

FIT & WELL WEEK

As part of our 'Fit & Well Week' celebrations, we emphasised the importance of physical and emotional health for lifelong wellbeing for our staff and students. The activities during the week complemented the range of teaching and learning methodologies and the support that takes place throughout the school year through PE, SPHE, CSPE, wellbeing and pastoral events. As well as that, the activities showcased the network of support offered by all staff, guidance counsellors and management to guide students with making healthy choices and building resilience skills for times of challenge and adversity.

An important feature of wellbeing is community and belonging, a number of the activities were based on building relationships and developing friendships as well as focusing on resilience in times of challenge and encouraging students to ask for help when they need it and signposting the support available.



More photos to follow..

