

# RUSH NATIONAL SCHOOL

WELLBEING WEEK 2020

“A Healthy Use of Time”



# A HEALTHY USE OF TIME

As the weather improves, we encourage the boys and girls of Rush National School to think about how they might use some free time to promote their own wellbeing.

In your free time, you might revisit a hobby, exercise, explore nature, bake or pursue an interest. There are lots of things we can do that will have a positive impact on our mood.

For Wellbeing Week some teachers have photographed the healthy ways they use their own time.

For fun, see if you can match the teacher to the photograph! Each photograph is numbered 1-12. We will release the answers later in the week.

**Teachers Names:**

Ms. L. McGuinness, Mr. Doran, Mr. O'Laighin, Ms. Fortune, Mr. O'Hara, Ms. Harford

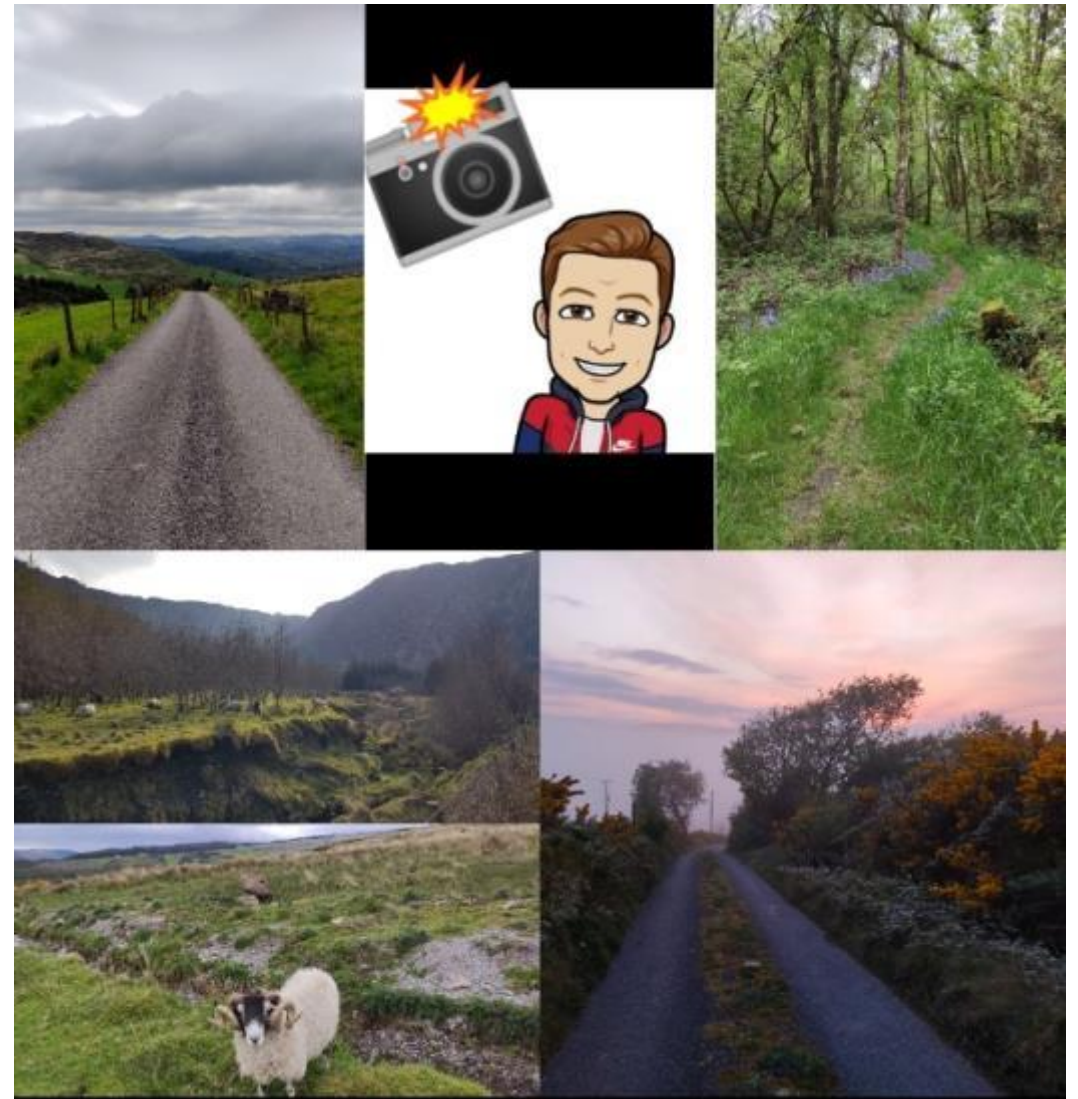
Mr. Byrne, Ms. Burke, Ms. Mc Monagle, Ms. R. McGuinness, Ms. McElligott, Mr. Purcell



# DID YOU GUESS THE TEACHER'S NAME CORRECTLY?



# 1. MR. O'LAIGHIN



## 2. MS. HARFORD

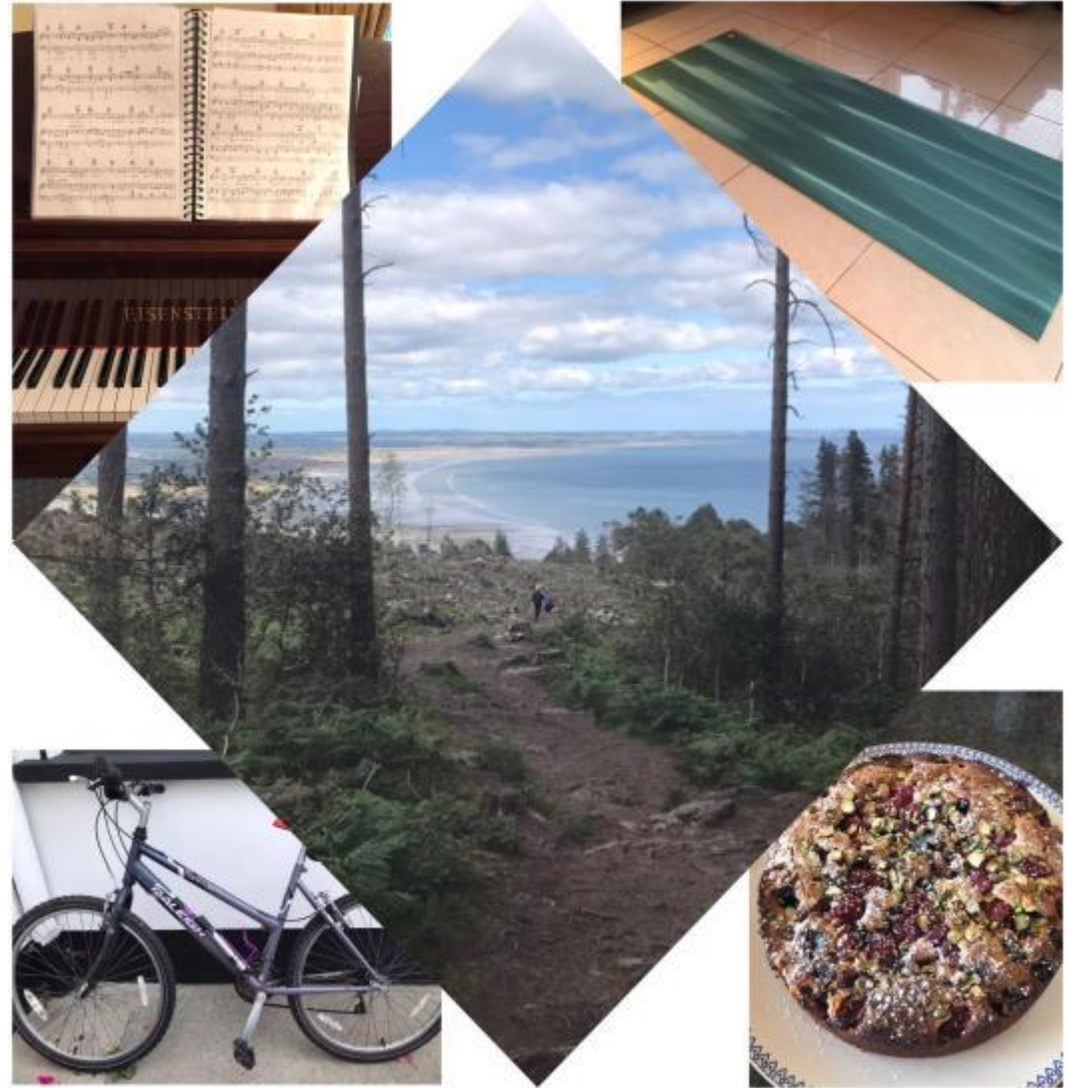
you're only  
**ONE WORKOUT**  
away from a  
**GOOD MOOD**



# 3. MS. FORTUNE



# 4. MS. L. MC GUINNESS



# 5. MR. BYRNE





# 6. MR. O'HARA



# 7. MS. BURKE



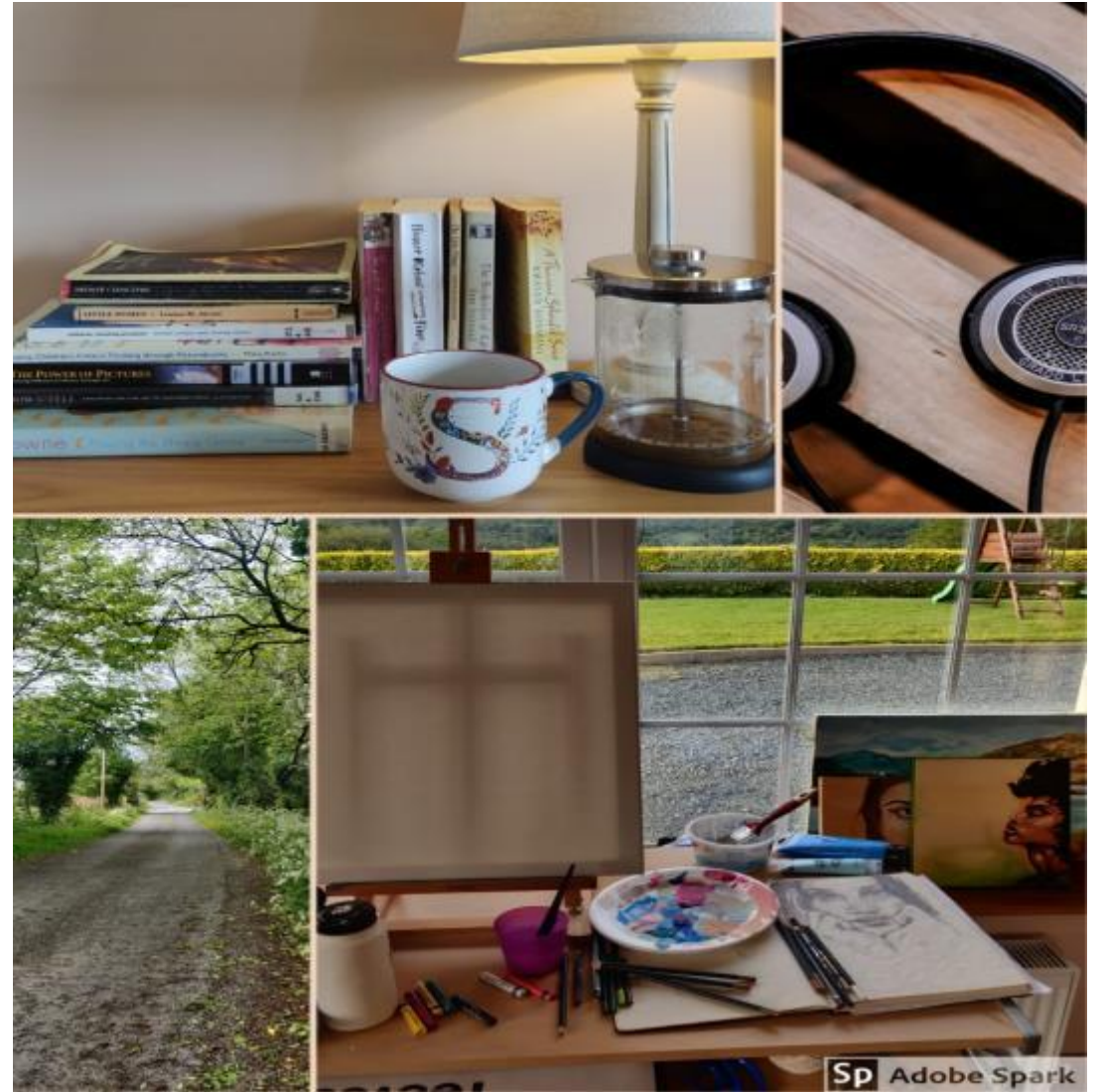
We lose ourselves in books,  
we find ourselves there too.



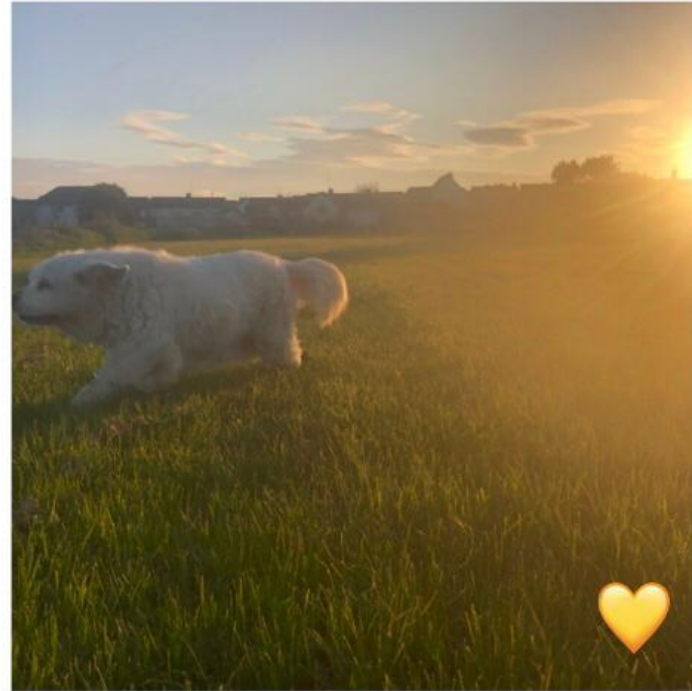
# 8. MS. MC ELLIGOTT



# 9. MS. MC MONAGLE



# 10. MS. R. MC GUINNESS



# 11. MR. DORAN



# 12. MR. PURCELL

