



The Sports Special!

by children, for children!

Editors: Seth, Molly, Linda, Adam and Clara

Special Edition 2015

'Active School Week!'

by Clara and Seth



Milford N.S. have many Green Schools Flags, but this year there is a new flag in our sights...The Active Schools Flag! We feel that we are already doing lots of great active activities in our school, but we made an extra special effort this year in order to obtain this special flag. A student committee was set up consisting of Emily, Mark, Ben, Amber, Evan and Faye to ensure that we were all being as active as we could be! Their slogan was, "Be Wise, Exercise!" They were assisted by the staff committee, including Mr. Gallagher, Mrs. O'Mahony, Ms. rael and Ms. Murray. During Active Flag Week we

On Monday we had a whole-school dance in the yard with all classes of every age taking part, even the teachers! On Tuesday we had a fun-filled skipping day. On Wednesday morning we had a great WOW day (Walk on Wednesday), which hundreds of children participated in and it was a great success.

One of my favourite activities was on Thursday when we did novelty golf and on Friday we learned new playground games and had a rope-climbing challenge in the gym.

Active school week was a great success and we hope our flag will be awarded soon!



u11 Hurling Champs!
u11A Hurling Final

by Molly

The u11A hurling final was last Thursday against St. Nessan's

Sporting Success in the school!



U.13's Boys Ola Cup Final



4 Milford boys selected for the Mackey Cup

Paul O'Connell visits the school to hand out medals!



U13's Boys with Paul

were doing lots of fun physical activities.

Active School Week Photos



Paul succeeding in the rope-climbing challenge!



Joey touching the top during the rope-climbing challenge!



Enjoying circuits and sack races as inventive playground games

and it was a great game to be at.

The boys played brilliantly and won the game. The 5th and 4th classes went on a bus to support the team and cheer them on.

After the first half Milford were in the lead, but it wasn't over yet! After a great pep talk from Mr. Kelly and Ms. Ryan the boys gave it their all in the second half. The Milford boys played astonishing in the second half. The referee blew the final whistle, the game was all over... Milford had won the final. We hope to do it all again next year, Milford Abú!

Girls U.13's Camogie City Final Match v. Ballybrown

The girls did us all proud bringing home the cup this year! This is a group of motivated, athletic and driven young girls and they battled hard throughout the match to secure the win. Well done girls!!



U11's Hurling Champs with Paul



U13's Girls with Paul