



# LIMESTONE DISTRICT SCHOOL BOARD

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September, 2017

Dear Parents and Guardians of Grade 9 Students:

A healthy mind and body have an important impact on learning and the quality of life for everyone, staff and students alike. We support physical activity in our schools and would like to encourage this lifestyle with all our students.

Current data indicate that if physical activity patterns do not change, this generation may have a shorter life span than ours. To help achieve our goal of having our students become more physically active, Kingston Gets Active in partnership with all of our communities: Loyalist Township, Town of Greater Napanee, Township of Central Frontenac, City of Kingston, Township of South Frontenac, Township of Stone Mills, is encouraging an active lifestyle through an *ActivPass*. All grade 9 students can use their Student Card as their *ActivPass* or pick up an *ActivPass* from the main office. With this pass students have free access to participating recreation centres for public swims or skates. The YMCA of Kingston offers access to the facility for non-registered, open/public activities, Public Swim access, Fitness Centre access and Open Gym access. The INVISTA Fitness & Wellness Centre offers a free membership to Grade 9 students during the school year. Queens ARC will waive the gate fee when Grade 9 students are accompanied by a paying adult or current ARC member (some restrictions apply). **The schedule of all the recreation centres and times that are available from September 25, 2017 to August 31, 2018 can be found at [www.KingstonGetsActive.ca](http://www.KingstonGetsActive.ca).**

Our overall objective is to make our children healthier and improve learning through physical activity. We hope you will take advantage of this unique opportunity that has been provided by our many community partners and Kingston Gets Active ([www.KingstonGetsActive.ca](http://www.KingstonGetsActive.ca))

Sincerely,

Andre Labrie  
Superintendent of Human Resources