



KILLINA

PRESENTATION SECONDARY SCHOOL

Positive Wellbeing Week



Show off your true colours!



Killina
PRESENTATION
Secondary School

POSITIVE WELLBEING WEEK



MARCH

13-16

2017



Monday

**9.35-10.35 Guest speaker: Gráinne Walsh -
3rd yr, TY**

Zumba : 11.50 - 12.50 6th yrs

Zumba : 1.45 - 2.45 2nd yrs



Tuesday



Jigsaw Offaly - mental health promotion workshop.

9.35-10.15 - 2nd yr

10.15-10.55 - 1st yr

11.10-11.50 - 3rd yr

11.50-12.25 - TY, 4th yr

12.25-1.05 5th yr

**11.10-12.25 Guest speaker:
Niall McNamee - 6th yr**



Wednesday

KEEGAN
Yogalates™
Award Winning Fusion



**11.10-11.45 Healthy eating and nutrition workshop by
Carina Haverty - 3rd yr, TY**

1.15-1.45 Operation Transformation walk / jog



1.40-2.15 Yogalates

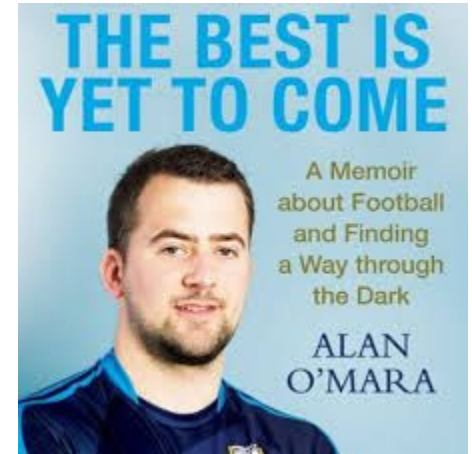
2.15-2.55 Yogalates

2.55-3.35 Yogalates



Thursday

Non-uniform day



Guest speaker Alan O'Mara: Real Talks 9.35-10.35 - 2nd yrs

11.10-12.10 - 5th years

11.10-1.05 Movie time - 1st and 4th years "Inside Out"

1.35-3.35 Concert





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