

What's planned for the future with HPS?

When we first looked into doing the HPS programme we were delighted to realise that we already do so much in St. Paul's! Having our Active Flag for the last 6 years has ensured we always stay active and fit! All of the children do either two half hour slots or one hour slot of PE every week, as well as all the extra sporting activities—classes have been busy doing 10@10 the last few weeks and once the weather improves we hope to start back running laps around the school grounds. We rotate sport activities in the yard, giving each class level a week of activities every four weeks. On top of all of this activity, we finish the school year with Active Week - a sports day just isn't long enough for us! We also have our highly successful sports' teams including basketball, hurling, football, athletics, soccer, Olympic handball! As well as this we have non competitive sport participation and class leagues.

The children in First and Fifth Class take part in the "Friends" programme which is a ten week positive mental health programme which helps children to develop effective strategies to deal with worry, stress and change. We also run the Rainbows programme on a yearly basis. This is a 12 week programme offered after school to support children and young people affected by loss due to bereavement, separation or divorce.

So, what can we do to promote health and wellbeing even more in the school? We plan to continue to focus on healthy eating throughout the rest of the year with the hope that we'll all be bringing in even healthier lunches by the Summer. Classes are doing more meditation and relaxation in the classroom, as well as sharing their happy thoughts. With the Spring weather (hopefully!) on the way, parents and children can avoid the busy car park in the morning and enjoy a mindful walk, cycle or scoot to school instead! Workout Wednesday was, not surprisingly, very popular among the students and we plan to have a few more of these in the future. We have our sponsored walk and run on April the 27th, which we will send more details on in the next few weeks, but we would love some parents to join us for the walk or run!



Our Football Team



Our Handball Team



Our Athletics Team



Our Soccer Team



Funky Fruit Friday

As you may be aware, a monthly Funsized Friday was introduced for the children last Summer on a trial basis. The Student Council and the HPS committee worked incredibly hard monitoring the treats and also researching the success, healthiness and necessity for it, as well as surveying some of the children, staff and parents. As a result of this, they made the difficult decision to change Funsized Friday to the last day of each



term and introduce a weekly Funky Fruit Friday. The committees made this decision as they felt that children received enough treats at home and there was no need to have more in school, especially now since we've become a HPS school. We are delighted to report that most children have embraced Funky Fruit Friday! Children are bringing in fruit that they wouldn't normally bring in or have made their normal fruit "funky"! We've seen a great variety of exotic, colourful and unusual fruit like water melon, kiwi, berries, mango, coconut and many more. We look forward to seeing much more over the coming Funky Fruit Fridays!



THANK YOU

We would like to thank all the wonderful people who gave up their valuable time to help make HPS week as successful as it was. In particular thank you to our yoga teachers Ms. McMahon, Niamh Robinson and Deirdre Snow; to Ms. Dennehy, Ms. McCarthy and the Active Committee for organising the circuit training; to Ms. Murphy and Muireann Nic an Rí for doing the meditation sessions; to Ms. McGowan for sharing her secret brown bread recipe!; to our guest speakers Emma Clarke Conway, Gregg Marsh and Stella O'Malley; and of course a huge thank you to our HPS committee members: Mazyanne Conlon, Molly Moran, Pearse Conway, Abby Lynch, Eve Winston, Alexandra Cassidy, Isabella Ruhan, Oisín Cashman, Liam Fraser, Ms. Kennedy, Ms. Prendiville, Ms. Ruane, Ms. O'Toole and our parent volunteer Emma Clarke Conway.

Go raibh míle maith agaibh!



St. Paul's National School HealthPromotingSchools Scoileanna Cothaithe Sláinte

A Message from the St. Paul's H.P.S. Committee!

Hello and welcome to our first ever HPS newsletter! As you are aware St. Paul's is very excited to be taking part in the Health Promoting Schools Programme. A Health Promoting School (HPS) is "a school that constantly strengthens its capacity as a healthy setting for living, learning and working". St. Paul's strongly promotes the health and wellbeing of the whole school community. The St. Paul's HPS committee launched the programme by planning a fun filled, busy and healthy HPS week in February. We will also continue to promote it into the future. This newsletter is filled with lots of photos and information about our HPS week, as well as lots of tips and ideas on how we can continue to thrive as a community promoting our health and wellbeing. We hope you enjoy it!



St. Paul's Health Promoting School Week

The HPS Committee worked very hard in organising an extremely successful week. We started off the week with each class doing 20 minutes of circuit training on both Monday and Tuesday - there were lots of tired faces after that, but we all improved our fitness over the two days! We plan to have some more "pop-up" circuit days! Throughout the week all the classes learnt how to make some healthy treats ranging from brown bread to smoothies to healthy pizzas. Have a look overleaf for the recipes if you want to have a go at home. The teachers did extra lessons on healthy eating and the children in Third to Fifth Classes were lucky to have guest speakers talking about the importance of a healthy diet. The children made a super effort in bringing in healthier lunches and Funky Fruit Friday is proving very successful! The children from Junior Infants to Fourth Class got a taster lesson in yoga and had lots of fun perfecting their yoga poses! All classes did some extra meditation in the classrooms, while the children from Third to Sixth Class got extra sessions in the Ocean Room. Classes did extra activities in their classrooms throughout the week including 10@10; sharing their happy thoughts; Random Acts of Kindness for a secret friend; mindful moments; Drop Everything and Dance and many more! Have a look at below for some photos from the week...



Today's Happy Thought... The children in St. Paul's are well used to sharing their happy thoughts through the *Friends for Life Programme*. We encourage the children to start and end each day with a happy thought! Focusing on the positives, rather than the negatives, is an important skill to learn. Why not share your happy thoughts around the dinner table every evening? It can be something simple that made you feel happy that day, like having football / dancing / music after school; or having your favourite meal for dinner; or going on a play date; or receiving a compliment from someone etc. The adults should share their happy thoughts also!



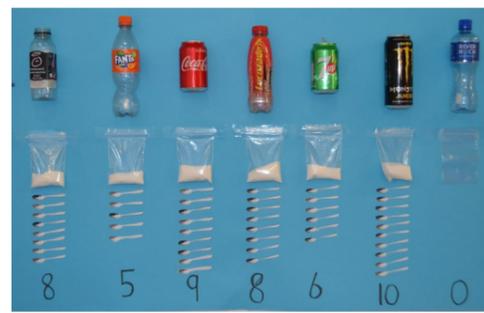
Congratulations to our competition winner, Isabelle Brady, who came up with the school's HPS motto: "A Healthy Outside Starts on the Inside". As well as Isabelle receiving a prize for this, all the children in the school received a special pencil with the new motto! This was a reward for making a super effort during HPS week.

Healthy Lunches

There was big drive on healthy eating throughout HPS week. The children received a portion of fruit or vegetables each morning that week and were encouraged to taste new things! We reminded the children that you have to taste something 10 times before your taste buds can decide whether or not they like it! We learnt all about the food pyramid and have attached a parent information booklet on this. We were all shocked to see the results of Mr. Harte's Class project on the sugar content of the below drinks and cereals! As a result many classes have had a "push on porridge" for breakfast and have cut down on sugary drinks. The HPS committee have listed below some healthy and not so healthy lunch ideas to help make our lunches super healthy!

✓ Brown bread or Pitta sandwich with ham/tuna/ chicken and tomatoes / lettuce / cheese; Pasta or rice salad; Vegetable sticks; Fruit; Water with berries infused; Milk; Soup for children in 5th and 6th Class.

✗ Cereal bars; Fruit Winders; Oddities; Innocent smoothies; velvet crunches; Meat sticks; Salty crackers; Crossants; Nature Valley Bars



Yoga Challenge!

How many of the yoga poses you can do?!



All of the children in the school were given the opportunity to make some healthy treats over HPS week. Junior and Senior Infants made some fun fruit faces and fruit animals; First and Second Class made delicious smoothies; Third and Fourth Class made yummy healthy pizzas and Fifth and Sixth Class learnt how to make scrumptious brown bread. We have listed some of the recipes below, as well as some other healthy recipes we came across over the week.

Healthy Brown Bread

- 200g plain flour
- 200g wholemeal flour
- 50g wheat bran
- 50g brown sugar
- 1 tsp salt
- 1 tsp bread soda
- 450ml buttermilk



Heat the oven to 200°C.

Mix all the dry ingredients. Add milk and mix well. Put into a loaf tin and bake for 45 minutes at 200°C.

When cooked remove from the tin and wrap in a clean tea towel. Enjoy!

Scrumptious Smoothies

- Frozen Berries
- Banana
- Natural Yogurt
- Kale
- Water



Whizz up all the ingredients and enjoy this taste sensation!



Perfect Pizzas!

- Tortilla wrap
- Passata
- Peppers
- Corn
- Pineapple
- Grated Cheese



First start with putting a good dollop of passata on the wrap, then add the sliced vegetables and finish with a sprinkling of cheese on top. Place in a medium heat oven for 10 minutes or until the cheese has nicely melted.



No Bake Energy Bites

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed or wheat germ
- 1/3 cup honey
- 1 tsp vanilla essence (optional)

Mix all of the ingredients together and roll into balls of whatever size you like and then leave to chill in the fridge. Store in an airtight container and it will keep in the fridge for up to 1 week.

Our HPS committee member, Mazyanne, was kind enough to share this recipe with us. She sometimes substitutes some of the ingredients for chopped dried fruit (apricots, dates, raisins), or dried berries (cranberries, cherries), or chopped almonds, or pecans, or walnuts, or sunflower seeds.

** Don't forget we have children with nut allergies in school, therefore if you intend to eat these in school, you can substitute the peanut butter for dates and a splash water, and then whizz the ingredients up in a blender. ***