



Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

Friday 22nd January 2021

140 years of Loreto in Clonmel: 1881 to 2021

Dear Students, Parents/Guardians and all in our extended Loreto Community,

This year we are celebrating **140 years of Loreto in Clonmel: 1881 to 2021**.

As the year progresses we will be working towards a schedule of events for such a significant occasion. However while we have a school closure we thought that an active event would be a wonderful beginning for our celebrations.

Therefore, with a real desire to develop a **sense of community even while we are apart** we want to celebrate **140 years of Loreto in Clonmel** by launching a whole school community event/challenge which will begin next Monday 25th January 2021. We remember and celebrate our founder during **Mary Ward Week** which starts on 23rd January - so we feel that the timing of this is very fitting.

The event/challenge has been put together by Ms Shelly and Ms Keating in conjunction with the PE Department. We are inviting our **whole school community (students, staff, retired staff, parents/guardians, past pupils, families, Board of Management members, other Loreto connections, etc)** to contribute to our challenge/celebration.

The objective of this challenge is to get everyone out in the fresh air and active, **creating a sense of togetherness** while also celebrating **140 years of Love, Laughter and Learning in Loreto Clonmel**.

Together the Loreto Clonmel school community will attempt to cover "**Loreto 14-14-14**":

- by completing **14,000km**
- over **14 days**
- to celebrate **14 decades** of **Love, Laughter and Learning** here in Loreto Clonmel.

To meet this challenge we are asking that you walk, run or cycle 2km (or more) a day for 14 days, if possible. This will help us achieve our target and to make "**Loreto 14-14-14**" a success.

We have created a **Loreto 14-14-14 Strava Club** (which is a club on an activity tracker app) which will track the distance you cover (no personal details can be viewed if you join this club). Information on how to join is on *page 2* below. Also a video is available on our social media.

In marking such a huge occasion we are hoping this will create excitement and a sense of belonging to Loreto Clonmel during this school closure; while also giving students, staff, parents/guardians and our extended Loreto community an incentive to be active.

If you would like to share a photo of yourself on social media participating in "**Loreto 14-14-14**" you could include the following hashtags on the shared photo:

#Loreto14-14-14

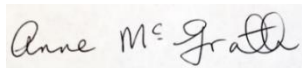
#lovelaughterlearning

#togetherapart.

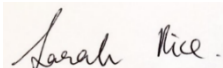
We wish you all a happy, safe and restful weekend.

Good luck to you all and congratulations to all in our community on our 140 years anniversary!

Yours faithfully,



Anne Mc Grath, Principal



Sarah Rice, Deputy Principal



Loreto 14-14-14

STEP 1 – Set up Strava

- Go to the App Store. Download the strava app to your device. Open the app. Click sign up by email.
- Using your student email - Input all your details: Name, Date of Birth (this is to verify you are 13+), if you are not 13+ please send Ms. Keating or Ms. Shelly a message and they will help you.
- 'Can we contact you' - This will pop up on the screen, you can either click 'yes' or 'no' whether you want to receive advertisements or not.
- Annual Subscription - This app is free so you can skip this part by clicking 'skip' in the top right hand corner.
- 'Let's go or Later' - Click 'Later'
- Location - They will ask for your permission to use your location - Click 'only when using the app' (This means strava will only have access to your location when you are using the app to log your walk/run/cycle.
- When you are on your 'Feed', you will see 'Clubs' in the top right hand corner. Click on this option.
- Search for 'Loreto Clonmel 14-14-14'
- Click 'Join Club' - If you are already a member of Strava or cannot find the club please use the following link - <https://www.strava.com/clubs/830574>
- You are now a member of the Team Challenge.

STEP 2 – Walk/Run/Cycle

- Get yourself ready for your walk/run/cycle.
- Go onto your Strava app and Click 'RECORD'.
- Make sure your activity type is set to 'Run' even if you are walking or cycling to ensure your Kilometers count.
- Click 'START'
- Engage in your Physical Activity
- When finished click 'STOP' and your Kilometers will automatically add to the School's distance.

STEP 3 – Social Media

As we are marking a very special occasion we would love if you would share your picture of you on your walk/run/cycle on social media.

- Post your picture to your instagram story.
- Tag @loretoclonmel
- Include the hashtags #lovelaughterlearning #togetherapart

