

## Key Dates ~ Year 2

- Profiles for NEW students from each of the participating schools to be forwarded to the co-ordinating school (St Patrick's College, Maghera, N Ireland) by 22<sup>nd</sup> October 2010. NB "Old profiles" will be left on YEAR 1 section of HEY website
- Co-ordinating school to publish all profiles on YEAR 2 section of the HEY website by 29<sup>th</sup> October 2010
- A sample survey for FOCUS 4, AND template for the exercise diary AND ideas for pedometer exercise will be forwarded to all schools before 11 November 2010
- All schools to provide feedback on sample survey and exercise diary by 18 November 2010
- Final survey will go live by 7<sup>th</sup> Dec 2010 – instructions on how to complete the survey will also be forwarded at this time
- All participating schools will ensure that a minimum of 100 students aged between 16 and 19 years old will complete the survey by 4<sup>th</sup> February 2011
- Final template for exercise diary will be forwarded to all schools by 7<sup>th</sup> December – instructions on completion of exercise diary will be forwarded at this time.
- All participating schools will ensure that at least 10 students complete the exercise diary AND forward the results to the coordinating school by 4<sup>th</sup> February 2011
- All participating schools will ensure that adequate numbers of students participate in the pedometer exercise and forward the results to the coordinating school by 4<sup>th</sup> February 2011
- Students from participating schools are expected to participate on HEY bulletin board discussions. The topics and dates for participation are:

TOPIC	DATES
1 Getting to know you/attitudes to healthily lifestyle	26 <sup>th</sup> October to 6 <sup>th</sup> December
2 Causes of stress in your life	6 <sup>th</sup> December to 16 <sup>th</sup> February
3 feedback on results of exercise diary and pedometer.....	16 <sup>th</sup> February to 16 <sup>th</sup> March

- All participating schools to organise an entrepreneurial event centred on the theme of "healthy lifestyles" – the event should involve z students in the main school body or the general public. Students from each of the participating schools should bring EITHER 20 images OR a 5 minute video to Colmar (5<sup>th</sup> April – 10<sup>th</sup> April 2011) and be prepared to deliver a presentation on their experience – the presentation should last a MAXIMUM of 5 minutes