

## Hello boys,

I hope you all had a lovely weekend and that you are looking forward to your mid-term break.

It was lovely to see and chat with you all during our video calls last week, I hope you enjoyed them too. Our video call this week will take place on Wednesday at 1.00pm.

This week in CBS we would like to focus on wellbeing and promoting a healthy mind and body. Along with English, Irish and maths we will also be encouraging you to complete some physical activity challenges, some mindfulness activities and some relaxation techniques.

It is very important that you log into Seesaw every day to see what activities have been assigned each day and to watch the videos which explain the work and activities.

Please complete the work at a time and in whatever way works best for you and your family.

If you have any questions throughout the week or issues with login details please contact me @ <u>coleary@charlevillecbsprimary.ie</u>

Have a lovely Wellness Week. God Bless and take care,

Miss O' Leary

English	Writing: Acrostic poetry & wellness writing activities (Seesaw) Reading: Reading tasks will be assigned on Seesaw to link in with Pancake Tuesday, Ash Wednesday and our wellbeing theme
Gaeilge	<u>Topic:</u> Máírt na hInide & verbs (Shrove Tuesday) <u>Videos:</u> Videos will be posted to your Seesaw account daily <u>Activities</u> : All activities will be explained on Seesaw this week
Maths	Topic: Multiplication tables & online revision activities Activities: All activities will be posted to your Seesaw account this week

## Wellness Week (Monday to Wednesday)

All Wellness Week activities will be assigned on Seesaw. These activities will be fun, active and interesting.