

**TY Health & Fitness groups (Pre and Post-Christmas) have, and are undertaking a 12 week fitness module to improve their basic levels of general fitness, with additional mental health and well-being benefits.**

**To assess achievement, our TY students are completing a personal 3K/5K challenge run while at the same time raising much needed funds for the Breast Cancer Ireland charity. Gym + Coffee have come on board (with some merchandise) to support and encourage our students to acknowledge the great benefits to one's health and well-being through any form of physical activity.**

**On Wednesday February 2<sup>nd</sup>, our students face a personal challenge with a 3K/5K run on the Clontarf sea front, adjacent to the school. School management have endorsed the charity aspect of this challenge with a non-uniform / tickled pink day set for early March in aid of Breast Cancer Ireland. Mr Fitzpatrick is coordinating the fitness sessions while TY students Ellie McDonnell, Kate McGovern, Lucy Owens, Rebecca Kavanagh, Fiona O'Sullivan and Aoife Quigley are fronting up the fundraising committee.**



**Left to Right: Rebecca Kavanagh, Kate McGovern, Fiona O Sullivan & Aoife Quigley**



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