

St. Joseph's Patrician College 'The Bish'

Easter Activity Pack

2020



Table of Contents

Arts & Crafts	3
Gluksman Gallery	3
Get Crafty	6
Improve your Art Skills	6
Creativity & Art Challenges	7
Wellbeing	10
Some useful wellbeing & meditation resources	12
A good deed a day	13
Learning New Tricks	14
Join the Circus	14
Become a Magician	14
Card Games	14
Science & Technology	15
Learning New Skills & Participate in Research	16
Mental Challenges	17
Quizzes	13
Crosswords, Chess & Brainteasers	13
Reading	18
Books to Read	18
Film Recommendations	19
Cooking & Baking	20
Recipes	22
Writing & Language	26
Knowing Ireland	27
Health & Fitness	32
The Bish Gym Online	35
Message from Staff	49
Message from Principal	50

Art



Glucksman Gallery

The Glucksman is a leading museum nationally and internationally for creative learning and access to the visual arts. The impressive and versatile gallery spaces present thought-provoking exhibitions that have thrilled audiences of all ages and abilities.

All over the world, children have to stay at home and find new ways to interact with others.

<http://www.glucksman.org/exhibitions/creativity-at-home>

Biological drawing competition

The Nancy Rothwell Award of The Royal Society of Biology runs a biological drawing competition each year. Draw, paint, sketch or digitally create artwork capturing plant or animal anatomy - <https://www.rsb.org.uk/get-involved/rsb-awards/nancy-rothwell-award>

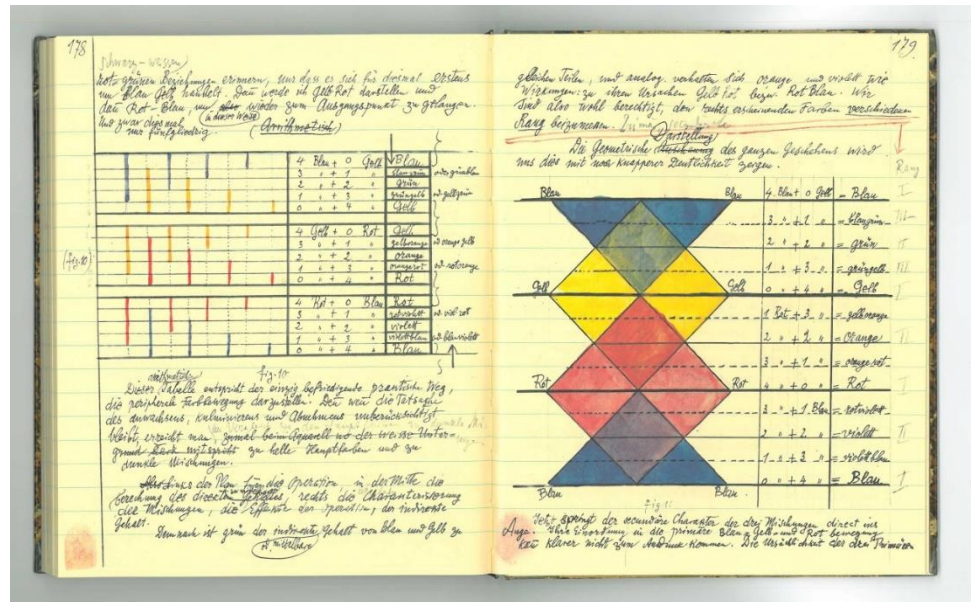
Paul Klee Portraiture

Aims - to experiment with automatic drawing and portraiture

You will need:

- 3 pieces of paper (ideally A3 cartridge paper)
 - a pencil or fine liner
 - a mirror or a family member willing to model
1. Make sure you or your model are comfortable. If you are doing a self-portrait, make sure you can see your face clearly in your mirror.
 2. Fix your eyes on your model's face and start to draw. Do not take your pencil off the page as you draw or take your eyes off your model. Do not look at your page. Include as many details as possible (eyelashes, jaw line, shoulders etc.) and don't forget to add tone.

- Repeat the process twice from a different viewpoint so you have three drawings of the same subject from different angles. Try not to look at or assess your work in between.

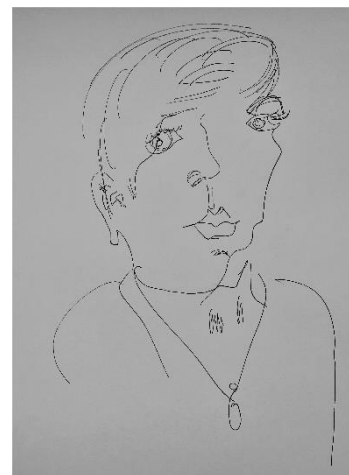


You are, as Paul Klee taught, taking a line for a walk:

“An active line on a walk, moving freely, without goal.”

Paul Klee (1879-1940) was a highly influential artist and teacher. He taught at the revolutionary Bauhaus school in Weimar, Germany which taught fine art, architecture and design. He was a pioneer of Surrealist techniques and abstraction and left thousands of pages of lecture notes through which we can learn about his methods.

- You now have three drawings. Select one to leave as it is, and the other two to work on.



5. On one drawing, shade in some of the sections where your lines create a closed area. You could use a variety of different tones or shade in the whole background if you think it would look good. You can make some of your original lines heavier or bolder, but don't rub any out or add any.

6. On your final drawing, if you have watercolours at home, you could paint your line drawing in different tones of the same colour, or a combination of colours. Remember, with watercolour, you control the lightness of your colours by adding more water. Colouring pencils would also work well. You could add some additional lines to your drawing if it will increase its complexity.



Alternatively, you could fill in your spaces with contour lines to see what shapes or distortions you can make. You can of course, always make more drawings.

Some further reading on [Paul Klee](#) and [the Bauhaus](#).



Get Crafty

- Learn to make different types of paper flowers - <https://www.itsalwaysautumn.com/20-pretty-diy-paper-flower-tutorials.html>
- Learn to make origami - <https://origami.me/>
- Learn Découpage - <https://www.prima.co.uk/craft/easy-craft-ideas/news/a21431/get-started-decoupage/>
- Knitting – arm knit, needle knit or even finger knit -
 - <https://www.countryliving.com/diy-crafts/g4268/best-arm-knitting-tutorials/>
 - <https://sheepandstitch.com/how-to-knit/>
 - <https://www.marthastewart.com/1042306/finger-knitting-fun>
- Or peruse this for other crafty inspiration - <https://stylesatlife.com/articles/craft-ideas/>

Improve your art skills

The following links share videos on specific techniques/skills:

- <https://www.skillshare.com/browse/art>
- <https://www.artyfactory.com/>

Or wait for Grayson Perry's show with Channel 4 – Grayson's Art Club – and learn how to sculpt, paint and draw. This is part of the Channel 4's new Lockdown Academy programme - <https://www.channel4.com/press/news/channel-4-sets-out-creative-plan-help-nation-navigate-through-coronavirus-crisis-support>

Creativity & Art Challenges

Creativity can have a positive effect on our school community as we come together and face challenges.

Challenge 1:

What does the school community mean to you? What does the sense of connection, of belonging, of group bonding look like/feel like/sound like? You can use any medium you like, photography, painting, drawing, video, audio, stop motion, puppetry, collage, digital storytelling, craft, making, creating, the list is endless.

Challenge 2:

Create an artwork in response to the word “Cocoon”

Challenge 3:

Paint a post card sized self-portrait in the Bish colours.

Challenge 4:

Redesign the school yard- what colours would you use? What type/colour seating would you use and where would you place it? Would you include planting? Think of student’s needs. What will your school yard look like?

Challenge 5:

Can you make our school name “St. Joseph’s Patrician College (The Bish) into a tag?

(turn letters around, make them skinny or fat, stretch them, experiment, have fun) Look up some street artists.

Challenge 6:

Design a piece of wearable art then make it using recyclable materials. Bonus points for modelling it. Take a photo.

Challenge 7:

Explore within the 2km radius: Look at your area in a new light, take photos or draw sketches, look at things you haven’t paid much attention to before.

Challenge 8:

Make a small sculpture from something in your house, use glue, paint, wire, wood whatever you want.

Challenge 9:

Design a cover for a book: <https://www.obrien.ie/design-a-cover-competition>

Challenge 10:

Make a photogram click on this link: <https://youtu.be/aoc4etu03r4>

Challenge 11:

Reimagine everyday objects (look at these spaceships for inspiration)

<https://mymodernmet.com/spaceship-designs-digital-artist-eric-geusz/>

Challenge 12:

Recreate a famous art work

<https://www.designboom.com/art/getty-museum-self-isolation-recreate-famous-artworks-03-30-2020/>

Challenge 13:

Create a still life using paper and magazines (look at Picasso and Matisse)

Challenge 14:

“What I miss about school”

Challenge 15:

Create a really cool Bish t shirt.

Challenge 16:

Design and construct an instrument that will be used to play a recognizable song. Use recycled/household materials.

For more inspiration check out:

RTE's Create don't contaminate: <https://youtu.be/cvvpvibhme>

100 silly drawing prompts

https://www.google.com/search?Q=100+silly+drawing+prompts&rlz=1C1GCEJ_enie894ie894&oq=100+silly+drwing&aqs=chrome.1.69i57j0l2.8012j0j8&sourceid=chrome&ie=UTF-8

www.autodraw.com

You may not have art supplies at home so try some of these materials:

- Paint with coffee/tea/chocolate
- Print with veg/fruit
- Food colouring
- Use household items for 3D
- Sculpt with a bar of soap <https://www.youtube.com/watch?V=y17rweezgi8>
- Use salt <https://mymodernmet.com/dino-tomic-salt-drawings/>
- Tinfoil/baking paper
- Glue on parchment paper
- Toilet roll inserts
- Experiment and have fun!

Wellbeing

This is a stressful time for many. The situation contains a mixture of particularly difficult elements.

- Uncertainty. Not knowing tends to be more difficult to manage than certainty (even when the certainty is a challenging one.) Uncertainty lends itself to dreaming up many kinds of worry. Certainty is more likely to engage our problem-solving skills and a move to adapt to the new reality. Even knowing this can be helpful.
- Being at home far more than usual: work and school (though they too at times exert pressure) provide outlets for energy, structure, socialising. These needs might be harder to meet in a home which might be a lot busier than usual.
- For exam classes there might be a huge range of responses from intense frustration to huge relief. Uncertainty about the system to be implemented is likely to be a pressure for most.
- Anxiety in the general population.

What can we do?

1. Share. You might think in terms of physical distancing rather than social distancing. Now is a good time to share and be in touch with people who are important to us and even those who are just acquaintances. Talking to others who can listen and support us helps us find a more balanced perspective.
2. Attend to nutrition and good sleep habits

3. News consumption: at a time when it's hard to control much, you can definitely control when you consume the news. If you don't make decisions about this, you are liable to end up in a frequent state of anxiety. Limiting consumption to your chosen times (every morning? Morning in evening?) or limiting only to practical health advice (WHO & Government bodies) is likely to be a better bet.



Remember, you are supported and you are not alone. We are all in this together and there are people here to help and listen. There are some brilliant support services locally and online, so use them if you need to.

Aware Support Line: 1800 80 48 48

Pieta House: 1800 247 247

Samaritans: 116 123

As for The Bish, it is waiting for us to return. We will appreciate all the more physical interactions with friends and classmates, and the spontaneous opportunities which arise from sharing such a special space together.

Some useful wellbeing & meditation resources


- Headspace is offering some meditations that you can listen to for free during this time:


<https://www.headspace.com/covid-19>

- National Educational Psychological Service (NEPS) - <https://www.education.ie/en/The-Department/Announcements/relaxation-techniques.pdf>



- The Waking Up App: Waking Up is a guide to understanding the mind, for the purpose of living a more balanced and fulfilling life. Join Sam Harris—neuroscientist, philosopher, and New York Times best-selling author—as he explores the practice of meditation and examines the theory behind it. <https://wakingup.com/>
- Happy Head Wellbeing App
- Jigsaw - <https://www.jigsaw.ie/>

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Young people

@jigsawgalway

For young people we have:

- *Regular supportive content on a variety of topics (anxiety, conflict resolution, relationships, uncertainty + loads more!)
- *Ask Jigsaw - anonymously ask a question to be answered by a Jigsaw Clinician
- *Twice daily live group chats facilitated by Jigsaw clinicians where young people can share their experiences and get support from others

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Parents and guardians

@jigsawgalway

For parents & guardians:

- *Live webinars - engage in live group chats to share experiences & get support from a Jigsaw Clinician
- *Peer-to-peer content - videos hearing from other parents about their strategies for coping
- *Online courses available for download on the topics of mental health awareness & self-care for parents

- Use an insight timer. Download the app here -

<https://apps.apple.com/us/app/insight-timer-meditation-app/id337472899>

- <https://beingwell.simplecast.com/episodes/fear-in-the-time-of-coronavirus-UszrNvnY>
- <https://www.rickhanson.net/wake-up-to-good-news/>
- <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- https://www.cam.ac.uk/research/news/opinion-five-ways-to-beat-anxiety-and-take-back-control-of-your-life-during-the-covid-19-pandemic?utm_source=alumniemail&utm_campaign=alumni&utm_medium=email

You don't need necessarily need an app to do mindfulness. You could simply put on some music, close your eyes and be with the music.

A good deed a day

Try doing one thing a day to contribute to the collective wellbeing of your family.

For example:

- keep communal spaces tidy
- help by doing a domestic chore, e.g. loading the dishwasher or vacuuming
- cook a meal (and clear up afterwards)
- organise a game or activity for the family in the evening
- entertain a younger sibling for an hour or support him/her with schoolwork
- take the dog for a walk (while keeping 2m away from passers-by!)
- take some food supplies to a neighbour who is elderly/unwell/self-isolating (and leave on the doorstep, by arrangement)

Learning new Tricks

Join the Circus

Ever fancied learning some circus tricks? Below are some links to sites that you can use to help you do that:

- <http://www.jugglingworld.biz/tricks/>
- Aerial Edge is offering free online classes for their first week -
<https://aerialedge.co.uk/>
- <https://kineticcircus.co.uk/circus-skills-tutorials/>

Become a Magician

Or master some magic tricks:

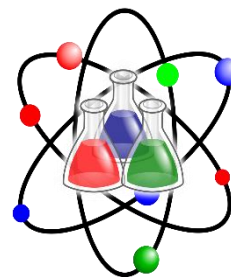
- <https://rebelmagic.com/>
- <https://www.magictricks.com/learn-free-magic-tricks.html>
- <https://www.goodtricks.net/>

Card Games

Learn to play different card games which you can then play with your family.

- <https://www.pagat.com/alpha/>
- <https://www.classicgamesandpuzzles.com/Card-Games.html>
- <https://www.considerable.com/entertainment/card-games/card-games/>

Science & Technology



Explore the Chemistry behind everything you can think of e.g. soccer balls (Euros vs World Cup), the Olympic medals,

<https://www.compoundchem.com/infographics/>

Find out what happened on the day of the birthday in everyone in your house

<https://edu.rsc.org/resources/collections/on-this-day-in-chemistry>

A fully interactive periodic table

<https://www.rsc.org/periodic-table>

Discover why we have loads to do to help out our pollinators

<https://pollinators.ie/>

Explore the American Museum of Natural History in Manhattan and take one of their online Khan academy classes

https://www.amnh.org/explore-now?utm_expid=.ljk1v7QMTfaFR6lwY6_a7Q.1&utm_referrer=https%3A%2F%2Fwww.amnh.org%2F

Take the daily Astronomy challenge with the Blackrock Observatory in Cork

<https://www.bco.ie/events/daily-astro-challenge-with-esero-ireland/>

or build your own planetarium at home

<https://www.bco.ie/events/planetarium-at-home/>

Learn some coding

<https://code.org/learn>

- No links needed to explore the Great Indoors. Find something in your house and look up how it works, and who invented it?
- Look out in your garden or balcony and find a living thing. Find out its name, how did it get there and where it fits into your life.
- Drawing a picture is optional.

Learning new skills & participate in research

- Learn something new! FutureLearn have a huge variety of free courses, many of which run for 2-3 weeks. The courses are offered by a variety of providers, including many universities - <https://www.futurelearn.com/courses>
- Participate in research at Zooniverse 'The Zooniverse is the world's largest and most popular platform for people-powered research. This research is made possible by volunteers — more than a million people around the world who come together to assist professional researchers. Our goal is to enable research that would not be possible, or practical, otherwise. Zooniverse research results in new discoveries, datasets useful to the wider research community, and many publications.' - <https://www.zooniverse.org/>
- Duolingo – have a go at learning a new language - <https://www.duolingo.com/>

Mental Challenges

Quizzes

1. **Sporcle** – user generated quizzes on all sorts of trivia - <https://www.sporcle.com/>
2. **Travelpod** – test how good your geography is and your knowledge about different places around the world - <https://www.travelark.org/tiq>
3. **Kahoot** – this needs no description! Have a go at making your own on different subjects and test your friends - <https://kahoot.com/>
4. **Jetpunk** – trivia based quizzes - <https://www.jetpunk.com/>
5. **Quiz Planet** – allows you to quiz against other people - <https://quizplanet.game/>

Crosswords, Chess & Brain Teasers

1. <https://puzzles.independent.co.uk/games/daily-crossword/>
2. Allows you to play chess remotely with others - <https://www.chess.com/>
3. Guardian offers free access to crosswords and other puzzles - <https://www.theguardian.com/crosswords>
4. 15 daily crosswords available from here and archive of many more - <https://www.bestcrosswords.com/>
5. Different types of brain teasers available here - <https://www.puzzleprime.com/brain-teasers/>
6. More brain teasers - <https://sharpbrains.com/brainteasers/>

Books to read



Below are some links to books based on different categories. Do share your recommendations with friends and families – could be a good time to start a book club!

1. **Books to read in 2020** - <https://www.penguin.co.uk/articles/2020/must-reads-of-2020--the-best-new-books-of-the-year/>
2. **Books to cheer you up** - <https://www.penguin.co.uk/articles/2020/mar/books-to-cheer-you-up.html>
3. **Must read books** (a few links as there will be variations between lists) –
 - <https://www.penguin.co.uk/articles/2018/100-must-read-classic-books/>
 - https://www.goodreads.com/list/show/264.Books_That_Everyone_Should_Read_At_Least_Once
4. **Guilty pleasure books**
 - <https://www.goodreads.com/shelf/show/guilty-pleasure>
 - <https://www.bustle.com/p/the-most-addictive-guilty-pleasure-books-as-recommended-by-15-avid-readers-2307310>
5. **Books to read during quarantine or self-isolation**
 - <https://lithub.com/our-personalized-quarantine-book-recommendations/>
 - <https://www.theguardian.com/books/2020/mar/15/books-to-read-while-quarantined-coronavirus>
6. **Best fantasy books** - <https://www.penguinrandomhouse.com/the-read-down/best-fantasy-novels-of-all-time>
7. **Best fiction books** - <https://www.penguinrandomhouse.com/the-read-down/best-books-literary-fiction>
8. **Best non-fiction books** - <https://www.theguardian.com/books/2017/dec/31/the-100-best-nonfiction-books-of-all-time-the-full-list>

9. **Best comic and graphic novels** - <https://www.npr.org/2017/07/12/533862948/lets-get-graphic-100-favorite-comics-and-graphic-novels>

10. **Best sports books** - <https://www.telegraph.co.uk/sport/picturegalleries/12001859/The-50-best-sports-books-ever-written.html>

Film Recommendations

Below are some links to films based on different categories. Do share your recommendations with friends and families also! Do make sure that the film is age appropriate for you and your family.



1. **Best movies to watch now** - <https://editorial.rottentomatoes.com/guide/200-essential-movies-to-watch-now/>
2. **Best movies to watch on Netflix now** - <https://www.vulture.com/article/best-movies-on-netflix-right-now.html>
3. **Best movies to watch on Amazon Prime now** - <https://www.digitaltrends.com/movies/best-movies-on-amazon-prime/>
4. **Best documentaries**
 - <https://www.esquire.com/entertainment/movies/g3342/best-documentaries-of-all-time/>
 - https://www.rottentomatoes.com/top/bestofrt/top_100_documentary_movies/
5. **Best sport movies** - <https://editorial.rottentomatoes.com/guide/best-sports-movie-of-all-time/>

Cooking & Baking

You could argue that it is not the easiest time to be creative with your cooking.... or that it the best time to get creative with your cooking!



Schedule online meals with friends and family that are not with you:

- You could cook together at the same time by setting up your phone/ iPad/ Computer in the kitchen
- You could agree to cook the same dishes so it is as if you are eating together or compare the ways that you each cooked it.

If you are looking for some ideas for recipes, below are some suggestions:

- Follow [ahalfbakedidea](#) on Instagram. Store cupboard recipe ideas, and bake-alongs on Instagram live.
- Eric Matthews, Michelin star chef is posting a series of home cooking Instagram stories [here](#), aptly named 'Cabin Fever Classics'
- Meera Sodha offers delicious vegan and vegetarian dishes (but also offers meat dishes). She is also offering some tips for 'Corona cooking' on her Instagram [here](#) but the Guardian also has a huge collection of her recipes here - <https://www.theguardian.com/profile/meera-sodha>
- Who can resist Ottolenghi? Again the Guardian have a good collection of recipes taken from the various cookbooks - <https://www.theguardian.com/food/series/yotam-ottolenghi-recipes> and you can also look at the Instagram page [here](#) to get more recipe ideas.

These are some suggestions but share your favourite chefs with each other and check out their online pages to see if they too are offering some inspiration for cooking during this time.

If you are a complete novice to cooking, try and master the basic skills needed. Here are some links to help with that:

- <https://www.cookinglight.com/cooking-101/12-cooking-skills-every-young-adult-should-learn>
- <https://www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know>

Here are also some cooking shows that could inspire you!

The following are all available on Netflix

- **The Chef's Table** – Each episode focuses on a renowned chef from a different part of the world and explores what makes them tick.
- **Ugly Delicious** - is part-travel part-cooking show from David Chang sees the chef (who founded the Momofuku group) explore the cultural importance of food scenes within the US. The stories here often take unexpected twist and turns, with the show serving as a reminder that food often bears more political weight than people think.
- **Street Food** - Street Food is a series of 30-minute long episodes which explore the array of street food markets around the world.
- **Salt, Fat, Acid, Heat** - Follow New York Times Magazine's food columnist Samin Nosrat as she travels the world to prove that salt, fat, acid and heat are essential components of a delicious dish
- **The Final Table** - 12 pairs of chefs from across the globe go head-to-head.
- **Nailed it** - This addictive baking show actually celebrates the failures of its contestants, rather than their accomplishments.
- **Sugar Rush** - Each episode sees four teams battle it out to create the most visually pleasing (and delicious tasting) desserts
- **Worst Cooks in America** - Each series sees eight amateur cooks being mentored by expert chefs Anne Burrell and Robert Irvine to hone their kitchen skills
- **The Chef Show** – Chef Roy Choi worked on the 2014 movie 'Chef' with Jon Favreau and this is the cooking travelogue series that followed that

Recipes

For the beginner chef . . .

The BEST Cookies

250g butter

50g caster sugar

100g brown sugar

200g self-raising flour

175g porridge oats

100g walnuts, chopped (optional)

100g Dairy milk chocolate, chopped

Or use whatever sugar you have

1. Preheat oven to 180°
2. Beat butter and sugars
3. Mix in flour
4. Add rest of ingredients
5. Roll into balls and place on a lined baking tray.
6. Press flat.
7. Bake for 15-20mins, until golden.



Brownies

200g dark chocolate

150g butter

225g caster sugar

3 eggs (beaten)

150g plain flour

1tsp baking powder

225g white chocolate and 125g raspberries (optional)

1. Preheat oven to 180° and line a baking tin with greaseproof paper.
2. Put chopped butter and dark chocolate in a bowl. Place the bowl over a pot of boiling water. Melt.
3. Stir in sugar and remove from the heat.
4. Add the eggs (Do this off the heat or else you will have scrambled eggs).
5. Sieve in flour and baking powder.
6. *Optional: Add chopped white chocolate and raspberries.*



7. Pour full mixture into the tin.
8. Bake for 35-45 minutes, until glossy on top. Cool in the tin and cut into squares.

Peanut butter squares

300g chocolate, chopped

350g plain flour

1tsp baking powder

225g butter

350g light brown sugar

175g rolled oats

70g mixed nuts, chopped

1 egg, beaten

400g condensed milk (not evaporated milk)

70g crunchy peanut butter



1. Preheat oven to 180° and line a baking tin with greaseproof paper.
2. Sieve the flour and baking powder together. Add butter and rub into the mix to create a breadcrumb consistency.
3. Stir in sugar, porridge oats, chocolate, and nuts.
4. Set aside 1/3 of the mix in a separate bowl.
5. Stir the egg into rest of the mix and press into the dish. Bake for 15 minutes.
6. Mix condensed milk and peanut butter together. Pour evenly over the base.
7. Cover the mixture with the 1/3 you had set aside and press down slightly.
8. Bake for 20 minutes. Cool in the tin and cut into squares.

For the more experienced chef . . .

White Chocolate and Raspberry Bread and Butter Pudding

50g butter

12 slices white bread, no crusts

250g raspberries

200g white chocolate, chopped

4 eggs

450ml double cream

225ml milk

125g caster sugar

Pinch of salt

Sprinkle of granulated sugar



1. Butter bread and remove crusts.
2. Arrange four slices (buttered side down) on the bottom of a casserole dish.
3. Scatter half the raspberries and white chocolate on top.
4. Cover with another four slices or buttered bread.
5. Add remaining raspberries and chocolate.
6. Cut remaining bread into triangles and create a final layer of overlapping triangles.
7. Whisk eggs, cream, milk, sugar, and salt. Pour mix over bread through a sieve.
8. Cover with cling film and leave to stand for one hour.
9. Preheat oven to 180°.
10. Sprinkle granulated sugar over the pudding.
11. Place it in a roasting dish bain-marie (dish half filled with water) in the oven.
12. Bake for one hour until golden.
13. Allow to cool and serve with ice-cream.

5 in 1 Sponge Recipe

Basic Sponge

300g butter
300g caster sugar
6 eggs
225g self-raising flour
¾ tsp bicarbonate of soda
4 tbsp milk
1 tsp vanilla extract

Sponge Additions

Caramel cake:

Add ½ can of Carnation caramel

Chocolate cake:

Add 30-50g cocoa powder and extra milk

Coffee cake:

Add 25mls coffee essence

Lemon cake:

Add zest of 1 lemon

1. Preheat oven to 170° and line two 23cm baking tins with greaseproof paper.
2. Beat butter and sugar.
3. Whisk eggs – (your cake will be lighter if you whisk the whites and yolks separately).
Add to the mix slowly.
4. Sieve in the flour and bicarbonate of soda.
5. Add milk and vanilla extract
(This is the point you add any of the additions).
6. Spread into two tins and make a dip in each (stops cake having a mountain look).
7. Bake for 20-25 minutes, until golden. Cool on wire racks.

Icing

500g icing sugar
180g cream cheese
50g butter
1 tsp vanilla extract

1. Whisk cream cheese and butter, until no lumps left.
2. Sieve icing sugar into the mix and vanilla extract.
3. Whisk until fluffy (add milk, if needed).

Icing additions

Caramel cake:

Add ½ can of Carnation caramel

Chocolate cake:

Add 30g cocoa powder and extra milk

Coffee cake:

Add 25mls coffee essence

Lemon cake:

Add juice of 1 lemon

Writing and Language

All Years:

Students are asked to write a series of diary entries about their experiences in isolation. Focus on a personal response - how are you feeling? What are you doing? What do you see as a challenge? Is there anything you are enjoying right now?

Try to write a diary entry per day. The current situation is like no other we have ever faced and therefore will be quite historic. Diary entries are a personal account of how you are feeling and it may be a good exercise to look back on your thoughts and feelings in time to come.

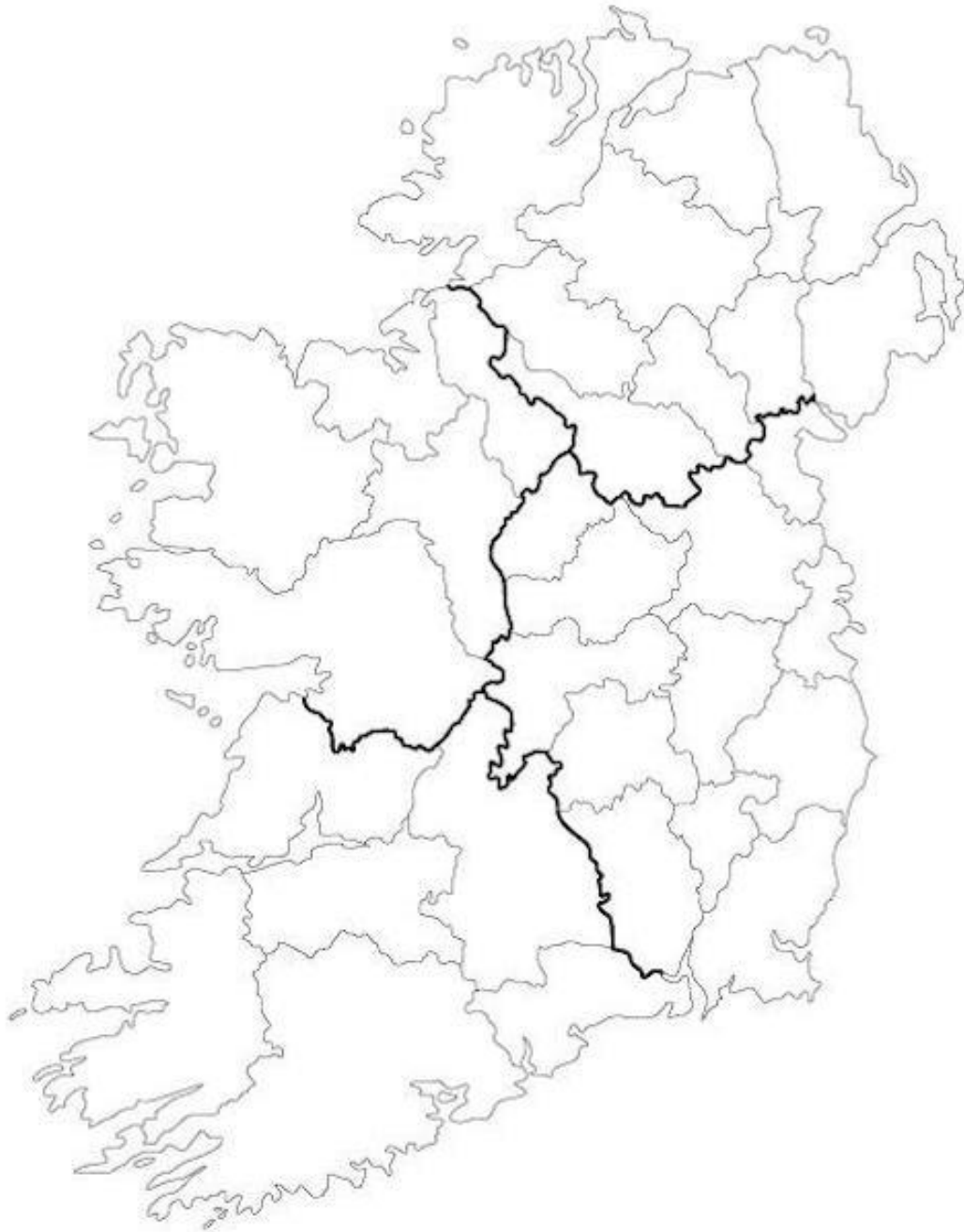
First Years:

Use one of the An Post postcards to send a note to someone in your community. It could be to check in with someone in your family, a neighbour or a friend. For many in our community, particularly the older in society, they rely on mail. They may not have smart phones or computers therefore a written message may be quite uplifting for them.

Junior Cycle Students:

Write a letter to Leo Varadkar about what you would like to see happen with the Junior Cert exams (for JC students). Remember this is a formal letter so your address should be at the top right-hand side and Mr. Varadkar's name, position and address should be on the left-hand side. Don't forget to include the date as well. Tell Mr. Varadkar how you feel about the current situation as a JC student and suggest to him what you would like to see happen going forward.

Knowing Ireland



Name the 4 provinces

1. _____ 2. _____
3. _____ 4. _____

Can you identify the 32 counties of Ireland?

1		9	
2		10	
3		11	
4		12	
5		13	
6		14	
7		15	
8		16	

17		25	
18		26	
19		27	
20		28	
21		29	
22		30	
23		31	
24		32	

Places In Ireland

K	I	L	D	A	R	E	S	L	I	G	O	R	M
G	S	W	B	K	B	O	B	A	N	T	R	Y	D
A	A	K	C	A	R	L	O	W	Y	L	M	C	U
R	A	S	I	B	M	D	U	B	L	I	N	A	N
A	A	Y	O	B	W	O	L	L	A	M	E	L	G
D	N	A	G	R	B	C	H	L	A	E	D	A	A
A	D	C	O	R	K	E	I	T	L	R	I	H	R
R	M	D	L	G	R	C	R	A	B	I	N	G	V
E	L	N	E	N	G	A	R	E	L	C	G	U	A
R	O	O	E	E	M	T	R	E	E	K	L	O	N
O	Y	U	N	O	D	I	R	E	N	N	E	Y	A
W	A	G	R	I	D	R	O	F	R	E	T	A	W
Y	M	E	N	R	Y	D	R	O	F	X	E	W	L
O	B	W	N	O	D	N	A	B	T	N	L	N	Y

MAYO
CORK
TRAMORE
SKIBBEREEN
WATERFORD
BANDON
WEXFORD
BANTRY
ADARE
SLIGO
GOLEEN
LIMERICK
DUNGARVAN
KILDARE
TRALEE
CARLOW
YOUGHAL
MALLOW
DUBLIN
DINGLE

Play this puzzle online at : <http://thewordsearch.com/puzzle/8949/>

NAME: _____

DATE: _____

COUNTRIES Europe

- Work with a classmate and write the names of the countries on the map.



Austria

Belgium

Czech Republic

Denmark

Finland

France

Germany

Greece

Hungary

Iceland

Ireland

Italy

Netherlands

Norway

Poland

Portugal

Russia

Slovakia

Spain

Sweden

Switzerland

Turkey

Ukraine

United Kingdom

Guess the County

Where is the “Orchard County”

- a) Antrim
- b) Armagh
- c) Fermanagh
- d) Donegal

I’m in the Faithful County. Where am I?

- a) Dublin
- b) Waterford
- c) Offaly
- d) Kildare

Where is The Kingdom?

- a) Cork
- b) Limerick
- c) Kerry
- d) Clare

The Marble County is...

- a) Galway
- b) Wexford
- c) Kilkenny
- d) Cork

If you were in the O’Moore County, you’d be in...

- a) Longford
- b) Laois
- c) Louth
- d) Leitrim

You are in The Wee County. Where are you?

- a) Leitrim
- b) Longford
- c) Sligo
- d) Louth

Which of these counties does NOT have a claim to the nickname The Lake County?

- a) Westmeath
- b) Galway
- c) Cavan
- d) Fermanagh

Which is the Treaty County?

- a) Limerick
- b) Cork
- c) Clare
- d) Antrim

Health and Fitness



Below are a few links and resources you can use at home to get your daily exercise fix:



- PE with Joe Wicks - <https://www.youtube.com/thebodycoachtv>
- 15-minute (No equipment) HIIT Workout with the Body Coach - <https://youtu.be/TkaYafQ-XC4>
- Yoga for Beginners with Adrienne - with <https://youtu.be/v7AYKMP6rOE>
- CrossFit New England: Daily Workouts - <http://crossfitnewengland.com/wods-news/>

PE Department Challenges

It is a challenging time to maintain a physically active lifestyle. We all know we feel better after moving, even just a little! Science links increased movement to better physical and mental health – let's get those endorphins firing. The Bish PE department have put together a few suggestions to keep active while encouraging students to stay at home and follow HSE guidelines at the same time.

- Ciaran Kilkenny's **GAA skills challenges**. Daily skills challenges for all GAA lovers. Upload videos to Instagram / face book to win some prizes too!
- The **GAA Future Leaders Solo challenge** is designed to promote positivity, physical activity and well-being among young people, while encouraging them to stay at home and follow HSE guidelines at the same time: - <https://learning.gaa.ie/gaasolo>

- Fancy training like a **Pro Rugby Player**? **Connacht Rugby** are putting up videos on their Facebook page of some of the exercises that the players will be doing during the lockdown. Also, every Friday Connacht Rugby's coaches and players will be set a physical challenge by their Strength and Conditioning team. They want you to get involved so look up their Facebook page or use #ConnachtChallenge to take part.
- **ALPHABET exercise challenge:**
 - Each day, pick a different category.
 - Day 1 – spell out the name of everyone in your house
 - Day 2 – pick the day of the week and do 3 sets of these exercise
 - Day 3 – spell out the name of your favourite band/ singer/movie/ actor/ soccer team/ GAA team/ - the list is endless and enough exercise to keep you going. You can also replace some of the exercises- burpees, jumping jacks, leg raises etc.

<p> A = 10 Jumping Jacks B = 5 Jump Squats C = 5 Sumo Squats D = 10 Regular Squats E = 20 Butt kicks F = 5 Burpees G = 5 Push-Ups H = 10 Supermans I = 20 High knees J = 10 Regular crunches K = Forward Lunges - 5 ea. Leg L = Side Lunges - 5 ea. Leg M = Reverse Lunges – 5 ea. Leg N = 10 Lateral jumps O = 10 Mountain Climbers P = 10 Bicycle Crunches Q = 10 Calf Raises R = Side Plank – 20 sec each side S = Forearm Plank – 30 sec T = Donkey Kicks - 5 ea. Leg U = Sprint for 20 sec V = Side Shuffles for 30 sec W = Jog for 30 sec X = 20 Imaginary Jump Ropes Y = 10 Bridges Z = Side Leg Raise – 5 ea Leg </p>	<h2 style="text-align: center;">Alphabet Workout!</h2>  <p style="text-align: center;">Start with a 5 minute warm up of your choice.</p> <p style="text-align: center;">If you're doing this with friends, spell out everyone's name in your group.</p> <p style="text-align: center;">If you're doing this alone, spell out your name + 4-7 other names (your parents, spouse, kids, etc!).</p> 
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- The SFAI 12 day Stay at Home Challenge –

<https://www.instagram.com/p/B-W6cTCg0sT/>



THE SFAI 12 DAY STAY AT HOME CHALLENGE

DAY 01  **DAY ONE - TWO BALL CROSSOVER:** Place one football in front of your right foot and one in front of your left foot. Drag the ball on your right back with your left foot into the space your left foot was in and move your body with it. Repeat this with your right foot and the ball on your left - once you get it try it without having to stop the balls. Video tutorial available.

DAY 02  **DAY TWO FOOT STALL JUGGLING:** Having mastered the foot stall, see can you juggle the ball between right and left feet, add height to increase the level of difficulty or an Around The World that you learned in the first SFAI 12 Day Skills Challenge.

DAY 03  **DAY THREE TOE BOUNCE (& REVERSE):** Drop the ball onto your lead foot with some back spin on it. Lean over the ball and put weight on your heel - the ball should bounce back up. Once you get a feel for it, volley with your lead foot and move that leg behind your standing one, planting your foot where the ball will land. Lift your other leg over the ball as it bounces off your toe. Video tutorial available.

DAY 04  **DAY FOUR KNEE STALL:** Standing next to a wall, raise your knee and find the groove where the ball will sit while using the wall for balance. Once comfortable, pop your knee to fire the ball up into the air. When you've mastered it, see can you move from the foot stall into the knee stall and back again to increase difficulty. Video tutorial available.

DAY 05  **DAY FIVE THE PHOENIX:** While doing keepy-uppies position your head over the ball. As the ball comes up to head-height duck down and swing your head under the ball and around to the other side before catching the ball on your foot - once mastered, see can you do repeated movements from one side to the other. Video tutorial available.

DAY 06  **DAY SIX TIME TO COMBINE:** Time to take the skills you have learned from Day Two, Three, Four and Five and use them to form combinations that move through all of the elements. The more elements you include the more difficult.

DAY 07  **DAY SEVEN ROUTINE RELAY:** Using the music track featured by the SFAI as the backdrop, take the skills and tricks from all of the challenges so far and combine them into a routine of your own. Increase the difficulty by adding more skills and combinations. Video tutorial available.

DAY 08  **DAY EIGHT THE HOPPER:** This is basically a keepy-uppy while hopping - drop the ball from your hands and as it bounces up hop off your lead foot and kick the ball underneath. Once mastered try and do more than one in a row or mix it into a combo. Video tutorial available.

DAY 09  **DAY NINE RABONA + BASKET/BIN CHALLENGE:** Adding the Rabona to the basket/bin challenge ups the difficulty. First practice generating power, wrapping your lead foot around the back of your standing leg to kick the ball. Once comfortable, start taking aim at your target and get some lift. To increase difficulty see can you catch the ball on the volley with a Rabona.

DAY 10  **DAY TEN HOP THE WORLD:** Using the Foot Stall with the ball on your lead foot, hop with the ball, lifting it up between knee and waist height. Bring your other leg over the ball and catch it as it lands with that foot. To increase difficulty, bring your leg inside the ball for a Reverse Hop The World. Video tutorial available.

DAY 11  **DAY ELEVEN TIME TO COMBINE:** With the skills learned from Day Eight, Nine and Ten, see can you begin by hopping the ball into a Hop The World. Follow this up with a Rabona into a basket/bin - This combination will take some time, but do not get frustrated, keep practicing and working on your technique.

DAY 12  **DAY TWELVE FREESTYLE:** This is your time to show what you have learned over the last number of days. Use your imagination to create combinations and variations of the different tricks and skills. There is no right or wrong way to do this, just do it your way!!!

Parents can send videos with permission for the SFAI to use/ share them online to the SFAI Facebook page via Messenger.

All those taking part are reminded to adhere to the HSE guidelines on social distancing.

These challenges are for young players to try in their own home/place of residence.

@SFAIreland
#sfaiSKILLS

The Bish Gym Online

Keeping the students of the Bish fighting fit during Covid-19.

Table of Contents

1. Introduction.
2. Resistance Training.
3. Conditioning.
4. Lifestyle.
5. Answers to questions you will probably have.
6. Further Support.

Introduction

The Bish Gym Online training and lifestyle programme has been established with the aim of promoting health and wellbeing during these unprecedented times through the medium of home-based physical activity.

The training programme is composed of two-to-three resistance workouts and two-to-three conditioning workouts per week.

These workouts are complemented with a supportive lifestyle.

Resistance Training.

The Resistance Workout Generator.

Every resistance workout will involve the following exercises:

1. **Squat** - Develops Strength and Size for: Quads, Groins & Calves.
2. **Upper Body Push** -Develops Strength and Size for: Chest, Shoulders & Triceps.
3. **Hinge** - Develops Strength and Size for: Glutes, Hamstrings & Lower Back.
4. **Upper Body Pull** - Develops Strength and Size for: Back & Biceps.
5. **Trunk** - Develops core strength and stability.
6. **Isolation** - additional direct loading of small muscle groups e.g. biceps, triceps, abdominals, forearms, rear delts. & calf muscles.

Using the workout generator below you will be able to generate thousands of effective workouts.

Some exercises require minimal equipment, the majority require no equipment.

Simply choose one exercise from each exercise category and you are ready to train.

You will find some sample workouts when you scroll a little further.

The exercises in each category are listed in progressive order of difficulty.

Each exercise is linked to a short demonstration video.

The Exercise Categories.

1A. Squat

- [Wall Sits into Prisoner Squat.](#)
- [Heels Elevated Narrow Stance Squat.](#)
- [Front Foot Elevated Reverse Lunge.](#)
- [Assisted Pistol Squat.](#)
- [Dumbbell Squat.](#)
- [Dumbbell Walking Lunge.](#)
- [Dumbbell Front Foot Elevated Split Squat.](#)
- [Dumbbell Rear Foot Elevated Split Squat.](#)

1B. Upper-Body Push

- [Push-Up.](#)
- [Single Leg Push-Up.](#)
- [Around the Clock Push-Up Sequence.](#)
- [Off-Set Push-Up.](#)
- [Push-Up to Shoulder Tap.](#)
- [Added ROM Push Up](#)
- [Banded Push-Up.](#)
- [Weighted Push-Up.](#)

2A. Upper-Body Pull

- [Band Pull Apart.](#)
- Inverted Row ([Gymnastic Rings](#) or [Sturdy Table](#))
- [Two Arm Dumbbell Row.](#)
- [Single Arm Dumbbell Row.](#)
- [Negative Chin Up.](#)
- [Neutral Chin Up.](#)
- [Chin Up.](#)
- [Pull Up.](#)

2B. Hinge

- [Feet Elevated Glute-Bridge.](#)
- [Feet Elevated Glute-Bridge \(Two-Up, One Down\)](#)
- [Single Leg Elevated Glute-Bridge.](#)
- [Laying Banded Hamstring Curl.](#)
- [Laying Glute-Hamstring Curl.](#)
- [Single Leg Laying Glute-Hamstring Curl.](#)
- [Banded Good Morning.](#)
- [RDL.](#)

3A. Trunk

- [Plank.](#)
- [Side Plank.](#)
- [Quadruped Crawl.](#)
- [Deadbug.](#)
- [Plank Complex.](#)
- [Side Bends.](#)
- [Banded Pallof Press.](#)
- [Weighted Plank.](#)

3B. Isolation

- [Prisoner Sit-Up.](#)
- [Single Leg Calf Raise.](#)
- [Upright Row.](#)
- [Dead Hang.](#)
- [Shoulder Shocker.](#)
- [Rear Delt. Fly.](#)
- [Bicep Curl.](#)
- [Triceps Extension.](#)

Three Sample Resistance Workouts Using the Workout Generator.

Training Block One.

	Exercise	Round One [Reps Achieved]	Round Two [Reps Achieved]	Round Three [Reps Achieved]	Round Four [Reps Achieved]	Round Five [Reps Achieved]	Total Reps Achieved
1A.	Wall Sit to Prisoner Squat						
1B.	Push Up						
2A.	Band Pull Apart						
2B.	Feet Elevated Glute Bridge						
3A.	Plank				-	-	-
3B.	Prisoner Sit-up				-	-	-

Training Block Four.

	Exercise	Round One [Reps Achieved]	Round Two [Reps Achieved]	Round Three [Reps Achieved]	Round Four [Reps Achieved]	Round Five [Reps Achieved]	Total Reps Achieved
1A.	Assisted Pistol Squat						
1B.	Off-Set Push-Up						
2A.	Single Arm Dumbbell Row						
2B.	Banded Hamstring Curl						
3A.	Deadbug				-	-	-
3B.	Dead Hang				-	-	-

Training Block Eight.

	Exercise	Round One [Reps Achieved]	Round Two [Reps Achieved]	Round Three [Reps Achieved]	Round Four [Reps Achieved]	Round Five [Reps Achieved]	Total Reps Achieved
1A.	Dumbbell Rear Foot Elevated Split Squat						
1B.	Weighted Push-Up						
2A.	Pull-Up						
2B.	RDL						
3A.	Weighted Plank				-	-	-
3B.	Triceps Extensions				-	-	-

The Boring but Important Stuff.

1. You will complete this mobility and flexibility based warm-up routine before starting your first exercise.

I recommend completing this routine on a close to daily basis. Mobility and flexibility is best improved through a little work done often. If you have a foam roller use it. If you don't, use a small ball.

2. Sets, Reps and Rest Times.

You will perform exercise 1A. for as many reps as possible until you feel you only have two reps remaining in the tank, at this time, without rest you will immediately perform exercise 1B for as many reps as possible until you feel you only have two reps remaining in the tank.

You will then rest for 90 seconds and repeat this five times.

On your fifth and final round you will go to absolute failure leaving no reps in the tank.

Do likewise for exercises 2A. and 2B. and similarly for exercises 3A. and 3B.

3. What gets measured gets done.

During your 90 second rest periods note the number of reps you achieve for each round.

At the end of the workout add the total number of reps performed and record it in the right most column.

Every time you perform the workout your aim is to beat that number.

Remember, to improve, you must beat your records, nobody else's.

4. Number of Sets.

You will perform 5 total sets for exercises 1A. 1B. 2A. and 2B. You will perform 3 sets for exercises 3A. and 3B.

There is no need to record the time/reps achieved in exercises 3A. and 3B. just go to failure each time.

5. Training Schedule.

I recommend you perform your workout three times per week on alternating days e.g. Monday, Wednesday, Friday. Or Tuesday, Thursday, Saturday.

If you wish to begin with just two training sessions per week, train on any two non-consecutive days.

6. How to make simple exercises difficult without using weights.

1. **Use Tempo** – Count to 3 on the way down, pause at the bottom for one second and explode to the top. Take a push up for example, lower yourself for a count of 3 seconds, pause at the bottom for one second and then explode back to the starting position.
2. **Use one and a half reps** – Again taking the push-up as an example. Lower yourself to the bottom, come half-way up, drop back to the bottom and now come all the way back to the top. This counts as one full rep.
3. **Use home-made weights** – perform squats, push ups, planks etc with a school-bag containing three of your largest textbooks. Add a textbook each session. Get creative.
4. **Pre-Exhaust** - For example, prior to bodyweight squats, hold a wall-sit for one minute and then immediately perform your squats.

As is the case when pursuing any goal.

Focus only on what you can do, never on what you can't.

Conditioning.

Cardio prepares you to run slowly away from battle, conditioning prepares you to sprint head first into battle.

The King and Queen of Conditioning are:

1. Sprints.
2. Tempo Running.

1. Sprints

Sprinting is the maximum velocity the body is capable of travelling.

Sprints build incredible leg strength and when done in conjunction with good nutrition will strip body fat better than any other exercise.

To sprint you will need anywhere from 30-60 meters of open space.

I suggest sprinting a total of 300 meters in blocks of 30-50 meters.

e.g. 10 x 30m , 5 x 60m, 6 x 50m or combine distances, for example 6 x 40m plus 2 x 30m.

As recovery, walk back slowly to the start line and repeat.

2. Tempo Running

Tempo running was made famous by the world's most renowned sprint coach Charlie Francis.

Tempo running is running at between 70-80% of top speed for distances of 60-120 meters.

I recommend tempo running a total of 1300 meters in blocks of 60-120 meters.

Time your first run and aim to remain within one second of this time for all remaining runs.

For recovery, an EMOM (every minute on the minute) approach works well.

If your tempo run takes you 15 seconds to complete, you will rest for 45 seconds. If your tempo run takes 20 seconds you will rest for 40 seconds.

Scheduling Your Conditioning.

Complete a total of 300 meters of sprinting and a total of 1300 meters of tempo running three times per week on the days you do not resistance train.

Change the sprinting and tempo-running distances every time you train.

For example, if you sprint in 30-meter blocks on Monday sprint in 50-meter blocks on Wednesday.

You should not be feeling legless or like you need to vomit during your conditioning workout.

Any clown can make another clown tired.

Tiredness is not the indicator of an effective workout. Vomiting should not be seen as a badge of honour.

Completing this conditioning work consistently three times per week in addition to your resistance training will result in lots of good things happening to your performance, body composition and health.

Sample Conditioning Workout

1. Complete this warm-up.
2. Sprints - 6 x 50 meters. Walking back to the start line as recovery.
3. Tempo Running - 13 x 100 meters. Resting as needed or going every minute on the minute.

Lifestyle.

Do the Boring Basics Best.

Sleep

- 7-9 hours in a comfortable, totally dark room with all electronics out of reach. Not negotiable.

Stress Management

- Keep your routine - set two alarms. One to go to bed and one to get out of bed.
- Declutter mentally - Make a to-do list the night before. Keep it challenging but realistic. Tick off items as you go. Begin with the most challenging item.
- Design and stick to an action focused study plan - Count the number of questions answered and items learned, not the hours sat behind a desk.
- Get outdoors - 10,000 steps a day. The health app on your phone will count for you.
- Have something to show for this time – now is the time to be getting around to things you have been putting off.
- Factor in your free time - ‘Earn’ your lazy evening. Netflix is best enjoyed after a productive and accomplished day.
- Reach out to someone if something is bothering you.

Nutrition

- Eat in line with the pyramid below.
- Do more of what you know you should be doing and less of what you know you should not.
- More water, less energy drinks. More food that grew from the ground, and less that came from a lab.
- Protein - meat, poultry, fish, eggs, dairy.
[Minimum of one clenched fist serving with every meal]
- Carbohydrate - potatoes, rice, pasta, noodles, brown bread, porridge.
[Two clenched fist Servings with every meal]
- Vitamins & Minerals - Fruit and Vegetables.
[Minimum of one clenched first serving with every meal]
- Obey the 300 calorie rule - Keep junk food to a maximum of 300 calories a day. If it's junk food it means it came from a packet. The number of calories will be noted clearly on the reverse. This means 3 or 4 biscuits not three-quarters of the packet.

Answers to Questions You Probably Have.

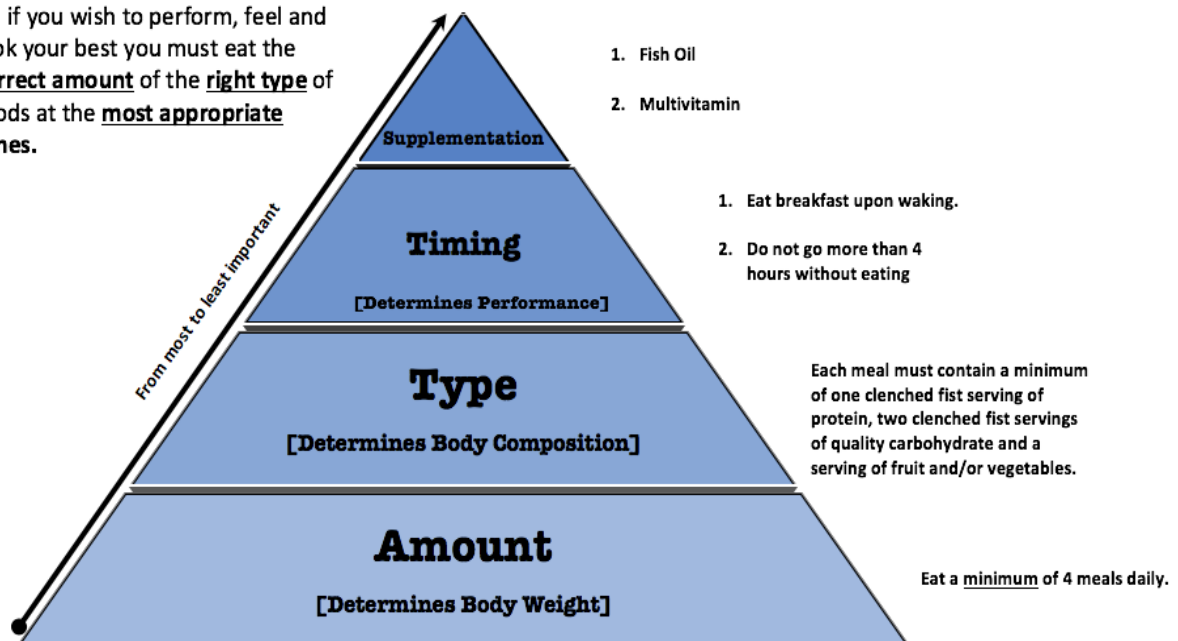
- I'm a little confused, there is a lot of information on this site and I am not very familiar with fitness training, where do I start?

Your week will look as follows.

Monday, Wednesday, Friday - You will resistance train using the resistance training template.

Tuesday, Thursday, Saturday - You will do conditioning work using the conditioning template.

Regardless of what diet you adhere to, if you wish to perform, feel and look your best you must eat the **correct amount** of the **right type** of foods at the **most appropriate times**.



Sunday - You will relax. I don't think you will need a template for that.

You will complement your training with a supportive lifestyle using the advice provided under the 'lifestyle' tab.

- **How do I know this programme will get me results?**

“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”

- Guy a lot smarter than me (and probably you too).

I, nor anybody, regardless of how many letters they have after their name can claim their training programme to be the best training programme.

The best training programme does not exist. All that exists are effective and ineffective training programmes.

Effective training programmes are based on two things, those two things in hierarchical order are:

- Your effort and consistency - neither of which require any talent.
- Principles.

The principles of effective training programmes as outlined by Jim Wendler, are

1. **Prioritise compound exercises.**

The Bish training plan prioritises exercises that use a lot of muscle mass and multiple joints. We only use isolation exercises at the end of our workouts. They are not a priority.

2. **Start too light.**

The Bish training plan starts with the least difficult exercise in each movement category.

3. **Progress slowly but consistently.**

Every training block is a little more difficult than the previous.

4. **Break personal records.**

We beat our total rep records every workout.

5. **Achieve Balance.**

We stretch, resistance train and run. We do not sacrifice any element of training. We are developing holistic physical literacy (Strength, Stamina, Speed, Skill & Suppleness)

- **Can I get strong and fit without heavy weights and access to a gym?**

Yes

The Bish training plan worships all the principles of an effective training programme.

Your body does not recognise objects, it only recognises weight.

Whether that weight is coming from a barbell, a machine or a school bag your body doesn't know, nor does it care.

Regardless of how advanced you perceive yourself to be. Try the following.

Perform 25 push-ups while taking a 5 second count to lower yourself, pausing for 3 seconds at the bottom and taking 5 seconds to return to the top.

It will prove a humbling experience.

Your body does not know if you are in a state-of-the-art gym or your front living room.

If you are still not convinced, visit Ross Enamait's (Katie Taylor's Coach) website by clicking [here](#). He has trained and championed training from home all his life. I think you will agree that he isn't in terrible shape.

- **If you were to recommend purchasing / borrowing pieces of gym equipment what would you recommend?**

While no single piece of equipment is mandatory to achieve excellent results there are certain pieces of equipment that are very useful if you can access them.

These pieces of equipment can be picked up for a combined total cost that is less than a standard pair of shoes in J.D. Sports.

Furthermore, these pieces will last you for life, take up no space at home and can all be purchased in-store or online from Argos.

[Note now is not the time to be purchasing new equipment. Exhaust all the workouts you can do with no equipment. You can invest in equipment when normality resumes.]

First Choice Items.

Resistance Band.

Mat.

Vinyl Weight Barbell and Dumbbell Set.

Door Frame Chin Up Station.

Second Choice Items.

(Only to be considered if you have all the first-choice items)

Gymnastic Rings.

Utility Bench.

10kg Weight Vest.

7kg Medicine Ball.

Further Support.

If you have any questions email: seanmorrissey@bish.ie with the subject-line 'Bish Gym Online'.

Message from Staff

Everyone's school and Easter plans have been affected and hopefully this activity pack will help you organise your time over the Easter.

Try to give yourself a routine for this holiday break and work out a daily schedule. This doesn't have to be the same for every day, but it can help to assign certain tasks that you want to do to particular days.

Make a list of the things that you want to do from this pack and then you can plan when you will do these over the next few weeks. These lists are not exhaustive - if you come up with other ideas, share them with friends and family.

See this extra time as an opportunity to get something done that in your usual pace of life, you wouldn't have the time to.

One important thing not on the list, is to use this time to catch up with those that you haven't had a chance to talk to in a while. Everyone is in the same boat so it's good for us to reach out and make contact.

We are being asked to distance ourselves physically, but now more than ever we need to join together socially.

And finally, remember - This too shall pass.

Message from Principal.

Dear Students,

I want to acknowledge that many of our students might find the uncertainty of the past and forthcoming weeks quite unsettling. We are all in the same boat, it is ok to feel anxious at this time, talk to your parents/guardians. This will pass and we will move on!

Students, I am asking that you do FOUR things for our whole community at this time:

1. Take care of your loved ones. This is a very difficult time for families, people are losing jobs, worrying about Coronavirus, worrying about their children, worrying about your grandparents, please be kind and understanding.
2. Do your very best with study/schoolwork. Make a plan that will work for you and your family. Some of you may feel overwhelmed, not knowing where to start. I'd rather you do some work, submit it, get some feedback and then move on rather than doing piles of work with zero input from your teachers.
3. Your teachers are doing their very best for you at this difficult time. They too are at home with their families many with the same worries as you. Please be respectful at all times in your interactions.
4. Take care of your mental health. This means, taking breaks, going for walks, keeping in touch with friends (online, phone, messaging) –

At this juncture, I would also like to say that that our teaching staff are the most professional, dedicated and invested teachers I have had the pleasure and privilege of working with. I know that they will do their very best to support our students through this difficult and uncertain time. However, many of our teachers have young families that they too are at home taking care of, our teachers too are social distancing, our teachers too are caring for those vulnerable within their own families, our teachers are also trying their very best to keep your child informed.

Many thanks to all of the Bish Teachers who collaborated, under the guidance of Mr Conboy, to assemble this valuable resource. It is an attempt to provide alternatives to school academic work during this Easter break when you may have an amount of free time. It is intended as a resource that you can dip in and out of as you see fit. There are many activities that will develop valuable life skills included.

Enjoy your break but please continue to follow latest Public Health Measures regarding COVID 19

We miss you in the school and look forward to your safe return.

John Madden.