

ACTIVE SCHOOL
FLAG

**PARTNERSHIPS
CAHERAGH NS
2024**



OUR STAFF DISCUSSED PARTNERSHIPS AND THE ASF PROCESS



INFORMING PARENTS ABOUT ACTIVE SCHOOL INITIATIVES

- Dear Parents,
- Next week Active School Week is taking place in Caheragh NS, hopefully the pupils will enjoy the activities organised and we'll get good weather. They can wear their tracksuit top/shirt, shorts and runners all week. They will need plenty of water and sun-cream as they will be outdoors and more active than usual.
- I will attach the timetable for the week. Ralf from the Caheragh Tae Kwon Do Club is coming Tuesday so any child who would like to bring along their Tae Kwon do robes are welcome to do so.
- Parents are invited to join in with yoga on Friday the 9th, facilitated by Irene from Bantry Yoga. You will need to bring your own mat as Irene has a limited supply. The Junior Room(JI, SI, 1st) will do yoga from 10:00am to 10:45am, the Middle Room(2nd, 3rd, 4th) from 10:50am to 11:35am and the Senior Room(4th, 5th) from 11:45am to 12:30pm.
- The Parents' Association and BOM have kindly paid for the gymnastics and bus on Wednesday. The Sciath na Scol finals are on Thursday so we have decided to defer the walk until the following week. (Best of luck to our boys' and girls' teams in the finals).
- A special thanks to Ralf from Caheragh Tae Kwon Do Club, Charlotte Jeffrey for the golf lessons and Irene from Bantry Yoga for the yoga. Thanks to Skibbereen Sports Centre and instructors for the gymnastics. Thanks to the staff of Caheragh NS for facilitating these and other activities throughout the week.
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- Many thanks,
- Agnes Foley, ASW Co-ordinator.

Dear Parents,

As you may know Caheragh NS is hoping to earn a third Active Flag this year.

We have been working on this for the last few years so thank you for your support and participation. There are and will be PowerPoints on the school website to view more.

I fully appreciate parents are very busy so this letter is only to offer some suggestions as to how parents can get involved and promote an active healthy lifestyle for yourselves and your children.

- 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; hopping, skipping, side-stepping, balancing.
- 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.

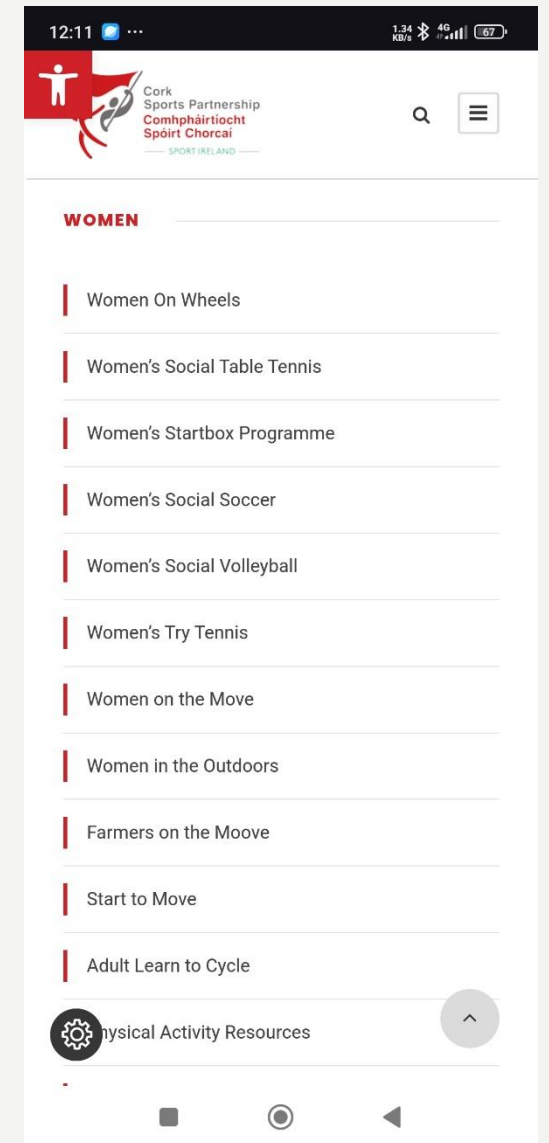
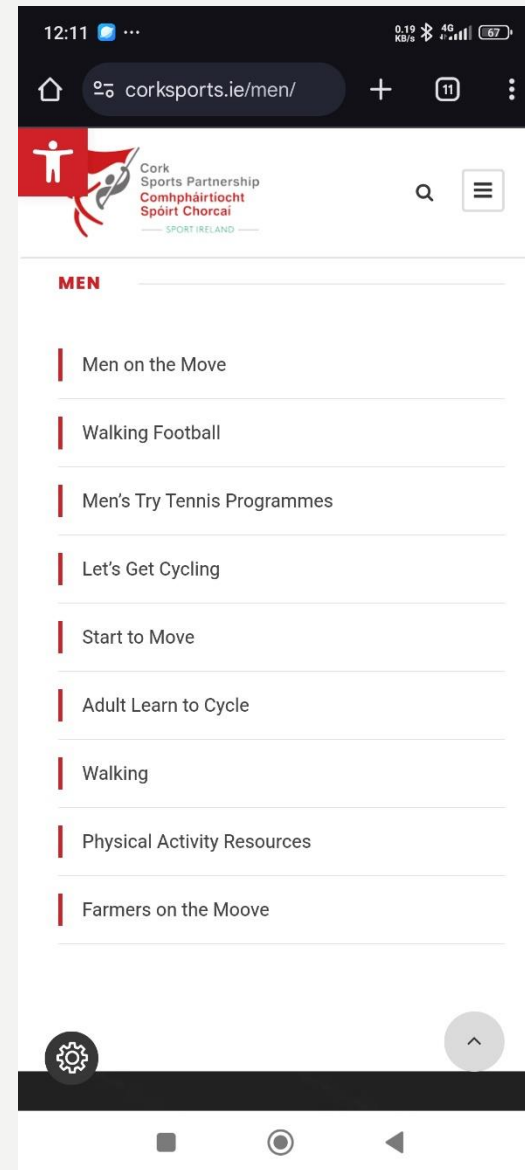
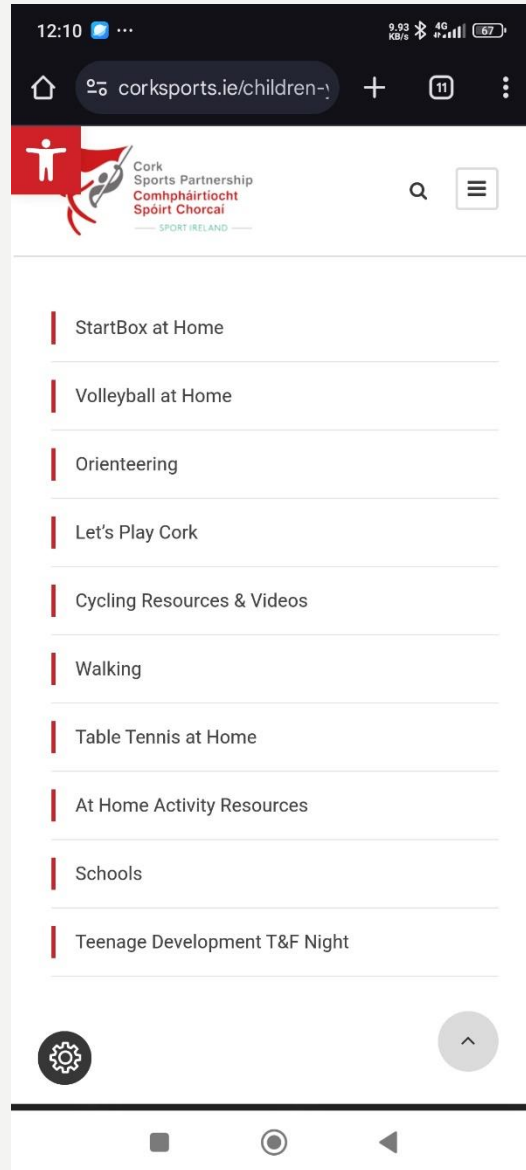
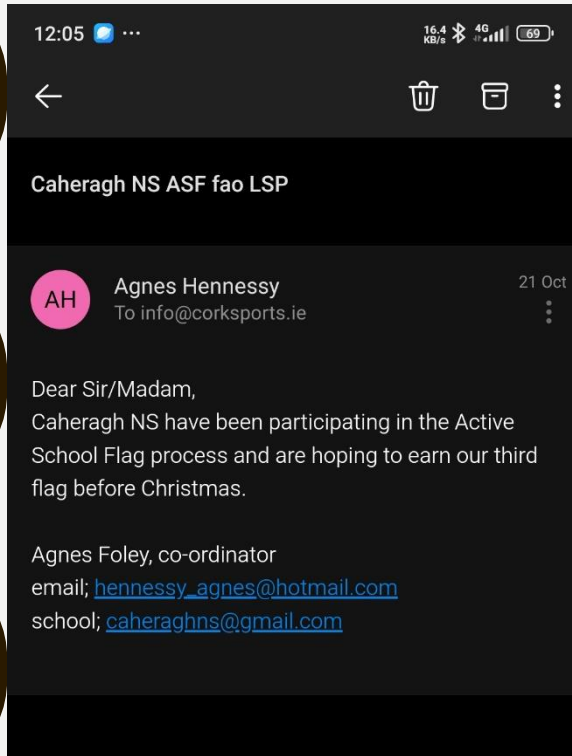
The following are some useful websites that you can look at to find out more about sporting opportunities in Cork.

- Yoga at Your Desk <https://express.adobe.com/page/oDax5kzLYkty/>
- <https://activeschoolflag.ie/resources/>
- <https://www.gov.ie/en/campaigns/healthy-ireland/>
- <https://irelandactive.ie/>
- <https://irishheart.ie/>
- <https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-routes/>
- <https://www.sportireland.ie/participation/local-sports-partnerships>
- www.corksports.ie
- <https://www.sportireland.ie/participation/sports-inclusion-disability-officers>

Many thanks,

Agnes Foley, ASF Co-ordinator

LOCAL SPORTS PARTNERSHIP EVENTS



SPORTS INCLUSION DISABILITY OFFICER

Caheragh NS ASF fao SIDO

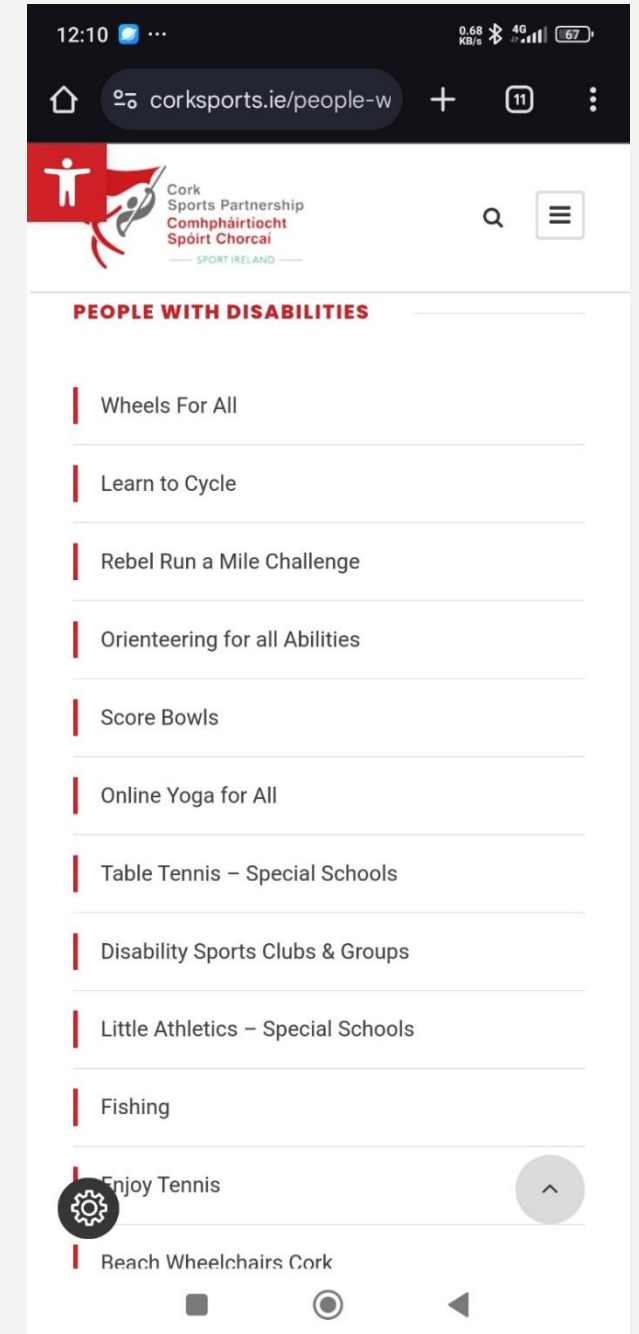
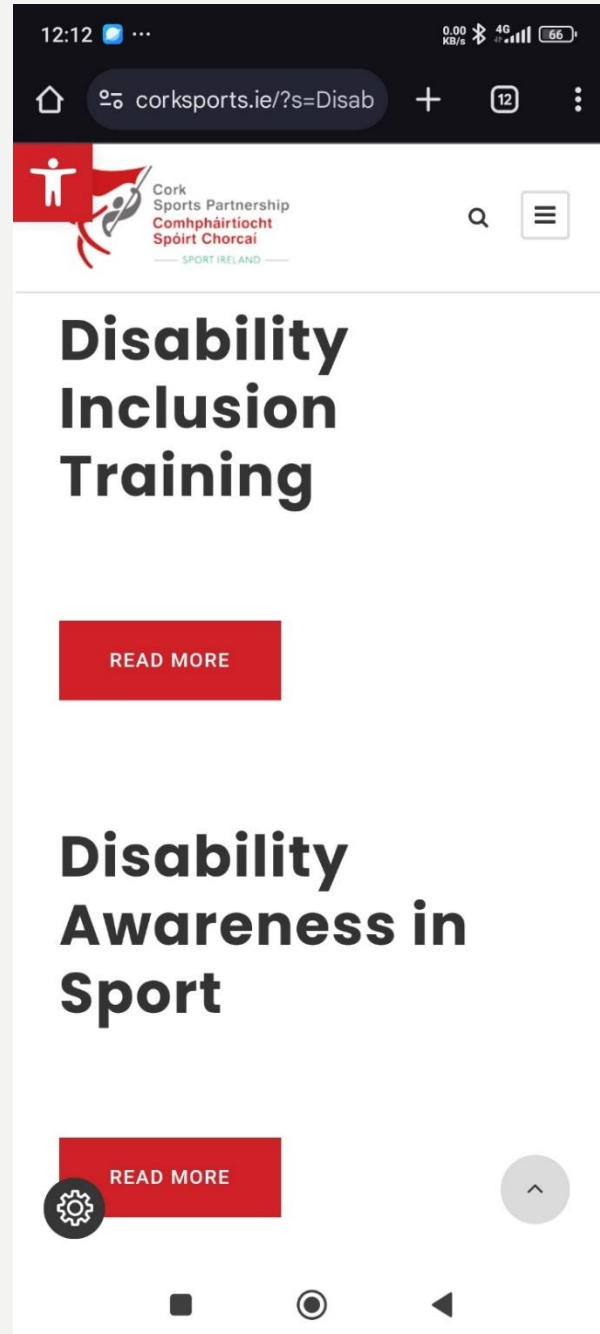


Agnes Hennessy
To info@corksports.ie

21 Oct

Dear Sir/Madam,
Caheragh NS have been participating in the Active School Flag process and are hoping to earn our third flag before Christmas.
We have a child who is wheelchair user.

Agnes Foley, co-ordinator
email; hennessy_agnes@hotmail.com
school; caheraghns@gmail.com



ACTIVE FLAG COMMITTEE AND PLAYGROUND LEADERS



PLAYGROUND LEADERS (ASF COMMITTEE AND 6TH CLASS)

Duties

Wear vests

Help to lead;

- Active lines
- Rainy Day Activities
- Active breaks
- Dance Activities
- Feelgood 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

Keep records

Make announcements

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
- Encourage fair play

ASF SLOGAN

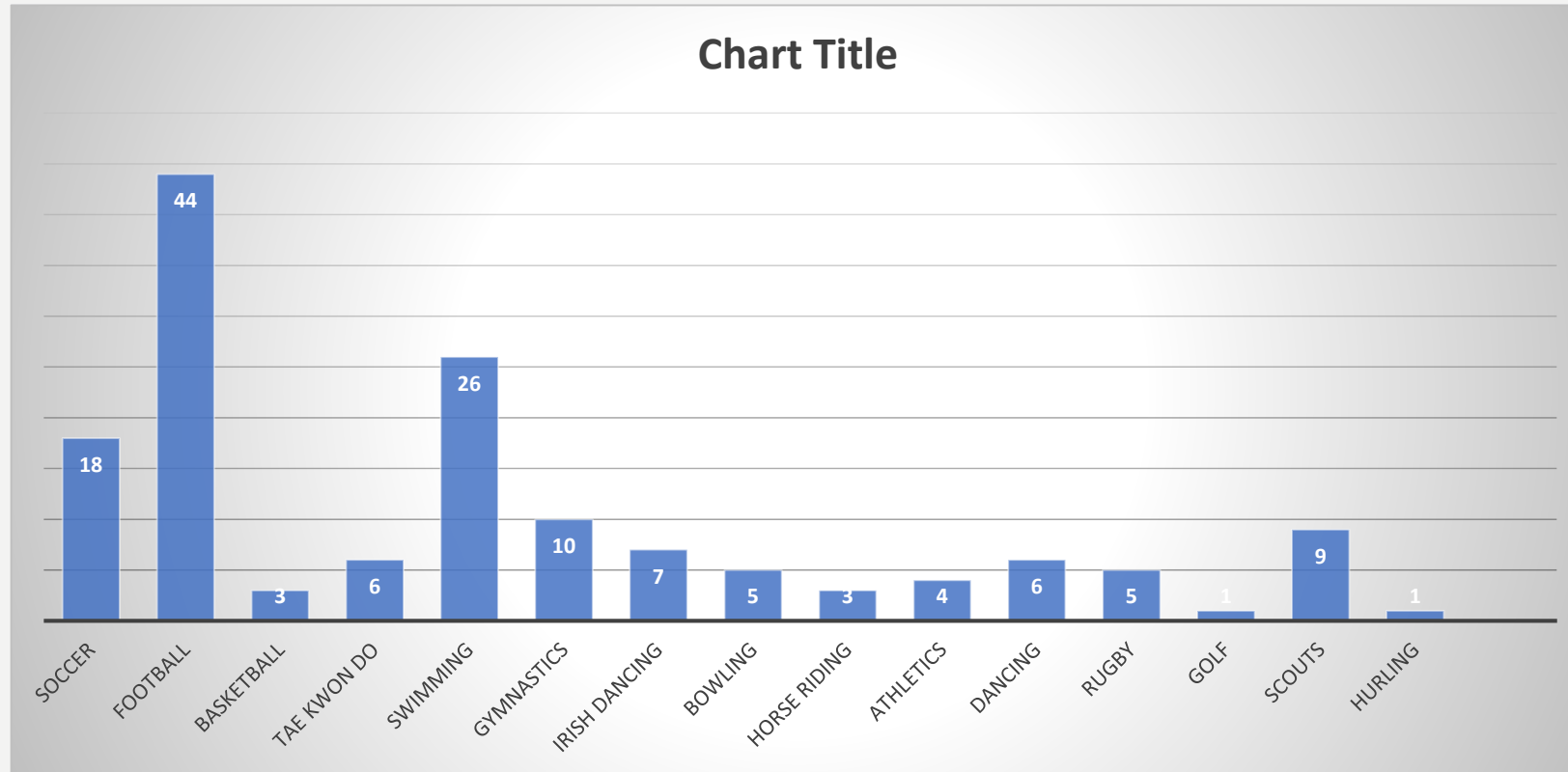
Be Active

Be

Healthy

Be Happy

WHAT CLUB ARE YOU IN SURVEY





WELL DONE WALL





TH NA SCOL FOOTBALL FINALS

SPORT 07



Roinn 4 Girls' winners Caheragh NS receive the trophy from Cork ladies footballer Laura O'Mahony

2023 WEST CORK SCIATH NA SCOL FOOTBALL FINALS

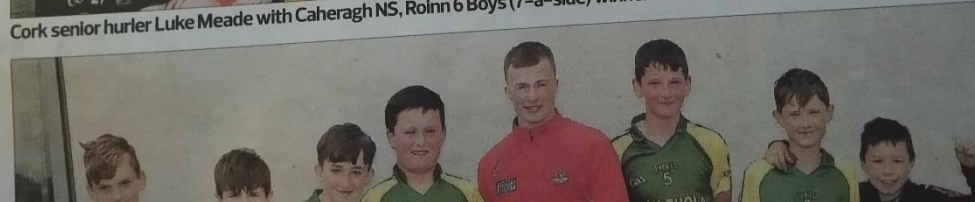


Cork senior hurler Luke Meade with Caheragh NS, Roinn 6 Boys (7-a-side) winners.

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in the Roinn 2' final.

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 Nic Aonghusa, A
 Ní Dhonnabháin,
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 Ní Choistéala, C
 Ní Mhurchú, A Ní
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 rley, Cde Faolte,
 air, N Alsaadi, M
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 7, Castletown-

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 minutes remaining,

Scoll Chùil Aodh, Roinn 7 Girls (7-a-side) winners, presented with the trophy by Cork U20 hurler Sean Daly.



Caheragh NS, Roinn 6 Girls (7-a-side) winners, presented with the trophy by Cork U20 hurler Sean Daly.

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The Tadhg MacCarthaigh U10 girls who won the Eilish Collins memorial cup final in Castlehaven last Sunday are (from left): Hannah Reen, Isobel Cronin, Aine Lynch, Katie Needham, Moire Barry, Aoife Barrett, Aifric Herlihy, Eve Murray, Kaitlyn Collins, Anna Kingston, Ciara Harrington, Vivienne McCarthy, Cadhla O'Regan, Olivia Gajowniczek, Gabriella Dilbaite, Katie O'Sullivan and Siun McCarthy.

Coomhola and Caheragh double up as West Cork football in safe hands

Thirty-two schools battled it out for West Cork Sciath na Scol glory on fabulous day of football

THERE was history in the making at the West Cork Sciath na Scol finals in Ahamilla, Clonakilty on Thursday when three pitches were used simultaneously for the first time to run off the 19 finals.

This was the 31st running of the annual festival of football for primary schools in West Cork, stretching from the tip of Beara in the west to Kilbrittain in the east and from Scoil Chúil Aodh in the north to Rath in the south.

Seventy-four schools, an area bigger than many counties, took part in the qualifying rounds with 32 qualifying rounds from the big town schools to the smallest rural schools, numbers on teams ranging from 15 down to seven. For schools unable to field separate boys' and girls' teams, special competitions were run off with teams of seven or nine.

Responsible for running

Diarmuid Duggan and Conor Murray.

Of course, no games would be possible without the men in the middle, the referees, and the busy men on the day were Peter O'Leary, Tadgh Sheehan, Conor McCarthy, Jack Forbes and Joe Kelly.

Of the 32 schools that took part in the finals six were attempting to win the double, boys and girls, and these included Gaelscoil Mhichíl Uí Choilleáin Cloch na gCoillte, Gaelscoil Bheanntaraí, Scoil Chúil Aodh, Coomhola, Ardfield and Caheragh. Just two, Coomhola and Caheragh succeeded in their double quest. Scoil Chúil Aodh were actually participating for the first time and took home the girls' title after a thriller. Unluckiest schools were Gaelscoil Chloch na gCoillte, Gaelscoil Bheanntaraí and Ardfield who lost both finals.

Two finals ended level at full time and in a new precedent



Action from the Roinn 1 boys' final between Bishop Galvin Central School, Newcestown and St Patrick's, Skibbereen. (Photos: Paddy Feen)

space. No need to mention that some superb displays of football were seen by outstanding players on all three pitches and



Clogagh NS, Roinn 7 Boys (7-a-side) winners, were presented with the trophy by Allianz.

West Cork players who represented Munster in the U16 and U18 inter-provincial 7s tournament in the RFLU High Performance Centre, Abbotstown. From left, Niall O'Mahony (Kilbrittain - Bandon RFC / Ballincollig RFC), Eoin Guirke (Clonakilty - Clonakilty RFC and Sacred Heart Secondary School, Clonakilty), Adam Finn (Clonakilty - Clonakilty RFC and Sacred Heart Secondary School, Clonakilty), Lisa O'Mahony (Kilbrittain - Bandon RFC / Ballincollig RFC), Alice O'Donovan (Bantry - Bantry Bay RFC and Coláiste Pobail Bheanntaraí), Clodagh McCarthy (Clonakilty RFC and Sacred Heart Secondary School, Clonakilty), Grace Kingston (Bantry - Bantry Bay RFC) and Aoife O'Mahony (Kilbrittain - Bandon RFC / Ballincollig).

Skibb school's top athletes win 11 medals at Munsters



Skibbereen Community School's Elaine O'Sullivan won the intermediate girls' javelin. (Photos: Perri Williams)

SKIBBEREEN Community School students aced their tests at the Munster Schools Track and Field Championships held in Templemore on Saturday. On a day to remember, the Skibb school's top athletes brought 11 medals home, including six goals.

On an extremely busy weekend for her cousins involved with Cork footballers, hurlers and Munster-winning camogie team, Caoimhe Flannery raced to gold in the senior (U19) girls' 1500m steeplechase in a time of 5:12:85.

There was double gold for Katie Kingston at senior level - she finished first in the discus (30.11m) and javelin (35.39m). Staying at senior, Ciara Delaney raced to bronze in the girls' 400m in a time of 1:00:97, and also finished fourth in the 800m (2:27:11).

In the intermediate (U17) girls' javelin, Elaine O'Sullivan won gold with her best throw of 30.44m, while also at intermediate level Diana Rose Coakley powered to gold in the girls' hammer with her top effort of 42.20m, and finished fifth in the discus

(27.51m). Adam O'Donovan won two silver medals at intermediate level - he finished second in the javelin (40.08m) and in the shot put (13.15m).

There was gold also for Skibbereen Community

School's Lorraine Coakley at junior (U15) level, as she finished first in the shot put with her best throw of 9.50m, and also came fourth in the javelin (26.39m).

There were more medals at junior level, too, as Sam King-

ston came second in the javelin (34.00m) while Evie O'Sullivan was just behind in third place (33.69m).

Left: Katie Kingston won gold in the senior girls' javelin and discus.

Tuthill clocking up miles in Euro big

BY KIERAN MCCARTHY

KILBRITAIN hammer thrower Nicola Tuthill has been clocking up the airmiles in her bid to qualify for the European Ath-

letics Championships in June. Fresh from throwing a new personal best earlier this month - she threw 68.70m at a meet in Dublin - Tuthill (20) has taken part in a few World

Continental Tour competitions. Last Friday the Bandon AC star won the Memorial Jose Luis Hernandez challenger meet in Pamplona, Spain, with her best effort of 67.78m.

Tuthill followed that with a second-place finish a bronze meet in Barcelona (Miting Internacional de Barcelona) two days later. Her best throw was 67.30

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

Parents Questionnaire 2024 - 29 answers.

1. Does your child enjoy PE? Yes 29
2. Which part of the PE Programme does your child enjoy the most? Athletics 3. Dance 4. Games 17. Gymnastics 5. Swimming 7. Outdoor and Adventure 11. Not sure 1.
3. Do you receive enough information about our child's progress in PE? Yes 16. No 13.
4. Does your child receive PE homework? Yes 2. No 27.
Comment; I didn't hear anything. It would be nice to get an update, thanks. It encourages the children to do more exercise.
5. How could we make our PE programme better? I set challenges then reward. Activity reward programme. More athletics/gymnastics/basketball. More PE time per week. More facilities – small running track/astro space/indoor hall. No need to improve. Very satisfied with current provision. Improve equipment. Better equipment. Greater variety of activities. PE more often. Very good.
6. Do you think that your child benefitted from the school running initiative? Yes 17. No 2. Unsure 10.
7. Do you think that the classroom-based physical activity breaks are of benefit to your child? Yes 22. Unsure 7.
8. Does your child enjoy break times in the yard? Yes 28. No 1.
9. Do you think that our school provides a playground environment that encourages your child to be active during break times? Yes 25. No 1. Unsure 3.
10. How could we improve our playground breaks? Make them longer. More equipment 7. More balls. Not sure. More games 3. More structure 2. Repaint the yard games. Already good.
11. Does your child enjoy Active School Week? Yes 28. Unsure 1.
12. How could we improve our Active School Week? Excellent. More playground games. Not sure. Very good already. More activities. Very happy with the way it is. Enjoy it and look forward to it each year. Do two weeks. Older kids do activities with the younger kids. More Active Breaks. Good already with lots of variety. It's great, lots of variety. Great variety.
13. Do you know how many minutes of physical activity that children should do every day to be healthy? 60 mins 23. 30 mins 5. 90 mins 1.
14. Have you visited the ASF section on our school website? Yes 12. No 17. Very informative 2. Excellent.
15. Do you have any feedback in relation to our school's participation in the ASF process? Caheragh NS understand the importance of movement and always encourage same. More communication about ASF activities. Great selection of activities. Brilliant idea. 2. No 4. It seems to be active as it is. Excellent work.
16. Would you be interested in joining the ASF committee? Yes 3. No 26.

Parents Questionnaire - 26 answers.

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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.

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- 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.
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- <https://irelandactive.ie/>
- <https://irishheart.ie/>
- <https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-routes/>
- <https://www.sportireland.ie/participation/local-sports-partnerships>
- www.corksports.ie
- <https://www.sportireland.ie/participation/sports-inclusion-disability-officers>

Many thanks,

Agnes Foley, ASF Co-ordinator

PROMOTING SPORTS

- Pupils take part in Cork City Sports and Sciath na Scol
- We 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 also
- 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

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 GAA pitch, the Memorial Park, Skibbereen Sports Centre, Skibbereen Playground, Skibbereen Rowing Club, our yard and field, the garden and the surrounding countryside.
- The school has links with local disability organisations
- 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
- **Coaches and teachers came in for gymnastics, circuits, rugby, yoga, bowling, golf, Zumba, Tae Kwando, hurling, football and Céilí dancing.**

SCIATH NA SCOL







CORK CITY SPORTS

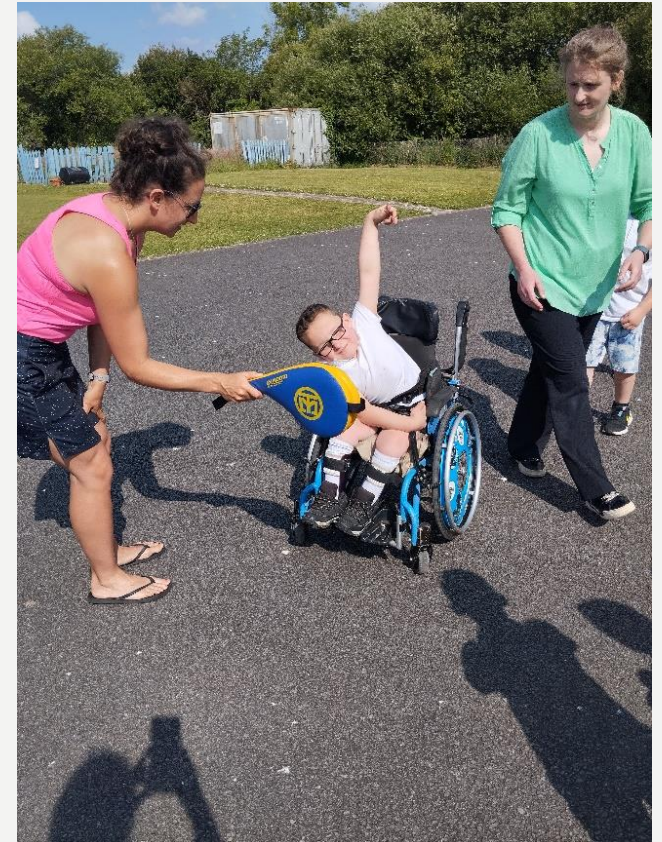








TAE KWANDO RUN WITH RALPH







RUGBY RUN WITH DAMIEN



GOLF- THE COACH IS CHARLOTTE A PARENT IN OUR SCHOOL







A VISIT TO PÁIRC UÍ CHAOIMH





GAA BLITZ IN AUGHAVILLE ORGANISED BY JAMES



GAA TRAINING



GAA SKILLS WITH EUGENE A PAST PUPIL



SKIBBEREEN ATHLETICS CLUB

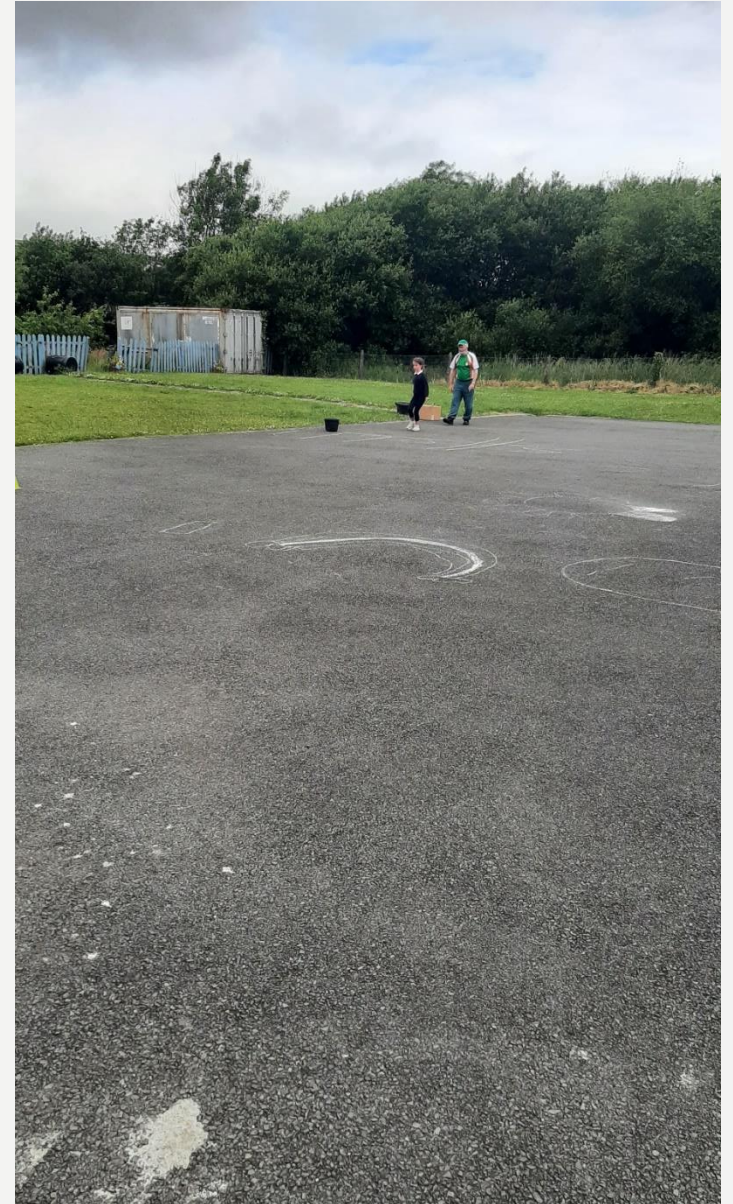




ELAINE A PAST PUPIL CAME IN TO DEMONSTRATE THROWING THE JAVELIN



BOWLING RUN BY DAN



VISITING TEAMS AND SPORTS PEOPLE





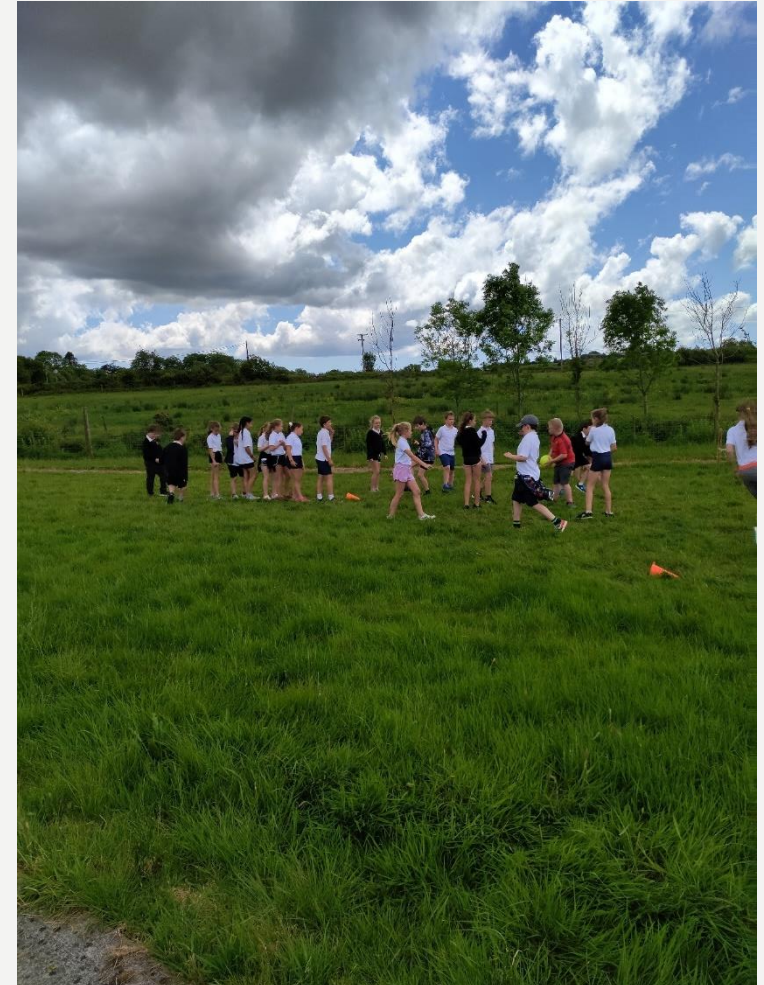
LADIES FOOTBALL



COMMUNITY GAMES FOOTBALL SUCCESS



LOCAL AMENITIES- THE MEMORIAL PARK





SKIBBEREEN PLAYGROUND



THE SPORTS CENTRE







SKIBBEREEN ROWING CLUB











YOGA WITH IRENE AND ZUMBA WITH ROBIN



GARDENING



