



# The Buzz!

## WASP (Waterford Active Schools Programme)

**WEEK 1**

Hi Guys,

I hope you are all enjoying my programme and are having lots of fun with your class. Your teacher tells me that you are all doing lots of fun exercises to earn my stickers. I hope that you are all thinking of some really fun new activities which you can all do together. I will be buzzing around keeping an eye on all of you to see how much fun you're having so keep an eye out for me! My favourite activity for a rainy day is hula hooping but sometimes my sting gets in the way! How many hula hoops can you all do? The next time you and all your friends are together why not make an obstacle course and have a competition to see who can do it the fastest? Ask an adult for some help and use some of your toys to make obstacles like using your teddy bear as a defender in a soccer shoot out!

### MY TOP 5 FAVOURITE THINGS TO DO THIS WEEK:

- During the ad breaks of my favourite TV programme I turn on a music channel and dance for 2 minutes. Dancing can be really fun especially if you do it with your best friend
- Instead of going to the carwash I wash my mum's car by hand. After 30 minutes I've worked loads of different muscles and got my heart rate going fast
- One of my new hobbies is cycling. My dad and I cycle together once a week and I even decorated my helmet with some colourful stickers!
- One night every week I go to the park with an adult. We play ball, hopscotch or make up our own games
- Skipping is one of my favourite things to do. I can do it at home, at the park or at school with all my friends

*"Táimid ag tosú an clár WASP agus ag baint an-taitneamh as. Tar éis am scoile amárach táimid ag deanamh úthchleasaíocht lenár múinteoir. Seo píosa ealaín a rinneamar sa rang. Tharraing gach duine pictiúr de Wizzy Wasp ag deanamh cleachtadh coirp" Páistí rang 2, Gaelscoil Phort Láirge*

"We have begun the WASP program and are really enjoying it. After school tomorrow we are doing athletics with our teacher. This is a piece of art we had done in class. Every pupil drew a picture of Wizzy Wasp exercising."  
2nd Class, Gaelscoil Phort Láirge

Don't forget to keep sending me all your pictures and you might get to see yourself in next weeks Buzz newsletter.  
Keep up the good work everyone!

Wizzy



As it has been a rainy week, some students in Aghish N.S. Have come up with some super ideas for indoor exercises such as step ups on the stairs, playing the wii fit and doing keepy uppys using balloons! Here is a picture of some of them swimming, I love their colourful floats!

Here is a picture of two students from second class in Gaelscoil Photlaige with a giant picture of me which their whole class drew and coloured in together, how cool do I look?



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