

Gortaleam N.S. Wellbeing Plan of Action for 2022 – 2023

- **SPHE** lessons for all classes taught weekly
- **Mindful Breathing and Meditation Exercises in the classroom**
- 10 minute **Morning Walk** at 9: 50 where the whole school staff and children walk and exercise daily with other fundamental skills in walking and running taught also in these ten minutes
- **Gardening projects** in the school garden throughout the year under the tuition and guidance of Before and After School leader Ms Helen Long and linking the activities to science, maths and other curricular areas back in the classroom.
- **Cooking, baking and other culinary skills taught in the kitchen** by school staff and Ms Helen Long - linkage to English writing , maths and science
- **Nature Walks** in the local environment regularly
- **PE lessons** weekly with team building games involved
- **Break time Exercises** -- basketball and team games encouraged