Free ***Yoga classes*** for parents in Radharc Na Mara School. Starting Friday 30th @9am-10am, every Friday. Places are limited, so if interested, please what’s app/text/ring Sarah Curran HSCL coordinator on **087-1953504** by Wednesday 28th. If over-subscribed, names will be chosen at random. I look forward to seeing you then. Come and exercise, relax and meet other parents!



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Parent walking Group

Parents, have you 30-40 minutes every Monday morning after school drop-off?? I’m starting a **walking group** Monday 3rd October@ 9am in St. James Park. Please come and join me, improve your fitness, get fresh air and meet other parents.

Any questions, please contact Sarah Curran HSCL on 0871953504