

# URSULINE COLLEGE SLIGO



## NEWS BULLETIN – 05/02/2021

Key updates and information for parents/guardians, staff & students

### Feel Good 5k Strava Challenge

We've only gone and travelled all the way to Venice!!! That's 1,797kms in total that you have walked, jogged, run, cycled and rowed.... #Amazing or nearly 42 Marathons #Phew



Our aim is to beat this number this week so #LetsGetMoving

Remember to encourage classmates, teachers and families to get involved to get UCS moving #BeMoved

Join our Strava team at Ursuline College Sligo.

Search and join your School Club on Sligo Sport and Recreation profile page on Strava. Record your activity as a RUN and it will automatically total on your School Clubs leader board towards total kms. Let's see how far around the world we can get by 28<sup>th</sup> February.

No Journey is too short; every metre counts Good Luck Everyone – Keep moving!!

## ACTIVITIES

### Let's Get Moving Challenge

- This week's challenge was feared by many and master by few – **The Plank**.

Our PE department had a version of the plank suitable for all abilities. Check it out and challenge your core strength. Thanks



to everyone who shared their efforts. Keep an eye on our school Instagram page @ursulinesligo for next week's activity and generate some friendly competition in your households!

#FeelTheBurn #LetsGetMoving #MovementBreak

- 1st Year Assembly**

We will host the first of our Year group assemblies this coming Monday February 8<sup>th</sup> for our 1<sup>st</sup> years. This will take place on MS Teams. A great chance to check in and say hello. We can't wait to see everyone.



#WeAreUCS #SchoolSpirit



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Remember

**“We are not all in the same boat but we are all in the same storm”**

## “Feel Good February”

It’s time to shine – a reminder that class 4B has launched their YSI initiative “Feel Good February”. Commencing with a “Yoga Basics” event, the activity will be ‘live streamed’ on 4B’s YSI Instagram page -



@accentuatethepositives All you need is a yoga mat and comfortable clothes to get started! This event is completely free and is suitable for all. So please try and join us tomorrow Friday at 2pm for an hour of energy boosting fun!

Use the following link for access to this event:

<https://instagram.com/accentuatethepositive.ucs?igshid=wo36ifs6mxkjs?>



## EUROPEAN YOUTH PARLIAMENT IRELAND

Huge congratulations to Aoife Devlin 6D who, as a member of the European Youth Parliament Ireland, was selected as Chairperson for the Bois-Colombes regional session of European Parliament France. Aoife worked as part of an academic team comprising several nationalities and chaired the INGE committee of local delegates at the session. What a wonderful experience for Aoife.

Well done on your outstanding achievement.

**#LadiesWhoLead #PositiveAttitude**

## #FridayFeels

To help get our “Spring” on, we decided to treat you to two positive affirmations; maybe one of these could become your February morning mantra.



### **Transition Year – “Sunrise Selfie Challenge”**

TY’s braved the elements to capture the glory of the morning sky. Thank you to all who sent in their sunrise selfies, reminding us all of the importance of getting out in the fresh air and taking time to get some exercise. Truly, the beauty of Sligo was captured. Breathe in the mystery and healing power of nature.

This gorgeous picture was taken by Tara Casserly 4C and her gorgeous dog Kobe, at Streedagh Beach.

It truly epitomises the old adage – “When a picture paints a thousand words”



**Well done Tara**

