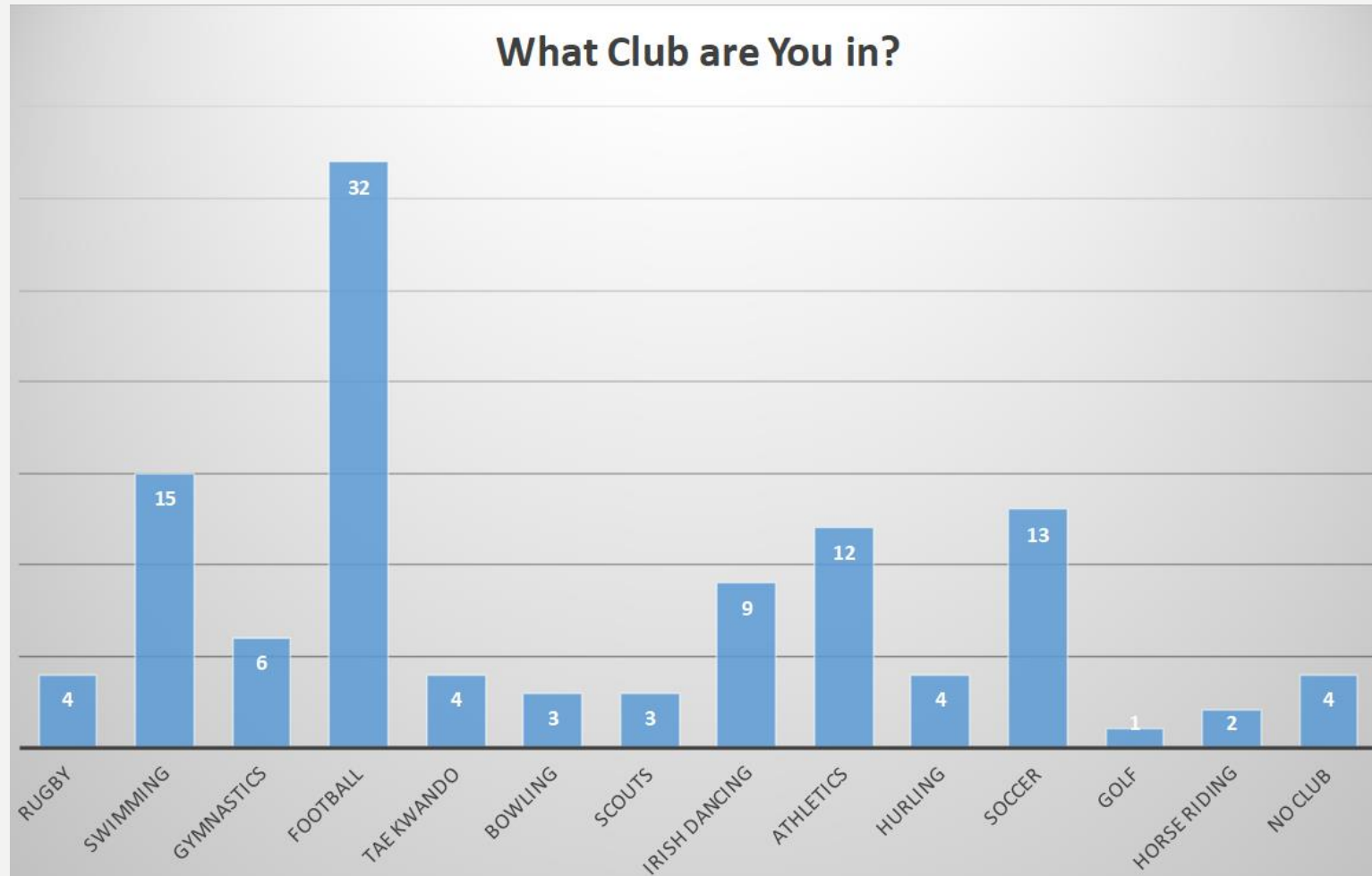
Help organise activities

Help put out and tidy up PE equipment

Be a Lunchtime Pal;

- Ensure no one is left out
- Suggest activities
- Help solve problems
- Discourage bullying
- Check the Friendship Stop

WHAT CLUB ARE YOU IN SURVEY



SPORTS' ACHIEVEMENTS WELL DONE WALL!















SKIBBEREEN

Winners of cups at annual



Eleanor O'Sullivan accepting it on behalf of Caheragh National School, pictured with the winning athletes and parents. The Swanton Memorial Perpetual Cup (for four teachers or more schools) to John Allan, who accepted it on behalf of the club. (Photos: Anne McInerney)



Carbery's winning team at Sunday's inter-regional youths team finals at Ballineen; from left Darragh Dempsey, Conor Crowley and Shane Crowley. (Photo: Gretta Cormican)

GAA CLUB FOCUS

Spillane is new Bantry

BANTRY BLUES: The elected officers from the Bantry Blues AGM that took place last Friday night were President Fr Joe McCarthy, chairman Philly Spillane replaces Pat Joe Connolly; vice-chairman Arthur Conkley replaces Camille Carty; secretary Deirdre Daly; treasurer Pat Joe Connolly replaces Anne O'Sullivan; PRO Kieran Collins replaces Brian Crowley; injury officer Pat O'Grady; children's officer Conor Cronin; coaching officer Mark O'Donovan.

There was no winner from last weekend's lotto draw. The numbers were 5, 13, 18 and 29.

The next jackpot is worth €65,800 and the draw takes place in the Cozy Cabin Bar on December 21st with extra cash prizes for Christmas.

CARBERY RANGERS: Club gear that was ordered on Club Gear Day will be available for collection this Saturday, December 14th, in Ardagh from



The Tading MacCarthaigh U12 girls were recently presented with their West Cork U12B medals in Willie Pa's Bar & Restaurant, Colomane. Willie Pa's also sponsored the girls' socks and shorts.



LOCAL SPORTS PARTNERSHIP EVENTS

Barry O'Connell

Walking Development Officer

Cork Sports Partnership

boconnell@corksports.ie



SPORTS INCLUSION DISABILITY OFFICER



**LEARN TO CYCLE
PROGRAMME**



AIMED TO ASSIST CHILDREN WITH
DISABILITIES TO LEARN TO CYCLE
INDEPENDENTLY

BEGINS THURSDAY 23RD APRIL
SESSIONS BEGIN AT 4:30PM

YOUGHAL GAA GROUNDS, YOUGHAL,
COUNTY CORK.

6 WEEK PROGRAMME €40

REGISTRATION FORMS
AVAILABLE CALL 021-4347096 OR
EMAIL [KFEENEY@CORKSPORTS.IE](mailto:kfeeney@corksports.ie)

 **CORK SPORTSABILITY**
Activity for all

 Cork
Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí
— SPORT IRELAND —

 SPÓRT ÉIREANN
SPORT IRELAND

Cork Sports Partnership has organised a number of training & education workshops as part of Cork Sports Ability Week 2020.

If you are interested in making your club or community more inclusive in sport for people of all abilities, we have the courses for you!

 Autism In Sport Workshop (24th March) [Click Here >> to Register](#)

 Disability Inclusion Training (28th March) [Click Here >> to Register](#)



 Cork Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí
— SPORT IRELAND —

 **CORK SPORTSABILITY**
WEEK 21ST - 28TH MARCH

REGISTRATION NOW OPEN FOR
CORK SPORTSABILITY WEEK EVENTS

 SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

ASF PUPIL/PARENT QUESTIONNAIRE –

QUESTIONNAIRES WERE SENT OUT AND IT WAS DECIDED TO ADDRESS ANY PROBLEMS/SUGGESTIONS WEEK BY WEEK. THE ASF PROCESS. HELPED WITH THIS

Pupils Questionnaire 2020- 52 answers

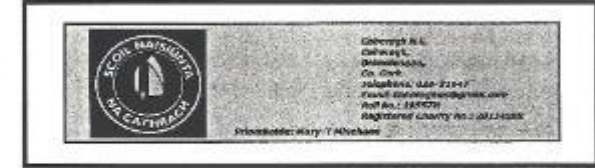
1. Do you enjoy PE class? Yes 49. No 1. Sometimes 2.
2. Which is your favourite PE activity? Athletics 3. Dance 6. Games 23. Gymnastics 6. Swimming 15. Outdoor and Adventure 11.
3. Do you enjoy PE homework? Yes 19. No 1. Sometimes 4. We don't receive PE homework 27.
4. How could we make PE better in our school? Use parachute. More equipment 11. Get a trampoline 2. It's fine 2. Make it more fun . Pump the balls 2. Build an astro-turf. New games. Have a Sports Day. Longer warmups. Encourage people to get involved. Build a PE hall. Give the pupils a choice 2. Don't know 2. 2 days of PE a week. Have PE more often 3. More games/activities 3. More tennis. More football 2. Longer 4. More of a variety.
5. Do you think the school running initiative made you better at running? Yes 50. No 2.
6. Did you enjoy taking part in the school running initiative? Yes 42. No 2. Sometimes 8.
7. Do you enjoy classroom-based physical activity breaks? Yes 37. No 7. Sometimes 8.
8. Do you enjoy break times in the playground? Yes 51. No 1.
9. How could we make playground breaks better? Pump the balls 2. They're fine 2. More equipment 9. Build an astro-turf. Get swings/slides/climbing frame 6. Don't know 3. More organised activities 4. Beanbags. Different games/activities 4. Get the ball more 2. Hula hoops for all 2. Longer 5. Trampoline. Shorter basketball hoops. No hard balls. No talking.
10. Do you enjoy Active School Week? Yes 50. No 2.
11. What is your favourite part of Active School Week? The walk 2. Gymnastics 10. All of it 11. Trying new things 3. Matches. Nature. Football 3. Running 5. Being outside. Zumba 3. Challenges 2. Skipping.
12. How could you make Active School Week better? Have it twice a year. Two weeks long. More games/activities 11. It's fine 7. Bring your bike 2. More football 3. More Active homework 2. Rugby. Basketball. Longer 3. More running. Kayaking. Variety. 2. More pupils' choice 2. A week of obstacle courses. More warmups. More fun. Don't know.
13. Do you know how many minutes of physical activity children should do aa day? Don't know 3. 30 mins 3. 60 mins 42. 90 mins 4.
14. Have you seen the ASF section in our school website? Yes 12. No 40.
15. What do you think of the ASF process? Great 31. I'm fitter 3. Fun 7. Interesting. Not sure 2.

Parents Questionnaire - 34 answers.

1. Does your child enjoy PE? Yes 29. Sometimes 5.
2. Which part of the PE Programme does your child enjoy the most? Athletics 6. Dance 5. Games 17. Gymnastics 7. Swimming 12. Outdoor and Adventure 13.
3. Do you receive enough information about our child's progress in PE? Yes 21. No 12. Sometimes 1.
4. Does your child receive PE homework? Yes 8. No 23. Unsure 3.
Comment; It is good to get PE homework to make them more aware of the importance of exercise. We receive PE during ASW. We received PE homework during lockdown. We need more parental guidance.
5. How could we make our PE programme better? It's great 5. More variety 4. More time 6. (including more weekly PE classes). More equipment 3. Guest trainers. More encouragement to get involved. More outdoor PE 2. More alternatives to football.
6. Do you think that your child benefitted from the school running initiative? Yes 27. No 1. Unsure 1.
7. Do you think that the classroom-based physical activity breaks are of benefit to your child? Yes 32. No 1. Unsure 1.
8. Does your child enjoy break times in the yard? Yes 34.
9. Do you think that our school provides a playground environment that encourages your child to be active during break times? Yes 31. No 2. Unsure 1. Comment; There's lots of space.
10. How could we improve our playground breaks? Provide more equipment 7. Have more structured activities 9. Keep them active. A climbing frame. It's great 2. Ask the pupils. Provide beanbags. Use the pitch. Make it longer. Encourage them to play a variety of games not just football.
11. Does your child enjoy Active School Week? Yes 31. No 1. Unsure 2.
12. How could we improve our Active School Week? Get in a personal trainer or a gymnastics teacher, guest trainers 4. More variety 3. Get them to try new things, more taster sessions 2. More activities. Walk/cycle to school. More outdoor activities. Make it 2 weeks long. Ask 6th class for ideas. More football. It's great 4. Have it twice a year.
13. Do you know how many minutes of physical activity that children should do every day to be healthy? 60 mins 27. 30 mins 4. 90 mins 2.
14. Have you visited the ASF section on our school website? Yes 10. No 22. Comments; Impressive. Needs more updates.
15. Do you have any feedback in relation to our school's participation in the ASF process? No 5. A positive thing. More communication. Great. Well done.
16. Would you be interested in joining the ASF committee? Yes 3. No 25.

PARENTS

- A letter inviting the parents to take part was sent out.
- Parents have helped with physical activities in the school- soccer/football/golf
- Parents are invited to participate in Active School Week
- The Parents Association pay for many physical activities in the school e.g. gymnastics
- Parents are informed of any sports activities in the community.



Dear Parents,

As you may know Caheragh NS is hoping to earn a second Active Flag this year. Thank you for helping to complete the Irish Heart Foundation's Let's Get Active Booklets as a way of promoting physical activity.

I fully appreciate parents are very busy so this letter is only to offer some suggestions as to how parents can help us to achieve this flag.

- Promote 60 minutes physical activity daily (30 minutes of this is already completed in school)
- Promote healthy eating
- We are promoting some Fundamental Movement Skills from the 'Move Well, Move Often' programme/website, you may like to look at the videos and practise these with your child. This year we are concentrating on; catching, running, balancing, kicking, skipping, jumping, walking, striking with an implement.
- Complete the parental survey that will be sent out
- Any suggestions for activities are welcome and any parent willing to promote a sport by organising a taster session would be great.
- If any group of parents and/or children from Caheragh NS were to take part in a park run, could they e-mail in photos as they will be submitted with the application (these photos may also be put up on-line.). The nearest park run is in Rineen, Castlehaven every Saturday at 9.30am. You have to register at www.parkrun.ie.
- During Active School Week it is suggested that parents organise an activity that the whole school, pupils/teachers/parents, could take part in. The Parents' Association might lead this but all suggestions welcome.

Many thanks,

Agnes Foley

ASF Co-ordinator

SHOW US YOUR SPORT AND PHYSICAL ACTIVITY AWARDS

- Pupils take part in Cork City Sports and Sciath na Scol
- This year we are going to have a 'Show Us your Sport' event as part of Active School Week. Those who are involved in various sports have demonstrated them during Taster sessions
- Those who have achieved sporting success get their picture taken and this is displayed on the Well Done Wall.
- Teams, that pupils have been involved in, visit to celebrate their success
- Stickers are given out especially during Active Week to award activity.

CORK CITY SPORTS AND SCIATH NA SCOL



TASTER SESSIONS AND PUPIL DEMONSTRATIONS



LINKS WITH THE COMMUNITY

- The school has strong links with the local Tadhg MacCárthaigh's GAA club.
- Pupils from the school took part in the Community Games
- The school makes use of local amenities eg the pitch, the Memorial Park, Skibbereen Sports Centre, the Pod Park, Skibbereen Rowing Club, our yard and field and the surrounding countryside.
- The school has links with local disability organisations eg CoAction
- The school promotes the local Park Runs and local athletic events
- Local teams and sports people visit the school to talk to students
- Local Sports Providers come to the school to provide taster sessions
- The school has participated in the Irish Heart Foundation's Let's Get Active programme
- **Coaches and teachers came in for dodge ball, rowing, gymnastics, circuits, soccer, yoga, bowling, kick-boxing, golf, Zumba hurling, football and Céilí dancing.**

VISITING TEAMS AND SPORTS PEOPLE



THE U20 CUP



LADIES FOOTBALL



COMMUNITY GAMES FOOTBALL SUCCESS



COMMUNITY GAMES FOOTBALL



LOCAL AMENITIES



THE SPORTS CENTRE



CYCLE SENSE



CYCLE SENSE



ROWING AND CÉILÍ DANCING



GAA SKILLS



YOGA AND ZUMBA



BOWLING



DODGEBALL



KICK-BOXING



FOOD DUDES



LET'S GET ACTIVE



GARDENING







