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September 2018

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. Kingston Gets Active is a contributing member of the KFL&A Region – Healthy Kids Community Challenge, which encourages children to RUN. JUMP. PLAY. EVERY DAY.

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, skates, or gym use. The YMCA of Kingston also offers access to group fitness classes in addition to public drop-in activities. 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 24, 2018 to August 31, 2019 can be found at www.KingstonGetsActive.ca.**

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

Sincerely,

Andre Labrie
Superintendent of Education

SEE YOURSELF IN LIMESTONE

Limestone District School Board is situated on traditional territories of the Anishinaabe & Haudenosaunee.

Paula Murray (Chair) | Debra Rantz (Director of Education and Secretary) | Paul Babin (Treasurer)