



St. Joseph's Secondary School Ballybunion

Health Promotion &

WELLNESS WEEK 2016



Events taking place before Wellness Week

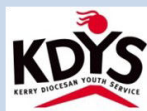
- 10th May – Sports & Mental health talk with Kerry footballers (1st & 2nd year)
- 18th May – 6th class sports day
- 19th May – Talk from Donal Walsh Foundation

Monday 23rd May

Talks from:

Elaine Ryall (KDYS)
Teen-line

Selfie Stand and Smile Wall
Exercise for 2nd Years



Tuesday 24th May

Talk from Elaine Ryall (KDYS)
Exercise for 5th and 6th Years.
5KM Fun Run!
Parent Talk



Wednesday 25th
May

Exercise for 1st Years and
3rd Years.

Talk from Jigsaw



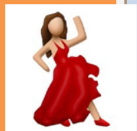
Thursday 26th May

6th year workshop with Dee

Talks from:

Elaine Ryall (KDYS)
Jigsaw

Fun activities for PE



Friday 27th May

Sports Day for
the school!

