**Stay Strong Week**

Monday 17th-Friday 21st November 2014

Provisional Schedule

***First Year***

Launch of Wristband

First Year Assembly ***Monday @ 9.50am*** **Venue: GYM**

Contains Anti-bullying Policy, Acceptable Use Policy, Cyber-bullying Information, What to do if you are being cyber-bullied at school.

 **Wed 9.50** (DH, RI, CH, JR)

Drop everything and exercise –Class Press Up Session

**Talk on Cyber-bullying by Colin Browne**

Friday 9.50-10.30 Euclid/Pythagoras **Venue: Music Room**

Friday 10.30-11.10 Hamilton/Newton **Venue: Music Room**

**Second Year**

Tuesday 18th @ 9.05am – 11.10am **Venue TBC** Presentation by Stephen Dargan (Aware) on Positive Mental Health

9.05am-10.05am –Group 1 (A-H)

10.10am- 11.10am – Group 2 (I-Z)

**Wed 12.00** (CS, PW, BC, CK)

Drop everything and exercise –Class Press Up Session

**Anti-bullying Survey** (Ph. D. Research Dublin Business School)

Friday 21st November

**Third Year**

Wednesday 19th @ 9.05am – 11.10am **Venue TBC** Presentation by Stephen Dargan (Aware) on Positive Mental Health

9.05am-10.05am –Group 1 (A-H) 10.10- 11.10 – Group 2 (I-Z)

**Monday 1.45** (FD, SA, PK, CH)

Drop everything and exercise –Class Press Up Session

**Transition Year**-

Wednesday 20th 1.45pm-3.15pm Presentation by Marie Casey Breen (Head Strong)

 Friday 11.20am (RI, JN, and PW)

Drop everything and exercise –Class Press Up Session

***Fifth Year***

**Health Walk** Friday 21st @ 11.20am-12.45pm

Theme “The Road to success is often paved with failure”

Answer sheet to be filled in. Prizes for Best Answers.

**Anti-bullying Survey** (Ph. D. Research Dublin Business School)

Friday 21st November

***Sixth Year***

**Health Walk** Tuesday 18th @ 9.05am

Theme “The Road to success is often paved with failure”

Answer sheet to be filled in. Prizes for Best Answers.

***General activities for the Whole School***

* Lunchtime Jog/Walk with Ms Scallan
* Poster Competition
* Free Fruit Friday (provided at break time)
* Drop everything and relax/talk/come up with 10 positive words/things about your life
* Daily thought for the day
* Smile Wall – “Smile and the world smiles with you”

Competition for all things (–Jokes, pictures, cartoons, photos) that make you smile

Draw for all entries

Print entries and give them to the Canteen ladies or email them to wexfordcbs14@gmail.com

**Positive Staff Day –Friday 21st November**

**A whole day of positivity all around the school, especially in Staffroom**

**Walk in the Rocks at Lunchtime.**