



Meath GAA

Here is a resource that maybe beneficial for the mid term break for the kids

Meath GAA - Staying the Distance

Eat Well	Get Moving	Get Strong	Head Space	Helping at Home
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; padding: 5px;">Banana</div> <div style="width: 50%; padding: 5px;">Orange</div> <div style="width: 50%; padding: 5px;">Apple</div> <div style="width: 50%; padding: 5px;">Grapes</div> <div style="width: 50%; padding: 5px;">Hand full of nuts</div> <div style="width: 50%; padding: 5px;">Green Veg</div> <div style="width: 50%; padding: 5px;">Try a new Veg</div> <div style="width: 50%; padding: 5px;">Try a new fruit</div> <div style="width: 50%; padding: 5px;">Salad</div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; padding: 5px;">Run for 5 mins</div> <div style="width: 50%; padding: 5px;">Run for 7 mins</div> <div style="width: 50%; padding: 5px;">Run for 10 mins</div> <div style="width: 50%; padding: 5px;">Run for 12 mins</div> <div style="width: 50%; padding: 5px;">Run for 15mins</div> <div style="width: 50%; padding: 5px;">Run for 20 mins</div> <div style="width: 50%; padding: 5px;">Run for 30 mins</div> <div style="width: 50%; padding: 5px;">Cycle</div> <div style="width: 50%; padding: 5px;">Walk</div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; padding: 5px;">20 Squats</div> <div style="width: 50%; padding: 5px;">20 Jumping Jacks</div> <div style="width: 50%; padding: 5px;">20 High Knees</div> <div style="width: 50%; padding: 5px;">Kick your bum for 20</div> <div style="width: 50%; padding: 5px;">20 push ups</div> <div style="width: 50%; padding: 5px;">20 Sit ups</div> <div style="width: 50%; padding: 5px;">20 Burpees</div> <div style="width: 50%; padding: 5px;">20 Lunges</div> <div style="width: 50%; padding: 5px;">20 Jumps</div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; padding: 5px;">Sit In silence for 5 mins</div> <div style="width: 50%; padding: 5px;">Reflect on something that you achieved last year</div> <div style="width: 50%; padding: 5px;">Tell your family something that is bothering you</div> <div style="width: 50%; padding: 5px;">Reach out to a friend and see how they are</div> <div style="width: 50%; padding: 5px;">Call your grand-parents</div> <div style="width: 50%; padding: 5px;">Sit in silence for 10 mins</div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; padding: 5px;">Clean Your room</div> <div style="width: 50%; padding: 5px;">Clean the sitting room</div> <div style="width: 50%; padding: 5px;">Help fold the clothes</div> <div style="width: 50%; padding: 5px;">Empty the dishwasher</div> <div style="width: 50%; padding: 5px;">Help with cooking the dinner</div> <div style="width: 50%; padding: 5px;">Ask is there any jobs to do</div> <div style="width: 50%; padding: 5px;">Mop the floors</div> <div style="width: 50%; padding: 5px;">Hoover the floors</div> </div>

What to do?




- 1 Follow the guide below, you cannot repeat the same post-it twice until all others in that colour are complete
- 2 Print me, I'm easier to follow!
- 3 Don't worry if you can't do everything. Just give it a go!

Eat Well

Pick 2 Orange post-its per day

Get Moving

Do 1 Pink post-it per day

Get Strong

Do 2 Blue post-it per day

Head Space

Do 1 Green post-it per day

Helping at Home

Do 1 Purple post-it per day

Keep us updated?
Post on social media using
#STAYINGTHEDISTANCE
and tag us

 [@meathcoaching](https://twitter.com/meathcoaching)

 [Meath Coaching & Development](https://www.facebook.com/MeathCoaching&Development)

 [@meathcoachingandgames](https://www.instagram.com/meathcoachingandgames)



Rathfeigh National School from Seamus Tansley

Return to School

March 12th 2020 will always be remembered for the wrong reason – the day when schools were closed and didn't re-open for the rest of the school year. This Monday March 1st will hopefully be remembered for the right reason – when schools re-open and hopefully never close again due to Covid-19. That may be “glass half full” but we have to be optimistic.

We are delighted to have our Junior Infants, Senior Infants, First and Second class pupils returning to school this Monday March 1st. Pupils in 3rd-6th classes will have to wait two weeks longer and will be due to return on March 15th. When the school closed for the Christmas holidays on December 22nd very few people envisaged us being off school for so long. The children have engaged well with remote learning and they have been very resilient but nothing replaces the school environment for learning and for social interaction. We are really looking forward to seeing them on Monday and I'm sure they will be delighted returning to school and seeing their friends. The children in 3rd-6th will be continuing with remote learning until they are due to return to school on March 15th. Their timetable which can be seen below has been altered so as to facilitate parents/guardians collecting their children from school. This new timetable will operate from Monday.

Teacher	Zoom	Edmodo	Zoom	Edmodo
Mr.Tansley	9.15-9.45	10	11.30-12.00	12.15
Ms.Reynolds	10.00-10.30	10.45	12.15-12.30	12.45

Although some classes are returning to school this Monday the number of Covid-19 cases in the country still remains extremely high. The new variants associated with Covid-19 means we are still dealing with a highly infectious and life-threatening disease. As a result we have to be even more vigilant than ever before. The guidelines from the Department of Education and Science must be enforced rigidly to ensure that nobody in the school community contracts the virus. **Parents/Guardians must fill out the “Return to Educational Facility Declaration Form” for their children returning to school on March 1st and e-mail it to the school (rathfeighns@outlook.com) before this Saturday February 27th please.** This form was e-mailed to all parents/guardians on Thursday. Thanks to everyone who has emailed the form already.

We hope everything goes smoothly and everyone in Rathfeigh and Skryne remains safe for the rest of the school year!

Enrolments for September

The closing date for enrolling children in our school for September is this Monday March 1st. There is still time to download an enrolment form from the school website (rathfeighns.org). Please e-mail the form to rathfeighns@outlook.com. Our Admissions Policy and Admissions Statement can be viewed on the school website. We thank everyone who enrolled their children in our school. The date by which families will be notified of the decision of the application is March 20th. If you are not notified please contact the school immediately.

Exercise

The last few months have been difficult for the children. Online learning in conjunction with some inclement weather has resulted in many children being indoors for long periods of time. With the weather a little milder and the daylight hours getting longer it is vitally important, for physical and mental health, that the children get outdoors for exercise. Damien Sheridan (Gaelic football coach) sent me the following resources from Meath GAA which should benefit many children. It includes movement, eating well and mental health. It might be worth setting out a weekly timetable for your child and I'm sure they would reap the benefits!

Below is a selection of some of the children's work over the last few weeks.

