



Practicing sports is the right way to keep healthy,
confident, secure and happy



Every year our students participate in the cross-country competition. First at school, then together with the best from other schools from Almada and finally with students from other municipalities of the District of Setúbal.



The Physical Education teachers organized everything and on the 25th November athletes, teachers and many supporters enjoyed this sports event



There were certificates for all participants



And medals for some !