

June 22<sup>nd</sup> – 26<sup>th</sup>

Hi again all! So the summer holidays are here at last! You wouldn't know with this weather. It's been a strange and tough few weeks. We hope you have gotten something out of the messages and the links we have sent you. We really look forward to September and the possibilities of a return to normal. Have an absolutely brilliant summer whatever you get up to (be good ;) )

Take care!

Ms O'Loughlin, Mr Moran and Mr Doran

Have a look at these websites and videos. We hope you find them helpful in some way and some are just for a bit of fun.

- This is cool, you can look at live cams of the animals in San Diego zoo in the states. Deffo have a look at the pandas!

<https://zoo.sandiegozoo.org/live-cams>

- Here's a 30 day yoga course on line with Adriane. Yoga is so good for fitness as well as stress relief and mental wellbeing. It's something I'm only starting to get in to and can really see the benefits of. Give this course a go, it runs for 30 days, challenge yourself! The videos are all available on YouTube.

<https://www.youtube.com/watch?v=KWBFQjuwp4E&list=PLui6Eyny-UzzFFpiil94CUrWKVMaqqmkm>

- This next link is a good introduction to water safety. As the summer starts and the weather will (eventually) get better AND we will be able to move more freely about the country, we will all want to be

going swimming. Have a look and take care when near water.  
There are lessons to click on throughout this page.

<https://www.rte.ie/learn/2020/0513/1138157-learn-skills-that-save-lives-by-becoming-a-paws-hero/>

- Here's a real feel good TV show about people helping other people.  
Its sure to bring a smile to your face

<https://www.rte.ie/player/series/big-life-fix/SI0000006774?epguid=IP000064568>

And remember all your safety measures:

- Stay 2 metres away from people
- Wash your hands
- Don't touch your face
- Sneeze in to your elbow
- Watch out for signs and instructions in the shops and parks you go to and follow them