

Take5 Five Steps to Wellbeing Week

The **Take5** Steps to Wellbeing is a set of practical messages aimed at improving the health and wellbeing of everyone connected to the school community.

The key themes is promoting, education and supporting Healthy Minds, Healthy Bodies, Social Health, Giving Back and Financial Wellbeing.

Developing the 5 steps to well-being supports everyone in our school community. Miss Herron our **Take5** coordinator has been working hard to promote and develop this in our school. In June 2025 St Patrick's Mullinahoe were awarded the Level Two accreditation and now in June 2026 we hope to be awarded Level Three.

To continue to develop awareness of **C.L.A.N.G.** **C**onnecting, **L**earning, **A**ctive, take **N**otice and **G**ive, with our pupils, staff, parents and the wider school community Miss Herron has organised a **Take5** Week in St Patrick's Mullinahoe From **Monday 27th of April to Friday 1st May**.

There will be no normal homework this week, all work sent home will be **Take5** related activities.



Each Day of the **Take5** Week will have a specific focus on one of the five key themes.

	THEME	ACTIVITY
Monday	C ONNECTED	Take 5 'Connect' Assembly Classroom connect activities. Class Circle Time
Tuesday	A CTIVE	Fitness Freddy Challenge In School – All classes £2 Per child – Pay on SchoolMoney App
Wednesday	L EARNING	Mindfulness Activities in Classroom Teacher Swap for activity.
Thursday	TAKE N OTICE	Our Local Surroundings. Class Walk
Friday	G IVE	Dress Down Friday Children wear own clothes into school Bring in a donation to help develop our new outdoor play area.

