

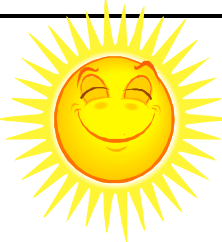


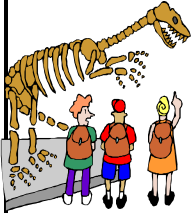




Daily Physical Activity - What Parents and Students Can Do At Home

March 2010

Ideas for your Newsletter and School Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|--|
| |  | 2 Visit the Thunder Bay Museum to see Nanuq the Polar Bear exhibit. Admission is free on Tuesdays from 1 - 5 pm. | | |  | 6 6th Annual "Thunder Cup" Floor Hockey Tournament Evangel Church 8 am. Call 345-3503. |
| | |  | 10 Watch out for the sun when playing outside. Even though it's still cold the sun's rays are getting stronger. Use sunscreen on exposed skin. | |  | 13 Visit the Centennial Conservatory. Free admission from 1 - 4 pm daily. |
|  | 15 3 Billy Goats Gruff Family Puppet Show. Brodie Library 2:30 pm | 16 Stories & Birdfeeder Craft Mary J. Public Library - 2:30 pm. | 17 Family concert with the Grumpy Grampas. Brodie Public Library 2:30 pm. Marcel the Pastry Chef. Family Puppet Show. - Mary J. Public Library- 2:30 pm. | 18 Fancy Nancy Tea Party -Waverly Library 2:30 pm. Magic Ken the Magician - Mary J. Public Library - 2:30 pm. | 19 Gingerbread Girl - Puppet Show - Brodie St. Library 2:30 pm. Family Skate in support of PRO Kids - Fort William Gardens from 7-9 pm - \$2.00/person Helmets recommended. Bring their own skates. Extra activities include Chuck-a-duck, face painting, games and prizes. | |
| <p>Everybody needs three types of physical activity: endurance, flexibility and strength. To get the most from these activities, remember to do them for at least 10 minutes at a time. Try for at least 60 minutes of activity a day that gets your heart beating faster and makes your breathe faster. Household chores count, too!</p> | | 23 Visit the Thunder Bay Museum Albertosaurus Dinosaur exhibit. Admission is free on Tuesdays from 1 – 5 pm. |  | |  | 27 Eggstrordinary Crafts & Stories - Mary J Public Library 2:30 pm. Fish for Life Ice Fishing Derby - Kidney Foundation Lake Shebandowan - 10:30 am. Celebrate World Earth Hour at 8:30 pm. Turn off all power & read books by candlelight! |
| | | | 31 It's time to get outside and take advantage of the spring weather! | |  | |