



Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

Friday 29nd January 2021

Dear Parents/Guardians and Students,

We have reached the end of another week! Thank you to our students and to you their parents/guardians for co-operating so well with our online routine.

Following feedback from staff, students and parents/guardians we realise that the entire school (staff and students) need some space during the working week to breathe!

So, to support the wellbeing of all the school community, we are having a **Wellbeing Walk** to link with **#Loreto 14-14-14** next **Thursday afternoon, 4th February 2021**.

This means that there will be **no classes** for **Period 7** and **Period 8** on Thursday 4th February 2021. Instead, we are asking that everyone, *no matter what the weather*, gets out for a walk (recorded on Strava if at all possible) during the afternoon.

To make this work we are changing Period 6 and lunch time for all as follows for Thursday 4th February **only**:

All year groups period 6:	12:30pm to 1:10pm
All year groups school ends:	1:10pm

We intend (*if we are still working via online teaching and learning*) the following week to have our Wellbeing Walk on Wednesday 10th February 2021.

As you are probably aware, we are waiting for an announcement from the Minister regarding return to school on Monday 1st February 2021. We do not expect to be back on the school premises next week, but you never know!

We hope that you all have a great weekend and get out walking in the fresh air (if you can) and at the same time support **#Loreto 14-14-14** by recording your walks on Strava – get your family and friends to join you also as we work towards **14,000km** in **14 days** to celebrate **14 decades** of Loreto in Clonmel.

Stay safe,

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

