*Allen NS Active Home Week.*

*Hi everyone,*

*As you all know, this year we set up our first Active Schools Committee. Around this time of the year we would have been getting ready to organise our Active Schools Week.*

*Instead, the Active Schools have organised an Active Home Week for all children in Ireland to take part in. The focus of the week is to exercise for at least 60 minutes a day. Everyone will get a copy of the Active Home Week chart, but if you want to get creative and design your own chart that’s even better!!*

***Starting on Monday 27th of April and finishing on Friday 1st of May.*** *You can complete activities, games, challenges, skills sessions, dances, obstacle courses, walking, get as creative as you can. Fill in each day with what you did and how much time you exercised for. Then on Friday you can send a picture of your completed chart back to your teacher. I’m sure they’ll give out some Dojo points for completing Active Home Week. Each student who completes Active Home Week will also be sent a certificate on a future date.*

*The Active Schools website has some great links to websites and resources for you to use. Make sure to tell us which activities you completed and which were your favourite so we can spread the word to everybody.*

*The @ActiveFlag Twitter feed share great ideas and videos as well, so if you’re parents are on Twitter they can keep an eye out for that.*

*Attached is a word cloud full of ideas that can give you inspiration to get active.*

*Best of luck and hopefully the weather will be kind to us for our first ever Active Home Week.*

*Active School Committee.*

**